



ULTRA X TANZANIA RACE INFORMATION PACK

10-17 JUNE 2023

3.06°S/37.35°E

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WELCOME

Ultra X Tanzania takes place in East Africa within the African Great Lakes region. It borders Uganda to the north; Kenya to the northeast; the Indian Ocean to the east; Mozambique and Malawi to the south; Zambia to the southwest; and Rwanda, Burundi, and the Democratic Republic of the Congo to the west.

This event marks our first foray onto the African continent. Tanzania is an amazing country with beautiful wildlife, mesmerising wilderness and some of the most hospitable people you'll find anywhere, and this course showcases everything that is great about the place. Famously, the country is known as being home to one of the 7 summits – Mount Kilimanjaro (and yes, the route heads up it, but not all the way).

An Ultra X race is the ultimate test of preparation. A participant who has planned and trained well will be a successful one. It is just as important that participants calculate their water, electrolyte and food requirements, as it is their pacing during this five day adventure. This is not a self-supported race. Participants only need to carry their daily provisions of mandatory safety equipment, nutrition, and hydration. Race holdalls are transported between campsites by the organisers and water is resupplied at checkpoints approximately 10km apart. However, weight management is still crucial and runners are advised to only bring items which are essential to their health and comfort. Ultra X welcomes both runners and walkers. All participants will likely be doing a combination of the two in order to get to the finish line, which is the most important thing

If you are looking to combine a race with a holiday then you have plenty of options. Competitors can choose from Safaris, Kili hikes, a visit to the iconic Serengeti or the Ngorongoro crater or just chill out on a beach in Zanzibar.

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RACE OVERVIEW

Ultra X Tanzania is a multi-stage ultra marathon that takes place over five days in the in the stunning scenic and seldom travelled backcountry of northern Tanzania around Mount Kilimanjaro. The route showcases the best of Tanzania and the best of Africa.

Competitors can expect to climb up part way the bucket list mountain Kilimanjaro, the tallest free-standing mountain in the world, whilst also covering savannah, forest and running around lakes filled with wildlife over the 5 days.

During this unforgettable week, competitors will experience the place, the people, and the beauty of this iconic country in full.

Each day from Monday to Friday involves one stage, which will commence between 05:00 and 08:00 and range between 40km and 70km. There are checkpoints stationed approximately 10km apart where competitors can access water, shelter, and, if necessary, medical support. Each night, competitors will camp in locations chosen to showcase the very best of the local area, where they can enjoy osteopathy/physiotherapy treatment, medical care, and hot water.

After the final stage on Friday, participants will have a chance to enjoy their first taste of 'real food' that week, as the race organisers host a big BBQ around the campfire. The prize giving and awards ceremony also takes place, as well as some local entertainment. The last night in Namalok game reserve will be one to remember

Ultra X Tanzania is a UTMB® Index Race in the 100K category

UTMB® INDEX

100K M



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KEY INFORMATION

For the full race rules and regulations, see our [Terms & Conditions](#).

Arrivals:

We advise participants arrive into Kilimanjaro International Airport (JRO) on or before Saturday 10th June. Participants are responsible for transferring themselves to their accommodation. For those staying at the race hotel, transfers from the airport will be available to purchase at registration.

Race start:

Weru Weru River Lodge
(P.O. Box 855, Mailisita, Moshi-Kilimanjaro, Tanzania)

Those that wish to stay at one of the race hotels on Saturday 10th June and Saturday 17th June will have the option to book when registering online. All rooms are twin rooms and will be allocated at random unless specifically requested to share. It is a 45-minute journey from the international airport to the hotel. Minibus transfers from the airport are available to purchase at registration.

