

PRESENTATION OF THE EVENTS

ORGANISER

The company Exploring organises GAOLIGONG by UTMB® with the assistance of UTMB® International.

ACCEPTANCE OF THE REGULATIONS AND ETHICS OF THE RACE

Participation in the GAOLIGONG by UTMB® events implies the express acceptance, without reserve, of the present regulations and any instructions sent by the organiser to the participants.

DEFINITION OF THE EVENTS

The GAOLIGONG by UTMB® is an event within which are a certain number of events in open country, using the great hiking routes of Tengchong and Mt Gaoligong area. Each race takes place in one single stage, at an undefined pace within a time limit.

- The **MGU**: around 165 km with about 9500 meters of elevation gain, starts from Tengchong YanHu Park, in semi-autonomy and in 48 hours maximum. Open to 1000 runners
- The **RCE**: around 130 km with about 7300 meters elevation gain, starts from Tengchong YanHu Park, in semi-autonomy and in 36 hours and 30 minutes. Open to 1500 runners
- The **THT**: around 55 km with about 2500 meters elevation gain, starts from Tengchong YanHu Park, in semi-autonomy and in 12 hours and 30 minutes maximum. Open to 1500 runners
- The **TCZ** : around 35km with about 1600 meters elevation gain, starts from Tengchong YanHu Park, in semi-autonomy and in 08 hours and 30 minutes maximum. Open to 1000 runners

CONDITIONS OF PARTICIPATION AND REGISTRATION

REGISTRATION CONDITIONS

The organiser of the GAOLIGONG by UTMB® has established a list of qualifying races for the 2020 GAOLIGONG by UTMB®. Each race listed has a value of between 1 and 6 points, you need to have acquired the minimum number of points by having finished, **exclusively between 01/01/2018 and the 20/01/2020 (*)** (each runner must get his qualifying points before registering), some of the races on the list :

- MGU : minimum of 5 points in 1 race maximum
- RCE : minimum of 4 points in 1 race maximum
- THT : 0 points

- TCZ : 0 points

(*) 2017 finishers of UTMB® races may equally use these races as qualifying races.

You can consult the complete regulations for the qualifying races at www.utmbmontblanc.com, page "Qualifying races". In the case of an inexact declaration, non-conformity of regulations or a outright lie, the organisation reserves the right to cancel the registration without reimbursing the fee paid. Note : in the case of a qualifying race having been shortened, the premature termination of a race or its cancellation, the qualifying points will be recalculated in relation to the actual race characteristics.

The races are open to any person, male or female, born in or before 2000, licensed, or not under the following categories :

Participant Categories (Male and Female categories for all races)

Category	Age on 2020 December 31th
Senior	20-39
Masters 1	40-49
Masters 2	50-59
Masters 3	60-69
Masters 4	70+

To validate one's registration, each runner must **supply a specific medical certificate** (*). It must be downloaded onto their runner's page **before February 29th 2020** (the organisation does not accept medical certificates sent by email or the post). If no medical certificate is received by this date, the registration will be cancelled without reimbursement. Warning: We strongly advise you to use our official medical certificate template.

(*) at the end of the registration procedure, each runner will receive a confirmation email with, as an attachment, the official medical certificate form.

In the absence of a medical certificate, no race-bib will be attributed.

REGISTRATION FEE

Registration is uniquely via the internet and secure payment by credit card.

Fees :

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Gaoligong by UTMB®	TCZ35K		THT55K		RCE130K		MGU165K	
price 1st August 2019--- 20th Jan 2020	¥380	€ 47	¥680	€ 88	¥1380	€ 183	¥1980	€ 268
early bird price 30th May 2019--- 31th July 2019	¥280	€ 38	¥580	€ 67	¥1200	€ 160	¥1800	€ 240

The fee covers all the services described in the current regulations.

Registration is nominative. There is no authorisation for transferring one's registration from one race to another, or from one person to another whatever the motive.

