



Runners INFOS

UTDS 2021

Here we go...

Only a few days left before the 2021 Edition of the Ultra-Trail des Sources!

An improved edition with a number and a time, fun, pleasure, and landscapes all along the way!

Wearing a mask is mandatory inside and when distances cannot be respected!

Attention, respect the specific instructions on the site of Warfaaz.

Address of the event:

Centre de Warfaaz - Rue Amédée Hesse 41 in 4900 Spa - Belgium



Update 2021.08.01

1. WITHDRAWAL OF BIB NUMBERS

Each participant must pick up his or her bib number.

You must go through the verification of your bag and your GPS chip of Legends Tracking.

The bib numbers are to be collected on Friday 13/08/21, in the time slots that will be communicated to you from 17.00hrs to 21.00hrs.

To collect your number:

- Identity card or copy of the identity card.
- Medical certificate in order for the Solo 160 K and Solo 80 K.
- Each participant must present himself with his compulsory equipment, and agree to keep it with him during the whole race.

Don't worry, there will be no lines. We will have a team of volunteers accordingly! However, thank you for respecting the time slots.

ATTENTION:

A roundabout direction will be required. The communal authorities have given us their confidence and their agreement, we would not like to disappoint them. Please respect the distances between you.

What will I receive when I pick up my bib number?

- Your bib number
- Solo 160K: T-shirt
- Solo 80K: T-shirt – (on order only).
- Team 4x40K: T-shirt – (on order only).
- Your Legends Tracking chip:

 You MUST go through the Legends Tracking booth to hang the chip on your bag!

- A label with your bib number will be affixed to your drop bag (= personal bag for Solo 160K)
- Display of the bib number:

The bib number must be worn on the chest or stomach and be permanently and completely visible during the entire race. It must always be placed on all clothing and may not be placed on a leg or bag.

2. DROP BAG











Capacity of 30l maximum per bag that you will have carefully prepared and which will be forwarded by our team to the life base of Trois-Ponts.

For the 80K, you also have the possibility to leave a bag which will be returned to the life base of Warfaaz for your arrival.

3. REFRESHMENTS AND PERSONAL ASSISTANCE

The refreshment points will be placed at the points described in the road book:

Use our interactive maps and click on the links to get the route.


Localité, lieu ou point de passage (commune)	km inter	km cumul	D-cumul	Barr. Hor (rapide) sur base du 4x40	Barr. Hor (lente) 164km)		Ravitaillement	Adresse	km voiture	Accès voiture
Spa	0	0	0	07h00	07h00			Parc des Sept Heures - 4900 Spa	0	
Jevoumont	24,5	24,5	793	09h00	11h20		Solide - Liquide	Rue de Juvoumont 10 - 4910 Theux	9,3	
La Chefna	19	43,5	1411	10h30	14h50	14h50	Solide - Liquide - Chaud	Route de Spa - 4920 Ville au Bois (Col de Targon)	14,2	
Stoumont	22	65,5	2161	12h15	19h30		Solide - Liquide	Route de l'Ambève, 56 - 4987 Stoumont	9,3	
Trois Ponts	17	82,5	2578	13h30	23h15	23h15	Solide - Liquide - Chaud	Rue Traverse, 9 - 4980 Trois-Ponts	12,9	
Cligneval	22,5	105	3300	15h15	04h35		Solide - Liquide	Cligneval, 5 - 4960 Malmedy	14,9	
Roberville	16,5	121,5	3840	16h30	08h25	08h25	Solide - Liquide - Chaud	Rue du barrage - Roberville	13,4	
Pont de Belleheid	22,5	144	4277	18h30	14h00		Solide - Liquide	Chemin Belleheid 11 4845 Sart/Jalhay	18	
Spa	16,5	160,5	4630	19h50	18h00	18h00	Solide - Liquide - Chaud	Avenue Amédée Hesse, 41 - 4900 Spa	6,4	

4. TRACKING

Link to the interactive map:

The principle of an individual race in semi-autonomy is the rule. Semi-autonomy is defined as having the ability to be autonomous between 2 feeding stations, as much for food as for clothing and safety, allowing to adapt to problems encountered or expected (weather, physical problems, injuries ...). It is also for this reason that we have obtained these ITRA.

The refreshments are only accessible to the participants. The mask will again be mandatory at these locations. BUT: a tolerance zone, i.e. 50 meters before the feed station and 50 meters after the feed station is allowed by the people in the "runner's social bubble". We remind you that gatherings are forbidden.

