

SET OF RULES PUERTO VALLARTA MÉXICO BY UTMB®

2022 EDITION

ORGANIZATION

OSM organizes the sports event "PUERTO VALLARTA MÉXICO by UTMB®" with the support of UTMB INTERNATIONAL S.L., Jalisco Tourism Board, Tourism Trust of Puerto Vallarta, Mascota & San Sebastian del Oeste Municipalities and the local councils of the area.

DEFINITION OF THE RACES

PUERTO VALLARTA MÉXICO by UTMB® is an event which includes several races in the open country, winding through the hiking routes of PUERTO VALLARTA region. Each race takes place in one single stage, at an undefined pace and within a time limit.

100M CATEGORY

- **WIXÁRIKA®**: around 172 km and about 8,253 meters elevation gain, starts from San Sebastián del Oeste, Jalisco, Mexico, in semi-autonomy. Cut-off time for finishing is about 40 Hrs.

100K CATEGORY

- **HIKURI®**: around 100 km and about 4,700 meters elevation gain, starts from Mascota, Jalisco, Mexico, in semi-autonomy. Cut-off time for finishing is about 22 hrs.

50K CATEGORY

- **NAKAWÉ®**: around 55 km and about 3,100 meters elevation gain, starts from the Malecon of Puerto Vallarta, Jalisco, Mexico, in semi-autonomy. Cut-off time for finishing is about 12hrs.

20K CATEGORY

- **ERENO®**: around 23 km and about 940 meters elevation gain, starts from at the Malecon of Puerto Vallarta, Jalisco, Mexico, in semi-autonomy. Cut-off time for finishing is about 6 hrs.

RUNNER'S COMMITMENT

To participate in the PUERTO VALLARTA MÉXICO by UTMB® event, in particular the WIXÁRIKA® and the HIKURI®, it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it.
- To have acquired, previous to the race, a real capacity of personal autonomy in the mountains allowing for the management of problems induced by this type of event, and notably:
 - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
 - Know how to manage, including when one is isolated, physical or mental problems arising from a great fatigue, digestive problems, muscle or articular pains, small wounds...
 - To be totally conscious that the organization's role is not to help a runner manage these problems.
 - To be totally aware that for such an activity in the mountains, security depends upon the runner's capacity to adapt to the problems encountered or foreseen.
 - To inform and to sensitize the members of the runner's entourage towards the respect of nature, people and the regulations of the race.

SEMY AUTONOMY

The principal of an individual race in semi-autonomy is the rule. The PUERTO VALLARTA MÉXICO by UTMB® events take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each event. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...)

This principal implies, in particular, the following rules:

1. Each runner must have with them throughout the duration of the race the totality of their obligatory equipment. They transport this equipment in a pack; tagged during race-bib distribution and which cannot be changed along the race route. At any moment of the race, the race stewards can verify the pack and its contents. The runner is obliged to submit to these checks in good humor, at the risk of exclusion from the race.
2. The refreshment posts supply drinks and food to be consumed on site. The organization only supplies still water or energizing drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each refreshment post, the quantity of drink and food which is necessary to keep them going until the following refreshment post. For slower runners, the longest sections without refreshments can be more than 4hrs during the WIXÁRIKA® and the HIKURI®.
3. For the WIXÁRIKA® and the HIKURI®, a personal assistant is tolerated exclusively at certain refreshment posts (*), in the zone specifically reserved for this use and at the discretion of the chief of the post. One person can only give this assistance, without specific equipment other than a bag with a maximum volume of 30 liters. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners. No assistance is allowed, at any point along the race route, during the NAKAWÉ® and the ERENO®.

4. It is forbidden to accompany or be accompanied along any part of the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts.

It is not allowed to be accompanied by a dog or any other animal.

5. A participant who accepts being accompanied outside of the expressly designated zones contravenes the principle of semi-autonomy. The race stewards witnessing irregularities are authorized to penalize the participants in order to guarantee the spirit of trail-running events.

(*) Personal assistance is tolerated at the following posts:

WIXÁRIKA®: MASCOTA (83 km) – JORULLO (151k)

HIKURI®: JORULLO (79k)

It is forbidden at all other aid stations, as well as at any other point of the race route.

NAKAWÉ / ERENO: no assistance is allowed at any point throughout the race.

EQUIPMENT AND MANDATORY EQUIPMENT

In order to ensure their security and the smooth running of each event, each participant must carry with them all the items listed in the mandatory equipment checklist (see below). And take all the equipment with them during the race even if the runner is not using it.

Systematic and/or random checks will be carried out during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory equipment with them (see PENALTIES).

