

**25 KM LAYA RUN**  
**PONJOTHANG TO LAYA 23TH OCTOBER 2019**  
**'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	
Do you want to book home stay at Laya	YES <input type="checkbox"/> NO <input type="checkbox"/>

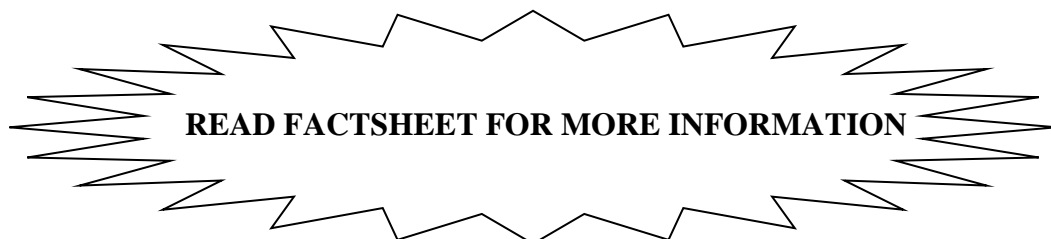
*I am medically fit and fully understand the risk and hazards of running at high altitude my participation is purely based on my personal interest with no implication to the organizers.*

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

**Fee:** 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. The fee collection will be done at Gasa hot Spring during your reporting time on 22<sup>nd</sup> October, 2019 (2:00PM-4:00PM).

Registration contact Persons: Miss. Wangchuk Dem (17997734) & Miss. Sheka Choden (17339500)

Mail the filled up form at [gasalayarun@gmail.com](mailto:gasalayarun@gmail.com) or send by Laya Run 2019 (Wechat group)



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

## Factsheet for your reference:

Registration will be open for interested runners with effect from 28<sup>th</sup> August until 10<sup>th</sup> October 2019 on first come first based on the following slots 70 male and 30 Female. The conformation of run participation must done on or before 10<sup>th</sup> October, 2019. The 25 KM Laya Run will flag off from Ponjothang on 23<sup>rd</sup> October 2019, which will take about 6 hours at normal walking speed. Organizer will facilitate the booking/reservation of farm stays/ accommodation and other logistics upon request and require payment by one self. The logistics information is as follows:

1. Farm stay in Gasa Nu.1500/- per person per night including of two meals (breakfast and dinner)
2. Farm stay in Laya Nu.1500/- per person per night including of two meals (breakfast and dinner)
- 3.

### Check List for Runners

1. Bring sleeping bag and mat
2. Warm Cloths
3. Rain coat or umbrella
4. Toiletry items
5. Torch light
6. Need to carry small backpack with warm clothes on the run day to avoid chill weather at Laya
7. The original registration form needs to produce during the reporting time (2:00 PM- 4:00 PM) at Gasa Hot Spring on 22<sup>nd</sup> October, 2019.
8. The route permit from Thimphu to Laya for the expatriates will follow up by the organizer 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.
9. Back and forth transportation for the runners from Gasa Hot Spring to run flag off point will arranged by the organizer.
10. If you are Dessup please kindly bring a set of uniform (field dress with Jap-cap) to render volunteer services during Royal Highland Festival at Laya on 24<sup>th</sup> October, 2019.
11. Transportation from your work place to Gasa hot spring must manage by one self.

## **Important Notes:**

1. Report at Gasa Hot Spring on 22<sup>nd</sup> October, 2019 (2:00 PM- 4:00 PM) and collect your chest number, runners shirt and pack lunch.
2. Room allotment for runners on 22<sup>nd</sup> October, and 25<sup>th</sup> October 2019 night will be arranged at Gasa Hot Spring by the organizer however you have to manage your own bedding.
3. The participant's luggage transportation from Gasa to Laya and Laya to Gasa will be organized. The luggage should properly pack with rainproof bag and attach your chest number to identify your own bag. On 22<sup>nd</sup> October 2019 (5:00 PM- 6:00 PM) we will collect your bags to send to Laya. Each participant is allowed only one bag and you will be allowed a maximum of 5 kgs as the item will go on horseback to the Laya. Weight restriction will be strictly applied. On 24<sup>th</sup> October 2019 (5:00 PM – 6:00PM) we will collect your bags at Laya Central School to send it back to Gasa. Contact Person: Mr. Karma Tshertim(77619369) & Mr. Lhatu (17997394)
4. Luggage Collection.  
On 22<sup>nd</sup> October, 2019 after run you can collect your bag from the festival ground.  
On 25<sup>th</sup> October, 2019 you can collect your bag from Gasa Hot Spring.
5. Your extra luggage that you want to keep at Gasa Hot Spring may handover to the organizer on 23<sup>rd</sup> October morning with chest number attached for safety and for easy identification during the time of collection.

### **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**

- Dinner on 22<sup>nd</sup> October, Breakfast on 23<sup>rd</sup> October, Dinner on 25<sup>th</sup> October and Breakfast on 26<sup>th</sup> October. It will be provided and served in common dining at Gasa Hot Spring. Vegetarian items will be available but if you have any dietary restrictions, we would advise you to bring your own supplements.
- On your way back from Laya to Gasa on 25<sup>th</sup> 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.

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#### 4. BEDDING

- It is vitally to bring a WARM sleeping bag and sleeping mat during the stay at Gasa Hot Spring. At Laya the home stay host will provide you with necessary bedding and if you wish you may take light inner blanket.

#### 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. MONEY

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

#### 7. 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.

#### 8. PHONE CONNECTIVITY

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

#### 9. PARTICIPANTS NUMBER AND CERTIFICATE

- Chest number will be provided on 22<sup>nd</sup> October 2019 at Gasa Hot Spring from the reception desk (2:00 PM-4:00 PM)
- Certificates with medal for winners & all participants who successfully complete the run will be awarded at Laya festival ground.
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#### 10. TRANSPORTATION

- Back and forth transportation for the runners from Gasa Hot Spring to run flag off point will be arranged. However, you have to produce your run chest number for identification to the Motor transportation Officer (MTO)

#### 11. DEPARTURE TIME

- From Gasa Hot Spring to flag off point 6:30 AM(23<sup>rd</sup> October,2019)
- From Laya to Gasa 7:00 AM (25<sup>th</sup> October, 2019)

#### 12. CONTACTS

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

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