



TRAIL RUN WORLD SERIES

TAIHU TRAIL RUN

China (Wuzhong) Taihu Dongting Biluochun Tea Cultural Park
Suzhou, Jiangsu Province, China

2024/12/07-08

ATHLETE'S GUIDE



50KM

30KM

12KM

10KM

5KM

XTEERRA

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WELCOME SPEECH

Dear participants and community members,

Dear Participants and Community Members,

As we come to the end of the year, let's look back at the journey we've shared. We experienced the vitality of spring in the Road to Off-Road triathlon event, found the light of passion in the Night Run, and traversed the autumn trails of Zhangjiajie Wulingyuan. Now, with winter's arrival, all the energy is settling down, and a new chapter awaits us.

The 2024 XTERRA Trail Run World Series Taihu invites all participants to come "home" to Suzhou, a city that embodies the beauty of Jiangnan. XTERRA has designed an entirely new course for people of different ages and levels. The race categories include a 5K family run, a 10K youth race, and 12K, 30K, and 50K trail runs. At this event, you can experience the thrill of trail running with family and friends.

The event venue is in Jinting Town, on Xishan Island—China's largest lake island. This island is surrounded by Taihu Lake, and you'll run through ancient villages, pass the site where King Yue and Xi Shi once met, and reach the highest point of Taihu Lake—Miaoyao Peak. Along the way, you'll trace the origins of Dongting Biluochun tea and breathe in the fragrant fruit blossoms that bloom year-round.

In 1996, 114 off-road triathlon athletes gathered on the beaches of Hawaii to witness the birth of the first XTERRA off-road triathlon. Today, XTERRA is more than just a race. Through various outdoor activities such as trail runs, kids' races, training camps, X-Discovery, and X-Plogging, we pursue an outdoor lifestyle with our community members, striving to live with no regrets. To date, XTERRA spans 47 countries and regions, hosting over 300 events each year. Participants are diverse in gender, nationality, and age, ranging from 5 to 81.

Rooted in sustainability, inspired by nature, and fueled by raw challenge, we invite all participants to join us in practicing #WePlayWeProtect. Since 2020, XTERRA China has partnered with the China Green Foundation's Million Forest Project. For each participant, we will plant a tree in the desert to help combat desertification.

Now, it is time to lace up, embrace the challenge, and prepare to make memories in one of nature's most extraordinary backdrops! Have a safe race. See you at the finish line!

XTERRA CHINA

XTERRA TRAIL RUN WORLD SERIES

A. Introduction to the XTERRA Trail Run World Series

In September 2022, the XTERRA Trail Run World Series was officially launched, featuring more than 30 premier trail running events across 20+ countries and regions. The XTERRA Trail Run World Series shares equal prominence with the renowned XTERRA Off-road Triathlon World Tour.

Echoing the spirit of XTERRA—community, discovery, challenge, and exploration—the XTERRA Trail Run World Series is an inclusive trail run event series that welcomes runners of all levels, regardless of age or status. Join us and enjoy the excitement of trail running in the amazing environments around the world.

XTERRA has hosted trail run events in numerous nations and areas. This is the first time that all events have been connected via the XTERRA ranking system. Every race in the XTERRA Trail Run World Series also serves as a qualifying race for the Trail Run World Championship.

XTERRA Trail Run World Series focuses on mid- to long-distance categories: Full Marathon (35K+) and Half Marathon (15-34K) divisions. The cut-off time will be determined based on the distance and difficulty of each event. Available in select races, the Segment Challenge offers additional series ranking points to top athletes, motivating trail running enthusiasts worldwide to push their limits and achieve new personal breakthroughs.

B. 2025 XTERRA Trail Run World Championship Slots

The XTERRA Trail Run World Series features Full and Half Marathon categories, each offering a limited number of slots for individuals to qualify for the 2025 XTERRA Trail Run World Championship, with slots valid only for the corresponding distance categories.

C. The Segment Challenge

1. Available in select races, including the Trail Run World Championship, segment challenges offer additional series ranking points to the top speedsters, climbers, and downhill bombers over defined sections of the course.
2. Regarding the athletes' points, please check the XTERRA official website <https://rankings.xterraplanet.com/>
3. Taihu "segment challenges" signage is shown as below. Once you see the start of a segment, you can attempt to run as fast as you can.



EVENT SCHEDULE

DATE	TIME	ACTIVITIES	LOCATION
12/7 (SAT)	09:00-12:00	5K Family & 10K Youth: Athletes' Check-in	China (Wuzhong) Taihu Dongting Biluochun Tea Cultural Park(Suzhou) Jiangsu Province, China (Near Shuiyue Temple)
	09:00-20:00	12/30/50K: Athletes' Check-in	
	12:30-12:40	5K Family & 10K Youth: Race Briefing	
	12:40-13:00	5K Family & 10K Youth: Start Ceremony	
	13:00	5K Family & 10K Youth: Race Start	
	16:00	5K Family & 10K Youth: Award Ceremony	
	16:30-18:30	Festival	
12/8 (SUN)	06:00-07:00	30/50K: Bag Storage Open	
	06:00-07:30	12K: Bag Storage Open	
	06:30-06:40	30/50K: Race Briefing	
	06:40-07:00	30/50K: Start Ceremony	
	07:00	30/50K: Race Start	
	07:30-07:40	12K: Race Briefing	
	7:40-08:00	12K: Start Ceremony	
	08:00	12K: Race Start	
	10:00	12K: Award Ceremony	
	12:00	30K: Award Ceremony	
	15:00	50K: Award Ceremony	
20:00	Race Finish		