Please note: the items included in the mandatory equipment checklist are the basic pieces which each trail-runner must adapt according to their own skills. In particular, **you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against rain, cold and wind, and therefore better safety and performance.**

WIXÁRIKA® and HIKURI® mandatory equipment checklist

- Running pack destined to transport obligatory equipment throughout the race.
- Mobile phone (smartphone strongly recommended):
 - the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in Mexico (load into its memory the organization's security numbers, don't mask your number and don't forget to leave with the battery fully charged).
 - keep the phone on, airplane mode is prohibited and could give rise to penalties.
 - for smartphones: LiveRun application installed and activated.
 - an external battery is highly recommended.
- Personal softcup 15 cl minimum (bottles or flasks with lids are not accepted).

- Minimum 2 lts water reserve. At the departure of some aid stations, it will be mandatory to leave with 2 lts of drink, depending on the section to be covered or the weather conditions.
- 2 headlights in good working order with spare cells/batteries for each headlight. Recommendation: 200 lumens or more for the main headlight.
- Survival blanket of 1.40m x 2m minimum.
- Whistler.
- Self-adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm).
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars each of 65g).
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof* and breathable** membrane (eg. Outdry) (*minimum recommended 10 000 Schmerber.**RET recommended inferior to 13). The jacket must, imperatively, be fitted with an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. - the seams must be sealed. - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted. It is the runner's responsibility to judge, with these criteria , if their jacket fits the regulations stated and so bad weather in the mountains, but, during a check, the judgment is made by the person in charge of the check or the steward.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely (they can be carried in the backpack in case its use is necessary).
- Long-sleeve shirt OR a combination of short-sleeve shirt and long sleeves which cover the arms completely (they can be carried in the backpack in case its use is necessary).
- Light running gaiters.
- Plates and cutlery to eat. At the aid stations, no material is provided to be able to eat.
- Cap or bandana or Buff®.

*The wind-proof jacket does not replace the obligatory waterproof jacket, and vice versa.

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory. You carry this equipment in a pack which must be tagged during race-bib distribution and is not interchangeable during the race.

Other recommended equipment (list non exhaustive)

- Spare warm clothing, indispensable in the case of warm or wet/rainy weather or in the case of injury.
- Poles in the case of rain for your security on slippery ground. Warm and water-proof gloves
- Waterproof over trousers
- Vaseline or anti-heat cream, mosquito repellent
- GPS watch.
- Sunglasses
- Knife or scissors for cutting elasticated bandage.
- Emergency sewing kit...

If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. No poles are authorized in the drop bags. The use of poles will be forbidden in certain zones along the route marked by specific signs, for the security or environmental reasons.

NAKAWÉ® & ERENO® mandatory equipment checklist:

- Running pack destined to transport obligatory equipment throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in China (load into its memory the organization's security numbers, don't mask your number and don't forget to leave with the battery fully charged).
 - Keep the phone on, airplane mode is prohibited and could be penalized with disqualification.
 - For smartphones: LiveRun application installed and activated.
 - An external battery is highly recommended.
- Personal softcup 15 cl minimum (bottles or flasks with lids are not accepted).
- Plates and cutlery to eat. At the aid stations, no material is provided to be able to eat.
- Supply of water of 1.5 liter minimum
- 1 headlight in good working order with spare cell/batteries (except TCZ)
Recommendation : 200 lumens or more.
- Survival blanket of 1.40m x 2m minimum.
- Whistler.
- Self-adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm).
- Food reserve. Recommendation : 800kcal (2 gels + 2 energizing bars each of 65g).
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof* and breathable** membrane (eg. Outdry).

*minimum recommended 10.000 Schmerber.

**RET recommended inferior to 13.

- the jacket must, imperatively, be fitted with an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.

- the seams must be sealed.

- the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted.

- It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated and so bad weather in the mountains, but, during a check, the judgment is made by the person in charge of the check or the steward.
- Cap or bandana or Buff®.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely (they can be carried in the backpack in case its use is necessary).
- Long-sleeve shirt OR a combination of short-sleeve shirt and long sleeves which cover the arms completely (they can be carried in the backpack in case its use is necessary).
- Light running gaiters.

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory.

You carry this equipment in a pack which must be tagged during race-bib distribution and is not interchangeable during the race.

Other recommended equipment (list non exhaustive)

- Spare warm clothing, indispensable in the case of warm or wet/rainy weather or in the case of injury.
- Poles in the case of rain for your security on slippery ground. Warm and water-proof gloves
- Waterproof over trousers
- Vaseline or anti-heat cream, mosquito repellent
- GPS watch.
- Sunglasses
- Knife or scissors for cutting elasticated bandage.
- Emergency sewing kit...

If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. No poles are authorized in the drop bags.

The use of poles will be forbidden in certain zones along the route marked by specific signs, for the security or environmental reasons.

