



RUNNER INFORMATION

10/21/42/70/KM
07/01/2023



Dear VTM Runners,

All of us at Topas thank you for joining Vietnam Trail Marathon 2023, finally back to our traditional January date for the first time since 2020.

This race is made possible thanks to the strong support of the Son La and Moc Chau authorities. In 2021 and 2022, they helped ensure VTM was the only Topas race that never skipped an edition during the 'COVID years'. This support runs from province to commune level. We are sure you will enjoy the feeling of this strong local support as you pass through the small villages on the route.

As with all Topas races, VTM supports charitable causes. Since 2020, Newborns Vietnam has built a program here that began as a result of VTM. This program has now grown to encompass three hospitals, with more donors coming on board to strengthen neonatal care in Son La.

This year we also welcome charity runners raising funds for Operation Smile and a group of around 50 kids from Blue Dragon Children's Foundation. In 2023 funds will also be used to upgrade the houses of those in poverty. All this is made possible by your participation.

On behalf of everyone at Topas, I wish you all a great and safe run in beautiful Moc Chau!

A handwritten signature in black ink, appearing to read "David Lloyd".

David Lloyd
Race Director

TOPAS TRAVEL
Adventurous since 1973

A BIG THANKS ONCE AGAIN TO PARTNERS & EXHIBITORS

TOPAS  ECOLODGE

 TOPAS
RIVERSIDE
LODGE
Village Dining & Sleeping


MỘC CHÂU
MILK


SUUNTO


HONG NGOC
Hospital

 HAMMER
NUTRITION

 7
BRIDGES
BREWING CO

SKECHERS

salomon 

CHARITY PARTNERS

 blue dragon
CHILDREN'S FOUNDATION

Operation  Smile

newborns
VIETNAM 

EXPO EXHIBITORS


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HAPPY  RUN

 TOC SPORT





10th Anniversary Edition **VIETNAM MOUNTAIN MARATHON**

EARLY BIRD OPEN: 30/01
22-24/09/2023



PART OF VIETNAM TRAIL SERIES

VTM | VJM | VMM

www.vietnammountainmarathon.com





VTM 2023 **EXPO PROGRAM**

VTM EXPO: JANUARY 06, 2023

Join us at the VTM race pack collection and EXPO at **Muong Thanh Holiday Moc Chau Hotel**. Visit booths from local Moc Chau food and drink producers alongside exhibitors: **Moc Chau Milk, HappyRun, Dat Bike, Hammer Nutrition Vietnam, Activ Store, Tốc Sport, Blue Dragon Children's Foundation, Operation Smile Vietnam, and Newborns Vietnam**. You can check out VTS Shop.

- **09:00 AM:** Expo Open
- **04:15 PM: Ultra Talks** (in Vietnamese only)
 - ✓ **Zero to 100km** - Do Duy Vi, Blue Dragon Children's Foundation CEO
 - ✓ **The Ultra Ultra Battle** - 220km+ in 34 hours with Bac Tran + Hieu Phan
- **05:00 PM - 06:00 PM:**
 - ✓ Opening ceremony
 - ✓ Music and dance performances
 - ✓ Race Briefing
- **09:00 PM:** Booths & pack collection close



RACE PACK COLLECTION **GUIDELINE**

**BEFORE YOU JOIN THE QUEUE,
PLEASE PREPARE BELOW REQUIRED DOCUMENTS**

STEP 1: CHECK IN

A - To pick up your own race kit you need:

- 1 - Your Bib Number** (see email/ participant list)
- 2 - Your ID/ Passport** (original/ printed/ digital copy)
- 3 - Signed indemnity form (printed copy)**
** You can also use the indemnity forms we have prepared*
- 4 - For 10km runners under 16:** Parents/ guardians must sign the consent form.
- Sorry, no ID, no pick up.

B - (Applicable to run-only runners) To pick up your friend's race kit you need:

- 1 - The runner's Bib Number** (informed by email/ participant list)
- 2 - Your ID/ passport** (original/ printed/ digital copy)
- 3 - Runner's ID/ passport** (original/ printed/ digital copy)
- 4 - Runner's signed indemnity (printed copy - absolutely NO EXCEPTIONS)**
- 5 - Runner's letter of authorisation (printed copy - absolutely NO EXCEPTIONS)**
*(You have to prepare this letter in advance. We **DO NOT** provide printed copies at the race pack collection.)*
- 6 - For 10km runners under 16:** Parents/ guardians must sign the consent form.
- Sorry, no ID or signed forms, no pick up.

STEP 2: RECEIVE YOUR RACE KIT

- 1 - Race kit entitlements:** Race bib number, Race T-shirt (if requested), Safety pins.
- 2 - Luggage Tag:** If you want to drop a bag at the start and pick it up at the finish, please ask our staff for a luggage tag.
- 3 - Please check your race kit carefully** before leaving the counter.

