

# Ultramarathon El Salvador 2026

## OFFICIAL REGULATIONS

Official Translation – English Version  
Fear the Peak, Conquer UltraES

### TABLE OF CONTENTS

1. General Information – Organization
2. Definition of the Competition
3. General Conditions & Personal Responsibility
4. Eco-Responsibility
5. Race Descriptions
6. Participant Responsibility
7. Liability Terms / Runner’s Declaration
8. Admission Conditions
9. Cut-off Points & Drop Bag
10. Categories
11. Registration, Fees & Administrative Requirements
12. Time Limits
13. Control Points
14. Aid Stations
15. Mandatory Equipment
16. Penalties / Disqualification
17. Drop Bag
18. Medical Assistance
19. Awards
20. Awards Schedule
21. Publicity & Image Rights

## ARTICLE 1: ORGANIZATION

Ultramarathon El Salvador (ULTRAES) is a sporting event organized by “Corriendo Por La Vida SV.” The event will take place on February 6–8, 2026, around the cities of La Palma, San Ignacio, Cítala, and San Fernando, Chalatenango, El Salvador, Central America. The official venue is Hotel Entre Pinos.

## ARTICLE 2: DEFINITION OF THE COMPETITION

ULTRA MARATHON EL SALVADOR includes the official distances: 2K, 5K, 12K, 17K, 25K, and the ultra distances 50K, 80K, 105K, and 100 Miles. Courses cover varied terrain and climates across natural areas whose care and respect are the athlete’s obligation.

## ARTICLE 3: GENERAL CONDITIONS

ULTRA MARATHON EL SALVADOR is governed by these regulations, which all participants accept upon registration. The organization is not responsible for damages caused by the participant’s imprudence or negligence. By registering, participants declare that they are in optimal physical condition to take part and therefore release the organizers from related liability.

## ARTICLE 4: ECO-RESPONSIBILITY

Each participant agrees to use the provided bins and to respect flora and fauna. Where possible, the organization will use reusable or recyclable materials and will perform selective cleanup within eight (8) days after the competition. All waste (gels, wrappers, papers, bags, etc.) must be carried by each participant and disposed of at aid stations. Any runner observed littering will be immediately DISQUALIFIED.

## ARTICLE 5: RACE DESCRIPTIONS

Distances and minimum ages:

- 2K (Trail Kids) – minimum age per organizer guidance
- 5K – 18+
- 12K – 18+
- 17K – 18+
- 25K – 18+
- 50K – 18+
- 80K – 18+
- 105K – 18+
- 100 Miles – 18+

Elevation gain, cut-offs and time limits are specified in Articles 9 and 12.

## ARTICLE 6: PARTICIPANT RESPONSIBILITY

The organization provides partial supplies, including hydration at the start, finish, and designated aid stations. Each competitor is OBLIGATED to carry essential items for self-sufficiency (additional hydration, energy food, a mobile phone, etc.) to ensure safety and performance.

Participants must:

- Understand the distance and characteristics of their chosen race and be adequately trained.
- Be prepared for physical/mental issues due to fatigue, GI discomfort, muscle/joint pain.
- Acknowledge that the organization is not responsible for solving these issues; overcoming them depends on the runner's preparation.

Ultra-distance participants (50K, 80K, 105K, 100 Miles) must sign the Liability Terms to be submitted during race-kit pickup at the technical briefing.

## ARTICLE 7: LIABILITY TERMS / RUNNER'S DECLARATION

Runners in the 50K, 80K, 105K, and 100-mile races must accept the regulations and release organizers from any liability in the event of accidents or injuries during or after the competition. This declaration must be duly signed upon kit pickup.

## ARTICLE 8: ADMISSION CONDITIONS

Minors between 12 and 17 may only participate in the 2K, 5K, 12K, 17K, and 25K distances. They are not authorized, under any circumstances, to compete in 50K, 80K, 105K, or 100 Miles due to difficulty.

Requirements:

- Sign the liability waiver declaring fitness to participate (applies to 50K, 80K, 105K, 100 Miles).
- Full payment of the registration fee before the event.

## ARTICLE 9: CUT-OFF POINTS

Sample cut-offs (subject to course confirmation):

- 50K: PC1 El Pital (km ~13) – 11:00; PC2 Cantón Los Planes (km ~23) – 13:30; PC3 Finish (km 50) – 17:00. Max time: 13 h.
- 80K: PC1 San Ignacio (km ~31) – 08:00; PC2 El Pital (km ~43) – 13:00; PC3 Cantón Los Planes (km ~58) – 16:00; PC4 Finish (km 80) – 22:00. Max time: 24 h.
- 105K: PC1 San Ignacio (km ~31) – 08:00; PC2 El Pital (km ~43) – 13:00; PC3 Cantón Los Planes (km ~64) – 16:00; PC4 Cantón Los Planes (km ~81) – 21:00; PC5 Finish (km 105) – 03:00. Max time: 29 h.

## ARTICLE 10: CATEGORIES

Winners are those with the fastest times after any penalties. Only participants who pass all control points and finish within the time limit are considered “FINISHERS.” All control points are supervised by race officials.

