

# RUNNERS GUIDE



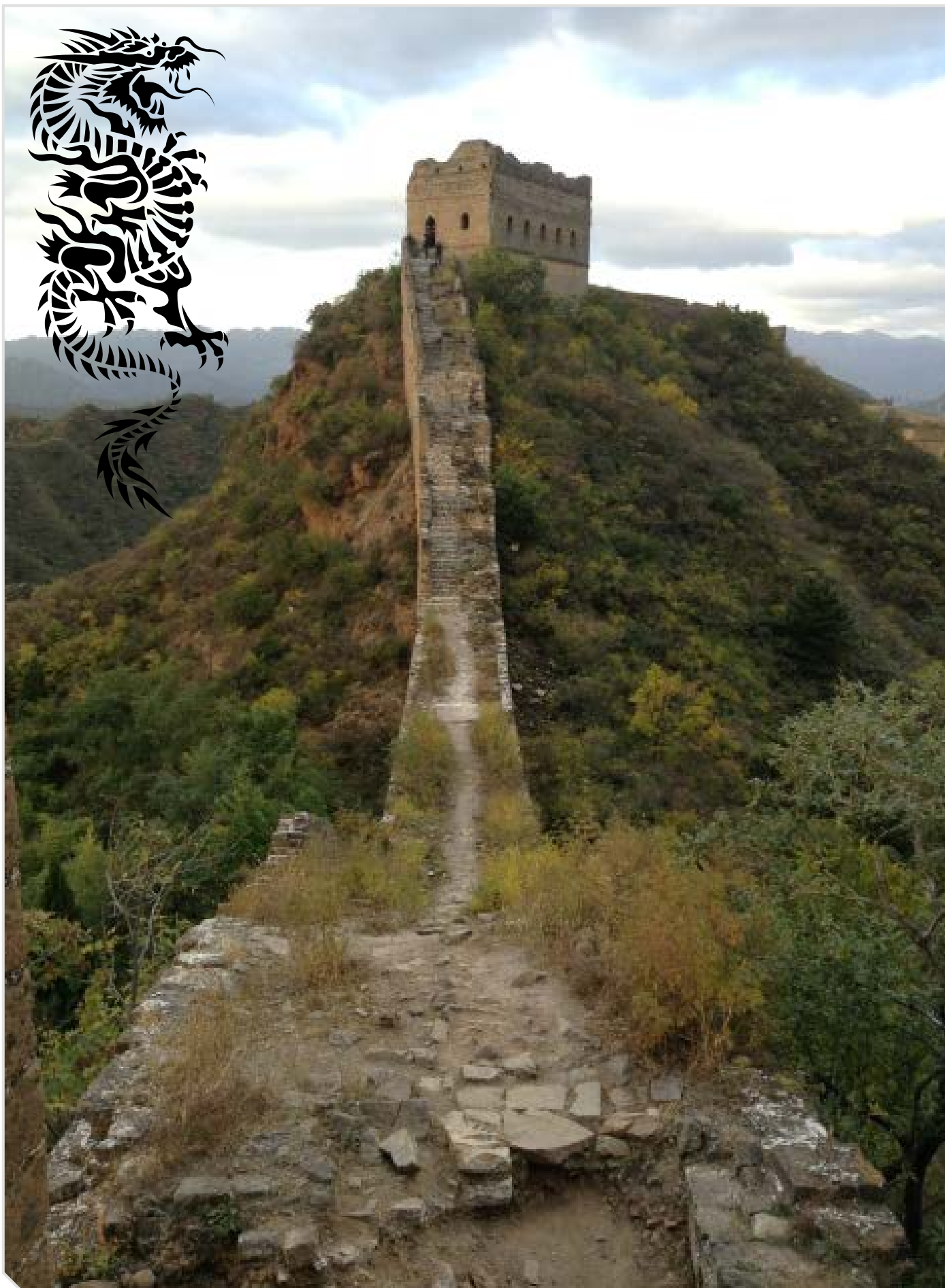
Conquer The Wall Marathon  
[www.conquerthewallmarathon.com](http://www.conquerthewallmarathon.com)

 NORTHWEST ENDURANCE EVENTS  
[www.nwenduranceevents.com](http://www.nwenduranceevents.com)

Conquer the Wall Marathon  
May 11th 2019 Year of the Boar

Full Marathon | Half Marathon | 10km run | 5km run





# Welcome



## TO A VENUE WITHOUT EQUAL IN THE WORLD



Congratulations on taking what is destined to be one the greatest adventure running experiences in your life!!