 You must have your own personal cup!

What will you find at the aid stations?



www.utds.be

		SPA	JEVOUMONT	NAZE	STOUMONT	TROIS PONTS	CLIGNEVAL	ROBERTVILLE	HOCKAI	SPA
		////		B.V		B.V		B.V		////
		Solide-Liquide	Solide-Liquide	Solide-Liquide-chaud	Solide-Liquide	Solide-Liquide-chaud	Solide-Liquide	Solide-Liquide-chaud	Solide-Liquide	Solide-Liquide-chaud
	Eau		X	X	X	X	X	X	X	X
BOISSONS	Coca		X	X	X	X	X	X	X	X
	Iso		X	X	X	X	X	X	X	X
	Oranges		X	X	X	X	X	X	X	X
FRUITS	Bananes		X	X	X	X	X	X	X	X
	Fruits secs		X	X	X	X	X	X	X	X
SEC	TUC		X	X	X	X	X	X	X	X
	Chips		X	X	X	X	X	X	X	X
	Spéculoos		X	X	X	X	X	X	X	X
	Cake			X		X		X		X
Sandwich	Jambon			X			X			
Sandwich	Fromage			X			X			
Pâtes						X				
Soupe	Bouillon		X	X	X	X	X	X	X	X
	A l'oignon									X
Barres de céréale			X	X	X	X	X	X	X	X

5. GPX

Update 03/08/2021

Having the GPX track loaded on your watch/smartphone is mandatory for the 160K & 80K Solos.

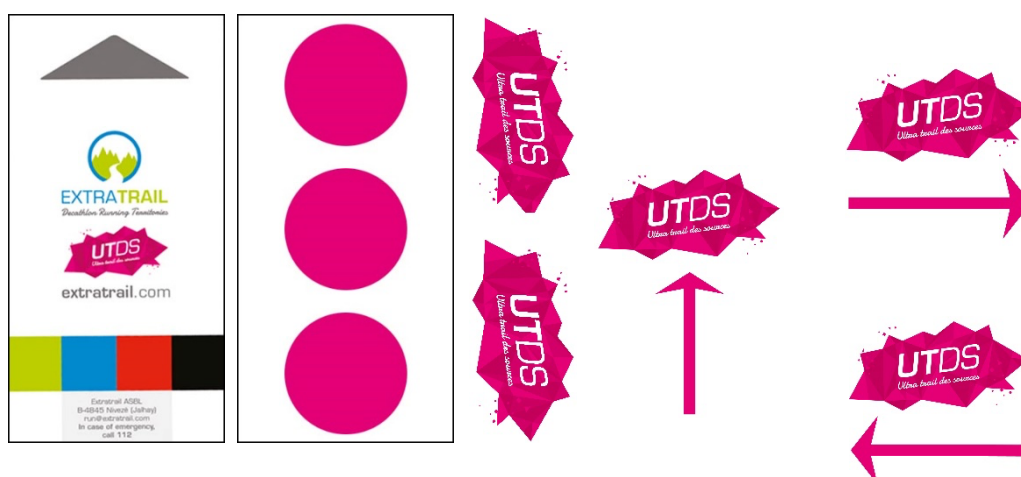
The courses will be 100% marked BUT unfortunately the de-markings are more and more frequent and are beyond our control. External batteries are therefore recommended for smartphone use! Each runner is warned and is responsible for the way it works in case of worries.

Solo 160K track file: <https://tracedetrail.fr/fr/trace/trace/157325>

Solo 80K track file: <https://tracedetrail.fr/fr/trace/trace/157354>

Team 4x40K track file: [https://tracedetrail.com/fr/trace/trace/157325](https://tracedetrail.fr/fr/trace/trace/157325)

6. Marking



www.utds.be

All along the course, you will follow these arrows. They are all equipped with a reflective strip from Stoumont (+/-KM65).

For the urban parts, a pink ground marking will indicate the direction. The alignment of the circles gives you the direction.

Here are the direction arrows and a sticker to certify that you are on the right road after a fork. In some cases, tape will be used to attract your attention but this use will be limited.

7. LIVE TRACKING



For 3 races: for security reasons, you will receive at your departure a Legends Tracking® beacon to be attached to your race bag and returned at the finish.

This GPS chip will be provided when you pick up your race number (mandatory). So we will know at any time where you are and your companions and your biggest fans too!

