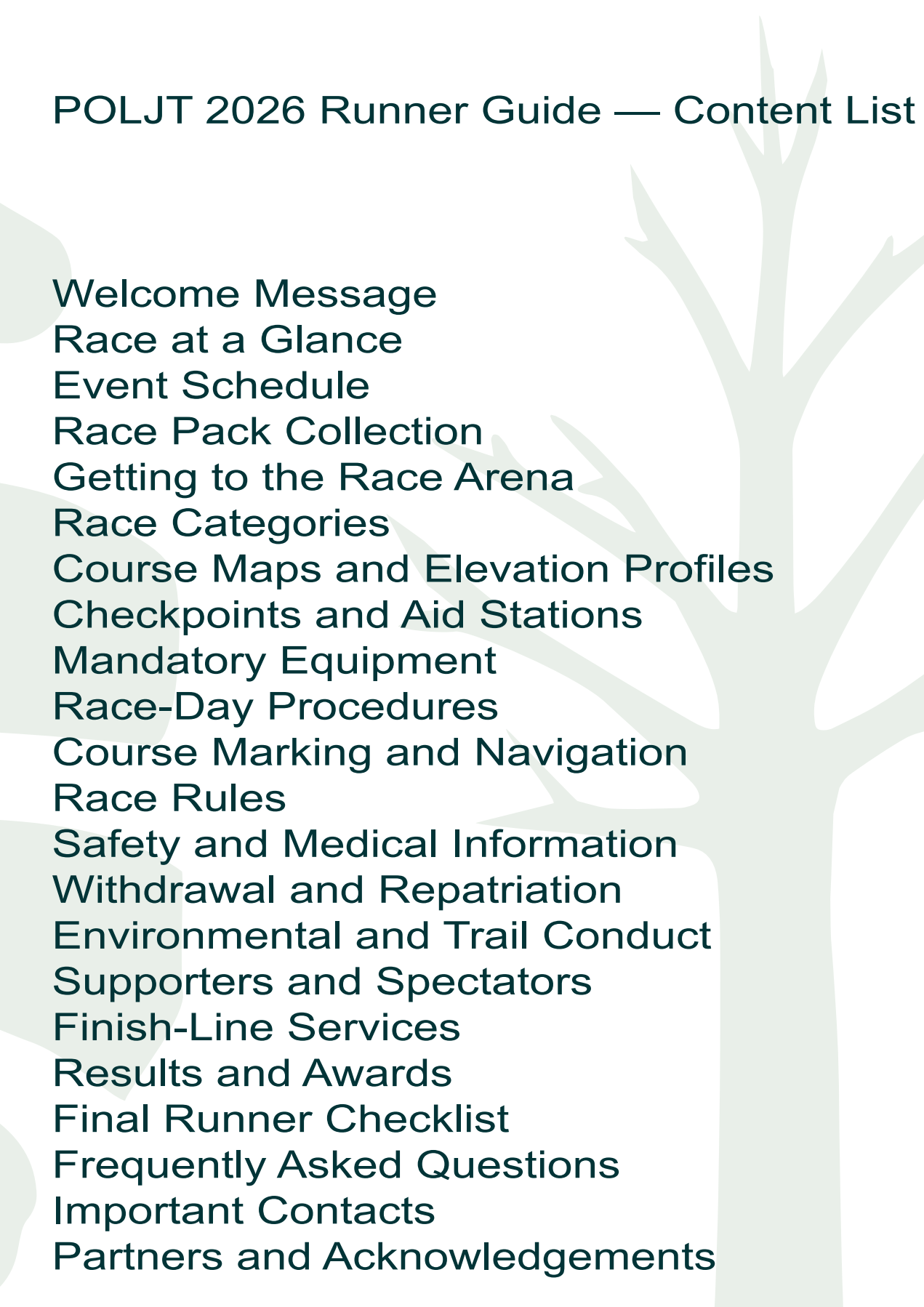




By UMTR

Pyin Oo Lwin Jungle Trail 2026
RUNNER'S GUIDE
RUNNER'S GUIDE

POLJT 2026 Runner Guide — Content List



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Welcome to the Pyin Oo Lwin Jungle Trail 2026

Welcome to Pyin Oo Lwin—a mountain city known for its cool climate, forested hills, colourful gardens and distinctive blend of cultures. Surrounded by plantations, waterfalls, rural villages and rolling highland landscapes, Pyin Oo Lwin offers an environment unlike anywhere else in Myanmar. Beyond its familiar roads and gardens lies a wilder side of the region: forest trails, remote paths, steep climbs and communities connected by the mountains.

