



Lijiang Action Asia 3 day Ultra 2024

Yunnan, China

Frequently Asked Questions (FAQ's)

Note: This FAQ sheet has been produced from the range of questions asked at the Information Night in previous events for the benefit of those participants who could not attend the race briefing at past events.

In addition to this document, all participants should ensure that they read all sections of the Lijiang event page on the Action Asia Events website. Most importantly, the Event Info and Equipment List sections.

What equipment should I bring?

Please refer to the list of equipment on the Action Asia Events – Lijiang event webpage.

What is included and what isn't include?

Please refer to the Action Asia Events – Lijiang event webpage, for a complete list of what is included and what isn't included with the registration fees.

What will be the overnight temperature?

It will be cool. Probably minimum temperatures somewhere around 15c and daytime high up to 28c. It could rain also as the chance is low, but there was snow in early April, however in May it is very rare as usually the best weather of the year in this Yunnan area. Expect the unexpected.

What is the temperature at the start of the race in the morning and what is the approximate temperature at the hottest part of the day?

The temperature at the start of the race will be cool (approximately 13-15 celsius) however please note that this is due to starting and finishing up at 2600m in elevation. The hottest part of the day will be anywhere between 25-30 degrees. All participants should have mandatory equipment, but expect to peel off layers as it will warm up.

Is a sleeping bag compulsory/necessary or are there bedsheets?

A sleeping bag isn't compulsory. There are bedsheets on the bedding at all of the accommodation. However some runners do bring a sleeping bag more-so as a personal choice.

What training should I be doing between now and the event?

Michael Maddess (Lijiang Race Director and renowned ultra-marathon runner) recommends that runners try to complete 'Sandwich Training'. This type of training focuses on training over consecutive days. So instead of training on alternate days (i.e. Monday, Wednesday and Friday) – like what most runners do - runners should focus on completing training on at least two back-to-back days. This way, your legs and body are better prepared for training on sore muscles and you'll have some idea of what to expect and hopefully a few sessions on recovery. One good way of getting rid of the soreness in the muscles is to learn how to massage your legs with your elbows by pushing down on the sore areas and slowly rotating. Some runners like to use a wooden roll, others have brought a golf ball while some get their friends to help give them that extra touch. Idea is to get the lactic acid out of the muscles and be recovered by the following day.

What kind of terrain will we be running across?

Please refer to the 2016 event photos, which are located on the Action Asia Event website & Facebook page, for an idea of the terrain. The terrain is very dry and at times you'll be running through sections with loose rocks. As such, a good pair of hiking or trail running shoes – that have good grip – is important. If in Hong Kong, running on something like the HK Trail on HK Island is a good place which has suitable terrain. If in Singapore running around MacRitchie reservoir is fine for getting use to off road trails.

Do I need a specific pair of hiking or trail running shoes?

It is up to each specific participant but it's highly advisable, given the terrain, that participants have proper hiking or trail running shoes. On a past event a participant ran in basic 'sneakers / runners' and by the end of Day 1 had very bad blisters and could not complete the rest of the race.

Note: The Race Director advises all participants to NOT use a piece of clothing or equipment for the first time in Lijiang. You should try that clothing/equipment first on some training runs. Ideally multiple times.

Is there dietary options for vegetarians or vegans?

Yes there are vegan and vegetarian options. You can order from the guest house/hotel you will be staying and tofu is popular in China.

What food is provided for breakfast?

Pancakes and oatmeal. Bananas as options. Hot water also if you want to bring your own. Due to time constraints this is the only thing available as not much time between breakfast and the start of the race. The kitchen will have more time for lunch & dinner and for you to choose more options. (note runners pay for their lunch and dinner by Alipay/Wechat Pay or RMB so remember to change money into local RMB before arriving as meals generally around RMB 50 a meal unless you order multiple plates. Portions are average. As we move into a digital society local restaurants prefer not to accept cash so be warned!

What is provided at the checkpoints?

Water, bananas and oranges are provided at each checkpoint. As listed on the Equipment List section of the Lijiang Event page, participants are encouraged to bring snacks (nuts, trail mix, gels, energy bars etc.) for pre-race, during the race and/or post-race. Just please don't leave empty wrappers on the course as we want to leave the location spotless clean and not upset the locals.

How often (km) are the checkpoints?

A checkpoint will be once every 10km (approx..).

How is the course marked?

The course will be marked with colored orange and pink ribbons and AAE signage. The Race Director will advise this at the race briefing on the night prior to each race.

How often will there be signage / ribbons?

Approximately every 75-100m unless very tight sections where there will more ribbons at a higher frequency. Please listen to the race briefing every night before the race to see if any changes to this as if on a dirt road with no turns the frequency could change.

Is there electricity to charge phones, GPS watch etc.

Yes there is electricity but at times it can be intermittent. Several times in the past electricity has gone out for several days and a generator was used for the basics like keeping the fridge on for food but not for charging your watches.

Is there hot water?

Yes there is hot water but at times it can be intermittent.

What are the sleeping arrangements like? I.e. how many beds per room?

Night 1, 2 and 3 (all same place) – The hotel has two beds and single rooms.

If you have not yet submitted your room requests, please do so by no later than 2 weeks before the race to payment@actionasiaevents.com.

Is there a bar?

There is alcohol available for purchase on all nights of the race. Alcohol can be purchased by the runners.

How much should we budget for?

Budget amount depends on each individual participant. I.e. how much food or drinks they will purchase on each day.

How much RMB should we budget to bring?

3 x RMB 200 a day – RMB 600 would think be average unless you are a heavy drinker/eater....or like treating your friends. Remember China has changed and most venues prefer Alipay/Wechat pay /credit card.

How much does a regular lunch or dinner meal cost?

Most meals will cost similar to a standard restaurant or eatery in Hong Kong / Singapore.

What is the elevation gain and loss each day?

A rough idea on the course would be:

Race Day 1 (60km category approx. 23k): Starting at 2600m and finishing at 2600m. Estimate 1000m gain, 1000m loss

Race Day 1 (100km category approx 42k): Starting at 2600m and finishing at 2600m. Estimate 2000m gain, 2000m loss

Race Day 2 (60km category approx 20k): Starting at 2600m and finishing at 2600m. Estimate 1200m gain, 1200m loss.

Race Day 2 (100km category approx 40k): 2200m gain, 2200m loss

Race Day 3 (60km category approx 18k): Starting 2600m and finishing 2600m. 1000m gain, 1000m loss

Race Day 3 (100km category approx 18k): Starting 2600m and finishing 2600m. 1000m gain, 1000m loss

Should you have any further questions, please email enquiry@actionasiaevents.com

*Note since AAE started the 3 day concept in 2010 it has been a tradition to not disclose the course, to make it more of an adventure for everyone and disclose the course each night before the race. In the latest 2023 AAE event there was a vote and everyone voted to keep the same.

Interest in sponsorship or corporate rate for our employees to participate?

Any company that has staff they would like to enter or a budget to receive extra branding, please email enquiry@actionasiaevents.com with a headline sponsorship for more information.