



KTR Ultra Marathon 2019

December 7th 2019

EVENT HANDBOOK

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2. Background

2019 sees the inaugural Kalaw Trail Run (KTR) Ultra Marathon of 51km being staged. We believe that this is history in the making because as far as we know, there has never before been a formally staged Ultra Marathon (trail or otherwise), in Myanmar. We hope that this event becomes an annual event as part of the KTR and will act as a catalyst for other ultra-trail runs to be organised in the future.

The Kalaw Trail Run started as a tourism development initiative and was kicked off as a pilot event on March 26/27 2016, starting and finishing at the Kalaw railway station. On that Saturday, 53 runners participated and the next day the proposed 10km route was also tested while being touted as a 'recovery run'. What started as a small pilot project has now become a premier running event in Myanmar, attracting growing numbers of both national and international runners. The event is well supported by the local residents who play an integral part in its staging and who warmly welcome visitors to their town.

Situated at approximately 1,320 metres, the hillside township of Kalaw offers nature and trail running at its best. Located in the Shan State, 50km from the famous Inle Lake, Kalaw was founded as a Hill Station by the British during colonial rule. Kalaw because of its lower temperatures and humidity plus easily accessible trails offers the ideal environment for running and many outdoor pursuits.

The KTR Ultra 51K is a challenging course with a total elevation of 2075m and its highest point at 1607m. Whilst not long by international ultra-distance standards, the course is certainly tough enough to test most trail runners. With hydration, nutrition and water stations every 10-12km it is the ideal for the “first time” ultra marathon trail runner also.

Starting and finishing at the Kalaw Heritage Hotel the course leaves the town after a gentle climb along the back streets before entering the hills and trails. Passing through 10 villages, several monasteries, crossing streams and rice fields, and taking you through some amazingly fertile farming lands, the trail enters back into Kalaw after a quick run through a pine forest and down to the railway station before returning up the road to the finish at the Kalaw Heritage Hotel.

So please read on for all relevant event information. If you still have any questions by the end of this document, then please do not hesitate to contact us via email:

kalaw.trail.run@gmail.com

Otherwise, see you on Saturday 7th December 2019

The KTR Organising Committee.

3. Before the Race

Course Maps and Cut-off times.