Categories:

- 2K Open (Trail Kids M/F)
- 5K Open (M/F)
- 12K Open (M/F)
- 25K Open – Master A & B (M/F)
- 50K Open (M/F)
- 80K Open (M/F)
- 105K Open (M/F)

## ARTICLE 11: REGISTRATION, FEES & ADMINISTRATIVE REQUIREMENTS

Registration is open from September 9, 2025 to January 15, 2026.

Includes: bib, official shirt, eco bag, finisher medal, hydration, timing, photos, and security.

Kit pickup requirements: registration proof, payment receipt, signed Liability Terms (for 50K/80K/105K/100M). Entries are non-refundable and non-transferable. ID (DUI or passport) is required.

Fees:

- 2K \$20
- 5K \$25
- 12K \$30
- 17K \$35
- 25K \$40
- 50K \$75
- 80K \$130
- 105K \$175
- 100 Miles \$275

Kit pickup schedule:

- 100 Miles: Thu Feb 5 – Hotel Entre Pinos
- 50K, 80K, 105K: Fri Feb 6 – Hotel Entre Pinos
- 2K, 5K, 12K, 17K, 25K (foreigners): Fri Feb 6 – Hotel Entre Pinos (9:00–18:00)
- 2K, 5K, 12K, 17K, 25K: Sat Jan 31 – Hotel Barceló San Salvador

Bib policy: personal/non-transferable; must remain visible on chest/abdomen/leg at all times. Each runner gets a color-coded bib per distance.

## ARTICLE 12: TIME LIMITS

ULTRA MARATHON EL SALVADOR includes four races with non-negotiable maximum times:

- 50K – 14 h
- 80K – 24 h
- 105K – 29 h
- 100 Miles – 45 h

## ARTICLE 13: CONTROL POINTS

Control points (CPs) exist for 12K, 17K, 25K, 50K, 80K, 105K, and 100 Miles. CPs are mandatory passage points with authorized staff. All runners must stop to record their bib.

Missing one or more CPs results in immediate disqualification. Exceeding a CP time limit requires handing over the bib and exiting the competition; continuing means doing so at one's own risk and outside the organization's coverage.

Abandonment types:

- Mandatory: only medical staff may pull a runner deemed unfit.
- Voluntary: runner must inform race staff and should withdraw at CPs.

Examples of CP layouts:

- 50K: PC1 Peña de Cayaguanca (km 5); El Pital (km 13); Cantón Los Planes (km 26); Finish (km 50)
- 80K: San Ignacio (km 31); Peña de Cayaguanca (km 36); El Pital (km 43); Cantón Los Planes (km 58); Finish (km 80)
- 105K: San Ignacio (km 31); Peña de Cayaguanca (km 36); El Pital (km 43); Cantón Los Planes (km 64 & 81); Finish (km 105)

## ARTICLE 14: AID STATIONS

Aid stations provide beverages and food. Details per distance are communicated in pre-race materials and maps.

## ARTICLE 15: MANDATORY EQUIPMENT

12K / 17K / 25K:

- Bib; water capacity  $\geq 1$  L; sufficient food; hydration pack; headlamp/flashlight.

50K / 80K / 105K / 100 Miles:

- Bib; pack/water capacity  $\geq 2$  L; sufficient food; front light + spare battery; mobile phone with credit; whistle; gloves; first-aid kit.

Recommended: sunscreen, sunglasses, gloves, cap, trekking poles.

## **ARTICLE 16: PENALTIES / DISQUALIFICATION**

Race officials enforce rules and may apply penalties or disqualifications per the official table published by the organization.

## **ARTICLE 17: DROP BAG**

Drop bags allow access to spare clothing/food during long races. Available for 80K, 105K, and 100 Miles. Bags must be labeled and delivered the day before at the technical briefing. Drop-bag access: km 64 – Cantón Los Planes. Bags can be retrieved at the finish or until 11:00 a.m. the next day.

## **ARTICLE 18: MEDICAL ASSISTANCE**

Medical teams will be present at control points with access to emergency vehicles to ensure immediate care and coordinate hospital transfers as needed. They may withdraw any athlete deemed unfit. A participant may be authorized to complete the route as non-competitor after a prior health withdrawal if approved by medical staff.

## **ARTICLE 19: AWARDS**

The organization will award the top three finishers in each category, provided previous articles are met. Penalties are applied by race officials. Additional prizes may be granted up to fifth place by sponsors.

## **ARTICLE 20: AWARDS SCHEDULE**

Hotel Entre Pinos:

- Saturday, Feb 7 – 9:00 p.m.: 50K, 80K, 105K, 100 Miles
- Sunday, Feb 8 – 9:00 a.m.: 2K, 5K, 12K, 17K, 25K

## **ARTICLE 21: PUBLICITY & IMAGE RIGHTS**

ULTRAES reserves all rights for photographic and audiovisual coverage. By registering, participants grant ULTRAES the exclusive right to use their identities, photos, and recordings for purposes directly or indirectly related to their participation. Photos/videos taken during the event may not be used for commercial purposes by participants, companions, or coaches without prior written authorization.

Modifications: The organization may amend these rules at any time without prior notice. Registration implies full acceptance. Any issues not covered herein will be decided by the jury. Enrollment in ULTRAES 2026 implies full acceptance of this regulation.