



**25 KM LAYA RUN
PONJOTHANG TO LAYA 23TH OCTOBER 2018**

'RUN FOR HIGHLAND'

PERSONAL INFORMATION

Full Name	
Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of Birth	Date:..... Month.....Year..... Age:.....
Nationality	
Citizenship ID No	
Blood Group	
Email Address	
Mobile Number	
Emergency contact Number	
Chest Number (Organizer will provide your chest number)	
Present Address	
Will you attend Royal Highland Festival on 24 th October, 2018 at Laya.	YES <input type="checkbox"/> NO <input type="checkbox"/>
Do you want to book home stay at Laya	YES <input type="checkbox"/> NO <input type="checkbox"/>

I am medically fit and fully understand the risk and hazards of running at high altitude my participation is purely based on my personal interest with no implication to the organizers.

Date:..... Signature:.....

Note: The expatriates and tourists will be charged a registration fee of US \$ 100 per person & Local runners will be charged a registration fee of Nu.1000/- per person. Your registration will be accepted after receiving the registration fee so, please kindly deposit your registration fee at Pema Dorji BoB account Number 103080377. Your money receipt copy must produce at telegram group (Laya Run 2018) or at WeChat group (Laya Run 2018) for verification.

Registration contact Persons: Mrs. Kelzang Peldon (17737174) & Miss. Shaka Choden (17339500)

Mail the filled up form at gasaps@education.gov.bt or send by Laya Run 2018 (Telegram group or Wechat group)

Contact number of Laya Run Focal Person: Mr. Pema Dorji (Principal Gasas PS) 16288124/17642242

Factsheet for your reference:

Registration will be open for interested runners with effect from 25th August until 10th October 2018 on first come first based on the following slots 70 male and 30 Female. The conformation of run participation must done on or before 10th October, 2018

The 25 KM Laya Run will flag off from Ponjothang on 23rd October 2018, which will take about 8 hours at normal walking speed. The expatriates and tourists will be charged a registration fee of US \$ 100 per person & Local runners will be charged a registration fee of Nu.1000/- per person. This fee will be utilise for covering expenditures for the dinner, breakfast, packed lunch, refreshments on run day, prize, certificates, and porter's charges. Dzongkhag will facilitate the booking/reservation of farm stays/ accommodation and other logistics upon request. The logistics information is as follows and subject to change:

The charges are subject to change.

1. Farm stay in Gasa Nu.1000/- per person per night including of two meals (breakfast and dinner)
2. Farm stay in Laya Nu.1150/- per person per night including of two meals (breakfast and dinner)
3. Guest house at Gasa Hot Spring Nu.500/- and Nu.200/- per room.
4. Packed pony charge Nu. 800/ per horse one way.

Runners Category

Open category Age 20-39 (Male & Female)

Veteran category Age 40 and above (Male & Female)

Check List for Runners

1. Mail the filled up form at gasaps@education.gov.bt
2. Bring sleeping bag and mat
3. Warm Cloths
4. Rain coat or umbrella
5. Toiletry items
6. Torch light
7. Need to carry small backpack with warm clothes on the run day to avoid chill weather at Laya
8. The original registration form needs to produce during the reporting time at Gasa Hot Spring on 22nd October, 2018 evening.
9. The route permit from Thimphu to Laya for the expatriates will follow up by the Run focal person, however they have to submit their passport with run registration form at the earliest for further approval. For tourist the concerned travel agent need to arrange.
10. Back and forth transportation for the runners from Gasa Hot Spring to run flag off point will arranged by the organizer.
11. If you are Dessup please kindly bring a set of uniform to render volunteer services during Royal Highland Festival at Laya on 24th October, 2018.
12. Transportation from your work place to Gasa hot spring must manage by one self.

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Note:

1. Report at Gasa Hot Spring on 22nd October, 2018 evening
2. Dinner on 22nd evening and breakfast on 23rd morning for the runners will be arranged by the organizer, however on return from Laya you have to manage by one self.
3. The participant's luggage transportation from Gasa to Laya will be organized. The luggage should properly pack with rainproof bag and attach your chest number to identify your own bag when you reach Laya. The luggage must hand over to the organizer on 23rd October 2018 morning before run for further transportation. Contact Person: Mr. Karma Tshertim(77619369) & Mr. Tshering Wangchuk (17754487)
4. If you wish you can also send your luggage in advance latest by 15th October, 2018 so that organizer can transport at Laya beforehand. However, you must bring addition sleeping bag and mat to put up yourself at Gasa Hot Spring.

1. YOUR SAFETY IS YOUR PRIORITY

- Safety First! This is an extreme race over very rugged terrain with extreme attitude changes. Do not push yourself beyond a safe limit. Utmost precaution to be observed on the trail especially in areas where it is dangerous
- At few strategic locations medical professional will be available should medical attention be required. All feed spots will be manned by volunteers who can quickly get medical assistance when required at any time.

2. MEALS

- It will be provided and served in restaurants during your time at Gasa/ Laya. Vegetarian items will be available but if you have any dietary restrictions, we would advise you to bring your own supplements. However you have to pay by one self.
- On your way back from Laya to Gasa on 25th October; there are some food stalls set up along the way where you can have your meals. Meals served along the way require payment by one self.

3. ACCOMODATION

- During the race and at the Laya festival BASIC accommodation will be provided either in house or you can have your own tent set up on retail basis and require payment by one self.

4. BEDDING

- It is vitally to bring a WARM sleeping bag and sleeping mat.

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5. CLOTHING AND PERSONAL GEAR

- Please remember to bring some WARM clothes.
- A suggested checklist for clothes and essentials are; rain jacket, toiletry items, sunscreen, layered clothing to strip off when warm and applying layers when it gets cold. Warm hat and gloves, flashlight, good running or hiking shoes with good ankle support, walking stick if you need support to run/ walk on rough terrain, light bag pack to carry essentials during your run/hike, a set of warm clothes to wear at festival and other basic necessities.

6. BAGGAGE DELIVERY

- On the morning of 23rd October 2018 at breakfast we will collect your bags to send to Laya.
- Each participant is allowed only one bag and you will be allowed a maximum of 10 kgs as the item will go on horseback to the Laya camp. Weight restriction will be strictly applied.

7. MONEY

- Take some Ngultrums to buy items of interest at festival and payment of rental and foods at Laya and Gasas.

8. FEED SPOTS

- Approximately five feed spots on the day of race will be available to the participants along the route.
- At each feed spot there will be bottled water, juice and some chocolates.
- The first feed spot on the day of race will be encountered at the 5km mark and thereafter spread over the remaining duration of the race.

9. PHONE CONNECTIVITY

- There will be mobile network at your base in Laya and Gasas
- Beyond Gasas and until you reach Laya there is no cell phone connection but for the emergency you can avail handset connection from volunteers

10. PARTICIPANTS NUMBER AND CERTIFICATE

- Chest number will be provided on evening of 22nd October 2018.
- Certificates for winners & all participants who successfully complete the course will be awarded at Laya.

11. CONTACTS

- Gasas Mr. Pema Dorji (Laya Run Focal Person) 16288124/17642242
- Laya Mr. Khedrup La (Home Stay Focal Person) 16288141

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