

# EL SALVADOR ULTRA MARATHON 100MILLAS (ULTRAES 2026)

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**IMPORTANT:** It is the responsibility of each runner to know and respect the rules of the competition, likewise each runner will be responsible for being medically fit to be part of this test and for having had the corresponding medical check-ups indicated depending on the distance to participate.

## **Article 1: ORGANIZATION.**

ULTRA MARATON EL SALVADOR (ULTRAES), is a sporting event organized by RUNNING FOR LIFE to be held on February 05-06 and 07, 2026 that will take place in the surroundings of the cities: La Palma y San Ignacio, San Fernando, El Salvador C-A with Hotel Entre Pinos as its headquarters

## **Article 2: DEFINITION OF COMPETITION.**

ULTRA MARATHON EL SALVADOR will organize: 100Miles. Participants will cross different types of terrain, with variable climates, they will run in areas where nature will offer all its beauty, so it is the participant's obligation to take care of it and respect it.

## **Article 3: GENERAL CONDITIONS AND PERSONAL LIABILITY**

ULTRA MARATON EL SALVADOR will be administered according to the general racing regulations and its regulations that all participants approve when they register. The organization is not responsible for any damage caused by the participant due to their recklessness or negligence. Similarly, participants declare that they are in perfect physical condition to take part in this race, thus exempting the race organisers from this responsibility. Registration in the race assumes that you accept these rules and regulations.

## **Article 4: ECO-RESPONSIBILITY**

The corridor is committed not to abandon waste in nature, to use the containers available, to respect the flora and fauna. The organization will use reusable or recyclable material whenever possible and will proceed to selective cleaning for a maximum of 8 days following the competitions.

Each participant must bring their own garbage (gel wrappers, papers, food bags or anything they carry with them for the competition) and deposit it in the containers that they will find at the supply points. The runner who is seen by the judges of the organization leaving trash on the road during the race will be DISQUALIFIED immediately.

It is strictly **FORBIDDEN** to extract or damage any natural element during the course (Flora, Fauna, Rocks, etc.) is legally prohibited and will cause the immediate disqualification of the runner.

## **Article 5: DESCRIPTION OF THE EVIDENCE**

Career	Distance	Elevation gain	Elevation gain Negative	Time Maximum	Minimum age of the participant
	100Miles	9000D+	9000D-	48hrs-	18 years old

## Article 6: RESPONSIBILITY OF THE PARTICIPANT

The organization offers a partial supply of provisions, will distribute hydration at the start, at the finish line and at each detailed supply point; however, each competitor is **OBLIGED** to carry a minimum of items that will serve to be self-sufficient, such as: Hydration, energy food, cell phone and sufficient hydration.

Participants must:

- a) Be aware of the distance and the particularities of the race in which they will participate and be sufficiently trained to finish it.
- b) They will have to deal with physical and mental problems resulting from fatigue, digestive problems, joint and muscle pain.
- c) Runners should be aware that it is not the role of the organization to help an athlete overcome these problems and that this depends mainly on their ability to adapt to the problems that arise in this type of event
- d) The participant of the Ultra 100Millas must sign the **TERM OF RESPONSIBILITY** that must be delivered at the reception of the runner's kit at the technical congress

## Article 7: TERM OF LIABILITY/BROKER STATEMENT

It is imperative that runners of the 100Miles distances accept the regulations and exempt the organizers from liability in the event of an accident or bodily injury suffered during or after the competition. This declaration must be duly signed at the delivery of kits.

## Article 8: CONDITIONS OF ADMISSION OF PARTICIPANTS.







Any person who meets the following conditions will be admitted:

- The minimum age is 18 years old, only athletes who can prove that they have done at least 80km in mountain races can participate. Under no circumstances will those who do not meet this requirement be allowed to compete in 100 Miles due to the degree of difficulty.
- Sign a release of responsibilities sheet that you are in good health to perform the ULTRA MARATHON EL SALVADOR (applies for Ultra marathon 100 Miles)
- Have made the advance payment of the expenses in full.

## Article 9: CUT-OFF POINTS

Start 3 AM

### 100Miles CUT-OFF POINT

	LOCATION	KM APPROX.	CUTS
	Saint Ignatius	KM 30	11 AM  Friday
	El Pital	KM 44.5	8 PM  Friday
	In front of Hotel Entrepinos	KM 81	2 AM  Saturday
	The Plans	KM 111	7 AM  Saturday
	Canton Los Planes	K129-5	8.30 PM  Saturday
	Goal	KM 160	3AM  Sunday

Time limit 48 hours.

## Article 10: CATEGORIES OF PARTICIPANTS.

All races will be won by the competitors who have the lowest time at the end of the race, including any penalties if any.