RUNNER'S COMMITMENT

To participate in the GAOLIGONG by UTMB® event, in particular the MGU and RCE, it is essential :

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it ;
- To have acquired, previous to the race, a real capacity of personal autonomy in the mountains (1) allowing for the management of problems induced by this type of event, and notably :
 - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow) ;
 - Know how to manage, including when one is isolated, physical or mental problems arising from a great fatigue, digestive problems, muscle or articular pains, small wounds...
 - To be totally conscious that the organisation's role is not to help a runner manage these problems;
 - To be totally aware that for such an activity in the mountains security depends upon the runner's capacity to adapt to the problems encountered or foreseen
 - To inform and to sensitize the members of the runner's entourage towards the respect of nature, people and the regulations of the race.
 - To accept to receive newsletters providing information about the event.

(1) participation in other races in order to have the required number of points (see paragraph REGISTRATION CONDITIONS) in order to register, is useful for acquiring this experience, but not necessarily sufficient.

SEMI AUTONOMY

The principal of an individual race in semi-autonomy is the rule. The GAOLIGONG by UTMB® events take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each event. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...)

This principal implies, in particular, the following rules :

1. Each runner must have with them throughout the duration of the race the totality of their obligatory equipment (see paragraph EQUIPMENT). They transport this equipment in a pack, tagged during race-bib distribution and which can not be changed along the race route. At any moment of the race, the race stewards can verify the pack and its contents. The runner is obliged to submit to these checks in good humour, at the risk of exclusion from the race.
2. The refreshment posts supply drinks and food to be consumed on site. The organisation only supplies still water or energising drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each refreshment post, the quantity of drink and food which is necessary to keep them going until the following refreshment post. For slower runners, the longest sections without refreshments can be more than 4hrs during the MGU, more than 3hrs during the RCE.
3. For the MGU and RCE, a personal assistant is tolerated exclusively at certain refreshment posts (*), in the zone specifically reserved for this use and at the discretion of the chief of the post. This assistance can only be given by one person, without specific equipment other than a bag with a maximum volume of 30 litres. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners. No assistance is allowed, at any point along the race route, during the THT and the TCZ.
4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts.

Note : A participant who accepts being filmed, and therefore accompanied, outside of the expressly designated zones contravenes the principle of semi-autonomy. The race stewards witnessing irregularities are authorised to penalise the participants in order to guarantee the spirit of trail-running events.

(*) Personal assistance is tolerated at the following posts :

MGU : CP7, CP12 and CP 15

RCE : CP7 and CP 12

It is forbidden at all other refreshment posts, as well as at any other point of the race route.

THT and TCZ : no assistance is allowed at any point throughout the race

EQUIPMENT

In order to ensure their security and the good progress of the each event, each participant must have at their disposal the all the obligatory equipment on the list, detailed below. Each participant must therefore present their obligatory equipment, including the kit activated by the organisers, in order to retrieve their race-bib, and agree to keep it with them throughout the event.

It is important to note that the material imposed by the organisers is a vital minimum which each trail-runner must adapt in function to their own capacities. In particular, they must not chose the lightest weight clothing possible in order to gain a few grammes, but opt for clothing which really offers good protection in the mountains against the cold, wind and snow, which therefore give better security and a better performance.

Mandatory equipment MGU and RCE

- Pack destined to transport obligatory equipment throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in China (load into its memory the organization's security numbers, don't mask your number and don't forget to leave with the battery fully charged)
 - Keep the phone on, airplane mode is prohibited and could give rise to penalties.
 - For smartphones: LiveRun application installed and activated.
 - An external battery is highly recommended
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted)
- Supply of water of 1 litre minimum
- 2 torches in good working order with spare cells/batteries for each torch
Recommendation : 200 lumens or more for the main torch
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm)
- Food reserve
Recommendation : 800kcal (2 gels + 2 energising bars each of 65g)
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof* and breathable** membrane (eg. Outdry)

*minimum recommended	10	000	Schmerber
**RET recommended	inferior	to	13

- the jacket must, imperatively, be fitted with an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.

- the seams must be sealed.

- the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted.

It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated and so bad weather in the mountains, but, during a check, the judgment is made by the person in charge of the check or the steward.

- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely
- Cap or bandana or Buff®
- Additional warm second layer : a warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)) OR the combination of a warm long sleeved underwear (first or second layer, cotton exclude) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket*
*the wind-proof jacket does not replace the obligatory waterproof jacket, and vice versa

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory. You carry this equipment in a pack which must be tagged during race-bib distribution and is not interchangeable during the race.

