**Feitian Mountain "Baili Danxia" 12th Mountain Trail Running Challenge Application ITRA Points Related Information**

1. **Event Introduction**To enhance the visibility, reputation, and influence of Feitian Mountain Scenic Area, strengthen the planning and design of ecological tourism, create a high-quality ecological tourism destination and festival brand, promote the high-quality development of ecological tourism, further showcase the beautiful natural and cultural landscapes of our province, and increase our province's visibility and influence nationally and even globally, the 2024 National Fitness Conference and the 12th Feitian Mountain Baili Danxia Hiking Trail Race will be held.  
   The Feitian Mountain Scenic Area consists of scenic spots such as Jiuzhai, Sitang, Sanmiao, Erjiang, and one hot spring and ancient town, covering a total area of approximately 68.004 square kilometers. It is a mountainous scenic area that integrates natural landscapes, local customs, and religious culture. The magical Danxia landform and the extraordinary wonders of nature are vividly displayed here: towering strange stones, jade peaks interconnecting; high-altitude grasslands, beautiful souls resting; Shoushan Buddha land, the source of life; ancient alleys of Washi, towering ancient trees; a thousand-meter-long gorge, lush green bamboos; rivers flowing gently, boats coming and going... The scenery is picturesque, and the great Ming dynasty traveler Xu Xiake praised: The peaks at Jiangkou are all rocky cliffs standing upright, with no inch of land that isn't beautiful.
2. **Event Organizing Institution**

[Event Operations]: Chenzhou Mountaineering and Outdoor Sports Association

Event Budget]:1.2 million RMB

[Event Location]: Feitian Mountain National Geopark

[Competition Categories]: 100KM Group / 60KM Group

[Total Elevation Gain]: 3811 meters / 2670 meters

[Event Scale]:

100KM Group, limited to 200 participants

60KM Group, limited to 300 participants

Total 500 participants

[Start Time]: 6:00 AM on 11,07, 2024

[Start Location]: Feitian Mountain Scenic Area East Gate Square

1. **Route Introduction**

(1) 100KM Group Route

Feitian Mountain Scenic Area East Gate Square (Starting Point) -- Dameizhou -- Feitian Mountain Bridge -- Yajiang -- Wangjiaping -- Mahuangqiu Parking Lot-- Zhaibei -- Gao Ping -- Shenxianzhai -- Wayaoping -- Qiaoxinchan -- Tangjiachong -- Mahuangqiu -- Yinjia -- Gaoyiling -- Yajielong -- Aoshang -- Xiongying Camp -- Tanglong Xian -- Longkoushang -- Huangnitang (Dongchaowan) -- Wangjia’ao -- Dayuanli -- Longyan Ancient Temple -- Zizai Ping -- Zhaojialong -- Daxing Long Reservoir (Dam) -- Yangjia Wuchang -- Xiaogucang Reservoir -- Bichong Forest Farm (Floating Bridge) -- Tanshanxia -- Ma'anling Caojia -- Shitai Xian -- Leijia -- Huangjiachong -- Aotouling Village (Xiejia) -- Jiangjiao Cave -- Zhonghuopu -- Qingcaochong-- Qibao Bay -- Tiedingzhai -- Yapoling -- Zhoujia -- Qijia’ao Shang-- Yujiazai-- Fengjia -- Liangjiangkou Bridge -- Lingbei -- Laohuzhai -- Feitian Mountain Scenic Area -- Feitian Mountain Scenic Area East Gate Square (Finish)

Total distance: 101.27KM, with approximately 38KM of paved road and about 63.27KM of mixed terrain including field ridges, dirt roads, and stone slabs. Maximum elevation: 292M, minimum elevation: 100M, total ascent: 3811M.

Station Settings:

1. From Starting Point (Feitian Mountain Scenic Area East Gate Square) to CP1 (Mahuangqiu Parking Lot).

This section totals 5.14KM, with an ascent of 44M and a descent of 67M.

The first 2.4 kilometers is on the highway with a bike lane alongside, making it quite comfortable to run. After 2.4 kilometers, you cross the Feitian Mountain Bridge and turn into Yajiang Village towards Wangjiaping, where the road consists mainly of field ridges and machine-cultivated roads for a total length of 1.67 kilometers, reaching near Shuixianlou Hotel. Follow the Feitian Mountain scenic area tourist standby road for 700 meters to reach CP1.

2. From CP1 (Mahuangqiu Parking Lot) to CP2 (Wayaoping).

This section totals 8.11KM, with an ascent of 389M and a descent of 362M.

Starting from CP1 (Mahuangqiu), the ascent begins on a distinct stone step surface, along the ridge for 1.08 kilometers back to a rest pavilion. After passing the rest pavilion, you enter a village after 1.33 kilometers; within the village, there is a segment of 1.66 kilometers of cement road that is easier to navigate. After reaching a house, you need to ascend into the mountains for 778 meters, passing by the Feitian Mountain Stone Buddha Temple. Then follow the cement road to reach Qiaoxinchan and enter the mountain road, arriving at CP2 after 1.1 kilometers.

3. From CP2 (Wayaoping) to CP3/SP1 (Mahuangqiu).

This section totals 7.31KM, with an ascent of 497M and a descent of 499M, the most challenging segment of the race.

The next 2.6 kilometers include a slight incline on cement road, then through the jungle, and onto a steep slope with ropes, reaching an extremely narrow gorge, about 400 meters long, where only one person can pass at a time, making overtaking difficult. After the gorge, there’s a 100-meter ascent through the jungle, passing through two caves (classic scenic spots of Feitian Mountain), followed by a 100-meter descent, running over 500 meters of field ridges, to the most beautiful road in Chenzhou—the Feitian Mountain tourism standby road. Running along the standby road for 2.5 kilometers reaches CP3/SP2 (Mahuangqiu).

4. From CP3/SP1 (Mahuangqiu) to CP4/SP2 Hot Food (Xiongying Camp).

This section totals 8.47KM, with an ascent of 361M and a descent of 359M.