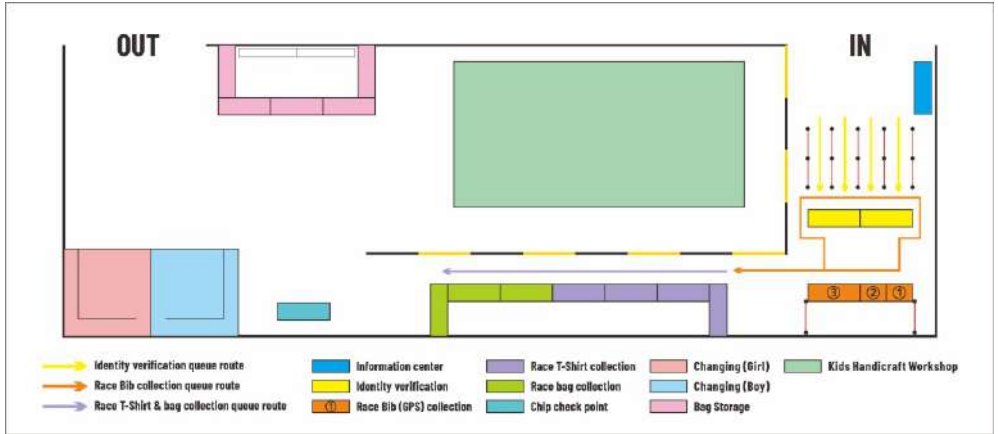
MAIN VENUE



- 01** Dec. 07: 12/30/50K Athletes' Check-in
 - 02** Dec. 07(9:00-12:00): 5K Family & 10K Youth Athletes' Check-in
 - 03** Dec. 07(13:00-16:00): 5K Family & 10K Youth Finisher Area
 - 04** Dec. 07(9:00-16:00): 5K Family & 10K Youth Athletes' Bag Storage & Changing Room
 - 05** Dec. 07: Kids Handicraft Workshop
-
- | | | |
|---|--|------------------------------|
| 01 Dec. 08: Bag Storage | 08 Start/Finish Line | 15 Kid's Drawing Area |
| 02 Dec. 08: Post-race Recovery | 09 Finisher Medal Distribution | 16 MTB Activities |
| 03 Dec. 08: Changing (Male/Female) | 10 Timing | 17 Start Route |
| 04 Race Information Board | 11 Athletes Name Wall | 18 Finish Route |
| 05 More About XTERRA | 12 Medical Aid | 19 Toilet |
| 06 Main Venue | 13 Race Command Center | |
| 07 Kid's Outdoor Sports Area | 14 Dec. 08: Post Race Suppliers | |

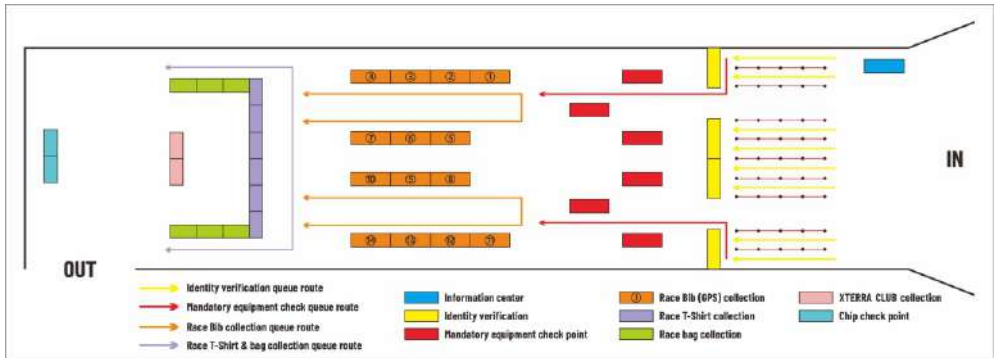
ATHLETE CHECK-IN

Check-in Layout - 5K Family Run & 10K Youth Run



Note: 10K GPS device shall be collected at the Race Bib collection desk.

Check-in Layout - 12/30/50K



Note: 50K GPS device shall be collected at the Race Bib collection desk.

