



Inspire India

The Great Himalayan Ultra 2023

Leh, Ladakh, India

26 August 2023



444KM Self Supported

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. Safety is the primary concern. All riders are responsible for their own health and well being and obliged to be physically prepared for the race.
- C. In an emergency, riders are expected to help, and will be given credit for any lost time, if necessary.
- D. All rules and regulations must be obeyed by all riders at all times. The race committee has the authority to override, modify or create rules based on extenuating circumstances.
- E. 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 20.

3. Traffic Laws and Law of the Land

- A. Riders must obey all traffic laws at all times.
- B. This includes, but is not limited to: riding 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, and obeying speed limits.
- C. Riders are expected to follow all pertinent laws, regulations, and mandates from time to time.
- D. Race officials may issue penalties for traffic violations.

4. Route, Tracking and Checkpoints

- 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. No time credit will be given for navigational errors or for leaving the course.
- H. Racers have the obligation to inform to the officials 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. Timings and Cut offs

- A. The Great Himalayan Ultra 444km Self-Supported Race is not a RAAM QUALIFIER.
- B. Racers must finish within all prescribed cut offs with an official at the manned control points, and within the overall cut-off time to be listed in the rankings.
- C. Hard Cut Offs in the Great Himalayan Race will be strictly enforced. Racers will not be allowed to continue on the course once they miss the cut off. They will be told to discontinue cycling and immediately head towards closest lodging option.
- D. There will be a second cut off each day at 6:00pm, to ensure racers can reach destinations safely. Race Officials will judge the ability of the participant to reach Kargil or finish at Leh and take a spot decision.
- E. The decision of the Race Officials and Race Committee regarding cut-offs and discountiation of racers is final and binding on all racers.
- F. Cut-off timings and close of control timings are listed in Appendix B.

6. 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, Ccontrol 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.

7. Bicycles

- A. All bicycles must be propelled solely by human force. Disc wheels, wheel covers and/or aero bars are allowed.
- B. There are no bicycle categories. Special bikes will be considered and ruled upon by the Race Committee.
- C. All bicycles must be deemed to be in race condition as assessed by an authorised official at the pre-race inspection appointmet. 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.
- D. Racers must ensure brakes are in fully working condition at ALL times during the race.

8. 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.

9. 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. 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.
- 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 a 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. 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.
- E. Racers failing to comply will be penalised immediately without warnings.

10. Self-sufficiency, Official Support and Drop Bags

- A. Each racer must be fully self-sufficient. No support vehicles of any kind are permitted during the race. Violation of these rules will result in immediate disqualification of the racer.
- B. Racers must be fully self supported in terms of all hydration, food, nutrition, mechanical requirements and at all times must be fully equipped to combat the elements. Racers may avail of whatever vendors, shops, hotels, restaurants are available on route. Racers must ensure that all purchases are paid for in full and interactions are conducted respectfully. Complaints of non-payment of any other form of nuisance will attract a penalty.
- C. Racers may not have friends or family come on the route to cheer or in any way assist racers. With prior intimation to Race Officials they may only cheer at a manned control point. No support, food, drink, supplies may be exchanged. Violation will lead to a penalty or disqualification.
- D. 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.
- E. Racers will be given 1 sling bag on the registration and inspection day. This bag will be marked with your racer number tag. This bag must be packed and handed over the designated Race Official before start of the race.
- F. No valuables and/or perishable items may be packed in the drop bags.
- G. Drop Bags will be made available at the Kargil Control Point only. Drop bags may NOT be accessed elsewhere along the route.
- H. Drop Bags Must be repacked before rider's departure from the Kargil Control Point. Race management will not be held accountable for missing items not packed into the Drop Bags.

11. Support, Vendors & 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. 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, vendors and support that is made possible through the goodwill of Inspire India and throughout the period of the race, including the days before and after the race at the Start Venue. This is particularly important at Leh where you must keep all interaction respectful with the local community and ensure all bills are cleared.
- C. No misuse, littering, damage to property is permitted in the hotel rooms provided by Inspire India for racers. Any damages MUST be made good by the racers. Racers vacating rooms in a manner that is not acceptable by Hotels will be given a time penalty.

- D. All expenses towards any resources, vendors used are to be borne in full by the Racer. All expenses for the duration of the race, including accommodation as required at start and finish are to be borne by the racer.

12. Safety, Sleep and Medical Support

- A. Racers are responsible entirely for their own safety at all times during the race. Decisions to rest, or quit based on health in a high altitude race and to avoid a particular section of route during night are to be taken by racers with full responsibility towards their own well being and safety.
- B. The safety rules prescribed are to be strictly adhered to. Traffic rules must be followed at all times. If riding with a buddy, riding single file is recommended. Cyclists may not obstruct traffic or ride on the wrong side of the road for any reason.
- C. Hand signals must be given to indicate turns or that you are stopping to avoid accidents with vehicles behind you. Racers **MUST ONLY STOP** after pulling fully off the road on the left.
- D. Race officials reserve the right to stop a racer deemed to be riding in an unsafe manner, and only allow them to continue once they are satisfied about their ability to continue safely. Repeatedly riding in an unsafe manner will lead to an immediate disqualification to prevent injury or harm. Race officials' verdict on what is safe or unsafe is final.
- E. Night halt for sleep is provided at the turn point. It is not recommended to take rest breaks on the high mountain roads.
- F. Race officials reserve the right to pull a rider off the course and order them to rest or retire from the race, if that person is suffering from sleep deprivation and/or riding or acting in an unsafe manner.
- G. In case of any medical emergency, racers must immediately inform the race officials and also immediately seek local medical help.

