

2018 Taiwania Ultra Trail

Competition Regulations

1. The organizer has applied to ITRA for 4 credits for 100K competitors.
2. The competition is part of the long-term project for the future UTWT.
3. The competition is also as a National Team trial for the [2018 TRAIL World Championships, Penyagolosa, Spain](#)
4. In order to promote the notion of environmental education, the organizer has cooperated with Taiwan Environmental Information Association (TEIA) in buying Taiwan's poster.
5. All competitors are required to join the Facebook shortcut: [棲蘭100林道越野賽](#) For more information, please visit the website: <https://www.facebook.com/groups/519213628414830/events/>

Objective:

1. To make Taiwan's trail race civilize; industrialize and internationalize. Promoting Taiwan by organizing trail race events.
2. Letting people be closer to the nature; at the same time, spreading the notion of environmental education.
3. Bringing eco-friendly idea into trail race events.

Advisor: Sports Administration, Ministry of Education

Organizer: Chinese Taipei Association of Ultrarunners

Co-organizer: Forest of Central Cross-Island Highway and Development Administration, Forest Bureau, Council of Agriculture, LEALEA HOTELS & RESORTS Corp., Chinese Taipei Alpine Association, Chinese Taipei Mountaineering Association

Main Sponsor: 

Sponsor:  中華電信    

Race Date: March 10th, 2018

Race Categories: 100 km / 53 km

Eligibility: Over 20s only, and complete any of the following conditions of the participated

100K:

1. Finish 100K within 13H, 50K within 6H or full marathon within 4H
2. Done any of the UTWT races, Spartathlon or さくら道国際ネイチャーラン
3. Done nostop-100 mile
4. Having the overall ranking in top 1/2 of 40K trail race (number of participants must more than 100)
5. The eligibility must be verified by the organizer
6. **Eligibility examination as below:**

Email the finisher certificate (must be races after Jan. 2011) to a0922502655@gmail.com (Subject: Cilan Trail Race + your name). After verify by the organizer, participants would receive a serial number for the 100K group sign up. For those who do not qualify, please sign up for 53K group.

53K:

Finish 50K within 7H or full marathon within 6H

Starting Time	05:00, March 10 th	06:00, March 10 th
Category	100K	53K
Start at	Trail Entrance	Cilan Villa
Finish at	Cilan Villa	Cilan Villa
Time Limit	15H	10.5H
Entry Fee	NT\$ 3,100, Nov.29th - Dec. 19nd NT\$ 3,500, after Dec.20rd Including: 1. Entry fee of Cilan Sacred Tree Park (770NTD) 2. Free Taiwan's poster (550NTD) 3. Shuttle bus to starting point 4. One with Cilan Villa resting plan will refund 100NTD (at the venue) 5. Before the 01/09 registration are discounted to 3100 NTD. To pay the price, the venue refund the difference 400 NTD.	NT\$ 2,100, Nov.29th - Dec. 19nd NT\$ 2,300, after Dec.20rd Including: 1. Entry fee of Cilan Sacred Tree Park (770NTD) 2. One with Cilan Villa resting plan will refund 100NTD (at the venue) 3. Pre-01/09 registration discount is 1800 NTD. Pay early Bird price, the venue retreat 300 NTD. Pay the price, the venue refund the difference of 500 NTD. 4. After 01/10 registration is discounted to 2100 NTD. To pay the price, the venue refund the difference of 200 NTD.
Concession	One fulfill any of the following conditions may be refunded 200NTD at the venue: 1. Finish 100K within 8H, 50K within 3.5H or full marathon within 2.5H 2. Done any of the UTWT races, Spartathlon or さくら道国際ネイチャーラン	One fulfill any of the following conditions may be refunded 200NTD at the venue: 1. Finish 100K within 8H, 50K within 3.5H or full marathon within 2.5H
Timing Chip	500NT dollars additionally (refund after the event)	
Quota	250 people Including: 1. For who's done UTWT races, Spartathlon or さくら道国際ネイチャーラン (25 people) 2. Foreign competitors (20 people) 3. Organizer may have another 50 people as invited competitors	600 people Including: 1. Foreign competitors (20 people)
Race Kit	Given out at the venue	Parcel by post

