

## **The Kikar Lodge 1Race FOREST ULTRA 2023 – Runner’s handbook**

### **COURSE DESCRIPTION**

One Race Kikar Forest Ultra’s terrain is a gruesome mix of sandy, hilly trails, rocky flats, and a landscape filled with lush, mostly around the trails of the Shivalik foothills at the northern periphery of the State of Punjab, The Kikar Lodge is India’s First Private Forest Reserve spread over 1800 acres of forest, a secluded haven of luscious green splendour.

### **First 7Km Flat Route, its Warm-up Time**

The race will start from The Kikar Lodge and just after 100 meters will enter in to leopard and quad bike trail to cover 5Km, mostly made out of thin sand, surrounded by shadowy palm trees and bright green cultivated fields.

But be prepared, because as you run further on the trails it will gradually start getting more engaging. You will literally feel the forest closing its grip on you. Make sure say SAT SRI AKAL (NAMASTE) to SMILING BUDDHA, who is waiting for you since long.

After coming out from trail, enter in to broken tarmac road which goes in to village to say “GOOD MORNING” to villagers to wake up them

### **4.5Km Route, Toofani Trail.**

Once you enter in to trail, you can see Shashmir Baba Ji Temple on your right.

The first real difficulty will come after the temple. It's an easy uphill though and will steadily reach 440 meters in height. It is also going to be challenging, owing to the fact that you will be running on changing landscape, with ascends, and descends and uneven stretches.

With multiple view point for photo and videography from where you can see beautiful Mata Naina Devi Temple located on mountain of Himachal Pradesh State.

One more difficulty remains though; the trail cuts the twisting straight down the slope and reach at Honey Point, where villagers harvesting honey from bee boxes, an important process in beekeeping, allowing beekeepers to collect the surplus honey produced by their honey bee colonies.

### **The Jeep Trail**

The overall terrain of this segment will be a mix of sandy trails a lot of picturesque moments worth cherishing all along your run. The trail will now be more easily identifiable after that.

But wait, we have added mix of uphill and downhill after 13Km mark, The Thandi Choi area, where temperature goes down. It’s just another patch of pristine wilderness before you come up on straight and almost perfect trail jeep line by passing camping site.

After reaching at ground, from here 16Km runners will take left turn to run last 500 meters to finish their race.

From here 25Km and 50Km runners take right to cover their rest distance.

After 2.5Km of flat jeep trail, you will reach at well, the secret shower area. Feel free to refresh yourself here. Another difficulty start from here, easy single trail uphill and will steadily reach at 450 meters in height. And same thing on next trail with 440 meters in height and back to, don't worry you can do it.

After completing two super uphill Toofani Trails, you will be back to the same ground where 16Km runners take left turn to finish the race.

Now you will just have one more thing to do - go straight and finish your first trail running race.

Just for your reminder that 50Km runners will do another loop of same route once again, but don't worry, its trail running they will not get boring like road running.

