



Inspire India

The Great Himalayan Ultra 2023

Leh, Ladakh, India

26 August 2023



600KM Solo Crew Supported RAAM Qualifier and RAAM Style Relay

Rules and Regulations

Guiding principles

- Safety of all persons involved
- Running a Clean and Healthy race with a level playing field for all
- Creating a Race of International standards
- Protecting Race integrity and reputation

The guiding principles will dictate decision making by the Race Committee on any issue not specifically covered in these rules

1. General

- A. All participants are responsible for reading and understanding the rules, event information, and instructions given before and during the event.
- B. The Great Himalayan Ultra Race 600 km Solo is a RAAM Qualifier, Standard Race Across America and RAAM Style Event Rules apply, with certain exceptions as detailed in Appendix A.
- C. Safety is the primary concern. All riders and crew members are responsible for their own health and well being and obliged to be physically prepared for the race.
- D. In an emergency, riders and their crews are expected to help, and will be given credit for any lost time, if necessary.
- E. This is a High Altitude Race and special mandatory requirements will be strictly followed as listed in Appendix C and elsewhere in this Rule Book.
- F. All rules and regulations must be obeyed by all riders and support crew members at all times. The Race Committee has the authority to override, modify or create rules based on extenuating circumstances.
- G. Race Across America (RAAM) RULES may be referred to in the event that a situation is not covered in these rules.
- H. The race is open to any amateur cyclist over the age of 18 as on December 31st, 2023.

2. Conduct

- A. Riders must conduct themselves in a civil manner at all times during the race.
- B. Riders may not act maliciously toward any other person for any reason. Riders may not intentionally impede the progress of, or misdirect any other person for any reason.
- C. Riders must at all times behave respectfully toward all Race Officials and Volunteers.
- D. Violation of the conduct rules and/or any other inappropriate behavior by a rider will result in the rider's immediate disqualification and possible suspension from future Inspire India events. This may include the suspension of riders as potential crew members in Inspire India Races and from participation or supporting any Inspire India Races.
- E. Littering will not be tolerated under any circumstances as detailed in Section 26.

3. Traffic Laws and Law of the Land

- A. Riders, follow vehicles, and support crew members must obey traffic laws at all times.
- B. This includes, but is not limited to: driving on the correct side of the road, stopping and waiting at red lights until they turn green, stopping at stop signs and checking for traffic before proceeding, using hand signals for all turns, keeping as far to the left as safety permits, using the shoulder whenever possible,

dipping high beams of vehicles to avoid blinding oncoming traffic, and obeying speed limits.

- C. Support Vehicles must use indicators, and only pull out on the left of the road when stopping to leap frog the racers to give hand offs or do racer/vehicle exchanges. The only time support vehicles may pull off to the right of the road is if they are driving into a property/private compound like that of a hotel, shop, restaurant, or petrol pump for example.
- D. Racers and support crew members are expected to follow all pertinent laws, regulations and mandates from time to time.
- E. Race officials may issue penalties for traffic violations.

4. Route and Tracking

- A. All riders must ride (or walk with their bikes) the entire route as prescribed by the official route book.
- B. All protocol about Control point distance, cut offs, stages and reporting at controls is detailed in Appendix B. Each Control Points passage must be noted and protocol must be followed as prescribed.
- C. The route will not be marked. Each racer will receive GPX file and a cue sheet at the start of the race indicating the route and location of checkpoints. Riders must stay on the route at all times.
- D. A mobile based app will be installed on the rider's phone for tracking them. Phone battery must be kept charged to allow the tracking application to function at all times during the race. All rider's locations will be publicly available through a dedicated tracking weblink.
- E. If a racer leaves the route for any reason, and using any means, they must return to the route at the same point at which they departed the route prior to continuing in order to avoid shortcuts and detours, unless specified otherwise by the Race Committee. The rider must inform Race Officials as soon as they leave the route and when they rejoin the route.
- F. If for any reason racers are forced off route by road construction, diversion due to accidents, or by traffic police for any reason, they must immediately contact one of the Race Officials and report exact details of diversion along with location details including co-ordinates or location pin of start of diversion. They must do the same at the time of re-joining the race route. Racers may continue to race.
- G. Race Committee will assess whether a time penalty is to be added to Racer's time or whether a time deduction is required. This decision will be conveyed to the racer so that they can re-calculate race cut-off time for the racer.
- H. Racers have the obligation to inform to the officials when leaving the route for any reason, when rejoining the route, and, in case of accidents, closed roads, detours, non-functioning of GPS device, or quitting the race. If for any reason they are unable to establish a telephone call, they must send a text message or WhatsApp message.