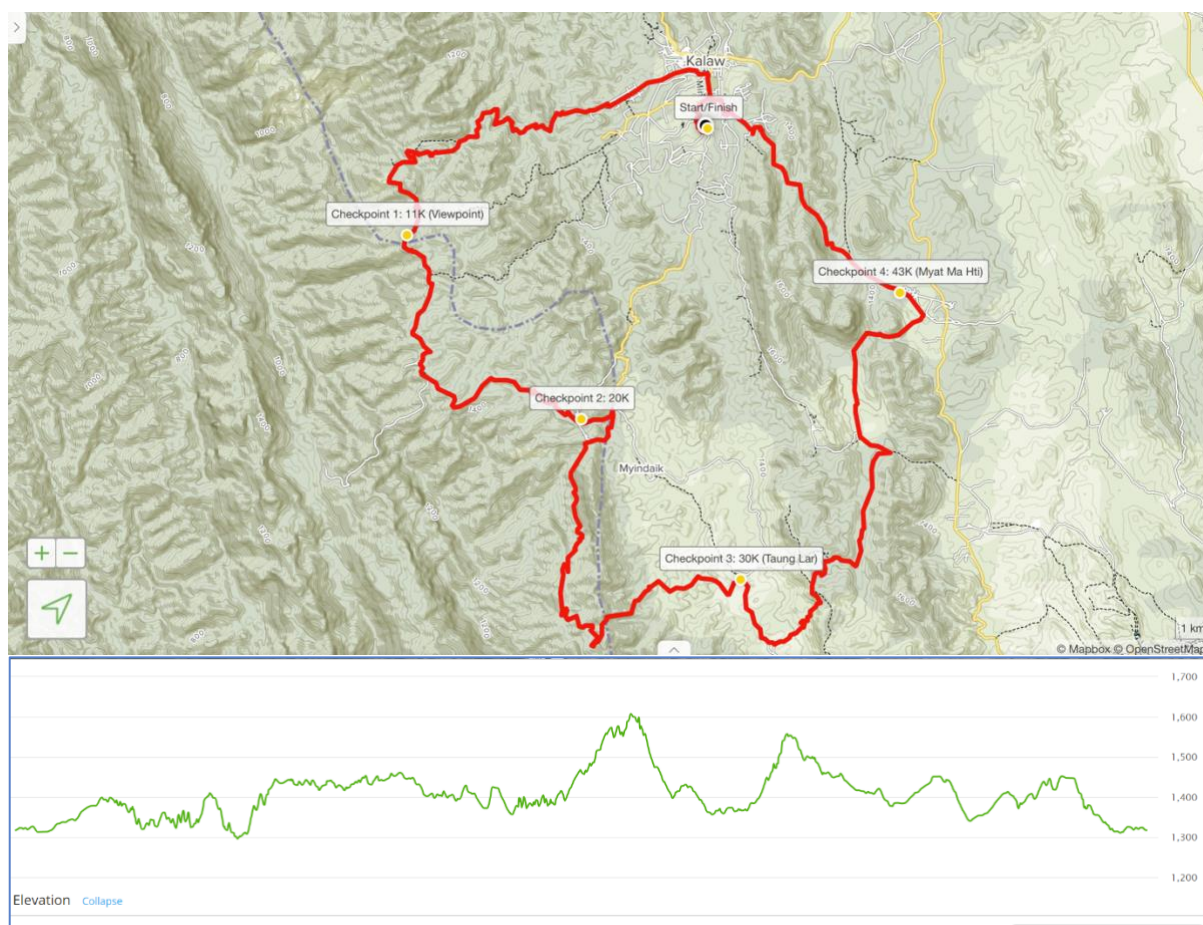
Kalaw Ultra Marathon 2019 Trail

Distance: approx. 51 km

Highest point: 1607m

Total elevation: 2075m

[Download GPX File](#) | [How to use these maps on your phone](#) | [Print map \(PDF\)](#)



The KTR 2019 Ultra Marathon **final cut-off time is 4:30pm – 10 hours.**

Start:	Kalaw Heritage Hotel	
Checkpoint 1.	12K.	2 hours (8:30am).
Checkpoint 2.	20K.	4 hours (10:30am)
Checkpoint 3.	32K.	6 hours (12:30pm)
Checkpoint 4.	43K.	8 hours (2:30pm)
Finish	51K.	10 hours (4:30pm)

For the safety and to show a duty of care for all entrants, any runner not making the checkpoint in the required time will not be permitted to continue the race and will need to withdraw. The KTR 2019 committee has a responsibility to implement this rule for runners own safety. The cut off times **will be strictly enforced**. Runners that withdraw will be assisted back to the start/finish point at the Kalaw Heritage Hotel.

All runners will be required to have their Bib numbers checked off against a participant list by race volunteers at each checkpoint, as well as their arrival and departure time from the checkpoint, being noted. For your own safety please ensure that this is done. For any runners not arriving at a checkpoint within the cut of time (eg lost, exhausted or injured), contact will firstly be attempted by phone. If no contact is made and it is deemed necessary, assistance will be sent along the trail from the checkpoint deemed closest to the runner.

Runners are advised to plan their time at checkpoints carefully, allowing time to briefly rest, refuel, repair etc but avoiding lengthy stays, as this will eat into your time for the next leg.

[Bib and race pack collection.](#)

You can collect your bib and race-pack on **Friday 6th December** at the **Kalaw Heritage Hotel** from **10.00am to 6.00pm** OR on race day from **5:30am to 6.00am**. Please note that we are not able to post bibs out.

Bibs are to be **securely fastened on the front chest/abdominal area** of runners shirts/singlets, and **must be visible at all times**. Please do not swap your race numbers with friends or family.

[What to bring on the run](#)

We require all runners to be able to carry a **minimum of 1 litre of fluid** throughout the race. Runners are free to carry this in bottles, race vests, camel packs etc. These can be filled at each checkpoint. There will be no plastic cups etc at checkpoints. **100Plus** will also be available at each checkpoint.

We require you to carry a fully charged phone, preferably a smart phone with gps capacity on the run. If your battery is poor you may need to carry a power bank. Although phone/internet reception is patchy it is still possible in various spots along the route. You should be able to use your GPS map off-line along the route as it is not dependent on the internet ([see tips for using gps maps on your phone](#)).

We require you to have the Race Director's number: (*avail race day*) and the Medical Aid Team's number: 09780640920 on your phone before you start. This will be checked as part of the pre-race equipment check.

Fruit will be available at all checkpoints and at the 30K checkpoint there will also be energy bars plus other snacks. We do however recommend all runners carry a small amount of high energy foods – eg gels, bars, nuts, etc, to supplement this. You may also wish to carry some form of electrolyte replacement – tablets, powder etc.

