

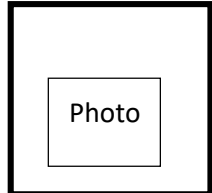


24.78 KM Laya Run
 Ponjothang to Laya 23rd October 2023



'Run for highland'

PERSONAL INFORMATION



Full Name	
Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of Birth	Date:..... Month.....Year.....
Nationality	
Citizenship ID No / passport no. Please attach a copy of passport bio page.	
Blood Group	
Height	
Weight	
Fee transfer journal no.:	
Email Address	
Mobile Number	
Present Address	
Will you attend Royal Highland Festival on 23 rd and 24 th October, 2023 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. Transfer the fee Via BOB account no.; 201339046(Gasa Dzongkhag Scouts Association).

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

Contract number of Focal Person: Mr. Karma Tshering (Offig. Principal Gasa PS) 17348933 and Tshering Wangchuk (Teacher) 17754487

Mail the filled up form to kamatsereee@education.gov.bt or tsheringwangchuk@education.gov.bt



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Factsheet for your reference:

Registration will be done with effect from 24st September till 20th October, 2023 on first come first based on the following slots 25 male and 25 Female. The conformation of run participation must done on or before 20th October, 2023.

The 24.78 KM Laya Run will flag off from Ponjothang on 23rd October, 2023. which will take about 8 hours at normal walking speed. The expatriates and tourists will be charged a registration fee of Nu.5000/- per person and Bhutanese citizens will be charged Nu.3000/-. This fee will be used for covering the packed lunch, refreshment on run day, prize, certificates, and porter's charges

Check List for Runners

1. Mail the filled up form to kamatsereee@education.gov.bt or tsheringwangchuk@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 22nd October, 2023 evening.
9. The route permit from Thimphu to Laya for the expatriates will be followed 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. The transportation for the runners from Gasa Hot Spring to run flag off point and back will be 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 23rd and 24th October, 2023.
12. Transportation from your work place to Gasa hot spring must be managed by one self.

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Note:

1. Report at Gasa Hot Spring on 22nd October, 2023 evening.
2. Dinner on 22nd, Breakfast and lunch on 23rd along with refreshments on way will be provided by the organizer.
3. The participant's luggage transportation from Gasa to Laya and back will be organized. The luggage must be properly packed with rain proof bag and attach your chest number to identify your own bag when you reach Laya. The luggage must be handed over to the organizer on 23rd October 2023 morning (run day) before run for further transportation.
4. The luggage will be delivered to festival venue on the same day of the run and one must take responsibility of collecting luggage before departing to your home stays. Any loss or damage to the properties there after will not be entertained by the organizing team.
5. The luggage for the return journey will be collected on the 25th October, 2023 morning 7:00 Am at Laya MSS school Gate. The organizers will arrange exact no of ponies for back and forth and will only accept the initial luggage.
6. Avoid packing fragile items in the luggage. There are any chances of getting damaged on the way and the organizing team will not be held responsible.

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.

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- 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 important to bring a WARM sleeping bag and sleeping mat.
 2. 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.
 3. BAGGAGE DELIVERY
 - On the morning of 23rd October 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.
 4. MONEY
 - ☐ Take some cash to buy items of interest at festival and payment of rental and foods at Laya and Gasa.
 5. 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, apple juice, mango 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.
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 6. PHONE CONNECTIVITY
 - There will be mobile network at your base in Laya and Gasa with 4G connections from both Tcell and Bmobile carriers yet the Net congestions might apply with huge number of users during the festival.

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7. PARTICPANTS NUMBER AND CERTIFICATE

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

8. CONTACTS

- Gasa & Laya- Karma Tshering (Mr) 17348933
Tshering Wangchuk (Mr) 17754487

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