Ascending from the supply point for 340 meters into the jungle, following the jungle path for 1.84 kilometers to reach near Yinjia, entering a residential area, simultaneously transitioning onto cement roads. After passing 154 meters of cement road, you again enter a mountain path, traveling 2.51 kilometers past a pond, where you will see the camp’s directional sign (this segment includes many machine-cultivated roads), following the sign for 2.34 kilometers to the camp’s small loop. After 594 meters, you arrive at Chuying Paradise, descending to the camp (the descent section is quite steep and requires cautious movement).

5. From CP4/SP2 Hot Food (Xiongying Camp) to CP5 (Huangnitang).

This section totals 8.39KM, with an ascent of 506M and a descent of 568M.

Leaving the camp, proceed along the back mountain trail for 1.24 kilometers to the cement road, then travel 951 meters on the cement road into the machine-cultivated road. After 493 meters, turn right, and after 753 meters there will be a narrow cliff path that requires caution to pass. After 1.81 kilometers, leave the machine-cultivated road and turn left towards Yixiantian, after over 600 meters reach Yixiantian. After leaving Yixiantian, proceed over 600 meters to enter the field path, and after over 300 meters enter the cement road, after 1.03 kilometers arrive at the bridge section to reach CP5.

6. From CP5 (Huangnitang) to CP9 (Longyan Ancient Temple).

This section totals 5.12KM, with an ascent of 170M and a descent of 78M.

Passing under Wulipai (Dongjiang Bridge).

7. From CP9 (Longyan Ancient Temple) to CP10 (Hot Food/Change Clothes/Rest) (Zizai Ping).

This section totals 7.9KM, with an ascent of 327M and a descent of 380M.

The entire route is in good condition, with 3.6KM of sandy stone machine-cultivated road and 4KM of cement road.

8. From CP10 (Hot Food/Change Clothes/Rest) (Zizai Ping) to CP11 Daxing Long Reservoir (Dam).

This section totals 4.49KM, with an ascent of 156M and a descent of 137M.

One kilometer is on cement road, the rest is mountain path, which is relatively difficult.

9. From CP11 Daxing Long Reservoir (Dam) to CP12 Bichong Forest Farm (Floating Bridge).

This section totals 7.83KM, with an ascent of 231M and a descent of 241M.

The entire route is relatively easy, mainly machine-cultivated roads, including 1.1 kilometers of cement road and about 200 meters of small road, arriving at CP12 after crossing the floating bridge.

10. From CP12 Bichong Forest Farm (Floating Bridge) to CP13 Water Supply Point (Ma'anling Caojia).

This section totals 7.61KM, with an ascent of 250M and a descent of 195M.

This section mainly consists of cement road and machine-cultivated road, with a small amount of field ridges.

11. From CP13 (Ma'anling Caojia) to CP14 Aotouling Village (Xiejia).

This section totals 7.26KM, with an ascent of 158M and a descent of 250M.

Mainly on machine-cultivated road, with a small amount of cement road and field ridges.

12. From CP14 Aotouling Village (Xiejia) to CP6/SP4 Hot Food (Yapoling).

This section totals 7.35KM, with an ascent of 98M and a descent of 90M.

This section is mainly on cement road, with machine-cultivated road including 1.85 kilometers, the rest being all cement road.

13. From CP6/SP4 Hot Food (Yapoling) to CP7/Water Supply Point (Yujiazai).

This section totals 5.22KM, with an ascent of 174M and a descent of 136M.

Leaving Yapoling, follow the village path for 2.47 kilometers to enter the machine-cultivated road, passing through Zhoujia Village and Qijia’ao Shang. After 1.38 kilometers, you reach the mountain path, which has some steps, and after 1.1 kilometers, arrive near Yujiazai.

14. From CP7/Water Supply Point (Yujiazai) to CP8/Water Supply Point (Liangjiangkou Bridge).

This section totals 4.7KM, with an ascent of 221M and a descent

(2) Route Introduction for the 60KM Group

Route:

Feitian Mountain Scenic Area East Gate Square (Start) → Damianzhou → Feitian Mountain Bridge → Yajiang → Wangjiaping → Mahuangqiu Parking Lot → Zhaibei → Gaoping → Shenxianzai → Wayaoping → Qiaoxinchan → Tangjiachong → Mahuangqiu → Wangjia'ao → Yinjia → Gaoyiling → Yajielong → Aoshang → Xiongying Camp → Tanglongxian → Longkoushang → Huangnitai (Dongchaowan) → Baofeng'an → Qibao Bay → Tiedingzhai → Yapoling → Zhoujia → Qijiang'aoshang → Yujiazai → Fengjia → Liangjiangkou Bridge → Lingbei → Laohuzhai → Feitian Mountain Scenic Area → Feitian Mountain Scenic Area East Gate Square (Finish)

Total distance: 62.72KM, of which about 17KM is on hardened roads, about 45.72KM is a mix of ridge paths, dirt roads, and stone slabs. The highest elevation is 292M, the lowest elevation is 100M, with a total ascent of 2670M.

Station Setup:

1. From the Starting Point (Feitian Mountain Scenic Area East Gate Square) to CP1/Water Station (Mahuangqiu Parking Lot)

This segment totals 5.14KM, with an ascent of 44M and a descent of 67M.

The first 2.4KM is on the road, with a bike lane on the side, making it relatively comfortable to run. After 2.4KM, cross the Feitian Mountain Bridge and turn into Yajiang Village toward Wangjiaping, where the segment is mostly ridges and machine-farmed roads totaling 1.67KM, reaching near Shuixianlou Hotel. Follow the tourism preparedness road for 700 meters to reach CP1.

2. From CP1/Water Station (Mahuangqiu Parking Lot) to CP2/Water Station (Wayaoping)

This segment totals 8.11KM, with an ascent of 389M and a descent of 362M.

From CP1 (Mahuangqiu), begin climbing with distinct stone step surfaces, traveling along the ridge for 1.08KM until passing a resting pavilion. After the pavilion, travel 1.33KM into a village, where after 156 meters there will be a 1.66KM stretch of cement road that is relatively easier to navigate. After reaching a house, ascend for 778 meters through the mountains, passing the Feitian Mountain Stone Buddha Temple. Then follow the cement road to Qiaoxinchan and enter the mountain path, reaching CP2/Water Station after 1.1KM.