RACE-BIBS

Race-bibs are handed over to each runner upon presentation of a valid ID with photo. **(in case of not having taken the organization's own).**

The race-bib must be worn on the chest or stomach and must remain permanently and completely visible during the whole race. It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the shuttles, buses, aid stations, medical points, rest rooms, showers, bag drop-off or pick-up areas... The bib is only withdrawn if the runner refuses to comply with the race director's decision. If the runner abandons the race, the bib is cut and deactivated.

SPARE BAGS

WIXÁRIKA®: at the race-pack collection, each participant receives one 30-liter bag. After filling them with the items of their choice and closing them, they can drop them off the start. The bag is taken to Mascota and then to the Finish Line (Puerto Vallarta) by the organization. Upon arriving in those aid stations, runners must withdraw their bag. When they leave the aid station they must leave - in person - their bag in the allotted area. The bags are then returned to Puerto Vallarta.

HIKURI®: at the race-pack collection, each participant receives one 30-liter bag. After filling them with the items of their choice and closing them, they can drop them off the start. The bag is taken back to the Finish Line (Puerto Vallarta) by the organization.

NAKAWÉ® & ERENO®: No SPARE BAGS service offered.

How to get your bags in Puerto Vallarta: The bags are returned to either the runner or a family member or friend, only upon presentation of the race-bib. The bags must be retrieved no later than 2 hours after the end of the race. After that time, the runner must come, in person, to retrieve their bag, at their own cost, at the organization headquarters in Puerto Vallarta.

The organization will take to Puerto Vallarta the bags of runners who drop out, on condition that their withdrawal is registered. Because of logistical factors, the organization cannot guarantee that all bags are brought to Puerto Vallarta before the end of the race.

Only bags supplied by the organization will be transported. Poles are not allowed in these bags. As the items in the bags are neither checked nor controlled, we will accept no claims on that matter. We recommend not to put any valuable items in the bags. We advise you to keep toiletries and spare clothes in Puerto Vallarta.

AID STATIONS

Along the race route, there are some points where runners can get food and drinks supplies. Aid stations supply drinks and food for consuming in situ. The organization supplies water and energizing or isotonic drinks for filling water bottles/hydration packs and personal softcups are mandatory. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

For further information concerning aid stations, visit the page “aid stations” in the organization’s website.

Only runners with a visible and properly placed race-bib have access to the aid stations.

The race guide and the relevant pages on our web-site provide an exhaustive list of aid stations and what kind of food/drinks runners may find there.

CHECK POINTS

Runners are checked upon arrival at an aid station and at some security points.

Unexpected check points are set up along the route. Their location is kept a secret.

WAY-MARKING

Way markers are made of a reflective material that catches the light from your headlamp, so that you can easily spot them even at night.

WARNING: if you can't see any way marker, turn back!

Because we respect the environment, we do not use any paint on the trails.

SECURITY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the race security HQ in Puerto Vallarta. There is medical staff at the race security HQ in Puerto Vallarta during the events.

Medical stations are intended to assist any person in danger with the organization's own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a medical station.
- By calling the race HQ.
- By asking another runner to alert the security service.
- By using the SOS app LiveRun.

Every runner must give assistance to any person in danger and alert the security services.

If you are unable to call the race HQ, and only if it is an absolute emergency, you may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): 911

Do not forget that any kind of unexpected events - linked to the environment and the race - could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid and guide staff, as well as any person appointed by the race direction are able to:

- **exclude from the race any participant who is deemed to be unable to continue the event.**
- demand to any competitor to use any item of the mandatory equipment.

- evacuate by any means the runners they deem to be in danger.
- refer patients to the most appropriate care structure.

A runner who contacts a doctor or search and rescue staff submits to their authority and agrees to accept their decisions. If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

There is an infirmary in Puerto Vallarta available for runners with severe medical problems. Comfort care is based on decision of the medical staff within the limits of the availability.

Runners must stay on the marked path, even when they sleep.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

TIME LIMIT AND CUT-OFF TIMES

The cut-off time for finishing each race is:

- WIXÁRIKA®: about 40 hours
- HIKURI®: about 22 hours
- NAKAWÉ®: about 12 hours
- ERENO®: about 6 hours

* The cut-off times are calculated according to the start of the 2nd “wave” of runners.

You may find the time limit (cut-off times) for leaving the main aid stations on our web site and in the Runner's Guide. In case of any changes (see Exceptional Conditions), the new cut-off times will be announced via SMS/text message,

Cut-off times are calculated to allow participants to reach the finish within the time limit. **In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time** (whatever their time of arrival at the check point).

All participants excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

DROP OUT AND REPATRIATION

Except in case of injury, a runner wish to abandon the race must do so only at a check point. They must inform the person responsible for the point or report their abandonment via the LiveRun app and inform the race HQ.