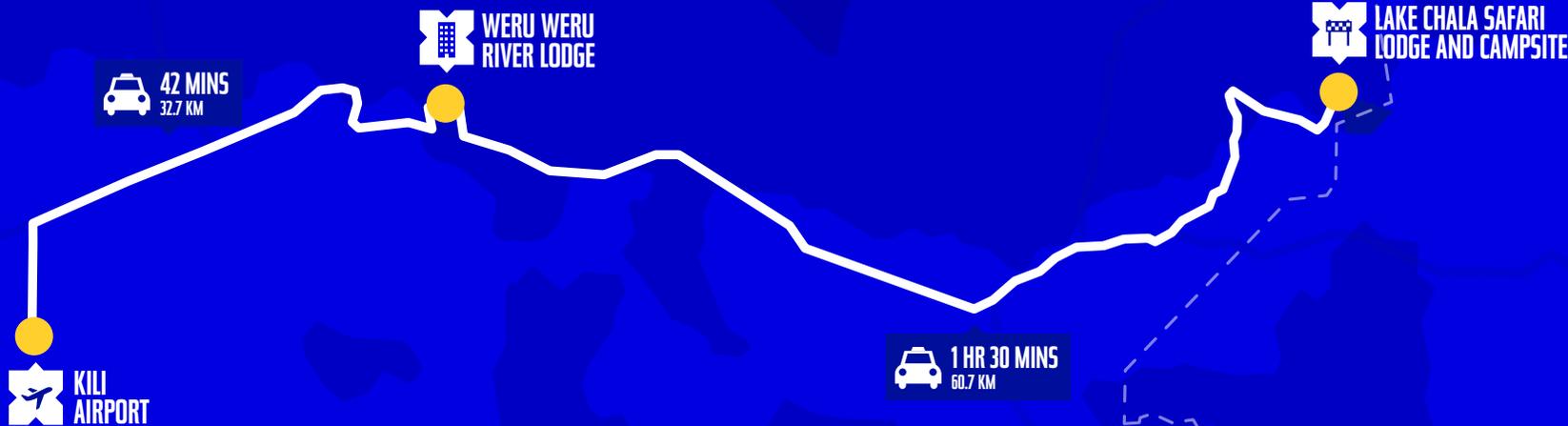
Race briefing and kit checks:

Transport will be departing from the Race Hotels at 09:00 on Sunday morning. Any individuals who have organised their own accommodation will be assigned transport at one of the Race Hotels and are responsible for getting themselves there on time. Race welcome, safety briefings, and mandatory kit checks will take place at Lake Chala once all transport has arrived. All participants must attend the briefing. Local sim cards will be available to purchase at this time.

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MAP OF KEY RACE LANDMARKS



5K

TANZANIA

KENYA
TANZANIA

ITINERARY

Sunday 11th June

Transport will be departing from the Race Hotels at 09:00. Once all transport has arrived at Lake Chala the race welcome, safety briefings, and mandatory kit checks will take place. Following kit checks there will be the opportunity to relax prior to the start of the first stage.

Race Week

Monday 12th June - 42km
Tuesday 13th June - 49km
Wednesday 14th June - 49km
Thursday 15th June - 67km
Friday 16th June - 43km

On Friday evening after the race, the organisers host a big BBQ at the TPC club where the prize giving and awards ceremony also takes place.

Saturday 17th June

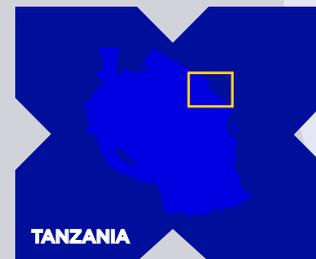
On Saturday morning breakfast will be available to purchase or there will be the use hot water for hydrated meals. All competitors will then have the option to be transported back to the race hotels in Moshi (45mins). For those with flights on Saturday we recommend not booking a flight departing before 16:00.



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THE ROUTE



5K

TANZANIA



THE ROUTE

The race organisers create each leg to ensure that the course showcases the diversity and beauty of the region.

The course starts at the crater lake of Lake Chala on the border with Kenya before heading to national park that encompasses Mount Kilimanjaro. Competitors climb halfway up the great mountain before sweeping down through the rural countryside and sugar plantations to Namalok Nature Reserve and the Blue Mountains.

The route may change slightly each year depending on the weather and other varying factors. Final GPX files will be provided to runners before the race.

COURSE MARKINGS

The course route will be marked at approximately 40m intervals using some combination of ribbons, coloured flags, reflective tape, sign boards and chalk depending on terrain.

Areas where competitors are likely to be running in darkness will be illuminated by flags with reflective tape and are likely to have course marshals stationed more frequently.

The GPX (route) files for each day of the race will be shared with competitors closer to the race date. All competitors will be required to have these loaded onto a device (watch or phone).

