

## Fact sheet for your reference:

Registration will be open for interested runners with effect from 1<sup>st</sup> October till 20<sup>th</sup> October 2024 on first come first based on the following slots 30 male and 30 Female. The confirmation of run participation must done on or before 20<sup>th</sup> October, 2024.

The 25 KM Laya Run will flag off from Ponjothang on 23<sup>rd</sup> October 2024, which will take about 7 hours at normal walking speed. The international runners will be charged a registration fee of Nu. 5000/- & Nu. 3000/- for National Runners. This fee will be utilize for covering expenditures for the dinner, breakfast, packed lunch, refreshments on run day, prize, certificates, and porter's charges.

### Check List for runners:

1. Mail the filled up form at **gasaps@education.gov.bt**
2. 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 22<sup>nd</sup> October, 2024 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 24<sup>th</sup> October, 2024.
12. Transportation from your work place to Gasa hot spring must manage by one self.

**Note:**

1. Report at Gasa Hot Spring on 22<sup>nd</sup> October, 2024 evening
2. Dinner on 22<sup>nd</sup> evening and breakfast and lunch on 23<sup>rd</sup> 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 23<sup>rd</sup> October 20124 morning before run for further transportation. Contact Person: Mr. Tshering Wangchuk (17754487)

**1. YOUR SAFETY IS OUR 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**

- Meals will be provided and served during your time at Gasa. 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.

**3. ACCOMODATION**

- Accommodation at Gasa will be provided by the organizer at Gasa Tsachu. However, you will need to cover your stay at Laya. If needed, the Dzongkhag will facilitate home stays in Laya.

**4. BEDDING**

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

## 5. CLOTHING AND PERSONAL GEAR

- Please remember to bring 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 2024 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. FEED SPOTS

- Approximately three feed spots on the day of race will be available to the participants along the route.
- The first feed spot on the day of race will be encountered at the 6km 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 with 4G connections from both Tcell & BMobile carriers yet the net congestions might apply huge number of users during the festival.

## 9. PARTICIPANTS NUMBER AND CERTIFICATE

- Chest number will be provided on evening of 22nd October 2024.
- Certificates for winners & all participants who successfully complete the run will be awarded at Laya.

## 10. CONTACTS

- Gasa: Mr. Sonam Tobgay (Laya Run Focal Person) 16288124/17917928
- Ms. Temzin Dema (Adm. Assistant) 17521518

**Contact number of Laya Run Focal Person:** Mr. Sonam Tobgay (Principal Gasa PS)  
16288124/17917928