If a runner wishes to abandon while on the route between 2 checkpoints, they must reach the nearest checkpoint where they must report their abandonment.

Runners who drop out must keep their race bib because it is the pass to access shuttles, buses, meals, treatment rooms...

Repatriation works as follows:

- Buses are available at some aid stations - marked by a pictogram «bus» on time charts - to take runners who drop out back to Puerto Vallarta.
- Runners who abandon at any other aid station or check point but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.
- As for aid stations or security points accessible by car or 4x4:
 - after the closing of the aid station/security points, the organization might repatriate any runners who have abandoned and haven't left the aid station yet.
 - in the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are repatriated as soon as possible

FINISH

When you finish your race, you will receive the finisher's gift.

Finisher runners will have access to a final aid station located in Puerto Vallarta, with restricted access to runners, and only once.

SHOWERS

Runners may take a shower only at the end of the race. Runners need to show their race bib in order to enter the shower.

During the race, showers - when available - are only accessible on medical advice. Access to the rest room and showers at the finish is strictly limited to barefoot runners.

REST

During the race, runners will have some rest areas in some aid stations, with camp beds and blankets.

In the WIXÁRIKA, at the MASCOTA & JORULLO aid stations.

In the HIKURI, at the JORULLO aid station.

There won't be rest area in Puerto Vallarta.

Runners having finished their race and wishing to prolong their stay must have their own accommodation.

RANKING AND AWARDS

For each race, there is a general ranking - men and women - and a category ranking - men and women - (see below further details for each category).

The first 5 men and the first 5 women in the general ranking receive a trophy. Trophies are only distributed at the ceremony, so the presence of the winners is mandatory.

The first 3 classified in the remaining categories receive a trophy. Trophies are only distributed at the ceremony, so the presence of the winners is mandatory.

Age categories UTMB® World Series
20-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80-84
85+

PENALTIES - DISQUALIFICATION

If a runner breaks the rules, race directors and aid stations'/security points' team leaders can instantly apply (*) a penalty according to the following chart:

WIXÁRIKA and HIKURI

BREACH OF REGULATION	PENALTIES (*) DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 2 liters, no waterproof jacket with hood, no headlight, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (Pack, softcup, one headlight, Whistler, Self-adhesive elasticated	1 hour penalty

bandage, food reserve, Long-legged trousers, Long-sleeve shirt, gaiters, Cap)	
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 minutes penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance	1 hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 minute penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minutes penalty
Wearing a non-conforming race-bib	15 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators)	15 minutes penalty
No electronic chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	1 hour penalty

Use of poles not carried from the beginning of the race	1 hour penalty
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(*) The time penalties are immediately applicable in situ, that's to say that the runner has to interrupt their race for the duration of the penalty time. Any other breach of the rules will be subject to a penalty decided by the Race Directors.

NAKAWÉ & ERENO

BREACH OF REGULATION	PENALTIES (*) DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1.5 liter, no waterproof jacket with hood, no headlight, no survival blanket, no smartphone)	Immediate disqualification
Absence of other mandatory equipment items (Pack, softcup, one headlight, Whistler, Self-adhesive elasticated bandage, food reserve, Long-legged trousers, Long-sleeve shirt, gaiters, Cap)	30 minute penalty
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 minutes penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	30 minute penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance outside of authorized zones	30 minute penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	10 minute penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	10 minute penalty
Wearing a non-conforming race-bib	10 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)

Dangerous behavior (eg. : poles with unprotected points orientated towards runners or spectators)	10 minute penalty
No electronic chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	30 minute penalty
Use of poles not carried from the beginning of the race	30 minute penalty

(*) The time penalties are immediately applicable in situ, that's to say that the runner must interrupt their race for the duration of the penalty time. (*)

Any other breach of the rules will be subject to a penalty decided by the Race Directors.

COMPLAINTS

Any complaint that involves a change in classification must be sent by email, within 24 hours after the end of the event.

Others complaints must be made by email, within a maximum of 10 days after the race.

Any complaint or disagreement related to the registration (eg a runner is not selected in the lottery) or in relation to the sporting management of the race and its rules (eg if a runner abandons the race) are not valid to be considered as a complaint.

EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

- Postpone the start of the race
- modify the cut-off times
- change the start date

- adapt the race's course
- cancel the event
- neutralize the event
- stop the race in progress

CIVIL LIABILITY INSURANCE

The organization has civil liability insurance which is valid for the duration of the event. This civil liability insurance guarantees the economic consequences derived from the civil liability of its workers, volunteers and all participants.

ANNEX REGISTRATION CONDITIONS

There is an annex to this Set of Rules that regulates the conditions of registration for the event.