



## INFOS

**In order to respond as closely as possible to your questions, this section will be regularly updated with questions and answers that you can ask us.**

### RUNNERS AND WALKERS

#### **Is accommodation provided by the organization?**

YES, we have booked rooms in various hotels ranging from 3\*, 4\* to 5\*. However, although we advise you to book through us, SDPO does not impose anything.

#### **What are the advantages of booking hotel nights through your organization?**

**You help our organisation by booking directly through SDPO, rather than through Booking.com or other booking platforms with which we do not have an agreement...**

**By booking your hotels through SDPO, you allow us to claim additional benefits for all participants.**

*Advantages: in agreement with our partners, you will benefit from free shuttles to and from your hotel to the meeting point inside the archaeological park. Transportation will also be provided to and from the airport. In the selected 4\*\*\*\* hotel, the restaurant will be open from 2am on the day of the event.*

#### **Does the organization offer tourist trips around the events?**

YES, SDPO offers various trips and extensions to make you appreciate the beauty of Cambodia as well as two pre-tours to nearby Vietnam.

#### **Does SDPO handle airline reservations?**

*NO, but responding to your request and getting the best airfares has been our main objective. We work with an I.A.T.A. accredited agency. Contact us and we will give you the name of a partner agency.*

**Being I.A.T.A. accredited** gives you the possibility to run your own ticketing service without using a service provider. To get accredited, you have to prove your motivation and have a serious financial situation. This is an additional guarantee for the passenger.

#### **How to register?**

A payment platform is at your disposal. You have the possibility to register online with a choice of payment allowing you to use your credit card, and thus to benefit from numerous guarantees. You also have the possibility to pay your bib and stay via PayPal, bank transfer or cheque for France.

#### **Can I register the day of the bib retrieval?**

YES, you can but you may be asked to pay a little extra. Indeed, we need to organize before the race food and water for the supply points, accommodations, transfers, T Shirts. That is why we recommend you register as soon as possible.

### Who can register?

The events are international and open to any competitor, professional runner or amateur (a medical certificate is required for everybody), with the following categories: hope, senior, master, men and women.

- ✓ A minimum age of 20 is required to participate in the Ultra Trail of Angkor (100 km)
- ✓ A minimum age of 20 is required to participate in the Angkor Bayon Trail (64 km)
- ✓ A minimum age of 20 is required to participate in the Angkor Marathon Trail (42 km)
- ✓ A minimum age of 20 is required to participate in the Angkor Jungle Trail (32 km)
- ✓ A minimum age of 18 is required to participate in the Angkor Temple Run (18 km)
- ✓ A minimum age of 16 is required to participate in the Angkor Nordic Walking (18 km)
- ✓ A minimum age of 16 is required to participate in the Angkor Elephant Trail (8 km)

For the UTA 100, it is recommended that the participant has at least participated in one marathon or one trail of a distance of over 40 km in a calendar year.

### Is the medical certificate mandatory for the races?

YES, it is mandatory and you will have to present it at the bib retrieval.

Participation in the races is subject to the presentation of a valid license proving the possession of a medical certificate that authorizes the participant to the competitive practice according to the corresponding Regulation “able to participate in the competition running” or “no contra indication for the competition running”.

For runners who do not have a license, they must present a medical certificate or a copy issued no later than January 16th 2020 and dated less than one year from the event (preferably by a sport specialized doctor).

**In case of non-presentation of the medical certificate** and to avoid being disqualified, the competitor agrees to sign a discharge “**Waiver and Release of Liability**” and becomes solely responsible in case of physical problems that he/she may encounter during the race.

### Is there mandatory material for the race?

Yes, you need to check the Regulations and Principles of the event.

### Is the entrance fee to the archaeological site included in your bib?

YES, you will be given a Pass to enter the site, where the different events on the schedule take place. However, this pass does not allow you to visit the Angkor temples.

