

2026 Wulang Qingyang Shennongjia Mountain Trail Race

Jinhuang League China Series Shennongjia Station

regulations

I. Event Overview

In May 2026, the Wulang Qingyang Shennongjia Mountain Trail Race set off once again from the 'Triple Crown' Shennongjia Songbai International Slow City. This time, we've placed the course beneath the misty waterfalls, amidst the starry skies, and deep within the rock formations. Running along the ancient mountain ridges of Shennongjia, which have folded over 800 million years, our footsteps synchronize with fossils, and our breath resonates with the tectonic movements. As the boundless sea of clouds pours down at the Wufeng Mountain Pass, running on the crest of these cloud waves feels like walking on the waves themselves.

The "Galaxy Valley" of Wulang Qingyang. Let the Milky Way reclaim its path: stars like salt grains scattered by mountain winds, their silvery glow crushed into the earth. In 2026, between cloud waterfalls and the galaxy, I exchange a heartbeat with the ancient mountains. I am your companion on this journey of discovery, unlocking the most authentic essence of this land together, feeling life's most vibrant pulse with every step.

II. Event Organization

2026 Wulang Qingyang Shennongjia Mountain Trail Race

Full English name: 2026 CFTT Shennongjia Ultra Race

English abbreviation: 2026 S-Ultra

Organizer: People's Government of Shennongjia Forestry District

Organizer: Shennongjia Forestry District Culture and Tourism Bureau

Shennongjia Forestry Administration

People's Government of Songbai Town, Shennongjia Forestry Area

Event operation: Wilderness Partner Sports Management Co., Ltd.

Event Business: Yipai (Zhuhai) Market Promotion Co., Ltd.

Geqiao Ke (Shanghai) Marketing Promotion Co., Ltd.

Media partners for the event: Study Strong Nation-Strong Nation Sports, TikTok, Xiaohongshu, Kuaishou, Video Account, Malamala, Neusoft Sike, Huayuan Events, ZuiKu, RunSaiMeijia, Meet Mountain

Sports Image: Mingpao Culture

Event Support: Beidou Sea Chat, Full Heart Rescue

Collection time: Friday, 15 May 2026

Date of the event: 16-17 May 2026

Event categories:

1. GTNS 28KM Gold League Category
2. CFTT 50KM – Goro Aoyama Group
3. TWS 80KM Mountain and Wilderness Hall Category

1. GTNS 28KM Gold League category:

go-off :

Group A-May 16,2026,08:00

Group B-May 16,2026,09:00

Closing time: Group A 6 hours, Group B 9 hours.

(Group A: 14:00 on May 16; Group B: 18:00 on May 16)

Altitude range: 884 meters to 1922 meters

Cumulative climb: 2186m ↗ Cumulative descent: 2193m ↘ Number of supply stations: 2

ITRA Points: 2 points UTMB Index: 50k Mountain Coefficient: 8

GTNS 28KM Gold League Track Map

2026.05.16

28KM iTRA 2

↗ 2186+M

🕒 A:6h B:9h

START**FINISH**

慢城国际酒店

Slow City International Hotel

Distance: 27km

△D+ 0m

▽D- 454m

△D+ 454m

CP2

磨塘

Mo Tang

Distance: 24.5km

△D+ 1333m

▽D- 974m

S1

五峰山

Wufeng Mountain

Distance: 10.04km

△D+ 731m

▽D- 518m

△D+ 212m

▽D- 220m

△D+ 232m

▽D- 240m

△D+ 252m

▽D- 270m

△D+ 272m

▽D- 290m

△D+ 292m

▽D- 320m

△D+ 312m

▽D- 340m

△D+ 332m

▽D- 370m

△D+ 352m

▽D- 390m

△D+ 372m

▽D- 420m

△D+ 392m

▽D- 450m

△D+ 412m

▽D- 480m

△D+ 432m

▽D- 510m

△D+ 452m

▽D- 540m

△D+ 472m

▽D- 570m

△D+ 492m

▽D- 600m

△D+ 512m

▽D- 630m

△D+ 532m

▽D- 660m

△D+ 552m

▽D- 690m

△D+ 572m

▽D- 720m

△D+ 592m

▽D- 750m

△D+ 612m

▽D- 780m

△D+ 632m

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▽D- 1860m

△D+ 1352m

▽D- 1890m

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▽D- 1950m

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△D+ 2352m

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△D+ 2372m

▽D- 3200m

△D+ 2382m

▽D- 3210m

△D+ 2392m

▽D- 3220m

△D+ 2402m

▽D- 3230m

GTNS 28KM Race Course Route for the Golden League:

Shennongjia International Slow City Hotel (Starting/Ending Point) -Binhe Avenue-Fire Protection Road-Shennong Avenue-Lianfeng Street-Xiaolin Farm-Songlang Mountain-Wufeng Mountain (S1) -Li Shizhen Road-Laojun Street-Baiyun Temple (CP1) -Qingyang Mountain-Qilin Gully-Niulan Ya-Yinpo-Motang (CP2) -Shennong Yipin-Shennongjia International Slow City Hotel (Starting/Ending Point)

2. The scale of the CFTT50KM group for Goro Qingyang

Departure time: 07:00, May 16,2026

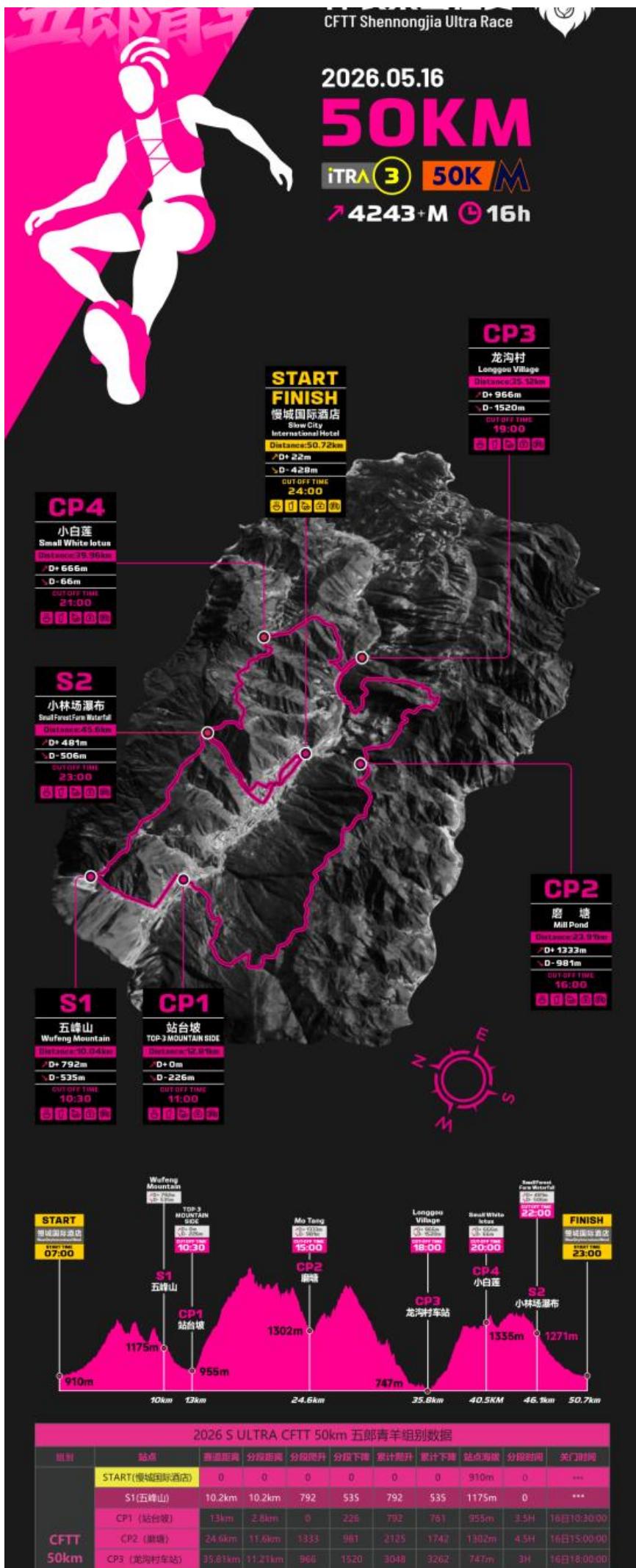
Closing time: 16:00 (23:00 on May 16,2026)

