



# TRAIL RUNNING

AS AN OLYMPIC AND  
PARALYMPIC SPORT

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- iTRA International Trail Running Association
- PTRA Pro Trail Runners Association
- National Athletics Federations
- National Trail Running Associations
- Brisbane 2032 Campaign

We acknowledge the Traditional Custodians of the land on which we meet and run across the world and pay respect to Elders past, present and emerging.

# TRAIL RUNNING'S TIME IS NOW

**WE'RE EXPERIENCING  
FASTER ATHLETES,  
A POPULARITY SURGE AND  
INTERNATIONAL UNITY.**

## **WHY BRISBANE 2032?**

Incorporating Trail Running into the 2032 Olympic and Paralympic Games is a unique opportunity for Brisbane, Queensland and Australia for the following reasons:

- Showcasing the stunning Queensland natural environment to a global audience, potentially attracting substantially increased tourism to the area, increasing revenue to our state and Australia in general.
- Supporting sustainability initiatives as sustainable trail running revolves around respecting the environments we run in and looking after them so that they remain for future generations to enjoy.
- Building a sense of community that is fundamental to Australian values. Trail running is surprisingly social and inclusive – we encourage participation from all walks of life and embrace diversity.
- Getting out into nature and developing meaningful connections with others are critical for mental health – trail running is a natural way to combine the two and improve physical health at the same time.

# TRAIL RUNNING'S TIME IS NOW

OUR ORGANISATIONS BELIEVE  
IT'S TIME FOR TRAIL RUNNING TO  
TAKE ITS PLACE ON THE GRANDEST  
STAGE...

# THE OLYMPIC AND PARALYMPIC GAMES

# 1. CHECKPOINTS

What we have achieved so far and what's involved to reach our final goal...

2022

## TR2032 Planning Begins

A 10 year TR2032 Campaign strategy is developed and the formation of an Australian Trail Runners Association is commenced.

2023

## TR2032 Campaign Launches

TR2032 campaign to have trail running included in the Games is officially launched in Brisbane.

2024

## Global Launch and AUTRA Formed

Australian Ultra and Trail Running Association (AUTRA) is formed inclusive of State and Territory peak organisations, key stakeholders and affiliated with Australian Athletics (AA).

In partnership with ITRA, the TR2032 campaign is launched globally during the Paris 2024 Games.

TR2032 gains support from the WA (World Athletics) as a sport that could be contested at the Games.

2025

## Put forward to the IOC

TR2032 campaign team meets with AA and the AOC, and the campaign gathers steam.

Trail running is presented to the IOC as a future sport to be contested at the Games.

2026

## Shortlisted

Trail Running is shortlisted for consideration as a new sport to be contested at the Games.

Trail Running events, competitors, national bodies and supporters across the world showcase their support for TR2032.



# CHECKPOINTS

↓  
**2027**

## **Decision made**

A decision on Trail Running at the Brisbane 2032 Games is made by the IOC, in conjunction with the AOC and AA.

**2028**

## **Trail Running Announced**

After the Los Angeles Games Trail Running is announced as a new sport to be contested at the 2032 Brisbane Games.

**2029**

## **Brisbane Games Planning**

The TR2032 Campaign, AUTRA, and Trail Running Association of Queensland (TRAQ) lead a local planning and preparation initiative to prepare Brisbane's trails, trail runners, and other stakeholders to introduce trail running to the 2032 Games.

**2030**

## **Trail Running Showcased To The World**

Australian National Trail Running Championships is showcased to the World through a broadcast partnership with a major communications network.

**2031**

## **International Roadshow**

TR2032 International Roadshow at events and in communities to grow awareness and excitement for the Games.

**2032**

## **Delivery**

Trail running is contested as a sport at the Brisbane 2032 Games and trail running receives its first truly global audience.

## 2. SUPPORTERS

The support for trail running's inclusion as a sport contested at the Olympic Games is certain. Organizations representing millions of amateur and professional athletes in over 165 countries are voicing their support for trail running's elevation to the Games. These organizations and bodies include:

### **International Trail Running Association (iTRA)**

Founded in 2013, iTRA (the International Trail Running Association) represents around 300,000 athletes and 6,000 event organizer members in over 160 countries. iTRA is the leading reference organization for trail running globally, providing services to individual trail runners and trail running organizations, as well as international leadership for the sport. It also collaborates with World Athletics to ensure trail running's recognition as a discipline. iTRA's initiatives include the iTRA Performance Index, which ranks runners and races, and the National League, which fosters competitive spirit among trail runners worldwide.



