

VIETNAM TRAIL ADVENTURE – DINH LẬP 2026

Official Race Regulations

1. EVENT INFORMATION

Event Name: Vietnam Trail Adventure – Dinh Lập 2026

Date: Sunday, December 6, 2026

Location: Dinh Lập District, Lạng Sơn Province, Northern Vietnam

Organizer: [TO BE ANNOUNCED]

Official Website: <https://vietnamtrail.jimdofree.com/>

Contact Email: ecomarathon@runningintokyo.com

The event takes place in the untouched mountain landscapes of Dinh Lập, offering participants a unique trail running experience through rice fields, mountain ridges, forests, and traditional Vietnamese villages. In cooperation with local homestays, the event promotes sustainable tourism and cultural exchange.

2. RACE DISTANCES

- Fun Course: 7 km
- Challenger Course: 13 km
- Advanced Course: 20 km

Course maps will be published on the official website.

Elevation gain and terrain details:
[TO BE ANNOUNCED]

3. START TIMES

All start times: TO BE ANNOUNCED

Start location: [TO BE CONFIRMED – exact venue in Dinh Lập]

4. ENTRY FEES

All entry fees: TO BE ANNOUNCED

The registration fee includes:

- Race bib with timing chip
- Finisher medal
- Aid station services
- Medical assistance
- Race insurance (basic event coverage)

- Finisher refreshments
 - Cultural experience & local support contribution
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5. PARTICIPATION REQUIREMENTS

Participants must:

- Be in good physical condition appropriate for trail running
- Meet minimum age requirements:
- 7 km: [TO BE CONFIRMED – suggested 14+]
- 13 km: [TO BE CONFIRMED – suggested 16+]
- 20 km: [TO BE CONFIRMED – suggested 18+]
- Sign a liability waiver during registration
- Provide a medical self-declaration of fitness

For international participants:

Travel insurance covering sports activities is strongly recommended.

6. MANDATORY EQUIPMENT

Due to mountainous terrain and possible cold or foggy weather in December, the following equipment is required for 13 km and 20 km:

Mandatory (13k & 20k):

- Trail running shoes
- Minimum 500 ml water capacity
- Mobile phone (with emergency contact saved)
- Emergency whistle
- Basic rain jacket or windproof layer

For the 20 km course, organizers may additionally require:

- Survival blanket
- Headlamp (if early/late start)

Final equipment list: [TO BE CONFIRMED BY ORGANIZER]

Race officials may check equipment before and during the race.

7. TIME LIMITS

Time limits for each distance: TO BE ANNOUNCED

Cut-off times at aid stations may apply.

Participants exceeding the maximum time may be removed from the course for safety reasons.

8. REGISTRATION

Registration opens: [TO BE ANNOUNCED]

Registration closes: [TO BE ANNOUNCED]

Registration methods:

- Online via official website
- Email registration (if applicable)

Registration is confirmed only after payment is received.

Maximum number of participants:

[TO BE CONFIRMED – recommended for safety & logistics]

9. AID STATIONS

Aid stations will provide:

- Drinking water
- Electrolytes
- Fruit and light snacks

Number and km locations: [TO BE CONFIRMED]

Participants are encouraged to carry their own reusable cups (eco-policy).

10. AWARDS

Awards categories:

- Top 3 Overall Male / Female (each distance)
- Age group awards (if applicable) – [TO BE CONFIRMED]

There are no cash prizes unless otherwise announced.

All official finishers within the time limit will receive a finisher medal.

11. MEDICAL & SAFETY

Medical services will include:

- On-site medical staff
- First aid stations
- Emergency evacuation plan

Emergency contact number: [TO BE CONFIRMED]

Participants must:

- Follow marked course only
 - Respect volunteers and marshals
 - Stop to assist injured runners if necessary
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12. WEATHER & FORCE MAJEURE

Northern Vietnam in December may have:

- Cool temperatures (10–20°C)
- Fog
- Light rain

In case of extreme weather (typhoon, landslides, severe storm, government safety order), the organizer reserves the right to:

- Modify course
- Delay start
- Cancel event

If the event is canceled due to force majeure, entry fees may be transferred to the following year.
Refund policy: [TO BE CONFIRMED]

13. ENVIRONMENTAL POLICY

The event follows a Leave No Trace principle.

Participants must:

- Not litter
- Use designated trash points
- Respect farmland and private property
- Preserve local culture and nature

Littering results in disqualification.

14. RACE RULES

- No shortcuts allowed
- Bib must be worn visibly at all times
- No unauthorized pacing or vehicle support
- Use of trekking poles: [TO BE CONFIRMED]

Race officials may disqualify participants for:

- Dangerous behavior
 - Unsportsmanlike conduct
 - Rule violations
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15. LIABILITY DISCLAIMER

By registering, participants acknowledge that trail running involves risks including:

- Falls
- Uneven terrain
- Weather changes
- Wildlife
- Remote location challenges

The organizer declines responsibility for accidents or damages unless caused by gross negligence.

The event will be covered by basic event insurance in accordance with Vietnamese regulations.

Insurance provider: [TO BE CONFIRMED]

16. IMAGE RIGHTS

By registering, participants authorize the organizer to use photos and videos taken during the event for promotional purposes without compensation.

17. DATA PROTECTION

Personal data will be used solely for event organization, ranking publication, and official communication.

ADDITIONAL INFORMATION RECOMMENDED FOR YOU TO CONFIRM

To finalize this regulation professionally, please provide:

1. Organizer legal entity name
2. Local government permit confirmation
3. Maximum participant capacity
4. Detailed elevation gain per distance
5. Medical partner / ambulance provider
6. Insurance company
7. Refund policy (none / partial / transfer)
8. Official timing system provider (if any)
9. Homestay partner name (optional marketing section)
10. Bib collection time and location
11. Cut-off times per aid station