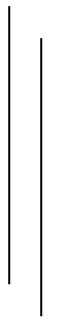


Draft proposal on

KHAPTAD Cross Country Running

Proposed Date: September (27th – 28th)



Proposed by :

.....
Sampana Shrestha
(Vice President,
Nepal Mountain Running Association
9851097354

.....
Man Bahadur Khatri
General Secretary,
Nepal Mountain Running Association
9849413854

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Introduction

Trail running is a sport- activity which combines running and where there are steep gradients, hiking, that is run " on any unpaved surface".

Trail running normally takes place in warm climates, or on good paths, or tracks which are relatively easy to follow, and does not necessarily involve the significant amounts of ascent, or need for navigating skills, normal in fell running. Unlike [road running](#) and [track running](#), it generally takes place on hiking [trails](#), often in mountainous terrain, where there can be much larger ascents and descents.

Trail running races are organised globally. Due to the relatively short history of trail running as an organised sport, there are very few established organizing bodies.

Distances in races vary widely, from 5 km, to over 100 miles (161 km). Many trail races are of [ultramarathon](#) (ultra) distance. Ultras are generally accepted as having a distance of greater than 26.2 miles (42.16 km) though 50 km races are the most common 'standard' ultra distance greater than a marathon. Races of similar distance often differ significantly in terms of terrain too.

Running is supposed to be the biggest sports craze world-wide. However, it may be, Nepal has lots and lots of untapped potential. Although, (jeep) road building is spreading over the tourist trekking areas that have emerged on this existing trail infrastructure. That said, the trail running possibilities remain virtually endless! Apart from being able to run almost anywhere and find accommodation and food (however basic that might be), what makes trail running in Nepal unique are the people and their culture. Nepal is home to quite a few trail races, but not many are well-known. The two big exceptions are the pair of Everest marathons. Most races are organized by trekking agents rather than professional race organizers. The events are often marketed by a single trekking agent, although sometimes a couple of Nepal-oriented travel agents tailor events to their particular local market.

Historic Trail Runs in Nepal

In 1988, Mary Margaret Goodwin took 90 days to run the breadth of the country. In so doing, she became the first female and the first solo runner to accomplish the feat. She didn't go completely alone as she took along her dog.

Six years later (1994), two Frenchmen, Bruno Poirier and Paul-Eric Bonneau, were self-sufficient in crossing the country from East to West. The book written about this trek has not yet been published. This crossing was repeated in 2003 by Rosie Swale Pope, who went on to later run around the world.

Another mind boggling achievement deserving mention is Mark Hartell, [Elizabeth 'Lizzy' Hawker](#), Stephen 'Spyke' Pyke's 2007 run from Everest Base camp to Kathmandu in an unbelievable 3 days, 2 hours, 36 minutes.

* **Cross country** running is one of the disciplines under the umbrella sport of [athletics](#) and is a natural-terrain version of [long-distance track](#) and [road running](#). Although open-air running competitions are prehistoric, the rules and traditions of cross country racing emerged in Britain. Cross country is an [IAAF](#)-governed discipline that is typically raced over shorter distances.

The number of organized trail races grew 1,000% from 2008 to 2018, from 160 to more than 1,800 globally. It's a [sport](#) in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass. The course, typically 4–12 kilometres (2.5–7.5 mi) long, may include surfaces of [grass](#) and [earth](#), pass through [woodlands](#) and open country, and include [hills](#), flat ground and sometimes gravel road and minor obstacles. It is both an [individual](#) and a [team sport](#); runners are judged on individual times and teams by a points-scoring method. Both men and women of all ages compete in cross country, which usually takes place during [autumn](#) and [winter](#), and can include weather conditions of rain, sleet, snow or hail, and a wide range of temperatures.

Cross country running involves ***very little specialized equipment***. Most races are run in shorts and vests or singlets, usually in club or school colours. In particularly cold conditions, long-sleeved shirts and tights can be worn to retain warmth without losing mobility. The most common footwear are [cross country spikes](#), lightweight racing shoes with a rubber sole and five or more metal spikes screwed into the forefoot part of the sole.