The Pyin Oo Lwin Jungle Trail was created to bring runners into this extraordinary landscape and allow them to experience the region in a deeper and more meaningful way. Across the 15K, 30K and 50K courses, participants will travel through changing terrain, natural forests and mountain communities while facing the physical and mental challenges that make trail running so rewarding.

POLJT is more than a race. It is part of a long-term vision to build a professional, safe and internationally recognised trail-running platform in Myanmar. Through this event, Ultimate Myanmar Trail Running aims to introduce Myanmar's natural beauty to runners from around the world, develop local race-management standards and create opportunities for athletes, volunteers, communities and responsible tourism.

We believe a great trail race should leave a positive legacy. POLJT seeks to encourage respect for nature, support communities along the course and inspire more people to explore the outdoors responsibly. Every runner, volunteer and partner plays a part in protecting the trails and building a stronger trail-running culture for the next generation.

Whether you are taking your first step into trail running, pursuing a new personal challenge or returning to the mountains as an experienced athlete, POLJT welcomes you. The course will ask for preparation, patience, determination and respect—for the mountain, the environment, the local communities and your fellow runners.

Please read this Runner Guide carefully before race day. It contains the essential information required to prepare for the event, understand the course and participate safely and successfully.

Come prepared. Respect the trail. Support one another. Discover the wild side of Pyin Oo Lwin.

We look forward to welcoming you to the starting line.
Happy Trail,
Dream Wise, Rise Together

UMTR TEAM
Ultimate Myanmar Trail Run

Event: Pyin Oo Lwin Jungle Trail 2026

Organizer: Ultimate Myanmar Trail Running

Date: Saturday, 10 October 2026

Location: Shwe Myint Thar Village Pine Forest, Pyin Oo Lwin, Myanmar

Race Categories: 15K, 30K and 50K

Start and Finish: Same race arena

Official Venue: Shwe Myint Thar Village Pine Forest

Google Maps Location: https://maps.app.goo.gl/w2PyhafJdLzAksYi6?g_st=ic

POLJT is a trail-running event conducted through forest tracks, village roads, technical trails and natural mountain terrain.

15K

Short-distance trail challenge designed for runners entering trail racing and runners who prefer a faster mountain course.

30K

A technically more demanding course combining forest trails, village roads, farmland and mountain terrain.

50K

The longest POLJT category, designed for experienced trail and ultra runners. Actual GPS distance may vary slightly from the category name due to trail conditions, GPS devices and final course measurement.



FRIDAY, OCTOBER 9.2026

START	END	EVENT	LOCATION
9:00 AM	12:00 PM	Runners verify their identity and registration, complete mandatory-gear checks where required, receive their BIB, timing chip and race pack, and confirm their race category.	Shwe Myint Thar Village Pine Forest
12:00 PM	1:00 PM	OFFICIAL RACE BRIEFING , The race team explains the course, trail markings, checkpoints, cut-off times, mandatory equipment, safety procedures, weather conditions and emergency protocols.	Shwe Myint Thar Village Pine Forest
1:00 PM	4:30 PM	Afternoon Collection Session , Race pack collection resumes. Staff answers course-related questions and assist runners who require registration corrections or replacement items.	Shwe Myint Thar Village Pine Forest
4:30 PM		Final Collection Reminder Announcement that race pack collection will close in 30 minutes. Runners still waiting must complete verification immediately.	Shwe Myint Thar Village Pine Forest
5:00 PM		Collection Closes . All collection counters close. Staff reconcile uncollected BIBs, registration records, timing chips and remaining race packs.	Shwe Myint Thar Village Pine Forest