ATHLETE CHECK-IN

Check-in Instructions

1. All athletes are required to check-in in person.
2. Check-in Date & Location: Please refer to the event schedule of the athletes' guides for specific timings & locations.
3. Check-in Process:
 - Identity verification → Mandatory equipment check → Race bib collection → GPS collection (10K Youth & 50K only) → Race kit Collection → Timing Chip Check.
4. During check-in, participants must present the original identification documents used during registration (ID card, household registration booklet, or passport, etc.).
5. Athletes must collect their race kit in person using valid identification documents, while underage athletes must be accompanied by their guardians or legal representatives. Participants who fail to meet the qualification requirements or whose guardians or legal representatives do not sign the "Participation Declaration" on-site may be denied race kit giving, and no registration fees will be refunded.
6. Please check and ensure that the athletes' information and race kit are complete and accurate to avoid any inconveniences.
7. A race briefing will be conducted to explain the race rules, routes, procedures, and important points to the athletes. To enable the athletes to familiarize yourselves with the relevant information about the event in advance, please arrange your time reasonably to attend the race briefing. The specific time and location can be found in the event schedule.
8. Athletes who fail to check-in within the specified time will automatically lose their race qualifications and will not be allowed to enter the race route. Race Marshals have the authority to stop those athletes without a race bib from participating in the race.
9. Athletes who are unable to participate in the race due to unforeseen reason and wish to receive race kit should send an email to xterra.china@xterraplanet.com within 7 days after the race before Dec. 15, 2024. The race kit will be sent via cash-on-delivery (COD) and that will only be available within mainland China.

ATHLETE CHECK-IN

Equipments List

- All mandatory equipment other than race kit (silicone cup, race Bib, and GPS) must be checked before Check-in. Athletes are required to prepare according to the table below before going to check-in. If the mandatory equipment is incomplete, the Race bib will not be given to the athlete.
- The top three males and females in the 30/50K groups must check all the mandatory equipment after finishing the race. If the mandatory equipment is not complete, the athletes' results will be invalid, and the subsequent athletes will take up the place.

MANDATORY EQUIPMENTS	50K	30K	12K		
Phone or watch for downloading GPX (Same number as registered & Power on mode)	✓	✓	✓		
Water bag, cup or bottle (>1L)	✓	✓	✓		
Whistle	✓	✓	✓		
Emergency blanket	✓	✓	✓		
First Aid Packet	✓				
Energy Supply (Energy gel, energy bar, chocolate, etc.)	✓	✓	✓		
Warm Top (>200g/Wool, fleece, or down material)	✓	✓			
Jacket(Waterproof rating 10000+)	✓	✓			
Power bank	✓				
Headlamp and backup battery	✓				
Trail run backpack or running waist pack	✓	✓	✓		
RACE KIT(DISTRIBUTED BY THE COMMITTEE)	50K	30K	12K	5K FAMILY	10K YOUTH
Race Bib (with timing chip)	✓	✓	✓	✓	✓
Silicon Cup	✓	✓	✓	✓	✓
GPS	✓				✓
SUGGESTED EQUIPMENTS					
Trail Run Shoes	Full Finger Gloves				
Sport Glasses	Anti-Sand Shoe Covers				
Full Top Hat / Bandana	Sealed Bag (put your own waste)				

ATHLETE CHECK-IN

Race Kit

Race	Race Bag	T-Shirt	Hat	Race Belt	Silicon Cup	Race Bib	GPS
50K	✓	✓	✓	✓	✓	✓	✓
10K Youth	✓	✓	✓	✓	✓	✓	✓
30/12K	✓	✓	✓	✓	✓	✓	
5K Family	✓	✓	✓	✓	✓	✓	

Remarks: For the 5K Family Run, each family will be provided with one race bag. T-shirts, hats and other items will be distributed according to the athlete number of the family group.

Race bib design for reference



RACE INFORMATION

Grouping

1.5K FAMILY: Grouped by kids' age.

AGE GROUP
5-6
7-9
10-12

2.10K YOUTH: Grouped by gender and age. Age is calculated by Dec. 31, 2024.

BOY	GIRL
B8-10	G8-10
B11-13	G11-13
B14-17	G14-17

3.12K: Grouped by gender - Male & Female.

4.30/50K: Grouped by gender and age. Age is calculated by Dec. 31, 2024.

MALE		FEMALE	
M18-19	M45-49	F18-19	F45-49
M20-24	M50-54	F20-24	F50-54
M25-29	M55-59	F25-29	F55-59
M30-34	M60-64	F30-34	F60-64
M35-39	M65-69	F35-39	F65-69
M40-44		F40-44	

