

2025 New Ultramarathon Races – Planning Kit

Quick Reference: 2025 Debut Ultramarathon Races

1. The Freedom 50 (USA): Forest loops, beginner-friendly 50-miler.
 2. Amazean Jungle Thailand by UTMB: Tropical ultra with rope climbs and monsoon humidity.
 3. UTA 100-Miler (Australia): Technical climbs and stair-filled alpine terrain.
 4. Cocodona 250 (USA): 250-mile epic across desert, forest, and high mountains.
 5. Trans Europe Foot Race: 41-day stage race across multiple European countries.
- Bonus: Kaçkar by UTMB (Turkey) – Remote alpine ultra through clouds and glacial lakes.

Checklist: Is This Race Right for You?

- Do you prefer solitude or crowds?
- Are you ready for minimal aid stations?
- Do you enjoy exploring new cultures and terrains?
- Can you handle mental uncertainty and limited course beta?
- Is your gear ready for diverse and changing weather?

Essential Gear & Logistics Tips

- Freedom 50: Lightweight trail shoes, drop bag optional, crew access easy.
- Amazean Jungle: Anti-chafe cream, electrolyte tabs, jungle-proof socks.
- UTA 100M: Poles, stair training, thermal base layer for cold descents.
- Cocodona 250: Multi-day kit, blister care, GPS device, sleep strategy.
- Kaçkar: Rainproof shell, poles, high-altitude snacks, layered warmth.

Training Notes (Space for You)

Long Runs Plan:

Mental Prep Focus:

Gear To Test:

Motivational Quote

“First-year races are never about the finish time. They’re about crossing a line no one has crossed before.”

Explore More:

- 50K Beginner Plan: [umat.net/the-ultimate-50k-training-plan-for-beginners-low-mileage-high-reward](https://www.umat.net/the-ultimate-50k-training-plan-for-beginners-low-mileage-high-reward)
- Mental Toughness: [umat.net/build-mental-toughness-for-ultra-races](https://www.umat.net/build-mental-toughness-for-ultra-races)
- Gear Checklist: [umat.net/100-mile-ultralight-gear-checklist](https://www.umat.net/100-mile-ultralight-gear-checklist)
- Kaçkar Guide: [umat.net/training-for-kackar-by-utmb-ultimate-preparation-guide](https://www.umat.net/training-for-kackar-by-utmb-ultimate-preparation-guide)