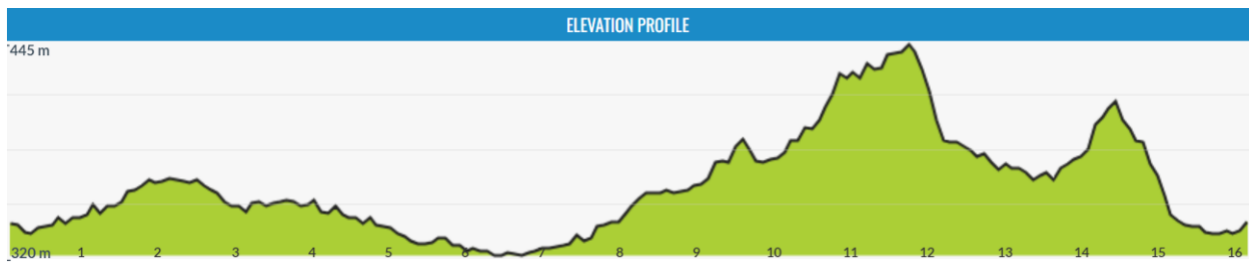
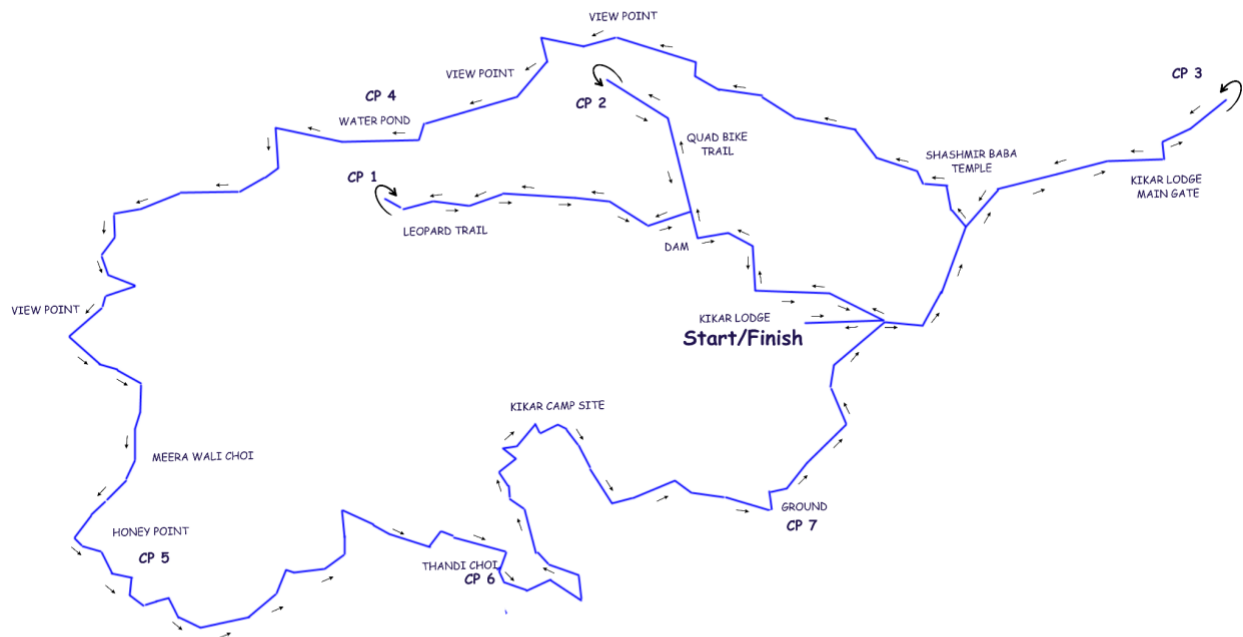
Trail running, as you all know, is escapade renowned for being, well...'hard to chew'. It is about crossing your own boundaries and facing everything that nature has to throw at you with one goal... surviving. Of course, there is that occasional perk treading some of history's most revered sites and places. But nonetheless, it's still a game of endurance.