SATADAY, OCTOBER 10.2026

TIME	ACTIVITIES	DETAILS	LOCATION
3:30 AM	50K Runners Arrival	50K runners arrive, prepare their equipment and proceed to the check-in area.	Shwe Myint Thar Village Pine Forest
4:00 AM	50K Check-in Opens	Bib verification, timing-chip activation and mandatory-equipment inspection begin.	Shwe Myint Thar Village Pine Forest
4:30 PM	50K Start Area Open	Checked-in 50K runners enter the start holding area.	Shwe Myint Thar Village Pine Forest
4:45 AM	50K Final Briefing	Final course, weather, marking, checkpoint and safety information is announced.	Shwe Myint Thar Village Pine Forest
5:00 AM	50K Race Start	The 50K race officially begins.	Shwe Myint Thar Village Pine Forest
4:00AM	30K Runner Arrival	30K runners arrive and prepare for check-in..	Shwe Myint Thar Village Pine Forest
4:30 AM	30K Check-in Opens	Bib verification, timing-chip activation and mandatory-equipment inspection begin.	Shwe Myint Thar Village Pine Forest
5:00 PM	30K Start Area Open	Checked-in 30K runners enter the start holding area.	Shwe Myint Thar Village Pine Forest
5:15 AM	30K Final Briefing	Final course, weather, marking, checkpoint and safety information is announced.	Shwe Myint Thar Village Pine Forest
5:30 AM	30K Race Start	The 30K race officially begins.	Shwe Myint Thar Village Pine Forest
5:00 AM	15K Runners Arrival	15K runners arrive, prepare their equipment and proceed to the check-in area.	Shwe Myint Thar Village Pine Forest
5:30 AM	15K Check-in Opens	Bib verification, timing-chip activation and mandatory-equipment inspection begin.	Shwe Myint Thar Village Pine Forest
6:00 AM	15K Start Area Open	Checked-in 15K runners enter the start holding area.	Shwe Myint Thar Village Pine Forest
6:15 AM	15K Final Briefing	Final course, weather, marking, checkpoint and safety information is announced.	Shwe Myint Thar Village Pine Forest
6:30 AM	15K Race Start	The 15K race officially begins.	Shwe Myint Thar Village Pine Forest

3:00 PM Awards Ceremony

Top three male and female runners in each confirmed category are recognised.

Shwe Myint Thar Village Pine Forest

Race Pack Collection

Every runner must collect their race pack during the official collection period.

Runners must present:

Registration confirmation

Original NRC, passport or accepted identification

Any required medical declaration

Mandatory equipment, if a gear inspection is scheduled

The race pack is expected to include:

Race bib

Timing chip

Event T-shirt

Course information

Sponsor items

Other official race materials

Bib number ranges:

15K: From 1001

30K: From 3001

50K: From 5001

Race packs will not normally be distributed on race morning.

Collection by another person will require written authorization and identification documents.

Title Sponsor



ORO GARDEN
Gold & Jewellery



ORO GARDEN
Gold & Jewellery



Arrival, parking and runner flow

SHWE MYINT THAR VILLAGE PINE FOREST

Pyin Oo Lwin, Mandalay Region - Start and finish at the same race arena



Arena location link: https://maps.app.goo.gl/w2PyhafJdLzAksYi6?g_st=ic

RACE-MORNING ARRIVAL ADVICE

- 50K runners arrive from 03:30; 30K runners from 04:00; 15K runners from 05:00.
- Expect darkness and cool conditions during the 50K and 30K arrival windows.
- Allow extra time for parking, toilet queues, baggage deposit and equipment checks.
- Do not stop vehicles in the start chute, ambulance lane or emergency-access route.
- Follow marshals and race-day traffic controls even if they differ from normal access.

VENUE PRINCIPLE

The arena is in the pine forest near Shwe Myint Thar Village. The start arch and finish arch use the same central race arena. Parking is separated from the runner zone so medical, rescue and operational vehicles can move without obstruction.

