



The ehunmilak Ultra-Trail® is back for its 11th year on 8, 9 and 10 July

Press conference to present the event

After two years away due to the pandemic, the Hundred Basque Miles race is back! And this year it's just as popular as it was last time, with race numbers running out in all categories and with over 1600 people volunteering!

Today at noon, the eleventh edition of the “ehunmilak” project was presented, a race that passes through two nature parks (Aralar and Aizkorri-Aratz) and no fewer than 30 towns and villages. The 3 traditional categories are back this year: the “ehunmilak” Ultra-Trail® (the hundred miles, with 168 km / 11,000 m elevation), “goierriko bi haundiak” trail (the two great Goierri peaks, with 88 km / 6,000 m elevation) and the “marimurumendi” marathon (42 km / 2,300 m elevation).

Sitting on the presentation panel were: Xabier Eleizegi (Head of Tourism at the Provincial Council of Gipuzkoa), Leire Artola (the Mayor of Beasain), Alberto Iñurrategui (Mountain Team & Event Coordinator of Ternua Group), Zigor Egia (President of the Basque Mountaineering Federation) and Andoni Zubeldia (Director of the ehunmilak race).

Points to note:

- Full quotas of entrants: in total 1,295 people have signed up, who break down as follows: the “ehunmilak” Ultra-Trail® 515 entrants (26 women and 9 teams in the team category), “goierriko bi haundiak” trail (41 women) and the “marimurumendi” marathon (49 women).
- Volunteer retention: to make sure that the runners are properly assisted and cared for this year, we will have over 1,600 volunteers spread across the entire route.
- New compulsory material: it will be necessary to wear a waterproof jacket with a hood and a rear red running light.
- Reduced use of plastic: there will be no plastic glasses at the refreshment stations (every runner must bring their own bottle), 5-litre jerry cans instead of 1.5-litre bottles and each with their own tap, the containers and cutlery at the refreshment stations will be biodegradable.
- Within the Red Cross' team (over 160 people), there will be 22 emergency doctors working with their nurses to make sure that everything goes fine.

- Physiotherapy and chiropody service at the largest refreshment stations (Tolosa and Etzegarate).
- In conjunction with the Hazi Foundation, in order to fund the event, a new space will be set up in Bideluze square, where it will be possible to enjoy the following products: hamburgers, pork shoulder loin and cider.

Following the race:

There will be various ways to follow the runners:

- Using the organisation's bus service to travel to different parts of the circuit.
- With geopositioning or the GPS signal that will be emitted by each runner's device in the ehm and g2h.
- Through the chip times marked at each checkpoint.
- With the various webcams that will be installed at various refreshment stations on the route, which can be viewed on the internet.
- Streaming will continue throughout the weekend on the big screen at the finish line and on the website.

For more information: www.ehunmilak.com

Facebook: <https://www.facebook.com/EhunmilakUltratrailG2h/>

Twitter: [@ehunmilakg2](https://twitter.com/ehunmilakg2)

Instagram: <https://www.instagram.com/ehunmilakultratrail/>

Contact: ehunmilakultratrail@gmail.com

Contact telephone: 676180690 (Iñaki)

Official hashtag: [#ehunmilak22](https://twitter.com/ehunmilak22)