Other recommended equipment (list non exhaustive)

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Poles in the case of rain or snow for your security on slippery ground
- Hat
- Warm and water-proof gloves
- Waterproof over trousers
- Vaseline or anti-heat cream
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elasticated bandage
- Emergency sewing kit...

If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. No poles are authorised in the drop bags. The use of poles will be forbidden in certain zones along the route marked by specific signs, for the security or environmental reasons.

Obligatory equipment THT and TCZ

- Pack destined to transport obligatory equipment throughout the race
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:

- mobile phone with international roaming allowing for its use in China (load into its memory the organization's security numbers, don't mask your number and don't forget to leave with the battery fully charged)
- Keep the phone on, airplane mode is prohibited and could give rise to penalties.
- For smartphones: LiveRun application installed and activated.
- An external battery is highly recommended
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted)
- Supply of water of 1 litre minimum
- 1 torch in good working order with spare cell/batteries (except TCZ)
Recommendation : 200 lumens or more
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm)
- Food reserve
Recommendation : 800kcal (2 gels + 2 energising bars each of 65g)
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof* and breathable** membrane (eg. Outdry)
*minimum recommended 10 000 Schmerber
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- the jacket must, imperatively, be fitted with an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
- the seams must be sealed.
- the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted.
- It is the runner's responsibility to judge, with these criteria , if their jacket fits the regulations stated and so bad weather in the mountains, but, during a check, the judgment is made by the person in charge of the check or the steward.
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All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory. You carry this equipment in a pack which must be tagged during race-bib distribution and is not interchangeable during the race.

Other recommended equipment (list non exhaustive)

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Additional warm second layer : a warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)) OR the combination of a warm long sleeved underwear (first or second layer, cotton exclude) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket*
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If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. No poles are authorised in the drop bags. The use of poles will be forbidden in certain zones along the route marked by specific signs, for the security or environmental reasons.

QUARTZ EVENT PROGRAM

The Organization of the GAOLIGONG by UTMB® has decided to set up the QUARTZ Event program to protect your health and contribute to doping-free sport. This program is open to all participants. This program has neither the vocation nor the competence to replace anti-doping rules but aims to strengthen the medical supervision before and during the competition. QUARTZ Event program is carried out in collaboration with the International Trail Running Association (ITRA), Athletes For Transparency association (AFT) and Ultra Sports Science Foundation (USS); it is managed by a Health Commission solely composed of doctors. This Health Commission can take advice from experts of its choice and specifically give a consultative advice to the race direction on the medical condition of participants. This Health Commission can go as far as to suggest to the race direction that a participant should be excluded from competition for health reasons.

Each participant agrees to:

1. Declare to the Health Commission the following medical information:
 - Any medical history and/or pathology, in particular those which may increase risks during the practice of a sport
 - The use of regular treatments or medication during the 30 days prior to the start of the competition
 - Request or use of a substance or method subject to a Therapeutic Use Exemption (TUE)
2. Provide all urinary and/or blood and/or hair and/or salivary samples required from 30 days before the competition and up to 7 days after the competition. He/she also consents to the associated analysis of these samples, on the understanding that the costs for the sampling and analyses are covered directly by the Organization.
3. Accept not to participate in the competition if glucocorticoids have been used, without any relation to the mode of administration and therefore the presence or not of a TUE, within the 7 days before the start of the competition. The use of glucocorticoids may be identified in the context of the analysis carried out, either from a direct dosage or in the case of an abnormally low cortisol.

4. Accept to answer any meeting request on site or remotely (phone or videoconference) that the Health Commission may ask for in order to discuss their ability or not, to participate in the competition.
5. Submit any doping control form completed within 30 days before the start of the competition and up to 15 days after the competition. Each form must be legible.
6. Accept the use of strictly anonymous data for research purposes. Each participant has a right of access, rectification and opposition to data concerning him. The Health Commission is the authority with which the participant can exercise this right.

The declaration of medical information to the Health Commission is done through the ITRA health space that each participant can activate after having created a free runner account on the ITRA website: itra.run. The declared medical information is only accessible by the doctors of the Health Commission or in the event of medical care being carried out during the competition the declared medical information will also be made available to the medical team.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with QUARTZ Event program can result in the exclusion of the participant from the competition.

