The ehunmilak Ultra-Trail® is back for its 14th year on 11, 12 and 13 July

Press Conference for the Race Presentation

ehunmilak continues growing year after year—steadily and without pause. In 2025, for its 14th edition, the event once again boasts a high number of registered participants and more than 1,600 volunteers!

Today at midday, the 2025 edition of the "ehunmilak" project was presented. The race runs through two natural parks (Aralar and Aizkorri-Aratz) and no fewer than 30 towns and villages.

In a context where many mountain races have shifted their focus toward professional athletes, the Beasain (Gipuzkoa, Basque Country) event remains fully committed to amateur runners, offering the same registration process and race rules for everyone. Most importantly, it stands out for the care, attention, and warmth given to every participant - before, during, and after the race. That's why many veteran runners don't hesitate to describe ehunmilak as: **"The best mountain race in the world - for the amateur runner."**

On the sporting side, the 3 traditional races return once again this year:

- **ehunmilak** Ultra-Trail® (171 km / +10.500 m elevation) The Basque hundred miles - a legendary journey.
- **goierriko bi haundiak** trail (90 km / +5.500 m elevation) Conquer the two great summits of Goierri: Txindoki and Aizkorri.
- **marimurumendi** marathon (42 km / +2.300 m elevation) Run through the green peaks and hills where the witch Mari dwells.

PRESENTATION EVENT

Sitting on the presentation table were: Mikel Yerobi (member of Ternua Group), Azahara Dominguez (Gipuzkoa's Deputy for Mobility, Tourism and Territorial Planning), Leire Artola (Mayor of Beasain), Mireia Trigueros (responsible of Mountain Races at the Basque Mountaineering Federation) and Andoni Zubeldia (Director of the ehunmilak race).

ehunmilak 2025: HIGHLIGHTED NEWS

- **The number of participants remains high**: ehunmilak is committed to never growing beyond its means unless it can first ensure the same exceptional attention to detail for every runner - the very thing that makes the race unique. This year, across the three races, there will be 1,260 registered runners from 13 different nationalities across 3 continents. Notably, the **ehunmilak Ultra-Trail®** will host a record number of international participants, with 51 foreign runners taking part.

- There will be 360 participants in the main race, the "**ehunmilak**" Ultra-Trail® (including 7 teams competing in the team category), 550 participants in the "**goierriko bi haundiak**" trail, and 350 participants in the "**marimurumendi**" marathon.

- **Female participation continues to break records:** Year after year, a new record is set for the number of women taking part - both overall and specifically in the ehm and g2h races. This year, there will be 148 female runners in total: 28 women in the "**ehm**" Ultra-Trail®, 56 women in the "**g2h**" trail and 64 women in the "**mmm**" marathon.

- **Team category in the "ehunmilak" Ultra-Trail®**: This year, 7 teams have registered, including 1 mixed team.

- **More than 1,600 Volunteers:** The Goierri event is likely the only major trail running race in the world where each participant is supported by multiple volunteers. To ensure that every runner receives the attention and care they deserve, the organization relies on over 1,600 volunteers, spread across the entire route.

- **Medical Team:** In addition to the volunteers, the Red Cross team includes more than 150 professionals, among them 24 emergency doctors working side by side with nurses to ensure everything runs smoothly.

- **Physiotherapy and Podiatry Services** will be available at the main aid stations (Tolosa and Etzegarate), as well as at the final aid station in the Beasain sports center.

- **Ekoehunmilak + Erronka Garbia:** With the goal of promoting environmental respect and sustainability, special efforts are made across various areas, including course marking, documentation, aid stations, waste management, and transportation (buses). More information available here: https://www.ehunmilak.com/en/organization/ecoehunmilak/

- **Bus Service:** The organization provides a network of buses to transport both spectators and runners to various points along the race course.

- **Tolosa Aid Station:** As in the past two editions, the Tolosa aid station will once again be located in the town center, specifically at the Beotibar fronton.

- **International Prestige:** ehunmilak is an official qualifiable race for the prestigious Hardrock 100 Mile Endurance Run, held at high altitude in the mountains of Colorado (USA).

SAFETY IS EVERYONE'S RESPONSIBILITY

- **Reminder about mandatory equipment:** In addition to the required equipment, participants must carry a waterproof jacket with a hood and a rear-facing red position light.

THOROUGH TRACKING

The organization has planned several ways to follow the runners:

- Using the organization's bus service to move between different points on the circuit.
- Geolocation via GPS signal emitted by each runner's device in the ehm and g2h races.
- Through the timing chips that record times at each checkpoint.

- With various webcams installed at aid stations along the route, which can be viewed on the website.
- Live streaming will be available throughout the weekend on the big screen at the finish line and on the website.
- For more details, visit the “useful info” section on the website.

For more information: www.ehunmilak.com

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

Twitter: @ehunmilakg2

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

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Official hashtag: #ehunmilak25