

**2018 Ultimate TsaiGu is located in Mount Kwotsang of Zhejiang Province in China, 300 km distance southwest from Shanghai, with 95% natural wonderful mountainous trail along with full range of 100 km running distance.**

## Calendar

Racer check-in: 11:00-22:00, Apr. 13, 2018 (Friday)

Venue: Linhai Stadium (please take your registration certificate).

## Race

Time: 06:00/07:00, Apr. 13 (Saturday), 2018

Start: Plaza of XingShanMen of Temple LongXingSi, Linhai, Taizhou, Zhejiang Province

Race Arrangement:

4月14-15日【Apr 14 (Sat) & Apr 15 (Sun)】			
时间 Time	日期 Day	流程 Time	地点 Place
15:15-15:30	4月14日 (Apr 14)	UTX组签到暨热身 Start for UTX Group	兴善门广场 XingShanMen Plaza
16:00-16:30	4月14日 (Apr 14)	CTX组签到暨热身 Check in for CTX Group	赤坑溪 CheKouXi Village
16:30-17:00	4月14日 (Apr 14)	出发准备 Warmup	
07:30	4月14日 (Apr 14)	CTX Start of CTX Group	
08:00-08:30	4月14日 (Apr 14)	UTGK组签到暨热身 Check-in for UTGK Group	
08:30-09:00	4月14日 (Apr 14)	出发准备 Warmup	兴善门广场 XingShanMen Plaza
09:30	4月14日 (Apr 14)	UTGK Start of UTGK Group	
10:00-10:30	4月14日 (Apr 14)	XTX组签到暨热身 Check-in for XTX Group	
10:30-11:00	4月14日 (Apr 14)	出发准备 Warmup	
11:00-11:30	4月14日 (Apr 14)	XTX组出发 Start of XTX Group	
12:00-12:30	4月14日 (Apr 14)	XTX组第一补给站补给 First Aid/Refill of XTX Group	
14:30	4月14日 (Apr 14)	XTX组男子前三名颁奖 Award Ceremony for Top 3 of XTX Men Group	
16:30	4月14日 (Apr 14)	XTX组女子前三名颁奖 Award Ceremony for Top 3 of XTX Women Group	
14:00-14:30	4月14日 (Apr 14)	CTX组第一补给站补给 First Aid/Refill of CTX Group	
18:30	4月14日 (Apr 14)	XTX组男子前三名颁奖 Award Ceremony for Top 3 of XTX Men Group	
18:30	4月14日 (Apr 14)	XTX组女子前三名颁奖 Award Ceremony for Top 3 of XTX Women Group	
19:30	4月14日 (Apr 14)	UTGK组第一补给站补给 First Aid/Refill of UTGK Group	
09:30	4月15日 (Apr 15)	UTGK组男子前三名颁奖 Award Ceremony for Top 3 of UTGK Men Group	
09:45	4月15日 (Apr 15)	UTGK组女子前三名颁奖 Award Ceremony for Top 3 of UTGK Women Group	
10:30	4月15日 (Apr 15)	赛事结束 Race End/Off Time	

## Race Group

**XTX:** cut-off time of 10.5 hours (07:00-17:30) and start from the Plaza of XingShanMen(Southern Great Wall) to Finish Point, 50KM with cumulative climb of 2050 meters

**CTX:** cut-off time of 18 hours (07:00-01:00 apr.15<sup>th</sup>) and start from the Chekouxi village to the Finish Point -Plaza of XingShanMen(Southern Great Wall) , 65KM with cumulative climb of 3980 meters, can got 4 UTMB points.

**UTGK:** cut-off time of 30 hours (06:00 of Apr. 22<sup>th</sup> to 12:00 of Apr. 23<sup>th</sup>) and start from the Plaza of XingShanMen(Southern Great Wall) to the Finish Point, with cumulative climb of 6450 meters, honored with 5 UTMB points

### **RACER CHECK-IN BEFORE THE RACE**

1.Mandatory Gear Check : All racers must have their gear checked before checking in. Please make sure you have all your mandatory gear with you. You must have a minimum of 1.5L of water when you leave the aid station.

2.Racer Check-in : Look up your race bib number before hand from the racer list on the official website.

Provide your name and bib number to the race staff at racer check-in. Remember to bring your photo ID and present it when checking in.

3.Preparation : There will be toilets and change rooms available near the racer check-in area. There will also be a place where you can store luggage/baggage you don't need during the race.

