



Yunnan Qiubei

YunNan ★ Qiubei  
Marathon

RUNNER'S HANDBOOK





# Welcome!

It is with great pleasure to welcome you, runners, spectators, and volunteers, to the inaugural Yunnan • Qiubei Marathon.

Bringing you a one of a kind destination marathon race that celebrates the majestic beauty of the lands in the Yunnan province of China. This race takes place in the enchanting Puzhehei location featuring hundreds of green karst land formations surrounded with crystal clear lakes, providing breathtaking views for runners. This undeveloped region is known to have of the purest air quality in China. Creating a combination that provides runners with a truly unique experience that they will remember for a lifetime.

Our mission is to create a great destination race that will provide you with a unique one of kind experience in a remote and exotic world location. By participating in this race in a remote location, off the beaten path, you will experience, sights and sounds that would not normally be seen by an average traveler or tourist. Making for a magical experience that will generate incredible lifetime memories.

Our goal is to make these experiences as enjoyable and seamless as possible so you can focus on what you do best, run. Seeing the smile on runners face as they cross the finish line, that is what warms our hearts and makes us smile, it is our mission to runners.

Congratulations on taking what is destined to be a great adventure running experience in your life!



## ONE RUN. ONE LOVE. ONE YUNNAN.



## SCHEDULE

There's a lot to keep track of when planning for an adventure marathon. The Runner's Handbook provides important information to help you prepare for the race and your trip. Take a few moments to go through it to ensure you have a great race and a wonderful journey.



### 10/22 – ARRIVE TO KUNMING (Optional)

- Recommended using the 5-Night Kunming/Qiubei Race Hotel package. This allows you to arrive at anytime throughout the day to Kunming.
- Check-in Wyndham Grand Plaza Royale Hotel (1 night)

### 10/23 – DEPART KUNMING TO QIUBEI

- NOTE: If flying into Kunming on 10/23, you must arrive by 8:00 AM to ensure you can exit the airport and shuttle to Wyndham Grand Plaza Royale Hotel to catch the bus to Qiubei.
- 8:00 AM - 10:00 AM - Check-out hotel (hotel guests)
- 11:00 AM - Depart on bus to Qiubei
- 12:00 PM - 2:00 PM - Lunch stop (on your own)
- 6:00 PM - 7:00 PM - Arrive in Qiubei
- 7:00 PM - 8:00 PM - Check-in to QuiBei Tiancheng Taihe Hotel (3 nights)
- 8:00 PM - Bonfire Celebration

### 10/24 – RACE CHECK-IN & COURSE MEETING

- 9:00 AM - 12:00 PM - Check-in for runners
- 10:00 AM - 12:00 PM - Course review meeting
- 2:00 PM - 4:00 PM - Course preview by boat
- 6:00 PM - 8:00 PM - Carbo-load dinner (optional)

### 10/25 – RACE DAY

- 5:30 AM - Runner breakfast
- 6:00 AM - Depart on bus to start line
- 7:00 AM - Race Start
- 3:00 PM - Race cut-off time
- 7:00 PM - Award Ceremony

### 10/26 – DEPART QIUBEI TO KUNMING

- 8:00 AM - 10:00 AM - check-out hotel
- 11:00 AM - Depart on bus back to Kunming
- 5:00 PM - Arrive at Wyndham Grand Plaza Royale Hotel
- Option to depart to airport or check into hotel.
- NOTE: If departing on 10/26 then flight must be after 7:00 PM to allow time to arrive at airport and check-in.
- Recommended using the 5-Night Kunming/Qiubei Race Hotel Package. This allows for an extra day to enjoy Kunming and depart to the airport at your leisure.

### 10/27 – DEPART KUNMING (Optional)

- Check-out and depart to airport

## GETTING TO THE START LINE

All runners will gather at the Tiancheng Taihe Hotel in Qiubei around 5:30 AM and depart by bus to the start line location. This transportation is included with your race entry. After the race runners who finish early can be taken back to Qiubei as the bus fills up to rest and recover.





# CHECKLIST

We understand that having a quick reference guide is invaluable when you are preparing for your race. Below is your personal checklists of all the essential information.



## TRAVEL

Essential travel checklist for your trip.

- Travel and race dates marked on calendar
- Passport
- Visa for China
- Airline tickets / e-tickets
- Send itinerary to race coordinator
- Hotel confirmation
- Hotel address
- Tour booked
- Travel insurance
- Camera
- Tissue paper

## LOCATIONS

- **Kunming Changshui International Airport (KMG)**  
Guandu, Kunming  
Yunnan Province, China
- **Wyndham Grand Plaza Hotel**  
No. 569 Dainchi Road  
Kunming, 650238 China
- **Tiancheng Taihe Hotel**  
Near "The Pepper Lotus Plaza"  
Qiubei, Wenshan  
Yunnan Province, 663200, China

## CHINESE TOURIST VISA

Almost all non-Chinese nationals will need a visa to enter China. If you haven't applied for your visa, we recommend that you do so right away. It is best to apply early rather than risk missing out. Save your last minute dash for the Yunnan • Qiubei Marathon! Generally an invitation letter is not required if you are providing in advance your flight information and hotel details. If a letter is still needed please email us as we are happy to send you a confirmation letter for your visa application.

## RUNNING GEAR

Be sure to pack the following recommended running gear.

- Trail running shoes and running socks
- Running shorts and shirt
- Running hat or visor
- Sunscreen
- Water bottle and/or water hydration pack
- Gel Packs
- Sunglasses (optional)
- Garmin/GPS Tracking (optional)
- iPod (optional)
- Camera (optional)
- Mind of a champion!

## RACE TIMES

There is a 8-hour time limit for all races, start time is approximately 7:00 AM with a 3:00 PM CUT-OFF time. Participants must maintain a pace faster than the course time limits in order to complete the race.

