

PILIPINAS AKYATHLON®: The Philippine International SKYRACE™
18 February 2012, Saturday, 630am, Mt. Ugo, Itogon, Benguet, Philippines

EVENT INFORMATION

This is the Philippines' first international SKYRACE™ (high-altitude mountain trail running race) and is part of the 2012 SKYRUNNER™ World Series Trials. "Akyat" in the vernacular translates to "climb."

The event is in strategic collaboration with event supporters and hosts DOT-CAR, Province of Benguet, Municipality of Itogon, and Barangay Tinongdan.

Pre-register to this race by emailing (1) name, (2) gender, (3) birthdate, (4) mobile number, (5) country represented to kath@philskyrunning.com.

Race Course Description:

This is a 33-km out-and-back race, starting from the Barangay Hall of Tinongdan (779 masl) in the Municipality of Itogon, Province of Benguet. The first 1.7km is a downhill run on paved road to the start of the trail (499 masl). From this point, the route to the summit is mostly uphill with a total elevation gain of 1858 meters, and loss of 195 meters. The scenic route will showcase magnificent views of surrounding mountains, including portions of Binga and Ambuklao dams as far away as Pangasinan. It will navigate through pine forest trails and 3 sitios: Cayuco, Cawayan and Lusod which lead to vantage points where other peaks in Benguet can be seen. The turnaround point will be at the summit of Mt Ugo (2162 masl). The 16.4-km route from the summit to the finish is a mirror image of the route to the summit, and concludes with a 1.7-km (280m vertically) ascend to the finish line at the hall of Barangay Tinongdan.

Getting to the Race Site:

Foreign participants can get to the Philippines at the Ninoy Aquino International Airport in Manila (300 km to Baguio City) or at the Diosdado Macapagal International Airport in Clark (200 km to Baguio City).

Pasay or Cubao, Metro Manila to Baguio City Victory Liner buses (www.victoryliner.com) leave for Baguio City from Pasay or Cubao every hour, 24 hours a day. Travel time is 6 to 8 hours for regular aircon buses and 4.5 to 6 hours for deluxe buses. Fare is Php455 for regular aircon buses and Php715 for deluxe buses. The Pasay terminal is closer to the Manila Airport than the Cubao terminal. Upon arriving at the Baguio City terminal, take a taxi to your designated hotel in Baguio City.

Foreign participants can get transport information and assistance from DOT when traveling using the recommended schedule. Please email your flight details.

Baguio City to Tinongdan, Itogon. From 4:30 to 5:00 am, on race day, Jeepneys will be arranged, free of charge, to shuttle all participants from Baguio to the start line. Transpo will also be arranged for the day of course familiarization (Feb. 15). Those who wish to visit or proceed to Tinongdan earlier can take a taxi or coordinate with the organizers for possible sharing of rides with other participants. Distance is only 20km but travel time can take up to 1 hour.

Accommodations:

Hundreds of hotels and inns are available in Baguio City. Please contact the organizers if you need assistance.

In Tinongdan, Itogon, dormitory, homestay and camping grounds are available on first-come, first serve basis. Bring your own sleeping gear.

Awards and Prizes:

Trophies and valuable outdoors prizes will be awarded to the top 3 overall winners in both the male and female categories.

Medals and valuable prizes will be awarded to the top 3 runners, male & female in the 18-29, 30-39, 40-49, 50-59 and 60 and above age groups.

All finishers will receive a medal, finisher's t-shirt and will be qualified for raffle prizes.