## **COURSE MAP**

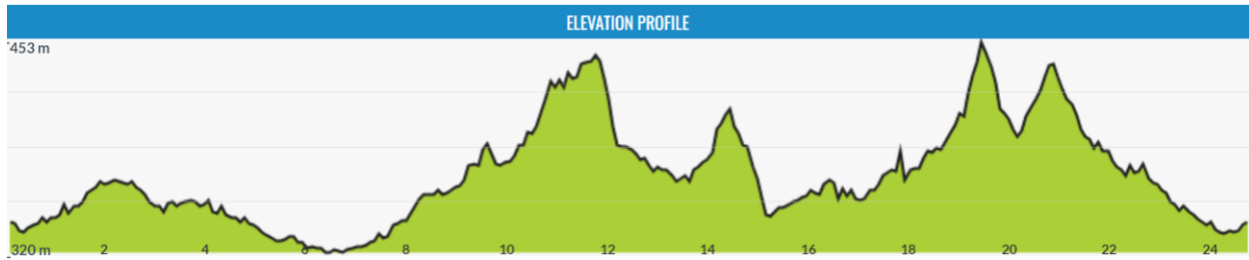
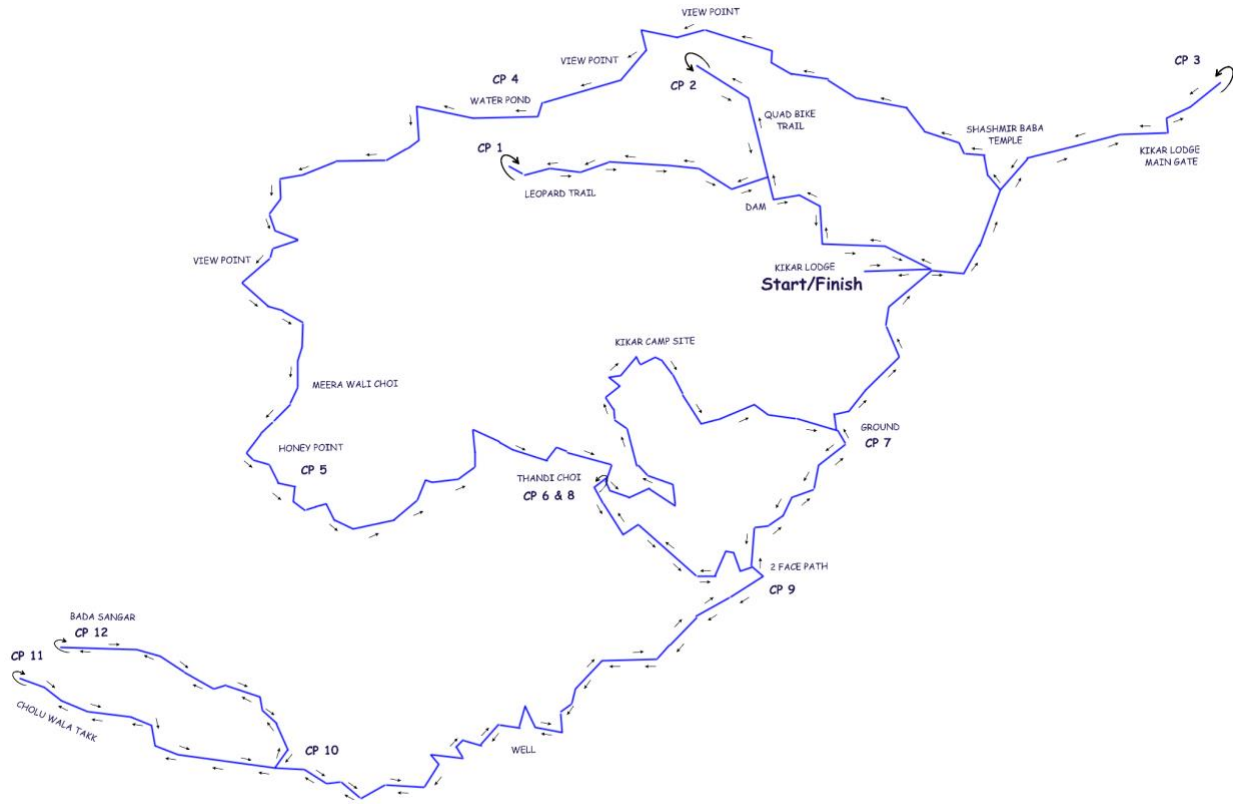
**Starting Point:** 339 m above sea level

<b>Category</b>	<b>Max Elevation</b>	<b>Min Elevation</b>	<b>Total Ascent</b>	<b>Total Descent</b>
16Km (1 Lap) 340 m D+	442 m	320 m	340 m	340 m
25Km (1 Lap) 602 m D+	457 m	320 m	602 m	602 m
50Km (2 Laps of 25Km) 1077 m D+	457 m	320 m	1077 m	1077 m