### **Pro Trail Runners Association (PTRA)**

The Pro Trail Runners Association is an international non-profit association of active professional trail runners. The mission of the Pro Trail Runners Association is to help the athletes and be a collective, active voice in shaping the future of our sport, protecting the environment where we practice, the athletes' physical and mental health and the fairness and sustainability of the competitions. The PTRA addresses issues such as anti-doping, contract fairness, race calendars and circuits, media relationships and coverage, advocating for professionalisation, equality, sustainability and fair play. Its activities include working in close contact with federations, brands, team managers, race organizers and other organizations, providing education for athletes, setting up communication campaigns and lobbying activities, ensuring a positive dialogue between all the stakeholders within the sport of trail running and always working in the best interests of all the athletes (professionals and not).

## **The Australian Ultra and Trail Runners' Association (AUTRA)**

The Australian Ultra and Trail Runners' Association (AUTRA) is a representative body of endurance and trail athletes from across the country, created to foster and promote Australia's most exciting and fastest growing sports.



Created in 2024 after the established Australian Ultra Runners Association (AURA) and a Working Group of trail running leaders successfully expanded AURA's remit to include the discipline of trail running. AUTRA was born as the Australian representative body for runners of any distance, on every surface.

## **Trail Running Association Queensland (TRAQ)**

The Trail Running Association of Queensland (TRAQ) is a non for profit organisation formed in 2006. It was conceived through the desire of trail runners wanting more trail events than what was offered.



Today, TRAQ is the peak body for trail running in Queensland and is committed to supporting the trail running community through care and support for the sport and all those that participate in and support it. TRAQ is the founding supporter of the TR2032 Campaign.



## Trail Running 2032 Campaign (TR2032)

The Trail Running 2032 Campaign is a global initiative aimed at including trail running in the 2032 Brisbane Olympic Games. Launched by the Trail Running Association of Queensland (TRAQ) in 2022, TR2032 has the support of the Australian Ultra and Trail Running Association (AUTRA) and iTRA. The campaign focuses on community, sustainability, inclusivity, information, and performance as key Campaign pillars important to trail running's successful inclusion in the Games. TR2032 seeks to gain recognition for trail running as an Olympic sport, emphasizing eco-friendly practices and broad participation. The campaign is supported by athletes, organizations, and stakeholders worldwide, all working together to elevate trail running to the highest level of international competition.



### National Federations including:

- ÖLV Austrian Athletics
- FFA Fédération Française d'Athlétisme
- Icelandic Athletic Federation
- Khmer Amateur Athletics Federation
- National Athletic Federation of Paraguay
- Danish Athletics

### Professional Bodies including:

- Pro Trail Runners Association
- Asia Pacific Trail Running Championships

### National Associations including:

- Australia Ultra Trail Running Association
- Portugal Trail Running Association
- Trail Runners Association of Hong Kong China
- Brunei Adventure Recreation Association
- Indonesia Trail Ultrarunning Association
- Malaysian Ultrarunners Association
- Singapore Ultrarunning Association
- Philippine Trail Running Association, Inc.
- Myanmar Ultra Trail Running Association
- Thailand Trail Running Association
- Japan Trail Running Association
- Mountaineering Association of Serbia

## 3. WHAT IS TRAIL RUNNING?

Trail running is a sport that involves running and hiking over any type of natural terrain such as mountains, forests, and deserts. Unlike road running, trail running takes place on various types of surfaces, including dirt paths, rocky trails, grassy fields, sand, snow and any type of non-paved surface. The sport emphasizes endurance, agility, a deep connection with nature and the discovery of a territory.

### Early Beginnings

Trail running has ancient roots, with humans running on trails for hunting, communication, and transportation long before it became a formal sport. Indigenous peoples and early civilizations often relied on trail running for survival. In the modern era, trail running began to gain popularity as a recreational activity in the late 20th century, particularly in regions with abundant natural landscapes.