We would also advise you to bring some **emergency money** in small denominations (1,000kyt and less) of local currency (Kyat) in case you need/wish to purchase water or other goods as you pass through some villages.

For precaution it's essential to carry a compression bandage for possible snake bite in your pack ([snakebite first aid tips](#)).

A hat, tissues, plasters (band-aids) and sunscreen are also advisable. There will be sunscreen available at the checkpoints. A basic first aid kit will be available at all checkpoints for your use as well as at the start/finish. Please note the volunteers at the checkpoint may not be trained in first aid.

Mandatory Equipment (checked on race day 0545hrs)

All runners are required to carry the mandatory gear items for the entire duration of their event. Gear checks will take place at the start and at random points throughout the course. The items listed have been prepared based on running in 'good' conditions and should be treated as your minimum gear and should be adjusted upwards in terms of quality and quantity of gear depending on the forecast conditions.

- Water – 1 litre minimum (suitable storage for same)
- Snacks of your choosing (gels, nuts bars etc)
- Emergency money
- Compression bandage (10cm) Although a snake sighting is rare along the track, they are present from time to time. ([First Aid – Snake Bite](#))
- Hat or sunglasses
- Phone with emergency numbers listed and fully charged (power bank backup if required)
- Route map – on phone (gpx file) or on other gps device
- printed route map (supplied) in racepack.

Emergency contact people.

Your emergency contact person cannot be another runner. International emergency contact will not be accepted.

Race Director: Yoshi - *(number avail on race day)*

Assistant Director: Ole – *(number avail on race day)*

Myanmar EMS (start/finish) – 09780640920



4. Race Day – Saturday 7th December 2019

The Starting Point – 51 km

Both the Starting point and finishing point for all races is the Kalaw Heritage Hotel (KHH).

<https://www.kalawheritagehotel.com>



Parking at the Kalaw Heritage Hotel may be limited so please park on the verge of the roads outside of the hotel where possible. If you are staying locally most of the taxi's and motorbike 'taxi's' will know where the Kalaw Heritage is located.

Friends and family at the starting point

Get your family and friends out of bed to cheer you off! There is plenty of room at the start for supporters and they really add to the fun and atmosphere of the event. The first 4K of the race is on the road through Kalaw and so there are plenty of good spots for your support crew to cheer you on!

Sign in and mandatory gear check

We suggest that you arrive at the starting point at 5:45am to allow for signing in and also to complete your **mandatory gear check**. You will also be able to fill water bottles etc at the starting point, perhaps even COFFEE! Toilets are available at the KHH.

Water

Water will be available at the Start/Finish line for you to fill your containers before race start if required.

Bag drop

Runners are welcome to leave a labelled bag with clean clothes, food etc at the *Bag Drop Off Point* near the Start/Finish line. Whilst all care will be taken, please avoid placing any valuables in your bags.

The facility to have a drop bag taken to a checkpoint on the course is currently not offered. We have ensured that water, 100 *Plus*, and various fruits are available at each checkpoint. You are responsible for carrying any additional food such as gels, bars nuts, electrolytes that you wish to consume during the run.

Race briefing

While most information you need to safely and comfortably complete this race can be found on the Run-Myanmar website and in this Event Booklet, the Race Director will provide a '**Race Briefing**' at **0600** just before the race starts. This will detail all crucial race information and alert you to any necessary adjustments.

Please be attentive and ready to start the event on time.

Race start

The event will start at **0615** sharp. Please be present and ready.

5. During the Race

Checkpoints/Drink and Aid Stations

Please note the placement of these as found on the Route Maps previously noted. The table below details what food and beverages can be found at each station and length of approx. time each Checkpoint will be open. Checkpoints will generally remain open until approx. 1 hour past the cut-off time for that Checkpoint, and will remain open until authorised to close by Race Director.

Checkpoint	Location	Km	Time open	Specific supplies
Start	Kalaw Heritage	0	5:45am – 5:30pm	Water, coffee(?)
1	View Point	12	6:30am – 9:30am	Water, 100plus, bananas
2	??	20	7:30am – 11:30am	Water, 100plus, bananas
3	Taung Lar	32	8:30am - 1:30pm	Water, 100plus, bananas, other fruits, OMGoodness Bars
4	Myat Ma Hti	43	9:30am – 3:30pm	Water, 100plus, bananas
Finish	Kalaw Heritage	51	11:00am-5:30pm	Water, fruit, 100plus, food vendors

Please note that there will be no electrolyte replacements, gels or salt tablets available at the Checkpoints.

All Checkpoints will have a basic **First Aid Kit** available for use by participants. Please note that the volunteers at the Checkpoints have no first aid training.

