

## **REGULATIONS FOR ULTRA THAI CHIANG MAI**

Details of regulations runners need to read and accept before joining Ultra Thai Chiang Mai races.

### **1. CONDITIONS OF PARTICIPATION**

To participate into Ultra Thai Chiang Mai, it is essential:

- To be totally aware of the length and specificity of the event and to be perfectly prepared for it
- To have acquired, prior to the race, a real capacity for self-sufficiency in the mountains.
- To know how to face, without outside help, climatic conditions which can become very difficult due to the altitude (tropical temperatures, night, wind, cold, fog, rain)
- To know how to manage, even if one finds oneself isolated, physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, minor ailments...
- To be fully aware, that it is not the role of the organization to help a runner to overcome these problems and that for such an activity in the mountains security depends upon the capacity of the runner to adapt to the problems encountered, or envisaged.

These races are open to anyone, man or women, born in 1995 or before (categories hopefuls to veterans), club member or not.

Each runner declares their knowledge of and accepts the present regulations and agrees to accept them without reserve and to promote the event's ethical charter available at [www.ultra-thai.com](http://www.ultra-thai.com)

### **2. SEMI AUTONOMY**

The individual principle of racing in semi autonomy is the rule. Semi autonomy is defined as having the capacity to be autonomous between two refreshment posts, not only on the food front but also that of clothing and security, being able to adapt oneself in particular to problems encountered or envisaged (bad weather, physical problems, injuries...).

This principle is implicated in the following rules:

Each runner must have all his obligatory equipment with him at all times during the race. He carries this equipment in a pack tagged at the race-bib distribution and it must not be changed during the course. At any time during the race, the marshals can verify the bag, its weight and/or its contents. The runner is obliged to accept these controls in a friendly manner, at the risk of exclusion from the race.

Refreshment posts have been supplied with drinks and food to consume on the spot. Only plain water (excluding other drinks) is destined for filling-up water bottles or bags. Each runner must be sure to have, upon leaving each refreshment post, the quantity of water and food necessary for them to reach the next refreshment post.

Personal assistance is only tolerated at certain refreshment points, in the zone specifically reserved for this usage and with agreement of the head of post. This assistance can only be assured by one single person, without specific equipment other one than one bag of a volume of 30 litres

maximum. All professional assistance (team or professional trainer, doctor or other persons in the medical profession, para-medics...) is strictly forbidden.

It is forbidden, to be accompanied or agree to be accompanied during all or any part of the race by a person not enrolled, outside the tolerance zones indicated close to the refreshment posts.

### 3. ENROLMENT CONDITIONS

A runner taking part in UTCM Ultra Trail must have finished two 100k trail races or got 6 UTMB points in the last two years.

A runner taking part in UTCM Stage race must have finished two 50k trail races or got 3 UTMB points in the last two years.

- Only trail races can be qualifying races. For the definition of a trail race: click here [http://i-tra.org/page/259/Definition\\_du\\_trail.html](http://i-tra.org/page/259/Definition_du_trail.html).
- The organisation takes in to account each individual's result (relay or team event included).
- Road races, triathlons, multi-sport races and orienteering races are not subjects of qualifying races for UTCM.
- If you have abandoned during a race, there is no way that this race can be taken in to account.
- All the qualifying races used by runners to finalise their registration are verified.
- In the case of an inexact declaration of qualifying races, not conforming to the regulations or untrue, the organisation reserves the right to cancel the registration without refunding fees paid.
- In the case of the declaration of races without exact references, non-conformity to the regulations or deceit, the organisation reserves the right to cancel a registration with out the re-funding the admission fee.

### 4. ENROLMENT

Enrolment is exclusively on the Internet with a secured payment by banker's card.

Enrolment fees:

- UTCM Ultra Thai: \$255
- UTCM Stage race: \$495

Engagement fees include all the services described in the present regulations...

The registration for any of these races is firm and final and it is not possible to change races.