### Formalization and Growth

The formalization of trail running as a sport began in the 1980s and 1990s. The establishment of the International Trail Running Association (ITRA) in 2013 played a crucial role in promoting and organizing the sport globally, setting race standards, providing rankings, and ensuring the safety and fairness of competitions.

### World Athletics Endorsement

In 2015, World Athletics – the global, peak athletics body for trail and mountain running – recognized the growing popularity and significance of trail running as a discipline of athletics, introducing the official definition in the rulebook. This endorsement was a significant milestone, providing official recognition and support for the sport. World Athletics collaborated with WMRA and ITRA to create a unified definition and set of rules for trail running, ensuring consistency and standardization across events worldwide.

<https://worldathletics.org/disciplines/trail-running/trail-running>



## Rule 57: Summary and Format

Nowadays, the rule has evolved. The actual rule 57 of the World Athletics rule book outlines the regulations for mountain and trail running. This rule was established to provide a clear framework for organizing and conducting trail running events. Key points of Rule 57 include:

- **Course Design:** Courses must be primarily off-road, with minimal paved sections (not exceeding 25% of the total length). They should be well-marked to ensure no navigation skills are required.
- **Safety:** Organizers must consider safety, including potential hazards like high altitudes and changing weather conditions. Mandatory equipment, such as wind jackets and headlamps, may be required for longer races.
- **Environmental Respect:** Courses should showcase and respect the natural environment, minimizing ecological impact.
- **Race Distances and Elevation:** Specific distances and elevation gains are defined for different race categories following the iTRA classification that has been endorsed within the rule.
- **Equipment:** The use of hiking poles is permitted at the discretion of the race organizer, especially in longer races, no alpine equipment, such as ropes or crampons must be needed to complete the course .

## Modern Trail Running

Today, trail running is a global phenomenon, with events held in diverse landscapes around the world. The sport attracts a wide range of participants, from elite athletes competing in international championships to recreational runners seeking adventure and connection with nature. Major events like the Ultra-Trail du Mont-Blanc (UTMB) and the Western States Endurance Run have become iconic in the trail running community. The last World Mountain and Trail Running Championships in Austria in 2023, hosted the most competitive mountain and trail running races ever held. This Event was brought together by iTRA, World Mountain Running Association (WMRA) and the International Association of Ultrarunners (IAU) under the patronage of World Athletics.

Trail running continues to evolve, with increasing emphasis on sustainability, inclusivity, and technological advancements in gear, training methods, and commercial broadcasting and sponsors. The sport's growth is driven by a passionate community of runners, organizers, and supporters dedicated to exploring and preserving the natural world through running.



## 4. VALUES OF TRAIL RUNNING

Trail running is more than just a sport; it embodies a set of core values that resonate deeply with its community. These values are championed by the International Trail Running Association (iTRA) and are central to the Trail Running 2032 Campaign, which aims to include trail running in the 2032 Brisbane Olympic Games.

### iTRA's Core Values

#### 1. Authenticity

Authenticity is at the heart of trail running. It emphasizes a genuine connection with nature and the simplicity of running through natural landscapes. Trail running promotes relationships based on simplicity, conviviality, and a fundamental respect for differences. The trail running community values authenticity as highly as physical performance, fostering a sense of harmony between runners and the environment.

#### 2. Humility

Humility in trail running involves recognizing and respecting the power of nature. Runners must understand their personal limits and not jeopardize their physical or mental well-being. This value encourages a deeper appreciation of the natural world and the challenges it presents, fostering a respectful and mindful approach to the sport.

#### 3. Fair Play

Fair play is about adhering to the rules and the spirit behind them. It involves mutual aid among runners and respect for all participants, including organizers and volunteers. Fair play ensures that all athletes compete on an equal footing, promoting integrity and sportsmanship.

#### 4. Equality

Equality in trail running means providing equal opportunities for all participants. It is the responsibility of organizers to ensure that all athletes have the same rights and duties, offering the best possible race conditions to everyone. This value promotes impartiality and fairness in the sport.

#### 5. Respect

Respect is a multifaceted value that applies to oneself, others, and the environment. It involves taking care of one's health, avoiding doping, and being mindful of the dangers of excessive self-medication. Respecting others means being aware of and considerate towards fellow runners, local populations, and their cultures. Environmental respect involves preserving the natural landscapes where trail running takes place, minimizing ecological impact.

