



jungle ultra

2017

Race Pack

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STAGE INFORMATION



Race information

Location: peru

Terrain: cloud forest, amazon jungle, mountain roads, river crossings and amazon villages

N.B. These dates may change up to 3 months before the race. stage lengths may be subject to change based on environmental factors at any time. All stages begin between 6am and 9am. The start date of the race changes each year, please ensure you have downloaded the correct Race Pack.

stage information 2017

2nd June	Arrive in Cuzco	Free time Roughly 5 hours
3rd June	Transfer to Base Camp (5am)	Opportunity to buy snacks en route – bring local currency Self- sufficient from arrival at Base Camp
4th June	Race Stage 1: Cloud 9	
5th June	Race Stage 2: Amazonia	
6th June	Race Stage 3: Logging	
7th June	Race Stage 4: The Lull	
8th June	Race Stage 5: The Long One	
9th June	Local Prize Giving	Peruvian cuisine and a ceremony for the local runners
10th June	Transfer to Cuzco/After Party	Prize giving for international runners and after-party in Cusco!
11th June	Travel to airport	Make your own way to airport or prearranged travel





what's included

- Limited edition race t-shirt
- Finishers medal
- Digital Copies of all photos taken by our professional adventure photographer
- Transfer of luggage and storage of luggage during the race
- Manned Checkpoints with medical or support staff along our marked course
- Water during and after your race (hot water at basecamps)
- Food & celebratory drinks as you cross the finish line
- Dedicated support team
- Experienced medical staff to support your race
- After-party and overnight stay in Cuzco Hotel

not included

- Flights
- Transfers from cuzco airport to your cuzco hotel (taxis are available from the airport to cuzco city centre for around \$10)
- Your hotel in cuzco for the night of the 2nd june - you will need to book into the ruinas or another hotel yourself
- Any food and drink other than water provided whilst in camps or at checkpoints
- Hammocks/equipment - see equipment list for full kit requirements
- Any additional hotel stays

The stages



Day one—2nd June 2017

Make your own way to cuzco either before or on the 2nd June. The btu team will be staying at the ruinas in cuzco. You can Use this free day to experience local sights and culture.

It is from here that you will transfer to basecamp, a journey which is an experience in it's own right, allowing you to take you first glimpses of your new home.

Day two—3rd June 2017

A 5:00am coach pick up for the journey to base camp. This amazing journey takes in pine forests and grasslands as you wind through mountain passes and drop into the cloud forest and your base camp for the night.

You are completely self-sufficient from the time you reach base camp. 4 man tents will be provided at base camp as well as ground sleeping mats (each tent will contain 3 people). You will have time to explore your beautiful temporary home and relax in relative comfort with WCs, showers and facilities for food preparation. There will be time to warm up with a run through the awe inspiring cloud forest as well as attending our medical and survival briefings throughout the day.

Day three – 4th June 2017 race stage one: cloud 9

Descend from 9000ft down through cloud forest to around 3,500ft and checkpoint 1. With each step the air gets more oxygen rich after a breathless start. Then climb 100ft to reach a mountain road which winds down through beautiful vistas, waterfalls and tunnels to the cock of the rock camp, your home for the night overlooking the amazon.

Cock of the rock camp has hammock stations, showers, WC's and kit washing facilities.

Distance: 38km



The stages



Day four– 5th June 2017

Race stage two: Amazonia

Leave camp and get your first taste of the Amazon rainforest, using rarely trodden trails to climb and descend as you wind your way through thick vegetation.

This forest is home to jaguars, monkeys, tapirs, parrots and macaws to name just a few of the myriad creatures which inhabit the area.

Your camp for the night is Manu Outpost, Tono. Here you'll find hammock stations, showers and WC's.

Distance: 34km

Day five–6th June 2017

Race stage three: Logging

Leaving Manu Outpost you will follow a creek for 4km before a river crossing brings you out onto the logging roads for which this stage is named. These undulating roads will carry you through primary rainforest to your third camp near the village of Santa Rosa.

