



LADAKH MARATHON (11,155 ft.)

For the Resilient and the Brave



11th Edition - Sunday 8th September 2024

RUNNERS INFORMATION GUIDE

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About the Ladakh Marathon

The Ladakh Marathon is an annual running event held in Leh, Ladakh. With six (06) running disciplines which include two ultra runs, it is currently the highest certified Marathon by AIMS (Association of International Marathons and Distance Races) and listed on the global marathon calendar attracting best of runners from India and around the world. This year is the 11th edition of the Ladakh Marathon scheduled to be held in Leh from Thursday 5th to Sunday 8th September.

The Ladakh full Marathon is an [Abbott World Marathon Majors](#) qualifying race.

Over the past decade Ladakh Marathon has often been described as amongst the most beautiful and picture-perfect . Being a very unique race in the Himalaya with its stunning landscape the Ladakh Marathon will leave participants with life-long memories and a chance to say that you ran Ladakh Marathon.



Altitude and Acclimatization

Running at an altitude tests the limits of one's endurance, hence proper acclimatization becomes imperative. Altitude gain affects everyone and depends entirely on one's body condition as some acclimatize very fast and some take several days. With proper acclimatization, altitude should not be an issue, which is why we recommend participants of the Ladakh Marathon to arrive at least 5 to 7 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 that all participants read the following articles.

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

<https://www.runnersworld.com/advanced/a20803047/altitude-training-for-everyone/>

Checklist

Whether you are a returnee or a first-time participant, here's a checklist to ensure a safe run! Read the Runners' Information guide in its entirety.

- Schedule to arrive in Leh as per [bib collection](#) dates and a minimum of 5-7 days ahead.
- Once you have arrived in Leh please ensure to contact the Ladakh Marathon Team at the Rimo Expeditions office or Ladakh Marathon Hub.
- Ensure you have proper clothing as per our [guideline](#)
- Familiarise yourself with the route map.
- **Portable oxygen is not allowed on race day. Participant will be disqualified if found using supplementary/portable oxygen.**
- **During the race if the vitals of a participant are found to be abnormal then our medical team will have the right to pull you out of the race. Their decision is final and binding.**

Route, Timing and Cut-Off

[Marathon](#), [Half Marathon](#) and [11.2km Run](#) will be held on Sunday 8th September. These are timed races.

[05km Run for Fun](#) will be held on Saturday 7th September. It is not a timed race.

RACE	CUT-OFF TIME
Marathon (42.195km)	6hr 45min
Half Marathon (21.0975km)	3hr 45min
11.2km Run	2hr

Please ensure that your timing chip is fastened securely to your running bib. Your net running time can only be measured if you step on the timing mats laid out at the start and finish line. Likewise, you must step on all mats laid out en route the marathon course. You will be disqualified if your intermediate times are not recorded.

Bib and race kit collection

It is the responsibility of participants to collect their running bib and race kit in timely manner. It is mandatory for all participants to collect bibs in person. All participants must provide acceptable proof of identification It is the responsibility of participants to collect their Bib and race kit in timely manner. **It is mandatory for all participants to collect bibs in person.** All participants must provide acceptable proof of identification such as Passport / Aadhaar / Driving License

RACE	BIB collection dates	Timings
Marathon (42.195km)	Sunday 1 st September and Monday 2 nd September 2024	10:00 am to 6:00 pm
Half Marathon (21km)	Sunday 1 st September to Tuesday 3 rd September 2024	10:00 am to 6:00 pm
11.2km Run	Sunday 1 st September to Tuesday 3 rd September 2024	10:00 am to 6:00 pm
05km Run for Fun	Sunday 1 st September to Tuesday 3 rd September 2024	10:00 am to 6:00 pm



Venue for bib distribution is Ladakh Marathon Expo at the indoor stadium of NDS Memorial Stadium (Sports) Leh.

Your race kit includes running bib with timing chip and official Ladakh Marathon T-shirt.

Kindly ensure that your running BIB is pinned properly on front and back and clearly visible at all times on race day. Failure to do so will result in disqualification.

Getting to the start line

RACE	REPORTING	START
<u>Marathon</u>	08 September / NDS Stadium / 5:00am	06:00am - NDS Stadium
<u>Half Marathon</u>	08 September / NDS Stadium / 5:30am	06:30am - NDS Stadium
<u>11.2km Run</u>	08 September / NDS Stadium / 6:00am	07:00am -NDS Stadium
<u>05km Run for Fun</u>	07September / NDS Stadium / 6:00am	07:30am - NDS Stadium

Participants are requested to walk to NDS Memorial stadium grounds as there will be road closures on race day. The reporting time is subject to change and final reporting time will be confirmed at the Marathon Expo during BIB collection. No family member/friend/support crew/pacer is allowed to accompany participants.

Race day weather and clothing guide

Morning temperature is usually around 6-8 Celsius. By finish time temperatures can go up to as high as 20-24 Celsius. Please do read about [clothing guide](#).

Baggage drop

There will be baggage drop facility near the start and finish area. Please follow signage when you get to the arena. Participants are requested to use baggage tags which will be available during bib collection. **Please ensure that all belongings are well labeled with BIB number and mobile clearly written out. Do not leave any valuables in the bag.** Please ensure to collect your baggage immediately after you finish the race. The organizer is not liable for any damage/loss of your items.

Facilities along the route

The race is organized with full support of the administration of UT Ladakh and LAHDC (Ladakh Autonomous Hill Development Council) that provide support for crowd and traffic control as well as medical support including ambulances, doctors and nurses on standby. Volunteers equipped with walkie-talkie will be situated at regular intervals along the route and there will be support team along the marathon courses moving up & down. Medical teams and ambulances will be available along the route. In case of any emergency, Ladakh Marathon volunteers and support staff will be available at various points along the route. There will be a total of 20 aid stations along the course of Marathon, Half Marathon and 11.2km Run catering to water, energy drinks and nutritious snacks. Participants are requested to carry their own hydration pack as bottled water will not be provided and instead there will be refill facilities at the aid stations by our hydration partner Bisleri Vedita - Himalayan Spring Water

Medical facilities along the course of Marathon are provided by the administration of the U.T. Ladakh. Ambulances with team of doctors and medics will be plying along the route to take care of any medical emergency .

Toilet facilities (environment friendly dry pits) will be available at designated places along the course of Marathon.

Finish line and Certification

The finish line is at N.D.S. Memorial Stadium grounds.

We advise all participants to stand clear of the finish line once they have completed their run. We want to ensure that celebrations do not interfere with other participants finishing moment and overall marathon experience.

Participants who complete race within the cut-off time will get a medal at the finish line.

Award/Podium ceremony at Finish Line

Top three (03) winners of each category will be given a podium ceremony at the N.D.S Memorial Stadium grounds held between 11:00-11:30 am on 8 th September.

Fresh hot refreshments will be served. Please follow the signage and queues.