5. Checkpoints and Cut-Offs

- A. At a manned checkpoint, Riders or crew must report their arrival with the Race Card to the Official when they arrive, and sign the checkpoint log. Time will be recorded as of when they report, (provided the racer has also passed the checkpoint) not when they arrive, if there is a lapse on their part. At an unmanned checkpoint Riders or crew must report their arrival in the manner prescribed in the pre-race briefing.
- B. Support crew can report instead of the rider during daylight hours. Rider may continue riding, except at the finish of their event, at which time the rider must check in. At night, it is mandatory for the racer to stop until the checkpoint procedure is completed unless the racer has another support vehicle in direct follow.
- C. It is solely the rider's and crews responsibility to make sure their time is recorded when they pass through a manned checkpoint. Failure to do so will result in penalties and/or disqualification. The support crew may wait at a control point but may not report to the Official before a rider has physically crossed that particular time control.
- D. The Great Himalayan Ultra has Hard Cut offs to ensure safety. The cut offs give a reasonable amount of time to complete the course but given the high altitude of the race and the harsh terrain, no leeway can be given that may impact safety of all involved. All cut-offs are listed in Appendix B.
- E. Riders will not be eligible for Finishers Awards and RAAM Qualification if they reach a manned checkpoint after it has closed and officials have departed.

6. Timings and RAAM Qualification

- A. Finish Cut off timings according to categories, distance, age, and gender are detailed in Appendix B
- B. Solo racers who successfully complete the entire course in accordance with the RQ (RAAM Qualification) timings for their respective distance and category will be qualified for Race Across America (RAAM).
- C. Solo racers who finish within Inspire India timings will be acknowledged as Inspire India Finishers and eligible for the finishers Medal.
- D. Teams finishing within their respective time cut-offs will be eligible for the Finishers Medals. Teams that finish Outside of Time Limit will be listed as OTL in the results.

7. Race Officials and Race Committee

- A. Race Officials are individuals designated to enforce the Rules of the Race upon racers and crew members. Race Officials include Marshals, Control Point Officials, Head Official, Race Director, and Race Management members.
- B. Race officials may be stationed along the route as well as at checkpoints, and will be marshaling the route marked or unmarked vehicles.
- C. The Race Committee is comprised of the Race Director, Head Official, and the Executive Director. From time to time, the committee may also include other Officials or individuals who the Committee deems necessary and fit.
- D. The Race Committee has the authority to override, modify, or create rules based on unfolding circumstances during the course of the event. Race officials have complete authority and the decision of the Race committee is the final word on all matters.

8. Embedded Official

- A. Inspire India reserves the right to assign an official to observe a racer/team from within his/her support vehicle, at any time before or during the race. Racer and crew will accommodate the official within his/her vehicle and will be responsible for the safety and well being of the official.