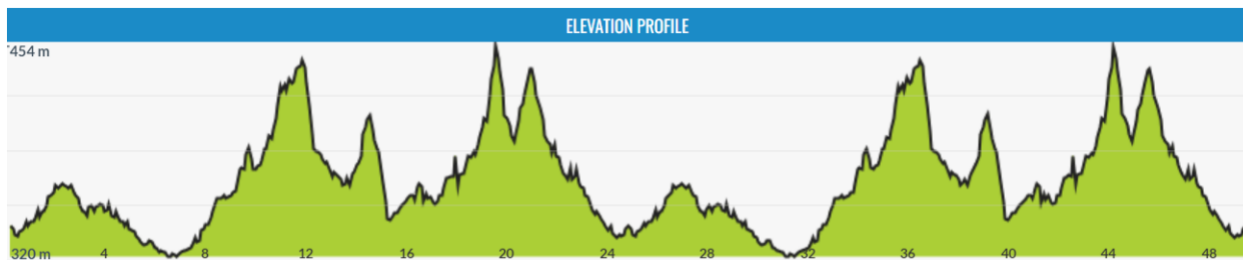
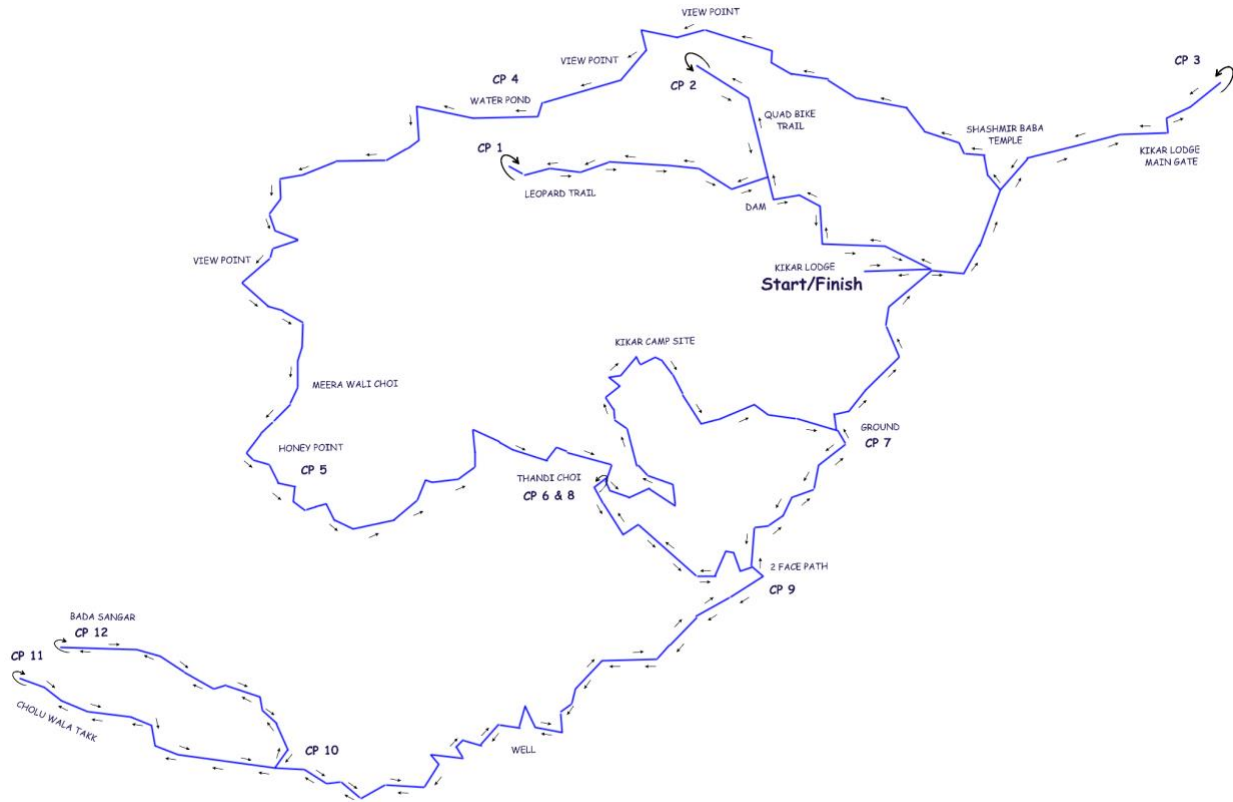
16Km 340 m D+ (<https://www.plotaroute.com/route/2281383>)



25Km 602 m D+ (<https://www.plotaroute.com/route/2281387>)



50Km (2 Loops of 25Km) 1077 m D+ (<https://www.plotaroute.com/route/2281392>)



## RULES & REGULATIONS

### ABOUT THE ORGANISORS

One Race Kikar Forest Ultra is organized by RUNNING & ENTERTAINMENT MEDIA LLP & The Kikar Lodge. The event will take place on 29th October, 2023 mostly around the trails of the Shivalik foothills at the northern periphery of the State of Punjab, The Kikar Lodge is India's First Private Forest Reserve spread over 1800 acres of forest, a secluded haven of luscious green splendour.

At all times designated organizing team members can be reached in person before or during the race on a special phone number that will be given to each participant. We urge participants that when racing, please try to solve any problems locally but contact us immediately when local solutions don't seem to be working. Prior to the race you can contact the race management on [run@1race.in](mailto:run@1race.in)

## DEFINITION OF THE EVENT

There are three categories 16Km, 25Km and 50Km footrace in the trails surrounding Kikar Lodge. The race will start at 6:30 AM and with a cut-off time.