13. Warning and Penalties

- A. Riders must obey all rules and regulations at all times. There will be no exceptions. It is the rider's responsibility to ensure that s/he 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, but Race Officials may not be held responsible if contact is not made with the racer for this purpose.
- D. Repeating an offense will result in a penalty, regardless of whether the racer has been notified or warned about the first offence. In case the first offense was notified, repeating the same rule violation may result in an escalated time penalty.
- 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.

14. 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.

15. Drafting

- A. Drafting of any motorised vehicle is not allowed and will constitute to cheating.
- B. Drafting of any Human Powered Vehicle (bicycle or other) that is not participating in your distance format of the self-supported race is not allowed and will constitute to cheating.
- C. Any violation of the drafting rules 15:A and 15:B will result in a rider's immediate disqualification.
- D. Racers within the same distance format of the self-supported race may ride together and draft each other provided it is with mutual consent. If a racer explicitly says that s/he does not wish to have a competitor draft or accompany him/her that must be respected. Complaints will be dealt with by warnings and penalties as required.

16. Compliance

- A. All racers must pass inspection of mandatory requirements before being cleared to race. This will include documentation and bicycle inspection as described in Appendix C.
- B. It is the responsibility of the racers ensure that compliance especially to safety rules is strictly adhered to for the entire duration of the race.
- C. In case a change of bicycle is necessitated between inspections and race start, Race Officials have to be informed and bicycle inspected. Once flagged off the entire route must be covered by the racer on the same bicycle.

17. Appeals, Protests 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. 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.
- D. Complaint fee will be refunded in full if the Race committee rules in favour of the complaint. In the absence of substantiating evidence, race committee will be unable to take action.
- E. 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.
- F. All Racers are encouraged to report to race officials, any 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.

18. Communication Protocol

- A. In addition to conduct during the race 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, or complaint covered in Rules and Regulations, 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 message 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 may result in a disqualification or a ban from future races.

19. 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 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.

20. Littering

- A. Racers may not litter, throw garbage, or plastic waste 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/finish venues where it is forbidden to throw any waste out of the vehicles into the public parking or the streets at the end of the race. Racers 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 to ensure that compliance is strictly adhered to for the entire duration of the race.
- E. Any breach of these rules, will result in a time penalty or disqualification at the discretion of the Race Committee, without warnings and appeal. The Race Committee may issue penalties even after the racer has finished his/her race.

21. 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.
- B. This rules applies from the day before the race start till the participant finishes. For Safety reasons, all 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 to local authorities.



Inspire India

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Appendix B of The Rules and Regulations

Categories and Timings

444km Solo Self Supported

Category Code	Category	Stage 1 Cut Off	Stage 2 Cut Off
E	Women 50+ Solo Self Supported	17:00:00	17:00:00
F	Women 18-49 Solo Self Supported	16:00:00	16:00:00
G	Men 50+ Solo Self Supported	16:00:00	16:00:00
H	Men 18-49 Solo Self Supported	15:00:00	15:00:00



Control Point Details- 444km Solo Self Supported

No	Control Point	Location	Total Distance	Cut Off	Conditions
1	Start	Leh Gate, Leh	0	Saturday 26 Aug 2023 05:00:00	Men Self Supported 50+
				Saturday 26 Aug 2023 06:00:00	Men Self Supported 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.
				Saturday 26 Aug 2023 18:00:00 Hrs	Racers will be disqualified if Officials judge them unable to reach Kargil before 21:00
3	Kargil	Hotel White Castle	219	Saturday 26 Aug 2023 21:00:00 Hrs	Racers arriving after cut-off will be disqualified from race.
End of Stage 1. Night halt at Kargil. Stage 2 Flag Off on Sunday 27 Aug 2023 at 05:00:00 Hrs					
5	Kargil	Hotel White Castle	219	Sunday 27 Aug 2023 05:00:00 Hrs	Racers must report at start line as per schedule posted in handbook.
6	Lamayuru	Lamayuru Restaurant	323.9	Sunday 27 Aug 2023 15:00:00 Hrs	Racers MAY be permitted to continue but advised that they will not make it to Leh within the Cut off time.
				Sunday 27 Aug 2023 18:00:00 Hrs	Racers will be disqualified if Officials judge them unable to reach Leh safely.
8	Finish	Rover's Den Hostel	440.8	Sunday 27 Aug 2023 20:00:00	Cut-off for Official Finish (Solo Men 18-49)
				Sunday 27 Aug 2023 21:00:00	Cut-off for Official Finish (Solo Men 50+)

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



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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. Spare batteries for all lights and power bank capable of keeping your phone charged throughout the race

4. 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
5. Helmet
6. Reflective Vest or Bandoleer
7. Bike Number Plate - Provided by Officials at Inspection Venue
8. Helmet Number sticker - Provided by Officials at Inspection Venue

E. Documents:

Racers 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 Racer - Aadhar Card / Driving License / Passport (mandatory for non-Indian participants)
2. Waiver and Discharge Forms duly signed by Racer
3. Personal Accident Insurance Policy covering Racer
4. Medical Fitness Certificate as prescribed for all racers



Reflective vest



Rider number

Helmet



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Self Help Checklist- 444km Self Supported

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

Requirement	1
Front Bike Light	
Rear Red Tail Light	
Spare Batteries for lights and Power Bank for charging phone	
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	
Identity Document of all Racers	
Waiver and Discharge Forms	
Personal Accident Insurance Policy of Racer	
Medical Fitness Certificate as prescribed for all racers	