Altitude range: 736 meters to 1921 meters

Cumulative climb: 4243m ↗ Cumulative descent: 4331m ↘ Number of supply stations: 4

ITRA Points: 3, UTMB Index: 50k, Mountain Coefficient: 8

CFTT50KM Wulong Qingyang Group Track Map



Route of the Yamanoya Hall CFTT 50km Group Race:

Shennongjia International Slow City Hotel (Starting/Ending Point) -Binhe Avenue-Fire Protection Road-Shennong Avenue-Lianfeng Street-Xiaolin Farm-Songlang Mountain-Wufeng Mountain (S1) -Li Shizhen Road-Laojun Street-Baiyun Temple (CP1) -Qingyang Mountain-Qilin Gully-Niulan Ya-Yinpo-Motang (CP2) -Daqingyang Mountain-Old TV Tower-Qingyang River Trail-Longgou Village Station (CP3) -Xiaobailian (CP4) -Wulang Liubuti-Xiaolin Farm Waterfall (S2) -Lianfeng Street-Shennong Avenue-Fire Protection Road-Qingyang River Greenway-Shennongjia Slow City International Hotel

3. TWS 80KM Mountain and Wilderness Hall Category

Departure time: 04:00 on May 16,2026

Close time: 23:00 (03:00, May 17,2026)

Altitude range: 519 m to 1922 m

Total climb: 5591 meters ↗ Total descent: 5591 meters ↘ Number of supply stations: 7

ITRA Points: 4, UTMB Index: 100k, Mountain Coefficient: 8

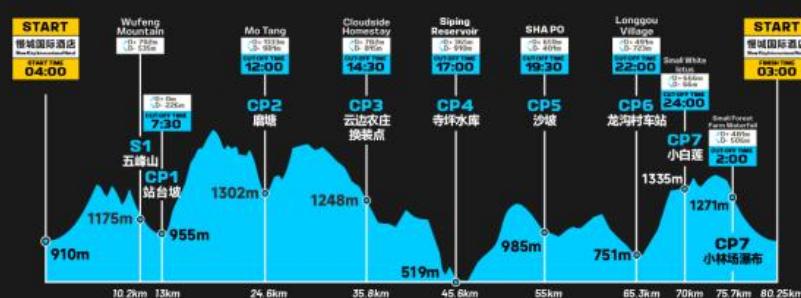
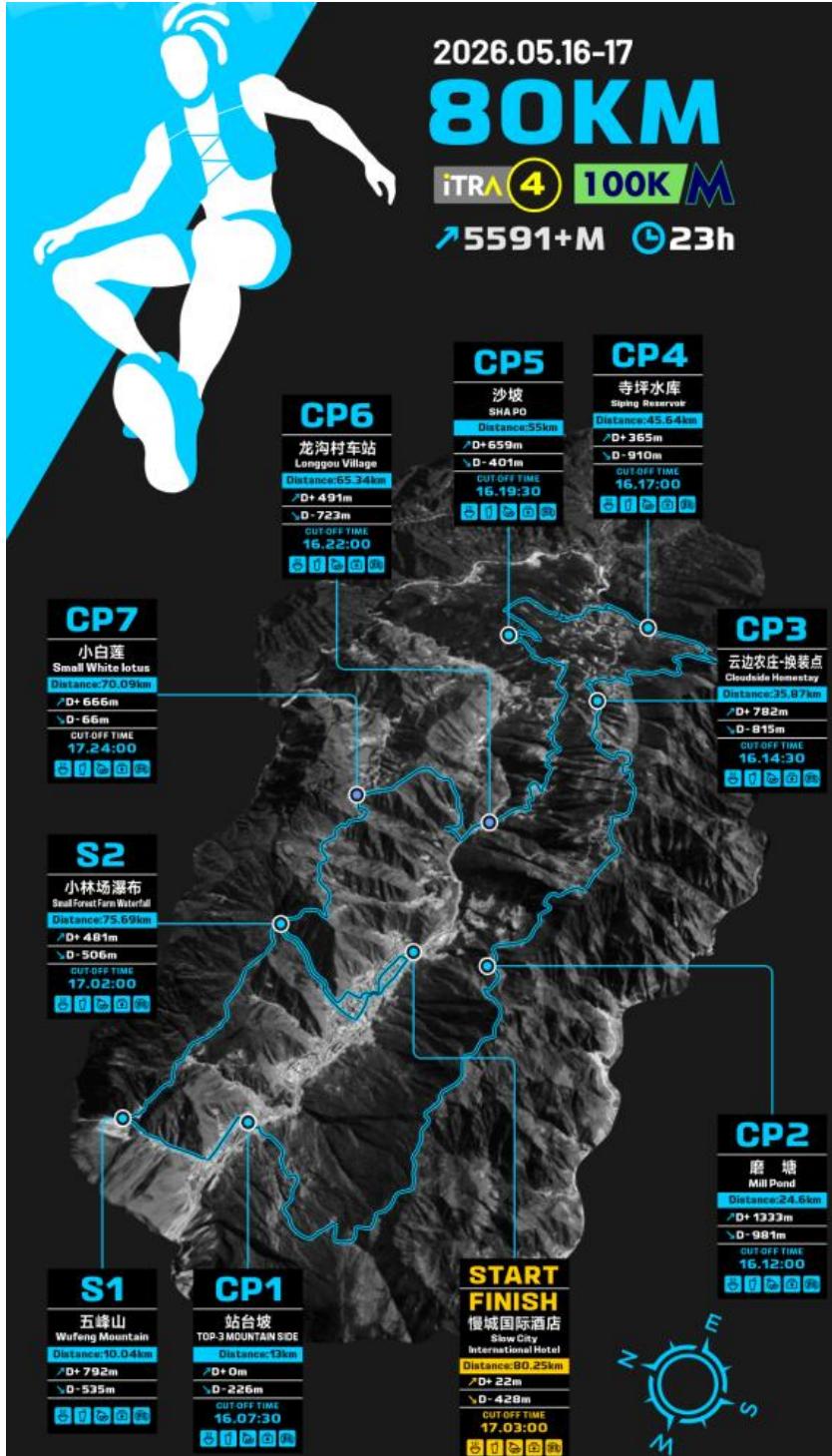
TWS 80KM Mountain and Wilderness Hall Group Track Map