Registering time in and time out at Checkpoints

You are required to have your bib number and times recorded when you **arrive and depart** the checkpoint, by the volunteers. **Please** ensure this is done for your own safety and for the efficacy of the event.

Failure to make a Checkpoint cut off time

Cut off times will be **strictly enforced** for your own safety and the safety of others. Failure to make a cut off time means that you **will not be permitted** to continue in the event, and will be required to withdraw with a *Did Not Finish (DNF)* recorded. **Please do not argue** with the volunteers at the Checkpoint or challenge them if you are requested to not proceed, it is for your own safety. Event organisers will provide transport back to Kalaw Heritage for those forced to withdraw from the event.

Runners Tip: Less time at the checkpoints means more time on the trail – once you have refilled water containers, had something to eat and seen to those potential blisters, you need to get moving asap.

Runners failing to reach a Checkpoint 1 hour after the cut off time will be presumed to be injured or lost. Event organisers will organise volunteers to search the required trail segment, entering from the nearest point to where the runner is assumed to be located.

Toilets on the trail

- At race Start/Finish (in the bar area and near reception)
- At Viewpoint (12K Checkpoint)
- At 30K Checkpoint

Please note that apart from the Start/Finish these are likely to be squat toilets over a long drop (no paper and possibly no water).

If you head off the track and use a “*bush toilet*”, please use care in choosing your site (snakes, stability, modesty), please attempt to bury any faecal matter and paper.

Route notes

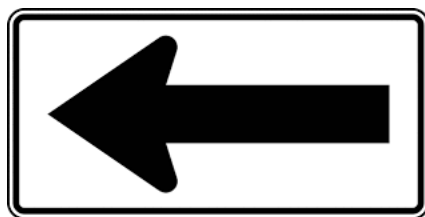
The KTR 2019 Ultra Marathon uses a number of main trekking routes and major trails, as well as a number of lesser known local tracks. Because of the sheer distance and terrain of the trail it is impossible for us to place marshals along the course. As well as the GPX map downloadable for your gps devices, and the printed map available for download, a number of track markers will be used. These include:

Red and white plastic tape. This will be the main track marker and will be hung at regular from trees etc.

Black and yellow plastic tape will be used where possible to prevent runners from taking a **wrong track** where the main track divides etc.



Printed arrows and other markers will be used where possible and required along the trail.



Note – unless you speak Burmese or the local dialect, you will find it very challenging to ask for directions and help from the local people.

For your own safety and enjoyment we strongly suggest you run with at least one another runner of similar stamina and endurance.

Road safety

The first 4K of the route and the last 2K are along sealed roads in Kalaw. Please ensure you:

- Run along paths if they are present and are a suitable surface
- Run single file on the left-hand side of the road facing oncoming traffic
- Take special care on the road sections of the trail

We will have marshals at the main intersections and signage where needed.

Track conditions, trail safety and trail running protocol

The KTR 2019 Ultra provides just about every sort of trail possible. You will find yourself running a long a trail less than a metre wide along the side of hills dotted with tea plantations followed by well pounded walking tracks. You will run along ridge tops where some of the tracks are pounded clay suitable for vehicles and descend through creek beds and rice paddies that can be wet underfoot if it has been raining. If the tracks are wet do take extra care as they can be very slippery! The views from the hilltops are just spectacular, particularly on a clear day – don't forget to stop and take a photo – it's not all about the running!

The key to running safely on rough trails is 100% concentration on the trail in front of you. Remember that it's easy to get distracted when talking or looking at the views.

A few things we ask of all runners

Similarly, as much of the trail passes along track used by the general public, local farmers dogs, motor bikes and water buffalo, runners are requested to act with courtesy at all time to other users. Remember that you are a guest of the local people.

Always give way to water buffalo – walk around them, wait for the farmer to signal you through. The last thing we want to do is to treat a wounded runner, crushed or gouged by a scared water buffalo.

Please Don't Litter! Bring all your rubbish with you to the finish.



Safety measures

First aid

Trained first aiders will be located at the Start/Finish and possibly some Checkpoints. Every check point will have a basic first aid kit available for participants to treat themselves if required. Kalaw township has a local hospital and a volunteer ambulance service. As noted in the Mandatory Equipment List, you are required to carry a fully charged mobile (for gps offline) as well as mobile contact where possible along the trail. Please note that signal strength is very patchy in most areas of the trail. Please ensure you have the Race Director's and Co-Directors mobile numbers keyed into your phone: Race Director: Yoshi *-(avail race day)*, Co-Director: Ole *-(avail race day)*

It is recommended that you carry a 10cm crepe (elasticised) bandage for snakebite as well as some basic first aid supplies with you, such as: 1-2 adhesive wound dressing (band-aids), sticking plaster etc for minor scrapes and blister treatment.