4.Drop Bag (UTGK racers only) : UTG racers should bring their drop bag to the drop bag area. Once you check-in your drop bag, you will not be able to access them again until you reach CP5 .

5.Start Line Area: Please line up at the start line at least 15 minutes before the start of the race.

### **BAGGAGE STORAGE**

There will be a baggage storage area for racers. Unneeded items will be stored for you until the end of the race.

Bring your bag to the following areas before the race:

UTGK/XTC: Sat. Apr. 14 5:00 - 5:45 XingShanMen (Baggage Storage Area)

CTX: Sat. Apr. 14 6:00 - 6:45 Chekouxi village (Baggage Storage Area)

XTX: Sat. Apr. 22 24 6:00 - 6:45 XingShanMen (Baggage Storage Area)

Trucks will transport your bags to the finish line at XingShanMen(CTX)

1.One bag per racer. Put the baggage tag with your name and racer number on your bag and bring it to the Baggage Storage area.

2.Do not check-in any valuables. The race will not be held responsible for any valuables.

3.You must show your racer number in order to pick up your bag.

4.DNF racers baggage will be transport to the start line (XingShanMen).

### **Trail and Check Points (CPs)**

The course is composed of 95% rural trails with only 4 km road passage (including 2 km running on the Great Wall). The organizers would like to remind all runners to pay attentions to any danger to keep you safe.

All runners are suggested to take your own energy and water supplies. Sport drinks, water, fruits and some hot supplies, are available in CPs. Any non-biodegradable waste should be disposed into the trash bins.

Most of the trail is spread in the mountain so please show all your patience at some narrow course.

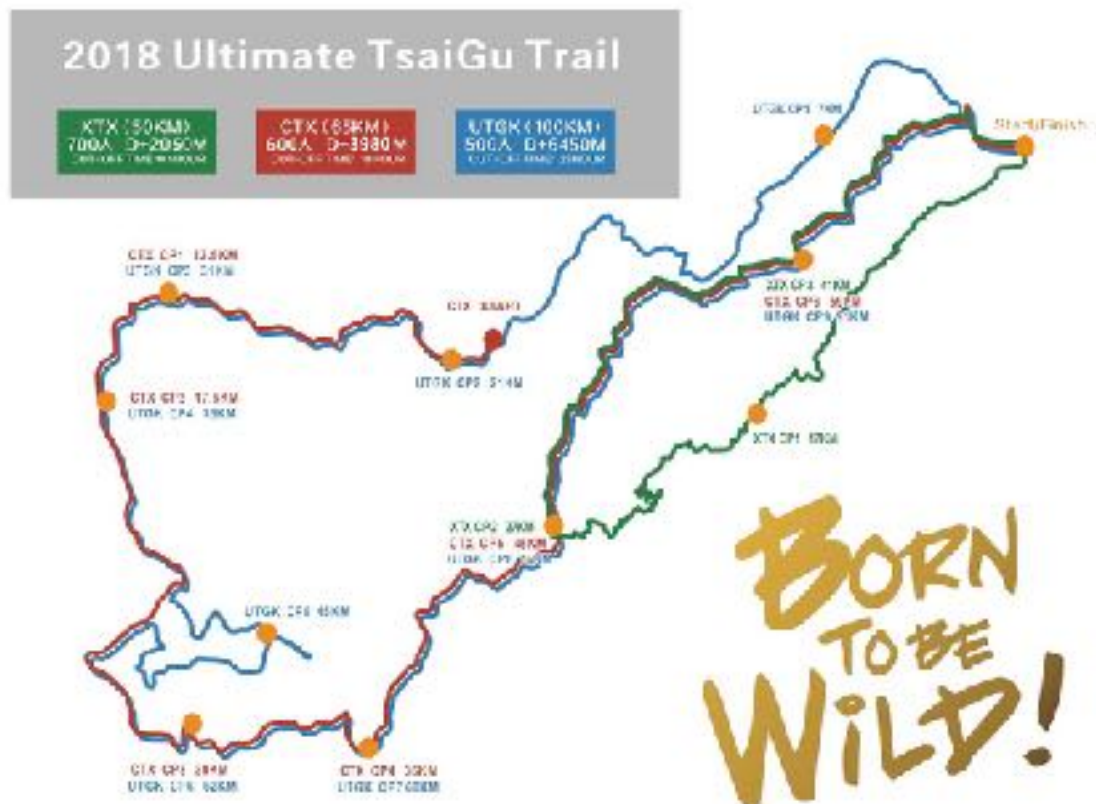
### Medical

- a) The first aid kit is supplied at all CPs. Please ask volunteers for help if needed.
- b) All runners are requested to take mobile phones for urgent contact if trouble happened.
- c) Insurance: the organizers only provide the insurance covering the basic incidentals. All runners are suggested to purchase the additional insurance for you.