### What is the maximum time allowed on the different events?

Angkor Ultra-Trail – 100 km	21 h 53	▶ 4,57 km/h
Angkor Bayon Trail – 64 km	14 h	▶ 4,57 km/h
Angkor Marathon Trail – 42 km	7 h 53	▶ 5,33 km/h
Angkor Jungle Trail – 32 km	6h	▶ 5,33 km/h
Angkor Temple Run – 18 km	3h	▶ 5,33 km/h
Angkor Nordic Walking– 18 km	4h	▶ 4km/h
Angkor Elephant Trail	2h	▶ 4km/h

### Where will the bibs withdrawal take place? What are the schedules?

*You will be able to retrieve your bib number at the Angkor Paradise Hotel in Siem Reap.*

**Address: National road N°6.**

– Thursday 25th, 10AM to 7PM,

– Friday 26th, 9AM to 8PM.

**I can't collect my number at the time indicated; can a friend collect it for me?**

*YES, in this case your friend will have to provide an authorization from you with a copy of your identity card and your medical certificate or copy of your license. In case of non-presentation of the medical certificate your friend will have to present us the discharge signed by you "Waiver and exoneration of responsibility"-**This discharge will be sent to you via email at your request.***

**I can't run or I am injured, can I give my bib to someone else?**

*Bib transfers will be admitted until December 15th 2023, **ONLY** over the same distance registered. There will be no transfers after that.*

**For the bib transfer**, you will have to send an email to SDPO: [sdpo@sdpo.com](mailto:sdpo@sdpo.com)

**I can't come or I am injured, can I be refunded?**

*Every participant should subscribe cancellation insurance at his own expense. If you can't come once your inscription received by SDPO, the conditions for reimbursement will be as follows (see Article 11 of the Regulation)*

**Do you provide safety pins?**

*No, every runner/walker will have to bring their own pins or bib holder.*

**Can we have assistance during the race?**

*Yes, but only surrounding the supply points.*

**Where are the meeting points?**

*All the shuttles for the start lines will leave from the Elephant Terrace (base camp).*

**Are vehicles planned to transport participants to the Elephant Terrace (village race where all the race briefings will be held)?**

*Only participants who have opted for the tourist programs or the race package will benefit from free shuttles. An identification bracelet for the shuttles will be given to them at the bibs delivery.*

**If I don't choose the race pack offered by the organization, how may I book my transfer to Elephant Terrace?**

*For participants who have not opted for our accommodation proposals, a participation of 5 dollars will be required to benefit from the shuttles.*

*Reservation and payment of 5 dollars will be made at the Paradise Hotel (bib distribution location). After payment, an identification bracelet for the shuttles will be given to you at the number distribution.*

**From where do the shuttles leave for Elephant Terrace?**

*All shuttles will leave from the Angkor Paradise Hotel (bib retrieval site).*

*As a reminder, only those with a reservation for this transfer will be allowed on the shuttles.*

**How early before the start do we have to be ready on site?**

*Runners/walkers will have to be on the start lines (Elephant Terrace) at least 30 minutes before the departure for the pre-race briefing.*

*In case you are late, you will have 30 minutes after the official start to take your start but your delay will not be deducted from your arrival time. After 30 minutes, the runner will not be able to be ranked and will be disqualified.*

**Is there transportation to get the runners to each start line?**

*YES, shuttles will be at your disposal. You will reach the start after your race briefing. Depending on the race option chosen, 42, 32, or 18 km, expect a 20' to 40' transfer.*

***We remind you that only the runners of the UTA 100, the Bayon Trail 64 and the Elephant Trail 8 km***

*will start from the Elephant Terrace. For all other events, runners will be transported by minibus to their respective starting points, at a distance of 42 km from the finish line for the marathon, 32 km from the finish line for the Jungle Trail and 18 km from the finish line for the Temple.*

### **Is it possible to have the GPS track?**

YES, the GPS tracks of the different courses will be put online on the UTA website. Although our courses are well marked, for safety reasons we recommend you to record the route of your event. This recommendation is especially addressed to UTA 100 runners.