RACE INFORMATION

Race Course Information



50KM, Elevation: 2851m, Cut-off: 13 hours, ITRA Points: 3

RACE INFORMATION

50K Race Supply

SPs	SP1 Piaomiao Road	CP1 Dongcun Ancient Village	CP2 Tianwangwu	CP3 Baoshan Temple	CP4 Nijawu	CP5 Grand Ruyi Holy Land	Start/Finish
Water	●	●	●	●	●	●	●
Sports Drink	/	●	●	●	●	●	●
Coke	/	/	●	●	●	●	●
Banana	●	●	●	●	●	●	●
Cherry Tomato	/	/	●	●	/	●	/
Orange	/	/	/	●	●	/	/
Cucumber	/	/	●	●	/	/	/
Water Melon	/	/	/	●	/	/	/
Chips	/	/	●	●	/	/	/
Sausage	/	/	●	/	●	●	●
Haw Strip	/	/	/	●	/	●	/
Peanuts	/	/	●	●	/	●	/
Raisin	/	/	/	●	/	●	/
Bread	●	●	/	●	/	/	/
Coffee	/	/	●	/	●	/	/
Pickles	/	●	●	●	/	●	/
Porridge	/	●	/	●	/	●	/
Steamed Bun	/	●	/	/	/	/	/
Rice with Vegetables	/	/	●	/	/	/	/
Fried egg	/	/	●	/	/	/	/
Meatball Soup	/	/	●	/	/	/	/
Fried Noodles	/	/	/	●	/	/	/
Fried Rice Noodles	/	/	/	●	/	/	/
Cold Noodles	/	/	/	●	/	/	/
Laver and Egg Flower Soup	/	/	/	●	/	/	/
Spicy Sauce Pancake	/	/	/	/	●	/	/
Pumpkin Pancakes	/	/	/	/	●	/	/
Dumplings	/	/	/	/	●	/	/
Soybean Milk	/	/	/	/	●	/	/
Chicken drumsticks	/	/	/	/	●	/	/
Mutton Noodles	/	/	/	/	/	●	/
Rice with Vegetables	/	/	/	/	/	●	/
Wonton	/	/	/	/	/	●	/
Finisher Food & Beer	/	/	/	/	/	/	●

RACE INFORMATION

Race Course Information



30KM, Elevation: 1765m, Cut-off: 9.5 hours, ITRA Points: 2

RACE INFORMATION

30K Race Supply

SPs	SP1 Piaomiao Road	CP3 Baoshan Temple	CP4 Nijiawu	CP5 Grand Ruyi Holy Land	Start/Finish
Water	●	●	●	●	●
Sports Drink	/	●	●	●	●
Coke	/	●	●	●	●
Banana	●	●	●	●	●
Cherry Tomato	/	●	/	●	/
Orange	/	●	●	/	/
Cucumber	/	●	/	/	/
Water Melon	/	●	/	/	/
Chips	/	●	/	/	/
Sausage	/	/	●	●	●
Haw Strip	/	●	/	●	/
Peanuts	/	●	/	●	/
Raisin	/	●	/	●	/
Bread	●	●	/	/	/
Coffee	/	/	●	/	/
Pickles	/	●	/	●	/
Porridge	/	●	/	●	/
Fried Noodles	/	●	/	/	/
Fried Rice Noodles	/	●	/	/	/
Cold Noodles	/	●	/	/	/
Laver and Egg Flower Soup	/	●	/	/	/
Spicy Sauce Pancake	/	/	●	/	/
Pumpkin Pancakes	/	/	●	/	/
Dumplings	/	/	●	/	/
Soybean Milk	/	/	●	/	/
Chicken drumsticks	/	/	●	/	/
Mutton Noodles	/	/	/	●	/
Rice with Vegetables	/	/	/	●	/
Wonton	/	/	/	●	/
Finisher Food & Beer	/	/	/	/	●

RACE INFORMATION

Race Course Information



12KM, Elevation: 615m, Cut-off: 3 hours

RACE INFORMATION

12K Race Supply

SPs	SP2 Piaomiao Mountain Villa	Start/Finish
Water	●	●
Sports Drink	●	●
Coke	●	/
Banana	●	●
Cherry Tomato	●	/
Water Melon	●	/
Chips	●	/
Sausage	●	/
Haw Strip	●	/
Peanuts	●	/
Raisin	●	/
Bread	●	/
Finisher Food & Beer	/	●