- 3 hours for 16Km participants from 6:30 AM to 9:30 AM.
- 5 hours for 25Km participants from 6:30 AM to 11:30 AM.
- 8 Hours for 50Km participants from 6:30 AM to 2:30 PM.

The race is designed so that seasoned marathon runners and also who are running small distance like 10-15 Kms. So they can enjoy a challenging trail running experience of a lifetime, out of their comfort zone.

## SUMMARY OF OUR GENERAL GUIDELINES

We will provide all participants with the safest, well-organized and spectacular running experience as possible. Due to the relative remoteness and inaccessibility of our trails, and the potentially active (mostly friendly) wildlife that participants will undoubtedly meet, One Race Kikar Forest Ultra differs substantially from other organized footraces in India. Adequate mental and physical preparation are of utmost importance for each runner, as the tiresome hills climbs and quad-destroying downhill (though beautiful), are relentless in their challenge and unforgiving to the unprepared. Enrolling into this race automatically means that you have agreed to the following:

1. Remember you are here on your own free will.
2. The Race Director will have the final authority on any question that may arise during the race.
3. Absolutely no littering of any kind except for the trash zones provided at every aid station will be tolerated. You must at all costs respect the natural beauty of our playground. Trails are meant for others just as much they are for you. Enjoy them, don't ruin them.
4. Being pulled out of the race for medical / safety reasons can be decided by the medical / rescue team without the participant's consent. We have given them such discretionary powers to ensure your safety and well-being. Try to be mature enough to understand this.
5. **16Km and 25Km participants must carry handheld bottles or hydration belt.**
6. For 50Km participants carrying large quantities of water and sufficient food supplies at all times is compulsory. Due to the remoteness of the environment, you may have to wait for assistance for longer than anticipated. Always pack for the worst! Your wellbeing (even survival) therefore depends on your good packing sense.

## MEDICAL CERTIFICATE

Medical certificate must presented to the race management team during the administrative and technical check on 28<sup>th</sup> October evening from 5 PM to 9 PM. Only the original document, dated and signed, will be accepted (photocopies are not valid). Failure to present the medical certificate documents will force us to refuse your registration and immediately exclude you from the race for

insurance purposes. You will then be considered DNS (Did Not Start) and will not be refunded your money. Please note that any competitor excluded from the race at any time but still wishing to continue his/her race can only do so after returning their race number and absolutely at their own responsibility and risk. They will further have to complete the race in complete autonomy.

It is important for each entrant to recognize the potential physical and mental stresses which may evolve from participation in this relatively short ultra-running race. Runners may be subjected to hot temperatures and hard sun. Among other pathologies, they may develop hypothermia, hyperthermia, dehydration, hypoglycaemia, disorientation and mental and physical exhaustion. Along with our medical staff, we will do all we reasonably can to ensure a safe race for everyone but, ultimately, all participants must understand their own limitations. **Adequate physical and mental conditioning prior to the race is mandatory. If you have not been able to prepare properly, do not attempt the race. Ultimately and primarily you are in charge, and you are solely responsible for creating your own crisis situations that race management must then respond to. Be responsible and do not exceed your own abilities and limitations.**

### **WAY MARKERS**

Participants must follow marked route. If you cannot see any more markers, retrace your steps! It is imperative that you follow the path with the markers without taking short cuts. In effect, shortcutting will be considered cheating and lead to penalties.

We will mark the entire course before the run. However, long road sections and maintained trails may not be marked at all. Cross-country sections will be marked more intensely. Trail markings will consist of **tape/arrow signs** tied to branches. Management does its best to provide an adequately marked trail, but it is necessary for runners to continually remain alert as they travel.

Please note that all sections of the course are subject to change because of rain, rockslides, politics, or other natural or human occurrences. These changes may not be known until the course briefings or even after the race begins. It is the runners' responsibility to understand and follow any changes declared by the race management team.

### **CHECK POINTS AND AID STATIONS**

Aid stations are compulsory checkpoints. They are located less than 3-5km apart from each other all along the route. To avoid penalties, each runner must go through all of the aid stations. This allows the race officials to not only record timings but, more importantly, making sure that all runners have sufficient water with them at all times.