### **How will the tracks be marked ?**

In addition the GPS track you can download, the race will be marked by day and by night. White and red tape in the nature (sometimes biodegradable), Red, white and yellow fluorescent arrows for the night part.

### **REFUELING:**

#### **Are there any refreshment points on the course?**

*You will find fresh fruit (bananas, oranges, watermelons) as well as dry cakes at certain points and plenty of DEVI mineral water at the refreshment tables. For the runners of the UTA 100, Bayon Trail 64 and Marathon Trail 42 km, a soup of instant noodles will be offered at the 32nd km. And at the finish line (at the 64th km for the UTA 100 runners) hot meals of rice or noodles, rice or fried noodles with pork or chicken will be offered to you.*

**IMPORTANT:** *S.D.P.O. draws your attention to your own need for salty food and asks you to take precautions to provide it. SDPO does not provide salt tablets during the event*  
*This recommendation is specific to all events on the program.*

### **What are the race departure times?**

All the events will be held on a single day with staggered schedules. The times mentioned are the race start times and NOT the times of your race briefing

- On Saturday, 27 January at 4.00\* am for the Angkor Ultra-Trail, 100 Km (UTA 100)
- On Saturday, 27 January at 4.00\* am for the Angkor Bayon Trail (64 km)
- On Saturday, 27 January at 6.00\* am for the Angkor Marathon Trail (42 km)
- On Saturday, 27 January at 7.00\* am for the Angkor Jungle Trail (32 km)
- On Saturday, 27 January at 8.30\* am for Angkor Temple Run (18 km)
- On Saturday, 27 January at 8.30\* am for Angkor Nordic Walking (18 km)
- On Saturday, 27 January at 8.30\* am for walking and hiking (18 km)
- On Saturday, 27 January at 9.30\* am for Angkor Elephant (8 km).

\* S.D.P.O. draws your attention to these programmed schedules which can be modified according to certain requirements.

### **Is the start of the events located in the same place as the arrival zone ?**

*YES for UTA 100 km, Bayon Trail 64 km, and Elephant Trail 8 km.*

*NO for Marathon Trail 42 km, Jungle Trail 32 km, Temple Run 18 km, Nordic Walking 18 km, Walking and Hiking 18 km..*

### **Where are the finish lines?**

All finish lines are on Elephant Terrace. This prestigious site for Cambodians is located in front of the ruins of the Royal Palace, close to the city of Angkor Thom.

### **Is there a changing room for the event?**

Yes, your bags will be identified with your name and stowed on the meeting point/finish line.

**Will it be possible to take a shower after the race?**

*No there will be no showers; you need to take your precautions (wipes...).*

**Is there a resting zone for the 100 UTA ?**

*Yes, bunks will be available half way through the race/finish line.*

***Participants in other events may, if necessary, use this rest area.***

**Runners from the 100 UTA be able to change mid race?**

Yes, your bags will be accessible in the changing room if you need to change.

**Is there a daycare for children?**

NO, no childcare is provided, so it is up to you to make the necessary arrangements.

**What are the endowment and rewards for the participants?**

A jersey will be given to all participants when they collect their numbers. After the race, once the finish line is crossed, a commemorative medal will be given to all participants. A finisher's jersey will be given to the participants of the UTA 100, the Bayon Trail 64 and the Angkor Trail Marathon. For the awarding of the prizes to the different winners, please refer to the Regulations and Principles of the event.

