



Seyon Asia Limited
Block 6, Flat 1A
Hillview Court
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Dear al,

Everything is firming up nicely now for the first adventure race in the Indian Himalayas. Below please find the updated time table and course summary for the race.

Sincerely yours,

Keith Noyes
Seyon Asia Limited
17 July 2005

Race Overview - Suggested Dates/Itinerary

The beginning of October 2005 has been identified as an ideal time for the race as it falls after the monsoon season and before the arrival of cold snowy weather. Early October also contains many public holidays making it easier and more appealing for participants in the Asia region to join the race. Each team of four will be its assigned its own support jeep and driver in the Kullu Valley during the race period.

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|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 30 September 2005 (Friday) | International participants fly to Delhi via Air India, our official airline partner.
~ Those traveling overland will depart directly for Kullu while those flying to Kullu will be taken to their Delhi hotel for the evening.
~22:00 Trucks will depart Delhi International Airport carrying all participants' bikes and heavy bags. |
| 1 October 2005 (Saturday) | ~ 06:00 Participants will be picked up at their Delhi hotel and brought to Delhi Domestic Airport for the Kullu flights.
~ 12:00 Check in at Kullu hotel such as Himachal Tourism's Sarvari and Apple Valley Resort at Mohal.
~14-18:00 Equipment check/bike assembly, etc.
~18:00 bikes all loaded on bike trucks for transport to the day 1 race stage
~18:30 Welcome dinner, pre-race briefing, etc. |
| 2 October 2005 (Sunday) | 08:30 race start from Puid Temple
~ 14:15 first team arrives at Bandhrol finish point.
~ 18:00 last team arrives at Bandhrol finish point.
14:30-18:30 team jeeps ferry participants to their Manali hotel |
| 3 October 2005 (Monday) | 08:30 race start from just below Marhi (Beas Nalah) on the Rohtang Pass Road
~13:30 first team arrives at Rambagh Park finish area
~18:00 last team arrives at Rambagh Park finish area
18:00 awards ceremony and closing remarks
19:30 celebration dinner at famous local trout restaurant
22:00 bike truck departs for Delhi |
| 4 October 2005 (Tuesday) | 07:00 departure to Kullu Airport for those returning to Delhi
09:00 Seyon Asia "King of the Hills" mountain trail running race for local residents and international visitors starting at Hadimba Temple. |



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~10:00 first finisher arrives at Rambagh Park
~11:30 last finisher arrives at Rambagh Park
12:00 awards ceremony

4 October 2005 and on

Trekking and cultural trips arranged for race participants staying on for further holiday.

Race Overview – Race Disciplines

Trail running – 28.5 km
Stream trekking – 3 km
Canyoning – 2 km
Mountain biking – 70 km
White water rafting/kayaking – 15.0 km
Compass navigation skills
Abseiling
Rope bridges
Tyrolean Traverse
Hindu Temple Identification Test
Native skills challenge

Race Overview – Course Statistics

Day 1: Starting elevation	1675 meters
High point	2680 meters
Finish elevation	1300 meters
Distance	68.5 km
Day 2: Starting Elevation	3300 meters
High Point	3980 meters
Finish Elevation	2000 meters
Distance	50 km

Race Overview – Race Format

- Teams of 4 persons that must pass through all checkpoints together
- Mixed gender teams will be encouraged (one-hour time penalty for all male teams; one-hour time bonus for all female teams)
- Stage race format combining times from each individual day of racing to determine the winner
- Competition for open and master's category prizes (masters category: combined age of all team members exceeds 180 on the day before the race begins).
- Cap of 25 teams set given constraints with flights, hotels, rafts, etc.

King of the Hills Mountain Marathon 4 October 2005

Starting elevation:	Hadimba Temple 2050meters
High point:	2400 meters
Finish elevation:	Rambaugh Park 2000 meters
Distance:	~12 km