9. Relay Teams

- A. Relay Teams may be comprised of 2,3, or 4 members riding in a relay. The same rules and regulations that apply to individual riders apply to teams and their support crews.
- B. Rider exchanges may take place anywhere on the course and at any frequency depending on team strategy. Any number of teammates may ride at the same time. A team's official time is calculated when the first rider crosses the finish line.
- C. As a relay running race requires a passing of a baton, Relay Team Racer Exchanges mandatorily require wheels to overlap between retiring racer and fresh racer, to ensure that there is no gap in time or space in the teams' race. This rule will be strictly imposed. Teams will be issued a time penalty for first offense and be disqualified on second offense.
- D. In the day time rolling exchanges may take place, with support vehicles going ahead to place the fresh racer and waiting in readiness for retiring racer to arrive and overlap wheels. At night, due to mandatory direct follow rules, both racer and vehicle have to stop and remain in vehicle headlights. Teams with more than one follow vehicle may do rolling exchanges at night, provided no racer continues on the course unless in the headlights of the follow vehicle.
- E. Drafting is allowed between riders of the same team only. Relay racers may not draft any other cyclist or motorised vehicle in course of the race.
- F. Each Team must have a team leader, who should be a member of the team. Any decision regarding penalties or disqualification will be conveyed to the team leader or the crew chief.
- G. Team members may support their team when they are not riding, but must obey all rules regarding support crew members, with the exception of the rule prohibiting support crew members from riding on the course.

10. Bicycles

- A. All bicycles must be propelled solely by human force. There is no limit as to the number of bicycles a rider may use. Disc wheels, wheel covers and/or aero bars are allowed.
- B. There are no bicycle categories at this time. Special bikes will be considered and ruled upon by the

Race Director. Solo Racers must have a road bike as a primary bike and may choose to have a hybrid/ MTB as a spare bike for bad road sections.

- C. All bicycles must be deemed to be in race condition as assessed by an authorised Official at the pre-race inspection appointment. If a bicycle is judged to be unfit or unsafe to ride by a Race Official, riders may NOT use it until the issue is resolved to the satisfaction of the Race Committee.

11. Helmets

- A. Riders must wear an approved helmet, properly fastened, at all times when riding a bicycle. Riders without a helmet will not be permitted to start. Riding without a helmet, even briefly will result in immediate disqualification of the racer.

12. Lights and Reflective Gear

- A. Lights and reflective gear as described below must be used during night hours from 6:00 PM – 7:00 AM and at times of low visibility conditions such as fog and rain.
- B. Riders must use at least one steady white front light visible from 500 feet (150 lumens or more) mounted to the bicycle and a steady (not flashing) red rear light visible from 300 feet mounted to the bicycle. A second red rear light visible from 300 feet mounted to the bicycle or rider, may be kept on flashing or steady mode. Spare lights and batteries are strongly recommended.
- C. Riders must wear reflective gear during the night hours, in the form of a vest or bandoleer. (Adhesive reflective material and jerseys with reflective material stitched to them, are not acceptable as replacement to reflective gear).
- D. Crew members must wear reflective gear during night hours, in the form of a vest or bandoleer. It is advised that crew members wear reflective gear even during day-time to make sure they are visible to other road users.
- E. These are the minimal requirements we will accept but are nowhere near optimal. For optimal lighting, we recommend using a front light of at least 600 lumens, with a secondary front light in use with the other light or to use as a backup. For the rear, we recommend using lights with visibility up to 500 feet.
- F. All lighting requirements must be met by all riders during the night. Any rider found riding without lights and/or reflective gear during the night hours will be immediately stopped until they meet the requirements. Racers failing to comply will be penalised immediately without warnings.

13. Support Crews

- A. For the 600 Km race 1 primary support vehicle with a minimum of 2 licensed drivers is Mandatory for both Solo and 2 person team. For safety it is advised that there be 3 crew in the vehicle for the Solo rider.
- B. Motorcycle support crew if used must rest at night.
- C. Support vehicles may leap frog their rider during the day (and provide support only via pedestrian hand offs. Vehicle hand offs are not allowed. However, because of the remoteness and harshness of this region, we advise close and direct follow as much as possible.
- D. Direct follow (by primary vehicle only) is mandatory at night, the vehicle must follow directly behind their rider at all times. It is mandatory for the Racer to be within the headlights of the support vehicle during night time hours.
- E. Support crew members must obey all of the rules and regulations. If a support crew member violates a rule, it will result in their expulsion from the race and penalties and/or disqualification for their rider.
- F. Support crew members must be considerate of the surrounding area in which the course travels. They should not behave in a disruptive manner, and pay all bills of purchases made on the course.
- G. Support crew members are not allowed to ride a bicycle on the course at any time during the race.

