



Few final notes to remember for the participants of Ladakh Marathon – 42km, 21km, 10.5km and 05km Run Ladakh for Fun

1. Acclimatisation and Arrival in Leh

Acclimatisation is imperative as you are running at 11,500 ft. Since Ladakh Marathon is amongst the world's highest marathons the chances of participants having health complications due to the altitude is highly possible. Arriving in advance will help you acclimatise and prepare you for the run.

We advise **complete rest** on the day of arrival and not venture out to the tempting high points surrounding Leh town. Day 2 should be spent with day walks, light short distance jogging to get used to the altitude. Day 3 onwards you should be feeling good enough to do longer stretches and go higher.

In case of symptoms such as nausea, headache, loss of appetite, difficulty in breathing, unable to sleep at night, please seek medical attention immediately.

Participants of Marathon and Half Marathon are strongly recommended to arrive at least a week ahead, and for 10.5km Run and 05km Run Ladakh for Fun at least 5 days ahead.

2. Race reporting, start and place

RACE	REPORTING	START
Marathon	11th September / NDS Stadium / 5:00am	06:00 am / NDS Stadium
Half Marathon	11th September / NDS Stadium / 5:30am	06:30 am / NDS Stadium
10.5km Run	11th September / NDS Stadium / 6:00am	07:15 am / NDS Stadium
05km Run Ladakh for Fun	10th September / NDS Stadium / 6:00am	07:30 am / NDS stadium

Participants are requested to walk to NDS Memorial stadium grounds as there would 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.

3. COVID Hygiene and Safety Rules for the 9th edition of Ladakh Marathon

Participants are requested to wear face masks at the Marathon Expo and on race day at start and finish arena. Please maintain an arm's distance from your fellow participant at the expo and start and finish arena.

4. Your Running BIB and collection

It is mandatory for all participants to collect bibs and timing chips in person. All participants must provide acceptable proof of identification such as Passport/Aadhaar/Driving License etc., and do not forget your facial mask.

Please note that 05km Run Ladakh for Fun is not a timed race.

BIB collection will take place at **NDS Memorial (Stadium) Sports Ground**, opposite LAHDC Council Secretariat.

31st August and 1st September – for 72km and 122km

4th, 5th and 6th September – for 42km, 21km, 10.5km and 05km

Your running BIB will be issued only if you have submitted your double vaccination certificate during registration. If not, then you are advised to share same via email to info@ladakhmarathon.com.

Your running BIB must be pinned securely on your chest and remain visible throughout on race day.

5. Timekeeping

Please ensure that your timing chip (for timed races) is fastened securely. 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.**

6. Temperature on race day

Morning temperature is usually around 6-8 Celsius. By finish time temperatures can go up to as high as 20-22 Celsius.

7. Facilities along the route

The race is organised 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.

Participants are provided with route map at the time of bib collection which lists the aid/ hydration stations and toilet facilities along the course of various races. **PARTICIPANTS ARE REQUIRED TO BRING OUT THEIR OWN HYDRATION**

PACKS, as bottled water is not provided with, instead there are refill facilities at the aid stations. We will ensure that refilling is as efficient as possible, which will require your support and patience.

Toilet facilities will be available at the start and finish point, and along the route of various races. These are dry sand pits and not flush loos to protect the fragile environment of Ladakh.

8. Baggage drop facilities

There will be baggage drop facility near the start and finish area. Please follow the signs when you get to the arena. Participants are requested to use the baggage tags which will be available. **Please ensure that all belongings are well labelled 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 organiser is not liable for any damage/loss of your items.

9. Finish line, medal distribution and refreshments.

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.

Fresh hot refreshments will be served at the finish line. Please follow the queues.

Participants who complete race within the cut-off time will get a medal at the finish line. The winners of each category will be given a podium ceremony at the N.D.S Memorial Stadium itself between 11:00-11:30 am on the same day (11 Sept).

10. Ladakh Marathon Hub – We are located at

C/o Rimo Expeditions
Hotel Kanglhachen Complex
(Opposite to the Police Station)
Zangsti, Leh
Timings: from 10:00 to 13:00hrs and from 15:00 to 18:00hrs

Race coordinators are:

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The Ladakh Marathon team is always available to assist and answer all your queries.