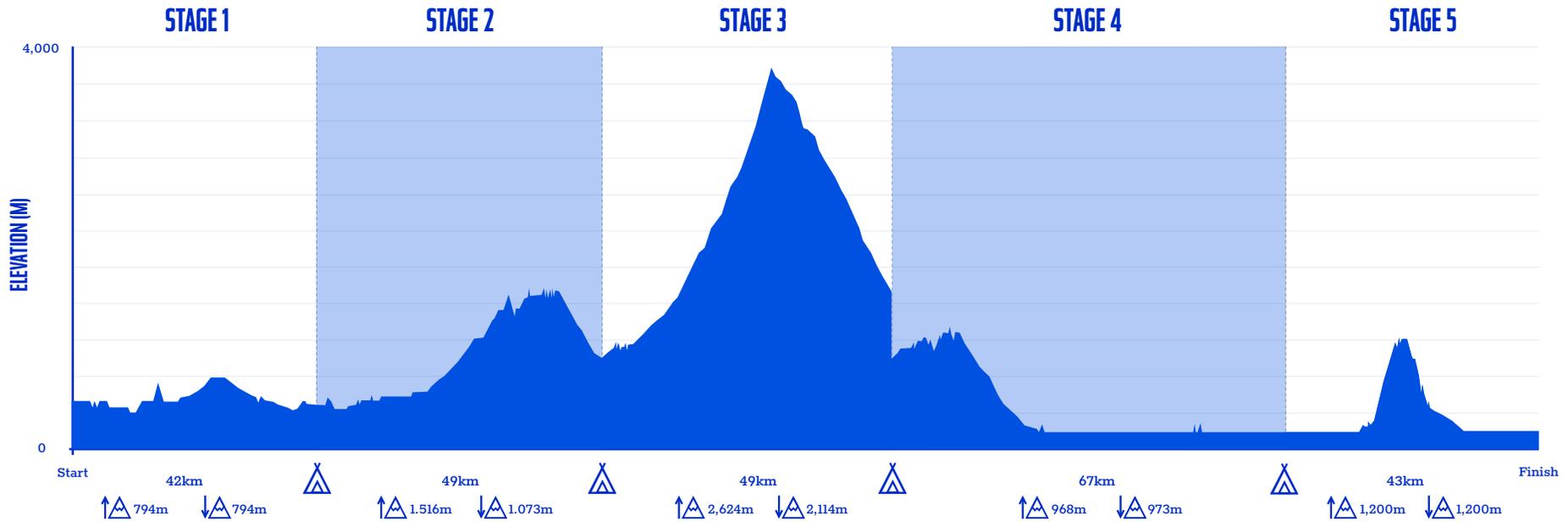
There are checkpoints approximately every 10km. If temperatures are unusually high, checkpoints may be stationed more frequently.

ELEVATION PROFILE



🏁 250KM
⬆️⬆️ 7,102M

🕒 5 DAYS
⬇️⬆️ 6,154M



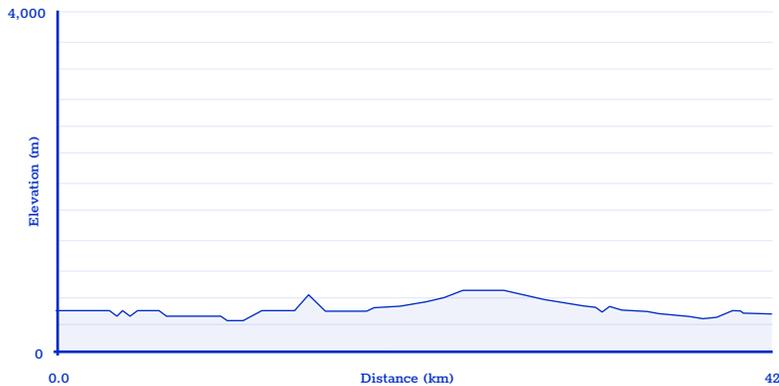
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STAGE 1

Day 1 is the lake stage. It is a looped course starting and finishing at Lake Chala Lodge on the border with Kenya. The route climbs to the highpoint on the crater rim in time to see the sun rising over the horizon. It then heads out into the African savannah with the possibility of seeing some wildlife before looping back to the crater rim to finish.