#### 6. Solidarity

Solidarity is crucial in the natural environment, where community support can be vital for survival. Trail runners are expected to help each other, fostering a sense of camaraderie and mutual support. This value strengthens the community and ensures that everyone can progress together.





PILLARS



COMMUNITY



SUSTAINABILITY



INCLUSIVITY



INFORMATION



PERFORMANCE



## Trail Running 2032 Campaign Pillars

The Trail Running 2032 Campaign builds on these core values with its own set of Campaign pillars designed to elevate trail running to the Olympic stage:

### 1. Community

The campaign emphasizes building a vibrant and supportive community. It aims to foster connections among athletes, organizers, and supporters, promoting camaraderie, shared experiences, and mutual encouragement. A strong community ensures that trail running remains inclusive, engaging, and sustainable.

### 2. Sustainability

Sustainability is about minimizing environmental impact and promoting eco-friendly practices. The campaign collaborates with local communities to preserve natural landscapes, aligning with Olympic values and demonstrating responsible stewardship. Prioritizing sustainability contributes to a healthier planet and sets an example for other sports.

### 3. Inclusivity

Inclusivity ensures that trail running is accessible to everyone, regardless of age, gender, ability, or background. The campaign actively promotes diversity, creates accessible events, and ensures fair opportunities for all. Inclusivity fosters a sense of belonging and broadens participation, enriching the sport.

### 4. Information

Knowledge empowers progress. The campaign supports research, data collection, and athlete education, sharing insights on training, safety, and performance. Accessible information enhances athlete development, safety, and overall performance, contributing to the sport's growth and competitiveness.

### 5. Performance

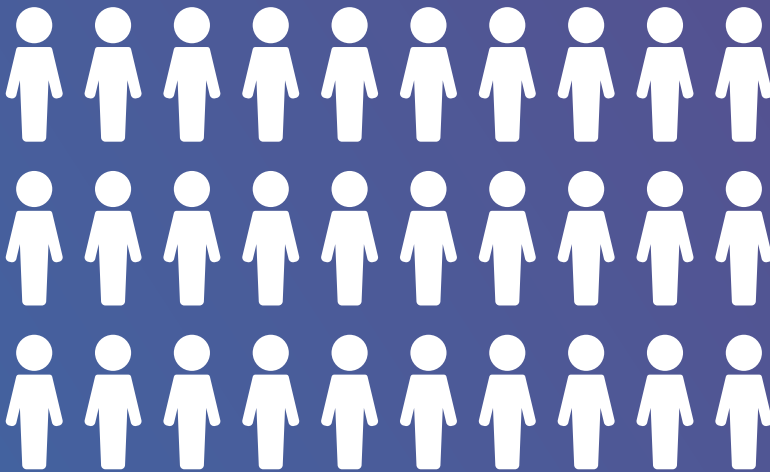
Excellence drives the campaign forward. It supports athletes' pursuit of peak performance, invests in coaching, and celebrates outstanding achievements. High-performance standards inspire athletes to push boundaries, set records, and elevate the sport's prestige.

*By embracing these values and pillars, iTRA and the Trail Running 2032 Campaign aim to position trail running as a compelling addition to the Olympic family, showcasing the sport's unique blend of endurance, nature, and community spirit.*