**Accompanying persons**

**Can an accompanying person benefit from the tourism programs?**

*Yes, a companion will benefit from the same program as the runner or walker at the same price.*

**Can we see the runners on the different courses?**

*Yes, at identified feeder points. From these points, it is possible to go upstream and downstream of the race. We are on a course that is intended to be natural and many places are not accessible by car.*

**Is it possible to follow the riders by bike?**

*No, the route does not lend itself to this (many crossings of sandy areas, rice fields)*

**Is there a specific program for accompanying persons?**

*NO, but we invite "accompanying persons" to register for the new 8 km event created by SDPO (Elephant Trail). This is an easy event that can be done on a walking pace, but there will be only one classification.*

**OTHERS**

**Do we need a visa to come to Cambodia?**

Yes, a visa is mandatory. **You will need a passport with at least 6 months validity after your departure and a picture of yourself.** The visa can be purchased upon your arrival at the airport for 30\$. **SDPO draws your attention to the fact that your passport is valid.**

**Is there cancellation insurance?**

NO, we do not offer cancellation insurance. It is the sole responsibility of the participant to make up and submit a file to his personal insurance within the given time limit.

**As a reminder, Article 7a of the Regulations of the event.**

**RESPONSIBILITIES RUNNER OR WALKER**

*If I do not take out assistance/repatriation insurance for the race, I undertake to advance the necessary funds*

for first aid and primary transport costs on the spot. I am therefore solely responsible for the implementation of medical procedures after the event. I will personally take care of the recourse with my "insurer".

**By registering for the Ultra Trail d'Angkor, the participant acknowledges and accepts without reservation the present regulations in all their provisions.**

## Humanitarian

### Are there any humanitarian operations planned?

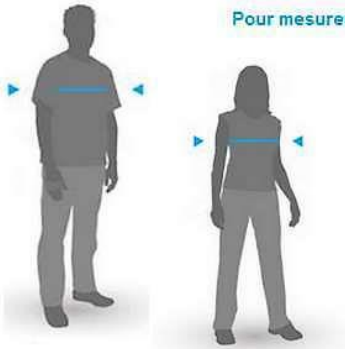
For nearly 30 years, the SDPO has been involved in humanitarian actions. Each year, SDPO already sponsors the Mr Nez Rouge Association, which is recognized as being of general interest, and all the UTA runners participate in their own way in helping the most disadvantaged. NGOs, schools and villages benefit from humanitarian aid in the form of financial donations or clothing, school supplies, toys, etc. The SDPO and the UTA also participate in the restoration of certain structures such as walkways and small bridges used by the participants.

### Can we participate in humanitarian actions?

YES, and we invite you to collect funds from your friends, companies, cities, works councils, etc. You can also launch crowdfunding operations. The money collected will be given directly and in your presence to the selected NGOs.

## T-Shirt Size Guides

### GUIDE DES TAILLES Tee-shirts UTA



Pour mesurer vos mensurations :

- **Tour de poitrine :** Placez un mètre ruban à l'endroit le plus fort de la poitrine. Assurez-vous qu'il soit parallèle au sol.
- **Levez la tête, serrez le mètre ruban en respirant normalement.**

**HAUT HOMME : Tee-shirts, débardeurs, chemises, polaires, sweats, vestes...**

Tour de poitrine : (en cm)	84-87	88-91	92-95	96-99	100-103	104-107	108-113	114-118	119-123	124-129	130-135	136-141	142-146	147-153	154-159
Tailles EU - Europe	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
Tailles universelles	XS	S	M	M-L	L	L-XL	XL	XL-2XL	2XL	2XL-3XL	3XL	3XL-4XL	4XL	4XL-5XL	5XL

**HAUT FEMME : Tee-shirts, débardeurs, chemises, polaires, sweats, vestes, maillots de bain...**

Tour de poitrine : (en cm)	80-83	84-87	88-91	92-95	96-99	100-103	104-107	108-113	114-118	119-123	124-129	130-135	136-141	142-146	147-153	154-159
Tailles EU - Europe	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
Tailles universelles	2XS	XS	S	M	M-L	L	L-XL	XL	XL-2XL	2XL	2XL-3XL	3XL	3XL-4XL	4XL	4XL-5XL	5XL

For all other questions, please contact [sdpo@sdpo.com](mailto:sdpo@sdpo.com)