Gold Sponsors



Goldious
M o m e n t s M a d e B e t t e r



GOLDIOUS CAFE



GOLDIOUS CAFE

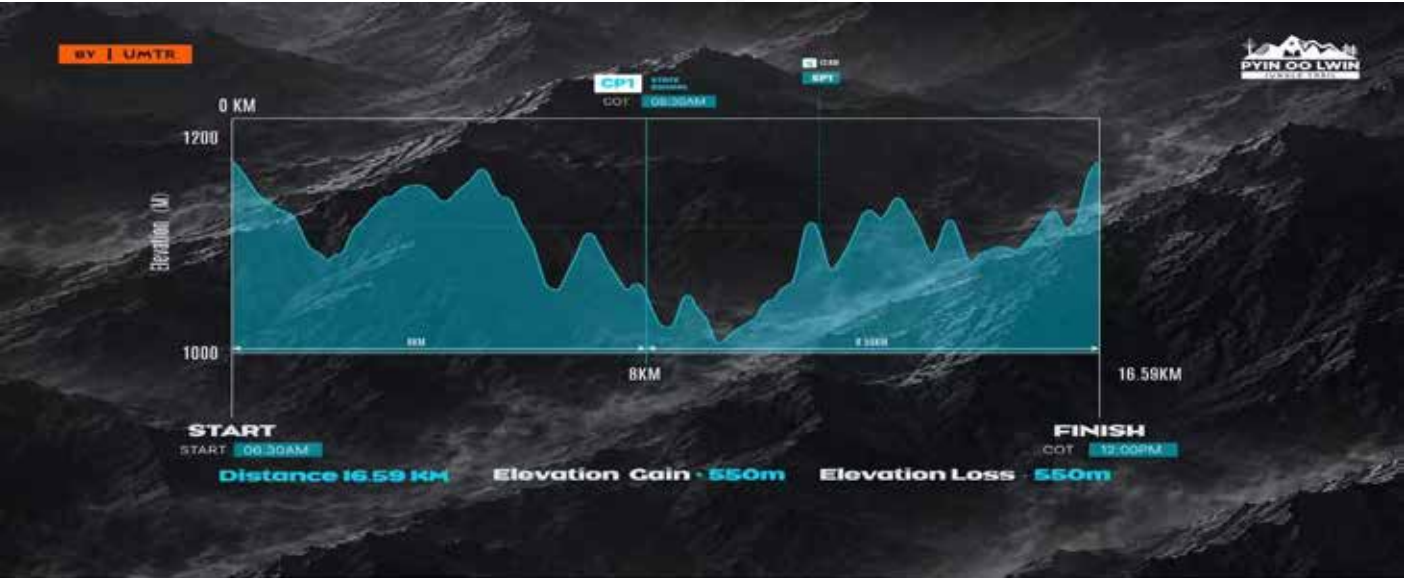


Goldious

Moments Made Better

15K ACTIVE

Start 06:30 | CP1 8.0 KM COT 8:30 | SP1 12.0KM | Finish COT 12:00



TIME CHARTS

POINT	Dist (Km)	Dist. Inter (Km)	Elevation Gain (M)	Elevation Loss (M)	Cut Off
START	0.0	0.0	0	0	06:30 AM
CP1- State School	8	8	182	295	08:30 AM
SP1	12	4	189	123	-
FINISH	16.59	4.59	179	132	12:00 PM