RACE INFORMATION

Race Course Information



10KM Youth Run, Elevation: 529m, Cut-off: 3 hours

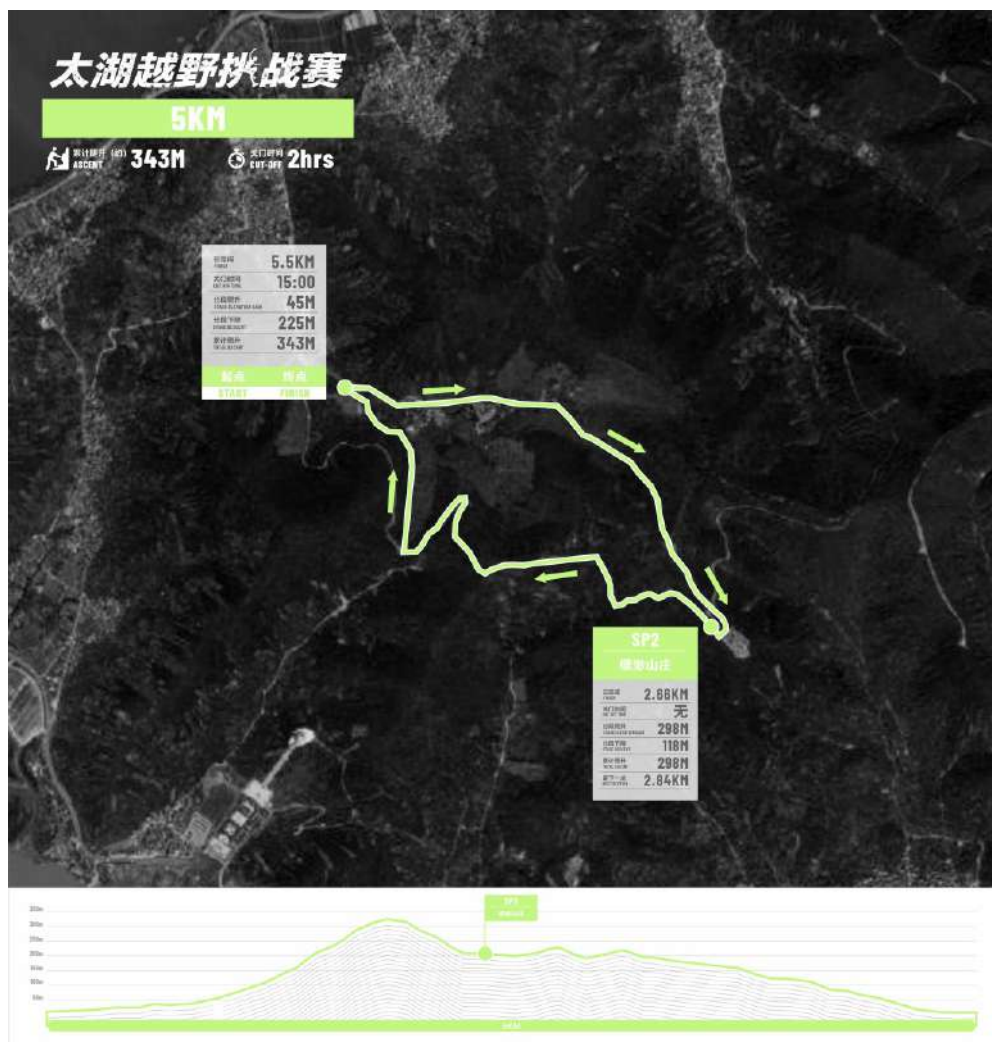
RACE INFORMATION

10K Youth Race Supply

SPs	SP3 Bird Garden	SP2 Piaomiao Mountain Villa	Start/Finish
Water	●	●	●
Sports Drink	●	●	●
Coke	/	●	/
Banana	●	●	●
Cherry Tomato	/	●	/
Chips	/	●	/
Sausage	/	●	/
Haw Strip	/	●	/
Peanuts	/	●	/
Raisin	/	●	/
Bread	●	●	/
Finisher Food	/	/	●

RACE INFORMATION

Race Course Information



RACE INFORMATION

5K Family Race Supply

SPs	SP2 Piaomiao Mountain Villa	Start/Finish
Water	●	●
Sports Drink	●	●
Coke	●	/
Banana	●	●
Cherry Tomato	●	/
Chips	●	/
Sausage	●	/
Haw Strip	●	/
Peanuts	●	/
Raisin	●	/
Bread	●	/
Finisher Food	/	●

RACE INFORMATION

GPX file download

1.XTERRA WeChat Mini Program - Taihu Trail Run → My Service → Track → download the gpx file and forward to WeChat conversation. (Note: Some smartphone models with Android operating system need to forward the gpx file once again before it can be opened by other APPs.)



我的服务



2. Or race website:

<https://www.xterraplanet.com/event/xterra-taihu-trail-run-suzhou>

Track Signage and Precautions

1. Please follow the signs and road markings for off-road running direction. (see figure below)



2. For safety reasons, the organizing committee reserves the right to make adjustments to the course based on weather conditions.

3. On the track, please allow faster runners to pass, and before passing, athletes shall inform the frontrunner about the avoidance direction, such as "On your left".

4. If any athlete withdraws during the race, please inform staff on the track.

5. It is strictly prohibited to cross over course signage, course markers, caution tape, or take unauthorized shortcuts during the race. If any of the above violations occur, race officials will record the participant's number and have the authority to impose a time penalty. In serious cases, the athletes will be disqualified.

6. The organizing committee has installed protective nets, ropes, warning tapes and other protective measures on the dangerous sections of the track, and there are reminder boards. When athletes see the reminder, please slow down and pass on the inside. When the track narrows, pass in turn and do not overtake on the outside.

GENERAL RULES

1. If for any reason an athlete can not finish the race, he/she must report to the finish line area. This will result in a DNF (did not finish) result.
2. Consider the safety of yourself and other athletes at all times during the race. Treat other athletes, race officials, race marshals, medical staff, traffic enforcers, and spectators with respect and courtesy before, during, and after the race.
3. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward another participant, race official, race marshal, medical staff, traffic enforcer, or spectators.
4. Any protest relating to race results must be submitted in writing to the Race Director within one hour of the final race cutoff.
5. For environmental protection:
 - Littering on the course is prohibited. Any item that needs to be discarded, including water bottles, gel wrappers, energy bar wrappers, or clothing items, can only be discarded at aid/hydration stations.
 - No disposable water cup will be provided for this event. Please bring your own water bottle. A silicon cup will also be provided in the race bag.
 - Bottled water is not allowed to be brought to the course, or taken outside of the SP stations.
 - Alpenstocks and other auxiliary tools are not recommended during the race.
 - No smoking in SP stations or on the course.
6. MP3 players or any kind of personal music/listening devices with headset are highly discouraged for safety reasons.
7. Race bibs and race registration CANNOT be transferred. Athletes found racing under a different name will be disqualified.
8. In case of severe weather on race day, XTERRA reserves the right to make the necessary adjustments to the racecourse to ensure the safety of all participants. If XTERRA cancels the race, the full registration fee will be returned to athletes.

