



2024
ULTRAMARATHON
RACE INFORMATION

50 KM RUN



UltraMARAthon



ABOUT THE ULTRA MARATHON

Started in 2020, the Ultra MARathon is a 50km single-day foot race through the conservancies of the northern Maasai Mara ecosystem in Kenya. The race, run either as an individual or as part of a relay team, takes participants through several conservancies, giving them a unique sporting experience within one of Africa's jewels. The proceeds from the event go directly to supporting initiatives in the region aimed at protecting both wildlife and the environment and enhancing the lives of the community members who live there.

Individual (1 x 50km) \$300
Relay Team (2 x 25km) \$500
Relay Team (4 x 12.5km) \$800

*The race is capped at 350 runners.

THE CAUSE

The greater Maasai Mara is one of Kenya's key ecosystems and provides an essential barrier between agricultural areas and the Maasai Mara reserve itself. The stewards in the greater Mara area rely primarily on tourism to manage and protect the ecosystem, which, given the seasonal nature of tourism in the area, presents significant sustainability challenges.

The goal of the UltraMARathon is to raise funds to support critical initiatives in the region related to conservation and enhancing the livelihoods of local communities. The initiatives being supported include:



Conservation/Ranger support – funding of uniforms, equipment and general administration for the conservancies involved in the event.



Mara Elephant Project - funding for the recruitment, training and deployment of rangers specifically to address poaching, human/wildlife conflict and habitat loss challenges in the region.



Africa Mission Services Birth Center – funding to expand a women's health center located in Engos, which serves a population of approximately 7,000 local Maasai, providing prenatal/postnatal care, family planning education and services, and assists 50 – 60 women in childbirth each month.



DATE. TIME. LOCATION.



November 23rd 2024, 06:30AM



Oi Choro, Lemek and Mara North Conservancies in Maasai Mara, Kenya

ULTRAMARATHON²⁰²⁴



PRE-RACE BRIEFING

A briefing with all information about the race day will be emailed out to all participants 10 days prior to the event. A virtual briefing along with a question and answer period will be held via Zoom (date and link to be provided). All participants will need to collect their race bib numbers prior to race day at designated locations, to be detailed in the pre-race briefing.

PRIZES

After the race, all participants are invited to enjoy lunch, followed by the prize-giving ceremony. Medals will be awarded to the top three male and female finishers, as well as to the first-place teams in the all-male, all-female, and mixed relay categories. Additionally, the overall 50km race winner will receive a special prize, and there will be recognition for the top-performing ranger team competing for the bull.

CUT-OFF TIME

There will be a strict cut-off time of 15:00 at which time a vehicle will retrieve any participants remaining on the course more than 2km from the finish line.

SPECTATORS

Spectators are welcome. Details on spectator route and fee (to include conservation fee and lunch) will be included in pre-race briefing.

RECOMMENDED GEAR

- Trail Running Shoes
- Hydration Pack
- Trail-Running Poles
- Sunglasses
- Sunscreen
- Hat
- Food Reserves, Gels, Bars, Fruit
- GPS device with the track of the race an/or map of the terrain

INCLUDED IN ENTRY FEE

- Race bib with number
- AMREF (Flying Doctors) insurance
- Post-race tea
- Post-race lunch
- Water
- Fully marked race route
- Checkpoints with water and first aid kits
- Medical station at the finish line
- Finishers goodie bag
- Prizes

NOT INCLUDED IN ENTRY FEE

- Accommodation pre- or post-race event
- Any snacks or beverages during the race other than the water provided at checkpoints
- Personal medical insurance

FURTHER INFORMATION

SIGNAGE

The race route will be marked so participants can easily identify the route. The route will be marked in full during the two days before the event, and checked on race day prior to the front runner/start.

SAFETY AND MEDICAL

Safety is our highest priority during this event. All participants will be briefed on potential hazards. Rangers will notify and temporarily halt participants in the event of a wildlife hazard. All participants must adhere to rangers' instructions and stop running until given a signal it is safe to continue. A basic first aid kit will be available at each checkpoint. Medical assistance, including an ambulance and air support, will be strategically positioned along the course. Wildlife rangers will line the course to ensure the safety of runners. Numerous safety vehicles and spotter aircraft will also be along the route. Please note that running with headphones is not permitted for safety reasons.

WATER AND RELAY STATIONS

Each water station will consist of a water, juice and a first aid kit. Relay stations will have a water/food station, a first aid kit, portable toilet and a shaded area for participants to wait before or after a handover. Local tourism partners will manage these stations to ensure smooth and safe running. There will be a dedicated team to ensure no materials or waste are left after the event.

LIABILITY

Each participant must sign an event disclaimer, accepting to participate in the event on the basis that the event organisers, partners, conservancies and land owners undertake no responsibility for health or safety during the event and that such responsibility is the participants' alone. By participating in the event, the participant acknowledges that they suffer no medical condition which would prevent them from participating. All participants agree to abide by the organisers' and rangers' instructions

WASTE DISPOSAL

Each water and relay station will have a disposal bin for eco-friendly water cups and any other waste products. Managers of each checkpoint will ensure that all waste is removed from the area. A team will be designated to 'litter pick' whilst sweeping behind the last runners to ensure no waste is left behind.

ACCOMODATION

Visit the event [website](#) for local accommodation options.

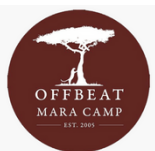
TRANSPORTATION

All participants are to arrive at the start line by 06:00 am on race day. Relay runners will be shuttled to relay stations through event transportation. Vehicles will be stationed at relay stations for transferring relay racers to the finish line. In the event of an emergency, these vehicles will be available for transport.





PARTNER ORGANIZATIONS



2024

Ultra**MAR**Athon



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