14. Support Vehicle Requirements

- A. Each Racer or Team must have their own support vehicle. Support vehicle may not be shared.
- B. Special conditions apply for the region of Ladhak with respect to the use of hired vehicles and local drivers. Please discuss in detail with Race Officials.
- C. Motorcycle support is permitted with prior premission from the Race Committee in the Great Himalayan Race to relieve the primary support vehicle during daytime hours and to resupply the primary vehicle. Motorcycle support may not be used to give direct follow support at any time during the race.

- D. All support vehicles to be used during the race must pass inspection as per requirements listed in Appendix C and be registered with the Race organization. In case of a breakdown or if a vehicle is being changed in the course of the race, for any other reason, race officials have to be informed. You will be instructed on document and inspection process.
- E. Hazard Lights and front Headlights must be used while supporting a rider, day and night. Support vehicles must use indicators whenever appropriate and use hazard lights when pulled over.
- F. All 4 wheel support vehicles must display a "SLOW-MOVING VEHICLE TRIANGLE". "Slow-moving vehicle triangles" may be purchased at most auto parts or hardware stores. In the absence of a "Slow-moving vehicle triangle", the support vehicle must prominently display, a reflective sticker not less than 2 feet in length.
- G. Support vehicle with a Bike rack mounted at rear must use a rear red flashing light mounted on the bike rack.
- H. Support vehicle must display Race signage in the manner instructed at time of briefing. Race signage may not be removed for the entire duration of the race, except if the rider/s drop out of the race or are disqualified.

15. Following The Rider, Hand-offs and Passing

- A. Support crews may leap frog their rider during the day. During night hours, the racer must be directly followed by the primary support vehicle.
- B. Follow vehicles must stay as far to the left as safety permits while driving behind their rider. If the shoulder is wide enough for the vehicle to use, they must use it. If it's not, they must drive as close to the left edge of the pavement as possible.
- C. Support vehicles must halt off the shoulder line whenever possible.
- D. Follow vehicles should never block traffic behind them. If traffic builds up behind them, they must pull off the road and allow it to pass. Then, when it is clear, they may continue to follow their rider. If there is a lot of traffic, or if the road is narrow, follow vehicles must pull over and leapfrog their rider. During night hours, if the follow vehicle needs to pull off the road to allow traffic to clear, the racer must pull off the road and remain in the vehicles headlights.
- E. Follow vehicles may not impede the progress of another rider or their follow vehicle.
- F. Crew members may hand-off water, food, or any other item to their racers through a pedestrian hand-off. A pedestrian hand-off is when a crew member is standing on the ground to hand-off an item to the racer.
- G. Hand offs from the vehicle, moving or stationary, are not permitted and racers are liable for a penalty without warning.
- H. When a rider with a follow vehicle passes another rider, use this procedure: rider A passes rider B and gets clear. When a gap of 30 meters forms between the two riders, rider A's follow vehicle may pass rider B (and their follow vehicle) and continue to follow their rider. Rider B (and their follow vehicle) may not impede the progress of rider A or their follow vehicle.
- I. It is strongly recommended that support crew follow their riders closely, but at a safe distance during the night. It is mandatory to keep them in their headlights at all times. This will provide protection and light to their rider.
- J. Riders may not be pushed, pulled, towed or otherwise assisted by their follow vehicle. This will result in immediate disqualification.

16. Mechanical Support

- A. All riders should be self-sufficient and properly equipped. Riders and/or their support crew should have everything necessary to repair or adjust the rider's bicycle and combat the elements. Race officials may help, but take no responsibility or make any guarantees to fix mechanical problems when and where they occur.
- B. There is absolute no technical or mechanical assistance available in Leh and on the route. Riders are advised to carry with them all spares and tools they may need before or during the race.
- C. Riders and support crew members may assist one another with mechanical or other problems, but no time credit will be given unless it is an emergency or extenuating situation.
- D. Outside assistance may be used, for example a bike shop on route. However if the racer is leaving

the course for this or any reason, race officials have to be informed about the location from which the departure is made, prior to leaving the course, and the racer must return to the same location, inform race officials and then continue.