Recommended Schedule:

January 4 – Kapihan Press Con, DOT-CAR office, Baguio

February 14 –Travel Day: Arrival at Diosdado Macapagal Int'l Airport

February 15 – course familiarization; Colos Festival

February 17 – Welcome Dinner, Race Orientation & Kit Claim (5:00 pm, Hotel Elizabeth, Gibraltar Road, Baguio City)

February 18:

4:00am	Assembly	DOT-CAR office (Gov. Pack Road, Baguio City)
4:30am	Jeepneys leave for Itogon	DOT-CAR office
5:30am	Check-in; Race briefing	Bgy Tinongdan
6:30am	Start of the Akyathlon®	Bgy Tinongdan
11:30am	Cut-off at the summit	Mt Ugo, 2150 masl
12:00nn	Start of post-race lunch	Bgy Tinongdan
3:00pm	Awarding Ceremonies	Bgy Tinongdan
3:30pm	Cut-off at the finish line	Bgy Tinongdan
4:00pm	Jeepneys leave for Baguio	Bgy Tinongdan

February 19 – Departure/Travel Day

Race Guidelines:

- Each runner must be self-contained and self-reliant, complete with hydration pack or fuel belt, trail food and first aid kit. Suggested things to bring: headgear, headlamp, raincoat.
- The supplied race number bibs must be worn/pinned at the front and back of each runner.
- Water loading stations will be available at the Start/Finish line area, 5km mark (, 10km mark and the turnaround point at Mt Ugo Summit (16.4km mark).
- The trail will be marked with ribbons and directional signs will be installed at appropriate junctions.
- Race marshals will be stationed along the course.
- The use of trekking poles is permitted.
- Bringing of mobile phone is encouraged (fully charged and with adequate load).
- A no-drafting rule (10 meters distance maintained) will be enforced over the foot bridge portion of the course.
- In case of serious injuries of a fellow runner or other emergencies, runners are obligated to pause with his/her racing, extend the appropriate help, and call/text the race organizer.

Registration Fee:

For local Philippine runners: Php1,500 until 30 November 2011.

Php1,800 until 31 December 2011

Php2,000 until 31 January 2012.

Php2,500 until 17 February 2012.

*USD50 for foreign entries payable on Feb. 17 during race kit claiming.

Payment by local residents can be made by depositing the fee to **BPI** current account number **3191-0473-02** of **Philippine Skyrunning Association, Inc.** Email scanned deposit slip (with your name) to kath@philskyrunning.com.

Event Organizer: Philippine Skyrunning Association

Event Hosts: Province of Benguet, Municipality of Itogon, Barangay of Tinongdan

Event Supporters: Department of Tourism – CAR

Event Sponsors: Salomon, ROX, Summit Drinking Water, Burlington

Event Beneficiary: Cordillera Conservation Trust

This is a **GREEN EVENT**. We endeavor to reduce the use of plastic, paper and other non-essential resources.

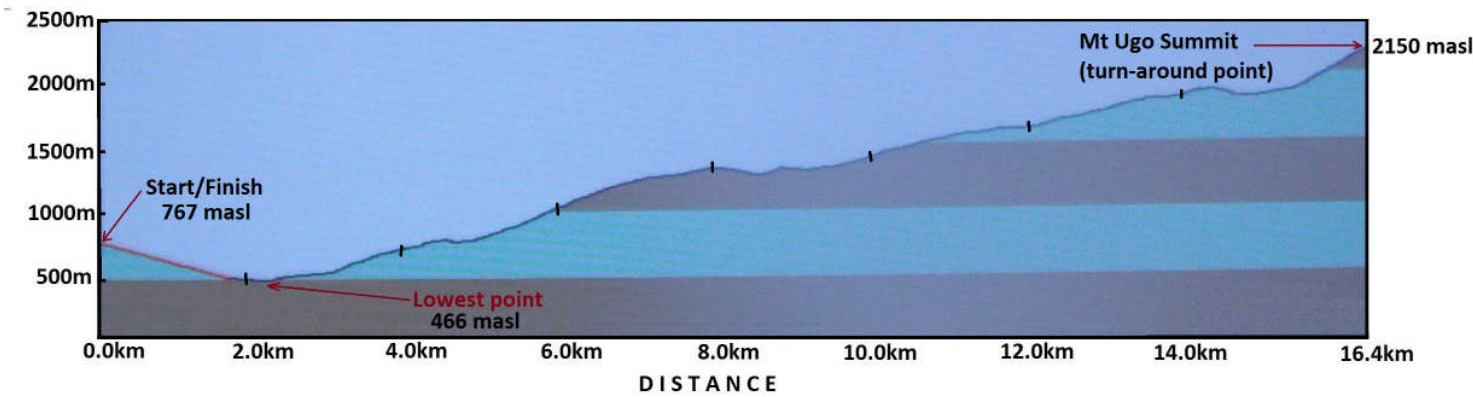
More information will be posted at www.philskyrunning.com and our Facebook account "Philippine Skyrunning."