2026.05.16-17

80KM

iTRA 4 100K M

5591+M 23h



2026 S ULTRA TWS 80km 山野殿堂组别数据										
组别	站点	赛道距离	分段距离	分段爬升	分段下降	累计爬升	累计下降	站点海拔	分段时间	关门时间
	START(慢城国际酒店)	0	0	0	0	0	0	910m	0	***
	S1(五峰山)	10.2km	10.2km	792	535	792	535	1175m	0	***
	CP1 (站台坡)	13km	2.8km	0	226	792	761	955m	3.5h	16日07:30:00
	CP2(磨塘)	24.6km	11.6km	1333	981	2125	1742	1302m	4.5h	16日12:00:00
	CP3(云边农庄-换装点)	35.8km	11.27km	782	815	2907	2557	1248m	2.5h	16日14:30:00
	CP4 (寺坪水库)	45.64km	9.77km	365	910	3566	3467	519m	2.5h	16日17:00:00
TWS 80km	CP5 (沙坡)	55km	0	0	0	0	0	985m	0	***
TWS 80km	CP6 (龙沟村车站)	65.3km	0	0	0	0	0	1335m	0	***
TWS 80km	CP7 (小白莲)	75.7km	0	0	0	0	0	1271m	0	***
TWS 80km	START	80.25km	0	0	0	0	0	910m	0	***

TWS 80KM Mountain Trail Race Route: Shennongjia International Slow City Hotel (Start/Finish) -Binhe Avenue-Fire Protection Road-Shennong Avenue-Lianfeng Street-Xiaolin Farm-Songlang Mountain-Wufeng Mountain (S1) -Li Shizhen Road-Laojun Street-Platform Slope (CP1) -Qingyang Mountain-Qilin Gully-Niulan Ya-Yinpo-Motang (CP2) -Daqingyang Mountain-Yunbian Farm (CP3) -Dazhuyuan-Shiping Reservoir (CP4) -Shuizhuyuan-Liushugou-Daping Village-Shapo (CP5) -Longgou Village Station (CP6) -Xiaobailian (CP7) -Wulang Liubuti-Xiaolin Farm Waterfall (S2) -Lianfeng Street-Shennong Avenue-Fire Protection Road-Qingyang River Greenway-Shennongjia Slow City International Hotel

IV. Eligibility for Registration

(1) Eligibility Requirements

group	Registration requirements
GTNS 28KM Gold League Group	<ul style="list-style-type: none">• A completed 30-kilometer or longer trail race certificate within 6 months prior to the competition date;• Completed a half marathon within 2 hours and 30 minutes in the 6 months prior to the competition date• Full marathon completion certificate
CFTT 50KM – Goro Aoyama Group	<ul style="list-style-type: none">• A completed 30-kilometer or longer trail race certificate within 6 months prior to the competition date;• A full marathon completion certificate with a time under 5 hours within 6 months prior to the competition date;
TWS 80KM Mountain Hall Group	<ul style="list-style-type: none">• A completed 100-kilometer cross-country race within the past year;• Completion certificate for 2 cross-country races (≥ 50 km) within 6 months

To meet the eligibility criteria for any of the above groups, you only need to satisfy one of the requirements.

*The registration process follows a 'pay first, review later' system, requiring all required documents to be submitted in one go. The organizing committee will review eligibility based on the order of applications. Applicants with incomplete materials will be disqualified and receive a refund. Successful applicants will be automatically registered (no separate notification required), while those who fail will receive a refund confirmation via SMS. If there are remaining spots in the category, applicants may reapply. No additional enrollments will be made once the quota is reached.

The organizing committee reserves the right to revoke eligibility through fraudulent means and will not refund the registration fee.

Before registration, please confirm that you do not have the following diseases or symptoms:

- (1) Congenital heart disease and rheumatic heart disease;
- (2) Asthma and other respiratory diseases;
- (3) Hypertension and cerebrovascular diseases;
- (4) Myocarditis and other cardiac diseases;
- (5) Coronary artery disease and severe arrhythmia;
- (6) Diabetes mellitus with hyperglycemia or hypoglycemia;
- (7) Pregnant women;
- (8) Other high-altitude intolerance.

When collecting competition materials on-site, participants must submit a paper copy of an electrocardiogram (ECG) and blood pressure test report within the past 3 months (between February 15,2026 and May 16,2026). Reports older than 3 months will be deemed invalid. Ineffective reports and those failing the test will disqualify participants from the competition.

(II) Age Requirements

1. Participants in each category must be at least 18 years old and under 63 years old at the time of registration.

(III) Registration Period

1. Registration starts at 10:00 AM on December 19,2025
2. Registration deadline: 12:00 PM on April 20,2026 (applications will be closed once the quota is reached)
3. Registration method:

1. Official website of "Wilderness Partner": <http://wsc.saihuitong.com/>

Registration for this event signifies full awareness and acceptance of the unique characteristics and potential risks associated with trail running. As the primary responsible party for personal health and safety, participants must be prepared physically, mentally, and skill-wise as follows:

1. Prior to the competition, it is imperative to conduct an objective assessment of one's own health status to ensure the physical condition necessary for safe completion of the event;
2. Participants must be fully aware of how to navigate and cope with challenges caused by altitude gain without external assistance, including but not limited to: night travel, low temperatures, strong winds, thunderstorms, dense fog, and rain or snow conditions.
3. Participants must be aware of how to manage physiological and psychological issues that may arise from extreme fatigue, gastrointestinal disorders, muscle and joint pain, as well as other medical conditions when alone.
4. Participants must be aware of the various challenges they may encounter in mountainous areas and take safety precautions based on their individual capabilities and physical condition.

5. Participants must fully accept and comply with the competition rules. Registration signifies that the participant has read, understood, and committed to adhering to all competition rules established by the organizing committee.

(IV) Registration fee

group	standard price	Early bird price (Registration open-2026.1.2 00:00)
Golden League GTNS 28KM	¥ 498.00	¥ 448.00
Gorō Seiyō CFTT 50KM	¥ 750.00	¥ 675.00
Yamano Daito TWS 80KM	¥ 1326.00	¥ 1190.00

Discounted prices and details for past participants and volunteers

*You must register through the dedicated link and upload the required proof materials for review.

