



## Grand Wutai Pilgrimage - Zero Edition

### RACE INFO

DATE: 25 July 2015 4:30 am - 19:30 pm (15 hours)

Starts/Finish: Wutaishan Hongmenyan

Distance 75km 4000m Climb elevation

Team race (2 person)

2015 editions of Grand Wutai Pilgrimage is a qualifying event for the 2016 Ultra-Trail du Mont-Blanc® (2 points each).

Race registration 10 am 9 JUNE (Beijing time)

Please go to Entry for further information.

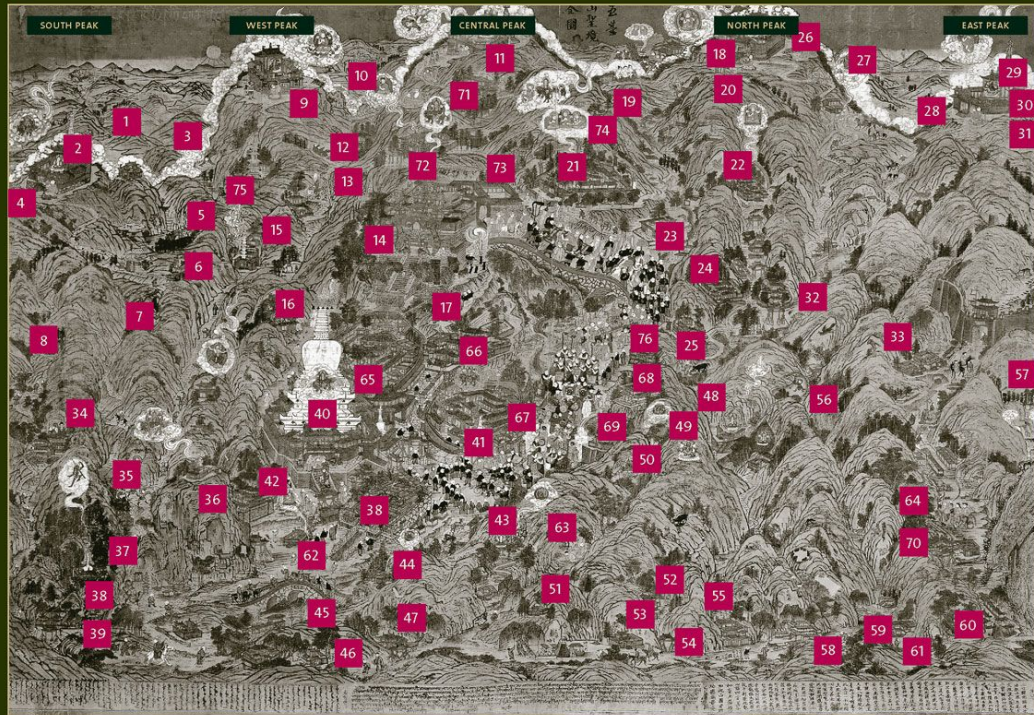
<http://grandwutai.ihuipao.cn/>



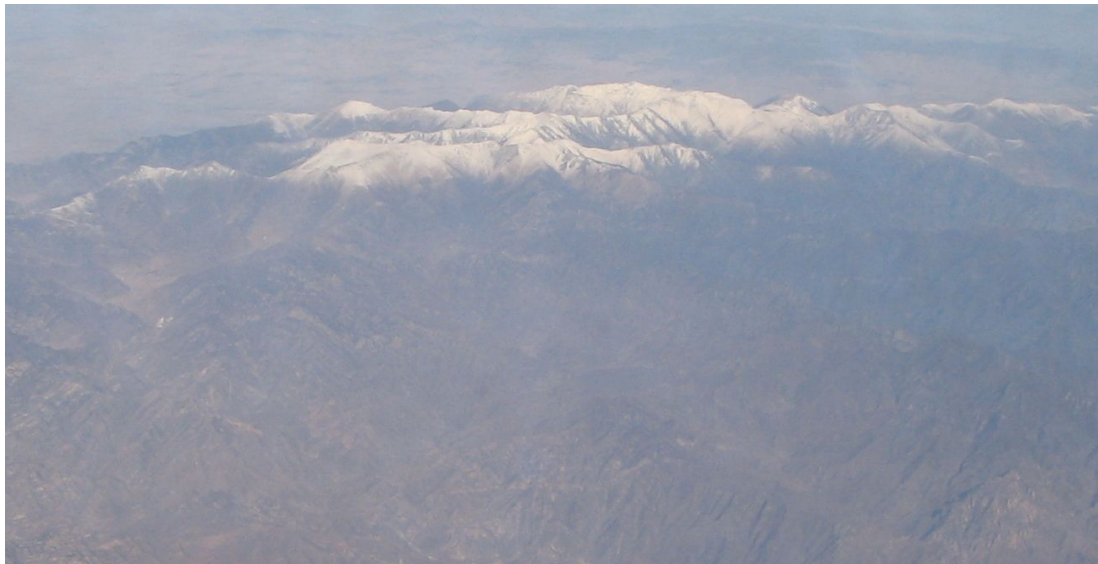
Mount Wutai (Chinese: 五台山; pinyin: Wǔtái Shān; literally: "Five Plateau Mountain"), also known as Wutai Mountain or Qingliang Shan, is a Buddhist