The official Great Wall of China Marathon is the first and longest running international marathon on the Great Wall of China. A locally organized event held annually in May, offering a full selection of runs including a full marathon (42.2k), half marathon (21.1k), 10k, and 5k distances

Conquer the Wall Marathon race course has over 20,000 steps throughout varied terrain along the length of the race

The course traverses through the Simatai, Jinshanling and Gubeikou sections of the Great Wall featuring prestigious pathways on the most picturesque parts of the Great Wall giving marathon runners breath-taking panoramic views and memories that will last a lifetime.

Keep this guide handy, as it contains all the information you will need.

JUST IMAGINE WHERE YOU WILL SOON BE...

*"Run where few have ventured. Follow in the footsteps of the Ming Dynasty. Their destiny will become yours. Run in the breathtaking splendor of the majestic sunrise and create your own journey through time".*





You've signed up for an experience you will talk about for the rest of your life, but don't forget that this is an adventure race, filled with challenges. So take the time to prepare thoroughly to make sure you get the most out of this experience.

## Welcome to The Conquer The Wall Marathon 2019

Casey, Runner Coordinator



In a few short weeks you'll be traveling to China for one of the world's great adventure races. We hope the information you find in this handbook will be of use to you, and will help make your race day adventure go smoothly.

### CHINESE TOURIST VISA

If you haven't applied for your visa, we strongly recommend that you do so ASAP. The Spring and Summer months in China are the peak holiday seasons, which means longer than normal processing times - so it is best to apply early rather than risk missing out. Save your last minute dash for the Great Wall of China !!

Generally an invitation letter is not required if you are providing in advance your flight information and hotel details. If a letter is still needed please email us as we are happy to send you a confirmation letter for your visa application.

### COURSE INFORMATION MEETING

Runners are invited to attend the Main Course Information meetings on at the Renaissance Beijing Capital Hotel (Runner's HQ).

**All runners will need to show Passport, and must only collect their own race kit/bibs. You will have to sign a paper waiver when you arrive, it is the same one you signed online.**

### RACE KIT COLLECTION

The main bib collection station will be at the Renaissance hotel on May 10th and 11th from 9am-5pm.

It is very important that you pick up your race kit, those choosing to pick up their race kit at the Great Wall on race morning will incur a 100 Chinese RMB charge. No exceptions. You will need a bus pass to ride the bus to the Great Wall on race morning, if you did not pick up your race kit you will need to see Casey on race morning.

### RACE PREPARATION

Please study the course maps carefully as you will need to learn where the turn off and cut off points are on the course. Do not rely on the volunteers as they might not all speak English. This is an adventure race, which means you need to be self sufficient and understand the course.

There is a challenging event, so if you take the time to read this handbook carefully, everything will go smoothly.

If you still have questions or you feel that we have missed anything please let us know (You can find our contact details on the next page).

# Check List



Whatever you do - Do not lose this list

There's a lot to keep track of when planning for a real adventure marathon, and the following pages will give you all the information you will need. However, we also understand that having a quick reference guide is invaluable when you are preparing for your race.

Below is your personal check list of all the essentials.

## ACCOMMODATION

**Renaissance Beijing Capital Hotel**  
61 Dongsanhuan Middle Road  
Chaoyang District, Beijing 100022  
China

**BUSES DEPART  
BEIJING TO THE  
START LINE AT  
03:30am Sharp!**

Buses will return to Beijing on a demand basis. Each bus must be at least 95% full to return to Beijing.

**MARATHON STARTS  
6:00am**

**MARATHON CUT OFF  
4:00pm**

## CONTACTS

Runner Coordinator  
CASEY

Email:  
run@conquerthewallmarathon.com

Casey will be stationed at the Beijing Capital Hotel.