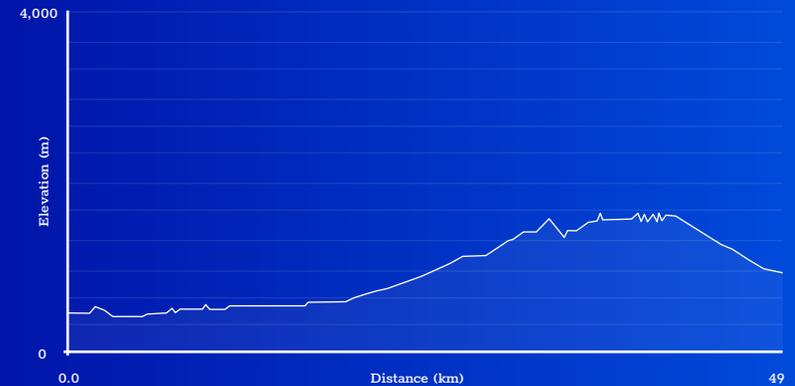
🏁 42.0KM 🕒 06:15
⬆️ 794M ⬆️ 794M



STAGE 2

Day 2 is the border trail stage. It is a point-to-point route. The course once again starts from Lake Chala Lodge heading north to the foothills of Mount Kilimanjaro. It then sweeps west following the border trails of the national park, providing runners an insight to local life on one side and the national park on the other.

🏁 49.0KM 🕒 07:00
⬆️ 1,516M ⬆️ 1,073M



STAGE 3

Day 3 is the mountain stage. It is a looped course starting from the campsite at Marangu. Runners will start in the dark and head up to the Kilema gate to enter the national park. From there the route climbs up the rescue road to the highpoint of 3,720m at the Horombo Huts. The descent takes the trail via the Mandara Huts finishing under the arch at the Maragu gate. Competitors will then be shuttled back to the campsite.

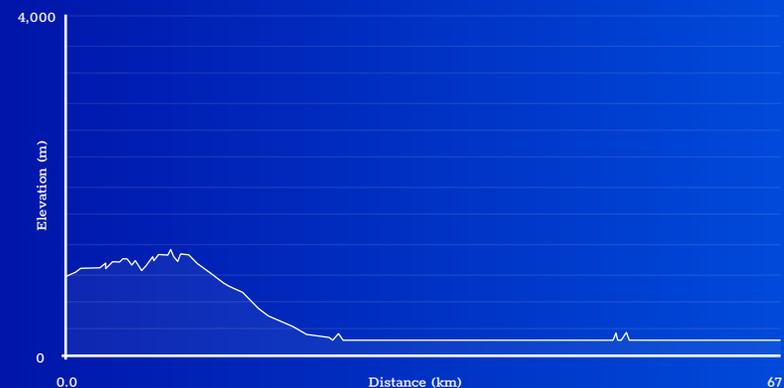
🚩 49.0KM ⌚ 05:00
⬆️ 2624M ⬇️ 2,114M



STAGE 4

Day 4 is the long stage. Competitors will awake in the night to take on nutrition and prepare for the stage start before dawn. The course heads south and slightly downhill through rural farmlands and sugarcane plantations before reaching the Namalok Nature reserve. Competitors will then wind their way through the reserve past lakes with flamingos and grasslands populated with antelope finishing at the campsite.

🚩 67.0KM ⌚ 06:00
⬆️ 968M ⬇️ 973M





STAGE 5

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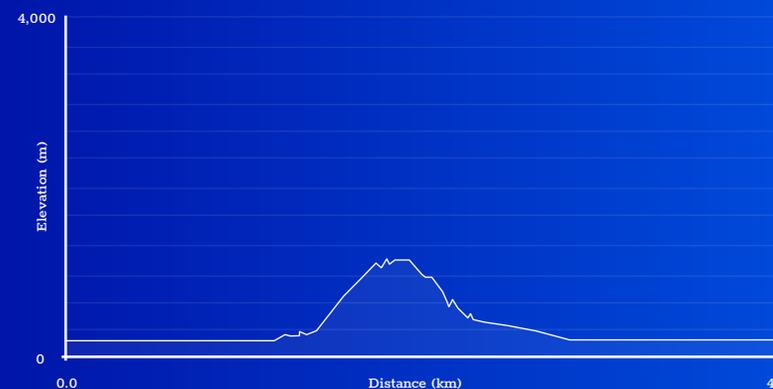
Day 5 is the baobab stage. It is a looped course that starts at the campsite in the Namalok Nature Reserve before heading out to the Blue Mountains. The most technical section of the whole course is encountered as the competitors ascend and descend the loop in the mountains. Competitors will experience running past the ancient baobab trees whose branches resemble something closer to roots rather than those of a usual tree.