3. From CP2/Water Station (Wayaoping) to CP3/SP1 (Mahuangqiu)

This segment totals 7.31KM, with an ascent of 497M and a descent of 499M.

The next 2.6KM is a gradual uphill on cement road, followed by a forest section, leading to a steep slope with ropes, arriving at a narrow gorge approximately 400 meters long where only single-file passage is possible, making overtaking difficult. After the gorge, there’s a 100-meter climb through the forest, passing through two caves (classic sights of Feitian Mountain), followed by a 100-meter descent, running along 500 meters of ridge until reaching the most beautiful road in Chenzhou—Feitian Mountain Tourism Preparedness Road. Travel 2.5KM along this road to reach CP3/SP1 (Mahuangqiu).

4. From CP3/SP1 (Mahuangqiu) to CP4/SP2 (Hot Food) (Xiongying Camp)

This segment totals 8.47KM, with an ascent of 361M and a descent of 359M.

From the supply point, climb 340 meters into the forest, following the small forest path for 1.84KM until reaching the vicinity of Yinjia, entering a residential area and a cement road. After 154 meters on cement road, re-enter the mountain path, traveling 2.51KM past a pond where a road sign for the camp can be seen (this segment has many machine-farmed roads). Follow the road sign for 2.34KM to the camp's small circular route, then proceed for 594 meters to Chuying Paradise, and descend to reach the camp (the descent is relatively steep, requiring cautious slow movement).

5. From CP4/SP2 (Hot Food) (Xiongying Camp) to CP5 (Huangnitai)

This segment totals 8.39KM, with an ascent of 506M and a descent of 568M.

Departing the camp, travel 1.24KM along the back mountain trail to enter the cement road, proceeding 951 meters on cement road into the machine-farmed road. After 493 meters, turn right, and after 753 meters, there will be a narrow cliff road requiring caution to pass. After 1.81KM, exit the machine-farmed road and turn left toward the “Yixiantian” direction, after more than 600 meters reaching “Yixiantian.” After leaving “Yixiantian,” travel over 600 meters on field paths, then enter a cement road, and after 1.03KM, reach the bridge segment to arrive at CP5.

6. From CP5 (Huangnitai) to CP6/SP4 (Hot Food) (Yapoling)

This segment totals 9.01KM, with an ascent of 249M and a descent of 222M.

This segment consists mainly of ridges and dirt roads, with a small amount of cement road after crossing Huangnitai Bridge. Much of the time is spent in a valley, with a section of “Yixiantian” scenic view.

7. From CP6/SP4 (Hot Food) (Yapoling) to CP7/Water Station (Yujiazai)

This segment totals 5.22KM, with an ascent of 174M and a descent of 136M.

Leaving Yapoling, travel along the village path for 2.47KM before entering the machine-farmed road, passing through Zhoujia village and Qijiang'aoshang. After 1.38KM, reach the mountain road, which includes some steps, arriving near Yujiazai after 1.1KM.

8. From CP7/Water Station (Yujiazai) to CP8/Water Station (Liangjiangkou Bridge)

This segment totals 4.7KM, with an ascent of 221M and a descent of 273M.

In this 4.7KM segment, the path consists primarily of ridges, forests, and dirt roads, descending from Yujiazai to the small road, and then reaching Liang River where there is a bridge for CP8.

9. From CP8/Water Station (Liangjiangkou Bridge) to the Finish (Feitian Mountain Scenic Area East Gate Square)

This segment totals 6.37KM, with an ascent of 229M and a descent of 194M.

After crossing CP8, proceed along the bridge surface along Lingbei for 1.15KM until the Stone Buddha Temple on the opposite bank is visible, continuing along the small path by the water until reaching Xinwu Li. After traveling 1.72KM upstream, descend onto the cement road, allowing for a full sprint, as the next 2KM is all on cement roads.

1. **Competition Regulations**

1. The competition provides free chip timing; participants must not remove the chip during the entire event. Both the 100KM and 60KM groups are equipped with GPS devices for location monitoring. A deposit of 200 yuan for the equipment is required upon registration and will be refunded after the event. Any loss or damage will result in a score of "no result" and compensation at the original price.

2. There are multiple timing checkpoints during the competition. Participants must actively cooperate with referees at these checkpoints; failure to visit any checkpoint will invalidate the score. Closing times will be set at aid stations. Participants who arrive at these points after the closing time must immediately cease participation and may take the committee's shuttle bus back to the finish line. Those who refuse to stop will have their competition eligibility revoked by the referee committee.

3. Each competitor must wear two bib numbers—one on the front of their shirt and one for the gear drop-off, which must be visible to referees and staff throughout the event. Failure to comply will result in a violation.

4. Aid stations are available, but participants must be self-sufficient for supplies outside those provided by the organizing committee. No support is allowed outside the aid stations, except for food and drinks purchased at shops or restaurants along the route.

5. Competitors must adhere to the "Leave No Trace" outdoor ethics.

6. Strict environmental checks will be enforced. Participants are prohibited from carrying any disposable water containers, disposable utensils, plastic bags containing drinking water or beverages, plastic bottles, or cans onto the course. Participants must cooperate with the committee during environmental checks. If any of these items are found, they must be discarded at the aid station, and participants must ensure they have the mandatory equipment to continue the race. Otherwise, the committee will terminate the participant's race, mark their bib as a withdrawal, and collect the timing chip. Participants may rest and replenish at aid stations with their own water and food, and should bring their own containers.

7. Participants must not litter on the course and must take any waste generated during the competition to the next aid station for disposal. Failure to do so will result in the committee terminating the participant's race, marking their bib as a withdrawal, and collecting the timing chip. Participants are encouraged to supervise and kindly remind each other during the competition.

