



2024 WORLD CHAMPIONSHIP

Runner's Guide & Regulation





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About the Race



- 1) The One Hundred® Ladakh, Trail to Heaven race is a pivotal event in the One Hundred® Trail Endurance World Championship saga. Set in the cold desert landscapes along the Markha river, from Leh to Stok in the majestic Ladakh region of the Great Himalayas, this high-altitude mountain trail race is more than a competition; it symbolizes the endurance, determination, and spirit of humanity.
- 2) Scheduled from August 21st to 23rd, 2024, the event spans 100 miles (158 km), challenging racers to exceed their personal limits amid some of the planet's most extraordinary landscapes.
- 3) The race is navigated entirely through GPS, requiring all athletes to be prepared with essential equipment, a preloaded GPX file, and an extra battery, ensuring they can tackle the distance with confidence.
- 4) Racers may participate individually, with support from 8-12 (to be determined) aid stations strategically positioned throughout the course.
- 5) In accordance with safety standards and to ensure participant well-being, it is hereby mandated that for all participants in



About the Race



high-altitude races, acclimation is compulsory and must commence no less than 5 days prior to the scheduled race date.

- 6) In case of cancellation due to circumstances beyond our control, the organization will inform all athletes by email.
- 7) Should the race be cancelled for not meeting a minimum number of participants, the organizers reserve the right to cancel the race up to 60 days before the event, without the obligation to cover any expenses related to hotel bookings or other travel expenses,

including airfares and any other costs the runner may have incurred for themselves or others accompanying them, as well as any additional compensation.

- 8) All athletes must present a medical certificate/attestation, signed and stamped by a doctor, with a validity of no more than 12 months.
- 9) Registered athletes must send proof of results in endurance races to the email: india@onehundredtrail.com by 31/07/2024.



100 miles Course

DISTANCE

100 (158 km)
MILES

ELEVATION

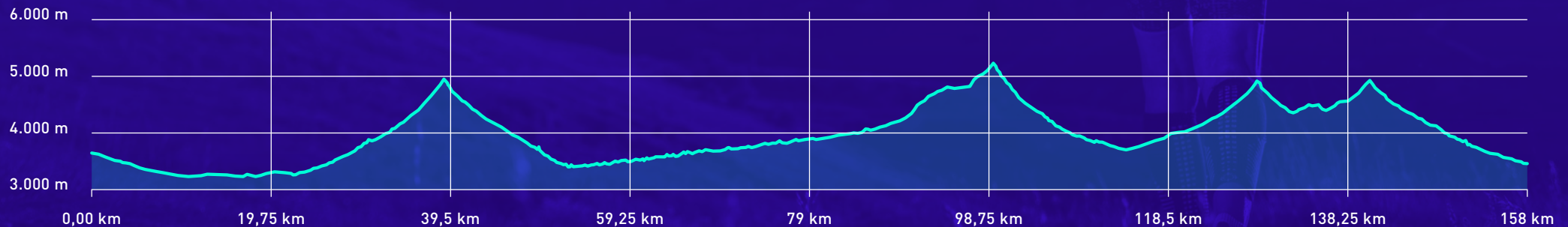
+6242 (+20,479 feet)
METERS

TIME LIMIT

36:00
HOURS

RACE SEGMENTS AND TIME LIMIT:

- 1) Leh - Spituk (13 km) - 2h
- 2) Spituk X-ing - Rumbak (27,5 km) - 4h30
- 3) Rumbak - Skiyu (50 km) - 10h30
- 4) Skiyu - Markha (71 km) - 14h
- 5) Markha - Chokdo (109 km) - 24h
- 6) Chokdo - Shang (120 km) - 26h
- 7) Shang Sumdo - Stok (158 km) - 36h



Points of Interest

- **Markha River:** The cold desert backdrop along this river offers a challenging yet stunning terrain.
- **Leh to Stok:** The race spans from the historic city of Leh to Stok, showcasing the diverse landscapes of Ladakh.
- **High Passes of Ladakh:** Known as "the land of high passes," these routes highlight the race's high-altitude challenge.
- **Ancient Silk Route:** Traverses part of this historic trade route, connecting the Indian sub-continent to Central Asia.
- **Spectacular Mountain Views:** Features views of some of the highest mountains in the world, with peaks over 7000 meters (23,000 ft).
- **Unique Cultural Tapestry:** Ladakh's blend of native and Central Asian descent communities enriches the race's cultural experience.





Rankings

Starting from 2024, qualifying for the Gold, Silver, or Bronze starting Boxes in the One Hundred® Endurance Trail World Championship Final will be a fairly simple process. The path to the Final can follow one of three routes:

- 1) Earn a spot in one of the full-distance qualifying races held worldwide, by winning or placing well in your age group.
- 2) Legacy spot: Run in a minimum of 10 One Hundred® races to get direct entry (valid from the 1st edition in 2022).
- 3) Be invited to the race, as is the case for celebrities, ambassadors, or slots for Physically Challenged (PC) athletes.

Miles (points) can be earned in any One Hundred® World Championship qualifying race, as well as in the Final.



Rankings

There are three levels in the One Hundred® Elite status:

- **Gold** - The top 5 percent fastest.
- **Silver** - The top 10 percent.
- **Bronze** - The top 15 percent.

Note: Provided that athletes complete a race of 200 miles, 100 miles, or 100 km, they will also be able to earn points for other One Hundred® races, such as the Special Stages and/or others to be introduced in the future.