STEP 3: SCAN YOUR RACE BIB

ECO NEWS: We use compostable bags for the race kits. To be even more eco-friendly, you can put the entitlements in your own bag and return the kit bag to us for re-use. Thank you!





SỮA TƯƠI TỰ NHIÊN TỪ THIÊN ĐƯỜNG SỮA MỘC CHÂU



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ARM SLEEVES LAYERS PINK
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490,000 VND



T-SHIRT PINK
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T-SHIRT ORANGE
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HOODIE
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SINGLET RED
390,000 VND



SINGLET PINK
390,000 VND



CYCLING / RUNNING HAT PINK
300,000 VND



CYCLING / RUNNING HAT RED
300,000 VND



VTS BUFF BLUE
250,000 VND



VISOR PINK
250,000 VND



TRUCKER HAT PINK
250,000 VND



TRUCKER HAT 2 BLUE
250,000 VND



VISOR BLUE
250,000 VND



TRUCKER HAT 3 BLUE
250,000 VND



RUNNING HAT
250,000 VND



VTM BUFF PINK
250,000 VND



VIETNAM JUNGLE MARATHON

10/25/42/55/70/KM

21/10/2023

PART OF VIETNAM TRAIL SERIES

VTM | VJM | VMM

www.vietnamjunglemarathon.com



IMPORTANT INFORMATION

RACE START

For all races, if you want to run fast make sure you stand close to the start line!

This way you will not get stuck behind slower runners.

WAVE STARTS - 42KM, 21KM, 10KM

Your race will have wave starts. If you want to try and win, make sure you are in Wave 1.

10km runners: this means you need to get on the first buses to the start line.

RESULTS - TIMING

Your bib contains an electronic timing chip. You must pass all timing systems on course to get a valid finish time. Failure to do so will result in inspection of the result by the organiser.

ROUTE MARKING

We use red and white tape for day marking. The night marking is reflective sticks and tape.

We do not follow a specific distance between the markings - it is dependent on the trail.

BAG DROP

Please prepare your own bag. Bags must be sealed/closed. Do not include valuables - the organizer cannot be held responsible for any loss. **BRING** your luggage tag (given at the race pack collection), we will staple it for you.

1 Finish Drop Bag - Leave at the **START LINE**

CHANGE OF ROUTE

The Race Director or Head of Trails can change the route before and during the race if necessary - follow the markings.

IF YOU ARE LOST

Do not run for a long time without seeing a marking.

Run/walk back to the last place you saw marking.

If you cannot find it, please call the emergency number on the back of your race bib. Use your whistle to attract attention if needed.

EMERGENCY

Call the number on the back of your race bib. Ask a local for help if possible. If you are simply tired, please rest, eat/drink and continue to the nearest CP.



Chăm dứt cơn đau CƠ XƯƠNG KHỚP

cùng chuyên gia Hồng Ngọc



✓ Thăm khám, điều trị bệnh Khớp do thoái hóa, rối loạn chuyển hóa và tổn thương phần mềm quanh khớp

✓ Các thủ thuật điều trị bảo tồn chuyên sâu

✓ Phẫu thuật Cơ Xương Khớp



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IMPORTANT INFORMATION

PLASTIC RECYCLING

We are now collecting plastics at the race for recycling. Please put your plastic waste in the **designated recycling bins**. Please ensure the contents are emptied fully first.

LITTERING

We all love the mountains and the great outdoors - that is why we are here. We are thankful that the vast majority of mountain runners will not drop litter and spoil Moc Chau. However, if you do drop litter, **YOU WILL BE DISQUALIFIED** and your race **BIB REMOVED**.

Be particularly careful with gel wrappers and **gel wrapper TOPS** (do not drop/spit them out onto the ground).

We have 70k of trails to keep clean and pristine - **please help us keep the trails clean and respect the environment**.

WITHDRAWAL

You **MUST INFORM US** if you withdraw/stop your race. Run/walk to the nearest CP. Expect to wait a while for pick up.

If you do not speak to our staff on course, please **CALL US** using the number on your race bib to inform us you have stopped.

You must inform us if you withdraw! If not, we will be searching for you.

DANGERS

Cold: It can be cold in Moc Chau in January. Wear good kit to keep yourself warm.

Dehydration: Make sure that you drink plenty of water and use hydration mix!

Carry a lot of water: You must use our checkpoints well. You will not find many shops on the course:

- The 70k route from the start to CP5 has no shops. Then again from CP5 to CP7 there are **almost no shops**
- The 42k route from the start to CP2 has no shops. Then from CP5 to the finish there are **almost no shops**
- The 21k route from the start to CP1 has **no shops**

Steep sections: You are responsible for being aware and watching out for dangers. Slow down and take care.