### **CUT-OFF TIMES**

Cut-off times will be strictly enforced. Participants are expected to be experienced runners in a position to understand this perfectly. These rules are made clear to all, so that our aid station personnel (who also get tired and confused after long hours in the trails waiting for runners to come by) can concentrate on helping runners, and not on sharpening their debating skills.

If a runner misses the cut-off times, his/her chances of finishing the race within the final cut-off are low if not impossible. So, please try to be mature enough to recognize this and do not debate on the cut-off

times with the aid station personnel. Even if a runner badgers one of them into letting him go on, the race director still has the authority to deny listing him as a finisher.

We will give whistle to each runners, so if for any reason a runner ends up stuck in the middle of the trail he/she must not try to find their way in the trail. Use whistle so rescue team identify your location. They must wait for the search and rescue sweep teams who have been designing the race and will know how to find him. In the case of poor weather conditions and/or for reasons of safety, the organization reserves the right to stop the event underway or to modify the cut-off times.

### **MEDICAL ASSISTANCE AND RESCUE TEAM**

Participation in this event is at the runner's own risk. Although race management has experienced medical personnel at the course, the inaccessibility of some of the trail may make it difficult or even impossible for medical assistance to reach the runner immediately. Other than providing us with a proper medical certificate signed by a doctor, each runner is encouraged to consult with his or her own personal physician regarding any physical or medical limitations before attempting the run.

Any runner who voluntarily leaves such path is no longer under the responsibility of the organization.

A medical control team is present during the entire duration of the event at the start and finish but also at specific key points along the routes. We strongly encourage the use of personal mobile phones for obvious safety reasons but because some of our trails are so remote, the device may not always work. Due to the remoteness of the environment, one might have to wait for assistance for longer than anticipated. If it appears that a runner is in too much difficulty or seriously injured to call for assistance, the runners following them, or accompanying them must attend to their needs.

If a participant finds another participant unconscious or in a semi-conscious state, he/she must not attempt to feed them or give them anything by mouth as they may be at the risk of choking through anything in their throat. If a runner is slightly injured but can get to the next aid station, the other runner should either get them there or make sure they are warm and tell the aid station crew where the person is so that rescue can be arranged.

If the victim's injuries are such that they cannot be moved, the victim must be kept warm and on his side while others get help from the nearest aid station. The cardinal rule when providing first aid is to not hesitate to get help from professional whenever one realizes that he/she cannot provide the vital help needed. Communications with medical personnel then becomes the first requirement when dealing with a sick or injured runner. It is essential that each runner understands that the safety of all depends on the quality of the communication that is provided.

An unwell or injured runner calling on a doctor or a rescuer submits himself to their authority and undertakes to accept their decisions. The first-aiders and official doctors are authorized.

- To stop any competitor considered unfit to continue the event (by invalidating the race bib).
- To pull out and potentially hospitalize a runner at their discretion whom they judge in danger, by any means at their disposal.



Expenses incurred, resulting from emergency assistance or rescue, are payable by the person who has been rescued. The only resort is then for the runner to constitute and present a dossier to his/her personal insurance within the deadline given.

### **HAZARDOUS CAUTION**

The Shivalik foothills/forests are the dry deciduous type of forests. Shivalik forests are unexplored and not many people are aware of the diversity of the flora and fauna of this region.

You may encounter with wildlife species like and some other small mammals and reptiles. Don't panic if you encounter any wild creatures. Stay calm and try to reach your nearest checkpoint or if you are alone wait for the other participants to come. Do not disturb any animal unnecessarily.

### **TRAIL ETIQUETTE**

Please be courteous to local villagers, other runners, wildlife, cattle and race management personnel. Any inappropriate or harmful behaviour to others or animals will incur serious penalties. Runners must indeed refrain from any act of bad sportsmanship, including any use of illicit drugs. If noted by the medical team, it will result in the immediate elimination of such runner from the race and all the Events organized.

If you wish to pass another runner, yell "trail right" or "trail left" before attempting to pass. Slower runners must yield the trail to runners wishing to pass. Dedicated Volunteers help out at race. They are truly the lifeblood of the race and will do everything possible to make your day a success. Many spend more hours out on the trail the runners themselves. Please be polite and make it a point to thank them. Without the Volunteers, there would be no **One Race Kikar Forest Ultra**.