 **43.0KM**

 **08:00**

 **1,200M**

 **1,200M**



MEDAL RIBBONS

All finishers will receive a race medal. Different medal ribbons will be awarded based upon the finishing times outlined below. Those that do not want a medal will be able to opt-out at race registration.

As part of our [Sustainability Policy](#), the Green Ribbon will be awarded to the competitor that displays the highest commitment to reducing their environmental impact both in preparation for and during the race (as determined by the organisers).



Black Ribbon
Under 25 hours



White Ribbon
Under 28 hours



Blue Ribbon
Over 28 hours



Green Ribbon
Environmental award



KIT CHECKS

This is the process by which the race organisers will ensure participants have the mandatory kit and are carrying the correct number of calories.

Kit checks will take the form of spot checks, which will be carried out at random throughout the race. Randomised checks will occur at registration, the start line, checkpoints, the campsite, and the finish line.

To make scrutineering more efficient, each food item must be labelled with the number of calories it contains. Food parcels which have been assembled by the participant must have a sticker estimating their calorie content. In line with our [Sustainability Policy](#), participants must also label all packaging with their bib number. Any packaging found littered will put the corresponding participant at risk of disqualification.

SLEEPING

The living accommodation consists of tents shared by up to six competitors. Participants must provide their own roll mats and sleeping bags.

Competitors will be allocated tents at random by gender, unless specifically requested to share. Tent partners often become close friends and support each other throughout the race. There is no doubt that one of the best things about multi-stage ultra marathons are the lifelong friendships forged along the way.

Although competitors must carry essential safety equipment (such as water bottles, daily nutrition, etc) in their running packs, their race holdall (containing sleeping equipment, clothing, meals etc) is transported between each campsite by the organisers.



NUTRITION & HYDRATION

One of the most important aspects of preparing for any Ultra X race is calculating personal nutrition and hydration requirements. Participants want to bring enough to be fully fueled but not so much that they are carrying unnecessary weight.

Participants will also want to bring electrolyte solutions. Drinking water alone will not be sufficient to stay properly hydrated during a multi-stage ultra marathon event.

It is useful to contact runners who have experience in multi-day racing, as they will have expertise in this area. Participants will be invited to join the [Ultra X Competitors Facebook Group](#) upon registering for the race, where they can contact members of our friendly and experienced community.

Competitors will need to be self-sufficient (supply their own food) from the evening of Sunday 11th June to the evening of Friday 16th June.

We highly recommend bringing dehydrated or freeze dried food that can be easily rehydrated with hot water, which is supplied at the campsite in the morning and evening.

We recommend Base Camp Food as a good website from which to source a variety of different camping meals. For a **5% discount** on any food products use the following [link](#) and enter the discount code **UltraX5** at checkout.

Participants are required by race rules to bring a minimum of 2,000 calories per day for each day of the race. Participants must also carry 800 calories of emergency fuel each day, which must only be consumed in an emergency situation.

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IV'S

If it is deemed necessary by the race doctors for a participant to have an IV, a time penalty of 1.5 hours will be given on each occasion. If a participant contests the IV and the doctor deems them to be at risk, they may have to be pulled from the race.

To avoid this situation, we advise the regular consumption of electrolytes and to avoid drinking excessive amounts of pure water when out on the course.

DROP OUTS

This is an extreme event and voluntary or imposed withdrawal does happen. This is taken seriously and handled with great respect by the race organisation.

Participants may withdraw from the event at any time. We request that any competitor who wishes to stop their race informs the organisation and hands in their bib number to a race marshal.

Should a participant retire or be withdrawn from the event, all additional costs incurred (accommodation, transfers, food, etc) must be covered by the participant.

If you cannot finish a stage (as long as you are cleared by the medical team) you may start the following day's stage.

However, you will not receive a rank or medal. If you cannot finish a second stage your race will be over.

FOOD & COOKING

There is no cooking with gas allowed during Ultra X events. For food, the organisers will provide hot water with which participants can rehydrate their dehydrated meals. Hot water will be available at camp two hours before the scheduled race start each day and after the finish each day.

Remember that you can purchase camping meals with a **5% discount** at Base Camp Foods using the following [link](#) and the discount code **UltraX5** at checkout.

CUT-OFFS

Exact cut-offs will be communicated to competitors before each stage of the race. Participants must have departed the checkpoint before the cut-off time, or they will not be allowed to continue.