Looking out for fellow runners

Every runner is obliged to ensure that assistance is provided to other runners in distress wherever possible. Report all injuries and illnesses to the nearest Checkpoint, or to the Race Director.

Ensure that someone stays with the injured participant until assistance is provided. In the likely event that there is no mobile phone access, a runner should only go in search of help once another runner has come along the track and can stay with the injured person.

For minor injuries or illness, the runner should proceed to the nearest Checkpoint (either continue on OR backtrack) to whatever is closest. The volunteers at the Checkpoint will organise pickup if required.

For injuries in which the runner is unable to continue, the Race Director should be called and will arrange assistance as soon as possible. You will be asked to provide clear instructions of the location of the injured runner to determine the quickest route to them. It would be helpful to provide gps coordinates (Guru Maps or similar app), of the location of the injured runner.

Withdrawing during the race

Should you at any stage of the race find that you need to withdraw from the event, please ensure that you notify the Race Director: Yoshi – 09453301508, asap of your withdrawal. Make your way to the nearest Checkpoint where assistance with transport can be organised. This is of vital importance, as we have a record of every person who started the race and who passes through the various checkpoints. If we don't hear from you, we will be under the impression that you are still out there, even after the last runner finishes. At worst, this may cause unnecessary instigation of search and rescue procedures.

6. After the Race

Finish line and amenities

As you cross the finish line at the Kalaw Heritage you will be directed into the 'finishers chute' to have your time recorded, and receive your medal and finishers T – shirt. If there are other runners close behind you please move from the chute as soon as possible to allow other runners to be processed. **Please** have your bib number clearly visible to assist our time-keepers in recording your finish time (manual timing system at present).

Please take the time to record any photo's at the end of your run to record your amazing achievement. An 'official photographer' will capture your finish and make these available free online after the event.

As well as water, 100*plus* and other fruits being available at the finish, local food vendors will be near the finish to provide other foods and drinks. The Kalaw Heritage has a great bar and restaurant area where you can also purchase various beverages and food.

Toilet facilities will be available at the Kalaw Heritage.

Cheer on your fellow runners

Finishing any race but particularly one as demanding at the KTR 2019 Ultra is something special! You will feel utterly exhausted but amazingly exuberant as the fact that you are no longer a mere mortal but an ultra-marathoner sinks into your potentially befuddled brain. The run isn't over until all runners get home and cross the line. We want to establish the tradition of welcoming all runners home with lots of encouragement and celebration. It would be terrific for all finishers as much as practical, to stay around the finish area until we have finished cheering all runners across the line.

The later people finish hopefully the louder the cheer, signifying the sheer effort by many to have kept going despite extreme fatigue and many other challenges.

Prize presentations

A brief awards ceremony will take place just behind the finish line at **4:30pm**. As well as prize presentations for the first, second and third places in both male and female categories, there will be a number of random draw prizes based on bib numbers. Runners need to be present to receive these in person, so hang around!

Celebration meal Saturday evening

All runners and their supporters are warmly invited to attend a relaxed and informal buffet meal and live music at the Kalaw Heritage in the evening to celebrate their achievements and exchange 'trail stories'. This is also a great time to welcome runners who may be arriving for the Sunday trail events. This meal will be available from 6:00pm onwards. Please book in early at Reception for the meal, to avoid missing out. This meal is at your own expense.

As well as the Kalaw Heritage, there are also a number of other great eating places in Kalaw. These include: Simple Life, Red Brick House, Nepalise, Indian, and other restaurants selling Shan and other national foods. Again, we would recommend you book these early to avoid disappointment.

And finally

Events like this just don't happen! It takes a keen team of organisers, selfless volunteers, sponsors, and a welcoming community. **Please remember** to thank and support those that have supported you:

- Sponsors
 - KBZ Bank
 - OMGoodness
 - Sports Gear Trading
 - Extreme Sports
 - Kalaw Heritage Hotel
 - 100plus
 - Kalaw Hill Lodge
 - Ride Behind Kalaw
 - Uncharted Horizons
- Kalaw Trekking Organisations and other local volunteers
- Kalaw Heritage Hotel Staff
- Local Police and Tourist Police
- Kalaw Tourism Committee
- KTR 2019 Organising Committee