sacred site located at the headwaters of river Qingshui, in the Chinese northeastern province of Shanxi, surrounded by a cluster of flat-topped peaks (North, South, East, West, and Central). The North peak, called Beitai Ding or Yedou Feng, is the highest (3,061 m), and indeed the highest point in northern China.

## MAP LEGEND

*Panoramic Map of Wutaishan*  
Sino-Mongolian; 1846  
Painted and colored woodblock  
Rubin Museum of Art  
C2004.29.1 (HAR 65371)



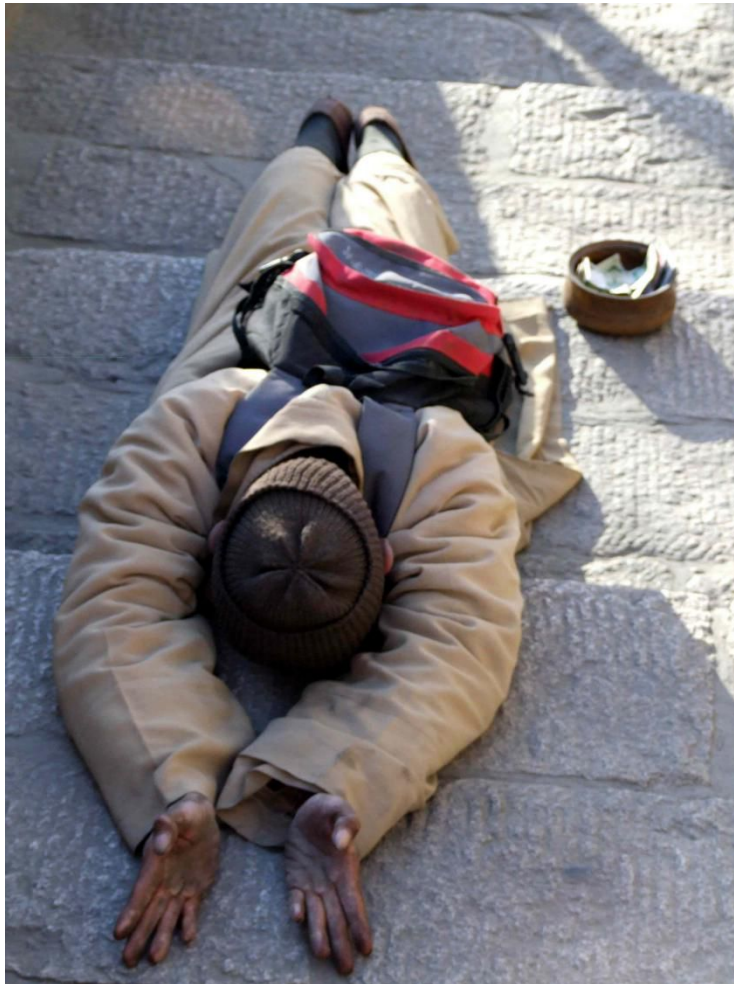
As host to over 53 sacred monasteries, Mount Wutai is home to many of China's most important monasteries and temples. It was inscribed as a UNESCO World Heritage Site in 2009.



