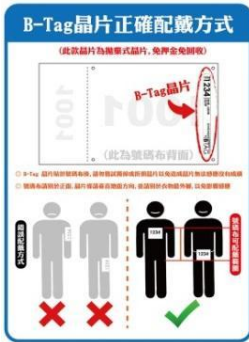
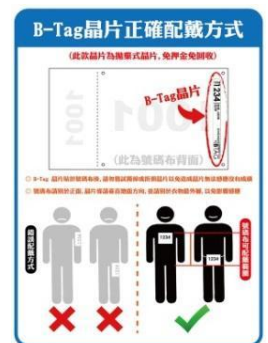


2020 冬山河超級馬拉松

2020 Yilan Dongshan River Ultramarathon - Fact Sheet

Introduction	The easy-going time limit makes it the first choice for freshmen of ultra-marathon. The smooth and scenic course produced the national female 100K and 100 mile record. Mild wind, fresh air, wide horizon and beautiful scenery alongside the park are the selling points.			
Race Venue	Yilan Wujie, Dongshan Riverside Park. The race route is along the riverside. MAP: https://goo.gl/maps/xwbeTSutU2r			
Route Type	Road (Surface - asphalt) 16km per lap of the route.			
Race Day	2020/11/20 (Fri) – 2020/11/21 (Sat)			
Category I	100 Mile Night	100K Night	100K Day	50K
Team Choice	Personal	Personal	Personal	Personal
	No Team Choice	Shackleton Team (2-4 runner)	No Team Choice	Shackleton Team (2-4 runner)
Start Time	11/20 (Fri) 21:00	11/21 (Sat) 21:00	11/21 (Sat) 05:00	11/21 (Sat) 06:00
Route	First lap to 0.4672K return; and added 10 round trip to 8K.	First lap to 2K return; and added 6 round trip to 8K.	First lap to 2K return; and added 6 round trip to 8K.	First lap to 1K return; and added 3 round trip to 8K.
Cut-Off Time	23 Hours	22 Hours	15 Hours	12 Hours
Entry Fee	NT\$3,500	NT\$2,500	NT\$2,500	NT\$1,600
Eligibility	100K run	50K run	50K run	42K run
Category II	42K		21K	10K
Team Choice	Personal		Personal	Personal
	Shackleton Team (2-4 runner)		Shackleton Team (2-4 runner)	No Team Choice
Start Time	11/21 (Sat) 06:30		11/21 (Sat) 07:00	11/21 (Sat) 07:30
Route	First lap to 5.0975K return; and added 2 round trip to 8K.		First lap to 2.5K return; and added 1 round trip to 8K.	A lap to 5K.
Cut-Off Time	10 Hours		5 Hours	3 Hours
Entry Fee	NT\$1,400		NT\$1,000	NT\$800
Eligibility	21K run		10 run	5K run
Key Guidelines	Baggage and Equipment 1. The timing IC B-Tag will be stick in the back of the bib. Number tag. Please check it before the race starts and keep it there during the race. Notice: https://goo.gl/FhwN4D 2. Overseas Runner Check-in: 60 mins before start at the Start Venue. 3. Baggage deposit: 60 mins before start at the Start Venue. (The OC is not responsible for the loss of valuables.) 4. It may rain in the mountain area. A waterproof jacket is recommended. Route and Public Aid 1. NO traffic controls along the route. Participants must follow the instruction of the staff and the public traffic rules during the race. 2. Aid stations are set every 2-4KM, provides all-in-one energy drinks, cookies and fruits; start venue will provide hot-food while the meal time. 3. Participants should carry their own garbage throughout the whole race (fruit peel, tissue paper etc.) or throw it in the rubbish bin near the aid station. 4. NO cup provided. Participants need to carry their own cups or water bags. 			



	5. For the Private Aid Station (with no staff): Locate at the start venue and the 3rd aid station. Participants can put their own supply. Deliver time:11/20 PM21:00-22:00 and 11/21 AM 06:00-07:00. <table><tr><th>Public Aid</th><th>Location</th><th>Distance</th><th>Restroom</th><th>Close</th></tr><tr><td>Venue aid station</td><td>Venue</td><td>0.0K</td><td>v</td><td>20:00</td></tr><tr><td>1st aid station (only at day time)</td><td>Da Zhong Bridg.</td><td>2.5K</td><td>v</td><td>19:30</td></tr><tr><td>2nd aid station</td><td>Jia Li Yuan Bridg.</td><td>4.9K</td><td>v</td><td>19:10</td></tr><tr><td>3rd aid station (only at day time)</td><td>Li Ze Jian Bridg.</td><td>8.0K</td><td>v</td><td>18:50</td></tr></table> <u>Rear Bus and Safety</u> 1. There is no rear bus. 2. If the runner decides to drop up during the race, please walk to the nearest aid station. <u>Reward</u> 1. For Personal group: (1). <u>The 100miles/100K Night and Day</u>: Top 10 male and 10 female finishers of each category will receive a trophy. <u>The 50K/42K/21K</u>: Top 5 male and 5 female finishers of each category will receive a trophy. (2). Each age group (every 5-year): The top male and female finishers will receive a trophy; the reward numbers will depend on the participants. (3). <u>The 10K</u> will only take the top 3 male and 3 females; no age group reward. 2. For Shackleton Team, the top finish team will receive a trophy; the reward numbers will depend on the entry team numbers. 3. All participants include the Shackleton Team member who finish within the time limit would receive a medal and a certificate.	Public Aid	Location	Distance	Restroom	Close	Venue aid station	Venue	0.0K	v	20:00	1 st aid station (only at day time)	Da Zhong Bridg.	2.5K	v	19:30	2 nd aid station	Jia Li Yuan Bridg.	4.9K	v	19:10	3 rd aid station (only at day time)	Li Ze Jian Bridg.	8.0K	v	18:50
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Transportation	<u>1. Railway:</u> Get off at Loudong Train Station, then transfer for bus #241. (20 mins driving) <u>2. Intercity Bus:</u> 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. <u>3. Post-Race Shuttle Bus Service:</u> 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)																									
Entry	1. Sign up on the E-Better Registration website, select FOREIGNER SIGN UP in English, and use online payment by credit card. https://bao-ming.com/eb/www/reg.php?activitysn=4359 2. For more information or support, you can contact us through email.																									
Contact	Chinese Taipei Association of Ultrarunners 2F-7, No.91, Sec. 2, Changsha St., Wanhua Dist., Taipei City 108, Taiwan TEL: +886-2-2383-2646 FAX: +886-2-2383-1004 Email: ctau.runner@gmail.com Web: https://goo.gl/SbBMht 																									

Male (without waist curve) / inch									Female (with waist curve) / inch			
Size	2S	XS	S	M	L	XL	2L	3L	Size	XS	S	M
Shoulder	16	17	18	19	20	21	22	23.5	Shoulder	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