

RULES AND REGULATIONS – My Home Trail 2026

1. ORGANIZERS – Nongkwaitong co., ltd.

2. GENERAL INFORMATION

2.1. My Home Trail is a trail running event taking place in the Mae Chaem, Chiang Mai, Thailand. The first edition that encompasses 4 trail running races is scheduled on June 14, 2026

2.2 The races will take part in a single stage and in semi autonomy, with athletes subjected to time limits.

Race details	Length	Elevation Gain	Elevation Loss	Date	Start	Limit
The Unknown 50	49km	2,438	2,438	14 June 2026	05:00am	13h 30min
The Skyline 30	31.70km	1,137	1,137	14 June 2026	05:30am	10h
The Backyard 15	16.30km	596	603	14 June 2026	06:30am	4h 30min
The Hometour 5	5.25km	125	137	14 June 2026	06:45am	2h 15min

3. PARTICIPATION REQUIREMENTS

3.1. Participants are required of the following:

- To understand the length and particularities of the demands of the race and to be well trained to participate.
- To have acquired, before the event, a real capacity of complete independence in the mountains and to be able to manage the problems associated with this type of challenge adapt to the climate conditions that can change with altitude and become difficult, such as wind, heat, humidity or rain.
- Understand the physical or mental fatigue this challenge may cause problems with digestion, muscles, joints, blisters, and minor wounds.
- Understand that the role of the Organization is not that of a life-saving entity. For the trail race, safety is dependent on the capacity of the participant to adapt to the problems which will be faced, foreseen and unforeseen.

4. REGISTRATION

4.1. Registration requirements

- The Unknown 50KM/ The Skyline 30KM – participation is opened to anyone older than 18 years on June 14, 2026.
- The Backyard 15KM – participation is opened to anyone older than 10 years on June 14, 2026. However, individuals under 20 must obtain parental consent and sign a waiver form; for children younger than 10 who wish to participate, parents must contact the race organizer directly to request special permission.
- The Home Tour 5KM event is open to participants of all ages. However, individuals under 20 must obtain parental consent and sign a waiver form.

4.2. Registration procedures

- Registration for all races begins on 5 January 2026
- Registration for all races closes on March 31, 2026. Each race distance has a limited number of slots available. Once a distance reaches its maximum capacity, registration for that distance will close, even before the deadline.
- Registration is considered completed only after paying the starting fee.

Race details	Registration Fee	Race Shirt	Medal	Finisher Shirt	BIB	Food	Insurance
The Unknown 50	3700 THB	X	X	X	X	X	X
The Skyline 30	2800 THB	X	X	X	X	X	X
The Backyard 15	1500 THB	X	X	X	X	X	X
The Hometour 5	750 THB	X	X		X	X	X

Note: Finisher shirts will only be given to those who finish the race

4.3 Race entries are non-transferable. Selling, buying, exchanging, or using another runner's race bib is strictly prohibited.

5. CANCELLATION

5.1. Canceling registration

- If a participant is unable to participate and wishes to cancel their registration, they must notify the organizers by email at nongkwaitong2024@gmail.com

5.2. Procedures for reimbursement are as follows:

- Cancellation until 31.01.2026: 80% refund.

- Cancellation until 31.03.2026: 50% refund.
- No refund after the official registration closing date

5.3. In case of race cancellation or interruption due to severe weather conditions or circumstances beyond the organizers' control, registration fees will not be refunded. Instead, participants will have two options:

- Transfer their race entry to the rescheduled event date
- Convert their entry to a virtual race format

5.4. Pregnancy Policy - The organizer will provide a full refund or a deferred entry to the same distance valid for up to 2 years for female runners who are pregnant between the date of registration and the date of the race. Pregnant female runners must contact the organizer directly via email* and present proof of pregnancy.

6. RACE DISTANCE ALTERATION

6.1. Race Distance Alteration Policy

- Participants are allowed to change their race distance up to April 12, 2026, subject to availability.
- Participants who wish to increase their race distance must pay the difference in registration fees.
- Participants who wish to decrease their race distance will not be eligible for a refund.
- Participants who wish to change their race distance must contact the organizer directly and send a request by email to nongkwaitong2024@gmail.com.
- Changes to race distance can only be made if the new distance is not sold out.