However, we want everyone to finish the race whilst enjoying the scenery. We therefore have generous time allowances of 2 hours for every 10km for the flatter stages of the event and up to 3 hours per 10km for other sections.



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BODY MAINTENANCE

The physical exertion of multi-stage ultra running can have a negative impact on the body and feet. However, it doesn't have to be damaging.

To ensure participants do not spend their evening in the medical tent, it is important they not only take care of their feet during the race but also pay extra attention to toughening them up during training.

Suitable running socks must be worn. Participants should try and select those that are comfortable and trial different options in training.

Blister treatment after each stage will significantly impact both performance and enjoyment. Neglecting this area of body maintenance is one of the most common causes of retirement from the race. If you look after your feet, they will look after you!

Bear in mind that our experienced expedition medical team are there to help. If a participant has any questions, niggles or injuries, they are encouraged to consult them. It is vitally important that niggles are addressed sooner rather than later.

The vast majority of race dropouts are due to feet and hydration neglect. Participants who stay on top of these controllables have a much higher chance of finishing the race.

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EQUIPMENT

A comprehensive [Kit List](#) will be issued to participants upon registration. This will contain all mandatory and recommended kit and equipment.

CLOTHING

What a participant chooses to run in is up to them. We recommend trying different options to find out what is most comfortable over long distances. Many of our competitors choose to wear the same outfit every day as their 'go-to' kit, but others like to alternate.

As the race organisers transfer a bag between campsites, participants have the luxury of being able to bring a change of clothes for the week, and something to keep warm in the evenings when the temperature may drop slightly.

ANIMALS

Animals are a mild safety risk in Tanzania. Snakes and crocodile live in the area but will always avoid humans when possible. Our experienced expedition support team and local partners take all necessary precautions to keep competitors safe.

SUITABLE FOOTWEAR

Well in advance of the race, participants will need to decide on the right footwear.

The heat and friction produced whilst running not only puts shoes under extreme stress, it also causes feet to swell. As is good practice before any race, participants should ensure their shoes are sufficiently worn in. The same can be said for all kit and equipment – it must be comfortable over long distances.

The choice between trail or road shoes is up to the competitor. The course is split between technical and hard trail, but road shoes should be sufficient.

CLIMATE

June is the beginning of the long dry season in the area. Temperatures are a little colder than the short dry season (January and February) but overall conditions are excellent with very little chance of precipitation. The area doesn't experience wide temperature changes from season to season due to its proximity to the equator. Runners can expect a range of between 21C-27C during each day.

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ALTITUDE PREPARATION

Participants of Ultra X Tanzania must be physically prepared to take on not only 5 days of running, but also the demands of altitude.

On day 3, the mountain stage, competitors follow an arduous climb to over 3,700 m of altitude on the world's tallest free-standing mountain, Kilimanjaro. The higher they climb, the thinner the air becomes, and crucially the less oxygen is available. In fact, by the time participants reach the Horombo huts at 3,720m, the availability of oxygen will be 38% lower than at sea level.

Successful completion of the mountain stage will require participants to overcome both the detrimental effects of altitude on performance, as well as the potential to develop acute mountain sickness, or altitude sickness. It is important for participants to be aware of the symptoms of altitude sickness, which include headache and nausea, and to prepare appropriately. You can check out a full guest blog from The Altitude Centre [here](#). The Altitude Centre have developed testing and training specifically for Ultra X Tanzania competitors to prepare for the challenge and will be on hand to advise on preparing for and competing at high altitude throughout the training journey.

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INSURANCE

Personal insurance that covers ultra marathon trail running is required to participate in this event. If a participant does not have sufficient insurance, they will not be allowed to race.

It is important to note and declare when obtaining insurance that the race reaches a maximum height of 3,720m above sea level.

Company insurance is included in the entry fee. However, the overall cost of the event for the individual is significant. We require participants to be covered in case of cancellations before, or injury during, the event.

Proof of adequate insurance must be submitted via the [MyEntries](#) portal on [racespace.com](#) no later than two months before the event. A personal link will be sent to participants upon registration.

There are several insurance companies that offer ultra marathon trail running cover. We recommend:

ITRA Insurance
The British Mountaineering Council
Dogtag

SAFETY

Although not mandatory, it's always a good idea to consult a doctor before taking part in extreme endurance challenges and to discuss vaccines and medication before travelling.