Beneficiary	GTNS 28KM	CFTT 50KM	TWS 80KM	Qualification Requirements and Notes
Contestants 2024 or 2025	in	¥ 398.00	¥ 600.00	¥ 1060.00
2024-2025 consecutive participants		¥ 348.00	¥ 525.00	¥ 928.00
Past volunteers of Wulang Qingyang	free	50% off	50% off	<p>Only participants in the 2024/2025 season are eligible. When registering, you must upload the 2024 or 2025 race registration order or completion certificate.</p> <p>Continuing participants for 2024 and 2025 must upload proof of two years of participation (order or certificate) during registration.</p> <p>Only past volunteers of the Goro Qingyang event who meet the above eligibility criteria are eligible.</p> <ul style="list-style-type: none"> • 50km/80km group: Enjoy 50% off the standard price. <p>When registering, you must upload the Gorō Seiyō Volunteer Certificate and the eligibility documents corresponding to your registered category.</p>

Costs include

Contest items	Golden League GTNS 28KM	Gorō Seiyō CFTT 50KM	Yamano Daito TWS 80KM
Competition uniform	✓	✓	✓
Contest Package	✓	✓	✓
dossal	✓	✓	✓
Contest wristband	✓	✓	✓
Beidou locator (requires a 500 yuan deposit)	✓	✓	✓
Finisher's uniform		✓	✓
Competition Commemorative	✓		
Medal (Finish required)	✓	✓	✓
Event gifts (subject to actual distribution)	✓	✓	✓
Electronic certificate (required for completion)	✓	✓	✓
competition insurance	✓	✓	✓
Shennongjia 6 Major Scenic Spots Ticket (299 yuan)	✓	✓	✓

Girls' competition uniform size chart:

			155/80A	160/84A	165/88A	170/92A	175/96A
Description			XS	S	M	L	XL
CHEST WIDTH 2cm from armhole point	胸围腋下2CM		85.00	89.00	93.00	97.00	101.00
WAIST WIDTH From measurement point	腰围		75.00	79.00	83.00	87.00	91.00
CENTER FRONT LENGTH - From HPS	前衣长 (从最高肩点量)		58.00	60.00	62.00	64.00	66.00
CENTER BACK LENGTH - From HPS	后衣长 (从最高肩点量)		60.00	62.00	64.00	66.00	68.00

Boys' competition uniform size chart:

			165/88A	170/92A	175/96A	180/100A	185/104A
Description			S	M	L	XL	2XL
CHEST WIDTH 2cm from armhole point	胸围腋下2CM		92.50	97.50	102.50	107.50	112.50
WAIST WIDTH From measurement point	腰围		86.50	91.50	96.50	101.50	106.50
CENTER FRONT LENGTH - From HPS	前衣长 (从最高肩点量)		66.00	68.00	70.00	72.00	74.00
CENTER BACK LENGTH - From HPS	后衣长 (从最高肩点量)		67.50	69.50	71.50	73.50	75.50

5. Elite Channel Registration

1. Elite player points requirements

(1) Free entry slots

Male elite athlete: ITRA individual score ≥ 750

Female Elite Athletes: ITRA Individual Score ≥ 650

(2) Free entry and accommodation

Men's Elite Athletes: ITRA Individual Score ≥ 800 points

Female Elite Athletes: ITRA Individual Score ≥ 700 Points

Free entry and complimentary double room accommodation, with a maximum of 3 consecutive nights allowed.

Male elite athlete: ITRA individual score ≥ 850 points

Women Elite Athletes: ITRA Individual Score ≥ 715 Points

Free single room accommodation is provided for a maximum of 3 consecutive nights.

2. Elite Player Registration Instructions

- (1) Elite athletes may register for any competition category.
- (2) Applicants may apply for elite slots at any time before the registration deadline, provided their ITRA personal points meet the eligibility criteria.
- (3) Elite athletes must pay the registration fee upon registration. Upon arrival at the venue, they may apply for a refund on-site, with the fee refunded within 3 working days after the event. Non-participating athletes will not receive a refund.
- (4) Elite Channel application deadline: Before 12:00 on April 20, 2026 (applications will be closed once quota is reached)
- (5) The organizing committee has the final authority to approve elite athlete eligibility applications.

registration way :

1. WeChat Mini Program: Exclusive registration channel for elite players of the Wilderness Partner Team
2. Please prepare the following documents in advance and upload them as attachments when registering:
 - 2-1 Real-time ITRA points screenshot on personal homepage on registration day
 - 2-2 A personal photo without any event logo (for promotional posters)

2-3 History of Cross Country Running Events

3. ITRA Personal Points Inquiry Website: <https://itra.run/>

3. Special Notes

(1) When elite athletes successfully submit their personal information upon registration, they will automatically authorize the organizing committee to use their related images for event promotion.

(2) Elite athletes must coordinate with the organizing committee's pre-event promotional materials and attend official events such as meet-and-greet sessions for elite athletes.

(3) Actively share event updates on personal social media platforms.

(4) The final review authority of elite athletes belongs to the organizing committee of the 2026 Wulang Qingshanyang Shennongjia Mountain Trail Race.

VI. Withdrawal and Transfer of Quotas

1. Withdrawal:

Cancel registration submission time	proportion of actual registration fee refund
Before 00:00 on January 1, 2026	Full refund
January 1, 2026 – before 00:00 on March 2, 2026	70%
March 2, 2026 – before 00:00 on April 20, 2026	50%
After 00:00 on April 20, 2026	No refunds. The competition kit will be mailed after the event.

The procedure is as follows: Contestants registered through the "Wilderness Partner" website or mini-program can log into their personal center to view their orders, then click "Request Refund" and wait for staff to process the request in the backend (within 7 working days). Contestants registered through third-party platforms should contact the respective platform directly for handling.

2. Amendment: The deadline for submitting amendment requests is 00:00 on April 10,2026.

Application process: (1) Email: wsc_team@sina.com

Email format: Name + Phone number + ID number + Registered project + Changed project + Contact information

(2) Upgraded participants must pay the difference at the time of registration, while downgraded participants will receive a refund of the difference. If the quota for a modified category is full, the organizing committee reserves the right to reject the application.

3. Quota Transfer: This competition does not allow quota transfers. Participants may apply for refunds or change of event according to the schedule set by the organizing committee.

4. Registered but unable to participate or receive the competition kit

Participants unable to attend due to personal reasons and who have not collected their kits may request a mail-in service from customer service staff after the event. Applications are accepted from 12:00 PM on May 6 to 12:00 PM on May 12. The organizing committee will begin mailing the kits sequentially by May 15. Participants are responsible for the shipping costs, with SF Express cash-on-delivery service.

VII. Competition Rules

(1) Registration and issuance of firearms

1. Entry check: Participants must arrive at the venue 60 minutes before the start of their event to complete registration and mandatory equipment inspection.

2. Registration

(1) Staff in the registration area will check the bibs and race wristbands of the participants.

- (2) Judges and staff in the registration area will conduct random checks on the mandatory equipment of the participants;
- (3) If a randomly selected contestant fails to bring all required mandatory equipment, they must replenish the missing items as per the referee's instructions. Otherwise, the referee reserves the right to disqualify the contestant.

3. Gun Discharge Arrangement

- (1) The starting method involves grouping and staggered gunning, with the gunning batches arranged according to the athletes' kilometer categories;
- (2) Starting positions for each category, with priority given to elite athletes and specially recruited participants;
- (3) If a participant violates the start rules (e.g., crossing categories to start early, failing to start within 10 minutes after the gun is fired in their category, not passing through the registration zone, or not starting from the designated running area), the referee will void their race results.