ANTI-DOPING CONTROL

Any competitor could be subjected to an anti-doping control before, during or at the finish of an event. In the case of a refusal or abstention, the sports-person will be sanctioned in the same manner as that were they to have been convicted of doping.

INSURANCE

Each competitor must, obligatorily, be in possession of a personal accident insurance which covers the cost of search and rescue and evacuation in China. Such insurance can be taken out with any organisation of the runner's choice.

For members of the ITRA (International Trail Running Association) it is possible to subscribe to an Assistance – Repatriation insurance which covers the cost of search and rescue worldwide. For more information go to www.itra.run

NB : you pay for helicopter evacuation. The choice of evacuation method depends exclusively on the organisation, who will systematically put the runner's security first.

The choice of the method of evacuation and the actual choice of hospital is at the discretion of the search and rescue and medical officials.

Expenses arising from the use of exceptional methods of rescue or evacuation have to be paid by the person rescued who will also have to pay their return from the place to where they were evacuated. It falls to the runner to create their file and present it to their insurance company within the stated time limit.

RESPECT FOR THE ENVIRONMENT

By registering for one of the GAOLIGONG by UTMB® events, participants agree to respect the environment and the natural areas they pass through. In particular :

- It is strictly forbidden to abandon your rubbish (gel tubes, paper, organic detritus, plastic wrappers...) along the race route. Trash/rubbish bins are available at each refreshment post and it is imperative that they are used. The race stewards conduct random checks all along the race route.
- All participants must keep any rubbish and wrappers with them until they can throw them in the bins which are provided for them at each refreshment post. The organisation encourages runners to equip themselves with a bag or pouch in which to transport their waste to the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper soiled during any urgent need along the route.
- It is imperative that you follow the paths as they are way-marked, without short-cutting them. Actually, short-cutting a path causes erosion damaging the site.
- No disposable dishes (cutlery, cups, bowls) will be distributed in life bases and refreshment points. This is to reduce the plastic usage by runners, as well as by the volunteers of the GAOLIGONG by UTMB®. We invite you to bring your own utensils if you wish to eat hot meals in the refreshment points.

ELITE RUNNERS

Having the status of an international elite creates rights and duties for the athletes concerned. They are as below :

Rights :

- In regard of justified recognition for athletes of a high calibre and for fair management of registration, we reserve places for elite athletes, who request a place, according to precise criteria based on their general ITRA performance index data.

Free registration : Men > 825 / Women > 700

Runners corresponding to the criteria may benefit from the free registration on condition that they have the required number of points for 2020.

To register for free, elite runners meeting the above criteria should contact the organisation at gaoligong@expwise.com in order to obtain a discount code which can then be entered when registering in the normal way.

- At the start of the races, elite athletes are invited to position themselves at the front of pack according to the following race-bib numbers :
 MGU : bibs 1 to 199
 RCE : bibs 3001 to 3199
 THT : bibs 6001 to 6199
 TCZ : bibs 8001 to 8199

Duties :

In return, the elite runners agree to :

- Be present at any press conferences and official ceremonies to which they are invited ;
- Be present at prize-giving ceremonies if it concerns them ;
- Accept to carry a GPS tracker, supplied by the organisation at the start of the race, throughout the totality of the race; then to return this tag at the end of their race;
- Be present at the start line no later than 20 minutes before the start of the event.

Prize money:

- It is the recognition of a virtuous circle bonding the athletes and the event, an exchange of visibility in which the two parts participate in the success of the event
- Prizes are considered an income by the State. Athletes domiciled in China must include it in their income tax return. For runners residing abroad, a 20% withholding tax is applied by the State before the amount is paid by the organization.

The remuneration will be published in August

RIGHTS FOR IMAGES

Every competitor expressly foregoes the right for any images during the event, just as they renounce any right of appeal to the organisers and their partners for the use of their image. Only the organisation can transfer this right for images to any media, via an accreditation or relevant license.

Ultra-Trail® and UTMB® are the legally registered names. All communication about the event or the use of images from the event must respect the name of the event, the registered trade marks and have official approval from the organisation.