	15:30-16:30, March 9 th 03:00-03:30, March 10 th	
Post-Race Dinner	1. Rice cake, chef recommendation fried noodles, alpine seasonal vegetables, meat soup. (Served from 15:00-16:00; 18:30-20:30 at the restaurant of Cilan Villa) 2. Participants may purchase additional meal voucher (165NTD)	1. Rice cake, chef recommendation fried noodles, alpine seasonal vegetables, meat soup. (Served from 13:00-14:00; 15:00-16:00 at the restaurant of Cilan Villa) 2. Participants may purchase additional meal voucher (165NTD)
Finisher Souvenir	1. Exclusive Atayal knitted headband 2. Wooden medal 3. Exclusive full-length Taiwan's poster for 100K group (550NTD) 4. 53K participants can purchase the poster additionally (350NTD, 100 pieces only) 5. Bilingual finisher certificate	
Resting Plan	In order to let competitors have enough rest before the race and make the whole event go smoothly, the organizer is cooperating with Cilan Villa by offering accommodation discounts (weekends excepted) Please directly contact with Cilan Villa at 03-9809606 between Nov. 15th-30th. March 9th Print out the sign-up page or with any event relating identification: 1. 35% off for room reservation 2. 1,200NTD for one bed (breakfast included) March 10th (Weekend, 120% of weekday price) Print out the sign-up page or with any event relating identification: 1. 15% off for room reservation 2. 1,500NTD for one bed (breakfast included)	
Shuttlebus	1. Bus for 100K starting line at 04:00-04:10, March 10th at parking lot 2. Pre-race bus: 15:00 March 9th at Luodong train station (One way ride 150NTD, departures if more than 12 people) 3. Bus from Luodong or Ying Shih Guest House at 03:30, March 10th (One way ride 50NTD, departures if more than 12 people) 4. Post-race bus back to departure point: 14:00; 16:00; 19:00; 20:30 (One way ride 150NTD; round trip 200NTD)	
Remark	100K itinerary: Venue: Cilan Villa March 9th 15:30-16:30 : Check in 16:30-17:00 : Race introduction March 10th 03:00-03:30 : Pre-race meeting 03:30-04:00 : Item deposit 04:00-04:10 : Shuttle bus	53K itinerary: Venue: Cilan Villa March 10th 04:00 : Item deposit 06:00 : Competition starts 14:00 : Awarding ceremony 15:00 : End of the competition

	04:40-04:50 : Roll call (Lamp is required , one w/o it will be disqualified and can only participate in 53K group) 05:00 : Competition starts (One will be disqualified after 05:30 , and can only participate in 53K group) 18:00 : Awarding ceremony 20:00 : End of the competition	
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Non-Republic of China nationality. Be sure to sign up in English. Please click the following icon. <http://bao-ming.com/> **FOREIGNER SIGN UP** Fill out directly to credit card. Payment is based on the blue cost area.