7. RACE BIB NUMBER AND RACE PACK DISTRIBUTION

7.1. Race bib number and race pack distribution, for all races of My Home Trail, will be held at Race Expo.

7.2. To collect the BIB numbers, participants must present a valid identity document (ID or passport). It's important to personally verify your identity to collect your bib number, as allowing someone else to do so is not permitted.

7.3. All participants of 50KM, 30KM and 15KM races must bring the mandatory equipment and their race pack at bib number distribution for purposes of control as a condition to receive their race bib number.

7.4. If you cannot participate in the event, you may register your status as DNS (Did Not Start). For participants in Thailand, we will send your race kit (race shirt and bib number) after the event, a shipping fee of 150THB will apply. This service is available only for addresses within Thailand.

8. MANDATORY AND RECOMMENDED EQUIPMENT

8.1. Mandatory equipment checks may be carried out during the race and participants may be sanctioned with time penalties or disqualified from the race.

8.2. Due to unforeseen weather conditions, the organizers have the right to change or add new equipment to the mandatory equipment list.

8.3. Any participant who starts the competition with poles, will have to transport them to the finish line. It is forbidden to abandon the poles anywhere on the course.

8.4. The following mandatory equipment must be carried by the participants for the entire duration of the races:

Mandatory Gear	The Unknown 50KM	The Skyline 30KM	The Backyard 15KM	The Home tour 5KM
Backpack	X	X	X	
Water tank of 1.5-liter capacity minimum	X	X	X	
Drinking cup (the organization will not supply cups)	X	X	X	X
Bowl and cutlery (the organization will not supply bowls neither cutlery)	X	X		
Food reserve	X	X	X	
Mobile Phone	X	X	X	
Whistle	X	X	X	
First Aid	X	X	X	
Headlamp	X	X		
Thermal Blanket	X	X		
Waterproof Jacket	X			

Highly Recommended Equipment (Optional)

- Waterproof Jacket
- Sun protective gear
- Trekking Poles
- Power Bank

9. TIME LIMITS AND WITHDRAWING FROM THE RACE

9.1. Race Start Check-in Requirements:

- **50KM/30KM/15KM: Check-in required 30 minutes before start time**
- **5KM: Check-in required 15 minutes before start time**

Late Start Policy: Runners arriving more than 10 minutes after their designated start time will not be permitted to participate

9.2. Race time limits have only the races on 50km and 30km. The races on 15km and 5 km only have the Finish time limit.

Race details	CP1	CP2	CP3	CP4	CP5	Finish Line
The Unknown 50 (Start 5:00am)	Pass (No Cutoff)	Pass (No Cutoff)	9:50am	11:35am	Pass (No Cutoff)	6:30pm
The Skyline 30 (Start 5:30am)	Pass (No Cutoff)	Pass (No Cutoff)	11:30am	Pass (No Cutoff)	N/A	3:30pm
The Backyard 15 (Start 6:30am)	Pass (No Cutoff)	N/A	Pass (No Cutoff)	N/A	N/A	11:00am
The Hometour 5 (Start 6:45am)	N/A	N/A	Pass (No Cutoff)	N/A	N/A	9:00am

9.3. Time limit represents the time when the runner enters the cut-off point. Runners who are still competing must leave the cut-off point within 15 minutes after the designated time limit, otherwise they will be required to withdraw from the competition.

9.4. A “sweeper” service will follow the last runner, to assist participants that withdraw from the race and to ensure assistance for anyone with injuries.

9.5. Cut-off points are situated at aid stations.

9.6. Participants who do not enter these cut-off points prior the established time limits will not be allowed to continue the race and their BIB number will be marked as DNF.

9.7. During the My Home Trail races, personal assistants acting as a runner's support are only allowed at some aid stations. In the 2026 competition, the area where personal assistants are allowed to assist runners is CP3 - Watprabat. Assistants may only enter the area specifically designated for them and must comply with all instructions of the aid station manager and staff. Apart from this area, the rest of the aid station is strictly reserved for runners.