MAP OF RACE ROUTE



RACE ROUTE PROFILE



RACE ROUTE DATA (from GPS)

Distance to the summit (turnaround point)	16.44 km
Total race distance	32.88 km
Elevation at start / finish	767 masl
Elevation at turnaround point (Mt Ugo Summit)	2150 masl
Lowest point	466 masl (at 2.2km mark)
Highest point (Mt Ugo Summit)	2150 masl
Elevation gain, start to summit	1858 m
Elevation loss, start to summit	475 m
Net elevation gain, start to summit	1383 m
Elevation gain, whole race	2333 m
Elevation loss, whole race	2333 m
Net elevation gain, whole race	0 m

2011 ISF CALENDAR

The Skyrunner® World Series celebrates nine years of world-class athletes and events: **16** races in **12** countries across **4** continents with **500** km and **30,000m** vertical climb!



2011 SKYRUNNER® WORLD SERIES

FRANCE: Arles Tech Kilometre Vertical – Pyrenees – May 8
SPAIN: Maratón Alpina Zegama-Aizkorri – Basque Country – May 29
ITALY: Dolomites SkyRace® – Canazei, Trento – July 24
SWITZERLAND: Course de Sierre-Zinal – Zinal – August 14
USA: Pikes Peak Ascent – Colorado – August 20
ITALY: Sentiero delle Grigne SkyMarathon® – Lecco – September 18

2011 SKYRUNNER® WORLD SERIES TRIALS

GREECE: Ziria Cross Country SkyRace® – Goura Corinth – May 29
PORTUGAL: Circuito dos 3 Cântaros SkyRace® – Parque da Serra da Estrela – June 19
ANDORRA: SkyRace® Travessa de Canillo – June 26
SPAIN: Ribagorça Románica SkyMarathon® – Pyrenees – July 3
ITALY: International Betelmatt SkyRace® – Val Formazza – July 17
UK: Snowdon International Race – Llanberis, Wales – July 23
FRANCE: Marathon du Montcalm – Auzat, Ariège – August 20
JAPAN: Mt Ontake SkyRace® – Nagano – August 28
VENEZUELA: Avila SkyRace®** – Caracas – October 2
PHILIPPINES: SkyRace® Akyathlon* – November 26

Skyrunner World Series® & Championships: Open circuit to individual skyrunners and commercial teams based on the sum of the best three World Series' results and one World Series' Trial.
Ranking points breakdown: 100-88-78-72-68-66-64-62-60-58-56-54-52-50-48-46-44-42-40.
The ranking points in the final race will be increased by 20% for all World Series competitors.
Final Prizes: €10,000

(*) Ranking points valid for 2012

2011 CONTINENTAL CHAMPIONSHIPS

EUROPEAN SKYRUNNING CHAMPIONSHIPS

International SkyRace® – Poschiavo, Switzerland – June 12
Vertical Kilometer® del Puig Campana – Valencia, Spain – November 5

2011 SPECIAL EVENTS

Mount Kinabalu International Climbathon – Skyrunning Super Cup
Sabah, Borneo, Malaysia – October 22-23

2012 SKYGAMES® - SPAIN

SkyMarathon® - Vertical Kilometer® - SkyBike® - SkySpeed®
Ribagorça Románica, Pyrenees – July

www.skyrunning.com