### 5. CANCELLATION OF AN ENROLMENT

For cancellation before 1<sup>st</sup> July, runners will be refund of 50% of their entry fee.

No refund will be paid for a cancellation after 1<sup>st</sup> July.

## 6. CANCELLATION OF A REGISTRATION IN THE CASE OF INJURY

In the case of injury, and uniquely in this case, which occurs after registration and which can not be cured before the day of the race, the organisation recommends that the injured runner does not put themselves unnecessarily at risk, and that they cancel their registration and request the postponement of their race to the following year. All requests for postponement must be sent to us, accompanied by the medical report, within, at the latest, 10 days after the event. All requests will be dealt with within the two months following the event.

## 7. EQUIPMENT

In order to participate in these events, a set of obligatory equipment is required. However it is important to note it is the minimum necessary and that each trail-runner must adapt it according to their needs.

### **UTCM Ultra Trail**

Mandatory gear for race

- Mobile phone with option enabling its use in Thailand or Thai SIM Card
- Emergency kit provided by organization
- Identity papers
- THB 1000 in small bank notes (for food, water and for anticipated return journey to Chiang Mai)
- Two headlight torches in good working condition with replacement batteries
- Survival blanket 1.40m x 2m minimum
- Whistle
- Micropure pills (10 units)
- Anti mosquito spray
- Adhesive elastic band enable making a bandage or a strapping (mini 100cm x 6 cm)
- Personal cup or water can
- Stock of water minimum 1.5 litre
- Food reserve
- Waterproof wind stopper jacket with hood
- Warm long-sleeve midlayer
- Long running leggings or a combination of leggings and long socks which cover the legs completely

Recommended gear

- Walking poles for security on slippery ground in case of rain
- GPS device with UTCM GPX track
- Anti chaffing cream
- Sun cream
- Compeed
- Cap and sunglasses

## **UTCM Stage race**

### Mandatory gear for race

- Mobile phone with option enabling its use in Thailand or Thai SIM Card
- Emergency kit provided by organization
- Identity papers
- THB 1000 in small bank notes (for food, water and for anticipated return journey to Chiang Mai)
- Two headlight torches in good working condition with replacement batteries
- Survival blanket 1.40m x 2m minimum
- Whistle
- Micropure pills (10 units)
- Anti mosquito spray
- Adhesive elastic band enable making a bandage or a strapping (mini 100cm x 6 cm)
- Personal cup or water can
- Stock of water minimum 1.5 litre
- Food reserve
- Waterproof wind stopper jacket with hood
- Warm long-sleeve midlayer
- Long running leggings or a combination of leggings and long socks which cover the legs completely

### Recommended gear

- Walking poles for security on slippery ground in case of rain
- GPS device with UTCM GPX track
- Anti chaffing cream
- Sun cream
- Compeed
- Cap and sunglasses

If you decide to use poles, you must keep them throughout the whole of the race... It is forbidden to start without sticks and recover them up along the way. No poles will be allowed in the spare's bags.

### Recommended in changing bags

- Lightweight silk sleeping bag
- Microfiber towel
- Shower gel small container, travel toothbrush and paste
- Changing clothes
- Energizing reserve
- Flip-Flops

## **8. RACE BIBS**

The race bib must be worn on the chest or the stomach and must be permanently and fully visible throughout the entire race. It must, therefore, always be positioned over any clothing and cannot for any reason be fixed onto the back or a leg. The name and logo of the sponsors must neither be modified, nor hidden.

The race number is the pass necessary to get to the shuttles, buses, refreshment posts, nurses, rest areas, showers, areas for depositing or recuperating spares bags...Except in the case of refusal to comply with a decision taken by a race official, the race bib is never withdrawn, but in the case of retirement, it is deactivated.

## 9. SPARES BAGS

### **UTCM Ultra Trail**

Each competitor receives with his/her race bib, one small bag. Having filled it with the affairs of their choice (for race and after race) and having closed it, they can deposit it, at the beginning of the race in Chiang Mai at the relevant place. The bag is transported by the organisation to Mong Ngo the second main stage village, 90k after the start. When reaching Mong Ngo, each runner reclaims their bag. When they leave again, they deposit their bag at the area set aside for this purpose. The bag is then taken to the finish line at Chiang Dao. When reaching Chiang Dao, each runner reclaims their bag and keeps it.