**Full Marathon  
START 06:00am**

**Half Marathon  
Start 06:10am**

**10km Marathon  
Start 06:15am**

**5km Marathon  
Start 06:15am**

## ESSENTIALS

- ☐ Passport
- ☐ Visa for China
- ☐ Airline tickets / e-tickets
- ☐ Camera
- ☐ Hotel confirmation
- ☐ Tour(s) booked
- ☐ Travel Insurance
- ☐ Trail runners
- ☐ Mind of a champion

## RUNNER HQ

Renaissance Beijing Capital Hotel

61 Dongsanhuan Middle Road,  
Chaoyang District Beijing 100022

Phone: +86-10-5863-8888

Subway stop:  
Shuangjing Line 10 Exit A





COURSE ELEVATION





# CONQUER THE WALL HALF MARATHON



## MAP LEGEND

	RUNNER'S SUPPLEMENTS		ROUTE ON WALL		TOWERS		START/FINISH
	WATER		TRAIL OR ROAD		TOILETS		STATION
	FOOD		OFF ROUTE		FIRST AID		TURN AROUND

Half Marathon Elevation Map





Great Wall 10km race



COURSE DESCRIPTION

From the start line, climb the stairs up onto the Great Wall, then run east through the Guard Towers, arriving at East Tower 20/21 (ET20/21).

Turn off the wall for a side trip down the mountain to the Visitors Centre and back.

Hit the wall again, running west from ET20/21 all the way back to start Tower 1. Make your way down to the main square, off the Great Wall and back where the Start/finish area is located.

Sprint to the finish line.

Congratulations, you have now completed the Conquer the wall marathon 10km.



RACE RECORD?

The Official race record for Conquer the wall 10km is:

OVERALL CHAMPION:  
1 hour 44 minutes 55 seconds, set by Joseph Newman (UK) 2018

Great Wall 5km race



COURSE DESCRIPTION

From the starting line, run along the entrance road and climb the stairs onto the Great Wall.

Run east through the Guard Towers, arriving at East Tower 16 (ET16). Have your race bib stamped then turn around and back to Tower 13. As you arrive at Tower 13 take the stairs to your left and exit the Great Wall

Turn off the wall and run down the old horse track (now a set of steps !!) to the Entrance area cross the Finish Line. (Sorry your not done yet!)

Congratulations, you have now completed the Conquer the wall marathon 5km race.



RACE RECORD?

The Official race record for Conquer the wall 5km is:

OVERALL CHAMPION:  
59 minutes 52 seconds, set by Rachael Weston, 2018



# Watch your feet

When the going gets tough...



BEFORE YOU CONQUER THE WALL...

## TRACK CONDITIONS

How tough will it be?

### DID SOMEONE MENTION THE STEPS?

When the Great Wall was constructed, the designers intentionally varied the height of the steps to deter any invaders that made it onto the wall. Uneven heights made charging/fighting very difficult. It's a design strategy that has also upset the thousands of runners from around the world who try to conquer the wall each year. The 20,000 steps you will encounter will vary in height from a few centimetres to over 40cms in height, with many of the original sections little more than underfoot rubble. The message here is to train for rugged conditions!

### WEATHER & SUN PROTECTION?

In the area you will be running the average temperature at the start of May is 21.8°C / 71.2°F but has been know to go as high as 27.3°C / 81.1°F and as low as 15.1°C / 59.2°F.

With an average of only 6 rainy days in May, and plenty of sunshine, it is important to reduce your dehydration risk and to have adequate sun protection. We recommend that runners use hydration packs, however there will be water stations along the course.

Generally the morning will be cool (sometimes chilly), warming up quickly through the day. With more than 30km of the 42km being run on the Great Wall, there will be very little shade, so a running hat and sunscreen is highly recommended. Sunrise on race day will be around 5:15am - 45 minutes before the start of the marathon.

### TRACK ELEVATION?

Overall the Great Wall of China running course varies in height by around 200m (about 650feet) between the start line and the highest point at East Tower 20.

Stone guard towers are spread along the length of the wall, each some 200m to 300m apart. Stone steps and walkways, following the up and down contours of the ground, connect the towers.

The effect this creates for runners is similar to interval training, with an effort required to climb up, followed by a recovery period coming down. Regular training on steps as part of your preparations for the Great Wall is highly recommended.

# ...and don't trip!!

Going the Distance...

## GETTING TO THE START LINE

Transportation to the Great Wall is included with your race entry fee. Buses will depart to the Great Wall from the Renaissance Capital Hotel at 4:00 am. Time may change to 3-3:30 am depending on the Chinese Government and if they will allow highway access before this time. This issue is out of our hands so it is important to attend your course information meetings in case there are any last minute changes.

The majority of runners will depart from the Renaissance Hotel on race morning. If you wish to stay at another hotel, you are welcome. However, you will be responsible to get yourself to the Renaissance. Buses will leave with, or without you.