Formal cross country competition traces its ***history*** to the 19th century and an English game called "hare and hounds" or "the [paper chase](#)". English schools started competing in cross country races in 1837, and established a national championship on 7 December 1867, held on [Wimbledon Common](#) in south-west London.

Olympic Games

Main article: [Cross country running at the Olympics](#)

Cross country was contested as a team and individual event at the [1912](#), [1920](#) and [1924](#) Summer Olympics.

*An **ultramarathon**, also called **ultra distance** or **ultra running**, is any [footrace](#) longer than the traditional [marathon](#) length of 42.195 kilometres (26 mi 385 yd). Various distances are raced competitively, from the shortest common ultramarathon of 50 kilometres (31 mi) to over 100 kilometres (62 mi). Around 100 miles is typically the longest course distance raced in under 24 hours but there are also longer multi-day races of 200 miles (320 km) or more, sometimes raced in stages with breaks for sleep. While some ultras are road races, many take place on trails, leading to a large overlap with the sports of [trail running](#) and [mountain running](#).

There are two main types of ultramarathon events: those that cover a specified distance or route, and those that last for a predetermined period of time (with the winner covering the most distance in that time). The most common distances are 50 kilometres (31.07 mi), 100 kilometres (62.14 mi), 50 miles (80.47 km), and 100 miles (160.93 km). The 100 kilometer race is recognized as an official world record event by the International Association of Athletics Federations (IAAF), the world governing body of track and field.^[1]

Other ultramarathon races include double marathons, [24-hour races](#), and [multiday races](#) of 1,000 miles (1,600 km) or longer. Usually, there are [aid stations](#), perhaps every 20 to 35 kilometres (12 to 22 mi), where runners can replenish food and drink supplies or take a short break. Timed events range from 6, 12, and 24 hours to 3, 6, and 10 days (known as *multi-day* events). Timed events are generally run on a track or a short road course, often one mile (1.6 km) or less.^[3]

There are some self-supported ultramarathon stage races in which each competitor has to carry all their supplies including food to survive the length of the race, typically a week

long. In 2021, concerns were raised about planning and medical care available for ultramarathons in China, after dozens of racers died from hypothermia and at least one from a heart attack while competing in an ultramarathon in the Yellow River Stone Forest. The government later announced a ban on "extreme" competitions. Distance often differs significantly in terms of terrain too.

Skyrunning is a [sport](#) of mountain running up to or exceeding 2,000 metres (6,600 ft) where the minimum average incline is 6% over the total distance and at least 5% has an incline of 30% or more. The climbing difficulty does not exceed II grade [UIAA](#). Poles, crampons and hands may be used to aid progress. The governing body is the [International Skyrunning Federation](#). The sport comprises a number of different disciplines from the short, steep Vertical Kilometer to the more popular SkyRace and SkyMarathon. Ultra SkyMarathons are becoming increasingly popular as are short vertical SkySpeed races which include [skyscraper racing](#).

From sea to sky, skyrunning spans the great outdoors, across the world's mountain ranges and the imagination of thousands of participants and fans. It's a sport born in the wild, where the logic was to reach the highest peak in the shortest time from a town or village. Today it represents the peak of outdoor running defined by altitude and technicality and counts some 300 official races worldwide with more than 95,000 participants from 65 countries.