Gold Sponsors



ROYAL-D
PERFORMANCE
PARTNER



**ROYAL-D
PERFORMANCE
PARTNER**

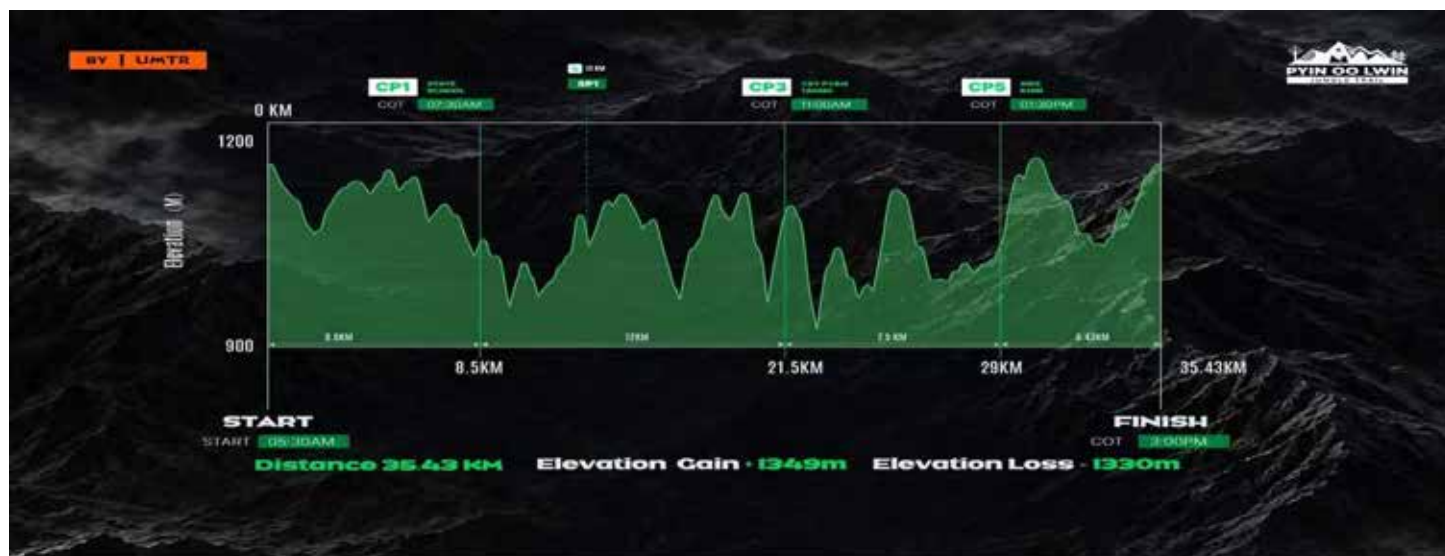
ROYAL-D



**ROYAL-D
PERFORMANCE
PARTNER**

30K CHALLENGE

Approx: 36KM | +1375m | Start 05:20 | Finish COT 15:00



TIME CHARTS

POINT	Dist (Km)	Dist. Inter (Km)	Elevation Gain (M)	Elevation Loss (M)	Cut Off
START	0.0	0.0	0	0	05:30 AM
CP1- State School	8.5	8.5	197	349	07:30 AM
SP1	13	4.5	114	57	-
CP3- YAY PYAN TAUNG	21.5	8.5	447	490	11:00 AM
CP5- SIKE KHIN	29	7.5	340	287	01:30 PM
FINISH	35.43	6.43	251	147	03:00 PM

Silver Sponsors





Location: Annisakan , Pyin Oo Lwin
Contact: 09788005119





Location: 37B, 59 Street, Mandalay
Contact: 097777999967



50K CHALLENGE

Approx: 55KM | +2300m | Start 05:00 | Finish COT 19:30



TIME CHARTS

POINT	Dist (Km)	Dist. Inter (Km)	Elevation Gain (M)	Elevation Losst (M)	Cut Off
START	0.0	0.0	0	0	05:00 AM
CP1- State School	9.5	9.5	236	325	06:45 AM
CP2- TEAK TREE	19	9.5	41	787	08:30 AM
SP2	24	5	374	98	-
CP3- YAY PYAN TAUNG	31	7	692	145	01:15 PM
CP4- INN POKE	41	10	451	491	04:00 PM
SP3	46	5	181	187	-
CP5- SIKE KHIN	50	4	123	115	06:00 PM
FINISH	56.45	6.45	212	162	07:30 PM

Silver Sponsors



ZENOVA
INSPIRE GROUP



ACTIVE AURA

ZENOVA INSPIRE GROUP



**ZENOVA
INSPIRE GROUP**

Brand Introduction

Zenova Inspire Group is the company behind MLB Crew Myanmar and a platform dedicated to growing Myanmar's lifestyle ecosystem.

We believe great brands grow through great communities. That's why we connect lifestyle brands, creative businesses, and community events through retail, marketing, strategic partnerships, and shared opportunities.

UMTR marks the beginning of Zenova Open Call 2026, where we're looking for brands, creators, and communities ready to build the future together.

Brand Slogan

Connect. Build. Grow.

ACTIVE AURA Branded Sportswear Store



ACTIVE AURA

Active Aura Branded Sportswear Store

Address - 58 street, between 32 x 32A

Contact - 09943476430 , 09895959839

Opening hours - 9am - 6pm

Confirmed station structure and cut-offs

KEY STATION DATA

CATEGORY	POINT	DISTANCE	CUT-OFF	SERVICE
15K	CP1	8.0 km	08:30	Hot food / water / medical
15K	SP1	12.0 km	-	Water
15K	Finish	15.0 km	12:00	Finish services
30K	CP1	8.5 km	07:30	Hot food / water / medical
30K	SP1	13.5 km	-	Water
30K	CP3	21.5 km	11:00	Hot food / water / medical
30K	CP5	29.0 km	13:30	Aid / water / medical
30K	Finish	36.0 km	15:00	Finish services
50K	CP1	9.5 km	06:45	Aid / water / medical
50K	CP2	20.0 km	08:30	50K only / aid / medical
50K	SP2	24.0 km	-	Water support
50K	CP3	31.0 km	13:15	Hot food / water / medical
50K	CP4	41.0 km	16:00	Aid / water / medical
50K	CP5	50.0 km	18:00	Aid / water / medical
50K	Finish	55.0 km	19:30	Finish services

HOW CUT-OFFS WORKS

You must leave a checkpoint before its published cut-off time. Officials may stop a runner who is behind the time barrier, medically unfit, missing required equipment or unable to continue safely.