Village of Santa Rosa camp is again in the heart of the jungle with hammock stations, showers and WC's. There's also a nearby river where you can take a dip and cool any aching limbs.

Distance: 30km

Day six–7th June 2017

Race stage four: The Lull

Leaving Santa Rosa and heading through Manu National Park you'll journey through primary rainforest crossing rivers and creeks along the way. Don't be deceived by the length of this stage 'lull' you into a sense of security, tough terrain with steep inclines and declines swimming in slick mud await you in the jungle. This will be the toughest test yet.

The fourth camp is Villa Carmen Biological Reserve and is located within a beautiful conservation lodge with hammock stations, creek showers and WC's and again you'll find a river nearby for a cooling dip.

Distance: 30km



The stages



Day seven – 8th June 2017 Race stage five: the long one

This is it. The long one stands between you and glory. 70-92km with over fifty river crossings, 1500ft of incline and 20km of thick jungle. This is a region prone to heavy rainfall and sudden rises in water levels which can lead to changes in route. There is often a short-course cut-off imposed during this stage for the safety of any who can't keep the pace. Many will finish in darkness; head torches and strong wills are needed to get through a long jungle night.

Distance: 70-92km depending on rainfall

Day eight – 9th June 2017 Local prize ceremony

Today, after some well earned rest, there will be a prize giving award for the Peruvian runners who won't travel with on us to Cusco. Expect Amazon cuisine and much hospitality.

Day nine – 10th June 2017 Cuzco

Time for us to take you to Cuzco ready for the prizegiving ceremony for international runners and to party the night away with some amazing food and Peruvian pisco sours for one and all!

Day ten – 11th June 2017 Farewell

On this day runners will either head to Cuzco airport to return home or, for those who can't bare to leave, head on to pre-arranged travel around this amazing region of the world.





KIT LIST

MEDICAL ITEMS - COMPULSARY

you will not be permitted to run without these items

ITEM:

Paracetamol (Acetaminophen)
Loperamide (Imodium)
Chlorpheniramine (Piriton)
Diarolyte
Antiseptic Cream
Antiseptic Wipes
Sting / Bite Relief Cream
Water Purification Tablets or Iodine Liquid
Plasters (Band Aids)
Bandage
Latex Gloves
Blister Care
Micro-Pore Tape
Needles
Tweezers
Scalpel Blades

DETAILS:

30 x 500mg Tablets or Capsules
6 Tablets
10 Tablets
5 Sachets
1 Tube
10 Wipes
1 Tube
1 Box of Tablets or 1 Bottle of Iodine
5 of Varying Sizes
1 Crepe Bandage
2 Pairs
4 x Compeed Plasters
1 Roll
2 x 21g Needles
1 Pair
2 x Blades Securely Packaged



MAIN KIT LIST - COMPULSARY

YOU WILL NOT BE PERMITTED TO RUN WITHOUT THESE ITEMS

ITEM:

Appropriate Race Clothing & Footwear
Deet Spray (Insect Repellent)
Sun Block / Sun Lotion
Enough Salt/Hydration Salts for Entire Race
2.5 Litres of Water Carrying Capacity
Minimum of 2,000 Calories Per Day As Food

Lightweight Sleeping Bag

Head Torch & Spare Batteries
Knife
Hammock Including Rain Fly Sheet
Compass
2 Glow Sticks with 8 Hour Life
Survival Whistle
8 Safety Pins
Rucksack to Carry All Equipment
Full Travel Insurance Incl Medical
Evacuation Insurance

DETAILS:

Minimum 50% Deet Content
Minimum Factor 15

Bottles or Bladder
Food, Snacks, Energy Bars etc—This is the minimum requirement but most runners bring 3000+
A Sleeping Bag Liner is **NOT** sufficient
Cloud Forest Base Camp: 5°C at night
Jungle: 10 -15°C at night

Bright Head Torch is recommended

Must Have Mosquito Net

Can often be combined with Travel Insurance



SUGGESTED ITEMS - OPTIONAL

SUGGESTED ITEMS:

Dry Bag For Essential Kit
Night/Camp Clothing
Camera
Coffee / Tea
Poncho / Rain Jacket
Additional Footwear to Keep Dry for Camps
Additional Socks to Keep Dry for Camps
Walking Poles
High-Energy Snacks
Comfort Foods/Sweets/Mints
Cleaning Kits with Soap/Toothbrush/
Toilet Roll etc.
Anti-Bacterial Wipes / Wet Wipes
Anti-Bacterial Gel
Buff Headwear

Gloves
Money in Peruvian Soles for After Race

DETAILS:

Can Be Individual or Large Overall Bags
We Recommend Long Arm / Leg Wear

Great After Long / Tough Stages

Can Be Used As Shade & To Cool With Water
To Help With Grabbing Trees
You Can Grab A Beer & Relax In Town! Can Also Be Used To Pur-

KIT ADVICE

feel free to add or subtract from the suggested kit list, but remember the kit lists on page one and two of this document are compulsory and that you will not be allowed to race without them. You will be required to carry your own kit for the duration of the race so it is your interest to build the lightest and most useful kit possible, whilst still including the compulsory items. It is important that you include equipment/food/clothing that you will find most helpful in succeeding in your race, it is down to you to make sure that you have everything that you need.

You large travel bags should be lockable and handed in at the designated time and location prior to the race start.





RULES and regulations

The Race:

The Jungle Ultra is an Extreme Ultra Distance Footrace set in the Jungles of Peru. The 230km race distance is split in to 5 stages with a maximum number of 6 days to complete the challenge. There are Checkpoints (CP's) between 10 and 15km apart with water and aid located at each one. Every competitor must pass and register at each CP, failing to do so will result in instant disqualification.

Competitors:

We accept entries from 18 years old, male and female individuals as well as teams, which can be single sex or mixed. Teams must all complete each stage to qualify for the team event. Each team will consist of 4 members. Each team member will be entered in to the individual event and receive an overall ranking. Team rankings will be determined by calculating the overall average time taken for each member of that team. We will have individual categories for the following competitors; male, female, team, veteran and Para. Acceptance for entry in the Para category will ultimately rest with the race director, health & safety is of the utmost importance. Each race will also have a local runner's category for both male and female. Local runners will also be entered in to the overall category if they follow the exact same rules as the main race including kit requirements and kit inspections. Race categories will only stand if at least 3 of its type are entered.

Equipment:

In addition to your voluntary equipment specified by yourself there is a list of compulsory & medical kit you must all carry for the duration of the race. The final compulsory kit list will be included within your race pack, and will be race specific. Failure to include compulsory kit will incur in a penalty time being added to your finish time, these times are extremely penal, you have been warned. There will be spot checks whilst in camps, on course and at checkpoints to prevent any unfair competitor advantage. BTU do not specify competitor equipment beyond that listed in your medical/compulsory kit list. Indeed the decisions you make in this area can make or break your race, but they are also great fun and form part of many conversations pre and post -race. We are happy to provide you with our findings whilst we have been in the field on kit items, indeed we try and add each piece of tested kit to our Gear & Equipment section on the website.

Assistance:

Assistance may be given at camps, stages and checkpoints by official BTU volunteers and staff members only. Assistance will take the form of medical treatment, care, advice and attention where necessary. Outside interference is not permitted in any way and will be dealt with by instant disqualification of the individual concerned. Outside interference is deemed to be receiving any assistance from persons not connected to BTU.





Food & Water:

It is the individual competitor's responsibility to ensure that they carry sufficient food and water carrying capacity for the duration of the race. BTU require you to carry a minimum water carrying capacity of 2.5l, which you will have the opportunity to replenish at each checkpoint and camp. There is a minimum required calorie allowance of 1500 per day (depending on the specific race), this will form a part of your compulsory kit list when sent due to each race needing differing levels of intake.

Weather:

This being the Amazon Rain Forest the race organisers will have an Electrical Storm and Severe Weather watch in operation throughout the race. From time to time it may be necessary for the race organisation to temporarily halt the race to allow severe weather to pass. You will receive detailed instruction on how to act if an electrical storm is predicted at your pre-race safety briefing at Base Camp.