8. Participants arriving at any aid station after the closing time must voluntarily withdraw from the competition. Those who are medically unfit to continue must also withdraw. Those who refuse to exit will not receive supplies or safety guarantees and will be prohibited from participating in other events organized by the event organization. Withdrawal requests for personal reasons must be made to the referees at the nearest checkpoint/aid station. All withdrawals must complete a "Withdrawal Registration Form" and will be assisted by event staff back to the finish line.

9. Participants must follow the marked route and are prohibited from taking shortcuts or using external assistance, or else they will be disqualified.

10. Bib numbers and timing chips are provided by the organizing committee; all other items must be supplied by the participants. When collecting bib numbers and timing chips, referees will check mandatory equipment. If any mandatory equipment is found to be inadequate, the organizing committee has the right to disqualify the participant. Participants must pass the mandatory equipment check upon entry; those lacking required equipment will be forced to withdraw from the competition. Throughout the event, participants must carry the mandatory equipment required by the organizing committee. Staff will check at the entry point, and if any mandatory equipment is missing, the committee will terminate the participant’s race, mark their bib as a withdrawal, and collect the timing chip.

11. Participants violating the above rules will be disqualified.

12. Registration qualifications are non-transferable; the organizing committee assumes no responsibility for risks resulting from unauthorized transfer of registration qualifications.

13. Participants should have GPS navigation skills. The final route track will be announced one week before the event. Participants are required to install the "Liangbu Lu Outdoor Assistant" app, search for and download the track, or import the track into a navigation-capable watch. GPS devices should be used for self-navigation; route markers are for supplementary guidance only, and the organizing committee will not accept complaints based on route markers.

14. In case of force majeure events that prevent the competition from proceeding as originally planned, the organizers have the right to change the route or schedule. The event organizers have the final interpretation rights within the scope of legal permission regarding this competition.

15. Any disputes concerning competition results, referee decisions, or athlete eligibility must be submitted in writing to the organizing committee's arbitration committee along with a 500 yuan appeal fee for processing. If the appeal is successful, the 500 yuan will be fully refunded.

Equipment List

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **Equipment Name** |  |  | | --- | |  | | 100KM | | 60KM | |
| |  | | --- | | Mandatory |  |  | | --- | |  | | Suggested | Mandatory | Suggested |
| |  | | --- | | Bib Number |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Timing Chip (or GPS) |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Foldable Water Cup (no disposable cups provided) |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Whistle |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Thermal Blanket |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Backpack (to carry all mandatory equipment) |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Running Shoes |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Mobile Phone (fully charged) |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Headlamp (minimum brightness of 150 lumens) and spare batteries |  |  | | --- | |  | | 至少2套 |  | 至少1套 |  |
| |  | | --- | | Windbreaker |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Skin Shirt |  |  | | --- | |  | |  |  |  |  |
| |  | | --- | | At least 1000ML of water and water container |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | At least 1000 calories of energy food |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | At least 500ML of water and water container |  |  | | --- | |  | |  |  |  |  |
| |  | | --- | | At least 500 calories of food |  |  | | --- | |  | |  |  |  |  |
| |  | | --- | | Power Bank (5000mAh or above) |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Sun Hat |  |  | | --- | |  | |  | √ |  | √ |
| |  | | --- | | Buff (Magic Scarf) |  |  | | --- | |  | |  | √ |  | √ |
| |  | | --- | | Trekking Poles |  |  | | --- | |  | |  | √ |  | √ |
| |  | | --- | | Sunscreen |  |  | | --- | |  | |  | √ |  | √ |
| |  | | --- | | Sunglasses |  |  | | --- | |  | |  | √ |  | √ |
| |  | | --- | | Salt Tablets |  |  | | --- | |  | |  | √ |  | √ |
| |  | | --- | | First Aid Kit: bandages, adhesive bandages, iodine swabs |  |  | | --- | |  | | √ |  | √ |  |
| |  | | --- | | Personal Medications |  |  | | --- | |  | |  | √ |  | √ |
| |  | | --- | | Small Amount of Cash and Eco-Friendly Bags |  |  | | --- | |  | |  | √ |  | √ |

Note: The mandatory equipment list may be adjusted based on weather conditions on the day of the event; the final requirements will prevail.

1. **Competition Results and Awards**

(1) Competition Results

1. The closing time for the 100KM event is 28 hours, and for the 60KM event, it is 15 hours. Timing will be based on the starting signal. There will also be designated closing times for segments, with aid stations, rest stations, medical rescue stations, and both public and private checkpoints along the route.

2. This competition will utilize chip timing. The organizing committee provides chip timing services for all participants in the trail race. The timing chip (or GPS) will begin timing as participants cross the starting line, with sensor mats located at the start, various checkpoints, and the finish line. Participants must pass all ground sensor mats for their times to be valid. Times for those who finish within the closing times but miss any timing checkpoint will not be ranked. Results for participants who exceed the closing times will be considered invalid.

(2) Awarding Method

1. Winners will be determined based on their finish times, with the fastest participants winning. Awards will be given to the top 10 male and top 10 female participants, who will receive corresponding medals, certificates, and cash prizes. Participants who finish within the closing time will receive a completion medal.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **100KM**   |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **rank** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | | **prize** | **10000** | **8000** | **6000** | **4000** | **3000** | **3000** | **2000** | **2000** | **1000** | **1000** |   **60KM** | | | | | | | | | | |
| rank | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Prize ()yuan | 6000 | 4000 | 3000 | 2000 | 2000 | 2000 | 1000 | 1000 | 800 | 800 |

The above prizes are subject to a 20% personal income tax in accordance with the "Individual Income Tax Law of the People's Republic of China," which will be withheld and paid by the organizing committee. The results of all winning participants will be publicly announced on the official event WeChat account for three days. After a ten-day period without any disputes following the announcement, the prizes will be distributed.

1. **Registration Conditions**

1. Age Requirement: Participants must be aged between 18 and 60 years (inclusive of both ages, as determined on the day of the competition).