IMPORTANT: Please note the Beijing Subway will NOT be open in time for you to reach either of the departure hotels. Because of the very early morning departure to the Great Wall, you will need to arrange your own transport to the departure points (i.e. taxi reservation).

## FOOD ON THE RUN?

On race morning a light snacks will be provided for all runners at the departure hotel. We recommended that breakfast is eaten at least 2 hours before the start of your race. Subway sandwiches (might) be provided. Each runner and spectator will be given a ticket with their race packet. You must turn in your ticket for a sandwich.

There will also be a light foods served at the Great Wall of China. We will have fruits, snacks, gels, and Gatorade.

Water available along the course route. All we ask is that you are mindful of not littering this remarkable structure. Waste bins can be found along the course.



## RECOMMENDED SHOES TO WEAR

Because sections of the Great Wall of China have very rough underfoot conditions, we recommend you train and compete in a pair of 'Trail Running' shoes. These shoes are designed to reduce the impact from underfoot conditions whilst supporting the feet.







Make sure you are mentally ready...

## MENTAL PREPARATION

by Mosi Smith.

**This is going to hurt.** Come to terms with that phrase and be comfortable with that fact. The Conquer the Wall Marathon will be an incredible experience wrought with adversity—whether that comes in the form of hot weather, the terrain underfoot, mental state, or training in preparation for the event.

Whether walking or running the event, you will face one challenge or several. Take comfort in the fact that everyone out there is undergoing similar pain. By coming to terms with that ahead of time, it will decrease the likelihood of panic if your race plan falls apart.

If you're reading this and have access to Google earth, do a flyover and check out the terrain, the undulating rolls of the wall, and the many staircases you will traverse. Visualize these features in your mind during your training runs. Do it so much that when you actually do set foot on the wall, you're mentally ready for what will come because you have rehearsed it so much in your mind.

Continue to train...smartly. Make use of hills, stairs, parking garages, etc., that are available in your area; work the ups and the downs so that your muscles are used to the stress of repetitive motion.

Whether your plan is to walk or run, the amount of preparation you put in ahead of time will increase the likelihood of completion as well as your enjoyment of your time out there on the wall.

Arrive at the wall motivated and keep your head there.

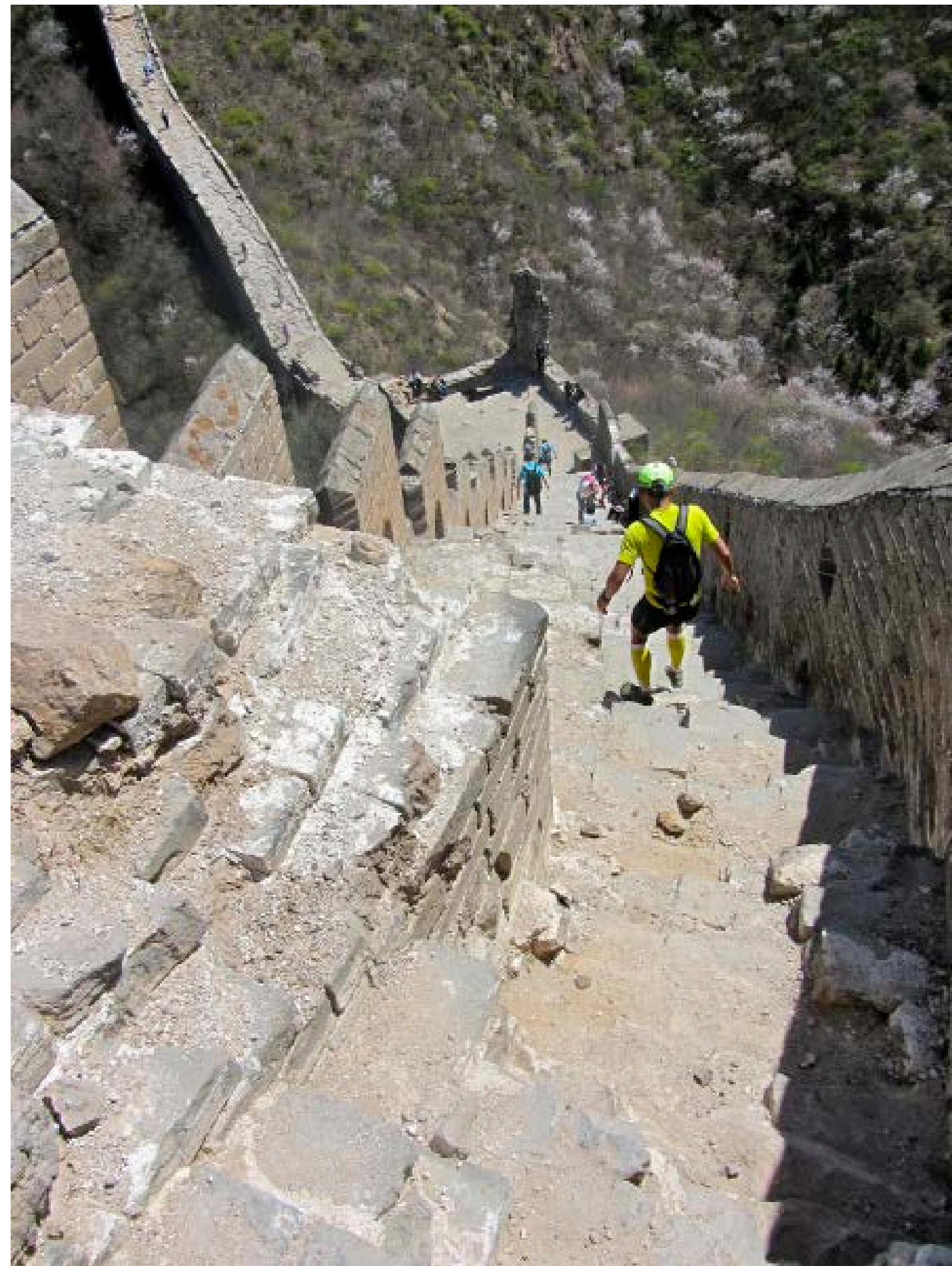
When I saw the course my first thoughts were, "how does anyone manage to get through this entire thing?" Herein lies the beauty of the course—it's a looped format. Take it easy on the first go around and appreciate the subtleties of the wall.