Short Course:

Due to the severe nature of the Jungle Ultra there will be a short course available to competitors from 2014. Short course options will be available on 2 of the stages, The Lull and The Long One. Both of these short courses have been designed with competitor safety in mind and allow the race organisers to ensure competitors are not at a point on the course that is deemed to be dangerous after dark. The short course may be imposed by the race organiser (involuntary) or by the individual whilst on the course (voluntary). If you are being short coursed by the race organiser you will still be able to complete the race and receive your finishers medal taking a time penalty in doing so (these will be in your race manual). If you elect or volunteer to take the short course, you will not be able to complete the race as a finisher and will not receive a finishers medal.

Voluntary Withdrawal:

If you need to withdraw from the race due to ill health, pain, or discomfort you will need to notify a member of the BTU staff of your intention. We will ensure you are returned to camp safely with our staff where you will no longer officially take part in the race. If the reason for your withdrawal disappears there may be the opportunity to further take part in the individual stages, although the decision will ultimately rest with our medical team. There is no provision for individuals to be taken from the race, transported to a hotel or delivered to the airport, any such travelling or arrangements will be totally at the cost of the competitor and will not disadvantage the race in any way.





Camps & Environment:

We have worked extremely hard with the local and national authorities of Peru, the local communities of Kosnipata and the NGO's that dot the entire length of our route to bring you this amazing race. The jungle is a precious and valuable resource for humans and our planet and we expect you to help us protect it. You can do this by ensuring anything you bring to the race is as environmentally friendly as possible but also by joining us in our "Leave No Trace" policy. We enforce clean campsites and trails for the entire race, anyone seen to be contaminating the course, camps or the surrounding area will be subject to sever penalties or instant disqualification.

Disqualification:

If you are disqualified from the race for any reason, BTU staff will ensure you are taken to camp safely where you will remain for the duration of the race. There is no provision for individuals to be taken from the race, transported to a hotel or delivered to the airport, any such travelling or arrangements will be totally at the cost of the competitor and will not disadvantage the race in any way.

Time Penalties and Disqualification:

Missing Medical Item – 2 Hours

Missing Kit Item – 2 Hours

Insufficient Food/Calories – 2 Hours per 1000 Calories or part thereof

Requirement for a Saline Drip – 2 Hours per drip

Removal/Loss of Race Number – 1 Hour, if not reported DQ

Accepting Assistance – 6 Hours

Dropping Litter or Otherwise Contaminating Race area - DQ

Dropping Litter or Otherwise Contaminating Campsites - 6 Hours

Missing any CP – DQ





Dear Colleague,

Thank you for completing the information below. Your patient is to take part in the Jungle Ultra, a 230km self sufficient race through the Peruvian Amazon Jungle. Please complete the information as accurately as possible.

Thank you

Mr. Brett Rocas BSc (Hons) MB ChB MRCS FRGS



Name of competitor

Date of Birth (dd/mm/yyyy)

Nationality

Blood type Weight (kgs)

Blood pressure Pulse Rate

Does your patient suffer from (please tick as appropriate)

Hypertension <input type="checkbox"/>	Chronic Obstructive Airways Disease <input type="checkbox"/>	Cardiac arrhythmias <input type="checkbox"/>
Asthma <input type="checkbox"/>	Peripheral vascular disease <input type="checkbox"/>	Thyroid Disease <input type="checkbox"/>
Diabetes <input type="checkbox"/>	Blood/ Coagulation disorder <input type="checkbox"/>	Gastrointestinal disease <input type="checkbox"/>
Epilepsy <input type="checkbox"/>	Ischaemic Heart Disease <input type="checkbox"/>	Immunosuppression <input type="checkbox"/>

Blood borne infection (please specify below) ☐

Other cardiovascular disease (please specify below)

Musculoskeletal conditions (please specify)

Psychiatric illness (please specify)



Mr Brett Rocos BSc (Hons) MB ChB MRCS FRGS

Beyond the Ultimate: Jungle Ultra

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team@beyondtheultimate.co.uk



DEAR DOCTOR,

PARTICIPATION IN THE JUNGLE ULTRA

Your patient has entered the Jungle Ultra, an ultra distance event run through the Peruvian Amazon Jungle in June 2017. They have been asked to approach you to confirm that to the best of your knowledge, they have no medical problems that would necessarily exclude their participation in the event, and to collect a summary of their medical history and regular prescribed medications (if any).