2. Health Requirements: Participants must be in good health, free from hypertension, a history of heart disease, and other medical conditions that may hinder strenuous exercise. A medical examination certificate must be presented at registration, indicating no presence of the following conditions within the past year from a secondary-level hospital or higher:

- Congenital heart disease and rheumatic heart disease;

- Hypertension and cerebrovascular diseases;

- Myocarditis and other heart diseases;

- Coronary artery disease and severe arrhythmia;

- Diabetes with high or low blood sugar;

- Other diseases unsuitable for exercise;

- Pregnancy.

3. 100KM Group Requirements: Participants in the 100KM group must provide a completion certificate for a trail race of 100KM or longer within the past two years, or two completion certificates for trail races of 50KM or longer.

4. 60KM Group Requirements: Participants in the 60KM group must provide a completion certificate for a trail race of 30KM or longer, or a full marathon completion certificate within the past three years. Participants providing false certificates will be banned from the competition.

5. Liability Waiver: Participants must sign a responsibility acknowledgment form, stating that any personal injuries or economic losses incurred during the competition due to personal health reasons will be the sole responsibility of the participant.

1. **Registration Fees and Payment Methods**

1. Entry Fees: The following service fees for the trail race include a participant package:

- 100KM Group: 799 RMB per person

- 60KM Group: 399 RMB per person

2. Participant Package: Each participant package includes:

- 1 race bag

- 1 piece of professional outdoor race clothing

- 1 folding water cup

- 1 whistle

- 1 thermal blanket

- 2 salt tablets

- 2 energy gels

- Accident insurance for the race day

- Aid station services

- Luggage storage

- Transportation during the race

Athletes can collect their completion package with a medal, which includes a commemorative item and a supply item.

3. Accommodation: Participants are responsible for their own accommodation and meals. The organizing committee will arrange transportation to and from the race on the event day. Participants should prepare their own food for the race day.

4. Registration: Participants can register online by scanning the QR code.

5. Refund Policy: After successful registration and payment, if a participant cannot attend the race for any reason, the service fee is non-refundable and entries cannot be transferred.

6. Special Invitation: The top three finishers from the 2020, 2022, and 2023 editions of the Feitian Mountain “Baili Danxia” Hiking and Trail Race in the 60KM, 30KM, and 15KM categories can participate in this event for free. Each can also invite one additional participant for free (must meet the corresponding group qualifications).

For inquiries, please contact: He Weiping at 0735-2177096 or 18169216723.

飞天山“百里丹霞”第十二届山地越野挑战赛申请ITRA积分相关资料

一、赛事介绍

为提升飞天山景区知名度、美誉度和影响力，加强生态旅游的规划设计，打造精品生态旅游目的地和节庆品牌，推动生态旅游高质量发展，进一步彰显我省优美的自然人文景观，增强我省在全国乃至全球的知名度和影响力，特举办2024年全国健身大会暨飞天山“百里丹霞”第十二届徒步越野赛。

飞天山风景区由九寨、四坦、三庙、二江和一温泉一古镇等景区景点组成，总面积约68.004平方公里，是一处集自然山水、风土人情、宗教文化为一体的山岳型风景名胜区，神奇的丹霞地貌和大自然的鬼斧神工在这里淋漓尽致地铺展：怪石林立，玉峰相接;高山草原,美人长眠;寿山佛地,生命之源;瓦市古巷,古木参天;千米长峡,翠竹连绵;江水悠悠,舟船往返……风光如诗如画，明代大旅行家徐霞客赞美道：“江口诸峰，俱石崖盘立，无寸土不丽。”

二、赛事组织机构

【赛事运营】：郴州市登山户外运动协会

【赛事预算】：人民币120万元

【赛事时间】：2024年12月6日-8日

【赛事地点】：飞天山国家地质公园

【比赛组别】：100KM组/60KM组

【累计海拔上升】：3811米/2670米

【赛事规模】：

100KM组，限报200人

60KM组， 限报300人

共500人

【出发时间】：2024年11月30日6:00

【出发地点】：飞天山风景区东大门广场

三、赛道介绍

(一)100KM组路线

飞天山风景区东大门广场（起点）→大面洲→飞天山大桥→雅江→王家坪→马皇丘停车场→寨背→高坪→神仙寨→瓦窑坪→硚新抻→唐家冲→马皇丘→尹家→高椅岭→丫界垅→坳上→雄鹰营地→唐垅仙→龙口上→黄泥滩（东朝湾）→→王家坳→大园里→龙岩古寺→自在坪→赵家垄→大兴珑水库（大坝）→杨家屋场→小谷仓水库→碧冲林场（浮桥处）→坛山下→马鞍岭曹家→石台仙→雷家→黄家冲→鳌头岭村（谢家）→江家洞→中伙铺→青草冲→七宝湾→铁鼎寨→鸭婆岭→周家→漆家坳上→喻家寨→冯家→两江口大桥→岭背→老虎寨→飞天山景区→飞天山风景区东大门广场（终点）

全程101.27KM，其中硬化路面约38KM，田埂、土路、石板混合路面约63.27KM，最高海拔 292M，最低海拔100M，累计爬升3811M。

**站点设置：**

**1.起点（飞天山风景区东大门广场）到CP1（马皇丘停车场）。**

此段共计5.14km，上升44m，下降67m。

出发后2.4公里为公路，路边有自行车道，跑起来比较舒服。2.4公里后过了飞天山大桥，转入雅江村至王家坪，其中路段多为田埂加机耕道路全长1.67公里，到达水仙楼酒店附近。沿飞天山景区旅游战备路700米到达CP1。

**2.CP1（马皇丘停车场）至CP2（瓦窑坪）**

此段共计8.11km，上升389m，下降362m。

CP1（马皇丘）开始上山，有明显的石台阶路面，沿山脊线走1.08公里回路过一个休息亭。过休息亭以后1.33公里进入村庄，在村庄内行进156米会有一段1.66公里的水泥路面会比较好行进。到一幢房屋之后就要上山在山间行进778米会路过飞天山石佛寺。然后沿水泥路到达硚新抻进入山路，1.1公里后到达cp2。