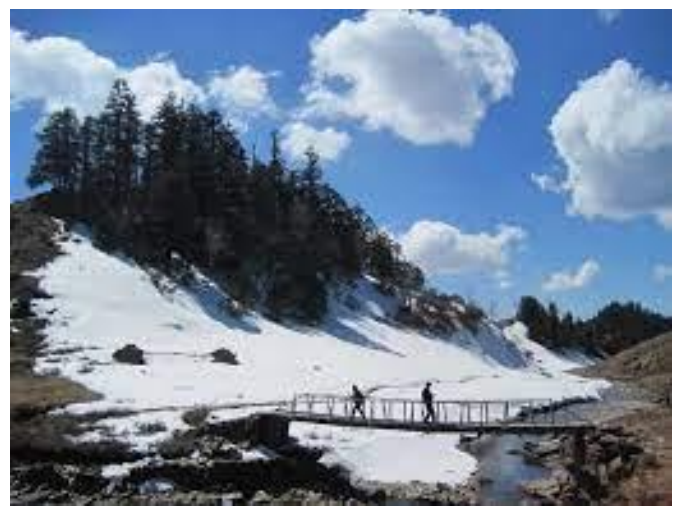
Skyrunning was founded in 1992 by Italian Marino Giacometti, President of the International Skyrunning Federation which governs the discipline worldwide and sports the tagline: "Less cloud. More Sky."

It is defined by the Federation that was formed to govern the sport, the International Skyrunning Federation, as "running in the mountains above 2,000m altitude where the climbing difficulty does not exceed II° grade and the incline is over 30%".

#Khaptad Cross Country Running is one of the Athletics sports to be conducted and renowned in the name of local region; Far – West Region of Nepal which covers the most parts of the KHAPTAD NATIONAL PARK. This program aims to bring runners firstly at national level to be promoted symbolically with healthy sport called, KHAPTAD CROSS COUNTRY RUNNING.

As the event is going to be conducted at the local level, we highlight about the local national park too.

Khaptad National Park was established in 1984. Stretching over the four districts of Bajhang, Bajura, Achham and Doti it covers an area of 225 km² (87 sq mi) and ranges in elevation from 1,400 m (4,600 ft) to 3,300 m (10,800 ft). The park



is the only mid-mountain national park in western Nepal, representing a unique and important ecosystem. The late Khaptad Swami moved to the area in 1940's to meditate and worship. He spent about 50 years as a hermit and became a renowned spiritual saint. The landscape consists of moorland, steep slopes, and streams.

KNP is best known to be the garden of countless herbs and over 224 species of medicinal herbs.

Current checklists include 23 mammals, 287 birds, and 23 amphibians and reptiles. Flora include chir pine-rhododendron forest, oak forest and Himalayan fir-hemlock-oak forest and



alder forest in riverine areas.

Fauna species symbolic of the park are leopard, Himalayan black bear, wild dog, and musk deer, the impeyan pheasant, peregrine falcon, and white-rumped vulture.



Though the event is supposed to be organized in the Western region of Nepal, it primarily focuses to cover some **around 200 runners** around Nepal at national level in a well managed lodging and food, uniform facilities, live coverage, including technical support of medical & rescue, safety, security & emergency management, route mapping & marking, etc.

If this event be conducted at such level of elevation(1400 m – 3300 m), we would certainly think about to conduct such trail running events in other or more higher elevation in other parts of Nepal.

In the historic, some renowned runners like Meera Rai (International reknown) and **Bhim ??** have performed their adventurous events. Nepal feels proud towards such Expeditors.

Why trail running in Nepal?/ <https://trailrunningnepal.org/>

There are many great places to run in the world but Nepal has a magic mix of elements make it an unforgettable running destination for may runners and race organizers.

Tips for Nepal Trail Running Travel

Nepal is an easy country to visit and travel. The web has plenty of info, such as the [Lonely Planet's Nepal website](#).

One can fly airports like Lukla (2,700 m) for the Everest area, or Jhomsom (2,700 m) or Humde (3,300 m) for the Northern Annapurna area. This gives quick access to the higher reaches. But be aware that acclimatization is not an issue to be taken lightly, so one might as well enjoy – and run – the walk-in trails to the higher areas. Why miss out on the experience of moving through three climate and ecological zones in one day, on the incredible cultural diversity, on the feel for the great Himalayan mountain range beyond its alpine reaches, on the smashing views of the highest peaks from the south when their enormity is all the more evident than from close up? The longer approach also gives your body time to acclimatize and you time to get to know both locals and other trail users.

