



Dear Ultraman Triathletes ,

Welcome to Ultraman India 2022

Bib and Kit Collection:



30th Sept 2022 at 16H00– The Pong Eco Village, Himachal Pradesh

The pre-event Race Briefing must be attended by the Athlete and the Crew.

OVERALL COURSE

1. All courses (includes the bike course and run course) are open to all traffic, and at no time will race officials have the authority to close any portion. Traffic lights will NOT be controlled. ALL TRAFFIC SIGNS AND SIGNALS MUST BE OBEYED. Pretty much most of the course is traffic free and scenic and well asphalted .
- 2 Water and toilet facilities is available at the start and finish areas of each stage and all Gas Stations on the route.
3. It is the athletes' responsibility, with/without the help of the support crew, for following the correct course.
4. No athlete will receive any time adjustments for any stop made during any stage or portion thereof. This includes, among others: rest or repair stops, check-ins, medical assistance, stops required by event officials or other stops dictated by public authorities.
5. No athlete or team may use any device, equipment, aid or other support, which provides an unfair advantage or produces an unsafe situation. .
6. No athlete may receive assistance from anyone or anything, which directly advances their position or contributes to their forward motion.
7. Athletes AND support crews may exchange food, drink, spare parts, tools and personnel during any portion of the event as long as such action does not create a hazard or give unfair advantage to any athlete or team. In no case may any exchange take place between a moving vehicle to another vehicle, or between a moving vehicle and an athlete.
8. No littering or throwing garbage on the roads.

DAY -1 (SWIM + CYCLE)- 1st Oct, 2022

<p>Venue: Pong Eco Village Lawn</p> <p>Report Time: 6H00 START TIME:6H15 DISTANCE-10 kms CUT OFF TIME - 6 Hrs</p> 	<p>DAY 1-DISTANCE -148 KMS CUT OFF TIME – 12 Hrs</p> 
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1. Wetsuits, goggles /or facemasks are permitted.
2. A swim cap + goggles must be worn by men with long hair (long means longer than 6 inches) and by all throughout the swim portion of the event.
3. No floatation devices or other artificial aids to propulsion are allowed.
4. Athletes may bring their own food/drinks for themselves and their escort for the duration of the swim. Escorts are responsible for providing the athlete with their food and drinks throughout the swim portion.
5. This is an open water lake on Pong Dam. Marshals will keep count of your laps and let you know your laps from time to time. It will a loop of 200 Meters (100 Going+100 Coming Back)
6. Athlete bib numbers must be WRITTEN on the upper arm /swim cap with black waterproof marker. Escorts must attach the bib number of the athlete to the FRONT of their outermost garment so that it is visible at all times during cycling.
7. In an emergency, any athlete needing assistance should wave an arm overhead as a signal for help.
8. The swim course will be closed 6 hours after the start. Any athlete not reaching the finish by then will be declared a “Participant” and may be allowed to continue at his/her own risk only with clearance from event organiser.

SWIM TO BIKE TRANSITION

1. Crew Vehicles will not be allowed in the transition area and must be parked in designated areas.
2. Crews leaving athlete clothing, equipment and supplies are solely responsible for loss or damage.
3. Crew Members are permitted in the transition area to assist their athlete but must not interfere with other crews or athletes. Requests for assistance from other crews or athletes are permissible.
4. Working Front and tail lights are mandatory for bike inspection.
5. Helmets must be secured and fastened onto the head before leaving the transition zone.

6. Reflective vest are mandatory to be worn after sunset and before sunrise. (Suggest that reflective vest is worn at all the times while cycling.)