# STATISTICS



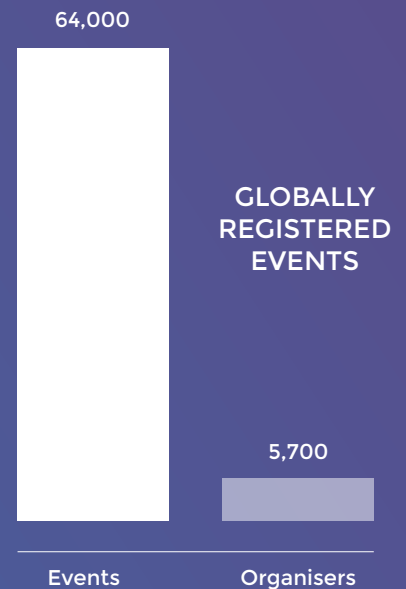
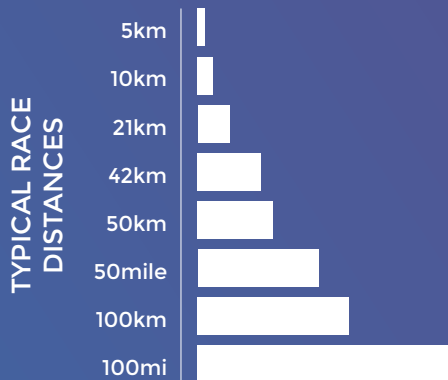
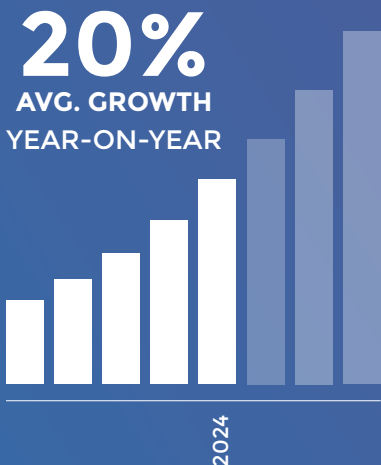
**165**  
COUNTRIES  
REPRESENTED



PARTICIPANTS BY GENDER



**3.2** MILLION  
GLOBALLY  
RANKED RUNNERS



\*STATISTICS SUPPLIED FROM ITRA MEMBERSHIP DATABASE



## 5. STATISTICS

Trail running has seen significant growth worldwide, with various organizations and events contributing to its popularity. Here's an overview of key statistics from major databases and events.

### General Figures from iTRA Database

The International Trail Running Association (iTRA) database is one of the most comprehensive sources for trail running statistics. It includes data and key statistics from the 165 Countries represented in the database. The iTRA Performance Index ranks runners globally, providing insights into the top performers and trends in the sport. Recent average growth of 20% year on year is exemplified by the over 3.2 million runners now holding an iTRA ranking. 71% of these runners are male and 29% female, representing a 9% growth in female trail running participants holding an iTRA ranking since 2015. Globally, race numbers continue to increase with 64,000 iTRA registered races and over 5,700 race organizers actively engaged with iTRA.

### General Figures from PTRA Database

The Professional Trail Runners Association (PTRA) represents over 250 elite trail runners with the mission to professionalize the sport. Elite runners are eligible to join if they rank in the top 30 on the iTRA general index, UTMB ranking, WMRA, GTWS ranking, or Skyrunning rankings for the current year or any of the past three years. Alternatively, runners with a current professional contract (financially compensated) for trail running competitions are also eligible.

## Event Figures

- *IAU WTRC (2007 – 2013)*: The International Association of Ultrarunners (IAU) organized the four World Trail Running Championships during this period. These events saw growing participation, with over 400 runners competing in various categories, from 17 nations.
- *IAU-ITRA WTRC (2015 – 2019)*: The collaboration between IAU and ITRA continued to elevate trail running's visibility, with 5 World Trail Running Championship events taking place in this period attracting a total of 1,580 elite runners from 38 countries and expanding media coverage.
- *ITRA-WMRA-IAU WMTRC (2021(22), 2023, 2025, 2027)*: The World Mountain and Trail Running Championships (WMTRC) are a collaborative effort showcasing the best in trail and mountain running. The 2021 (22) WMTRC in Thailand was the first event hosted by all three associations, with 900 athletes from 49 countries. The 2023 event in Innsbruck-Stubai featured over 1,000 athletes from 60 countries. In 2025, Canfranc, Spain, will host the next WMTRC, with the bidding process for selecting the 2027 host ongoing.
- *WMRA WMRC (1985 – 2019)*: The World Mountain Running Championships have been held annually since the 1980s and became part of the WMTRC in 2019.
- *WMRA Masters (1998 – 2024)*: The WMRA Masters Championships cater to older athletes, with participation numbers reflecting the sport's appeal across age groups. The 2024 event attracted over 400 athletes from over 20 countries.
- *Continental Championships (2022 - 2024)*: European athletics has organised the European Trail Running Championships since 2022. The Atletismo Sudamericano (South American Athletics) has organised the South American Mountain Running Championships since 2006. In 2024, the first Asia Pacific Trail Running Championships were organised by ITRA, with athletes representing 19 Asia-Pacific regions.