PENALTY RULES

1. Athletes who engage in the following behaviors, his/her race result will be cancelled:

- Intentionally destroying or altering course signages;
- Intentionally damaging the equipment of other athletes;
- Maliciously obstructing other athletes' progress;
- Refusing to attend the award ceremony;
- Riding in a vehicle during the race;
- Conducting commercial activities without the approval of the organizing committee and refusing to correct it;
- Failing to carry the required competition equipment (such as mandatory equipment, not wearing the race bib on the chest, or not using the chip timing device as required) and having a significant impact on competition safety and results;
- Refusing inquiries and examinations by medical staff during the event;
- Disobeying the instructions of referees, pacemakers, and other violations of the competition rules.

2. The results of the game will be cancelled, and participation in this event will be prohibited for three years, and the name will be published on the official website of the event for violators who break the following rules:

- Athletes who profit from the assistance of others during the competition (such as riding in a car, being supported, etc.);
- Those who register for a category that does not match their identity or qualification documents;
- Violations of sportsmanship and ethics (such as fighting, insulting referees and event staff, etc.).

XTERRA CLUB TEAMS' COMPETITION

1. Eligibility

- The number of successfully registered members of the team shall reach 10 or more;
- At least 5 team members must complete the 50K race and achieve valid results;
- Among the finishing team members included in the ranking, there must be at least 1 female team member.

2. Ranking

- The ranking will be based on the top 5 results among the finishing members of each team in the 50K race, with the sum of their results as the PK score for that team.
- If the top 5 ranked members within a team are all male, the scores of the top 4 male team members and the best score among the female team members within the team will be considered.

3. Awards:

- A trophy and prize money will be awarded to the top 3 winning teams.
- Pre-tax prize money amount is as follows: Before delivering the prizes, the personal income tax (20%) will be deducted.
 - 1st place: RMB 3,000
 - 2nd place: RMB 2,000
 - 3rd place: RMB 1,000

TIMING SYSTEM & GPS DEVICE

1. Electronic timing will be used in this event. Athletes will receive their race bibs and timing chips (the chips are attached to the back of the race bibs) when they check-in and collect their race kits. After collecting race kits, athletes will check and confirm whether the chips are working properly in the detecting area. And ensure that the chips are not folded before the end of the race.

2. The race bib shall be clearly visible on the front of the runner at all times during the race. Failure to wear a race bib properly (placed in a backpack or pocket) resulting in unsuccessful timing check, it will be resulted in disqualification.

3. Athletes must pass over the chip-sensing mats. Those without start, finish and checkpoint(s) sensing time records will be disqualified, and no result certificates will be issued.

4. The official starting time will be the starting gun time. The race results will be based on the time when the athletes pass over the timing mats at the finish line.

5. In the 5KM Family Run, family athletes need to cross the finish line hand in hand simultaneously, and the result will be based on the slower one. If their arrival time difference is more than 30 seconds, it may result in disqualification.

6. GPS positioning device deposit of RMB 500, 10K Youth Run & 50K athletes to pay the deposit through XTERRA mini app before check-in, return the device after the race, the event organizer will refund the deposit within 5 working days after the race. The deposit is non-refundable if the device is missing.



TIMING SYSTEM & GPS DEVICE

7. Refer to the GPS positioning device user guide for further instructions.

ENGLISH



SOS
Press and hold the button for 3 seconds to alarm.

On/Off
Turn up to power on.
Turn down to power off.



Indicator Light
After startup, the network light is always, and the positioning light flashes.

Notes
Carry it with you.
Do NOT soak in water.

- **Power on:** Open the side waterproof cover and turn it up. The indicator light is on and the startup is successful.
- **Power off:** Turn it down. The indicator light goes out and the shutdown is successful.

Precautions:

1. The GPS needs to be powered on and positioned in an open outdoor area. It is recommended to place it on the top layer of the backpack during the race.
2. To ensure sufficient battery power of the device, it can be powered on within one hour before the start of the race.
3. Do not turn off the device during the race.



AWARDS & PRIZE

1. Finisher pack :

Race	Finisher Medal	Finisher & Tree Donation E-Certificate	Finisher Supply	Finisher Souvenir
50K	✓	✓	✓	✓
30/12K	✓	✓	✓	
10K Youth/5K Family	✓	✓	✓	

2. Prize: The overall top 3 male and female athletes of 10/25/50K will receive cash prizes. All cash prizes are before tax. Before delivering the prizes, the personal income tax (20%) will be deducted.

Rank	50K(M/F)	30K(M/F)	12K(M/F)
1	¥5000	¥1500	¥800
2	¥3000	¥1000	¥600
3	¥2000	¥800	¥500

3. Trophy:

- 5K Family & /10K Youth: The top 3 finishers of each age group will receive a trophy and are required to participate in the award ceremony.

- 12/30/50K: The overall top 3 male and female finishers will receive a trophy and are required to participate in the award ceremony.