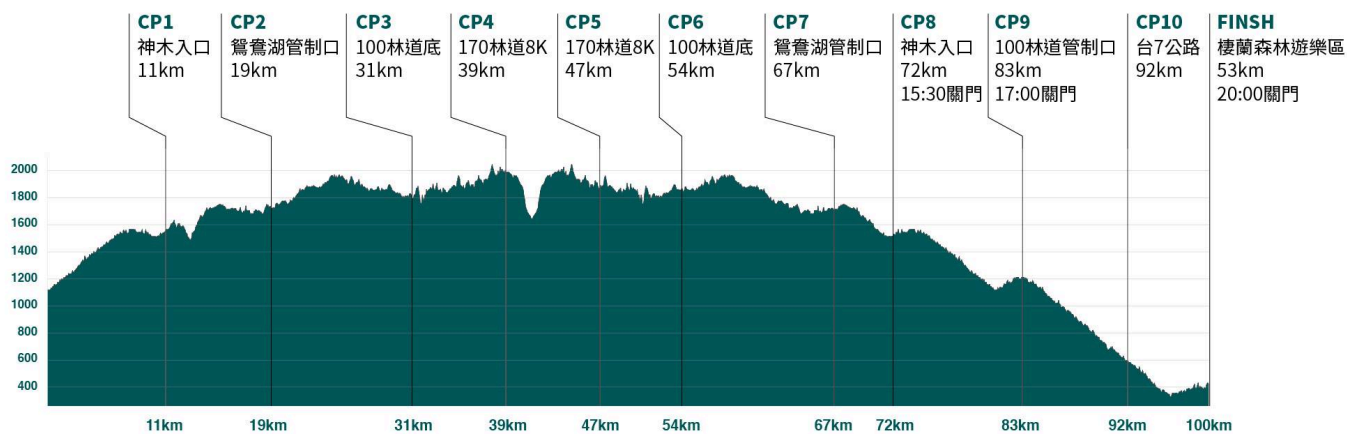
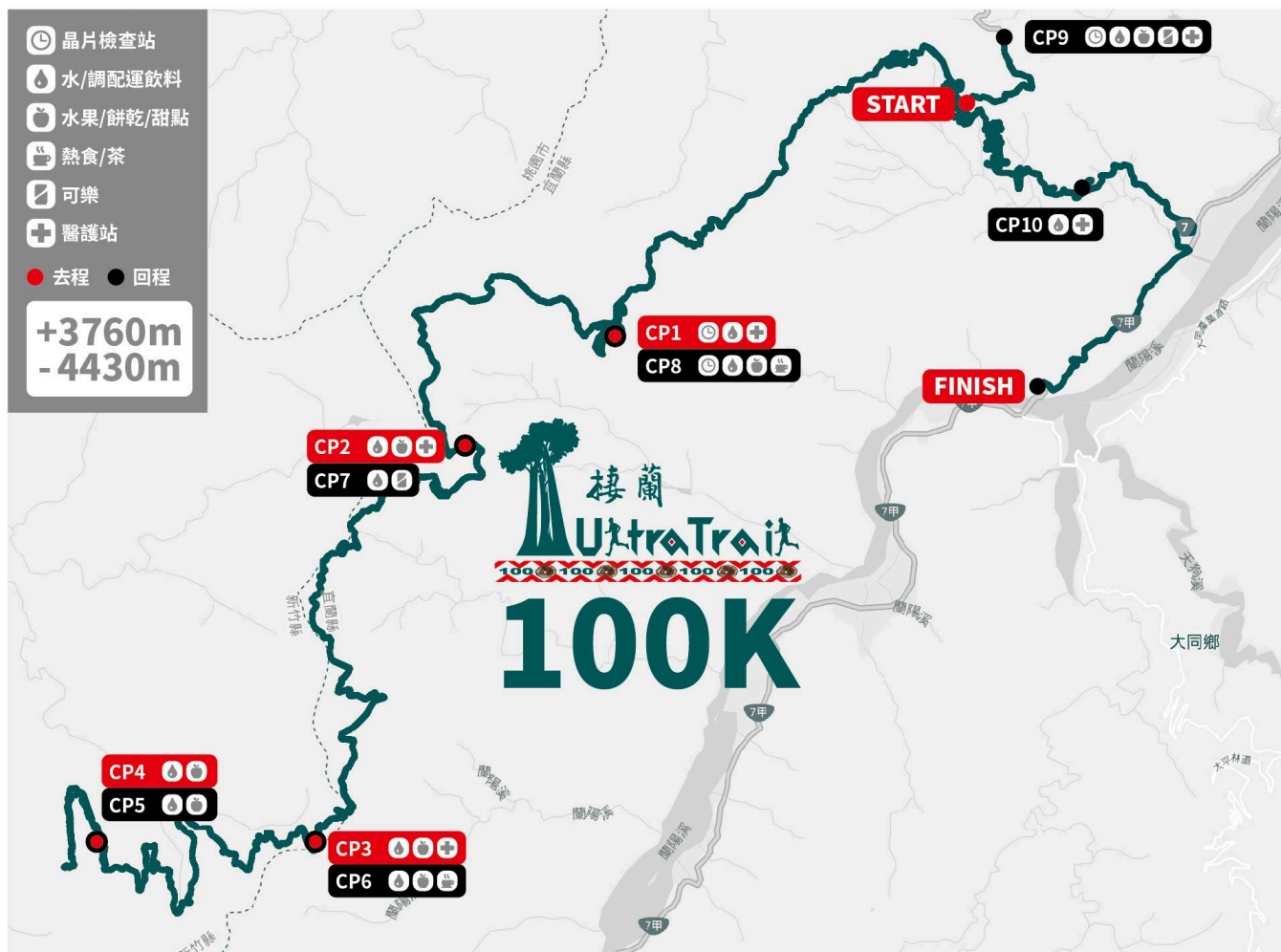
Race Route:

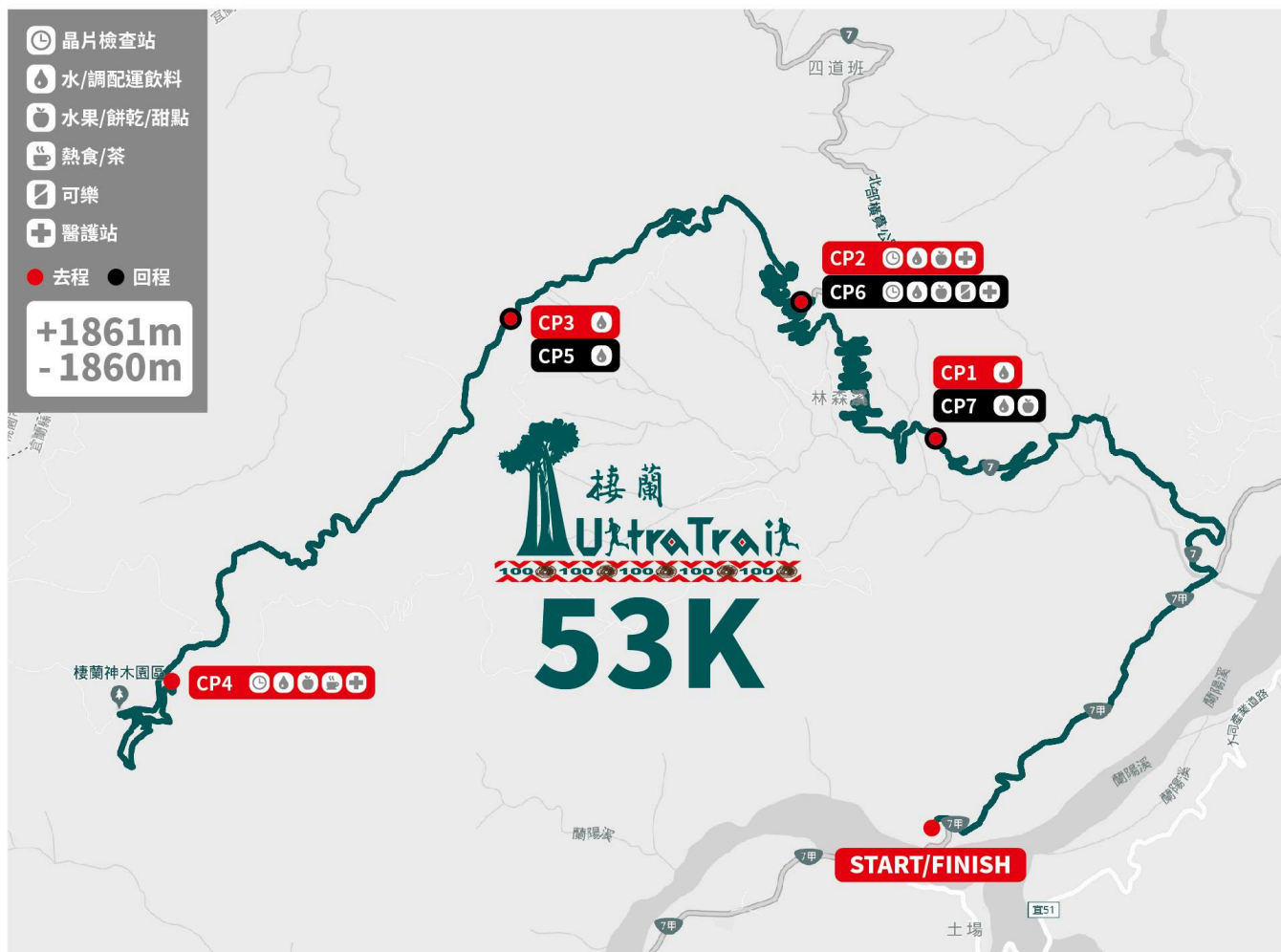
100K group: +3502m / -4195M.

Digital map: <https://ridewithgps.com/routes/26091082> (Time limit: 15H)

53K group: +1861M / -1860M.