INDIVIDUAL SPONSORS

Runners who are sponsored can only display their sponsor's logos on their clothing and equipment used during the race. All other publicity accessories (flags, banners...) are forbidden at all points of the race route including the finish , at the risk of a penalty given by the discretion of the race directors.

PERSONAL DATA PROTECTION POLICY

The Organiser follows best practice in data protection.

All personal information supplied by participants during the registration process is strictly used for internal purposes with regards to the management of participants involvement in the Event where such information includes, but is not limited to, name, phone number and email address's.

Personal information will not be used for any other purpose unless the express permission of the participants is provided in writing to the Organiser.

Each participant has a right of access to their information as supplied to the Organiser in order to make changes or corrections. Should a participant want to have access to their personal information they are to email the Organiser at gaoligong@expewise.com including the their surname, first name and race-bib number.

RACE ORGANISATION IN GENERAL

RACE-BIBS

Each race-bib is distributed individually to each runner upon presentation of :

- A piece of photographic identity,
- Your race pack and all the obligatory equipment.

The race-bib must be worn on the chest or stomach and be permanently and completely visible throughout the totality of the race. It must always be placed on top of all clothing and can in no case be positioned on a leg or pack. The name and partner's logos must not be either modified or hidden. The race-bib is the pass necessary for accessing the shuttle buses, buses, refreshment posts, infirmary, rest areas, showers, drop-off or pick-up areas for drop sacks... Except in the case of a refusal to comply with a decision taken by a race official, the bib is never taken away but in the case of an abandonment the bib is deactivated.

DROP BAGS / SPARE'S SACKS

Each competitor receives 30 litre bags with their race-bib. After having filled it with the necessities of their choice and having closed it they can drop it off at the start.

MGU : each competitor receives 4 bags to be collected at CP7, CP12, CP15, Finish.

RCE : each competitor receives 3 bags to be collected at CP7, CP12, Finish.

THT and TCZ : each competitor receives 1 bag to be collected at Finish.

Recuperation of bags in the finish line: The bags are returned to either the competitor or a family member or friend, uniquely upon presentation of the race-bib. The bags must be recuperated no later than 2 hours after the end of the race. After that time, the runner must come, in person, to recuperate their bag, at their own cost, from the organisation.

The organisation ensures the repatriation, to the finish line, of any bags of runners who abandon, on the condition that the abandonment has been registered. The delay of the repatriation is in relation to logistical constraints and the organisation can not guarantee a complete repatriation of bags before the end of the race.

Only bags supplied by the organisation will be transported. Poles are not allowed in these bags. The contents of the bags will not be verified, no contestation over the contents of the bag at the finish will be accepted. The placing of valuable objects in these bags is not recommended.

You are recommended to pack toiletries and a change of clothing for your return to the finish line.

REFRESHMENTS

The organisation ensures the presence of solid and liquid refreshments along the race-route. The aid stations supply drinks and food for consuming in situ. The organisation supplies still water and energising drink for filling water bottles/hydration packs and personal beakers are obligatory. The runner must take care, when leaving each refreshment post, that they have the necessary quantity of food and drink to last them to the next refreshment post.

For more information concerning the composition of the refreshments, consult the page "[Aid stations](#)".

Only runners wearing a visible race-bib who have been duly checked have access to the aid stations.

The race guide and the relevant pages on the web-site have a complete list of refreshment posts and what they serve.

CHECK POSTS

A check is carried out at the arrival at an aid station and at certain security posts. **Unexpected check posts are set-up at posts other than those of refreshment or security posts.** Their location is not divulged by the organisation.

WAY-MARKING

For better sighting at night, the way-markers are fitted, in part, with reflective material which attracts the light of your torch.

ATTENTION : if you don't see any, turn back !
In respect for the environment no paint is used on the paths.

MAXIMUM AUTHORISED TIME AND TIME BARRIERS

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

- MGU : 48 hours
- RCE : 36 hours and 30 minutes
- THT : 12 hours and 30 hours
- TCZ : 08 hours and 30 minutes

The time limit of the start (time barriers) from the main check points will be defined and printed in the Runner's Guide and on the web-site. In the case of a change (cf § Exceptional Conditions), the new time barriers will be announced via text message, email and on the website.