Sun: Please make sure that you are protected against the sun.

We **HIGHLY recommend** you wear sunscreen, a cap/hat and sunglasses. A hat or cap can protect you very well from the sun and help you have more energy for running.





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Discover the hidden beauty and tranquility of
Sapa's remote Nam Cang region...

MANDATORY GEAR

RACE NUMBERS

Race numbers must be visible at all times on the **outside of your clothing** and on the **front of your body**. If you have no bib, you will be removed from the course. Also, our bib reading software can only find your FREE race photos if your bib is visible on the **FRONT** of your body.

Mandatory gear must be carried at all times during the event, i.e. from the start to the **FINISH LINE**. The top 3 runners will have inspections. Other random checks will be carried out during the event and at the finish. Lack of mandatory kit will result in disqualification.

10KM

RECOMMENDED KIT

1. Minimum of 0.5L liquid carrying capacity (we provide compostable cups at checkpoints)
2. Food for the duration of the run
3. Waterproof jacket, with hood, sufficient to keep you dry in case of heavy rain (i.e not a windproof-only jacket)
4. Second top layer
5. Headwear (hat/cap/buff)
6. Whistle
7. Mobile phone
8. Basic first aid
9. Waterproof trousers
10. Long trousers/leggings
11. Gloves
12. Sunblock
13. Sunglasses
14. GPS watch with GPX track loaded
15. Poles
16. Cash for buying food and drinks along the course
17. Survival blanket/space blanket

21KM

MANDATORY KIT

1. Race pack/belt capable of carrying all mandatory kit
2. 1.0L liquid carrying capacity
3. Food for the duration of the run
4. Waterproof jacket, with hood, sufficient to keep you dry in case of heavy rain (i.e not a windproof-only jacket)
5. Headwear (hat/cap/buff)
6. Whistle
7. Mobile phone
8. Basic first aid kit
9. **AFTER 5pm:** you must also have a head torch (you cannot run in the dark without one)

RECOMMENDED KIT

1. Waterproof trousers
2. Long trousers/leggings
3. Second top layer (long sleeve)
4. Gloves
5. Sunblock
6. Sunglasses
7. GPS watch with GPX track loaded
8. Poles
9. Cash for buying food and drinks along the course
10. Survival blanket/space blanket

MANDATORY GEAR

42KM

MANDATORY KIT

1. Race pack/belt capable of carrying all mandatory kit
2. 1.0L liquid carrying capacity
3. Food for the duration of the run
4. Waterproof jacket, with hood, sufficient to keep you dry in case of heavy rain (i.e not a windproof-only jacket)
5. Headwear (hat/cap/buff)
6. Survival blanket/space blanket
7. Whistle
8. Mobile phone
9. Basic first aid kit
10. **AFTER 5pm:** you must also have a head torch (you cannot run in the dark without one)

RECOMMENDED KIT

1. Waterproof trousers
2. Long trousers/leggings
3. Second top layer (long sleeve)
4. Gloves
5. Sunblock
6. Sunglasses
7. GPS watch with GPX track loaded
8. Poles
9. Cash for buying food and drinks along the course

70KM

MANDATORY KIT

1. Race pack/belt capable of carrying all mandatory kit
2. 1.0L liquid carrying capacity
3. Food for the duration of the run
4. Strong head lamp
5. Spare second head lamp
6. Spare batteries for lamp (rechargeable headlamps exempt)
7. Waterproof jacket, with hood, sufficient to keep you dry in case of heavy rain (i.e not a windproof-only jacket)
8. Headwear (hat/cap/buff)
9. Survival blanket/space blanket
10. Whistle
11. Mobile phone
12. Basic first aid kit

RECOMMENDED KIT
















1. Waterproof trousers
2. Long trousers/leggings
3. Second top layer (long sleeve)
4. Gloves
5. Sunblock
6. Sunglasses
7. GPS watch with GPX track loaded
8. Poles
9. Cash for buying food and drinks along the course



CHECKPOINTS (CP)

VTM is a zero single use plastic bottle checkpoint race - you must re-fill water and electrolyte Hammer HEED (at some CP) with your own reusable bottles. We also collect your plastic waste at checkpoints for recycling.

Please put your plastic waste (including used, fully empty gel wrappers) in the bins provided.

CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP Na Ka (10k, 21k)	Water station Na Ka
								
WATER	WATER	WATER	WATER	WATER	WATER	WATER	WATER	WATER
FRUITS	FRUITS	FRUITS	FRUITS	FRUITS	FRUITS	FRUITS	FRUITS	
Hot tea, egg	Lemon juice, boiled corn & sweet potato	Hot chocolate, red bean cake	Pumkin soup	Lemon juice, boiled corn & sweet potato	Rice congee	Hot tea, banana cake		
								

Fruits at VTM 2023 include banana, watermelon and tangerine.

70k RUNNER CP3 SIGN IN

70km runners must sign in at CP3. Our staff will direct you.

CUT OF TIMES (COT)

How the COT works

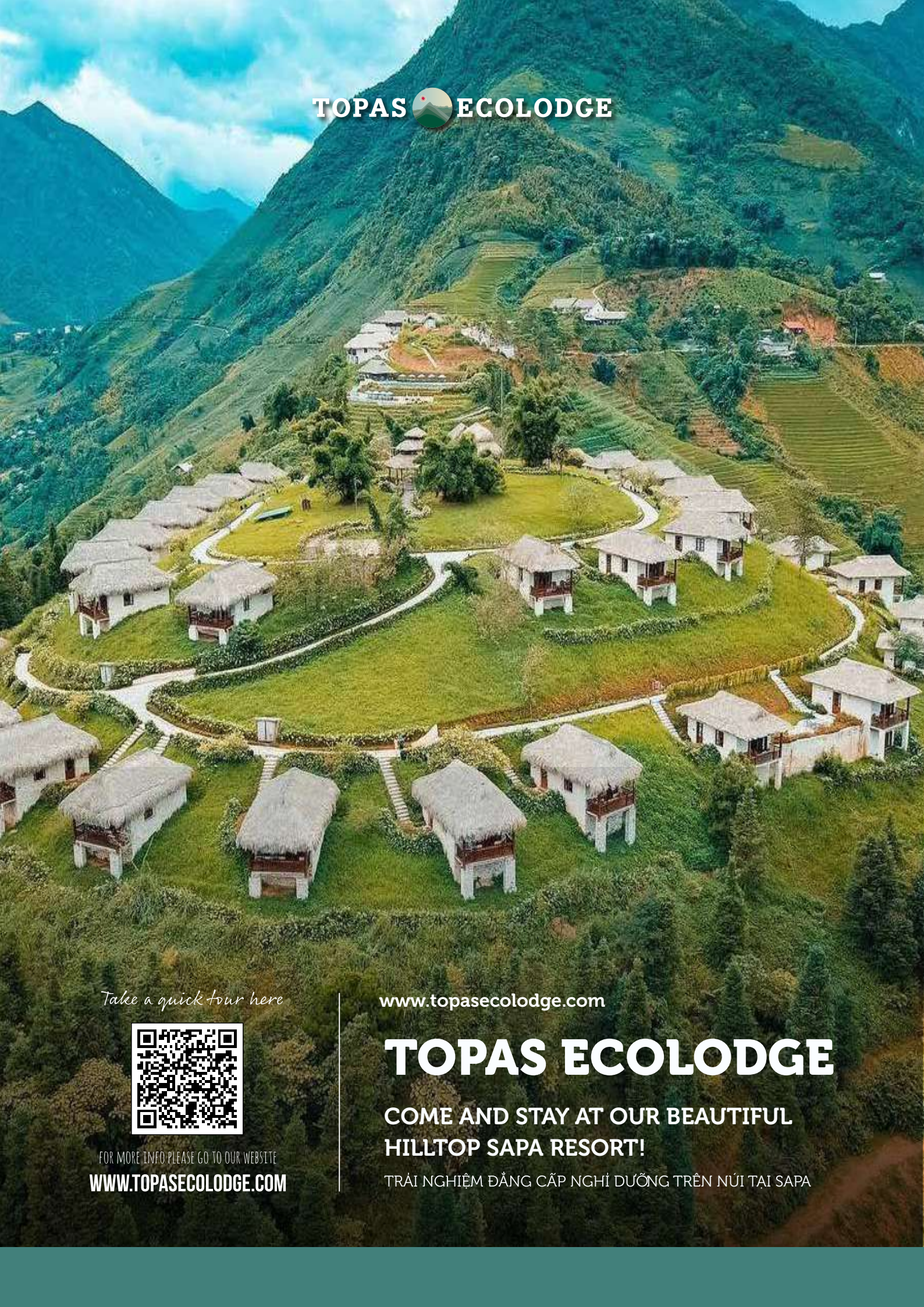
Cut off times are for **DEPARTING** a checkpoint, NOT arriving at a checkpoint.

The **COT** is the last time you can **LEAVE** a checkpoint and continue the race.

If you have not left a CP by the **COT**, your status will be DNF.