**3. CP2（瓦窑坪）到CP3/SP1（马皇丘）**

此段共计7.31km，上升497m，下降499m，此次赛事最艰难的赛段。

接下来2.6公里少里水泥路上坡、再穿丛林，再到有路绳的陡坡，到达极窄的峡谷，峡谷约400米，多数时间只能单人通过，超车困难。峡谷结束，经过100米的丛林爬升，穿过两个山洞（飞天山经典景观），经过100米的下升，跑过500米田埂，到过郴州最美的公路­——飞天山旅游战备公路。战备公路跑过2.5公里到达CP3/SP2（马皇丘）。

**4.CP3/SP1（马皇丘）到CP4/SP2 热食（雄鹰营地）**

此段共计8.47km，上升361m，下降359m。

从补给点上山340米进入丛林，顺着丛林小路行进1.84到达尹家附近进入居民区，同时进入水泥道路，走过154米的水泥路面再次进入山间小路，在小路上行进2.51公里路过池塘会看见营地所立路标路牌（该路段多机耕道路），依照路标路牌指示行进2.34公里到营地小环线，594米后到雏鹰乐园，下山到达营地。(下山路段比较陡峭，需要谨慎慢行)。

**5.CP4/SP2热食（雄鹰营地）到CP5（黄泥滩）**

此段共计8.39m，上升506m，下降568m。

离开营地，从后山步道行进1.24公里进入水泥路，在水泥路行进951米进入机耕道路，493米之后右转，在753米后会有一段悬崖路比较窄通过时需要注意，1.81公里后结束机耕道路左转进入一线天方向，六百多米后到达一线天，离开一线天之后六百多米进入田间小路，三百多米后进入水泥路面，1.03公里以后进入桥面路段到达cp5。

**6. CP5（黄泥滩）到CP9（龙岩古寺）**

此段共计5.12km，上升170m，下降78m。

经过五里牌（东江大桥）桥下。

**7.CP9（龙岩古寺）到CP10（热食/换装/休息）（自在坪）**

此段共计7.9km，上升327m，下降380m。

全程路况很好，沙石机耕道3.6km，水泥路4km。

**8. CP10（热食/换装/休息）（自在坪）到CP11大兴珑水库（大坝）**

此段共计4.49km，上升156m，下降137m。

一公里水泥路，其它为山间小路，较难走。

**9.CP11大兴珑水库（大坝）到CP12碧冲林场（浮桥处）**

此段共计7.83km，上升231m，下降241m。

全程比较好走，基本为机耕道，含有1.1公里水泥路面和200米左右小路，经过浮桥到达CP12。

**10.CP12碧冲林场（浮桥处）到CP13补水点（马鞍岭曹家）**

此段共计7.61km，上升250m，下降195m。

这一段以水泥路与机耕道为主，少量田埂。

**11.CP13（马鞍岭曹家）到CP14鳌头岭村（谢家）**

此段共计7.26km，上升158m，下降250m。

以机耕道为主少量水泥路和田埂。

**12.CP14鳌头岭村（谢家）到CP6/SP4热食（鸭婆岭）**

此段共计7.35km，上升98m，下降90m。

这一段以水泥路为主，机耕道含有1.85公里其他全部为水泥路。

**13.CP6/SP4热食（鸭婆岭）到CP7/补水点（喻家寨）**

此段共计5.22km，上升174m，下降136m。

从鸭婆岭离开走村庄的小路2.47公里后进入机耕道路,途中路过周家村庄，漆家坳上。1.38公里后行进至山路，其中有部分台阶，1.1公里后到达喻家寨附近。

**14.CP7/补水点（喻家寨）到CP8/补水点（两江口大桥）**

此段共计4.7km，上升221m，下降273m。

在这4.7公里中，田埂丛林，土路为主，从喻家寨位置向下穿行，到小路上，再到耒水位置会有一座桥为CP8。

**15.CP8/补水点（两江口大桥）到终点（飞天山风景区东大门广场）**

此段共计6.37km，上升229m，下降194m。

CP8以后上桥面沿岭背路线1.15公里后可以看到对岸的石佛寺庙，一直沿着水域边上小路行进到达新屋里。上游步道之后行进1.72公里下山进入到水泥路面，这时可全力冲刺，后面的2公里路程都是水泥路面。

**(二)60KM组线路**

飞天山风景区东大门广场（起点）→大面洲→飞天山大桥→雅江→王家坪→马皇丘停车场→寨背→高坪→神仙寨→瓦窑坪→硚新抻→唐家冲→马皇丘→王家坳→尹家→高椅岭→丫界垅→坳上→雄鹰营地→唐垅仙→龙口上→黄泥滩（东朝湾）→宝丰庵→七宝湾→铁鼎寨→鸭婆岭→周家→漆家坳上→喻家寨→冯家→两江口大桥→岭背→老虎寨→飞天山景区→飞天山风景区东大门广场（终点）

全程62.72KM，其中硬化路面约17KM，田埂、土路、石板混合路面约45.72KM，最高海拔 292M，最低海拔100M，累计爬升2670M。

站点设置：

**1.起点（飞天山风景区东大门广场）到CP1/补水点（马皇丘（停车场）**

此段共计5.14km，上升44m，下降67m。

出发后2.4公里为公路，路边有自行车道，跑起来比较舒服。2.4公里后过了飞天山大桥，转入雅江村至王家坪，其中路段多为田埂加机耕道路全长1.67公里，到达水仙楼酒店附近。沿飞天山景区旅游战备路700米到达CP1。

**2.CP1/补水点（马皇丘（停车场）至CP2/补水点（瓦窑坪）**

此段共计8.11km，上升389m，下降362m。

CP1（马皇丘）开始上山，有明显的石台阶路面，沿山脊线走1.08公里回路过一个休息亭。过休息亭以后1.33公里进入村庄，在村庄内行进156米会有一段1.66公里的水泥路面会比较好行进。到一幢房屋之后就要上山在山间行进778米会路过飞天山石佛寺。然后沿水泥路到达硚新抻进入山路，1.1公里后到达CP2/补水点。