These time barriers are calculated to allow participants to arrive at the finish within the maximum time allowed, while having made eventual stops (rest, food...). **In order to be**

authorised to continue with an event, competitors must leave the check point before the fixed time (whatever their time of arrival at the check point).

All competitors excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

SECURITY AND MEDICAL ASSISTANCE

Security posts are positioned at various points along the route. These posts have a radio or telephone link to the race Command Center for security (the phone number will be printed on the runner guide and on the runner's bibs). A regulation medical team is present throughout the events at the race security Command Center.

These security posts are designed to give assistance to any person in danger by their own or public means.

It is up to a runner in trouble or seriously hurt to call for the help :

- By going to a security post
- By calling race Command Center
- By asking another runner to alert the security service
- By using the SOS app LiveRun

Every runner must give assistance to any person in danger and alert the security services.

In the case where it is impossible to contact race Command Center, you can make a direct call to the rescue service (most particularly if you find yourself in a zone where only emergency calls are possible) : Emergency number in China : 110 or 120.

Do not forget that hazards of all sorts, linked to the environment and the race, may require you to wait assistance for a longer time than expected. Your security therefore depends upon the quality of that which you have put in your pack.

All the personnel, medics, paramedics, search and rescue and official guides, as well as any person so designated by the organisation are able to :

- exclude any competitor from the race who is judged to be unable to continue the event
- oblige any competitor to use any element of obligatory equipment
- have evacuated by any means any runners who are judged to be in danger
- orientate patients to a better treatment structure which is better adapted to their needs

A runner who contacts a doctor or search and rescue personnel submits themselves to their authority and agrees to accept their decisions. As from the moment where the state of a runner's health justifies treatment via an intravenous drip, they are obligatorily excluded from the race.

An infirmary will be accessible in the finish line throughout the duration of the events. Runners who have a severe medical problem may present themselves. Minor treatments will be carried out at the discretion of the personnel and subject to their availability.

Each runner must stay on the way-marked route, even to sleep.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organisation.

FINISH

When you finish, you will receive a finisher's gift. A post-race meal is served at the finish line.

SHOWERS

There is the possibility of a hot shower but only at the end of the race. Access to the end of race showers is, strictly, only accessible to runners. The race-bib is the pass for accessing the showers.

Throughout the course, showers - when there are any – are only available on medical advice. Access to the rest area and showers is strictly limited to runners with bare feet.

REST

A rest area in the finish line is available exclusively for runners of the MGU and RCE. This room is strictly reserved for runners who have just finished their race. In no way does this constitute a solution for accommodation for the entire night. Runners having finished their race who wish to prolong their stay must have their own accommodation.

MGU : each competitor can benefit from a rest area (area with camp beds and blankets) in CP7, CP12, CP15.

RCE : each competitor can benefit from a rest area (area with camp beds and blankets) in CP7, CP12

RANKING AND RECOMPENSE

With the mission of respecting nature, inheriting history and exploring oneself, Gaoligong Mountain Super Trail is committed to publicizing and protecting the world's ecological diversity and cultural diversity. Anyone who participates in the competition and finishes within a specified time will receive a distinctive medal and clothing.

1. In the four groups of events (MGU, RCE, THT, TCZ), only those who reach the final point within the specified time will be identified.

2. Each group will be ranked in male and female groups respectively. At the same time, according to their age groups (a, 20-39 years old, b, 40-49 years old, c, 50-59 years old, d,

over 60 years old), male and female will be ranked. Runners who won the first place in their age group will receive additional rewards.

3. MGU group will rank all the finalists. The top eight men and the top eight women will be awarded the trophy of "Cloud Leopard Marshall", a rare species unique to Gaoligong Mountain, as an element, and the title of "General". The title is as follows:

First: Juedi Marshall – warrior so swift his feet do not touch the ground

Second: Fanyu Marshall – warrior who can outrun a bight in flight

Third: Benxiao Marshall – warrior who runs great distances across wilderness

Forth: Yueying Marshall – warrior who chases the sun

Fifth: Yuhui Marshall – warrior whose armour is magnificent like a bird's plumage

Sixth: Chaoguang Marshall – a warrior who can cast ten shadows

Seventh: Tengwu Marshall – a warrior who rides clouds

Eighth: Xieyi Marshall, meaning a winged warrior who soars through heavens

4. The RCE, THT and TCZ groups will rank all the finalists, and award the top three men and the top three women the distinctive trophies and prizes of the corresponding groups.