4. Qualifying slots for the 2025 XTERRA Trail Run World Championship Full and Half-Marathon races will be awarded to the top finishers of 30/50K races at the event:

MALE 29		FEMALE 29	
15-19 1	50-54 3	15-19 1	50-54 3
20-24 2	55-59 2	20-24 2	55-59 2
25-29 2	60-64 2	25-29 2	60-64 2
30-34 3	65-69 2	30-34 3	65-69 2
35-39 3	70-74 1	35-39 3	70-74 1
40-44 3	75-79 1	40-44 3	75-79 1
45-49 3	80+ 1	45-49 3	80+ 1

AWARDS & PRIZE

Remarks: Slots are only valid for the distance in which they were earned. If you earn a slot at a Half-Marathon Race, it qualifies you for the XTERRA Trail Run World Championship Half-Marathon Race. If you earn a slot at a Full Marathon, it qualifies you for the XTERRA Trail Run World Championship Full Marathon. Downgrading qualifying distances will only be allowed in exceptional circumstances and at the discretion of XTERRA officials. Possible roll downs slots may be available at the discretion of the XTERRA Trail Run Crew.

EVENT SERVICE

Transportation Recommendation

1.High Speed Train

Athletes from other provinces can take a high-speed train (G-series) or train (D-series) directly to Suzhou or Suzhou North Station.

2.Flight

Athletes from other provinces can fly directly to Shanghai Hongqiao International Airport, or Wuxi Shuofang International Airport and then take the high speed train to Suzhou.

3.Self-Driving

Self-driving vehicles can be parked in the parking lot of the Piaomiao Peak Scenic Area and on both sides of the Beidongtingshan Road (the dotted line section along the way). From there, take the short shuttle bus to get to the main venue. To ensure the smooth running of the race, parking on both sides of Shuiyuewu Road and North Piaomiao Peak Road near the event's main venue is strictly prohibited on December 8th, race day.

4.Shuttle Bus Service

Dec. 07, 2024

Shuttle Bus From Metro Station

- Schedule: 9:00-19:30, Departure every 30 mins
- Travel Time: 1 hour
- Departure Location: 50 meters west of Exit 4, Taihu Xiangshan Metro Station
- Travel Stops: Taihu Xiangshan Metro Station, Tai Mei Xiangguli Hotel, Taihu Xiangshan International Hotel, Renaissance Suzhou Taihu Lake Hotel, Main Venue

Shuttle Bus From Parking Lot

- Schedule: 9:00-21:00, Departure every 15mins
- Travel Time: 10 mins
- Departure Location:
 1. Piao Miao Peak Scenic Area Bus Stop
 2. Hantou Shang Bus Stop

Important Notice: Parking is strictly prohibited on both sides of Shuiyuewu Road and North Piao Miao Peak Road near the main venue.

EVENT SERVICE



Return Shuttle Bus

- Schedule: 11:00-20:30, Departure every 30 mins or when it is full
- Travel Time: 1 hour
- Travel Route: Main Venue → Renaissance Suzhou Taihu Lake Hotel → Taihu Xiangshan International Hotel → Taimei Xiangguli Hotel → Taihu Xiangshan Metro Station

Dec. 08, 2024

Shuttle Bus From Metro Station

- Schedule: 5:30, 6:00
- Travel Time: 40 mins
- Departure Location: 50 meters west of Exit 4, Taihu Xiangshan Metro Station

Shuttle Bus From Partner Hotels

- Schedule: 5:30
- Travel Time: 30 mins
- Departure Location: Tai Mei Xiangguli Hotel, Taihu Xiangshan International Hotel, Renaissance Suzhou Taihu Lake Hotel
- Reservation Method: Please inform the hotel front desk while check-in

Shuttle Bus From Parking Lot

- Schedule: 5:50-7:50 (Outbound), 10:00-21:00 (Return), Departure when it is full
- Travel Time: 10 mins
- Departure Location:
 1. Piao Miao Peak Scenic Area Bus Stop
 2. Hantou Shang Bus Stop

Important Notice: Parking is strictly prohibited on both sides of Shuiyuewu Road and North Piao Miao Peak Road near the main venue.

EVENT SERVICE



Return Shuttle Bus

- Schedule: 11:00-21:00, Departure every 30 mins or when it is full
- Travel Time: 1 hour
- Travel Route: Main Venue → Renaissance Suzhou Taihu Lake Hotel → Taihu Xiangshan International Hotel → Taimei Xiangguli Hotel → Taihu Xiangshan Metro Station

EVENT SERVICE

Accommodation

XTERRA partners with the following two hotels, offering shuttle services and takeaway breakfast packages on December 8th. If athletes need these services, please inform the hotel upon check-in.

The main venue is located on Xishan Island, Suzhou. Participants are encouraged to book accommodations near the Piaomiao Peak Parking Lot.

1. Taimei Xiangguli Hotel



- Hotel Address: No. 3003, Sunwu Road, Wuzhong District, Suzhou
- Event Rate: RMB 450 per room (including breakfast for two), available for garden-view king or twin rooms
- Reservation Method: Call the hotel switchboard at +86-512-83988999 and ask for the reservations department.

Mention your participation in the "2024 XTERRA Taihu Trail Run".