### **UTCM Stage race**

Each competitor receives with his/her race bib, one small bag. Having filled it with the affairs of their choice (for night stage in villages and change) and having closed it, they can deposit it, at the beginning of the race in Chiang Mai at the relevant place. The bag is transported by the organisation to the two night villages, Mae Kha Piang and Mong Ngo. When reaching the finish line at each stage, each runner reclaims their bag. When they leave again, they deposit their bag at the area set aside for this purpose. The bag is then taken to the next finish line. When reaching Chiang Dao, each runner reclaims their bag and keeps it.

The organisation assures the repatriation, to Chiang Mai, of sacks belonging to runners who have abandoned, on the condition that their abandonment has been registered. The delay of the return of bags is based on the logistical constraints and the organisation cannot guarantee a complete return of the bags before the end of the race.

Only the bags supplied by the organisation will be transported. Sticks are not transportable in these bags. The contents of the bags not having been checked, any complaint about the contents on arrival is not acceptable. It is recommended not to put valuable objects in it.

## 10. RESCUE AND MEDICAL ASSISTANCE

First aid posts are positioned at different points throughout the course. These posts are in radio or telephone liaison with Race first aid Central CP. The rescue posts are aimed at bringing help to any person in danger with the means particular to the organisation or registered.

Do not forget, that due to the problems related to the environment and the type of event, one might have to wait for assistance for longer than anticipated. Your security, therefore, depends upon the quality of the materials that you have in your pack.

A runner calling on a doctor or a rescuer submits himself to their authority and undertakes to

accept their decisions. The first-aiders and official doctors are authorised especially:

- To put any competitor unfit to continue the event out of the race (by invalidating the race bib).
- To evacuate runners whom they judge in danger, by any means at their disposal.
- To hospitalize at their convenience any runners whose state of health requires it.

Expenses incurred, resulting from emergency assistance or evacuation, are payable by the person rescued who is also responsible for all costs relating to their return from the area to where they were rescued. The only resort is for the runner to constitute and present a dossier to his personal insurance within the deadline given.

Each runner must stay on the way-marked paths, even to sleep. Any runner who voluntarily leaves the way-marked path is no longer under the responsibility of the organisation.

## 11. CONTROL AND REFRESHMENTS POSTS

Every runner will be provided with electronic chips fixed to the race bib and/or to the wrist. The runners will be penalized for not permanently having their chips. Only the runners carrying a visible and duly controlled race number have access to the refreshment posts.

The race guide and the relevant pages on the internet give a precise list of the refreshment points. There are 13 spots in total. 2 types of refreshments are offered:

- Refreshments of drinks and energizing bars
- Refreshments of drinks and food meals (vegetarian and non-veg)

Runners can also buy drinks and food at some shops alongside the track. It is also possible to collect water directly from the rivers by using Micropure pills.

A small pouch for collecting their rubbish is handed to every runner with their race bib. Every runner seen throwing down their litter along the route will be penalized. Trash cans are provided in large numbers at every refreshment post and must be used.

## 12. MAXIMUM AUTHORISED TIME AND TIME BARRIERS

The maximum time for the event, for the totality of the course, is fixed at:

- UTCM Ultra Trail: 45 hours
- UTCM Stage race: 13 hours (Day 1) / 10 hours (Day 2) / 14 hours (Day 3)

The time limits for leaving (time barriers) of the principle control posts will be marked and written in the course guide. These time barriers are calculated to enable participants to reach the Finish in the maximum time imposed, while making possible stops (rest, meal...) To be authorised to continue the event, runners must set off again from the control post before the fixed time limit (whatever their arrival hour at the control post).

Any competitor excluded from the race and wishing to continue his race can only do so after returning his race number, at his own responsibility and in complete autonomy.