5. In the MGU and RCE groups, the first male and female participates who spend the shortest time from CP4 to CP5 will receive the special prize for the fastest climbing.

6. The finalists of MGU, RCE, THT and TCZ will receive corresponding ITRA points respectively.

7. Trophies and prizes are only awarded at awarding ceremonies.

8. The results of all participants will be published at www.mtgaoligong.com.

ABANDONMENT AND REPATRIATION

Except in the case of injury, a runner must not abandon outside of a check point. They must inform the person responsible for the post, or signal their abandonment via the LiveRun app and inform the race Command Center.

In the case of the decision to abandon between two check points, the runner must go to the nearest check point where they announce their abandonment.

The runner keeps hold of their race-bib because it is the pass for accessing shuttle buses, buses, meals, treatment rooms...

Repatriation works in the following manner :

- Buses are available from certain refreshment posts marked by a pictogram «bus» on the maps so as to repatriate runners who abandon to the finish line.

- Runners who abandon at other security or refreshment posts whose state of health does not necessitate an evacuation must go to as fast as possible and under their own means the nearest point of repatriation.
- For that which concerns refreshment or security posts accessible by car or 4x4:
 - at the closure of the post, the organisation may, within the means possible, repatriate runners who have abandoned and who are still present at the post
 - in the case of unfavourable weather conditions which justify the partial or total stoppage of the race, the organisation ensures the repatriation of the runners as fast as possible

PENALTIES - DISQUALIFICATION

Race stewards present along the race-route, and those responsible for the different refreshment and security posts are able to enforce the regulations and immediately apply a penalty in the case of non-respect for these regulations, according to the following chart :

MGU and RCE

BREACH OF REGULATION	PENALTIES (**)- DISQUALIFICATION
Short-cutting the route	According to the race Committee* decision
Absence of obligatory equipment (no water supply of a volume of a minimum of 1 litre, waterproof jacket with hood, no torch, no survival blanket, no mobile/cell phone)	Immediate disqualification
Absence of other obligatory equipment (race leggings or long trousers, only one torch, cap or bandana, etc)	1 hour penalty
Refusal to have obligatory equipment checked	Disqualification
Phone turned off or in airplane mode	15 min penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organisation or runners) Note : a participant whose supporters are uncivil and/or refuse to respect the organisation's instructions will be penalised.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance	1 hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of the refreshment posts.	15 minute penalty
Cheating (eg. : use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minute penalty

The wearing of a non-conforming race-bib	15 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Attitude deemed dangerous (eg. : poles with unprotected points orientated towards runners or spectators)	15 minute penalty
Absence of an electronic chip	According to the race Committee* decision
Absence of passage through a control point	According to the race Committee* decision
Refusal to comply with an order from the race directors, race stewards, chief of posts, doctors or research and rescue personnel.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	1 hour penalty
Use of poles not carried with you from the beginning of the race	1 hour penalty

(*) The Race Committee shall consist of the Event Director, the Race Director, one UTMB® representative, the Medical Safety Director (when it comes to medical matters).

(**) The time penalties are immediately applicable in situ, that's to say that the runner has to interrupt his/her race for the duration of the given penalty time. If the breach of regulation is found after the race, the race Committee can decide to add the penalty time to the final race time of the runner in question. All other lack of respect for the regulations will be subject a sanction at the race Committee* discretion.

THT and TCZ

BREACH OF REGULATION	PENALTIES (**) – DISQUALIFICATION
Short-cutting the route	According to the race Committee* decision
Absence of obligatory equipment (no water supply of a volume of a minimum of 1 litre, waterproof jacket with hood, no torch, no survival blanket, no mobile/cell phone)	Immediate disqualification
Absence of other obligatory equipment (no torch, cap or bandana, hat, etc)	30 minute penalty