## Other Circuits

- *World Trail Majors*: The World Trail Majors is a global trail running series featuring nine iconic races across diverse terrains. It includes events like the Hong Kong 100K, Transgrancanaria, and Ultra-Trail Cape Town. The series celebrates the spirit of trail running, uniting runners worldwide in challenging and scenic environments.
- *Salomon Golden Trail Series*: Known for its competitive fields and scenic courses, this series has become a highlight in the trail running calendar. It features some of the sport's most iconic races and attracts elite runners worldwide.
- *Skyrunning World Series and Championships*: Skyrunning events, characterized by high-altitude and technical courses, have seen growing participation. The series includes races in diverse locations, showcasing the sport's global appeal.
- *UTMB*: The Ultra-Trail du Mont-Blanc (UTMB) is one of the most prestigious trail races, attracting thousands of runners and spectators. The event includes several race categories, with participation numbers increasing each year. UTMB branded events are now held globally and are part of a series format culminating in the UTMB each August.
- *WMRA World Cup*: This series of races attracts top mountain runners, with events held in various countries.

Trail running continues to grow globally, with increasing participation and media coverage. Organizations like iTRA, and PTRA play crucial roles in promoting the sport, while major events and series highlight its competitive and scenic aspects. The sport's future is promising, with ongoing efforts to professionalize and expand its reach.

## 6. FORMAT

The proposed Olympic trail running race format is designed to fit within the World Mountain and Trail Running Championships (WMTRC) framework as defined in rule 57, highlighting the sport's unique challenges and the natural beauty of the host location. The format includes four distinct races, each tailored to different distances and athlete capabilities, ensuring a comprehensive showcase of trail running.

### Course Descriptions

#### Short Trail 40k:

The race begins in a historic town square and follows a route that includes forest trails, rolling hills, and open meadows. Key features include a ridge run with panoramic views and a descent through a lush valley.

#### Long Trail 80k:

Starting at a landmark site, the course winds through various terrains, including alpine meadows, dense forests, and rugged mountain paths. The route includes several significant climbs and descents, with aid stations strategically placed at scenic spots.

#### Vertical Race:

The course starts at the base of a mountain and ascends rapidly, with sections of rocky paths, forest trails, and open slopes. The finish line is at a high-altitude viewpoint, offering stunning vistas of the surrounding area.

#### Mountain Classic 12k:

The course consists of two 6-kilometer loops, starting and finishing in a picturesque village. Runners will navigate through dense forests, cross small streams, and climb rocky outcrops, with each loop providing a different perspective of the landscape.

## Race Categories

### 1. Short Trail 40k

- FORMAT:** Combined race for men and women.
- DURATION:** 4 hours for the men's winner.
- DESCRIPTION:** A 40-kilometer trail race featuring a mix of technical trails, rolling hills, and scenic vistas. The course will highlight the region's diverse landscapes, from dense forests to open ridge lines.

### 2. Long Trail 80k

- FORMAT:** Combined race for men and women.
- DURATION:** 8 hours for the men's winner.
- DESCRIPTION:** An 80-kilometer endurance race that challenges athletes with a variety of terrains, including steep climbs, descents, and flat sections. The course will pass through iconic landmarks and offer panoramic views, making it a true test of endurance and strategy.

### 3. Vertical Race

- FORMAT:** Two separate races for men and women.
- DURATION:** 1 hour each.
- DESCRIPTION:** A steep, uphill race covering a vertical distance of approximately 5 kilometers. The course will feature rugged terrain, steep inclines, and breathtaking views, emphasizing the athletes' climbing abilities.

### 4. Mountain Classic 12k

- FORMAT:** Two separate races for men and women.
- DURATION:** 1 hour each.
- DESCRIPTION:** A 12-kilometer race that may include two loops of a 6-kilometer course. The route will traverse diverse terrain, including forest trails, rocky paths, and open meadows, showcasing the location's natural beauty.

## Reduced Race Format (if necessary)

### Short Trail 40k

Combined race for men and women. 4 hours for the men's winner.

### Long Trail 80k

Combined race for men and women. 8 hours for the men's winner.