For all distances, only those participants who pass through all the checkpoints and cross the finish line within the stipulated time will be taken as "FINALISTS" (all checkpoints will be managed by race judges)

## CATEGORY DESCRIPTION

### -100 Miles General M/F

## Article 11: REGISTRATION, EXPENSES AND ADMINISTRATIVE OBLIGATIONS

Registrations will be enabled from Sept 15, 2023 to January 15, 2024, the registration price for the 100M is:

100Miles	\$275.00
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**Registration includes:**

- Runner's bib
- Event Shirt
- Sports bag
- Medal for the finalists
- Hydration
- Chip

**REQUIREMENTS TO BE ABLE TO PICK UP THE RUNNER'S KIT**

- Endorsement of the registration form.
- Proof of payment of the amount of the ride.
- **Duly signed Completion of Responsibilities Sheet/Runner's Statement (100miles)**
- The registration fee is non-refundable and non-transferable.

For the delivery of the runner's Kit, he must identify himself with his DUI OR PASSPORT and present the ULTRAES registration ticket.

KIT/parcel delivery dates and times

- **100Miles:** Thursday, February 5, Hotel Entre Pinos **Time: 2 pm**

**RUNNER NUMBER**

**The runner's number is personal and non-transferable, in no case can it be changed with a third person, the presentation of an identity document with a photograph is mandatory to pick up the bib. Throughout the race, it must always remain visible in front of the runner, on the chest, belly or leg.**

**CHARACTERISTICS OF THE RUNNER NUMBER:**

Each runner will be assigned their number with a certain color according to the distance in which they will participate.

**Article 12: TIME LIMITS**

**ULTRAES is an event that integrates 6 races, with a maximum time limit for each one, The established time limits are non-negotiable.**

**DESCRIPTION OF RACE TIME LIMITS**

Career	Distance	Maximum Time
	160.km	48 HOURS

### Article 13: CHECKPOINTS

#### **There will be checkpoints only for the distances 100 Miles**

Checkpoints are mandatory crossing points and are located in the areas described by the organization. In each of these controls there will be a person from the organization. It is mandatory for each runner to stop at the checkpoints so that their bib can be marked.

- Failure to pass at one or more checkpoints will result in the disqualification of the participant.
- **Any runner who arrives with a time longer than the established time at the checkpoints must hand in their bib and will be immediately disqualified, whoever wants to continue will do so at their own risk.**

Within the event there will be two types of abandonment:

- COMPULSORY ABANDONMENT:** the organization has the power to withdraw from the competition any runner who is not in physical condition to continue the route. This type of abandonment will be endorsed only by the organization's doctors.
- VOLUNTARY ABANDONMENT:** The runner who wants to abandon the race for any reason must immediately inform a member of the organization
  - Voluntary abandonments should only be done at checkpoints.

**IMPORTANT:** NO runner can make a decision to change distance on the day of the event, otherwise they will be disqualified.

The organization reserves the right to modify the position of the checkpoints at any time without prior notice.

There will be checkpoints at the distances:

#### **100Miles**

PC	PC Name	KM
1 PC	Saint Ignatius	31
PC2	Peña de Cayaganca	36
PC3	El Pital	44,5
PC4	In front of Hotel EntrePinos	81

PC5	The Plans	111
PC6	The Return Plans	129.5
PC7	FINISH LINE / Hotel Entre Pinos	160

#### Article 14: SUPPLY POINTS

The supply stalls will provide participants with food and drink.

#### SUPPLY POINT 100 Miles

Supply Points	Location	KM Approximate	Type of Supply
PA1	Guayabito Village	KM 9	Cookies, Sweet Bundle, Tomato, Water and Moisturizer.
PA2	Chuntrun Bridge	KM 27	Water, Moisturizer, Chocolate, Banana, Tomato and Seeds.
PA3	The Clouds	KM 41	Water, Moisturizer, Salt, Serum, Seeds, Potatoes, Tomato and Soup.
PA4	The Batteries	KM 53	Water, Moisturizer, Fruit and Serum.
PA5	Chiquito River	KM 61	Water, Moisturizer, Honey, Potatoes, Serum, Seeds, Tomato and Pasta.
PA6	Chiquito River Return	KM 71.5	Water and Moisturizer.
PA7	Las Cruces Farmhouse	KM 96	Solid Foods, Hydrating
PA8	The Aguacatal	KM 94	Solid Foods, Hydrating
PA9	Caserio Los Planes	KM 125	Solid Foods, Hydrating
PA10	San Fernando	KM 120.5	Water and Moisturizer.
PA11	Canton Los Planes return	KM 129.5	Water, Moisturizer, Honey, Potatoes, Serum, Seeds, Tomato and Pasta.