(II) Timing Rules

1. Participants' race numbers will be assigned by the organizing committee. This event uses disposable timing chips, which are not subject to deposit and will not be collected after the race. The timing chips will be distributed alongside bibs and other race items when participants check in. The timing chip is attached to the back of the bib. Please test it promptly after collection and avoid folding or pressing to prevent damage.
2. All event categories in this competition will utilize chip-based timing systems. The timing chips serve as terminal devices for recording individual performance. Please ensure that the bib (large size) containing the timing chip is worn in a conspicuous position in front of your body, ensuring it remains clearly visible throughout the competition.

3. The competition will feature chip-based timing mats or handheld timing devices at the starting line, timing checkpoints for each category, and the finish line. Participants must actively cooperate with the timing officials to complete their entry and clock-in at designated stations. In addition to the officially announced timing checkpoints, temporary timing stations may be set up along the race course, and the results from these stations will also serve as valid evidence for the official timing determination.

4. Contestants must pass all timing checkpoints in sequence and complete check-ins for their results to be valid. Those who finish the race within the cutoff time but miss any checkpoint due to personal reasons will have their results invalidated, be excluded from rankings, and forfeit the completion certificate and prize. No completion certificate will be issued post-race.

5. In case of missing results, participants may submit a request for supplementation. Applicants must provide valid evidence (e.g., photos from checkpoint locations or trajectory records) to substantiate the absence. Upon approval by the judging panel, the organizing committee will retroactively add the missing results. The deadline for submitting evidence is 24 hours after the event's official closing time, after which no further requests for result supplementation will be accepted.

(3) Scoring Rules

1. Certificate of Achievement

Participants will receive an electronic completion certificate, which can be checked within 5 working days after the event. Those who fail to complete the race will not receive a certificate.

2. Personal Achievements

(1) The net time recorded in this competition will be used as the official ranking basis for individual performance.

(2) Participants must start within 10 minutes after the scheduled time. Those who fail to start within this period will be considered to have withdrawn (DNS).

(3) The competition rankings are divided into three categories based on the distance covered: CFTT Golden League 28KM, CFTT Gorō Aoyama 50KM, and TWS Mountain Hall 80KM, with entries ranked by descending order of fastest completion time.

(IV) The Rules of the Closed Door

1. To ensure the safety and smooth progress of all participants, each stage of the competition has a designated closing time, which marks the end of all activities at that location.

2. For the closing times of each venue, please refer to the schedule by competition category. The latest updates will be posted on the venue's information board (and before the event). All participants must pass through the venue before the closing time.

3. Participants who fail to reach the finish line will be disqualified and must follow the organizing committee's instructions to take the race evacuation vehicle to the nearest checkpoint for withdrawal.

4. The closing time may be adjusted temporarily due to extreme weather, force majeure events, or delayed start times. The organizing committee reserves the right to terminate the event or modify closing times at any venue. Participants must comply with the event management protocols set by venue staff.

5. Shelter vehicles are dispatched to designated race group stations, with additional temporary vehicles arranged along the route. Considering factors such as shelter capacity and traffic conditions, the waiting time for shelter vehicles at each closed station ranges from 2 to 3 hours after the station closes.

(V) Withdrawal Rules

1. Any participant who is more than 10 minutes late beyond the scheduled departure time or fails to complete registration will be disqualified (DNS) upon passing the starting point (timing device).
2. Athletes found during random checks at starting/ending points or on the track not carrying required mandatory equipment will face penalties or even be forced to withdraw from the competition as per regulations.
3. Athletes who refuse mandatory equipment inspections or fail to pass them will face penalties as stipulated, including forced disqualification.

4. Participants are prohibited from withdrawing from the competition in unauthorized areas outside the designated stations, except in cases of injury preventing further progress (contact the organizing committee). Those unable to proceed must notify the organizing committee command center by phone at 19971765900. Unauthorized withdrawal without prior notification will result in inclusion in the competition blacklist.

5. Contestants must clock in before the designated time at each checkpoint. Those who fail to clock in on time will be disqualified.
6. Participants who decide to withdraw between two stations must go to the nearest station to complete the withdrawal process (for slower participants needing to return to the previous station, the station typically closes and withdraws two hours after the scheduled closing time).
7. The site leader, track referee, medical staff, and rescue personnel have the authority to require a participant to withdraw from the competition based on their condition;
8. The site referee has the authority to penalize or even force a contestant to withdraw from the competition for misconduct reported by the site supervisor or inspector.

9. Retired athletes must allow staff to mark their bibs in the designated area.

10. Withdrawn competitors must wait at the designated location for the recovery vehicle and are prohibited from leaving without staff authorization.

VIII. Description of Mandatory Equipment

Compulsory equipment serves as the last safeguard for athletes in complex track conditions. The organizing committee reserves the right to adjust the types and quantities of required gear before the race, based on actual circumstances such as weather conditions, for safety reasons.

Compulsory Equipment List for Each Group

序号	装备名称	GTNS黄金联赛28km	CFTT五郎青羊50km	TWS山野殿堂80km
1	计时芯片号码布	√	√	√
2	参赛手环	√	√	√
3	手机 (满电且保持开机状态并使用报名时所填的手机号码)	√	√	√
4	GPS定位器 (领物缴纳押金500元, 赛后退还)	√	√	√
5	容量不少于1L的水壶及水袋	√	√	√
6	容量不少于1.5L的水壶及水袋	-	-	√
7	越野背包 (可容纳所有强制装备且带有求生哨的腰包)	√	√	√
8	急救毯	√	√	√
9	充电宝	√	√	√
10	全压胶不少于10000防水透气指数的外套	√	√	√
11	头灯 (必须包含1套备用电池或可充电)	-	√	√
12	简易急救包, 必须包含: 1、包扎绑带, 2、创口贴 3、碘伏	√	√	√
13	能量食品 (不低于500kcal)	√	√	√
14	垃圾袋(放置个人垃圾)	√	√	√
15	防水长裤		-	√
16	雨衣 (可一次性加厚款)		√	√
17	备用头灯			√
18	保暖层 (羊毛类&羽绒)			√
19	太阳镜			
20	运动帽			
21	手套			
22	登山杖			

(1) The Organizing Committee's judging panel will establish a variable number of mandatory equipment inspection points at the main venue and during the competition schedule, including both fixed inspections and additional random checks.

1. The mandatory registration area inspection follows the principle of pre-competition mandatory checks and in-competition random sampling.
3. The mandatory inspection at the mid-race supply station is implemented for all participants.

All participants must pay close attention to the procedures announced by the organizing committee.