**3. CP2/补水点（瓦窑坪）到CP3/SP1（马皇丘）**

此段共计7.31km，上升497m，下降499m。

接下来2.6公里少里水泥路上坡、再穿丛林，再到有路绳的陡坡，到达极窄的峡谷，峡谷约400米，多数时间只能单人通过，超车困难。峡谷结束，经过100米的丛林爬升，穿过两个山洞（飞天山经典景观），经过100米的下升，跑过500米田埂，到过郴州最美的公路­——飞天山旅游战备公路。战备公路跑过2.5公里到达CP3/SP1（马皇丘）。

**4. CP3/SP1（马皇丘）到达CP4/SP2（热食）雄鹰营地）**

此段共计8.47km，上升361m，下降359m。

从补给点上山340米进入丛林，顺着丛林小路行进1.84到达尹家附近进入居民区，同时进入水泥道路，走过154米的水泥路面再次进入山间小路，在小路上行进2.51公里路过池塘会看见营地所立路标路牌（该路段多机耕道路），依照路标路牌指示行进2.34公里到营地小环线，594米后到雏鹰乐园，下山到达营地。(下山路段比较陡峭，需要谨慎慢行)。

**5.CP4/SP2（热食）雄鹰营地）到CP5（黄泥滩）**

此段共计8.39km，上升506m，下降568m。

离开营地，从后山步道行进1.24公里进入水泥路，在水泥路行进951米进入机耕道路，493米之后右转，在753米后会有一段悬崖路比较窄通过时需要注意，1.81公里后结束机耕道路左转进入一线天方向，六百多米后到达一线天，离开一线天之后六百多米进入田间小路，三百多米后进入水泥路面，1.03公里以后进入桥面路段到达CP5。

**6.CP5（黄泥滩）到CP6/SP4（热食）（鸭婆岭）**

此段共计9.01km，上升249m，下降222m。

这一段以田埂、土路为主，过黄泥滩大桥有少量水泥路。

多数时间在山谷中，还有一处一线天的景观。

**7.CP6/SP4（热食）（鸭婆岭）到CP7/补水点（喻家寨）**

此段共计5.22km，上升174m，下降136m。

从鸭婆岭离开走村庄的小路2.47公里后进入机耕道路,途中路过周家村庄，漆家坳上。1.38公里后行进至山路，其中有部分台阶，1.1公里后到达喻家寨附近。

**8.CP7/补水点（喻家寨）到CP8/补水点（两江口大桥）**

此段共计4.7km，上升221m，下降273m。

在这4.7公里中，田埂丛林，土路为主，从喻家寨位置向下穿行，到小路上，再到耒水位置会有一座桥为CP8。

**9.CP8/补水点（两江口大桥）到终点（飞天山风景区东大门广场）**

此段共计6.37km，上升229m，下降194m。

过了cp8以后上桥面沿岭背路线1.15公里后可以看到对岸的石佛寺庙，一直沿着水域边上小路行进到达新屋里。上游步道之后行进1.72公里下山进入到水泥路面，这时可全力冲刺，后面的2公里路程都是水泥路面。

四、竞赛规程

（一）比赛免费提供芯片计时，全程不能取下，100KM组、60KM组提供GPS设备用于定位监测，报到时需缴纳设备押金200元，赛后现场退还。丢失或损坏按无成绩处理，并照价赔偿。

（二）比赛设有多个计时检查点，参赛者到达计时检查点须主动配合裁判员计时，不得遗漏任何一个检查点，否则成绩无效。比赛将在补给站设置关门时间，在各站关门时间之后到达的选手须立即停止比赛，之后可搭乘组委会的收容车回到终点。如果执意不停止比赛，拒绝被收容者将被裁判委员会取消比赛资格；

（三）比赛2块号码布，一块置于上衣前胸，一块用于参赛包存取，在比赛过程中要被裁判员和工作人员清楚看见，不遵守此规定者，按犯规处理。

（四）比赛设有补给站，参赛者在物资补给方面除组委会提供的以外应自给自足，在补给站以外任何地方不得被提供或接受支援，但在沿途商店、餐厅购买的饮品、食物不在此限之内。

（五）选手必须遵守“山野无痕”的户外运动准则。

（六）本次比赛设置严格的环保检查。参赛选手禁止携带任何一次性水具、一次性餐具、含饮用水及饮料的胶袋、塑料瓶或易拉罐等进入赛道。选手必须配合组委会进行环保检查，如有携带上述物品，选手须将其留弃在补给站内，并确保强制装备完整方能进入赛道继续比赛。否则，组委会将强制选手终止比赛，选手号码布上做退赛标记，回收计时芯片。选手可在补给站休息、进食或补充携带的饮水及食物，请自备水具。

（七）选手不得在赛道上丢弃垃圾，须将比赛中产生的垃圾带至下一个补给站丢弃。否则，组委会将强制选手终止比赛，选手号码布上做退赛标记，回收计时芯片。请大家在比赛中互相监督和善意提醒。

（八）参赛者在各补给站关门时间之后到达该点的须主动退出比赛，经医生检查，身体状况不适合继续比赛者也应退出比赛。拒不退出者不享受赛事补给和安全保障，并被禁止参加本赛事组织机构承办的其他比赛。因个人原因要求退赛者，须在就近的检查/补给站向裁判员提出。所有退赛者在填写“退赛登记表”后由赛会工作人员帮助送回比赛终点。

（九）选手必须按赛道路标行进，严禁抄近路，严禁借助外力，否则取消比赛资格。

（十）号码布和计时芯片由组委会提供，其他物品运动员自备。在运动员领取号码布和计时芯片时，裁判将检查强制装备，强制装备检查不合格，组委会有权取消运动员参赛资格。选手入场检录时需通过强制装备检查，缺少强制装备的选手，组委会将强制选手终止比赛。比赛过程中，参赛选手必须全程携带组委会要求的强制装备，工作人员在检录点进行检查，如发现缺少强制装备，组委会将强制选手终止比赛，选手号码布上做退赛标记，回收计时芯片。

