



KHARDUNGLA CHALLENGE (5370m) *(World's highest ultra marathon)*

Friday 7th September 2018



RUNNERS INFORMATION GUIDE

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CONTENTS

About Khardungla Challenge

Altitude and Acclimatisation

Runners' Checklist

Route and Cut-Off time

Protected Area Permit

Medical check-up

BIB collection

Getting to the start point

Baggage drop

Aid Stations

Finish line and Certification

About Khardungla Challenge

The Khardungla Challenge is the highest ultra Marathon in the World.

The challenge covers a distance of 72 km and for more than 60 km of the course running is at an altitude above 4000m.

It has been described as one of the toughest ultra marathon by runners over the past six years.

This awe-inspiring challenge, where scenery changes every passing hour and km, is the ultimate endurance test of human body.

Runners are rewarded with spectacular views of the East Karakoram mountain range and the Stok Kangri Massif.

Number of runners is restricted to a maximum of 150 for this race.



Altitude and Acclimatisation

Running at an altitude tests the limits of one's endurance, hence proper acclimatisation becomes imperative. Altitude gain affects everyone and it depends entirely on one's personal body condition as some acclimatise very fast and some take several days. With proper acclimatisation, altitude should not be an issue which is the reason we recommend runners of this challenge to arrive at a minimum 10 days ahead of race day to prepare themselves. And once you have arrived in Leh do not train too hard, too soon and maintain the pace.

For more information on altitude sickness and running we recommend all runners to read following articles.

<https://himalayanclub.org/downloads/acclimatisation-healthy-in-high-himalayas.pdf>

<https://www.runnersworld.com/race-training/altitude-training-for-everyone>

Runners' Checklist

Whether you are a returnee or first time runner, here's a checklist to ensure a safe run!

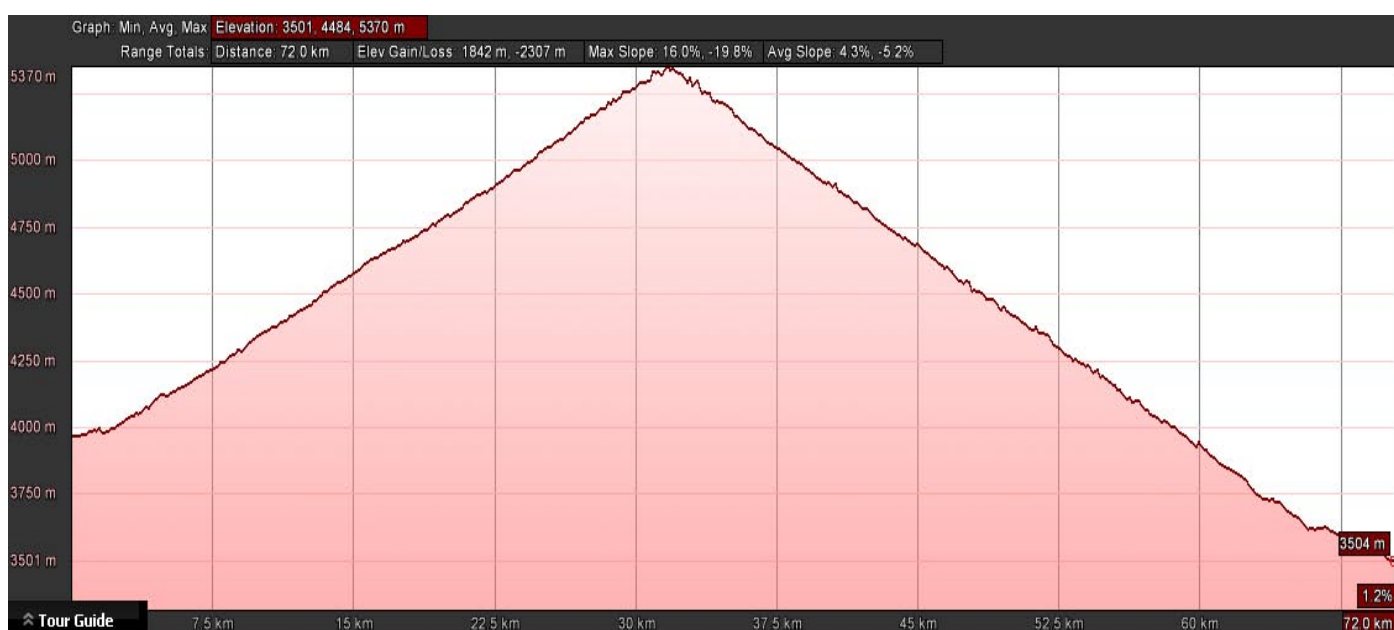
- Read the Runners' Information guide in entirety
- Schedule to arrive in Leh at a minimum 10 days ahead
- Ensure to make contact with the Ladakh Marathon Team once you have arrived in Leh
- Ensure that you have undergone the medical check in Leh which is for your own safety
- Ensure you have proper clothing as per our guideline
- Familiarise yourself with the route map of the challenge
- Ensure to carry a photo ID proof as same is required for the Protected Area Permit
- Ensure that you have provided the organisers with emergency contact and medical details
- Ensure to attend the race orientation and briefing at the Ladakh Marathon Hub on 5th September at 4 pm.
- Reporting day is 6th September at 10 am at the Ladakh Marathon Hub

Route and Cut-Off time

Race starts at 3 am on Friday 7th September from the village of Khardung that is located at an altitude of 3975m.