CP	Cut Off Time
CP4	12:30
CP5	15:00
CP6	18:00
CP7	20:30
FINISH	23:59

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FINISH AREA DOI CHE TRAI TIM

BAGS: Collect your bag using your bib



7 BRIDGES RECOVERY RADLER:

Free while stocks last for all runners

FOOD: Free for all runners - you must show your bib to get food. Enjoy!

HOT CHOCOLATE: Free while stocks last for all runners

WATER: We provide water for free - use your own bottle like on the course.

OTHER DRINKS: We have a stall selling other drinks at the finish. All money made from this goes direct to Blue Dragon Run Club.



BUSES: Buses go back to Muong Thanh throughout the day (9:00 - 23:59).

Please be patient and remember we have thousands of people to transfer from the tea fields!

PHOTOGRAPHY: Please **do not return to the finish line** for photos. This area is for finishing runners only. The finish is a special moment and it is **very impolite and discourteous** to go back to the finish and spoil another runner's special moment by standing in front of them. Please be respectful of your fellow runners!

MEDICAL: We will have medical staff from Hong Ngoc as at all VTS races.

Thank you again to Hong Ngoc.





RUN ONLY PROGRAM

The schedules are subject to change prior to the race.

FRIDAY 06/01/2023	SATURDAY 07/01/2023
09:00 AM - 09:00 PM: RACE PACK COLLECTION & EXPO Address: Muong Thanh Holiday Moc Chau Hotel (Hoang Quoc Viet Str., Moc Chau, Son La)	04:00 AM: START 70km *Start location: Muong Thanh Holiday Moc Chau Hotel
	06:00 AM: START 42km *Start location: Muong Thanh Holiday Moc Chau Hotel
	6:30 AM: Bus transfer 10km to start line Pick-up location: 150m from Muong Thanh Hotel on Le Thanh Nghi Road - map
	07:00 AM: START 21km *Start location: Muong Thanh Holiday Moc Chau Hotel
04:15 PM: Ultra Talks (in Vietnamese only) Zero to 100km - Do Duy Vi, Blue Dragon Children's Foundation CEO The Ultra Ultra Battle - 220km+ in 34 hours with Bac Tran + Hieu Phan	8:00 AM: START 10km *Start location: near Đồi chè Ô Long Mộc Sương
	09:00 AM - 11:59 PM: Shuttle buses from finish area back to Muong Thanh Holiday Moc Chau Hotel
	09:00 AM - late: Finisher meal at finish area
05:00 PM - 06:00 PM - Race Briefing - Opening ceremony	10:00 AM: Winner Ceremony - 10km and 21km
	12:30 PM: Winner Ceremony - 42km and Male 70km
	04:00 PM: Winner Ceremony - 70km FEMALE Podium

**The buses will depart on time and not wait for the late runners.*



3-DAY INCLUSIVE PACKAGE (MUONG THANH HOTEL)

The schedule is subject to change prior to the race.

Hotel: Muong Thanh Holiday Moc Chau Hotel (**Add:** Hoang Quoc Viet Str. - Phieng Luong - Moc Chau - Son La)

FRIDAY 06/01/2023	SATURDAY 07/01/2023	SUNDAY 08/01/2023
08:30 AM - 11:30 AM: Pick up your race pack, hotel room number and register for the bus to Moc Chau Meeting point: Turtle Lake Brewing Company Add: 105 Quang Khanh Str., Tay Ho Dist., Hanoi	04:00 AM: START 70km *Start location: Muong Thanh Holiday Moc Chau Hotel **Breakfast box is put in your room from previous night 05:00 AM - 09:00 AM: Buffet breakfast at hotel	06:00 AM - 09:00 AM: Buffet breakfast at the hotel
09:30 AM-12:00 PM: Buses depart from Turtle Lake Brewing Company to Moc Chau (1) Buses depart when full (2) The bus stops 1 time for 20-30 minutes for lunch (3) Optional Hanoi airport departure bus at 1:30PM on request with surcharge \$15/person. The race kit will be handed out at the hotel in Moc Chau 12:00 PM: Last bus departs to Moc Chau	06:00 AM: START 42km *Start location: Muong Thanh Holiday Moc Chau Hotel 6:30 AM: Bus transfer 10km to start line Pick-up location: 150m from Muong Thanh Hotel on Le Thanh Nghi Road - map 07:00 AM: START 21km *Start location: Muong Thanh Holiday Moc Chau Hotel 08:00 AM: START 10km *Start location: near Đồi chè Mộc Sương	08:00 AM - 10:00 AM: Departures by bus back to Hanoi (1) Buses depart when full (2) The bus stops 1 time for 20-30 minutes
02:30 PM - 07:00 PM: CHECK-IN THE HOTEL (1) Please prepare a hard copy of your ID/Passport (page with picture) to save time (2) VTM race pack collection for run-only runners and EXPO will also be held at the hotel from 9:00 AM - 9:00 PM	08:00 AM: SUPPORTERS bus transfer from Muong Thanh Holiday Moc Chau Hotel to finish area (Doi Che Trai Tim) 09:00 AM - 11:59 PM: Shuttle bus back to Muong Thanh Holiday Moc Chau Hotel 09:00 AM - late: finisher meal at finish area	10:00 AM: Last departure by bus back to Hanoi
04:15 PM: Ultra Talks (in Vietnamese only) Zero to 100km - Do Duy Vi, Blue DragonChildren's Foundation CEO The Ultra Ultra Battle - 220km+ in 34 hours with Bac Tran + Hieu Phan	10:00 AM: Winner Ceremony - 10km and 21km 12:30 PM: Winner Ceremony - 42km & Male 70km 04:00 PM: Winner Ceremony - 70km FEMALE Podium	01:30 PM - 03:30 PM: Arrive in Hanoi Stop 1: Big C Thang Long
05:00 PM - 06:00 PM: Race Briefing & Opening ceremony 06:00 PM - 09:00 PM: Buffet dinner at Moc Huong Restaurant inside the hotel	06:00 PM - 10:30 PM: Buffet dinner at Moc Huong Restaurant in Muong Thanh Holiday Moc Chau Hotel. *Last shuttle bus back to hotel at 11:59PM!	Final Stop: Hanoi Opera House