In the case of poor meteorological conditions and/or for reasons of safety, the organisation reserves the right to stop the event underway or to modify the time barriers.

### 13. REST AND SHOWERS

#### **UTCM Ultra Trail**

No rest areas with blankets and camp beds are organized at UTCM. For runners wishing to rest during the race, it is recommended to do it at refreshment points in villages. Local people will help you to find the best solution to rest in the safest situation before starting again. It is very dangerous to stop and sleep alone in open country especially in the jungle.

#### **UTCM Stage race**

At each night stage (Mae Kha Piang and Mong Ngo) are organized accommodation, meals and shower for runners. Accommodation will be organized directly at local family's places and in dedicated areas. Runners will sleep on good mattresses and a blanket as a silk sleeping bag will be supplied. Traditional food and Thai meals (vegetarian and non-veg) will be provided for dinner and breakfast. Shower will be available at different points and by the river (a personal microfiber towel will be available for each runner in the race bag).

### 14. ABANDONMENT, TRANSFER AND REPATRIATION

Except for injury, a runner cannot abandon outside a control post. It means any runner wishing to abandon must reach the closest check point / refreshment points. They must alert the head of post, who will invalidate their race-bib. The runner keeps his invalidated race bib because it is still his pass and its identification.

Repatriation from the refreshment points is organized in relationship with the head of post within the following rules:

- Repatriation will be organized by UTCM at the closure of the post: runners must wait until the post is closed.
- Repatriation can be organized by the head of the post if several runners (4 people at least) have already abandoned.
- If a runner wants to leave the post before it's closed or other runners abandon, repatriation can be organized for him at its own charge by the head of post.

In the case of unfavourable weather conditions justifying partial or total closure of the race, the organisation ensures the repatriation as soon as possible of those runners having retired.

In case of abandonment before a control point, it is imperative to return to the previous control point and inform the post leader of one's abandonment. If, during this return, the runner meets the end of race sweepers, it is them who invalidate the race bib. The runner is then no longer under the organisation's control.

For finishers transfer will be organized from Chiang Dao finish line back to Chiang Mai by local buses. Buses will leave on a regularly base as soon as they are full (8 people). It takes one hour by

bus to reach Chiang Mai. The final destination is Chiang Mai Gate at the south part of the moat. Though for runners having accommodation inside old city, the bus will drop them directly at their hotel (runners need to have the hotel card by their side).

## 15. WAY MARKERS

The route will be marked with UTCM orange ribbons, arrows and crosses. There will be marshalls at some difficult points. For better night vision, the way markers include a section of yellow reflective material which will be easily visible with a head torch. It is imperative that you follow the paths with the markers without taking short cuts and by checking your way at each crossing. There will be a mark at least every 500 meters. If you don't see any marks after 20 minutes, turn around and go the previous one.

## 16. MODIFICATIONS TO THE COURSE OR TO THE TIME BARRIERS; CANCELLATION OF THE RACE

The organisation reserves the right to modify at any moment the route and the positioning of the rescue and refreshment posts, without warning. In the case of unfavourable weather conditions (important quantities of rain, strong risk of storms....) the start may only be postponed by a maximum several hours, after that time the race is cancelled.

In the case of poor meteorological conditions, and for reasons of safety, the organisation reserves the right to stop the event underway or to modify the time barriers.

In case of cancellation of an event, for whatever reason, decided more than 15 days before the date of the start of the race, a partial refund of the registration fees will be made. The amount of this refund will be fixed so as to allow the organisation to cover all irredeemable expenses committed, up to the date of the cancellation. In case of a cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever the reason, no refund of the registration fee will be made

## 17. INSURANCE

### **Civil responsibility**

The organiser has taken out civil responsibility insurance for the duration of the event. This civil responsibility insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

### **Individual accident**

Each competitor must, obligatorily, have their own accident insurance which will cover any costs of search and rescue in Thailand. Such insurance can be taken out with any organisation of the competitor's choice.