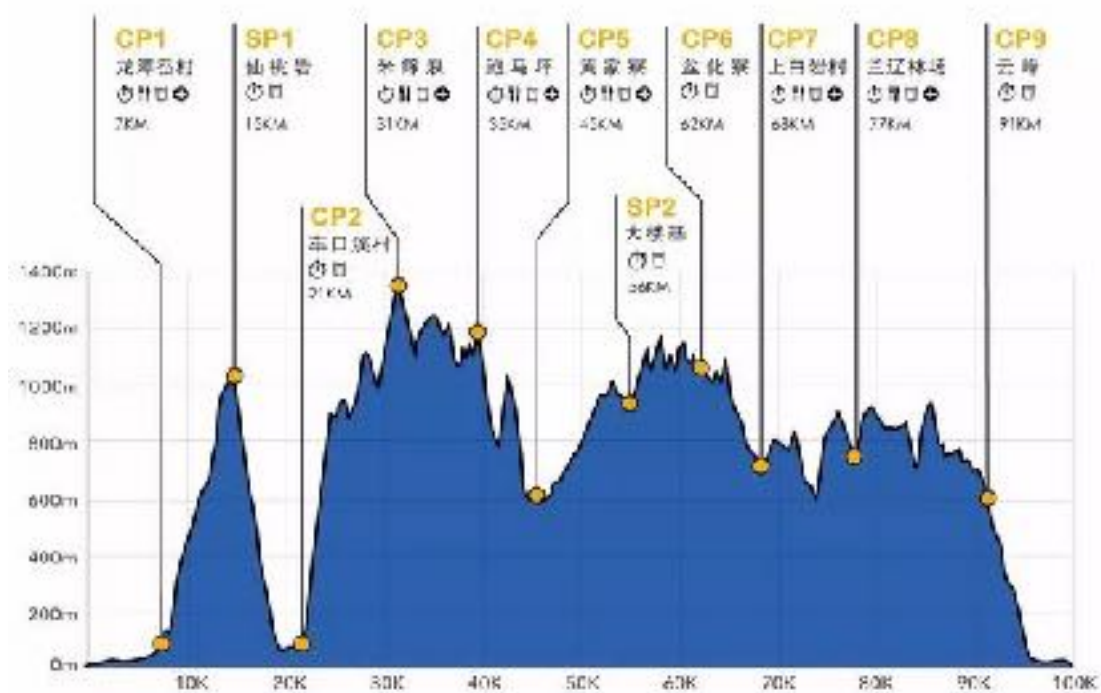
### Trail & Elevation Map

Track Marks:

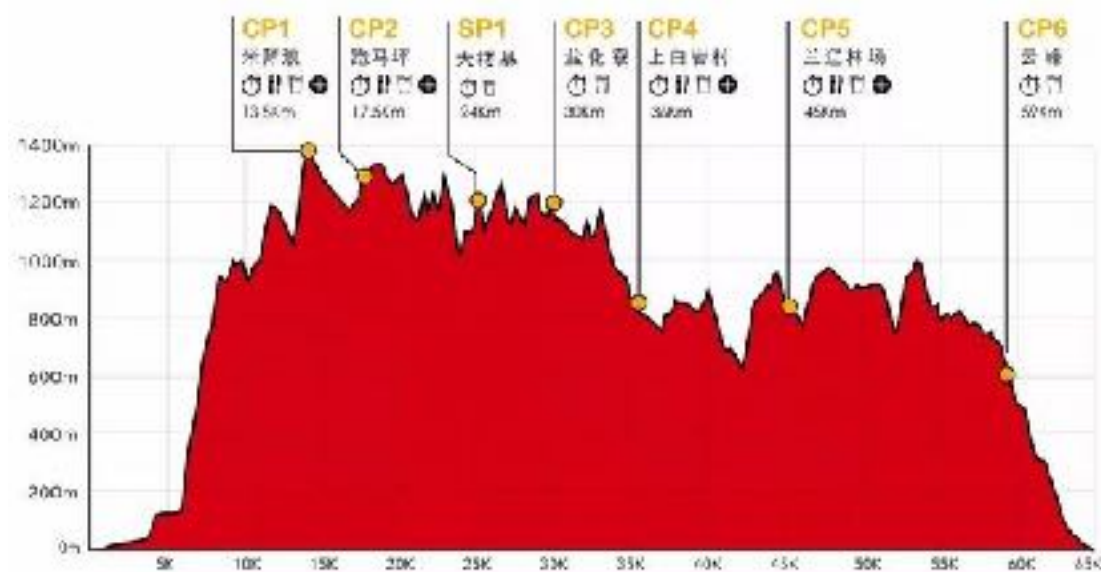
The track is well signaled with labels, ribbons, and arrows, along nearly each 200 meters distance except the road passage. All runners should pay attentions to these marks while losing your way more than 500 meters. If no marks found then please walk carefully back to find the right way or you can also call the urgent contact number of the race.