**Please wear your package wristband throughout the event weekend*

*** The buses will depart on time and not wait for the late runners.*



SPONSORED DRINK RECOVERY RADLER

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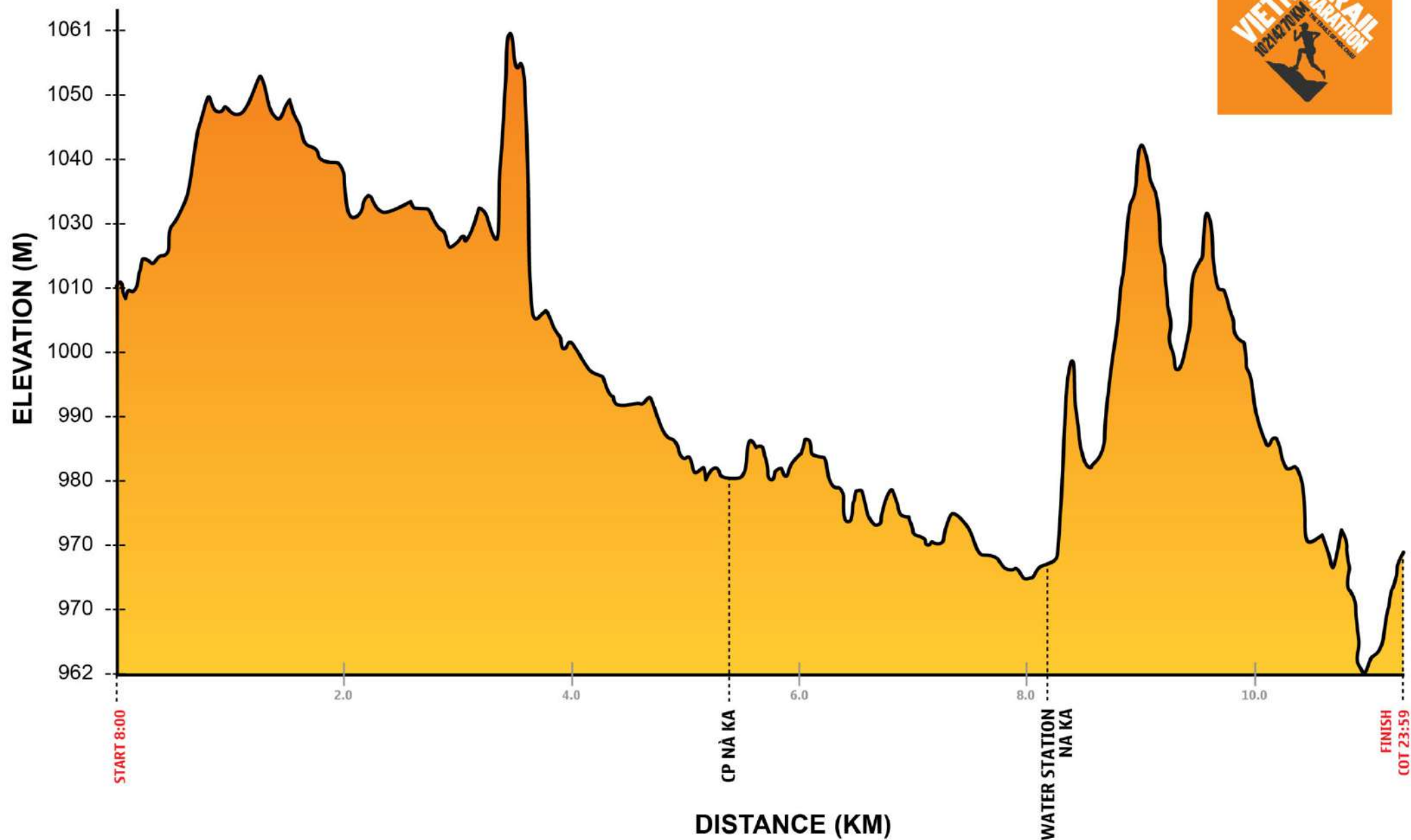
**THANK YOU TO 7 BRIDGES BREWING CO
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RUNNERS.**