Category

S. No.	Events	Contestants	Distance (in Km)
1.	KHAPTAD CrossCountry Running	Male	20 Km
		Female	10 Km
2.	KHAPTAD Promotional Running	Both male & female	5 Km

Prizes distribution

S. No.	Events	Rank	Prize
1.	KHAPTAD Cross Country Running	Male- 1 st	1,50,000 /-
		Male- 2 nd	1,00,000 /-
		Male- 3 rd	50,000 /-
		Female- 1 st	1,50,000 /-
		Female- 2 nd	1,00,000 /-
		Female- 3 rd	50,000 /-
2.	KHAPTAD Promtional Running	Male- 1 st	27,000 /-
		Male- 2 nd	9,000 /-
		Male- 3 rd	3,000 /-
		Female- 1 st	27,000 /-
		Female- 2 nd	9,000 /-
		Female- 3 rd	3,000 /-

A Tentative Budget

S. No.	Particular	Amount (in NPR)
1	Route Mapping& Equipment	5,00,000
2	Map plotting	1,40,000

3	Monitoring & Evaluation	4,00,000
4	Co-ordination & Preparation	3,50,000
5	Transportation	8,10,000
6	Media & Branding	7,50,000
7	Shield, Medal & Certificate	1,10,000
8	Opening & Closing Ceremony	4,50,000
9	Lodging & Fooding	7,50,000
10	Medical & Rescue	4,50,000
11	Videography & Photography	3,50,000
12	Uniform	5,00,000
13	Safety and Security	3,00,000
14	Report Writing & Secretarial	2,50,000
15	Technical Expenses	4,50,000
16	Miscellaneous	3,25,000
	Total	NPR. 68,85,000

In Word : Sixty Eight Lakh Eighty five Thousand Only

Organized By	: Sudarpaschim Khelkud Parishad
Supported By	: Mountain Sports Federation Sudurpaschim, Nepal Army, Nepal Police, Armed police Force, Ministry of industry, tourism, Forest and Environment Sudarpaschim
Technical Partner	: Nepal Mountain Running Association
Promotional Partner:	Khelpati
Collaboration With :	Related Municipality
In Association With:	International Sky Running Federation
Promoted By	: Nepal Tourism Board

Objectives

- ☐ Promotion of Khaptad and Sudurpaschim globally.
- ☐ To promote Domestic and International Tourism.
- ☐ To promote Thrill, Adventure and Sports Tourism.
- ☐ To develop National and International Athlete.

विश्वव्यापी

- ☐ सुपलाई शाहसिक खेल ।
- ☐ केन्द्र बनाउने अभियान शुरु खेल र पर्यटनको संयोजन ।
- ☐ दिगो पर्यटकको लागि खेल मार्फत योगदान ।
- ☐ शाहसीक खेल मार्फत सुप पहिचान र प्राप्ता बृद्धि ।
- ☐ भारत तथा अन्तराष्ट्रिय धावक तथा एडभेञ्चर्स प्रमिको लागी नया गन्तव्यको विकास ।

Feasibility

- ☐ Hight altitude events organization for upcoming trail races
- ☐ The Athletes could be promoted in standardized way; domestic and internationally
- ☐
- ☐
- ☐

Challenges

- ☐ Geographic elevations that are not suitable for refreshment houses
- ☐ Government towards trail running races for allocating adequate budget to conduct events
- ☐ Unmatched scheduling for gathering all participants.
- ☐
- ☐

References

- ☐ <https://en.wikipedia.org/wiki/Ultramarathon>
- ☐ https://en.wikipedia.org/wiki/Trail_running
- ☐ https://en.wikipedia.org/wiki/Cross_country_running
- ☐ [Cross country running at the Olympics](#)
- ☐ [Lonely Planet's Nepal website](#)