1. Click here for elevation profile and GPS track route. <https://ridewithgps.com/routes/40758637>

BIKE DAY-2- 2nd Oct,2022

Venue: Pong Eco Village

DAY 2 Report Time: 6H00

START TIME:6H15

DISTANCE -276 KMS


CUT-OFF TIME-12 HRS



1. No tandem, motorized or recumbent bike is allowed.
2. Bike Inspection will be done before starting the event. Any bike unable to meet minimum standards may not be used until the problem is corrected.
3. A back-up bike or spare frame may be carried in the support vehicle and bike parts may be changed while on the bike course.
4. Disk wheels may be used. However, use disk wheels at your own risk as the bike course may have severe cross winds.
5. All bikes must be equipped with operational head and rear lights at all times. Lights must be turned on at sunset. We recommend having a backup light should the first fail. We recommend a solid strong light as there will be areas of darkness and sharp bends with no street lights.
6. No accompanying riders are permitted on the bike course.
7. During the bike event, drafting or pacing of any kind is not permitted. This includes motorized vehicles.
8. Each athlete must conform to all traffic laws and are responsible for all consequences of any infraction.
9. Each athlete must wear an official bib number while on the bike course. The number must be clearly visible and placed on the lower back of the rider.
10. The bike plate is to be attached to the bike frame in a location visible to event marshals. In the event of a bike change the number must also be transferred.
11. Each athlete must wear a properly fastened hard shell helmet. Chin straps must be buckled at all times when on a bicycle. The helmet sticker number must be placed on the front, center of the helmet.
- 12 No athlete may wear any device that interferes with normal hearing such as electronic headsets, radios including communication devices, MP3 players. No athlete may use a camera/cell phone camera while cycling. Cell phones may be carried by athlete for use in case of emergency or mechanical issue but may not be used unless athlete is stopped with both feet on the ground.

13. The Bike Courses for DAY 1 and DAY 2 will be CLOSED 12 hours after the start of each stage. Any athlete not reaching the finish by then will be declared a "Participant". Athletes may be allowed to start the next stage at their own risk and only with clearance from event Organisor.

RUN -DAY 3- 3rd Oct,2022

<p>Venue: The Pong Eco Village Lawn</p> <p>Report Time: 6H00 START TIME:6H15 DISTANCE-84 KMS TOTAL CUT-OFF TIME-12 HRS</p>	
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1. Each athlete must run or walk the entire course -<https://ridewithgps.com/routes/40757846>
2. Each athlete must wear bib number on their front so that it is visible at all times while on the run course
3. Pacing of the athlete is allowed during the run portion of the event only during DAY 3 and allowed more than one pacer at a time. All pacers must be on foot.
4. No pacer may do any headwind blocking.
5. Pacing with any wheeled vehicle (whether motorized or not) is not permitted.
6. Athletes must run on the shoulder of the road.
7. No athlete or pacer may use any device that interferes with normal hearing such as electronic headsets
8. If the athlete exhibits signs of substantial fatigue, one crew member must accompany him/her.
9. The Run Course will be CLOSED 12 hours after the start of Stage 3. Any athlete not reaching the finish by the 12-hour cut-off will be declared a "Participant".

SUPPORT TEAM

1. Each support team shall consist of at least ONE adult member. Crews may consist of up to 4 **members**
2. Support Team members must exercise extreme caution throughout all stages of the event for their own protection and that of the athletes.
3. The Support Team crew can offer aid to another athlete if the situation requires such action.
4. Each Support Team member will be required to (A) provide his/her name, car number and phone number prior to the start of Stage 1 to the official organizers.

5. The Support Team members must have valid driver's licenses
6. No team member may use any illegal substances during the event and its related activities. The use of alcohol during any portion of any stage of the event is prohibited.
7. Verbal or physical abuse of any event personnel including other athletes, support team members, organizers, race officials, volunteers, public officials and members of the general public will result in immediate disqualification of the offending crew member's athlete.
8. The Crew will be responsible for its team and its actions.
9. Costs and arrangements for the procurement, training, outfitting, transportation and housing of the team are the responsibility of the athlete.
10. The Crew will check in at all start/finish lines.
11. Team Members must obey all event regulations, traffic laws and public ordinances, as well as follow the directions and instructions of all event officials and public authorities.
12. No team member may interfere with or obstruct another team or athlete, roadway traffic, or cause any public inconvenience.
13. Team members may only be on the course in their capacity as a team member. No team member may utilize a non-motorized wheeled vehicle (including a bicycle) on the course, except in an emergency. Except as a run pacer, being on the team is not an opportunity to swim, bike or run during any stage of the event.
14. Athlete cannot be inside a vehicle, whether moving or stationary, unless the athlete has dropped out, been pulled from the course, been required to enter the vehicle by event officials, is resting without forward motion of the vehicle or has finished the stage AND is inside the vehicle.
15. Crew member have to be outside a vehicle to give aid or food to the athlete while the vehicle is parked off the roadway, with emergency flashers on, and the team member is standing on the shoulder of the roadway.
16. Any athlete who is unable to make a cutoff will be required to inform officials at the finish line of the stage
17. Event officials assume no responsibility for the health, safety and welfare of any athlete and/or support team member while they are participating in any portion of the event. If a situation or emergency should arise which requires care or attention by medical personnel, the support team should transport the person affected to the nearest medical facility or call designated or emergency personnel to request help if transport is not possible or advisable.
18. The role of the support team is vital to each competitor and the safety of the event. The utmost care, concern and courtesy must be given to all, including the general public. The proper conduct and concern of the team and its individual members' safety and well-being of all is extremely crucial and will be required. Since team members will be the athletes' lifeline providing nutritional, technical, medical and equipment support, the need for adequate preparation and supplies, especially ice and water, should not be underestimated.