Breakdown the event into manageable chunks by focusing on one section at a time. Before you know it, you will be halfway there. At that point, you have already invested enough time and energy out there to not see it through to completion.

When the end comes, take a minute to soak it all in. Do not be surprised if you feel a pang of sadness that the experience is coming to a close. It's perfectly normal to feel that way. You have just accomplished a challenge that most athletes will never have the opportunity to undertake.

Remount the stairs, at the start/finish area and soak in the wall one last time. Pat yourself on the back as you have just conquered the wall!

We look forward to seeing you on May. So, until then, stay hungry and stay motivated.





Great achievements deserve recognition

## RACE AWARDS

Casey / Terry



### CLOSING CEREMONY

At 4:00pm on race day don't miss the official Closing Ceremony which will be held at the Great Wall of China to celebrate the achievements of all the runners (and their patient supporters). (Still TBD)

Whether you have run 5km or the full marathon, we think it's important to mark this very special occasion with recognition of your achievement.

Winners of each of the race categories will be formally presented with their awards, entertainment will be provided and you will have one last chance to get those all important photographs along with all your new friends.



[www.f2titan.net](http://www.f2titan.net)



Completing an event at the Great Wall of China is great experience, however you will be exhausted which is why we will have marshalls ready to guide you through the finish line procedures .

### TIMING CHIPS

All runners will be given timing chips for their shoes, so make sure you run over the electronic timing mats at the start & finish - not around it.

### MEDICAL

Don't forget that if you feel unwell after the race, or simply that you need something for those new blisters that weren't there when you started the race, we will have medical staff on standby to check you out.

We strongly recommend that you consider having adequate travel medical insurance to cover any unexpected incident on race day. (23,000 uneven stone steps? What could go wrong?)

### HYDRATION

One of the greatest dangers for runners is completing the race in a dehydrated state. After the race ensure that you continue drinking water and make sure that you have been to the toilet BEFORE getting on the bus back to Beijing. If you can urinate it means that your kidneys are working and you are in good shape for the journey home.

### BUS TRANSPORT FROM THE FINISH LINE

Buses returning to Beijing after the race will return at 5:00pm, or after. Last bus will leave after all runners have completed or course is closed.

For those runners whose events have finished earlier in the day, and do not wish to stay for the Closing Ceremony, a few buses will be made available throughout the afternoon to transport them back to Beijing. These buses fill on a first come first served basis.

All buses will return to the Renaissance Hotel.