UTGK



CTX



X

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### Check Points

Note: the organizers will try our best to provide enough supplies for all runners. So please do not waste.

### Cut-off Time

ITM	地名 PLACE	距离 DISTANCE (km)	0+	3+	截止时间 CUT-OFF TIME	时长 DURANCE TIME
起点 START	兴善门广场 XingShanMen Plaza	0			6:00	
CP1	志厚庄村 Zhi Hou Zhuang	2	328	109	/	/
SP1	仙桃岩 Peach Rock	10	1,210	45	/	/
CP2	车口溪村 Che Kou Xi	21	50	1,200	11:15	5h15min
CP3	朱塘湾 Zhi Tang Wan	31	1,302	299	14:45	8h45min
CP4	白马潭 Ba Ma Tan	35	162	272	15:00	9h
CP5	黄家寨 Huang Jia Zhai	45	301	1,280	18:30	12h30min
SP2	大塘基 Da Tang Ji	56	1,055	289	/	/
CP6	盆花寨 Pan Hua Zhai	60	350	650	00:30 (Day 2)	16h30min
CP7	上白岩村 Shang Bai Yan	66	190	551	00:30 (Day 2)	20h30min
SP3	兰江林场 Lan Jiang Forestry Station	27	545	529	05:00 (Day 2)	2h
CP9	云峰 Yan Feng	91	585	741	06:30 (Day 2)	23h30min
终点 FINISH	兴善门广场 XingShanMen Plaza	97	26	537	10:00 (Day 2)	28h
CTX	地名 PLACE	距离 DISTANCE (km)	0+	3+	截止时间 CUT-OFF TIME	时长 DURANCE TIME
START	车口溪村 Che Kou Xi	0			7:00	
CP1	朱塘湾 Zhi Tang Wan	10.5	1,330	299	11:00	4h
CP2	白马潭 Ba Ma Tan	17.5	183	283	12:15	5h15min
SP1	大塘基 Da Tang Ji	24	617	619	/	/
CP3	盆花寨 Pan Hua Zhai	30	350	650	14:45	6h45min
CP4	上白岩村 Shang Bai Yan	36	190	551	/	11h30min
CP5	兰江林场 Lan Jiang Forestry Station	45	545	529	15:45	13h45min
CP9	云峰 Yan Feng	59	585	741	22:30	15h30min
FINISH	兴善门广场 XingShanMen Plaza	66	26	537	01:00 (Day 2)	18h
ITX	地名 PLACE	距离 DISTANCE (km)	0+	3+	截止时间 CUT-OFF TIME	时长 DURANCE TIME
START	兴善门广场 XingShanMen Plaza	0			7:00	
SP1	大岭头 Da Ling Tou	9	580	235	/	/
CP1	刘家洞村 Liu Jia Dong	17	200	519	10:45	3h45min
CP2	兰江林场 Lan Jiang Forestry Station	27	700	30	14:15	7h15min
CP3	云峰 Yan Feng	41	580	741	15:15	8h15min
FINISH	兴善门广场 XingShanMen Plaza	47	26	537	17:30	10h30min

### **TIMING CHIP**

1. Runners are kept track of using timing chips. The race will be tracking racer times, number of racers out on the course as well as whether or not you've entered/left aid stations and checkpoints.
2. If you are disqualified or decide to drop out of the race, please return your timing chips at the aid station.