17. Support and Resources

- A. Inspire India provides resources in the form of information on technical support, accommodation and enroute restaurants, as also support personal in the form of volunteers to crew. This is undertaken on request from racers, to ease racers logistical burden. Inspire India cannot be held responsible for any disappointment to the Racers, or any disagreement that may arise.
- B. Racers and all crew are expected to behave respectfully toward all resources and support that is made possible through the goodwill of Inspire India.
- C. All expenses towards any resources are to be borne in full by the Racer. All expenses of crew members for the duration of the race, including accommodation as required at start, and accommodation at finish point.

18. Sleep

- A. Being a high altitude race, a mandatory rest break of 3 hours is imposed on all racers and crew in Kargil at a designated hotel. This timing is included in the overall cutoff timings.
- B. Additional sleep/rest breaks are not mandatory, but is recommended that when a rider (or support crew member) need it, they take a short power nap. However keeping the high altitude and high exposure in mind, it is not recommended to take breaks on the high mountain pass roads. It would be safer to do so in the valleys. Similarly, the Kargil Dras section though at lower altitude is extremely cold, and long breaks at night are not at all recommended.
- C. Long breaks for any reason are not recommended on the high passes and the approach to the high passes. Stopping here for any length of time is highly dangerous. Long breaks on the Kargil-Dras-Kargil section of the route, which is covered at night will expose crew and racers to extreme cold.
- D. If a racer, team, or crew are found to be dysfunctional due to fatigue or sleep deprivation officials have the authority to pull them off the course and order them to rest. Race Officials also have the authority to disqualify a racer if so warranted, and order racers and crew to retreat using crew vehicle, to a lower altitude or shelter.

19. Warning and Penalties

- A. Riders and support crew members must obey all rules and regulations at all times. There will be no exceptions. It is the rider's responsibility to ensure and s/he or her/his support crew do not give any cause for doubt.
- B. Race officials and volunteers may issue warnings to riders for minor violations not including willful cheating. If the situation warrants, a penalty may be issued at the first offense.
- C. In the situation of a race such as this, race marshals may take spot decisions that will be conveyed to the Race Committee. Every attempt will be made to convey it to the racer's crew and racer, but Race Officials may not be held responsible if contact is not made with the crew for this purpose.
- D. Repeating an offense will result in a penalty, regardless of whether the racer or crew has been notified or warned about the first offence.
- E. Race officials reserve the right to immediately disqualify a rider and ban them from future races for inappropriate behaviour or if the situation warrants it. It is within the discretionary powers of Race officials to make a decision about warnings, penalties, or disqualifications, based on their judgment and observations.
- F. Each violation of rules will result in a 15-30 minute time penalty depending on the offense. Accumulation of three or more penalties will result in disqualification.

20. Cheating

- A. Any instance of fraud, cheating, or deliberate violations of any rules will result in issuance of penalties or may result in disqualification.
- B. Drafting of any motorized vehicle is strictly forbidden. Any rider seen attempting to gain advantage by drafting a motorized vehicle will be immediately disqualified.
- C. Towing any vehicle is strictly forbidden. A violation will lead to immediate disqualification of the racer.
- D. Any Racer seen using a motorized vehicle to move ahead on the course will be disqualified. Racers

must inform Race Officials of Withdrawal from the race before boarding any vehicle.

- E. Any deliberate act of taking advantage over others is considered cheating and will lead to immediate disqualification.
- F. A very serious view is taken of any manner of cheating. If found cheating Race officials WILL immediately disqualify a rider and disallow them from participating as a racer or crew member future Inspire India events.

21. Drafting

- A. Drafting of any motorised vehicle is not allowed and will constitute to cheating.
- B. Drafting another cyclist is not allowed in any category, except for relay teams where riders from the same relay team may draft each other. Riders must maintain at least a 10 meter space cushion between each other and vehicles. When passing, riders may encroach on the 10 meter space cushion as necessary, but if they linger, they will be considered to be drafting.
- C. Any violation of the drafting rules 5:A and 5:B will result in a rider's immediate disqualification.