**YOU CAN ALSO ENJOY SOME OF THE BEST
BEER FROM 7 BRIDGES IN THEIR BOOTH AT
THE FINISH LINE.**

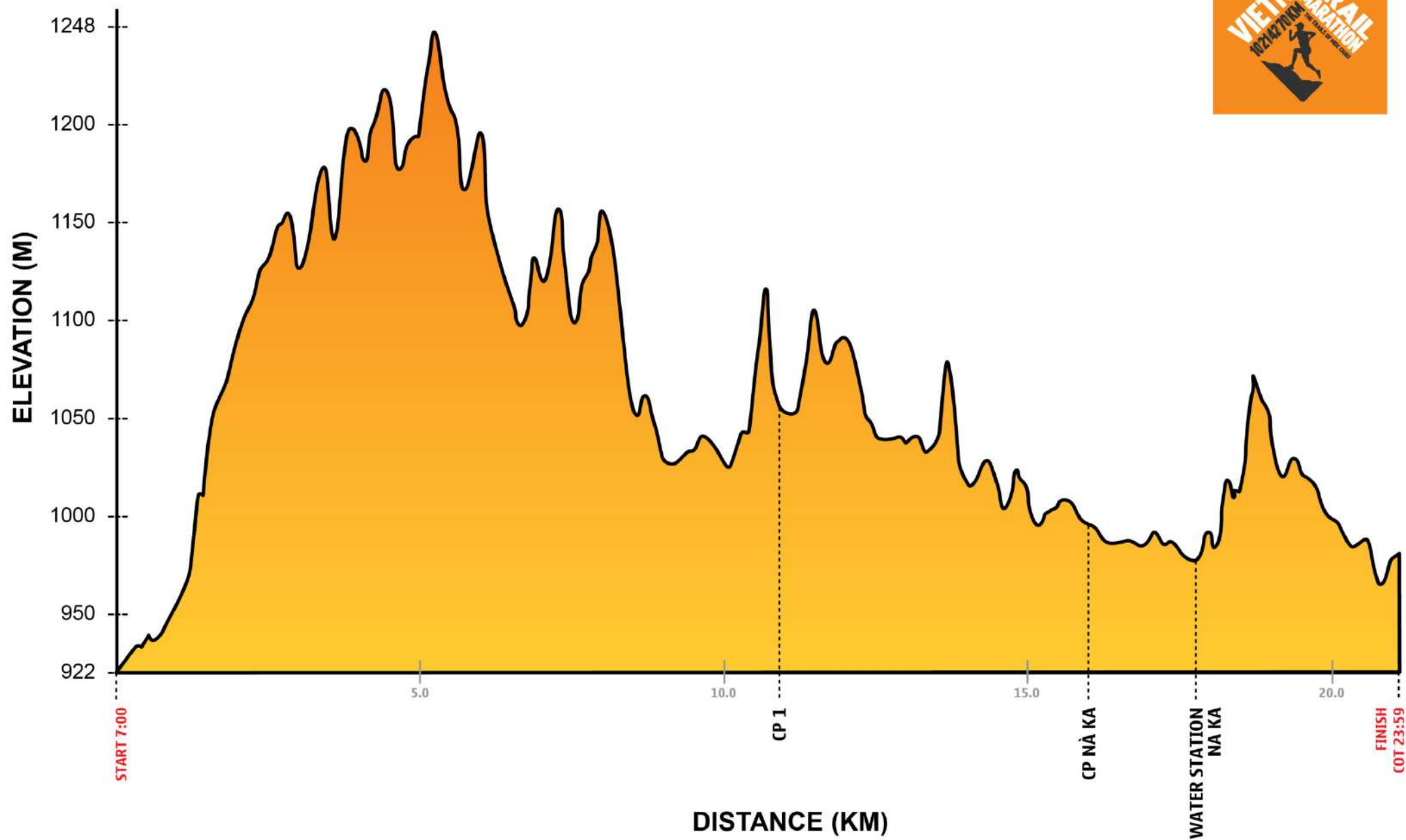
**CHÂN THÀNH CẢM ƠN 7 BRIDGES ĐÃ TÀI
TRỢ BIA PHỤC HỒI RADLER CHO TẤT CẢ
CÁC VẬN ĐỘNG VIÊN Ở VẠCH ĐÍCH.**