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BAGS & RACE HOLDALLS

Main travel bag (25kg): This main travel bag will be left at the race hotel and will contain any clothing and travel items that are not required during the race. Once departed for Lake Chala on Sunday, participants will not have access to this travel bag until arriving back on Saturday afternoon after the race.

Race holdall (18kg): This will be transported between camps by the race organisers and should contain everything required for the entirety of the race. Participants will have access to their race holdalls in the campsite after each stage. It must be a waterproof holdall bag and must not exceed 18kg. Holdalls weighing more than 18kg will not be allowed on the coaches when we depart for Lake Chala. They will be weighed. Any items which are attached to the outside of the bag or sticking out will not be transported to the first campsite.

Running pack: This is the bag participants will carry each day whilst running. Running packs must fit inside the 18kg race holdall when travelling from the race hotel to the startline. Running packs must also be large enough to carry the mandatory items on the kit list.



RACE RULES

No. Rule

1.	There will be no unofficial runner (i.e pacers).
2.	Runners must be completely aware of the length and specificity of the event and be prepared for it. It is the runners responsibility to be stay up to date with the event information as is emailed to competitors and published on the event webpage.
3.	Each runners bib number must be worn on the front of the body and must be easily visible at all times.
4.	Runners must always follow the marked trail/ course.
5.	Each runner must complete the entire course under their own power.
6.	Runners may not store supplies of any kind along the trail. E.g drop bag
7.	Each runner must be checked IN to all aid stations. You will be disqualified if your time is not registered at every aid station.
8.	Cut-off times will be strictly enforced. Runners leaving any aid station after the cut off will not be listed as official finishers and will not be eligible for awards.
9.	Injection of PEDs or Fluids/ IVs by non-official race medical personnel will result in disqualification.
10.	Littering of any kind will result in immediate disqualification. Please respect the natural beauty of our trails and the right of everyone to enjoy them. Littering will threaten our use of the trails and the future of the race.

No. Rule

11.	Any runner who is unable to finish the race must personally inform the aid station captain of the nearest checkpoint of their decision to withdraw. This serves as official notice of a runner's withdrawal from the race. Runners who leave the course without turning in their number will be classified as "lost," initiating search and rescue.
12.	Runners are responsible for the actions of any supporters. If your supporter are deemed to have broken any of the runner race rules the runner will be held accountable. Your supporters act on YOUR behalf and based on YOUR instructions.
13.	Runners must carry with them AT ALL TIMES the mandatory equipment required.
14.	There will be mandatory gear checks at the start, on route, or at the finish. Failure to comply with the gear checks will result in disqualification.
15.	Runners are not to be accompanied by dogs at any time whilst on course.
16.	Any athlete who has been determined to have violated anti-doping rules at any time - through IAAF, the World Anti-Doping Agency, UK Anti Doping or any other National Sports Federation is ineligible for entry into any of our events. We reserve the right to conduct pre and post-competition testing for any and all performance-enhancing drugs (PEDs) listed on the current WADA Prohibited List. Any athlete who refuses to submit to anti-doping controls, if selected for testing, shall be disqualified and subject to a lifetime ban from our events.
17.	Runners must not be crewed in any way at this event
18.	Runners must at all times comply with any instruction given by race management, staff and volunteers.



WHAT'S INCLUDED?

Included?	Yes	No
Race entry	✓	
Accommodation during the race (11th June – 16th June)	✓	
Transfers to/from the race hotel to/from the start/finish locations	✓	
Fully marked course	✓	
Medical staff on course and all campsites	✓	
Therapist team on course and at all campsites	✓	
Drinking water at checkpoints on course and hot water for preparing food at all campsites	✓	
Ground assistance and full safety support	✓	
Digital copies of all images from event photographer	✓	
UTMB® Index Race (100K category)	✓	
Finisher's medal	✓	
Flights		✗
Accommodation before or after the race (accommodation at the race hotel can be purchased as an add-on at checkout – Sat 10th June and Sat 17th June)		✗
Transfers between the airport and race hotel before/after the race (option to purchase as an add-on at checkout)		✗
Personal food, kit and equipment (see Kit List)		✗
Comprehensive insurance (to cover cancellations, loss of items, injury etc)		✗
Training costs		✗
Spending money		✗
Transport home for runners who are disqualified or withdraw early		✗



**YOU CAN DO SO MUCH MORE
THAN YOU THINK YOU CAN**

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