Digital map: <https://ridewithgps.com/routes/26112950> (Time limit: 9H)





● Storage & Deposit:

1. Item deposit starts form 03:00, March 10th. Competitors may claim their deposit with the bib until 30 minutes after the whole race ends. **(The organizer is not responsible for the loss of valuables; please look after your own possession.)**
2. The organizer would only accept the deposit with certain size. Please place the deposit bib in the front pocket of the bag. (One can purchase additionally at the venue. 150NTD each, 20 pieces only)



Rear Bus & Aid Station:

1. The race route for 100K group is quite challenging. The m.a.s.l level changes significantly along the way. (More than 1000m) Throughout the race, almost 85% of it is rocky and surrounded with trees.
2. The rear buses from Sacred Tree Park Entrance and Trail Entrance of 100K group will start at 15:30 and 16:00, respectively. The organizer will also pick up competitors who left behind at around 96.5K from 18:30 to 19:00.
3. There is no rear bus for 53K group.
4. To meet the standard of ITRA, the aid station and checkpoint would be at approximately every 8 to 13K. The aid station and checkpoint of 53K group would be at every 5 to 6K.
(We do not provide cups; competitors need to prepare their own bottle.)
5. There are two cooked food station for 100K group.
6. The accurate aid station chart will be renewed and announced before Jan. 31st, 2018.

Safety Instruction:

● Race Route:

- A. The organizer does not have road traffic control during the race. Runners should look after their own safety and follow the traffic roles.
- B. Participants should run on the left-hand side during outbound journey, and the other way around when coming back. Be aware of the passing traffic and may not cross the road spontaneously.
- C. The weather condition is misty and rainy with high humidity. Water resistant or waterproof jacket is highly recommended.
- D. Runners should consider his/hers own health condition, and bring their own food supplies in case of anything. (No littering or garbage left)
- E. Due to the safety consideration, lamp is required for the race.
- F. 100K group competitors should wear head lamp while starting. One w/o it would be disqualified.

Environmental Protection:

1. Minimizing the packaging waste. Runners must carry their own litter throughout the whole race (fruit peel, tissue paper etc.) or throw it in the rubbish bin near the aid station.
2. Please be respectful and do not disturb the wild animals along the route. The organizer would not use any electronic devices (Speakers or any audio equipment) All runners should keep their voice down during the competition. Racket making and whistle are extremely prohibited.
3. The using of alpenstock, spikes or any similar tools that may damage earth surface are

forbidden.

4. Please sort the garbage and recycle correctly. The organizer would place porta-potty in 3 different locations.
5. The using of fire is extremely forbidden.
6. Runners may not go other way than the race route, or enter the conservation area.
7. Sacred Tree Park Ecological Reserve Policy:
 - A. Competitors must follow the instruction of the organizer and personnel in the trail. No running parallel, nor overtaking.
 - B. Instead of running, competitors must pass the three bridges in the park by walking, and mind the maximum capacity.
 - C. It is extremely forbidden to destroy the forest or take any sacred tree wood piece
8. Runners must comply with other environmental protection related regulations and policies.

Prize and Award:

100K group:

First fifteen male and first ten female finishers will receive a prize. The top three finishers of the overall ranking will receive an Atayal cloak and a trophy.

53K group:

First twenty male and first fifteen female finishers will receive a prize. The top three finishers of the overall ranking will receive an Atayal cloak and a trophy.

- All competitors who finish within the time limit would receive a wooden medal
 - There is an age ranking blank on the finisher certificate (Every 5 years as a division)
- (Runners shall pick up the certificate at the venue after finish the race)

Medical Service:

There is medical station at the venue, and 3 ambulances along the route. Runners must carry their mobile phone all the time to contact the organizer, in case of any emergency medical service.

Public Liability Insurance Notification:

All runners would have public liability insurance once they entered the Scared Tree Park (Insurance is included in the entry fee)

Please consider your own health condition, have sufficient sleep the day before the event and consume some food three hours before the race. The organizer will provide medical assistance throughout the race, however accidents due to personal illnesses is not included in the insurance. Public liability insurance only covers injuries that occur as a result of an accident. All participants are provided with NT\$3,000,000 public liability insurance. (All details will be according to the insurance contract of the insurance company.)