(2) Mandatory Equipment and Penalties

1. Numbered bibs + timing chip (provided by the organizing committee)
 - (1) The race bib serves as a critical identifier for athlete identification and is distributed with the competition kit. During the event, athletes must wear the bib as required throughout the duration; failure to comply will result in restricted access to designated areas and disqualification from the competition.
 - (2) The timing chip, a personal device for recording official results, is pre-attached to the back of the race bib. Do not tear, bend, or expose it to strong magnetic fields or high temperatures, as damage will invalidate the results. During the race, wear the bib in a visible position in front of your body. Any missed results due to bib obstruction or chip damage will be the participant's sole responsibility.
2. Competition wristbands (provided by the organizing committee)

The competition wristband must be obtained after passing the mandatory installation inspection and registration. It serves as a crucial credential for participants to access event-related services provided by the organizing committee. Loss of the wristband will result in the forfeiture of all services, including but not limited to access to shuttle vehicles.
3. GPS positioning device (deposit required for distribution by the organizing committee)
 - (1) GPS positioning devices are essential for long-distance category participants.

The organizing committee provides them on a loan basis (with a deposit required), and refunds will be issued upon return.

(2) During the competition, all participants must strictly adhere to the pre-competition guidelines issued by the organizing committee, ensuring their GPS devices remain powered on and carried at all times (do not turn them on before the event). In case of distress, follow the instructions to send a distress signal and request assistance from the organizing committee. Any lost or damaged devices will result in non-refundable deposits. We appreciate your understanding and support!

4. A mobile phone with normal communication (to download race tracks)

(1) Contestants must carry their mobile phones throughout the competition and ensure they are in a working condition (able to receive official calls and text messages).

(2) The mobile phone number used by the contestant during the competition must match the one provided in the registration form.

(3) The mobile phone must support the official event route viewing and navigation app.

(4) In case of an emergency requiring immediate assistance during the competition, please immediately call the rescue hotline provided by the organizing committee and contact the designated rescue officer. The rescue hotline number will be printed on the front of the bib.

(5) Mobile phones serve as the emergency communication link between the organizing committee and participants, and are essential tools for locating themselves, verifying current positions, and checking official routes. Participants should estimate their phone's battery level and carry sufficient power banks to ensure uninterrupted use throughout the event.

5. A fully functional power bank

(1) Cross-country running involves long distances, complex courses, extended race durations, and potential nighttime sections, with the majority of events taking place in mountainous areas where numerous uncertainties exist. Consequently, cross-country races require higher power consumption from electronic devices used by participants.

(2) Midway mandatory checkpoints will monitor the power level of the power bank in use.

6. Functional headlight, backup headlight, and battery

(1) Headlights should be waterproof and have a luminous flux of over 200 lumens.

(2) The use of handheld light sources such as flashlights as the sole lighting equipment for competition is prohibited to avoid unnecessary complications.

(3) Power supply: The charging headlamp requires a power bank (power source) and data cable. If the headlamp cannot be charged, always carry sufficient spare batteries.

(4) The mid-route mandatory checkpoint will monitor the battery level of the headlight.

(5) When navigating narrow tracks at night without overtaking conditions, maintain a safe following distance and switch headlights to low-beam mode to prevent shadow interference with the driver ahead.

(6) Participants should assess their backup battery needs based on the headlamp's battery life, and it is recommended to carry at least two sets of backup batteries per night.

(7) Participants must avoid direct light exposure and must turn off their headlamps when entering the starting/ending area.

7. A backpack or waist pack that can hold all gear and must include a survival whistle.

The cross-country running backpack/waist pack is designed to help athletes carry all competition gear, allowing them to easily access equipment or supplies during events. The pack must include a survival whistle.

8. Non-disposable sealed water bottle/water bag

- (1) Participants may select different types of hydration devices (e.g., hard water bottles, soft water bottles, water bags, etc.) based on their individual hydration habits during exercise. The hydration devices must be hermetically sealed and have a capacity exceeding the mandatory equipment specifications. The use of disposable containers such as mineral water bottles or beverage bottles is prohibited.
- (2) It is recommended that participants thoroughly understand data such as the distance between different supply stations, elevation gain, and daily weather conditions to rationally plan the amount of water to carry. For participants with high water consumption or slower pace, it is advised to increase the water capacity beyond the mandatory equipment specifications.

9. Portable water containers

To promote environmental protection and reduce resource waste, the competition will not provide disposable paper cups at any supply stations. Participants are requested to bring and use reusable portable water cups.

10. Hooded jacket (Water resistance rating: 10000+)

- (1) The hat and the body part must be an integral structure;
- (2) The garment fabric must be waterproof, with all seams sealed using adhesive.
- (3) A hooded jacket is an effective gear for bad weather like rain, snow, and strong winds, requiring products with clearly marked waterproof ratings of at least 10,000mm.

11. Emergency energy supplies

- (1) During the competition, participants must carry emergency energy food supplies

equivalent to or exceeding the required quantity (energy value) specified in their designated mandatory equipment list.

- (2) Emergency energy supplies are not personal provisions used during competitions. These supplies provide emergency energy to maintain physical strength and wait for rescue when athletes encounter unexpected situations.
- (3) Emergency energy products may be selected based on personal taste preferences, such as energy gels, energy bars, chocolate, or dried fruits, but the outer packaging must clearly indicate the energy reference value. It is recommended to purchase energy products with independent packaging.

12. High-frequency life-saving whistle

- (1) Must be carried at all times;
- (2) To avoid disrupting rescue operations, participants must refrain from using this device in non-emergency situations.
- (3) High-frequency rescue whistles can emit high-penetration sounds with minimal energy. In emergencies or when urgent assistance is needed, using a rescue whistle to call for help enables rescuers to detect dangers and locate the distressed individual in complex environments.

13. Reflective Emergency Blanket

- (1) The first aid blanket must be at least 1.3m×2.1m in size and must be carried at all times during the competition.
- (2) The emergency thermal blanket can reflect over 80% of human body heat. Under cold climatic conditions, it effectively prevents heat loss and maintains normal body temperature. Participants must understand the correct usage method of the emergency blanket. The emergency blanket is made of non-degradable materials. After use, do not discard or leave it on the track; it must be carried to the designated station for recycling.

14. First Aid Kit (self-adhesive elastic bandage, sterile dressing, povidone-iodine swab, band-aid)

(1) Self-adhesive elastic bandages for local fixation and compression dressing, with specifications not less than 100cm×6cm;

(2) Aseptic dressings are primarily used for wound hemostasis and infection prevention;

(3) Povidone-iodine cotton swabs are primarily used for wound disinfection to prevent infection;

(4) The primary functions of adhesive bandages are wound hemostasis and infection prevention;

(5) For analgesic oral medications (if required), it is necessary to identify any known drug allergies in advance and confirm that the medication is suitable only for the individual.

(6) Oral recommendations: Huoxiang Zhengqi Water, for relieving summer heat

15. Quick-drying sporty T-shirt

For high-intensity workouts, a quick-dry sport T-shirt is essential. Avoid using jackets or skin-wearing garments as substitutes. To prevent hypothermia from excessive sweating, opt for non-cotton quick-dry fabrics.

16. Waterproof long pants

To cope with the variable weather conditions of long-distance trail running events, which often involve nighttime sections and significant day-night temperature differences in mountainous areas, waterproof long pants must be provided.

17. Raincoat (Thickened, disposable version)

To protect all competitors from hypothermia risks caused by factors such as rain, it is essential to provide disposable thickened raincoats to cope with weather

conditions like temperature fluctuations between day and night, rain, and dew.