9.8. No assistance is allowed at any point along the race route.

9.9. Runners may only be accompanied in the areas where assistance is allowed. It is forbidden to accompany or be accompanied along any part of the race route by someone who is not registered for the race. Runners found to be accompanied by anyone not officially registered for the event will face disqualification.

9.10. Participants who reach the check points after the maximum time, those who are injured and those who are evaluated by the medical staff to be unfit to continue the race, and any other participant who decides to drop out, shall be taken to the finish line by organization vehicle. For logistical reasons, participants who have dropped out may have to wait a couple of hours before being transferred to the finish area.

9.11. Participants who leave the race course using private transportation must notify the organizers via the emergency contact number printed on their race bib.

10. RACE ROUTE

10.1. My Home Trail race routes require the ability to run on particular kinds of terrain, trails and impervious or treacherous paths (slopes with rocky or debris) that are sometimes without barriers.

10.2. Should adverse weather conditions occur, or one or more paths become inaccessible, alternative routes will be outlined

10.3. The routes are clearly marked with red-white ribbons, some of which are paired with reflectors, and semi-permanent signage, along with comprehensive information boards located at each aid station. You can download the race routes in gpx formats for use on smartphones and GPS devices from website myhometrail.com.

10.4. Race kilometers are not marked. Participants should strictly adhere to the marked race route and avoid taking shortcuts or cutting out sections of the route. Any departures from the official route may lead to time penalty or disqualification.

11. SAFETY

11.1. Race staff and medical personnel, in constant contact with Race HQ, will be positioned at the aid stations and at the start and finish. In case of injury or other necessity, athletes will have to call the emergency number on the Race bib. If they are in an area which is not covered by mobile phone signal, they will have to convey the message to the nearest aid station – so that actions can be taken as soon as possible.

11.2. Race staff and medical personnel, in constant contact with Race HQ, have the right to stop the race and exclude those participants who have been assessed that are no longer able to continue the race.

11.3. Participants are required to follow instructions from the race director, race staff and medical teams. Any violation of these guidelines will lead to the disqualification, and if he/she decides to continue at all costs, the organizer assumes no responsibility for possible consequences.

11.4. Each participant that has any disease or medical condition is advised to consult a specialist for permission to participate in the races, and they also must notify the organizer of the race.

12. INSURANCE

12.1. Every registered runner in My Home Trail who registers before the official race registration closes will be covered by accident insurance. This insurance is limited to accidents that may occur during the running of My Home Trail.

12.2. Participants must be responsible for any additional expenses that occur from accidents which are beyond the coverage provided in the insurance policy.

13. WEATHER

13.1. In case of adverse weather conditions (dense fog, strong winds, heavy rain or thunderstorms), the organizers reserve the right to make last-minute changes, even during the race, to the race route to eliminate potential hazards or conditions that

could cause hardship for participants. The race staff should inform the participants of any changes.

13.2. The organizers also reserve the right to suspend or cancel the race if the weather conditions are such that they put participants, race staff or medical teams at risk.

14. ENVIRONMENT PROTECTION

14.1. Participants are required to fully respect the environment and must stay on marked trails to prevent erosion and protect vegetation

14.2. Littering is strictly forbidden. Trash/rubbish bins are available at each aid station.

14.3. All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station.

14.4. No disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. To reduce the plastic waste, runners must bring your own cups/flasks and utensils.

15. DISQUALIFICATION, PENALTIES AND APPEALS

15.1. Time penalty or disqualification may be applied immediately by the race director or race officials during the race, at the finish line or after the competition has ended, given that valid proof or witness statements are obtained.

15.2. If a runner wishes to file a complaint/appeal regarding race decisions or other participants, they must pay a fee of 1,000 THB, which will be refunded only if the appeal is confirmed to be correct and factual. However, if the appeal is found to be incorrect, the fee will not be refunded. The race director's decision is final with no further appeals allowed.

