




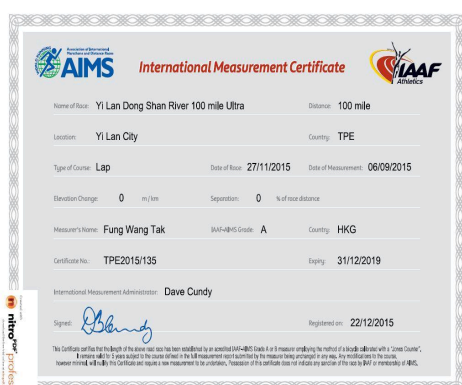
2017 Yilan Dongshan River Ultra-Marathon Competition Regulations

1. Ms. ZHOU, LING-JUN and Mr. CHEN, JIN-TSAI renewed the national record of 160K in 2015; in 2014, Mr. LIU, ZHI-YUN and Ms. ZHOU, LING-JUN broke the national record of 100K. The smooth course with mild wind, fresh air, wide horizon and beautiful scenery alongside the river help runners create their own PB.
2. The division of 100 mile is the one and the only category in the formal competition whose distance counted more than 100K in Taiwan. Runners who are interested in applying high-level ultra-marathon races, please make good use of this opportunity to raise your personal record.
3. In order to put the environmentally-friendly idea into practice, runners may choose not to buy the commemorative jersey. The entry fee will be deducted 200 NTD for those who do not purchase the jersey.
4. All competitors are required to join the Facebook shortcut: [冬山河超級馬拉松](https://www.facebook.com/groups/ctau.runner.Dongshan/). For more information, please visit the website: <https://www.facebook.com/groups/ctau.runner.Dongshan/>

Adviser:  International Association of Ultrarunners

Organizer:  Chinese Taipei Association of Ultrarunners

Course Measurement:  Association of International Marathons and Distance Races



AIMS International Measurement Certificate

Name of Race: Yi Lan Dong Shan River 100 mile Ultra Distance: 100 mile

Location: Yi Lan City Country: TPE


Type of Course: Lap Date of Race: 27/11/2015 Date of Measurement: 06/09/2015

Elevation Change: 0 m / km Separation: 0 % of race distance

Measurer's Name: Fung Wang Tak IAAF-AIMS Grade: A Country: HKG

Certificate No.: TPE2015/135 Expiry: 31/12/2019

International Measurement Administrator: Dave Cundy

Signed:  Registered on: 22/12/2015

"This Certificate certifies that the length of the race has been established by an accredited IAAF-AIMS Grade A or B measurer employing the method of a double calibration with a 'Golden Course'. It remains valid for 5 years subject to the course defined in the IAAF measurement report submitted by the measurer being unchanged in any way. Any modification to the course, however minor, will nullify this Certificate and require a new measurement to be undertaken. Possession of this certificate does not entitle any person of the race to IAAF or membership of AIMS."



AIMS International Measurement Certificate

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Location: Yi Lan City Country: TPE

Type of Course: Lap Date of Race: 27/11/2015 Date of Measurement: 06/09/2015

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Certificate No.: TPE2015/136 Expiry: 31/12/2019

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AIMS International Measurement Certificate

Name of Race: Yi Lan Dong Shan River 50km Ultra Distance: 50km

Location: Yi Lan City Country: TPE

Type of Course: Lap Date of Race: 27/11/2015 Date of Measurement: 06/09/2015

Elevation Change: 0 m / km Separation: 0 % of race distance

Measurer's Name: Fung Wang Tak IAAF-AIMS Grade: A Country: HKG

Certificate No.: TPE2015/137 Expiry: 31/12/2019

International Measurement Administrator: Dave Cundy

Signed:  Registered on: 22/12/2015

"This Certificate certifies that the length of the race has been established by an accredited IAAF-AIMS Grade A or B measurer employing the method of a double calibration with a 'Golden Course'. It remains valid for 5 years subject to the course defined in the IAAF measurement report submitted by the measurer being unchanged in any way. Any modification to the course, however minor, will nullify this Certificate and require a new measurement to be undertaken. Possession of this certificate does not entitle any person of the race to IAAF or membership of AIMS."