18. Insulation layer

Shennongjia, a forested region, features a high-altitude race starting point with temperatures 5 ° -6 ° lower than plains. The course spans 736-1946 meters in elevation, creating significant vertical drops and pronounced diurnal temperature variations. Participants should pack at least 200g of thermal layers, preferably Merino wool or compact down jackets.

IX. Competition Penalties

(1) Penalty and Disposition

Violation	GTNS Gold League 28km	CFTT Gorō Aoyama 50km	TWS Yama no Dō dō 80km
The following mandatory equipment items are prohibited during the competition: waterproof jackets, race bibs, race wristbands, headlamps, and GPS trackers (except for mandatory headlamps in the GTNS Gold League 28km category).			
Refuse to enforce the equipment inspection			
running a distance of more than 1km by taking shortcuts or using transportation			
Do not carry a water bottle or water bag, first aid blanket, or basic first aid kit.			
Participating by deception or starting outside the designated area and time without following the prescribed order			
Disable GPS tracker			Cancel eligibility
Failure to comply with the referee/staff instructions after receiving verbal warnings			
Carrying any fire sources during the race or smoking on the track			
Forcing the closing time to pass through the CP point or the endpoint			
Failure to pass through timing points in sequence			
Not respecting volunteers, players, and referees			
No power bank			
Intentionally blocking the number plate			
Track discards trash			
Accepting unauthorized off-site resupply			One violation, 1 hour penalty
Refusing to assist the racers on the track			

Special Notice: At the finish line, the referee will conduct mandatory equipment checks on all champions, runners-up, and third-place finishers across all categories. These checks will serve as the basis for determining the validity of results. Participants without mandatory equipment will have their results invalidated.

(2) Being included in the ban list

1. Participants who substitute runners or intentionally wear multi-person timing chips will face penalties for both the offenders and the beneficiaries.
2. The race is completed in a relay format;
3. Cheating behaviors that involve using transportation or other external forces to benefit oneself or others;
4. Deliberate acts of damaging or moving track guidance systems, including but not limited to road signs, reflective strips, warning tapes, and directional signs.
5. Acts of damaging or harming cultural relics, ancient sites, trees, animals, poultry, or farmland along the race course;
6. Intentional or malicious occupation of medical emergency and rescue resources;
7. Withdrawal from the race without notifying the organizing committee;
8. Refusing to heed warnings, continuing the race after the cutoff time, or re-entering the track after withdrawing;
9. Refusal to comply with the directives and management of event staff, disruption of event order, or engaging in public disturbances and physical altercations;
10. Refusing to cooperate or comply with the organizing committee's arbitration decisions;
11. Repeatedly crossing the finish line without authorization, or privately crossing the finish line to collect race items or medals before completing the entire course;
12. Unauthorized fabrication of race bibs, using bibs from other events or previous

competitions, or collecting finish line items and medals without wearing a bib;

13. Any conduct that may endanger other competitors' personal safety, significantly disrupt the event proceedings, or compromise national or public security;
14. Taking stimulants;
15. Other violations of the rules and regulations.

Note: Participants who obtain entry eligibility through false information, transfer bib numbers to others after registration, or are ineligible for the competition shall bear all consequences during the event.

X. Arbitration Commission

1. When a contestant disputes a result or reports a violation during the competition, they may submit supporting evidence (e.g., on-site photos, trajectory data, etc.) to the judging panel for appeal either on-site or within 12 hours post-competition.
 - (1) On-site appeal: at the finish arch timing zone or the race command center;
 - (2) Post-competition appeals: Within 24 hours after the final gate closes at the finish line; all supporting documents must be emailed to the organizing committee at wsc_team@sina.com.

XI. Competition Organization

(1) Storage service for competition kits and changing kits

1. Participants in the GTNS Gold League 28KM and CFTT Gorō Aoyama 50KM categories will receive a race bag storage service (from the start/finish line to the International Slow City Hotel). Each participant is entitled to one race bag with a maximum capacity of 30 liters, which must be retrieved upon completion of the race.
2. Participants are advised to use the official competition kits provided by the organizing committee for storage.
3. All participants must securely fasten their race bags and changeover kits (using

the official kits provided by the organizing committee) to the race bag labels (small bibs), and present their corresponding bibs for identification by the committee.

4. After returning to the finish line, participants must present their bib to collect the stored race kit, which can only be retrieved after staff verify their basic information.

5. The competition bag must not contain valuables (e.g., mobile phones, wallets, car keys) or any fragile, flammable, or explosive materials.

6. For the TWS Mountain Wild Hall 80km category, the organizing committee will provide participants with a starting point (International Slow City Hotel) and offer changing bag and luggage storage services. The changing bags will be transported to CP4 Motang after the starting gun, while luggage will be delivered to the finish line: International Slow City Hotel.

(II) Track

1. Before the race, the organizing committee will upload the electronic track layout via the official WeChat account, and participants may download it according to their category.

2. During the race, the organizing committee will use ribbon markers, knife flags, reflective stickers, strobe lights, directional signs, and display stands as route markers.

3. Participants must follow the marked race path. If they lose track markers for over 50 meters, they should verify their route using the pre-stored GPS data in their phone or sports watch. Should they stray from the path, they must retrace their steps to locate the markers.

4. Participants are prohibited from taking shortcuts during the race. The unofficially announced race route is not safety-approved and may pose risks, potentially delaying rescue operations.

5. The organizing committee reserves the right to adjust race tracks, starting and

finishing times for all categories.

(3) Station and Supplies

1. The organizing committee has established service stations along the race route. These stations provide supplies and medical services exclusively for participants who correctly wear their bibs and race wristbands.
2. Stations at different levels have distinct functions, with specific details provided in the station information diagram. Participants should determine the required amount of water and supplies based on station information, weather conditions on the day of the competition, and their own capabilities, ensuring safe and smooth arrival at the next supply station.

(4) Environmental Protection in Mountainous Areas

1. In line with the LNT eco-friendly philosophy, no disposable water cups will be provided at any supply stations along the race route. Participants are kindly requested to bring and use reusable portable water cups.
2. Participants are advised to collect their personal waste along the course and dispose of it in designated bins at the stations. Random littering on the course is strictly prohibited.
3. After the event, the organizing committee will collect all road signs and properly dispose of all competition materials and waste generated.
4. During the competition, do not damage flowers, trees, or plants, and refrain from littering. Violators may face penalties such as time suspension or disqualification from the competition, depending on the severity of the offense.

(5) Medical Rescue

1. The organizing committee will establish a medical and rescue support system for the competition, comprising designated medical rescue teams and mountain rescue teams, based on the race route and event scale:

(1) The designated medical rescue team consists of physicians, nurses, and medical volunteers, responsible for responding to medical needs at the starting and finishing points, stations, and race tracks, and will perform patient transfer to designated medical facilities in emergency situations.

(2) The mountain rescue team, composed of professional rescuers and equipped with specialized vehicles, is tasked with responding to rescue requests at designated fixed points along the race course and during critical sections.

2. All medical personnel and rescue personnel shall uniformly wear identification badges and be equipped with necessary medical supplies and rescue equipment;

3. All official medical personnel and rescue personnel of the event are entitled to:

(1) When a contestant is deemed unfit to continue the competition due to health reasons, they must withdraw from the event.