- **Public liability insurance coverage:**

If the insured person has the following accidents during the period of insurance and causes bodily injury, death, or property damage to a third person due to accidents and must pay compensations according to law, when claims are made, the insurance company will bear the responsibility of compensation for the insured in the following cases:

- A. Accidents that occur to the insured or those employed by the insured due to business conduct during the period of insurance specified by the policy
- B. Accidents that occur at the business buildings, roads, machinery, or other work related items of the insured

- **Special exclusions:**

- A. Personal illnesses that cause sport injuries
- B. Symptoms as a result of personal health or cardiovascular symptoms, such as shock, heart disease, diabetes, heat exhaustion, heat stroke, high altitude syndrome, epilepsy, or dehydration, etc.

Mountaineering Insurance: 133NTD/day

<https://www.cathay-ins.com.tw/insurance/product/183/>

Rules Violations and Penalties:

Participants who commit the violations listed below will be disqualified and their results will not be counted.

- A. Not wearing the bib provided by the organizer
- B. Not respecting the guidelines of the race or the directions of the referees, such participants will be disqualified
- C. Not wearing the bib in the front of the chest area

Participants who commit the violations listed below will be disqualified.

- A. Benefiting from others' assistance during the race (food supply, shouldering etc.)
- B. Participant's identity does not match with the race qualifications
- C. Violating sportsmanship (causing disturbance or insulting staffs, etc.)
- D. Altering or changing the bib and/or using substitution to attend the competition
- E. Accepting the help of a pacer (whether the pacer is on foot, by car or bicycle etc.)
- F. **Not following the admonition of staying back from destroying the environment**

Disputes:

A. Competition Disputes:

It is not allowed to question referees during the competition. Referees have the right to paraphrase related rules, and participants have to comply with the verdict of referees.

B. Entry Qualification:

If there is any participant who is not qualified for the race, the appeal must be brought during the technical meeting. Appeals will not be accepted after the technical meeting.

C. Dispute Procedures:

Disputes and appeals must be made to the organizer within 20 minutes after the official release of records. The deposit of NT\$ 5,000 must be submitted, which will be received and signed by the organizer. If the Jury of Appeal concluded that the dispute is not justified, the deposit shall not be returned; vice versa, the deposit will be returned immediately.

- **Announcement:**

1. During the race, participants may be photographed or taped. The event officials reserve the right to authorize these photos, videos and also the records of this event on related websites and journals worldwide for promotion and publication. Participants must give permission to the organizer for all the above actions.
2. Runners may claim their deposit with their bib after the race. The organizer is not responsible for the loss of valuables; please look after your own possession.
3. The organizer or medical personnel have the right to examine any participant who appears to be in distress and may suspend the participant from the race if it is in the best interest of the participant's health and welfare.
4. Participants shall carry ID information for identification.
5. Prize winners shall carry ID information for identification.
6. It's forbidden to exchange timing chips between one another, wearing other's timing chip nor wearing more than one timing chip.
7. All refunds shall be claimed at the venue. Once after the indicated time, the unclaimed refunds shall be regarded as abandonment.

8. The organizer reserves the right to modify the rules and regulations. (For the latest announcement, please check out our website at <http://www.ctau.org.tw>)

Facebook shortcut: <https://www.facebook.com/groups/519213628414830/>

E-MAIL: ctau.runner@gmail.com

TEL: 02-23832646 #13 for Mr. Su; #10 for Ms. Tu

Supplement guideline for long-term distance ultra-marathon

1. In long-term distance race like ultra-marathon, there is no need to consume indigestible food. The three things that is necessary for runners are: calorie, electrolyte and water.
2. Ultra-marathon is an extreme sport. In order to keep running, your body may temporarily shut down the unused organ system, e.g. digestive system and genital system. Therefore, one should consume fluid food, which can be easily digest and absorb, during the race.
3. The “All in One” sport drink provided by organizer contains the essential nutrition: calorie, electrolyte and water. Due to its fluid form, is easy to be absorb.
4. Runners may make their own “All in One” drink in the daily training. Formula as below: the mixture of 1 liter of water with 2 gram of salt (electrolyte, 800mg of sodium) and 80 gram of sugar (calorie, 320 kcal) To consume 1,000 c.c. of All in One drink an hour is just the quantity that you need in running.
5. Sausage, chicken and lamb require much time to be digested. (3-4 hours in average) It is the taboo in running races.
6. 200 c.c. - 300 c.c. of All in One drink in every 20 minutes is recommended.
7. Do not consume too much energy drink such as Red Bull. It may cause extra physical burden to your liver and kidneys; moreover, it will push back body recovery time. Please only consume when you feel sleepy.