### **AUTHORITY GIVEN TO EMERGENCY & MEDICAL STAFF**

Doctors and rescue staff have the authority to stop a runner from continuing the race if he/she believes a racer is unfit to safely continue. If you are told to stop, you will be required to remove and return your timing chip and your race bib will be marked to show that you have dropped out of the race/disqualified.

### **DROPPING OUT OF THE RACE**

1. If you feel that you can no longer continue and decide to drop out of the race, you must notify race staff. Once you've dropped out of the race, you will not be able to re-start.
2. Dropping out at an aid station.  
Please tell race staff that you want to drop out of the race and return your Timing chips.
3. Dropping out along the race course.  
You may only drop out of the race along the race course if it is an emergency and/or you are injured and cannot move on your own. In such a case, please contact the emergency race headquarters immediately for assistance. Otherwise, please walk to the next aid station on your own and notify race staff there.

### **Award**

1. The top 3 Man and Woman Personals of each group will be awarded with trophies and certificates.
2. All finish runners will be awarded with finish cloth and medal.

### **Equipment Requirements**

Mandatory gear:

	UTGK	CTX	XIX
Race Bib	Mandatory	Mandatory	Mandatory
Phone (fully charged with the same phone number when you sign up to be contacted in emergency situations) with full GPS Track	Mandatory	Mandatory	Mandatory
Capacity of no less than 1.5 l. of water bag or water bottle	Mandatory	Mandatory	Mandatory
High frequency rescue whistle	Mandatory	Mandatory	Mandatory
A small amount of cash	Mandatory	Mandatory	Mandatory
Survival blanket 1.4 m x 2 m at minimum	Mandatory	Mandatory	Mandatory
Two torches in good working condition with replacement batteries for each torch	2 torches	1 torch	/
Jacket, with a hood, capable of withstanding the bad mountain weather and made with a waterproof (minimum recommended: 10 000 Schmerber) and breathable (REI recommended less than 13) membrane (Gore Tex or similar) or	Mandatory	Mandatory	/
Additional warm midlayer top; one single midlayer long sleeve top for warmth (cotton excluded) OR a two piece clothing combination of a long sleeve base layer/midlayer for warmth (cotton excluded)	Mandatory	Mandatory	/
energy bar	2	1	1
personal cup (water-bottles or flasks with lids are not acceptable, Tsaiyu will provide)	Mandatory	Mandatory	Mandatory
First-aid kit: 2 pcs Bandage adhesive elastic band enable making a bandage or a strapping (min: 100 cm x 6 cm)	Mandatory	Mandatory	Mandatory
gloves	Mandatory	Mandatory	Mandatory
GPS locator (Tsaiyu will provide)	ALSOO Deposit	ALSOO Deposit	/
Sunglasses	Strongly recommended		
Sports caps or caps			
Trekking Poles			
Seal bag (collect individual waste)			