### **PACERS AND ASSISTANCE**

It is strictly forbidden to be accompanied during all or any part of the race by a person not enrolled as a runner himself (means NO pacers). The same rule goes for personal family or professional assistance (team or professional trainer, doctor or other Persons in the medical profession, paramedics, etc.). In the same manner, the refreshment post is strictly reserved for the runners.

### **DROPPING OUT RULES**

While no one likes to contemplate it, but there may come a time when it is smarter for a participant to drop out than to continue. Also, he/she may miss the cut-off times or be pulled out for a medical reason. While such participants may likely be upset at that time, they must nonetheless notify race management personnel as soon as possible and surrender their bib numbers. **They will be ranked as DNF (Did Not Finish).**

Participants must never leave the race without informing race management at an aid station. An aid station is the only place where a participant can safely drop out of the race. If that does not occur, we will spend a huge amount of time and resources trying to find such participants and in rescuing them. Also, it may be very hard for us to arrange transportation for them from their dropout points back to the base camp. A participant may have to wait for long stretches of time and hence despite our best efforts to get them back.

## INSURANCE

We strongly recommend that all competitors have their own accident insurances that will cover any costs of but not limited to search and rescue. Such insurance can be taken out with any company of the participant's choice.

## COMPULSORY GEAR

Sufficient water and energy food for racing will be provided at every aid station but participants must remember that it is always best to carry with them some of the food they are used to train with. It is a bad strategy to wait for race day to discover that the food provided by the race is not something you like or, worse, something you can't digest easily while running. This is the most dangerous path to get on and will eventually result in your DNF.

	16Km	25Km	50Km
Backpack, running belt or any other element allowing you to carry your compulsory gear during the race.	OBLIGATORY	OBLIGATORY	OBLIGATORY
Mobile phone with fully charged battery including emergency numbers (Keep it switched off as much as you can when you run to preserve battery)	OBLIGATORY	OBLIGATORY	OBLIGATORY
Stock of water minimum 1-2 litter. (Hand-held bottles or water pouch, Camelback type or both.)	1 Litter OBLIGATORY	1 Litter OBLIGATORY	2 Litter OBLIGATORY
Whistle	OBLIGATORY	OBLIGATORY	OBLIGATORY
Own personal food reserve (bars, gels, dry fruit, snacks)	RECOMMENDED	RECOMMENDED	RECOMMENDED
Cap, hat or bandana	RECOMMENDED	RECOMMENDED	RECOMMENDED
Sunglasses	RECOMMENDED	RECOMMENDED	RECOMMENDED

In order to participate in race, a set of obligatory equipment is required. However it is important to note that those are the minimum necessary and that each participant must adapt according to their needs. It is important to remember not to choose apparel and gear that are the lightest possible weight in order to gain a few grams only, but to choose items that will give real protection against the weather, therefore giving a good level of security and performance.

## RACE NUMBER

Every runner will be provided with a race number. Every bib is individually handed to each runner upon furnishing of:

- The race bib must be worn at all times during the race and on the front of the body (chest, stomach, leg) and must be fully visible throughout the entire race. It must, therefore, always be positioned over any clothing and cannot for any reason be fixed onto the back. For photographic

and marketing purposes, the name and logo of the sponsors must neither be modified, nor hidden.

- No bib number means no access to any aid station or medical staff

BREACH OF RULES	PENALTY – DISQUALIFICATION
Lacking any of the obligatory equipment	Immediate disqualification
Taking a serious shortcut	Penalty 30 minutes to disqualification
Throwing away rubbish outside designated thrash disposal zones (voluntary act).	Immediate disqualification
Rude behaviour toward anyone, from marshals, to Volunteers to other participants, to even locals	Penalty 30 minutes to disqualification depending on the gravity of the action
Not helping someone in difficulty	Penalty 1 hour to disqualification depending on the gravity of the action
Receiving help outside authorized zones	Penalty 1 hour for the first time. Disqualification if repeated.
Cheating (using transport, sharing race number, doping, etc.)	Immediate disqualification and ban for life from all Races
Recognized dangerous attitude	Penalty 1 hour
Not passing through a control point	Penalty 30 minutes for the first time. Disqualification if repeated.
Inappropriate or harmful behaviour to others or wildlife	Penalty 1 hour the first time. Disqualification if repeated.
Refusal to comply with an order from race control, from a race official, from a head of post, from a doctor or from a rescue worker	Immediate disqualification
Departure from a control post the hour limitation	Immediate disqualification

## DNF RULES

While no one likes to contemplate it, but there may come a time when it is smarter for a participant to decide to drop out than to continue. He/she may also miss the cut-off times or be pulled out for a medical reason. While such participants may likely be upset at that time, they must nonetheless notify race management personnel as soon as possible and surrender their bib numbers. They will be ranked as DNF (Did Not Finish). Except for a bad injury, runners must only abandon at an aid station. They must alert the head of the aid station who will then invalidate their race-bib.