Race Date: 21:00, November 24th, 2017 - 19:00, November 25th, 2017

Venue: Dongshan Riverside Park, Yilan County

Category	100 mile	100K (midnight)	100K (daytime)	50K	42.195K	21K	10K
Starting Time	21:00, Nov. 24 th	21:00, Nov. 24 th	06:00, Nov. 25 th	06:00, Nov. 25 th	06:00, Nov. 25 th	07:00, Nov. 25 th	07:00, Nov. 25 th
Entry Fee	NT\$ 2,900, before Jul. 31 st	NT\$ 1,900, before Jul. 31 st	NT\$ 1,900, before Jul. 31 st	NT\$ 1,000, before Jul. 31 st	NT\$ 1,000, before Jul. 31 st	NT\$ 800, before Jul. 31 st	NT\$ 600, before Jul. 31 st
	NT\$ 3,100, Aug. 1 st - Sep. 25 th	NT\$ 2,100, Aug. 1 st - Sep. 25 th	NT\$ 2,100, Aug. 1 st - Sep. 25 th	NT\$ 1,200, Aug. 1 st - Sep. 25 th	NT\$ 1,200, Aug. 1 st - Sep. 25 th	NT\$ 900, Aug. 1 st - Sep. 25 th	NT\$ 700, Aug. 1 st - Sep. 25 th
	NT\$ 3,300, after Sep. 26 th	NT\$ 2,300, after Sep. 26 th	NT\$ 2,300, after Sep. 26 th	NT\$ 1,400, after Sep. 26 th	NT\$ 1,400, after Sep. 26 th	NT\$ 1,000, after Sep. 26 th	NT\$ 800, after Sep. 26 th
Timing Chip	500NTD additionally (refund after the event)						
Time Limit	22H	16H	13H	8H	8H	4H	2H
Quota	300 people	500 people	500 people	500 people	500 people	500 people	500 people
Eligibility	1. Over 20s only 2. Done 100K	1. Over 20s only 2. Done 50K	1. Over 20s only 2. Done 50K	1. Over 20s only 2. Done 42K	1. Over 20s only 2. Done 21K	1. Over 16s only 2. Done 10K	1. Over 16s only 2. Done 5K

Non-Republic of China nationality. Be sure to sign up in English. Please click the following icon. [FOREIGNER SIGN UP](#) Fill out directly to credit card. Payment is based on the blue cost area.

- If there is any alteration of registration information after Aug. 1st, including member changing, the organizer would not offer the discount and the previous entry fee will turn into normal price (price of Aug. 1st - Sep. 25th).
- The organizer will provide a tent for group registration over 30 people
- Lamp is required for 100 mile and 100K midnight group
- Runners may choose not to buy the commemorative jersey and the entry fee will be deducted 200 NTD

Race Kit:

	Commemorative Jersey	Bilingual Certificate	Finisher Medal	Finisher Dessert	Water	Post-Race Shuttle Bus	Insurance
100 mile	v	v	v	v	v	v	v
100K	v	v	v	v	v	v	v
50K	v	v	v	v	v	v	v
21K	v	v	v	v	v	v	v
10K	v	v	v	v	v	v	v

1. **Post-Race Shuttle Bus:** 12:00 ~ 19:30, Nov. 25th. Departures every hour on the hour, including 19:30.
2. **Boarding Place:** Dongshan Riverside Park's Gate
3. **Get off Place:** Loudong Train Station (5 mins driving from the venue)

Race Route:

Riverside Park - Yi Dong Bridge (5K) - Chuan Yi Center (10K). Race course have been certified by the international course measurer.

1. **100 mile group:** 8 round trip to 10K point. Another 0.4672K added in the first lap.
2. **100K group:** 5 round trip to 10K point.
3. **50K group:** 3 round trip in total. First lap to 5K point, second and third laps to 10K point.
4. **21K group:** 1 round trip to 10K point, but another 0.5K is added.
5. **10K group:** 1 round trip to 5K point.