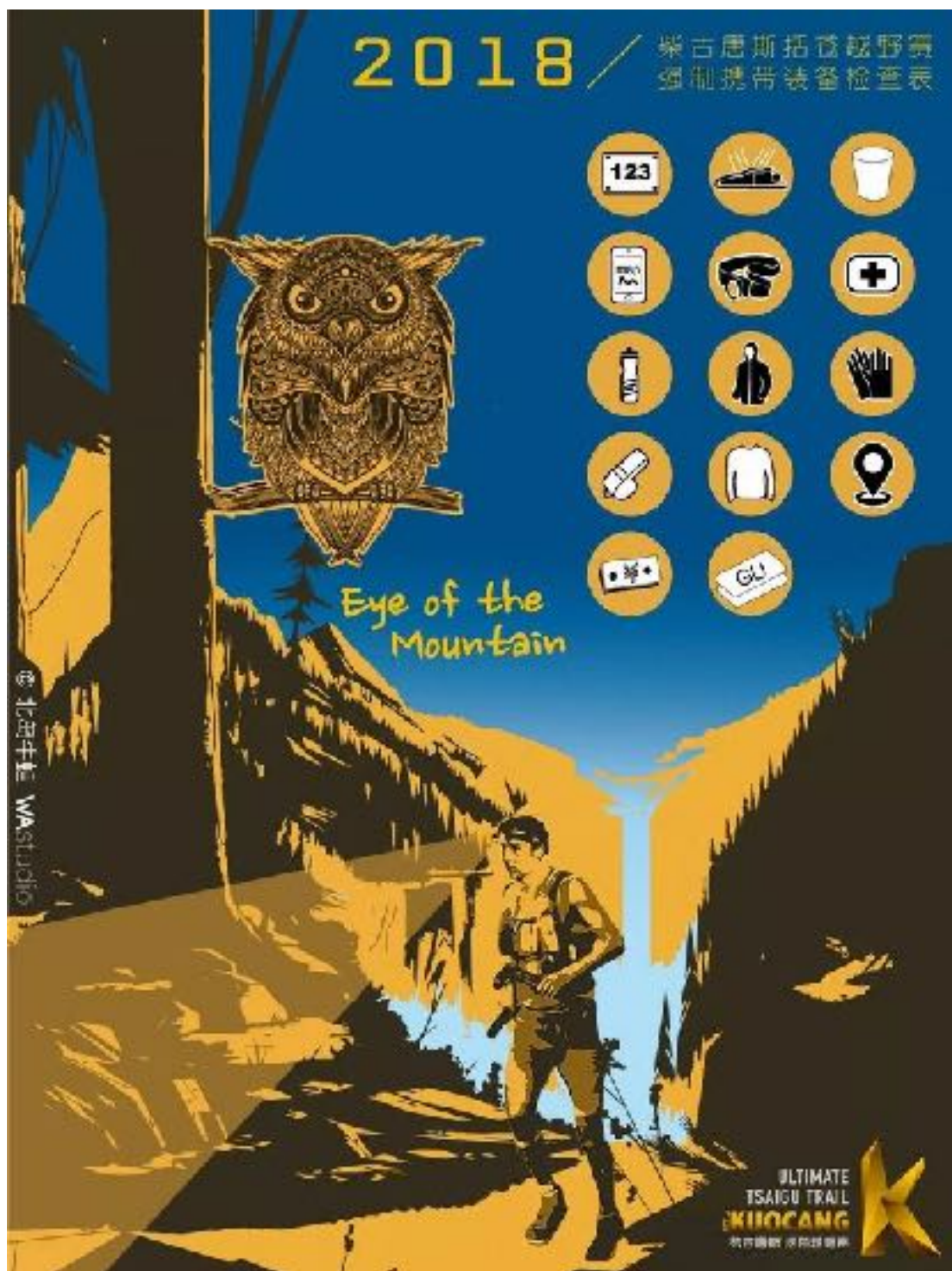


## 2018 柴古括苍越野赛强制携带装备清单

装备名称	UTCK	CTA	ZTA
 号码布	强制携带	强制携带	强制携带
 手机及下载的GPS轨迹地图（手机保持充电模式，并与组委会的手机保持网络连接以便紧急情况下使用）	强制携带	强制携带	强制携带
 容量不少于1升的密封水瓶	强制携带	强制携带	强制携带
 急救包/急救箱	强制携带	强制携带	强制携带
 少量现金	强制携带	强制携带	强制携带
 反光镜/眼镜	强制携带	强制携带	/
 头灯及头灯的备用电池	2个头灯	1个头灯	/
 轻量级冲锋衣/雨衣（防水透气指数≥10000+防水透气指数≥10000）	强制携带	强制携带	/
 保暖厚长袖内衣（非棉质）	强制携带	强制携带	/
 供能/能量棒/各种补给品	2份	1份	1份
 个人水壶（300ml容量，可折叠或可拆卸）	强制携带	强制携带	强制携带
 急救包/急救箱（建议包含创可贴、绷带、碘伏、消毒棉片、止痛药等，以及任何适当的个人药品，自行携带）	强制携带	强制携带	强制携带
 全指手套（任意厚薄手套/保暖手套/手套）	强制携带	强制携带	强制携带
 GPS定位器	强制携带（如使用GPS定位器，请携带GPS定位器）	强制携带（如使用GPS定位器，请携带GPS定位器）	/
太阳镜/遮阳帽/防晒霜/防晒衣/登山杖/登山杖（放置个人反冲物）	强烈建议携带装备		

# MT KUOCANG





### Deposit

The deposit only accept “Tsaigu” marked tournament package, any other personal items will be **NOT** be accepted here. The Organizers will provide free storage services the whole day, and please take your package back before 06:30 of Apr. 17. The package should not be placed within any valuables, fragile items. And any loss or damage will not be refunded.