The event covers 230km of challenging terrain including long river swims and swamp crossings, hills and beaches. Temperatures can be high with a humidity level of up to 100%. Alongside this, athletes are exposed to the dangers and risks of the jungle (such as animals and insects) about which they are fully briefed in country, and by presenting you with this letter have accepted.

During the event an experienced medical support team is available to manage problems that arise during the event, however it must be emphasised to your patient that they are carrying out the event at their own risk, and they must realise that in the event of an emergency, it may be several hours before they reach a hospital where comprehensive treatment can be delivered. This hospital will be part of the Peruvian Health Service, and the medical team accompanying the race is unable to take responsibility for the standard of care delivered therein. Evacuation to such facilities may be by air, road or water, and the cost and risk of this must be borne by the competitor. Where required, repatriation home will need to be provided by the competitor and their insurance provider.

Despite these necessary provisions, the race is an enormous challenge, great fun and for many a once in a lifetime event. In order to maximise the participant's chance of success and to reduce the risk of incidents in the field, the medical team would be most grateful if you would complete the medical questionnaire included with this letter and complete the section stating that to the best of your knowledge and judgement, and with knowledge of their medical history, the patient is fit to participate in the event.

A note regarding ECGs (electrocardiograms): The incidence of hypertrophic cardiomyopathy (HOCM) is not clearly defined in the athletic population, but clearly has devastating consequences. An ECG/ EKG can give an indication if this is a possible problem for your patient. Therefore the medical team asks that a discussion between yourself and the participant be had regarding the need for investigation to eliminate this as a potential diagnosis.

Thank you in advance for your assistance.

Brett Rocos, Medical Director Jungle Ultra 2015





SUPPORT INFORMATION



Race information for supporters

Location: peru

Terrain: cloud forest, amazon jungle, mountain roads, river crossings and amazon villages

what to expect

- one of the most exciting and adventurous weeks of your life!
- The chance to walk and trek in the rainforests and cloud forests of peru
- The chance to sleep in the amazon and cloud forests
- complete digital copies of every photo from your race included
- Jump aboard our unimog trucks, river boats or one of our 4x4s for the drive of a lifetime
- The chance to help motivate and support your friends and loved ones and all our runners
- The chance to meet and interact with amazon tribes

Please note: we can't guarantee all of these experiences but we can guarantee a unique trip and a chance to be there for the runner of your choice.





what's included

- Transfer from your cuzco hotel to base camp
- Transport between camps during the race with our race team
- Transfer back to cuzco
- After-party and overnight stay in cuzco hotel
- Race crew t-shirt

not included

you will need to pre-arrange or pay locally for:

- flights
- transfers from cuzco airport to your cuzco hotel (taxis are available from the airport to cuzco city centre for around \$10)
- Any food and drink other than water provided whilst in camps or at checkpoints
- Hammocks/equipment—see equipment list for full kit requirements
- Any additional hotel stays

Please note:

To fully enjoy this package we recommend the following:

- you are active and fit, being able to walk unaided over hilly terrain for 5km
- you are willing to work with our dynamic and adventurous team
- you are able to encourage our runners when they are truly exhausted!
- we recommend a full medical before taking part in the exciting adventure
- Although you will have a friend/relative running, you will not be permitted to help them during the race stages, for example by carrying their kit, food or sleeping bags etc. spot checks will be carried out throughout to ensure that everyone has a fair race.

N.B. support places can only be booked in conjunction with a competitor place.

If you would like to add a support place to a booking please contact team@beyondtheultimate.co.uk

support places are subject to availability