Proposed POLJT safety standard - final sign-off required

IMPORTANT

The equipment list below is the current POLJT working safety standard. The Race Director, Medical Lead and Course Director must issue final approval before public release.

CORE KIT - ALL RUNNERS

- Race bib and official timing device
- Fully charged mobile phone with emergency numbers saved
- At least 1.0 L total water-carrying capacity
- Reusable cup or bottle
- Whistle
- Emergency blanket (minimum 1.4 m x 2.0 m)
- Elastic adhesive bandage for strapping/compression
- Weatherproof outer layer
- Personal food reserve beyond aid-station supply

ADDITIONAL - 30K & 50K

- Working headlamp with adequate battery life
- 50K: spare light or spare battery
- Portable power bank and charging cable
- Cap / sun protection
- Light warm layer for pre-dawn and exposed sections
- Basic personal first-aid items
- Any prescribed personal medication

Silver Sponsors

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Travel is easy with us

EQUIPMENT CHECKS

Equipment may be checked at race-pack collection, the start, checkpoints or the finish. Missing mandatory items may lead to refusal to start, a penalty or disqualification. Prepare your complete kit before race morning.



Start flow, course marking and navigation

BEFORE THE START

- 01 Arrive at the published time for your category.
- 02 Deposit baggage only in the designated area.
- 03 Complete bib, timing and equipment checks.
- 04 Enter the correct start pen and listen to final safety updates.

COURSE MARKING

DIRECTION

Follow official ribbons, arrows and marshal instructions.

SPLIT

At category splits, confirm your distance before continuing.

WRONG WAY

If markers disappear for an unusual distance, stop and return to the last confirmed marker.

HAZARD

Slow down at steep, wet, technical, road-crossing and rope-assisted sections.

ON COURSE

- Do not follow other runners blindly; navigate from official markers and your approved GPX.
- Record passage at every required checkpoint and timing point.
- Refill water before leaving each aid station; never assume the next point is close.
- Report injured runners, hazards or damaged route markings to the nearest official.

OFFICIAL PARTNERS

EMOTO
PURE DRINKING WATER



CHERRY LAND
HOSPITAL

CRITICAL ROUTE SPLITS

15K: confirm the 15K direction at the shared split around KM 8. 30K: multiple route decisions, including the CB1 split near KM 8 where the 30K route climbs. 50K: CP2 is exclusive to 50K runners.



EMOTO PURE DRINKING WATER

YOU DON'T NEED A MOTTO TO DRINK EMOTO

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Know the plan before you need it

MEDICAL & RESCUE DEPLOYMENT

LOCATION / TEAM	COVERAGE
Race Arena	Cherry Land Hospital ambulance + medical support
CP1	Doctor and nurse under Cherry Land medical plan
CP3	Doctor and nurse under Cherry Land medical plan
CP2 / CP4 / CP5	UMTR-arranged medical coverage
Rescue Team	6 rescue vehicles / ambulances and 20 rescue members planned
CP2-CP3 sector	Special rescue and emergency-response team for signal blind zone

CRITICAL SAFETY NOTICE - CP2 TO CP3

Mobile signal is unavailable or unreliable between CP2 and CP3. This sector is used by 50K runners. Do not depend on your phone as the only way to obtain help. Stay on the marked route, remain alert and follow instructions from the deployed special rescue team.

IF YOU NEED HELP

- Stop in the safest available position and assess immediate danger.
- Alert another runner, marshal, checkpoint team or rescue member. Use repeated whistle bursts if necessary.
- When signal is available, report your bib number, category, last checkpoint/marker, condition, immediate hazards and whether you can move.
- A medical official may remove a runner from the race when continuation is unsafe.