If a runner abandons somewhere else other than an aid station, we will have to spend a huge amount of time and resources trying to find and rescue him/her. In case of abandonment before a control point, it is imperative to return to the previous control point and inform the post leader of one's abandonment. It may be very hard for us, or impossible, to arrange transportation for a DNF runner from their dropout points back to the base camp. In any case, a participant may have to wait for long stretches of time and hence despite our best efforts to get them back. Finally, if a runner meets the end of race sweepers, they will invalidate the race bib and help him/her reach the next aid station. If the runner wants to continue to run the course without bib number, he/she will no longer be under the organization's surveillance and control.

### **PENALTY - DISQUALIFICATION**

Race officials present on the course, and those in charge of different control and refreshment posts are authorized to uphold regulations and to immediately impose a penalty for non-respect, based on the following chart:

Any other breach of the rules will be the object of a sanction decided on by the race director.

All objections to any decision must be in writing and lodged with the organizing team, with a caution of INR 1000 (non-refundable if the objection is not valid), within two hours of the arrival at the finish line of the runner concerned. Event Jury will be made of a representative of the runner, the owner of the company that sets up the race, the race director and any relevant people chosen for their competences by the owner. The jury is authorized to give a ruling in the time compatible within the imperatives of the race on all the objections lodged during the event. The decisions will be binding and without appeal.

### **MODIFICATIONS, CANCELLATION, REFUND**

The organization reserves the right to modify at any moment the route and the positioning of the rescue and refreshment posts, without warning.

In the case of poor meteorological conditions, and for safety reasons, the organization reserves the right to stop the event underway or to modify the time barriers.

In case of cancellation of an event, for whatever reason, decided more than 15 days before the date of the start of the race, a full refund of the registration Fees will be made.

Registration fees shall not be refunded by virtue of non-participation, including failure by a confirmed participant to collect his/her bib from or not allowed to run on the race day due to high temperature or being unwell.

### **INDIVIDUAL SPONSORS**

Competitors who are sponsored may only have the sponsor's logos on their clothing or equipment used during the race. All other publicity accessories (flags, Banners) are forbidden at all points of the race including at the finish, at the risk of penalties imposed by the jury. We would also like to make it clear that running with flags or Banners of any country including India is also strictly forbidden. While we

deeply respect patriotism and the spirit of pride that one may have towards their country, we simply do not want to see the flag of any nationality be disrespected or demeaned in any way, knowingly or unknowingly.

### **PHOTO COPYRIGHT**

Participants relinquishes their claim to photographic copyright during the event, and any recourse against the organizer and against his approved Partners for the use of their image. Only the organization can pass on these rights for the image in any media, via an accreditation or an adapted license.

Those rules and regulations have been inspired by some of the best and most recognised long distance endurance Events in the world for which we have huge respect, including but not limited to, Badwater 135 ultramarathon, Western States 100-mile endurance run, Marathon Des Sables, Diagonale Des Fous, Canadian Death Race, Hardrock 100 endurance run, Ultra Trail du Mont-Blanc and also a few Ironman triathlons

### **PLEASE DO NOT LITTER**

**“A clean and healthy environment is part and parcel of the wealth and quality of life that we desire for ourselves now and for our children in the future.”**

We have made it our foremost priority to provide a clean, hygienic environment in and around Kikar Lodge to athletes and tourists alike. Since water / hydration is a non-negotiable requirement we provide plastic bottles for water which are later collected and recycled to create fabric. However at no point should any plastic bottles be thrown or left unattended in the forest. As you will see the entire trail is unspoilt and post-race, our Naturalist team will ensure total removal and proper disposal of any garbage from the race.

We will undertake every measure to ensure that the natural habitat remains untouched and in pristine condition for the wildlife and forest spirits to continue their peaceful existence.