**Dragon, Tiger, Phoenix Trail 3**

【Activity Brochure】

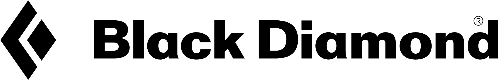
【Goals】  
Promote mountaineering off-road activities and the beauty of Miaoli mountain area, in the simplest way close to nature to promote conservation, environmental protection, self-help health movement.

【Organizational Unit】

Main organizer：Taiwan Ultra Runners (YTF Team)

Sponsors：

[](https://www.facebook.com/hashtag/ud?source=feed_text)

[](https://www.facebook.com/A.myzoneisport/?fref=mentions)[](https://www.facebook.com/hashtag/bd?source=feed_text)

**[](https://www.facebook.com/hashtag/%E5%8B%9D%E5%AE%8F%E7%A7%91%E6%8A%80?source=feed_text)**

**[](https://www.facebook.com/hashtag/%E4%BA%AB%E5%81%A5%E5%BA%B7%E5%AF%A6%E6%A5%AD?source=feed_text)**

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[](https://www.facebook.com/hashtag/%E9%9D%A0%E5%8C%97%E8%B6%8A%E9%87%8E?source=feed_text)

(In the recruitment)

【Date】

2018/12/08(Saturday) 16:30~2018/12/09(Saturday)19:30

【Event Location】   
Atayal Aboriginal Cultural Industry Park (No.46-3 YuanDun, JinShui Village, Taian Township, Miaoli County, Taiwan)

MAP: <https://goo.gl/tK6y8t>

【Courses & Race time】

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **GROUP** | **ITRA** | **mileage (Km)** | **Climb (m)** | **Starting time** | **End time** | **Time limit (Hr)** |
| **Kirin** | **5** | **82.8KM** | **6070m** | **12/08 16:30** | **12/09 19:30** | **27** |
| **Dragon** | **4** | **59.5KM** | **4590m** | **12/09 02:00** | **12/09 19:30** | **17.5** |
| **Tiger** | **3** | **44.7KM** | **3540m** | **12/09 03:30** | **12/09 18:00** | **14.5** |
| **Phoenix** | **2** | **22.6KM** | **2070m** | **12/09 09:30** | **12/09 18:00** | **8.5** |

Route map: will be announced via FaceBook and mail to the mailing box , two months before the event. (There are indicators set up along the route, but it is recommended to install navigation apps.)

**Note**: Mileages and climb data are for reference only. If any amendments are made, FB and email notifications will be announced separately.

【Self Supply Depots & Check points and cut-off times】

Will be announced via FaceBook and mail to the mailing box , two months before the event.

**Note**: There is no shop along the route, please be sure to carry the water bag and forced equipment

**Note**: Please leave the checkpoint within the time, otherwise it is considered DNF.

【Registration Details】

※Registration Date

The first stage of Registration: 2018/05/01 09:00 ~ 2017/05/31 24:00, deducted fee for early birds registration only (need to complete the payment before 2018/06/03).

The second stage of Registration: 2018/06/05 09:00 ~ 2018/08/31 24:00, need to complete the payment before 2018/09/03).

※Registration fee

Kirin group NT.4000

Dragon group NT.3000

Tiger group NT.2500

Phoenix group NT.1500

**Note**: if you have no TUR NFC chip, need to purchase it at NT.100

**Note**: Online registration only. There’s no on-site registration.

**Note**: Once the registration is completed, there is neither refund nor rename for any reason.

【Eligibility Restrictions】

|  |  |
| --- | --- |
| Group | Eligibility Restrictions (ITRA points need to be within 2 years) |
| Kirin (Itra5) | One of the following conditions is required  ◎Any ITRA 5 points total 1 field  ◎Any ITRA 4 points total 2 field  ◎TUR series ITRA 4 points and 3 points  ◎Dragon, Tiger, Phoenix Trail series ITRA 4 points total 1 field |
| Dragon(Itra4) | People with both physical and mental health who are interested in cross-country running can sign up to participate.  (Recommended to participate in more than 2 points of ITRA tournament experience) |
| Tiger(Itra3) | People with both physical and mental health who are interested in cross-country running can sign up to participate. |
| Phoenix(Itra2) |

 ※Kirin Group must mail submit eligibility certificate to bigegg777@gmail.com after completing the registration.

【Activity contact person】  
FB : https://www.facebook.com/fanfan763777?ref=bookmarks

e-Mail : bigegg777@gmail.com

Line ID : fanfan-777  
  
【Time for Check-in / Equipment inspection / Chip scanning】

|  |  |  |
| --- | --- | --- |
| Group | Check-in/Equipment inspection | Chip scanning |
| Kirin (Itra5) | 12/08 15:00~16:00 | 12/08 16:15~16:30 |
| Dragon(Itra4) | 12/09 00:30~01:30 | 12/09 01:45~02:00 |
| Tiger(Itra3) | 12/09 02:00~03:00 | 12/09 03:15~03:30 |
| Phoenix(Itra2) | 12/09 08:00~09:00 | 12/09 09:15~09:30 |

**Note**: Failure to complete the equipment inspection and Chip scanning will be disqualified

【Mandatory Equipment】  
Participants are required to carry the mandatory equipment **[A thorough inspection of the mandatory equipment will be carried out upon checking-in, and random inspection will be conducted at checkpoints. Anyone who fails to carry mandatory equipment along will be disqualified from the event.]**

(1)Shoulder Backpack  
(2)Head torch (with spare battery) Phoenix group not need spare battery  
(3)Mobile phone(with spare battery) Phoenix group not need spare battery  
(4)GPS Device，Need to complete the download of offline map and track (please download and learn to use beforehand, the organizers will not provide on-site download teaching services)  
(5)Personal first aid kit  
(6)Water or drink shall not be less than 1.5L, food of at least 1000kcal  
(7)rain shell/coat(Do not use lightweight raincoat, The sewing thread needs waterproof tape)  
(8)Health insurance card  
(9)Whistle  
(10)Gloves  
(11)Survival blanket

(12)Strong Tape at least 1m long

【Others Service】

Finished certificate (digital file), NFC chip timing, Supply, Road signs, Photography, Registration ceremony, Finished souvenirs, Luggage deposit, After the buffet, Medical station, recycling car, shuttle bus (at their own expense)

【Others Message】

* Participants must take into account their own health conditions, banned from having cardiovascular disease, diabetes or other diseases that are not suitable for long-term exercise. (Participants should be responsible for any incidents that may occur if they are concealed.)
* The event organizer has covered insurance on each participant against accident in this event for amount of 1 million NT. The organizer will not be responsible for participant’s inherited illness. And the insurance will not be responsible for the undisclosed illness such as heart related failure.
* Should there be typhoon warning issued by the government or natural disaster, the organizer will announce cancellation, postponement, adjustments of the route, or called game for the sake of safety concern.
* Organizer urges all the participants should understand the risk of ultra trail   
  running. All the information has been disclosed within this race information.   
  This event again is to promote healthy, environmental awareness through ultra trail   
  running in which we should all evaluate our abilities and health condition. And each   
  participant must be responsible for his or her own safety.
* Organizer will continue to announce further information. Participants must  
  continue to pay attention to our event webpage or website FB Taiwan Ultra Runners