DNF procedure and runner accountability

IF YOU DECIDE TO STOP

A runner who withdraws must be formally accounted for. Leaving the race without notifying UMTR can trigger an unnecessary search and place rescue teams at risk.

1

WITHDRAW AT A STAFFED CP

Unless there is an immediate medical emergency, reach a staffed checkpoint.

2

TELL THE CP CAPTAIN

State clearly that you are withdrawing and give your bib number.

3

WAIT FOR STATUS CONFIRMATION

Timing/operations staff must record your DNF before you leave.

4

FOLLOW REPATRIATION INSTRUCTIONS

Keep your bib and wait for the assigned transport process.

5

IF BETWEEN CHECKPOINTS

Reach the nearest staffed point if safe. If you cannot, seek help and stay on or immediately beside the marked route.

TRANSPORT EXPECTATIONS

Emergency evacuation is prioritized by medical need. Non-medical transport may require waiting until a vehicle becomes available or a checkpoint closes. Leaving in a private vehicle does not cancel the requirement to complete the official withdrawal process.



Cross the line, recover, verify your result

FINISH

Cross the timing line with your bib visible. Follow the marked flow through water, recovery, medical observation and baggage services.

RESULTS

Preliminary timing is not final. UMTR may review missed checkpoints, timing anomalies, penalties and protests before confirming classification.

AWARDS

Awards ceremony: 15:00. Top three men and top three women in each confirmed race category are recognized.

FINAL RUNNER CHECKLIST

- One week before: download the final guide, route map/GPX and weather update.
- Confirm your name, category, bib information and emergency contact.
- Test shoes, pack, lights, phone, battery and hydration system together.
- Night before: attach your bib correctly; charge phone, headlamp, watch and power bank.
- Race morning: bib visible, phone on, emergency information saved, water and food packed.
- Tell family/supporters how to follow you and what to do if live timing pauses.



FINISHER CERTIFICATES

Official results and finisher certificates are published only after validation by the UMTR timing and race teams. Certificates are available to eligible finishers and are designed to be verifiable against the official result record.



Fair racing, respectful communities, clean trails

ESSENTIAL RACE RULES

- Complete the entire marked course on foot and in the correct direction.
- No bib transfer, course cutting, unauthorized vehicle assistance or intentional timing-point avoidance.
- Do not discard rubbish, food packaging, bottles, tissues or equipment on the trail.
- Do not remove, move or damage route markers.
- Offer reasonable assistance to a runner in distress and report the incident immediately.
- Follow instructions from race officials, medical staff, rescue teams, landowners and public authorities.

TRAIL ETIQUETTE

Announce before overtaking and wait for a safe place. Step aside for faster runners where practical without leaving the route. Keep sound low enough to hear safety instructions. Close gates you open and do not disturb crops, livestock, homes, religious sites or village property.

SUPPORTERS & SPECTATORS

Use official spectator areas and public access routes. Never follow runners by motorcycle, bicycle or car on the course. Do not obstruct runner flow, emergency access, CP operations or local traffic. Keep children and pets under close control.

LEAVE NO TRACE

POLJT runs through a living landscape, not a closed stadium. Every runner represents UMTR. Leave the route cleaner, quieter and more respected than you found it.



Save race-day information before leaving home

OFFICIAL INFORMATION CHANNELS

WEBSITE	www.umtrmm.com
RACE-DAY EMERGENCY	Use the emergency number printed on your bib / final race-week notice
RACE CONTROL	Final number to be published by UMTR before race day
MEDICAL EMERGENCY	Final number to be published by UMTR before race day

POLJT 2026 PARTNERS

TITLE PARTNER	ORO GARDAN Jewelry
GOLD PARTNERS	GOLDIOUS ROYAL-D
SILVER PARTNERS	Happy Life GoGym Flymya ZENOVA Inspire Group Active Aura
INSURANCE PARTNER	ALIFE
MEDICAL PARTNER	Cherry Land Hospital
RESCUE PARTNER	Mandalay Rescue Team
HYDRATION PARTNER	EMOTO Purified Water

FINAL WORD TO RUNNERS

Come prepared. Respect the trail. Support one another. Discover the wild side of Pyin Oo Lwin. Final race-week notices issued by UMTR, the Race Director and safety officials take priority if weather, route access or emergency conditions require a change.

DREAM WISE, RISE TOGETHER