### Transportation Guide for International Runners

**KUOCANG**

## 紫古鹿柳'這三起野蠻

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- A map of Taizhou, China, highlighting its regional connectivity. Concentric circles represent distances from Taizhou (marked with a green dot) to other cities. The map includes the following information:
- Shanghai:** 400 km, International airport (Shanghai Pudong International Airport).
  - Hangzhou:** 200 km, International airport (Hangzhou Xiaoshan International Airport).
  - Ningbo:** 100 km, Regional airport (Ningbo Lishe International Airport).
  - Taizhou:** 100 km, Domestic airport (Taizhou Luotian Airport).
  - Wenzhou:** 100 km, Regional airport (Wenzhou Longwan International Airport).
  - Other cities shown:** Suzhou (苏州市), Jiaxing (嘉兴市), and Ningbo (宁波市).

**KTUOCANG**

柴古惠卿'這三起野史

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- The screenshot shows the Ctrip website interface. At the top, there are navigation links: Home, Flights, Hotels, Trains, Things To Do, and Member. The main search area has tabs for Flights, Hotels, and Trains. The search criteria are: From: Shanghai (PVG), To: Linhai (LHW), Date: 09/09/2015, Class: Economy. The results table shows two flights: G3125 (Shanghai to Ningbo) and G7561 (Shanghai to Ningbo). A yellow arrow points to the 'Linhai, Zhejiang' text in the search criteria.
- | Flight No. | Origin   | Destination | Class   | Price  |
|------------|----------|-------------|---------|--------|
| G3125      | Shanghai | Ningbo      | Economy | ¥1,200 |
| G7561      | Shanghai | Ningbo      | Economy | ¥1,200 |



<https://english.ctrip.com> or <https://www.12306.cn>

Travelling to TsaiGu Trail in China is easy with flights available from many international destinations. The nearest international airport to Linhai is Ningbo International Airport. Besides that you can take more flights to Shanghai or Hangzhou. Below are transportation details for reference:

**1. Shanghai** (3 h to Linhai by bullet train at Shanghai Hongqiao Railway Station )

**1) Shanghai Pudong Airport**

Shuttle bus #1 to Shanghai Hongqiao Railway Station (1.5 h)

Metro #2 to Hongqiao Railway Station (1.5 h)

Taking the Magnetic at Longyang Station then transfer Metro #2 to Hongqiao Railway Station (1.5 h)

**2) Shanghai Hongqiao Airport**

**Terminal 1:**

Walk to Shanghai Hongqiao Railway Station (15 min)

Metro #2 or #10 to Hongqiao Railway Station (1 stop)

**Terminal 2:**

Metro #10 to Hongqiao Railway Station (2 stops)

**2. Hangzhou** (2 h to Linhai by bullet train at Hangzhou East Railway Station)

Coach bus at airport to Linhai (3 h)

Timetable-10:40, 12:10, 14:00, 15:30, 17:50, 19:20, 20:30

More information available at: [www.hzairport.com](http://www.hzairport.com)

Shuttle bus to Hangzhou East Railway Station then to take bullet train to Linhai (totally > 3 h)

**3. Ningbo** (40 min to Linhai by bullet train at Ningbo Railway Station)

Airport: Metro to Ningbo Railway Station (30 min)

**4. Taizhou Airport:** 60 km away from Linhai

Domestic airport only for a few cities including Beijing, Guangzhou, Shenzhen, etc.

Only suggested for those familiar with Taizhou area transportation system Note

5. Transportation will be refreshed due to seasonal transportation change

6. Coach bus between cities is usually not recommended for foreigners except airport coach bus;

7. Due to security check and ticket lining time you'd better to arrive at railway station 30 min before your train departure time;

8. Train ticket booking web: [www.12306.cn](http://www.12306.cn) (suggest handled by agencies if you can not register at the booking web with Chinese familiarity);

9. Bullet train to Taizhou Railway Station (located about 30 km away from Linhai) is also suggested due to more train arrangements there (share taxi cost is less than 60 RMB)

**10. Linhai downtown local transportation**

Linhai Railway Station: 15 km away from Linhai downtown center

Bus #211 is recommended for take to Linhai downtown (2RMB)

Taxi to Linhai downtown is less than 30 RMB

**Hotel**

Please book hotels in Linhai (China-Zhejiang-Linhai) with below booking webs and **Huaqiao Hotel** is recommended for international runners.  
[www.ctrip.com](http://www.ctrip.com)    [www.booking.com](http://www.booking.com)    [www.agoda.com](http://www.agoda.com)

#### **Contact**

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