（十一）参赛者如违反以上规则将被取消参赛资格。

（十二）报名资格不可转让，组委会不承担私自转让报名资格而导致风险的责任。

（十三）参赛运动员应具备GPS导航的能力。赛前一周公布最终路线轨迹。请参赛运动员安装“两步路户外助手”APP，搜索轨迹并下载，或将轨迹导入有导航功能的手表，根据GPS设备自我导航，路标仅作为路线辅助使用，组委会不接受因路标造成的投诉。

（十四）因不可抗力因素致使比赛不能按原计划进行，主办方有权更改比赛线路或时间，赛事主办方对本次比赛拥有法律许可范围内的最终解释权。

（十五）凡对竞赛成绩、裁判员执裁、运动员参赛资格有异议并提出申诉者，需向组委会仲裁委员会提交书面申诉报告及500元申诉费方可受理。如果胜诉，500元全额退回。

装备清单

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 装备名称 | 100KM组 | | 60KM组 | |
| 强制携带 | 建议携带 | 强制携带 | 建议携带 |
| 号码布 | √ |  | √ |  |
| 计时芯片（或GPS） | √ |  | √ |  |
| 折叠水杯（不提供一次性水杯） | √ |  | √ |  |
| 救生哨 | √ |  | √ |  |
| 保温毯 | √ |  | √ |  |
| 背包（容纳所有强制装备） | √ |  | √ |  |
| 跑步鞋 | √ |  | √ |  |
| 手机（电量充足） | √ |  | √ |  |
| 头灯（亮度不低于150流明）和头灯备用电池 | 至少2套 |  | 至少1套 |  |
| 冲锋衣 | √ |  | √ |  |
| 皮肤衣 |  |  |  |  |
| 不少于1000ML的水及水具 | √ |  | √ |  |
| 不低于1000卡路里的能量食品 | √ |  | √ |  |
| 不少于500ML的水及水具 |  |  |  |  |
| 不低于500卡路里的食物 |  |  |  |  |
| 5000毫安以上移动电源 | √ |  | √ |  |
| 太阳帽 |  | √ |  | √ |
| 魔术头巾 |  | √ |  | √ |
| 登山杖 |  | √ |  | √ |
| 防晒护肤品 |  | √ |  | √ |
| 太阳镜 |  | √ |  | √ |
| 盐丸 |  | √ |  | √ |
| 急救包：包扎绷带、创可贴、碘伏棉签棒 | √ |  | √ |  |
| 个人药品 |  | √ |  | √ |
| 少量现金及环保袋 |  | √ |  | √ |

说明：根据比赛当日天气情况，强制装备清单可能会有调整，以最终要求为准。

五、竞赛成绩和奖励办法

**（一）竞赛成绩**

1、100KM关门时长为28小时，60KM关门时长为15小时。以发令时间计时为准。另将设置分段关门时间，沿路设有补给站、休息站、救援医疗站、公开检录站及不公开检录站。

2、本次比赛采用感应计时，组委会为所有参加越野赛的选手提供感应计时服务，感应计时芯片（或GPS）将在选手通过起点时开始计时，并在起点、各检录点及终点设有感应计时带，选手在跑进过程中，均必须通过各项目所有的地面感应计时带。在关门时间内完成比赛但缺少任何一个计时点的成绩，将不予排名。超出关门时间的运动员成绩无效。

**（二）奖励办法**

1、根据枪声成绩，用时短的运动员获胜，均为男子组取前10名，女子组取前10名，获奖运动员将颁发相应的奖牌、证书和奖金。关门时间内到达终点的队员发放完赛奖牌。

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **100KM组奖励办法**   |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **名次** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | | **奖金** | **10000** | **8000** | **6000** | **4000** | **3000** | **3000** | **2000** | **2000** | **1000** | **1000** |   **60KM组奖励办法** | | | | | | | | | | |
| 名次 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 奖金 | 6000 | 4000 | 3000 | 2000 | 2000 | 2000 | 1000 | 1000 | 800 | 800 |

上述奖金按照《中华人民共和国个人所得税法》规定，所获奖金需征收20%的个人所得税，由组委会代扣代缴。所有获奖运动员的成绩在赛事官方公众号将公示三天，公示结束确认无争议的10天后发放奖金。

六、报名条件

1.年龄要求18周岁以上、60周岁以下（含18、60周岁，年龄判断以比赛日为准）。

2.身体健康，无高血压、心脏病史及妨碍剧烈运动的其他疾病，报到时出示体检证明。体检证明：一年内在二甲级以上医院体检证明无以下疾病：

①先天性心脏病和风湿性心脏病；

②高血压和脑血管疾病；

③心肌炎和其他心脏病；

④冠状动脉病患者和严重心律不齐；

⑤血糖过高或过低的糖尿病；

⑥其他不适合运动的疾病；

⑦孕妇。

3.100KM组参赛选手需提供近两年内完成过100KM及以上越野赛完赛证书或2次50KM及以上的越野赛完赛证书；

4.60KM组参赛选手需提供近3年内完成过30KM及以上越野赛或全程马拉松的完赛证书；

提供虚假证明的将列入禁止参赛名单；

5.签署责任告知书，在比赛过程中，因个人身体原因导致的人身损害，其责任及经济损失由本人承担。

七、参赛费用与支付方式

1.越野赛收取赛事组织服务费，赠送参赛包。

100KM组：799元/人

60KM组：399元/人

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参赛包内含参赛袋1个、专业户外参赛服装1件、折叠水杯1个、救生哨1个、保温毯1条、盐丸2粒、能量胶2条、赛事当日意外保险、补给点服务、物品寄存、比赛过程中转运。

运动员凭完赛奖牌领取完赛包，内含完赛纪念品1份、补给品1份。

3.参赛运动员食宿自理；组委会统一安排比赛日车辆往返；自备赛事当天路粮。

4.扫描二维码在线报名。

5.报名及缴费成功后，因故不能参赛者，赛事组织服务费不予退回，名额不予转让。

7.特别邀请：前三届即2020、2022、2023年飞天山“百里丹霞”徒步越野赛60KM、30KM、15KM三个组别的前三名均可免费参加本次比赛，每人还可邀请1人免费参加（需符合对应组别资格）

赛事咨询：何伟萍 0735-2177096 18169216723