22. Compliance

- A. All racers have to pass inspection of mandatory requirements before being cleared to race. This will include documentation, Bicycle inspection and vehicle inspection as described in Appendix C. No additional vehicles, that have not been inspected, may be used to give support during the route.
- B. It is the responsibility of the racers and the crew to ensure that compliance is strictly adhered to for the entire duration of the race.
- C. In case a change of vehicle/bicycle is necessitated, between inspections and race start, Race officials have to be informed, new vehicle documents submitted and vehicle/bicycle inspected.

23. Appeals, Protesting and Complaints

- A. During the course of the race, a racer may make a verbal protest to any Race Official or the Race Director, but it must be made privately and respectfully. Any public protest or display of disgust with the contents of the Rules, their application or to a Race Official may result in a penalty.
- B. Any rider wishing to make an official protest must do so in writing and submit it to the Race Director along with a Complaint Fee of Rs. 5000/- no later than two hours after their race's respective time limit has expired. The Race committee will rule on all protests after due deliberation, as time permits.
- C. Please refer RAAM RULES – Appendix A – Cheating and Accusations of Cheating (quoted below) "RAAM is first and foremost a competitive event – it is the Race Across America. It is also an event characterized by camaraderie, shared experience and personal achievement. You will have a better experience if you are supportive of all Racers. Your priority is racing, not officiating.
- D. Concentrate on your race, the Race Officials will focus on rules. Invariably, becoming fixated on what may be perceived as violations of rules by others and/or what you believe to be officiating mistakes, will generally cause both Racers and Crew to lose focus on racing and negatively impact performance.
- E. Cheating versus Mistakes - Mistakes happen. Racers and Crew get tired and forget and rules are broken. In most cases it is not intentional. Cheating is a flagrant and purposeful violation of the rules."
- F. Riders and support crew may not make allegations of cheating in public or in social media of any kind. Racers may not make allegation of cheating to Race Officials without substantiating it with evidence. Protocol is to be observed. Riders must submit a formal letter of complaint to the Race committee along with eye-witness accounts, evidence and a complaint fee, for it to be taken seriously.
- G. Complaint fee will be refunded in full if the Race committee rules in favor of the complaint. In the absence of substantiating evidence, race committee will be unable to take action.
- H. Airing opinions, making allegations and complaints regarding Race and Race officials over Social or other Media before or after making a formal protest, that are considered harmful to the Race Reputation may result in a disqualification or a ban from future races.
- I. All Racers and Crew are encouraged to report suspicions (with or without evidence) if they see some infraction of rules by other teams or racers. These reports must be made during the course of the race, with details of racer/team no. and location, to enable race officials to check on the report. Any racer or crew, Witnessing a cheating or rule infraction and not reporting it to race officials immediately, will lead to witnesses being held complicit in the act itself.

24. Communication Protocol

- A. In addition to conduct during the race (ref rules and regulations #2: Conduct) that pertain mostly, but are not limited to face to face conduct during the race, all communication between participants and Race organisation, through any and all means, must be respectful and polite in nature.
- B. In addition to any appeal/protest/complaint covered in Rules and Regulations #22 Appeals/Protesting/Complaints, all communication between Participant and Race Officials must be private and respectful.
- C. The objective of the communication must clearly be to receive clarity and resolution, on race related issues or information from Race officials.
- D. Acceptable means of communication are via email for any official communication that need to be kept on record, and via phone call, text to phone or whatsapp for any inquiries during race days.
- E. Posts on social media are not acceptable means of communication about race inquiries or addressing of issues. These are public forum that are critical to the well-being and growth of this race, and we will use our discretion in judging whether a racer is being disrespectful.
- F. A social media post deemed disrespectful, and harmful to the race reputation (guiding principal #4) may result in a disqualification or a ban from future races.

25. Media, Race Publicity and PR

- A. Riders and support crew agree to the use of their images for the purpose of Race Promotion in all Media.
- B. Riders and support crew must not through their actions on any media (print, social, internet, FB, twitter, etc) harm Race Reputation. The continuation of the Race is dependent on maintaining its integrity and reputation and any action that is considered harmful to the Race Reputation may result in a disqualification or a ban from future races.