From Saturday August 14th 07.00hrs, a "pop up" will be available.

This will allow you or your companions to follow for the live stream.

Live Tracking link : (soon)

Chronorace link for the real-time ranking : (soon)

8. RESCUE-REPATRIATION-ABANDONMENT

Stop at a life base.

What to do? Call the race headquarters **+0032497939375**.

=> Give your name, number and your location.

We will then organize your repatriation from the life bases to the base of Warfaaz.

- For a less serious injury, call the Race HQ. Encode it in your phone. It is also written on your bib number.

- For a serious injury: In case of emergency, **call 112**.



- First aid post: A first aid post provided by the Asbl OASIS, composed of patented people will be provided on the site of Ovifat from Saturday 16:30 to Sunday 18:30.

- In case of abandonment or injury, your personal bag will be repatriated from Trois-Ponts to the site of Warfaaz as soon as possible. The staff of the base of life will take care of transmitting the information to the PC race.

9. FLAG PERSONS AND THE ROAD RULES


Each participant must comply with the rules of the road. The road crossings are done under the full responsibility of the runners, with renunciation of any recourse against the organizers in case of damage and after-effects which could occur during your race. When registering you have checked the box that says you have read and accepted the rules and regulations on our website.

10. TIME LIMITS

You will be stopped if you go over the hours. The hourly average is large. The barriers are calculated based on your start times. We know that it can be difficult to accept failure with so much preparation ahead of time.

The reason we insist on time barriers is for your safety.

Don't take it out on our great team of volunteers who are only following our instructions and are there for your well being and safety.

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11. RULES FOR FOLLOWERS AND COMPANIONS.

On our website www.utds.be you will find more information.

It is forbidden to accompany or to be accompanied (pacer, mountain bike, ...) on any part of the race course by a person not registered for the race under penalty of disqualification (see rules).

Dogs are not allowed on the race.

Sticks are allowed.

Your companions will have the possibility to go to viewpoints, crossing points, and to find the refreshment points quite easily.

www.utds.be

12. PARKING

Parking areas are available for runners ONLY for the duration of the race. No parking is possible before Friday August 13th at 17.00hrs.

These parking areas must be vacated on Sunday August 15th at 21.00hrs.

We ask you not to monopolize these parking lots during 48 hours and to try to find other solutions if you have a Van or a Camping car.

13. PROGRAMME

FRIDAY 13/08/2021

At the Warfaaz sports center

Avenue Amédée Hesse 41, 4900 Spa (Belgium)

- 17.00 - Opening of the installations / collection of the numbers
- 19.00 - VIP reception
- 20.00 - Briefing & race presentation
- 21.00 - Closing of the secretariat (number collection)

SATURDAY 14/08/2021

Departure from the Warfaaz sports center

Avenue Amédée Hesse 41, 4900 Spa (Belgium)

- 06.30 - Deposit of the deposit bags
- 06.45 - Race briefing (Solo and Teams)
- 07.00 - Start of the Solo 159 KM and Teams races (4 X 40 KM)

City center of Trois-Ponts

Cultural center rue Traverse, 4980 Trois-Ponts (Belgium)

- 12.00 - Start of the Solo 80 KM race

During the day at the Warfaaz sports center

Avenue Amédée Hesse 41, 4900 Spa (Belgium)

- 07.00 - Opening of the race headquarters
- 17.00 - Opening of the Lift Bag service (return)

SUNDAY 15/08/2021

At the Warfaaz sports center

Avenue Amédée Hesse 41, 4900 Spa (Belgium)

- 11.00 - Podium Solo race 160km
- 11.10 - Podium Solo race 80km
- 11.20 - Podium Teams race (relay)
- 11.30 - Tombola draw 160km
- 18.00 - Closing of the finishes
- 18.30 - Closing of the deposit



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14. TOMBOLA

The raffle is reserved for the participants of the UTDS 160K who will have taken the start. The draw will take place on Sunday at 11.30hrs and the prizes can be collected at that time if you have already arrived. If you are still in the race, the prize will be given to you when you arrive.

⚠ Your prize must be collected in person after the race tag is handed out.

15. FINISH AND START AREA PROTOCOL

Gatherings are allowed. Masks will be required again if distances cannot be met.

16. COVID

HYGIENE :



The advancement of Covid rules at the moment, allows us to assure you access to the changing rooms and showers at the Warfaaz facilities.

Toilets will be available at all feeder points as well as on the Warfaaz site.

The Team Evotrail.

