

Inspire India

The Great Himalayan Ultra 2022

Leh, Ladakh, India

26 August 2022



Appendix C of The Rules and Regulations

Mandatory Pre-Race Requirements

These are the mandatory pre-race requirements that each racer and relay team must meet in order to receive a clearance to race the Great Himalayan Ultra 2022. Racers or teams failing to meet these requirements in the required timeline may be denied a clearance to race and their registration cancelled without a refund.

A. Mandatory Reporting:

Being a High Altitude Race, all racers, crew members, and officials will be required (mandatory) to report in Leh according to the following schedule. While this is for us to establish that racers get the bare minimum acclimatization, it is highly recommended that racers arrive 14-16 days in advance to ensure that they acclimatize satisfactorily. This is particularly necessary if racers are flying directly into Leh. Racers may choose to reach Srinagar or Manali and drive to Leh in order to have a slower transition to high altitude.

- Friday 12 August (14 days before start) - Mandatory Reporting for 900 KM Racers for Acclimatisation
- Tuesday 16 August (10 days before start) - Mandatory Reporting for 600 and 444 KM Racers for Acclimatisation
- Friday 19 August (1 week before start) - Mandatory Reporting for 900 KM Crew for Acclimatisation
- Sunday 21 August (5 days before start) - Mandatory Reporting for 600 and 444 KM Crew for Acclimatisation
- Wednesday 24 August & Thursday 25 August - All Races Inspection
- Friday 26 August - 900km Race Start (Extreme version)
- Saturday 27 August - 600km Race (Ultra version) and 444km Self Supported Start

B. Bike Inspection:

All bikes that racers and teams intend to use at the race must be inspected by race officials. The bikes must meet the following requirements in order to pass inspection. Racers will need to arrange for the required equipment listed below unless otherwise stated:

1. Front Bike Light - atleast 150 lumens or visible from 200m (recommended 700 to 1000 lumens)
2. Rear Red Tail Light - at least 150 lumens or visible from 500m, must have steady mode (recommended 200 to 600 lumens)

3. Reflective Tape strips of 10mm x 50mm pasted on:
 - i. Fork Legs
 - ii. Seat Stays
 - iii. Cranks
 - iv. Back of Pedals or Shoes
 - v. 3 strips on each side of each wheel rim
4. Helmet
5. Reflective Vest or Bandoleer
6. Bike Number Plate - Provided by Officials at Inspection Venue
7. Helmet Number sticker - Provided by Officials at Inspection Venue

C. Vehicle Inspection (Not Applicable to Self Supported Racers):

All vehicles that racers intend to use as support vehicles must be inspected by race officials. The vehicles must meet the following requirements in order to pass inspection. Racers will need to arrange for the required equipment listed below unless otherwise stated:

1. Slow Moving Vehicle Triangle or 30mm x 500mm strip of Reflective Tape pasted on the rear of vehicle
2. Registration Plate visible at all times. If bikes or bike rack are blocking the registration plate, printed registration number to be pasted at a visible site on the rear of vehicle
3. Red flashing light on bike rack
4. Racer Number to be pasted on all four sides of vehicle - Provided by Officials at Inspection Venue
5. Race Signage to be pasted on front and two sides of vehicle - Provided by Officials at Inspection Venue

D. Minimum Crew Requirement (Not Applicable to Self Supported Racers):

Each category in each format of the race has a minimum crew requirement. Racers and Teams must meet the minimum crew requirement in order to be eligible to race. Commercial drivers are also considered part of the crew for all purposes in the event.

Race Format	Minimum Crew Requirement
444km SOLO Self Supported	Not Applicable
600km SOLO RQ	3
600km 2 Person Relay	3
600km 3 Person Relay	3
600km 4 Person Relay	3
900km SOLO RQ	4
900km 2 Person Relay	4
900km 3 Person Relay	4
900km 4 Person Relay	4

E. Documents:

Racers and teams will have to provide the following documents at the inspection venue. Please note that the inspection venue is NOT equipped to make prints and/or copies. Racers are advised to carry copies of documents themselves.

1. Identity Document of all Racers - Aadhar Card / Driving License / Passport (mandatory for non-Indian participants)
2. Identity Document of all Crew Members - Aadhar Card / Driving License / Passport (mandatory for non-Indian crew members). All crew members intending to drive vehicles must submit copies of Driving License as identity document.
3. Vehicle Registration Documents of all Vehicles - Vehicle Registration Certificate and Vehicle Insurance Policy
4. Waiver and Discharge Forms duly signed by racers and crew members
5. Personal Accident Insurance Policy covering all Racers and Crew Members



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Self Help Checklist

Use the self-help checklist to ensure that you have meet all the requirements for pre-race registratoins and inspections

Requirement	1	2	3	4	5	6	7	8	9	10
Front Bike Light										
Rear Red Tail Light										
Reflective Tape on Fork Legs										
Reflective Tape on Seat Stays										
Reflective Tape on Cranks										
Reflective Tape on Back of Pedals or Shoes										
Reflective Tape 3 strips on each side of each wheel rim										
Helmet										
Reflective Vest or Bandoleer										
Bike Number Plate										
Helmet Number sticker										
Slow Moving Vehicle Triangle Reflective Tape pasted on the rear of vehicle										
Registration Plate visible or printed registration number pasted at a visible site on the rear of vehicle										
Red flashing light on bike rack										
Racer Number to be pasted on all four sides of vehicle										
Race Signage to be pasted on front and two sides of vehicle										
Identity Document of all Racers										
Identity Document of all Crew Members										
Vehicle Registration Certificate and Vehicle Insurance Policy										
Waiver and Discharge Forms										
Personal Accident Insurace Policy of all Racers and Crew Members										