**BẠN CŨNG CÓ THỂ THƯỜNG THỨC NHỮNG
SẢN PHẨM BIA TỐT NHẤT CỦA HÃNG TẠI
QUẦY HÀNG 7 BRIDGES TẠI VẠCH ĐÍCH.**

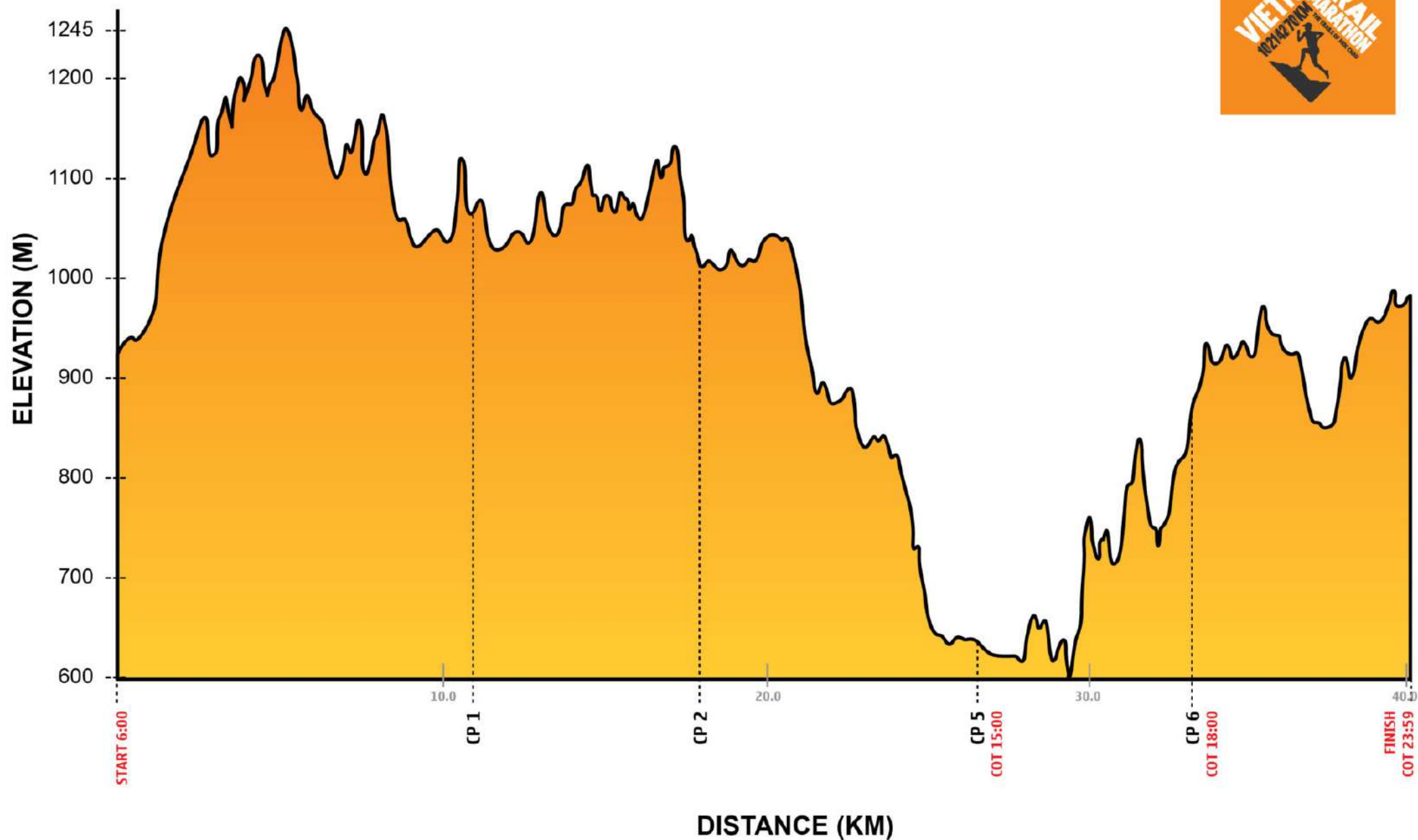
PROFILE 10KM



PROFILE 21 KM



PROFILE 42KM



PROFILE 70KM