2. Renaissance Suzhou Taihu Lake Hotel



- Hotel Address: No. 6 Shuli Road, Wuzhong District, Suzhou
- Event Rate:
 - December 6th-7th: RMB 800 per room (without breakfast)
 - December 8th: RMB 700 per room (with breakfast)
- Note: For additional breakfast or a lake-view room upgrade, please communicate your preferences during the reservation.
- Reservation Method: Call the hotel switchboard at +86-512-65696666 and ask for the reservations department.

Mention your participation in the "2024 XTERRA Taihu Trail Run Challenge."

EVENT SERVICE

Post-race service

1. After finishing the race within cut-off time, you will receive a finisher medal. Finishers of 50KM will get a finisher hoodie. Staff will guide you to the post-race rest area, where a brief assessment will determine if you need medical assistance. If deemed in good condition, athletes can proceed to the recovery area to rest independently.

2. A post-race dining area is set up in the finishing area, offering a variety of drinks and refreshments for athletes. In line with the event's environmental goals, disposable water cups will not be provided. Athletes must bring their own bottles. (Environmentally friendly silicone water cups are included in the race kit.)

3. The post-race recovery area offers fascia guns to help athletes recover after the event.

Race Result & Certificate:

Scan following QR code to check race result and download Finisher & Tree planting certificate.



Scan following QR code to access race live timing.



Athletes' Photos: Scan following QR code to check and download race photos.



AID & MEDICAL ASSISTANCE

- 1.The event organizer reminds you to monitor your mental and physical state at all times. If at any time you do not feel well, please notify one of our volunteers, staff members, or medical personnel immediately. Respect your limits and avoid causing greater injury or harm to yourself.
- 2.Medical aid facilities will be set up at the main venue and along the trail run course. Medical personnel will provide assistance at these locations. If an accident occurs during the race, evacuate to the side of the track as soon as possible to avoid further harm.
- 3.Medical personnel will patrol the courses to provide aid promptly when needed.

SPECIAL NOTE / Safety Precautions:

- 1.Please consider your physical fitness. Do not register for the event unless you are confident in finishing the race within the cut-off time limits. Safety is the top priority. Event marshals or medical personnel have the right to disqualify athletes based on their physical condition, and athletes shall not object to their decision.
- 2.To participate in this event, ensure that you are in good health. If you have a history of heart disease, blood vessel issues, diabetes, or other medical conditions, do not conceal your health condition. Failure to disclose this information and participating despite these risks makes you solely responsible for any accidents. The event organizer shall not be held liable.

Emergency hotline:18501513915

1.Medical Aids in the main venue:

The medical aid station is located near the Finisher SP area. Refer to the main venue map for its location.

2.Medical Aids along trail run course:

Medical Aids Along the Trail Run CourseMedical aid stations are located alongside SPs. Check the road map for specific locations.

INSURANCE PLAN

- 1.This event provides public accidental insurance (all details are subject to the insurance company's contract) covering participants, event staff, and spectators within the designated event venue, as well as sports accident insurance for athletes. Athletes are encouraged to purchase additional personal insurance based on their needs.
- 2.In the event of unforeseeable circumstances, such as adverse weather conditions, political issues, or wars, the organizer reserves the right to cancel, postpone or modify the event to ensure participants' safety. Further announcements will be made if necessary.
- 3.Athletes must follow the course signages and comply with traffic regulations, signs, markings, and signals during the race. Pay attention to road conditions and prioritize personal safety during your journey to and from the venue.
- 4.Please ensure all fields of the registration form are filled in correctly. Errors or omissions that result in loss of insurance coverage are the athlete's responsibility.
- 5.Public accident insurance coverage includes: third-party bodily injury, death, disability caused by accidents during the insurance period. When a claim is made, the insurance company will handle compensation based on the policy.

Exclusions from coverage:

- 1.Injuries resulting from personal illnesses during sports activities are not covered.
- 2.Symptoms caused by pre-existing medical conditions or cardiovascular problems, such as shock, heart disease, diabetes, heat exhaustion, heat stroke, high altitude sickness, epilepsy, dehydration, etc., are excluded from coverage. Public accident insurance only covers injuries caused by external accidents.
- 3.Athletes with a medical history of the conditions listed above are advised to carefully evaluate their health and purchase personal accident insurance.
- 4.If you have a medical history involving high-risk factors for sudden death (e.g., unexplained chest discomfort, shortness of breath, dizziness, sudden loss of consciousness, hypertension, heart disease, abnormal kidney function, diabetes, hyperlipidemia, or epilepsy), consult a physician for evaluation. Refrain from participating if advised not to.

FURTHER MORE

1.Disclaimer: During the event, if athletes incur property damage or bodily injuries due to their participation, the organizer will assist in handling insurance claims. However, athletes cannot seek additional compensation from the organizing committee, host organization, or event organizer due to exclusions, existing insurance coverage, or non-compliance with policies.

2.By registering, athletes agree to abide by all provisions of these competition rules.

3.For inquiries about the competition rules, please contact :

E-mail: xterra.china@xterraplanet.com

XTERRA Club Customer Service WeChat:



XTERRA Club Customer Service WeChat:



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