Refusal to have obligatory checked	Disqualification
Phone turned off or in airplane mode	10 minute penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	30 minute penalty
Lack of respect for others (organisation or runners) Note : a participant whose supporters are uncivil and/or refuse to respect the organisation's instructions will be penalised.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance outside of authorised zones	30 minute penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of the refreshment posts.	10 minute penalty
Cheating (eg. : use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	10 minute penalty
The wearing of a non-conforming race-bib	10 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Attitude deemed dangerous (eg. : poles with unprotected points orientated towards runners or spectators)	10 minute penalty
Absence of an electronic chip	According to the race Committee* decision
Absence of passage through a control point	According to the race Committee* decision
Refusal to comply with an order from the race directors, race stewards, chief of posts, doctors or research and rescue personnel.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	30 minute penalty
Use of poles not carried with you from the beginning of the race	30 minute penalty

(*) The Race Committee shall consist of the Event Director, the Race Director, one UTMB® representative, the Medical Safety Director (when it comes to medical matters).

(**) The time penalties are immediately applicable in situ, that's to say that the runner has to interrupt his/her race for the duration of the given penalty time. If the breach of regulation is

found after the race, the race Committee can decide to add the penalty time to the final race time of the runner in question. All other lack of respect for the regulations will be subject a sanction at the race Committee* discretion.

CLAIMS

Any claim that implicates a classification change must be made to us by email, within a delay of 24 hours after the end of the event.

Any other claim must be made to us by email, within a delay 10 days after the end of the event.

EXCEPTIONAL CONDITIONS

If the circumstances require it, the organisation reserves the right to, at any moment, modify the route, start times, time barriers, position of refreshment or security posts, and any other aspect related to the good functioning of the events.

In the case of a force majeure, weather conditions which are too unfavourable or any other circumstance which puts the security of the competitors at risk, the organisation reserves the right to :

- defer the start by a few hours maximum
- modify the time barriers
- cancel the event
- neutralise the event
- stop the race in progress

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

OPTIONAL SERVICES

RUNNERS' GUIDE

A guide is downloadable from the web-site www.gaoligongbyutmb.com as from the month of December. It includes maps of the routes and practical information such as time barriers, refreshment post locations, security posts, as well as the areas with access for accompanying persons.

INSURANCE

Civil

The organisation takes out a third party insurance for the duration of the event. This third-party

responsibility

insurance guarantees the pecuniary consequences of its responsibility, for that of those working for them and participants.

CANCELLATION OF A REGISTRATION

Any cancellation of a registration must be made in writing either by email or post. No withdrawal is registered by telephone.

The reimbursement of fees paid at registration will be made by partial re-credit to the bank account associated to the credit-card used at the time of registering, or to Wechat, Alipay, under the following conditions :

Date sent	Amount of re-credit in % of the amount of registration (excluding annex charges)
Before September 15th	60%
Between September 16th and November 15th	50%
Between November 16th and January 31st	40%
After January 31st, no reimbursement is possible without subscription to the cancellation registration guarantee	

Registration is nominative. There is no authorisation for transferring a registration to another person whatever the motive.

CANCELLATION REGISTRATION GUARANTEE

MGU and RCE

Any person at the moment of their registration can subscribe to cancellation guarantee, for an additional cost of 15€ per person, added to the sum of the registration fee at the moment of payment.

THT and TCZ

Any person at the moment of their registration can subscribe to cancellation guarantee, for an additional cost of 9€ per person, added to the sum of the registration fee at the moment of payment.

The objective of the guarantee is to completely refund the expenses of registration, in the case where a runner asks to cancel his registration because of one of the following reasons :

- an accident, a serious illness or the death of the runner themselves ,
- a serious illness necessitating hospitalisation or the death of a spouse or common law partner, or close relative in the thirty days preceding the event.

- The pregnancy of a registered runner, or the birth of a child in the 15 days before or after the race.

In the case of an accident or serious illness of the runner, it is necessary to supply **a medical certificate signed and stamped by the doctor** giving evidence of the runner's incapacity to participate in the race. Any other cause of cancellation must be justified by a signed and stamped certificate supplied by the relevant and legal authority.

Indemnity conditions : all requests for reimbursement must be sent to us, accompanied by a medical certificate, **no later than 10 days after the end of the event**. The request will be processed in the two months following the event.

The cancellation of a registration or the non-participation in the race to which one is registered does not entitle the runner to benefit from a priority registration a subsequent year.