Commemorative Jersey (long sleeve)

(inch)

Unisex									Female			
Size	2S	XS	S	M	L	XL	2L	3L	Size	XS	S	M
Shoulder Width	16	17	18	19	20	21	22	23.5	Shoulder Width	13	14	15
Chest	17	18	19	20	21	22	23	24	Chest	14	15	16
Body Length	25	26	27	28	29	30	31	32	Body Length	22	23	23.5

(For unisex jersey, ± 1 inch is within normal limits)

Aid Station:

	Location	Distance	Restroom	Close	Supplement
Venue aid station	Venue	0.0K	v	18:30	Water, All in One sport drink, kamquat, biscuit, chocolate, fruits
1 st aid station	under the Freeway Bridg.	2.6K	v	18:30	
2 nd aid station	Yi Dong Bridg.	4.6K	v	18:10	
3 rd aid station	Li Ze Jian Bridg.	8.0K	v	17:50	
4 th aid station	Chuan Yi Bridg.	9.9K	v	17:30	

- Staple food and hot meal are provided for those runners who are still on the course.
 1. 23:00 ~ 24:00, Nov. 24th : Rice Noodle Soup (100 mile, 100K midnight group)
 2. 06:00 ~ 07:00, Nov. 25th : Sandwich (100 mile, 100K midnight group)
 3. 11:00 ~ 13:00, Nov. 25th : Congee (100 mile, 100K, 50K)
 4. 17:30 ~ 18:30, Nov. 25th : Congee (100 mile, 100K, 50K)
- Attention: Nighttime supplement (21:00 ~ 06:00, Nov. 24th ~ 25th) will only provide at second and fourth aid station.
- Runners shall finish the race within the time limit (16:30, Nov. 25th). Those who do not fulfill the regulation may not continue the race.

Prize and Award:

For those who complete the race will receive a finisher prize and a finisher certificate. The top five male and female finishers will receive a trophy (top three for 10K group).

Age group prize (10K not included): Every 5 year as a division, e.g. 16-19yrs, 20-24yrs, 25-29yrs... The organizer will give out prize depends on the number of registration.

Registration	1-5 people	6-10 people	11-20 people	21-40 people	over 40 people
Prize amount	1	2	3	5	8

- Runners shall pick up the certificate at the venue after finish the race.

Public Liability Insurance Notification:

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.

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
- D. Not wearing timing chip at the shoe front
- E. Participant's identity does not match with the race qualifications
- F. Running at the wrong route

Participants who commit the violations listed below will be disqualified.

- A. Benefiting from others' assistance during the race (such as 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.)

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 30 minutes after the official release of records. The deposit of NT\$ 2,000 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. 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.
3. Participants shall carry ID information for identification.
4. Prize winners shall carry ID information for identification.
5. Participants may get a 60% refund in case the race is postponed or suspended because of natural disasters and non-human factors.
6. 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/ctau.runner.Dongshan/>
E-MAIL: ctau.runner@gmail.com
TEL: 02-23832646 #13 for Mr. Su; #10 for Ms. Tu

Traffic:

1. Railway:
Get off at Luodong Train Station, then transfer for bus #241. (20 mins driving)
2. Intercity Bus:
 - A. Take Capital Bus at MRT Taipei City Hall Station all the way to the rear exit of Luodong Train Station, then transfer for bus #241 or #261.

B. Take Kamalan Bus at Taipei Main Station all the way to Loudong Station, then transfer for bus #241 or #261 at the rear exit of Luodong Train Station.

3. Post-Race Shuttle Bus Service:

A. Hour: 12:00 ~ 19:30, Nov. 25th. Departures every hour on the hour, including 19:30.

B. Boarding Place: Dongshan Riverside Park's Gate

C. Get off Place: Loudong Train Station (5 mins driving from the venue)

IAU International and National Level:



APPENDIX 1

International and National Level

	100K		24H		6H		50K		56K	
	M	W	M	W	M	W	M	W	M	W
INT	7:00:00	8:30:00	240	220	89	76	3:03:00	3:35:00	3:28:00	4:05:00
NAT	8:00:00	9:30:00	200	180	80	69	3:25:00	3:58:00	3:54:00	4:32:00
	50 Mile		90K		100Mile		12H		48H	
	M	W	M	W	M	W	M	W	M	W
INT	5:56:00	6:59:00	6:07:00	7:19:00	13:38:00	16:35:00	139	128	360	330
NAT	6:44:00	7:46:00	6:58:00	8:13:00	15:45:00	18:36:00	117	105	300	270
	6 Days									
	M	W								
INT	915	730								
NAT	775	620								

IN= International Level, N= National Level

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.