There is requirement to have completed 100km particular event in order to participate in the Grand Wutai Pilgrimage. You must know need to be an experienced trail runner and must be sufficiently skilled and trained to undertake the event. The course is very high and tough with remote sections that can result in slower first aid / rescue response times. You



must also have the ability to deal with difficult climatic conditions, including strong winds, low temperatures and heavy rainfall. Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. It is your responsibility to monitor your health and condition during the event and to withdraw from the event if you are no longer fit enough to continue.



The athletes must understand which are their technical capacities and experience to take part on a more or less technical race. And to train and improve this capacities on training before taking part on a more technical race (without counting the distance and elevation facts).



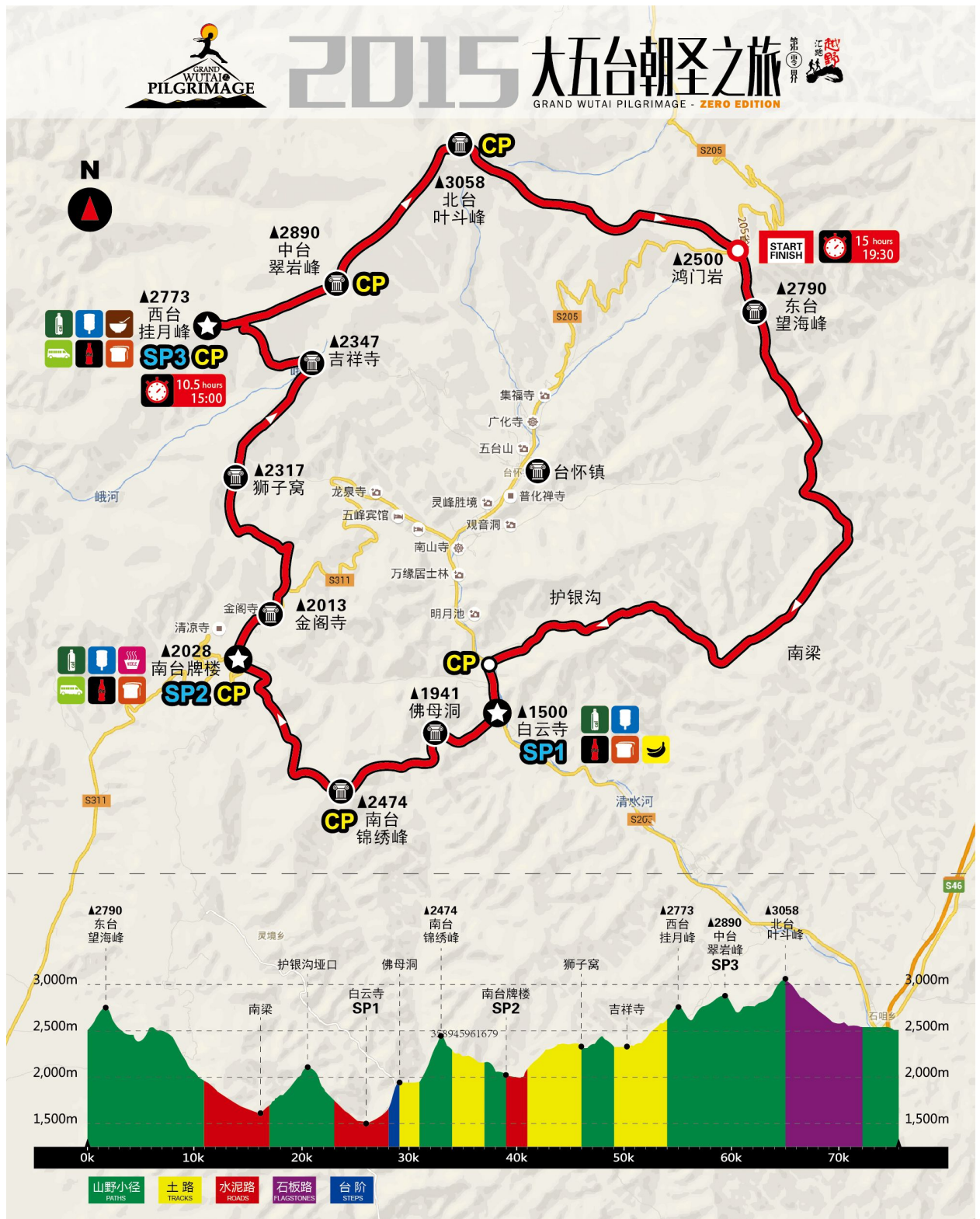
#### EVENT CANCELLATION

The organisers reserve the right to cancel or cut short the event for the following reasons: adverse weather conditions, landslides, rockfalls or hill fires along the course, protests or blockage along the course, force majeure i.e. due to occurrence of incidents that are beyond the control of the organiser and which renders it impossible, unsafe or impractical to hold the event. A force majeure event shall include, but is not limited to, act of God, war, hostilities, acts or threats of terrorism. In such event no refund of the registration fee will be provided.





# Race Route







## GEAR

### Mandatory gear

Each participant will need to carry with them at all times the following items:

- A mobile phone
- warm clothing and Waterproof clothing.
- A headlamp/torch (with batteries)
- A whistle
- Warm fleece or warm long sleeve shirt. Cotton shirts are not allowed. (minimum 150g)
- An emergency space blanket or equivalent
- Capacity to carry at least 1.5 litres of water (water bladder or water bottles)
- 2 energy bars / food portions
- A ziploc bag for your personal rubbish
- Race bib
- Some cash

There will be random gear checks during the event and if you are missing any item you will incur a penalty which may range from a time penalty to disqualification, depending on the severity of the breach.