Most of the course is on black top road, except for the section between North Pulu (Nubra side) and South Pulu (Leh side), which is rough road. It will be daylight when most of the runners cross this section.

The race route follows a gentle but steady climb to the top of Khardung La (5370m), one of the highest motorable pass in the world. From here it is a downhill all the way to finish point in Leh town at 3504m. For detailed route please [click here](#)



Stage-wise cut-off is as under:

Cut-off point	Time	Altitude Gain/Loss	Stage
Khardung La top	11 am / 8 hours	+1396m	I
South Pulu	1:30 pm / 10 hours 30 minutes	-708m	II
Mendhak Mor (turn)	3 pm / 12 hours	-590m	III
Finish point	5 pm / 14 hours	-565m	IV

Please note that these cut-off points and timings are subject to change, should the organiser deem it to be necessary.

If you have not reached the cut-off points within the given time, you **MUST** leave and retire from the race immediately, inform the nearest race official / volunteer and get on to a sweep vehicle. Failure to do so will result in disqualification.



Protected Area Permit (PAP)

- All runners require a permit which is obtained by the organisers of the event from the District authorities of Leh.
- Citizens of Afghanistan, Bangladesh, Burma, China, Pakistan and foreign nationals having their origin in Pakistan are not granted this permit in Leh and would continue to require prior approval of the Ministry of Home Affairs before their visit to Ladakh.
- Runners of foreign nationality need to deposit their passport with Ladakh Marathon Hub in Leh no later than 3rd September for the issuance of PAP.
- Runners of Indian nationality are required to carry their ID proof in original that has been submitted online at the time of registration. PAP will be issued by the organisers based on the said document.
- Runners who are already in Ladakh doing other activities with a valid PAP are required to provide the organisers with a copy of the same.
- Valid ID proof for Indian nationals is – Passport / Driving License /Aadhaar Card / PAN Card.

Medical checkup

A pre-medical checkup for runners will be held at Khardung village on 6th September.

At any point you feel unsure of your ability to complete this challenge or physically not well, we recommend you to take advise from our team.

Bib collection

This is a manually timed race.

The distribution of running bib and race kit will start from Monday 1st September until Thursday 5th September.

If for any reason you are not in Leh during these dates then please visit the Ladakh Marathon Hub on the day of your arrival or the following day.

Your Bib has to be collected in person and will not be handed over to anyone else. Please bring your ID/Passport copy when collecting your bib and Race Kit.

Getting to the start point

Runners will have to report on Thursday 06 September at 10 am at the Ladakh Marathon Hub.

Runners are transported to the race starting point at Khardung village. To support the local villagers, organisers have arranged basic homestay/tented accommodation.

No family member/ friend / support crew will be allowed to accompany or stay with participants as accommodation options are limited in Khardung village.

Participants need to carry their own sleeping bag. Sleeping bags can be hired at nominal charges from several outdoor gear stores in Leh market.

Travel time from Leh to the village of Khardung is approx 4 hrs and participants need to carry light packed lunch and water for the day. On arrival in Khardung village participants are given high tea and snacks followed by an early dinner. Early morning breakfast is provided on race day.

Baggage drop

You can leave your belongings behind with Ladakh Marathon team at Khardung Village. And along the course there will be 4 places to layer off clothes - at North Pulu, Khardungla top, South Pulu and Mendhak Mor.

Please make sure you have properly labeled your belongings with baggage tag, provided in your race kit. Runners will receive a counter file for baggage tag to reclaim your belongings.

Belongings can be collected at the designated location in the finish line area.

Aid stations

There will be Hydration and Aid stations at every 5 km interval providing with water, energy drinks, snacks – bananas, energy bars. There will also be mobile units along the course providing drinks and snacks. We strongly recommend all runners to carry their own hydration pack.

Ambulances with team of doctors and medics will be plying along the route to take care of any medical emergency.



Finish line and Certification

The finish point is Main Market, Leh. We ask all runners to respect the finish line area and ensure that celebrations do not interfere with other runners' finish line experience.

There will be Doctors and Physiotherapists at finish point to take care of runners.

A sumptuous hot lunch is served at finish point.

All Finishers are felicitated with “Finisher’s Jacket”. Finisher Medal and Race Memento is awarded on Sunday 9th September in post Marathon closing ceremony.

Finisher certificate will be emailed to runners within two weeks. Race day photos will be available online through our partner, two weeks after the event.



V.A.T.T.S

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