(2) To assist the contestant in any way to escape from danger;

(3) Guide participants to receive treatment regimens that are more suitable for their needs.

4. Contestant Guidelines

(1) When the athlete is questioned about their physical condition by official medical or rescue personnel, they must pause the competition to cooperate with the inquiry;

(2) If a participant sustains an injury or experiences discomfort, they may seek medical assistance at the designated station or have other participants notify the official medical and rescue personnel of the event.

(3) In case of rescue needs during the event, please call the emergency number on the front of your bib. The organizing committee will assess the participant's condition and provide necessary assistance.

(4) Once a participant requests medical assistance from the organizing committee, if the official medical team or rescue personnel determine that the participant is

unable to continue the competition due to health issues, the rescued individual must unconditionally accept this decision;

(5) Participants should be aware that rescue teams require time to process distress calls and reach the location. During this period, their safety depends on whether they carry sufficient and effective personal items.

5. If a participant suffers personal injury or death during the competition due to the use of performance-enhancing drugs or other prohibited substances, all legal liabilities and consequences arising therefrom (including but not limited to medical treatment expenses, lost income, disability compensation or indemnity, death compensation, corpse transportation, and funeral expenses) shall be borne solely by the participant.

XII. Withdrawal and Detention

1. The event will prioritize accommodating vehicles at designated gate stations (closed gates).
2. At non-enclosed stations, the organizing committee will promptly arrange vehicles to ferry participants to the enclosed stations equipped with sheltered vehicles.
3. In the event of non-injury conditions affecting progress, participants must voluntarily withdraw from the competition at the service station, notify the station manager, and have their wristbands and bibs removed. Participants may still use their invalidated bibs for transportation and enjoy services such as meal provisions.
4. When a participant decides to withdraw midway, they typically need to return to the previous or next station and accept the withdrawal arrangements.
5. If a participant is forcibly returned to the previous service point and encounters a finishing staff member who refuses to accompany them to the next service point, the finishing staff member will disqualify the participant and remove their

wristband. Thereafter, the disqualified participant will no longer be within the normal safety control range of the event.

6. In case of event transfer due to a circuit breaker, the organizing committee will promptly return participants from the designated stations to the finish line.

13. Emergency Response

1. The organizing committee will prioritize the safety and experience of participants, and may modify event details (including but not limited to race routes, stops, and schedules) from the event announcement until its conclusion. All information shall be subject to the latest updates released before or during the event.

2. In the event of force majeure (including but not limited to extreme weather conditions such as torrential rain, typhoons, heavy snow, or freezing rain), the event organizing committee reserves the right to postpone the start of the event, suspend it (triggering a circuit breaker), or cancel the event entirely.

3. The organizing committee will establish a race circuit breaker mechanism. In case of natural disasters or extreme weather during the competition, the event will be terminated, and emergency evacuation, safety transfer, and rescue operations will be carried out in accordance with the competition contingency plan to ensure the safety of participants and staff.

4. In the event of event cancellation, postponement, or termination under the "circuit breaker" mechanism due to any circumstances, the applicable procedures shall be governed by the withdrawal rules and the latest official announcements.

XIV. Competition Insurance

1. The organizing committee provides personal accident insurance for all participants, staff, and volunteers during the competition, work, or service period. Participants are advised to consider additional insurance coverage, and it is strongly recommended that they purchase supplementary insurance

independently.

2. If incomplete, inaccurate, or false registration information prevents insurance purchase or claim processing, participants must reconfirm their identity after successful payment. All legal liabilities (including but not limited to claim denial) arising from incorrect registration shall be borne by the participant.
3. Contestants who conceal their own health conditions (including but not limited to chronic diseases, latent illnesses, or physical limitations) that cause discomfort or related illnesses (including but not limited to heatstroke or fainting) and are ultimately determined by the insurance company to be ineligible for compensation shall bear all legal liabilities and consequences (including but not limited to medical expenses, lost wages, disability compensation, or death benefits). Contestants are advised to carefully assess their health status before registration.
4. Any personal injury or death resulting from the use of performance-enhancing drugs or other prohibited substances by participating athletes during the competition shall be the sole responsibility of the athletes themselves.
5. The organizing committee shall provide free on-site emergency medical assistance during the competition. If a participant requires hospital transfer for further treatment, all associated costs incurred during the process shall be settled between the participant and the hospital, followed by claims submission to the insurance company or direct negotiation with the insurer. The organizing committee may provide necessary documentation and information to facilitate the process.
6. The standard insurance process is as follows:

In case of an accident → (if an accident occurs) immediately contact the organizing committee to notify medical staff for on-site assistance → The organizing committee will report to the insurance company → Follow the procedures provided by the insurance customer service to collect the required documents → Proceed to a

secondary or higher-level hospital for processing, retaining the corresponding invoice and proof of payment → Follow the guidance of the insurance customer service to submit the documents → Claim compensation.

Fifteen, Others

1. In the event of any change or cancellation of the competition date due to force majeure prior to the event (including but not limited to natural disasters, war, major national events, or policy-related reasons), the organizing committee shall not be liable for any financial losses except for the registration fee.
2. In the event of a match suspension due to extreme weather conditions, the organizing committee will provide post-match supplies but will not cover any expenses incurred by the athletes following the suspension.
3. All photographs taken by the official event team during the competition are copyrighted by the organizing committee. Participants automatically waive their rights to these images, and the committee may use them without obtaining consent. The organizers reserve the right to authorize media use of these photos.

16. Other Precautions

1. Contestants must sign the "Voluntary Participation Declaration" on-site when collecting their items.
2. Inspect the competition kits on-site to verify completeness of items and confirm proper functioning of the tracking timing equipment;
3. This competition's entry package cannot be collected by others; only the participant themselves is permitted to collect it.
4. Sub-highland mountain cross-country running is a high-intensity, long-distance outdoor sport with inherent risks, requiring participants to meet stringent physical fitness standards. Therefore, in accordance with mandatory national regulations, the organizing committee requires all participants across all categories to submit copies

of medical examination reports (including but not limited to: resting heart rate, electrocardiogram, blood pressure) issued by Grade II Class A or higher hospitals or accredited professional medical institutions within the past three months, and to confirm the absence of the following diseases or symptoms:

- (1) Congenital heart disease and rheumatic heart disease;
- (2) Asthma and other respiratory diseases;
- (3) Hypertension and cerebrovascular diseases;
- (4) Myocarditis and other cardiac diseases;
- (5) Coronary artery disease and severe arrhythmia;
- (6) Diabetes mellitus with hyperglycemia or hypoglycemia;
- (7) Pregnant women;
- (8) Other high-altitude intolerance.

If the report indicates any non-compliant indicators under national regulations, the organizing committee will not provide any competition materials and the registration fee will not be refunded. Participants must ensure they have no such issues when registering.

2. Matters not covered herein shall be notified separately.

3. The organizing committee of the 2026 Wulang Qingshanyang Shennongjia Mountain Trail Race reserves the final right of interpretation for this event.