## Start and Finish Venues

**Start Venue:** Each race will start in a location that is easily accessible to spectators, officials, team supporters, and media, such as a town square or a well-known landmark. The start area will feature amenities for athletes and spectators, including restrooms, food vendors, and information booths.

**Finish Venue:** The finish line will be set in a scenic and spacious area, allowing for a festive atmosphere. There will be a stage for award ceremonies, a recovery area for athletes, and spaces for media coverage.



## Team-Supported Aid Stations

Aid stations will be placed at regular intervals along the course, providing water, energy drinks, snacks, and medical assistance. Each station will be staffed by volunteers, officials and team supporters, ensuring athletes receive the necessary support and encouragement.



## **Athlete Eligibility Criteria**

Athletes must meet the qualification standards set by their national governing bodies and the International Trail Running Association (iTRA). Criteria may include performance in previous trail running events, overall fitness levels, and adherence to anti-doping regulations.

## **Additional Considerations**

**Environmental Impact:** The race organizers will work closely with local authorities to minimize the environmental impact of the event. Measures will include waste management, trail maintenance, and education on responsible trail use.

**Spectator Engagement:** The event will feature live coverage, interactive maps, and commentary to engage both on-site spectators and a global audience.

**Volunteering Opportunities:** Volunteering is a key part of the fabric of the trail running community and the events themselves. Volunteering at an Olympic trail race would involve supporting athletes, managing aid stations, ensuring safety, and providing directions. Trail running volunteers experience the excitement of the event up close, contribute to its success, and enjoy the camaraderie of fellow volunteers and participants, something that is on show at major trail races across the world already.



# 7. ADAPTING TRAIL RUNNING FOR PARALYMPIC PARTICIPANTS

Adapting a trail running race format for Paralympic participants involves several key modifications to ensure inclusivity, safety, and fairness. The course design must accommodate various disabilities, including visual impairments, mobility impairments, and other physical challenges. The sections to follow present the essential aspects of adapting trail running for Paralympic participants, covering course design, support and safety measures, and equipment adaptations.

## Course Design

Creating an inclusive trail running experience starts with thoughtful course design. Here are key considerations:

- **Terrain**  
Selecting the appropriate terrain is crucial. Trails should have manageable terrain, avoiding excessively steep or technical sections that could pose challenges for adaptive athletes. Paths must be wide enough to accommodate wheelchair users and guide runners, ensuring everyone can navigate the course comfortably.
- **Surface**  
Ensuring the surface is well-maintained and stable can significantly reduce the risk of falls and injuries. Trails should be free of loose rocks, roots, and other potential hazards. Consider adding ramps or alternative routes around obstacles to provide a seamless experience for all participants.
- **Distance**  
Offering multiple race distances caters to different levels of ability and endurance. This approach allows participants to choose a distance that matches their fitness and skill level, making the event more inclusive and enjoyable for everyone.



## Support and Safety

Providing robust support and safety measures is essential for the success of an adaptive trail running event. Here are some key elements:

- **Guides and Assistants**

Trained guides are indispensable for visually impaired runners, offering crucial support and ensuring they stay on track. Assistants for participants with mobility impairments can provide physical support and encouragement. It's vital to have enough volunteers to offer assistance throughout the course, making the event a positive experience for all.

- **Aid Stations**

Increasing the number of aid stations and ensuring they are fully accessible is a priority. These stations should be equipped with necessary medical supplies and staffed with trained medical personnel on standby. Accessible aid stations can provide hydration, nutrition, and emergency care, enhancing the safety and comfort of all participants.

- **Signage**

Clear, large, and high-contrast signage aids navigation for all participants. Signs should be placed at regular intervals and at key decision points along the trail. Using universally recognized symbols and contrasting colors can make the signage more effective, especially for visually impaired runners.



## Equipment

Allowing and encouraging the use of adaptive equipment ensures that adaptive athletes can compete on an equal footing. Here are some equipment considerations:

- **Adaptive Gear**

There is significant variety and technically advanced specialized gear and adaptive equipment such as specialized wheelchairs designed for off-road use, prosthetics tailored for running, and trekking poles for additional stability. The course should be considered for suitability for such equipment, with wide paths and stable surfaces to accommodate these devices.