SUPPORT VEHICLE

1. Each participant must have no more than one (1) accompanying motor vehicle during all portions of the land course.
 2. The vehicle must clearly display official event signage
 3. No vehicle may provide draft or pace for any athlete.
 4. The Leapfrog Method of support is required at all times. THIS IS EXTREMELY IMPORTANT AND IS A MAJOR SAFETY ISSUE. Failure to follow this rule may lead to an unsafe situation, reflect badly on the event, and subject the athlete to time penalties and/or disqualification.
 5. No vehicle may follow behind any athlete except in an emergency. In that case, emergency flashers must be on at all times and both athlete and vehicle must look for the first opportunity to remove them from the emergency situation. Upon removal from the emergency situation then the return to normal support (Leapfrog Method) must continue assuming the athlete is in a situation to do so.
 6. Emergency flashers must be on when a support vehicle is pulled over to give aid.
 7. No Vehicle may travel alongside an athlete except to pass them. THIS IS EXTREMELY IMPORTANT AND IS A MAJOR SAFETY ISSUE. Failure to follow this rule may lead to an unsafe situation, reflect badly on the event and subject the athlete to time penalties and/or disqualification.
 8. Leap Frog Method of Support: Except in the case of an emergency, the Leap Frog Method of Support is the only acceptable method of support. This is extremely important as failure to follow this rule may lead to an unsafe situation; reflect badly on the event; and subject the competitor to time penalties and/or disqualification. When the support vehicle is passing their athlete, they will not be permitted to slow down and communicate or handoff to their athlete. When the support vehicle is stopping, they must pull off as far to the right as possible on the shoulder of the road. Vehicle flashers must be on as a warning to other motorists while on the shoulder of the road. Support Crew Members must stay on the shoulder to hand off and should not interfere with other vehicle traffic in any way.
- Method:** Support Crews should allow their athlete an appropriate amount of time to lead before driving to catch up and pass them. This allows the crew to find their athlete in the case of a mechanical breakdown, accident or crash without backtracking or extended time delays. Once the athlete has been caught up to, the support vehicle is to pass at normal road speed, then pull far enough ahead to allow time to get ready for the athlete to catch up to the support vehicle. The crew should then be ready to hand off required nutrition and hydration products to the athlete as they pass the support vehicle. Communication between Athlete and Support Crew should take place during the hand off phase. Athlete instructions should allow the Support Crew time to prepare for the next stop. Support Crew should prepare for the next stop while waiting to start the next catch phase.

MEDICAL

1. Event officials will not provide medical emergency assistance, nor is any liability assumed for not providing such.
2. Athletes are responsible for their own medical condition and should be cleared by their own family doctor before competing.

Awards

Any athlete who does not reach the designated finish line before a cutoff will be declared a "Participant". Athletes may be allowed to continue onto the next stage as a "Participant" only from event organizers; Only athletes who have made each cutoff and completed all portions of the course will be designated as a "Finisher".

All Medals and Certificates (Finishers/Participation) will be presented after the completion of Day 3. Attendance by athletes, crews, friends and family to the Awards Banquet is HIGHLY recommended as the format is unique to Ultraman, and this completes the Ultraman experience. This is an interactive

Cutoff Times

For safety and insurance reasons, the following cutoff times have been established:

DAY 1 Swim – 6 hours + DAY 1 Bike - 6 hours, Total DAY 1 - 12 hours ;

DAY 2 Bike – 12 hours;

DAY 3 Run – 12 hours

Total Event 36 hours

MEDICAL HELP/AMBULANCE will be available at Start/Finish mark.

Plaques , Medals and Certificates for all who would finish within time limits.

All the best!

Team ULTRAMAN INDIA 2022



ULTRAMAN INDIA