26. Littering

- A. Racers and Crew may not litter, throw garbage, plastic etc at any point during the course of the race.
- B. All waste must be disposed off at private or public garbage bins on waste collection sites only. If disposed within a private property on the course like a hotel, restaurant or petrol pump, it must be with the permission of the property managers.
- C. This includes but is not limited to the start and finish venue. Crew must only do this activity at their own respective hotels and dispose off the garbage as recommended at their hotels.
- D. It is the responsibility of the racers and the crew to ensure that compliance is strictly adhered to for the entire duration of the race.
- E. Any breach of this will result in a penalty without warnings.

27. Substance Abuse

- A. Consumption of alcoholic beverages, drugs, Narcotics, Opioids or any other substance that may have an effect of intoxication or impediment to functionality is STRICTLY PROHIBITED for all Racers and Crew Members!
- B. This rules applies from the day before the race start till the participants finishes. For Safety reasons, all crew or racers are expected to impose this restriction on themselves and each other.
- C. Race Officials will take the strictest action upon breach of rules, even in the case of suspicion or suspicious behaviour. In addition to a disqualification, Race Officials reserve the right to report offending person or team to local authorities.

Appendix A

RAAM Qualifier – Race Rules

1. Approved cycling helmet must be worn at all times.
2. Bicycles ridden at night must be fully visible. Lighting must meet the following requirements: Red tail light with minimum three LED bulbs; headlight; Reflective tape on fork legs, rear triangle, cranks, either rear of pedals or heels of shoes, and wheels; tail light may be solid or flashing.
3. All racers must have a support vehicle (one for solos and up to 2 for teams). Support vehicles must be equipped with the following: Two roof-mounted amber flashing lights clearly visible from the back only; Slow-moving vehicle triangle; “Caution Bicycles Ahead” sign; and race numbers on rear and both sides. No RVs will be allowed on the course. 200-mile racers may ride with a support vehicle or self-supported.
4. Support must be “leapfrog” during the day and “direct-follow” at night. Racers cannot advance at night without a follow-vehicle.
5. Participants and racers must not impede traffic. If two or more motorists and/or a single motorist is backed up behind a support vehicle for more than 2 minutes, the support vehicle must pull over as soon as possible to allow other motor vehicles to pass.
6. Drafting is not allowed. Any number of team racers can be on the road at any time. Teams may draft, but only their own team mates.
7. Racers must ride single file except when passing another competitor.
8. Support vehicle must be completely off the road when providing leap frog support or exchanging riders.
9. All participants must obey all applicable traffic laws.
10. Support crews must call race headquarters from each time station and report the racer’s time of arrival. Racers need not stop at the time station.
11. Racers must follow the exact course and racers must ride the entire course.
12. Racers must progress along the course entirely under their own power. Racers cannot hang onto vehicles, draft vehicles or be ferried along the route in any way.
13. Violation of rules 1 through 10 will result in the issuance of time penalties. Each violation will result in a 15-minute time penalty. The fifth penalty will result in disqualification.
14. Violation of Rules 11 or 12 will result in disqualification.

Exceptions To RAAM Qualifier Race Rules

Rule 3 – Support vehicles need not use roof mounted amber lights, and need not have ‘Caution Bicycle Ahead’ sign. Instead, vehicles must be in compliance of Appendix C of the Great Himalayan Ultra 2023 Rule Book.

Rule 4 – Support vehicles can direct-follow their riders during daylight hours also.

Rule 8 – Given off-shoulder road conditions in India, this rule may be relaxed if there is no option to get off the road.