PA12	Knight	KM 141.5	Water, Moisturizer, Honey, Potatoes, Serum, Seeds and Pastes.
PA13	Goal	KM 160	Everything.

## **15: MANDATORY EQUIPMENT**

### **100Miles**

- Competition bib
- Backpack or water tank with a minimum capacity of 2 liters
- Sufficient food reserve to face the test
- Headlight, flashlight, or headlamp with spare battery
- 2 lamps.
- Cell phone with available for making calls
- Whistle
- Gloves
- First aid kit.
- Windbreaker jacket
- Elastic sale de 3cm x 1mt
- Thermal Manta
- Cash/incidentals
- Track on mobile devices

## **RECOMMENDED EQUIPMENT**

- Sunscreen
- Sun lenses
- Gloves
- Cap
- Bastones de Trekking
- First aid kit
- Knife or razor

## Article 16: PENALTIES/DISQUALIFICATION

The organization, together with the race judges, are responsible for the application of the rules and regulations that govern the event and are in the power to apply the sanctions and disqualifications established in the table below detailed

INFRINGEMENT	SANCTION TO BE APPLIED
Not giving assistance to another runner	DISQUALIFICATION
Missing from one or more checkpoints	DISQUALIFICATION
Littering and/or damaging the environment	DISQUALIFICATION
Shortening the path	DISQUALIFICATION and inability to participate in future editions
Serious disrespect for the organization or another participant	DISQUALIFICATION and inability to participate in future editions
Removing signs by leading the way	DISQUALIFICATION and inability to participate in future editions
The absence of mandatory material or refusing its presentation if required by the organization.	DISQUALIFICATION
Abandoning the race without notifying the organization	DISQUALIFICATION
Get on any type of vehicle	DISQUALIFICATION
Disobeying the security measures of the organization and associated entities	DISQUALIFICATION
Refusing to undergo medical examinations or checks within the event	DISQUALIFICATION
Runner Number NOT VISIBLE	Penalty of 15 min. For every warning
Give the number to someone else to relieve it	

## Article 17: Runner's Bag (DROP BAG)

The Drop Bag known as a backpack or spare bag is implemented in long distance races in order to benefit athletes with clothing, food, or any other necessary implement for the replacement. In Ultra Marathon El Salvador it will be implemented for the distance of 100 Miles, athletes will be able to present their spare bag duly identified the day before during the technical congress of the start and will be able to use it at km.111 Canton Los Planes. And km 141.5 in Punto de abasto de caballero

All bags can be collected at the end of the race or until 11 am the next day

## Article 17: Pacers

The pacer is a companion who must be registered at least 2 weeks before the competition Supply point Los planes km.142.

### **Article 18: MEDICAL ASSISTANCE**

A medical team will be present throughout the race at checkpoints where access is provided with emergency vehicles, and will ensure that each participant suffering from physical or mental exhaustion can be immediately taken to the appropriate place, to the hospital, or be evaluated if they can continue in the competition. The medical team can direct to the finish line any participant who does not consider that they are in a condition to continue the race and/or who has received significant medical treatment. Doctors are also responsible for the decision to let a participant continue in the race as a non-competitor in the event that he or she has withdrawn from the race due to physical, mental exhaustion or other complications.

### **100 Mile Medical Assistance**

<b>Medical Assistance</b>	<b>Location</b>	<b>KM. Approximate</b>
<b>Yes</b>	The Clouds	<b>KM 41</b>
<b>Yes</b>	<b>Canton Los Planes</b>	<b>KM 111</b>
<b>Yes</b>	<b>San Fernando</b>	<b>KM 120.5</b>
<b>Yes</b>	<b>Canton Los Planes</b>	<b>KM 129.5</b>
<b>Yes</b>	<b>Goal</b>	<b>KM 160</b>

### **19: AWARDS**

The organization will award the first 3 places taking into consideration that everything stipulated in the previous articles has been complied with, any penalty will be applied by our team of JUDGES, the fifth places with sponsor prizes will also be taken into consideration

### **Article 20: Date and Time of Award**

The award ceremony is scheduled to take place on Saturday 07 at 10pm Hotel Entre Pinos

## **Article 21: RIGHTS OF PUBLICITY AND IMAGE**

All rights to the photo coverage of the 2nd Edition are reserved. Entrants agree that ULTRAES has the exclusive right to use their identities and individual or collective photos for anything directly or indirectly related to their participation in the competition

ULTRAES Photos or video recordings taken during the ULTRAES may not be used by participants, their companions or their coaches, except for personal use, unless they have prior authorization from ULTRAES.

**Modifications:** These rules may be edited, changed, or improved by the organization at any time, without notice. The act of registration implies acceptance of these rules.

**Others:** The jury will decide on all issues related to the event that have not been provided for in these regulations, as well as their interpretation.