# Like to see more?

# Don't forget the rules

## THERE'S MORE TO CHINA THAN THE GREAT WALL...

### TOURING OPTIONS



### WHY NOT COMBINE THE RACE OF A LIFETIME WITH A LITTLE SIGHT SEEING?

The Great Wall of China marathon also provides several travel and tour package options for your stay while attending our marathon event. A complete overview of each of the touring package options is available at the website, showing full details, inclusions and travelling schedules.

For all the details visit:  
[www.conquerthewallmarathon.com](http://www.conquerthewallmarathon.com)



## RACE RULES

### Race Payment

Entry fees are non-refundable and non-transferable. No exceptions. Once we receive and accept your entry, you will not receive a refund if you cannot participate, you may not give or sell your race number to anyone else.

You may transfer your application to the following year or another UTRMA Race.

You must be at least 18 years old to participate in the Marathon and 14 years old to participate in the Half Marathon. You must be in good health and physically prepared to take on the challenge of a Marathon or Half Marathon.

You must show photo ID/Passport to receive your race number and timing chip. Race numbers are required to participate.

### Course Time Limits

The course time limits will be STRICTLY ENFORCED.

A 10-hour time limit, start time is 6:00 am with 4:00 pm cut-off time.

### Information Booths and Lost & Found

Information Booths will be positioned at the start and finish to assist you with any race day questions and help you find your way.

The Information Booths will also serve as the race day Lost & Found. Any valuables found at the start or finish will be taken there, with items NOT claimed by 4 pm taken back to our office. To claim a lost item after the event, contact Race Director.

### Medical Information

The Medical Team is a dedicated group of Conquer the Wall Marathon medical professionals, available to help assess your race day medical needs and administer acute first aid when necessary.

### Race Awards

All participants for the 5K, 10K, Half Marathon and Full Marathon will receive finisher medals.

The first male and female Full Marathon runners will receive Great Wall of China Marathon trophies.

### IPICO Timing System

IPICO systems will be used to record participants' times at the start, at certain splits along the courses and at the finish.

The IPICO Timing system uses a timing chip, which will be yours to keep after the race as a souvenir.

The Champion timing chip will be given to you at the Course informational meetings in May. The chip will be labeled with a number that matches your race number.

When you pick up your bib, please make sure these numbers match, and also verify that YOUR name is printed on the timer chip slip.

Proceed to the Solutions Table if any of the information is incorrect. Prior to the race, you must attach your chip to your running shoe. Please follow the instructions provided in your registration packet.

PLEASE NOTE: All participants in this race must wear the IPICO timing chip on your shoe in order to have their times recorded.

### Wave Start

In an effort to provide every one of our participants with as comfortable a run as possible, the Wave Start will be incorporated. Participants are assigned to an appropriate corral based on the projected finishing time submitted on their entry form.

Typically, there are multiple waves assigned to several of the finishing times. All spectators should be aware of this when organizing their viewing schedule for the day.

When the gun fires, the first corral will be released. The rest of the participants will be held at the start line. At pre-determined intervals the next corral will be released.

By using this staggered starting method, the pack will be spread out and allow every runner to settle into their racing rhythm from the first step right to the finish line.

### Family Reunion

After the race, reunite with family and friends and relish in your post race accomplishment with refreshments. With a large number of participants and excited spectators, it can be difficult to locate friends and family without a plan.

It is highly recommended that you designate a meet-up location for friends and family BEFORE the race.



Tell your friends about the adventure you are about to embark upon...

## The experience you will remember for life...

From: The Conquer the Wall Marathon Team

There are many marathons around the world that claim to be adventure marathons, yet so few live up to the title. The Conquer the Wall Marathon has no equal, and is an event that separates the tourists from the adventurers. It will test you like no other race. More than 20,000 unrelenting stone steps, and no less than 30km of running experience on one of the oldest and most recognizable structures in the world.

At times you will find yourself in remote, crumbling sections of an ancient landscape where time has stood still - areas that mother nature is beginning to reclaim. From the excitement of the start line to the solitude of an ancient landscape, the Conquer the Wall Marathon will leave you with an experience that will last forever.



The Wall has stood  
the test of time...

# Will You?






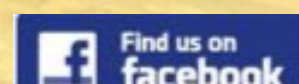
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 NORTHWEST ENDURANCE EVENTS

## RUNNER'S HANDBOOK CONQUER THE WALL MARATHON 2019



Design layout by Brendan Smith, 2019 edits by Ken E.