### Recommended items

- Anti-chafing cream
- Sunscreen
- Sun glasses
- Cap or sun hat
- Spare clothing
- More substantial first aid kit (sterile dressings, roll of strapping tape, blister care patches, antiseptic wipes, painkillers, and any relevant personal medications)



### Schedule

24 July 12:00 pm-18:00 pm Runner' s race pack (which includes race bib and Finish drop bags respectively) will be available for collection from Wutai Zhongyu hotel during the above period. Please bring along your confirmation email or identity card/passport for identification purposes.

Race briefing:16:00 pm 24 July, Wutai Zhongyu hotel.

Free shuttle bus: Bus services will operate between the finish point and Wutai Zhongyu hotel. The service will operate from 3:30 am on 25 July. journey will take about 20 minutes.

Finish shuttle bus every 1 hours back Wutai Zhongyu hotel.

Award presentation: 10:00 am 26 July 10:00 Wutai Zhongyu hotel, A unique souvenir trophy and jacket will be awarded to all finishers.



### Entry Fee

\$250, (2 person team).

Athletes are those who expect to complete the event in under 19 hours for men and women in Vibram HK100 2014/2015 edition

Athletes are those who expect to complete the event in under 22 hours for men and women in TNF100 Hong Kong 2014 edition

Athletes are those who expect to complete the event in under 21 hours for men and women in TNF100 Beijing 2015 edition

And other 100km 4000m elevation race, Applicants must be at least 18 years old on the event day, i.e. 24 July 2015.



## ACCOMMODATION

We have arranged provide accommodation booking services for overseas participants. Click on the url to access information.

<http://grandwutai.ihuipao.cn/page?id=76>

Race official hotels Wutai Zhongyu hotel RMB 500(one room), Contain 2 person 2 Breakfast and lunch.



## TRANSPORTATION

Race shuttle bus from Beijing to Wutaishan, cost about RMB 300, Contain 24-26 July License scenic and accident insurance. Go your own Resorts need to purchase tickets (RMB 134)。



From Beijing to Wutaishan, 24 July 8:00am, Gongzhufeng Xinxin Hotel (near subway line 10 A), afternoon arrive Wutai Zhongyu hotel; From Wutaishan to Beijing, 26 July 14:00pm, Wutai Zhongyu hotel, Buy bus service players need to show their identity by bus.