- **Wheelchairs and Prosthetics**

Wheelchairs designed for trail running are typically lightweight and robust, capable of handling uneven terrain. Similarly, prosthetics for running are optimized for shock absorption and stability. Providing information about the best equipment options for the trail running course and terrain can help participants prepare for the event.

- **Safety Gear**

Safety gear such as helmets, gloves, and protective padding can help prevent injuries. Participants should be encouraged to use appropriate safety gear, and Paralympic event organizers should provide information on recommended gear for adaptive athletes.

Adapting trail running for Paralympic participants is a multifaceted process that requires careful consideration of course design, support and safety measures, and equipment adaptations. By addressing these key areas, a Paralympics trail running event can create an inclusive, safe, and enjoyable experience for all adaptive athletes. The potential for adaptive trail running is immense, offering individuals with disabilities the opportunity to engage in a challenging and rewarding sport. With the right modifications, trail running can be an empowering and exhilarating experience for Paralympic participants, fostering a sense of achievement and community that only a peak sporting event can provide.



## 8. BROADCASTING AN OLYMPIC TRAIL RACE

Broadcasting an Olympic trail race involves comprehensive coverage to capture the event's essence and excitement. Television broadcasts and Live-streaming offers dynamic, interactive engagement. The race is covered using fixed cameras, drones, and mobile cameras, synchronized with prime viewing hours for maximum reach. Continuous coverage with multiple camera feeds and real-time data coupled with new technologies like AR, VR, and advanced GPS tracking enhance the spectator's experience. The sections below cover broadcasting in more detail.

### Television Broadcasting

Television broadcasting of an Olympic trail race would start with pre-race segments, including athlete profiles, course overviews, and expert commentary. The race itself would be covered using a combination of fixed cameras at key points, drone footage for aerial views, and mobile cameras following the lead runners. Timing would be synchronized with prime viewing hours to maximize audience reach, with highlights and recaps aired during peak times.

### Live-streaming

Live-streaming offers a dynamic and interactive way to engage a global audience. The live-stream would begin with a countdown and pre-race interviews, followed by continuous coverage of the race. Viewers could switch between different camera feeds, including drone shots, on-ground cameras, and athlete-mounted cameras. Real-time data, such as runner positions, split times, and environmental conditions, would be displayed on-screen. The live-stream would be available on multiple platforms, including YouTube, social media, and dedicated sports streaming services, ensuring accessibility and convenience.

### New Technology Opportunities

New technologies can significantly enhance the viewing experience. Augmented Reality (AR) could be used to overlay course maps, runner stats, and live updates on the broadcast. Virtual Reality (VR) could offer immersive experiences, allowing viewers to feel as if they are running alongside the athletes. Advanced GPS tracking and biometric sensors could provide real-time data on runner performance, such as heart rate, pace, and altitude changes. Interactive features, like live polls and Q&A sessions with commentators, would engage viewers and create a more personalized experience.



BROADCASTING

### **Study Cases: UTMB Live**

The Ultra-Trail du Mont-Blanc (UTMB) provides an excellent case study for broadcasting trail races. UTMB's live coverage includes multiple camera angles, real-time tracking, and detailed commentary. The use of the LiveTrail app allows spectators to follow their favorite runners, view live stats, and receive notifications. UTMB's integration of social media and interactive features has set a high standard for trail race broadcasting.

### **Additional Considerations**

- **Environmental Impact:** Broadcasting teams must work closely with race organizers to minimize environmental impact. This includes using eco-friendly equipment, reducing on-site personnel, and adhering to strict environmental guidelines.
- **Spectator Engagement:** Engaging the audience through social media, live chats, and interactive features can enhance the viewing experience. Creating dedicated hashtags, running contests, and encouraging viewer participation can build a sense of community.
- **Accessibility:** Ensuring that broadcasts are accessible to a diverse audience is crucial. This includes providing subtitles, multiple language options, and accessible platforms for viewers with disabilities.

By leveraging advanced technologies and drawing on successful models like UTMB, the broadcasting of an Olympic trail race can offer an immersive, engaging, and comprehensive viewing experience that highlights the beauty and challenge of the sport.



## FIND OUT MORE?

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🌐 [www.trailrunning.org.au](http://www.trailrunning.org.au)

PRESENTED BY