Inspire India

The Great Himalayan Ultra 2023

Leh, Ladakh, India

26 August 2023



Appendix B of The Rules and Regulations

Categories and Timings

600km Solo Crew Supported RAAM Qualifier

Category Code	Category	RQ Cut Off (Hrs)
A	RQ Women 50+ Solo Crew Supported	44:00:00
B	RQ Women 18-49 Solo Crew Supported	42:00:00
C	RQ Men 50+ Solo Crew Supported	42:00:00
D	RQ Men 18-49 Solo Crew Supported	40:00:00

RAAM Style Relay

Category Code	Category	Cut Off (Hrs)
1	All Women 50+	42:00:00
2	All Women 35-49	41:00:00
3	All Women 18-34	40:00:00
4	Mixed 50+	40:00:00
5	All Men 50+	40:00:00
6	Mixed 35-49	39:00:00
7	All Men 35-49	39:00:00
8	Mixed 18-34	38:00:00
9	All Men 18-34	38:00:00



Control Point Details- 600km Solo Crew Supported RQ and RAAM Style Relay

No	Control Point	Location	Total Distance	Cut Off	Conditions
1	Start	Leh Gate, Leh	0	Saturday 26 Aug 2023 05:00:00 Hrs	Solo Crew Supported Men 50+ Solo Crew Supported Women 18-49
				Saturday 26 Aug 2023 06:00:00 Hrs	Solo Men 18-49
2	Lamayuru	Lamayuru Restaurant	115	Saturday 26 Aug 2023 13:30:00 Hrs	Racers arriving after cut-off will be disqualified from race & will not be allowed to continue on race route
3	Kargil	Hotel White Castle	219	Saturday 26 Aug 2023 20:00:00 Hrs	Racers arriving after cut-off will be disqualified from race. Racers will be asked to take a 3 hour rest before returning to Leh
4	Dras	J&K Tourism Hotel	280	Sunday 27 Aug 2023 00:00:00 Hrs	Racers will be disqualified from race & must return to Kargil by vehicle
5	Kargil	Hotel White Castle	341	Sunday 27 Aug 2023 03:30:00 Hrs	Racers arriving after cut-off will only qualify for Inspire India finish.
Mandatory 3 hour halt					
6	Lamayuru	Lamayuru Restaurant	445	Sunday 27 Aug 2023 15:00:00 Hrs	Racers arriving after cut-off will only qualify for Inspire India finish.
7	Thiksey	Monastery Parking Lot	575	Sunday 27 Aug 2023 22:00:00 Hrs	
8	Finish	Rover's Den Hostel	594.5	Sunday 27 Aug 2023 21:00:00 Hrs	Cut-off for Relay Teams (Mixed 35-49 39hrs total)
				Sunday 27 Aug 2023 22:00:00 Hrs	Cut-off for RQ (Solo Men 18-49 44hrs total)
				Sunday 27 Aug 2023 23:00:00 Hrs	Cut-off for RQ (Solo Men 50+ and Women 18-49 44hrs total)

Hard Cut offs will be strictly enforced!

- All Cut-offs are Hard Cut-Offs
- Cut offs are designed to protect the interests of all involved and are not negotiable.
- The race is a high altitude race, we are keen to create difficult races, NOT DANGEROUS ones! Please bear in mind the consequences of high altitude sickness are severe. We will take decisions based on Safety FIRST for all involved, that includes racers, crew and officials.
- Please follow safe practice to ensure you are in good condition for the race, and this includes your crew. AMS (acute mountain sickness) is unpredictable, and could affect anyone at anytime, even those with previous experience at high altitude



Inspire India

The Great Himalayan Ultra 2023

Leh, Ladakh, India

26 August 2023



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 2023. 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 11 August (14 days before start) - Mandatory Reporting for 900 KM Racers for Acclimatisation
- Tuesday 15 August (10 days before start) - Mandatory Reporting for 600 and 444 KM Racers for Acclimatisation
- Friday 18 August (1 week before start) - Mandatory Reporting for 900 KM Crew for Acclimatisation
- Sunday 20 August (5 days before start) - Mandatory Reporting for 600 and 444 KM Crew for Acclimatisation
- Wednesday 23 August & Thursday 24 August - All Races Inspection
- Friday 25 August - 900km Race Start (Extreme version)
- Saturday 26 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 - at least 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
6. Medical Fitness Certificate as prescribed for all racers and crew members.