FOR MORE DETAILS CHECK OUT OUR WEBSITE RANKING AND QUALIFYING PAGE:

<https://onehundredtrail.com/en/world-championship/rank-qualifying>



Program

16/08/2024 FRIDAY (ACCLIMATIZATION)

09:00 Arrival at Leh

16:00 Walk around town

17/08/2024 SATURDAY (ACCLIMATIZATION)

06:00 Run to Shanti Stupa and back

12:00 Rest

18/08/2024 SUNDAY (ACCLIMATIZATION)

07:00 Hike up to 4200 M on Phyang Trail. Run back to hotel.

13:00 Rest

19/08/2024 MONDAY (ACCLIMATIZATION)

08:00 Trip to Wari La - Acclimatization.

13:00 Lunch at Solpon, back to Leh.

20/08/2024 TUESDAY (ACCLIMATIZATION)

10:00 Bib Distribution and Race briefing

15:00 Optional acclimatization

21/08/2024 WEDNESDAY

05:00 100 mile Race Flag off

22/08/2024 THURSDAY

09:00 Smaller Races

23/08/2024 FRIDAY

12:00 100 mile Race Flag in

18:00 Post Race Ceremony (If applicable based on race finish time)

24/08/2024 SATURDAY

10:00 (If not held on 23/08/2024) Post Race Ceremony

25/08/2024 SUNDAY

MORNING Fly out

NOTE: The overall event outline has been shared above in the race schedule. We will be sharing a detailed info in due course. Booklet that will guide you with acclimatization practices and recommendations based on the experience. The acclimatization days (2-5) will have a very specific plan of activities that will also be shared in the booklet.



Important Information

- **Aid Stations Provision:** The race includes 8-12 aid stations along the course for essential food and hydration needs.
- **GPS Navigation Required:** All runners are required to use GPS for navigation, pre-loaded with the official GPX route. Organizers will provide a GPS tracker that must be carried at all times.
- **Support at Aid Stations:** Support and assistance for runners are confined to designated aid station areas to maintain race fairness and runner safety.
- **Diet and Hydration Tips:** Emphasis on regular hydration and maintaining energy levels with carbohydrates and proteins is advised. Avoiding heavy or unfamiliar foods before and during the race is recommended to ensure optimal performance.



Runwards

JOIN OUR RUNWARDS MILES CLUB:

- **Benefits of running with us** - You transform miles into discounts on race registrations or in our online store.
- **Turn miles into pounds** - You earn £1 for every 10 miles run in our races.
- **Turn pounds into miles** - You earn 1 mile for every £10 spent in our online store.
- **No Limits** - You earn miles that last forever. Just visit our online store and do what you love most: RUNNING!

All accumulated miles will be automatically calculated at the end of the first year.

More information at www.onehundredtrail.com.



Race Planning

Manage your race with the fantastic Gretel Planner software. Simply access the website, register for free, and you can plan your adventure in detail, across all segments, until you reach the finish line in Leh!

www.gretelplanner.com





Mandatory Equipment

- GPS device with the race course loaded by the athlete in advance and an additional battery (Powerbank);
- Hydration pack or water bottle holder with a combined capacity of at least 1 liter;
- Waterproof jacket with integrated hood and waterproof membrane such as Goretex or similar (minimum: 10,000 mm) and breathable (recommendation: RET less than 13);
- Thermal blanket;
- Whistle;
- Two flashlights with respective spare batteries (during the night); GPS-Tracker provided by the organization;
- Active and charged mobile phone;
- Race bib visible throughout the race.



Recommended Equipment

RUNNERS:

In addition to the mandatory equipment, race participants are advised to bring:

- First aid kit;
- Waterproof trousers;
- Warm base layer long sleeve shirt;
- Long pants or pants that cover the knees;
- Energy bars or solid food;
- Elastic adhesive tape;
- Cash for use in any eventuality;
- Running/walking poles are allowed.



Money Prizes

	100 MILES	
	MEN	WOMEN
1ST PLACE	600 USD	600 USD
2ND PLACE	300 USD	300 USD
3RD PLACE	200 USD	200 USD
4TH PLACE	150 USD	150 USD
5TH PLACE	75 USD	75 USD
FIRST TEAM	400 USD	400 USD
RACE RECORD	250 USD	250 USD
KING OF THE HILL	250 USD	250 USD
MOUNTAIN GOAT	250 USD	250 USD

Safety

EMERGENCY CONTACTS:

Safety/Emergency&Rescue

Paddy: +91 78638 11281

Race Director

Chetan Sehgal: +91 98185 10208



Environmental Impact

Keep the course clean! Keep all trash with you. Respect the local Fauna and Flora.





Live Streaming Media Coverage

Follow the race on One Hundred TV in 15-minute segments that we will broadcast 2 to 3 times a day during the race:

<https://www.youtube.com/c/onehundredtv>

We will publish the schedule on our social networks up to 24 hours before the start of the race.

We invite you to share this information with your family and friends so they can follow your adventure, as well as the GPS tracking link that we will provide in due time.

Share your moments using the hashtag [~#LadakhTrail](#)



FAQ



Q: What should I do if my GPS fails?

A: Contact the support team immediately via WhatsApp.

Q: Can I access supplies anywhere?

A: Yes, after the first initial 20kms of the race.



Sponsors & Partners

We appreciate the support of our sponsors and all the involved municipalities.



onehundred®



Have a Great Race!

FIND YOUR SUMMIT

www.onehundredtrail.com