15.3. Appeal deadline is within 1 hour after finishing/withdrawing from the race. Appeals must be submitted only in written form (either on paper or via email to nongkwaitong2024@gmail.com) with supporting evidence including: original GPX file, photo/video with timestamp, written statements from credible witnesses who may be participants and/or race staff.

15.4. Appeals will be reviewed by the race director or race officials who will make the final decision.

15.5. The organizer has the right to penalize or disqualify any participant even after publishing official race results (for example, obtaining proof of serious breach of rules and inappropriate behavior).

IF THE PARTICIPANT:	PENALTY
Did not pass through or is not registered at one or more control points located aid stations	Disqualification or time penalty
Departs from the marked route or uses other unmarked trails/roads by which effectively he/she takes shortcuts	Disqualification
Departs from the marked route or uses other unmarked trails/roads by which effectively he/she does not take shortcuts Disqualification or time penalty or by race director's decision	Disqualification or time penalty
Participates without or takes a BIB number from another registered athlete (who has given up starting the race)	Disqualification
Accompanies or be accompanied along any part of the race route by someone who is not registered for the race.	Disqualification
Receives assistance by any other person at any point along the race route, outside of designated areas at aid stations	Disqualification
Uses transport during the race (bicycle, motorbike, ATV, land or water vehicle)	Disqualification
Refuses his/her mandatory equipment to be checked at race bib number pick up or during race	Disqualification
Does not carry mandatory equipment during race	Disqualification or time penalty
Destroys route markings, insults, threatens the wellbeing of other participants, race staff, does not obey orders from race officials and medical personnel	Disqualification
Purposefully litters garbage and damages the natural environment, plants and wildlife	Disqualification

16. PRIZES

16.1. Each athlete who completes the race within the maximum time limit will be given a Finisher medal and Finisher shirt (except The Home Tour 5KM distance will be given finisher medal only).

16.2. Athletes who meet the time requirements at each checkpoint but fail to cross the finish line within the maximum time limit will still receive a Finisher medal.

16.3. The results of all registered athletes of My Home Trail 2026 will be categorized according to the age and gender criteria:

Overall 1-3 (Male/Female)

Race	1st Place	2nd Place	3rd Place
The Unknown 50	Trophy + 5,000THB	Trophy + 4,000THB	Trophy + 3,000THB
The Skyline 30	Trophy + 3,000THB	Trophy + 2,000THB	Trophy + 1,000THB
The Backyard 15	Trophy	Trophy	Trophy

16.4. A winner who won the Overall category will not be able to win the age group category

Age Category (Male/Female)

Race	Age Group	1st Place	2nd Place	3rd Place
The Unknown 50	Below 29yrs	Trophy	Trophy	Trophy
The Skyline 30	30-39yrs	Trophy	Trophy	Trophy
The Backyard 15	40-49yrs	Trophy	Trophy	Trophy
	50-59yrs	Trophy	Trophy	Trophy
	60yrs and above	Trophy	Trophy	Trophy

16.5. The age categories will be set automatically according to the data provided by the participants at the time of registration, and with reference to their age on December 31, 2026.

17. IMAGE RIGHTS

17.1. On registration, participants authorize the organizers to freely use any images during their participation in My Home Trail, whether still or in movement, with no territorial or time limits.

18. WAIVER OF RESPONSIBILITY

18.1. By registering, the participant acknowledges that the competition requirements, legal order and rules of procedure are binding. These regulations serve the uniform and equal engagement in the sport and are non-appealable in a court of law.

18.2. Each participant declare under moral and criminal liability that on the days before race start, he/she feels healthy, with normal body temperature levels and without any covid-19 virus symptoms; also declares that he/she will fully abides to the race rules and health protocols for covid-19 protection during the event.

18.3. The recognition and upholding of race rules and regulations; the declaration of physical fitness; and the disclaimer are a prerequisite for participating in the event. Each entrant is responsible for the technical safety of his/her gear and must ensure that it is in conformity with the rules. The organizer assumes no liability for accidents, personal injury or material damage, theft or other damages