- FULL MARATHON: START 7:00 AM
- HALF MARATHON: START 7:00 AM
- 10K: START 7:00 AM
- 5K: START 7:00 AM



## RACE BIB

When you get your race BIB, take a moment to complete emergency contact and medical information on the back, and general information on the front tag.

The race BIB has three (3) sections, the large top part with the number, then the bottom part has two sections that can be pulled off. DO NOT PULL THE BOTTOM PART OFF! We will be pulling larger part off when you cross the finish line. Then the smaller corner piece grants you a free beer at the bonfire celebration. The race BIBs are color coded for each distance as follows:

- Full Marathon (42K) = Green
- Half Marathon (21K) = Gold
- 10K = Red
- 5K = Purple

Full and Half follow red and yellow ribbons on course, 10k and 5k follow red ribbons only on course.

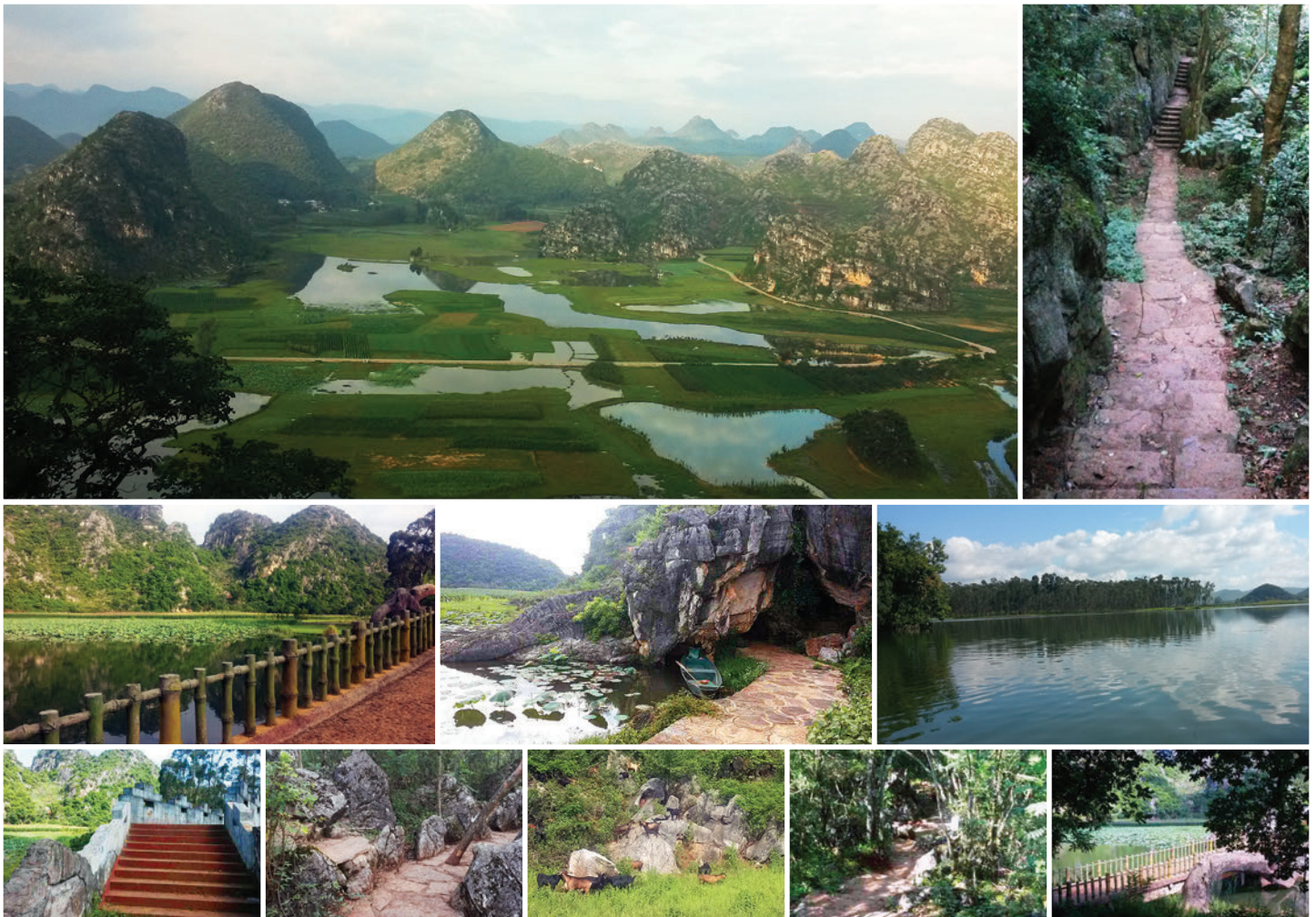






## COURSE

The Yunnan • Qiubei Marathon course will traverse through the enchanting Puzhehei region where you will run through a series of connected land areas encountering a mix of paved and dirt roads, stone pathways, bridges, and stairs in the climbing sections. The course will navigate you around and between karst land formations, along with going up to the top of one for panoramic views, and along the lakes and waterways giving you breath-taking views and memories that will last a lifetime.



**ONE RUN. ONE LOVE. ONE YUNNAN.**





# COURSE MAPS

The course contains two large loops, the red loop is the 10K course and the yellow loop is the Full (42K) and Half (21K) that extends off the red loop in the middle. 5K will use the red loop but cross over at the 2.5K mark on the purple path. Below is the satellite map.







# COURSE MAPS

RED LOOP = RED RIBBONS

YELLOW LOOP = YELLOW RIBBONS

The red loop is marked with red ribbons and the yellow loop is marked with yellow ribbons at each of the turn points or forks runners encounter. Volunteers and water stations will be at marked locations.

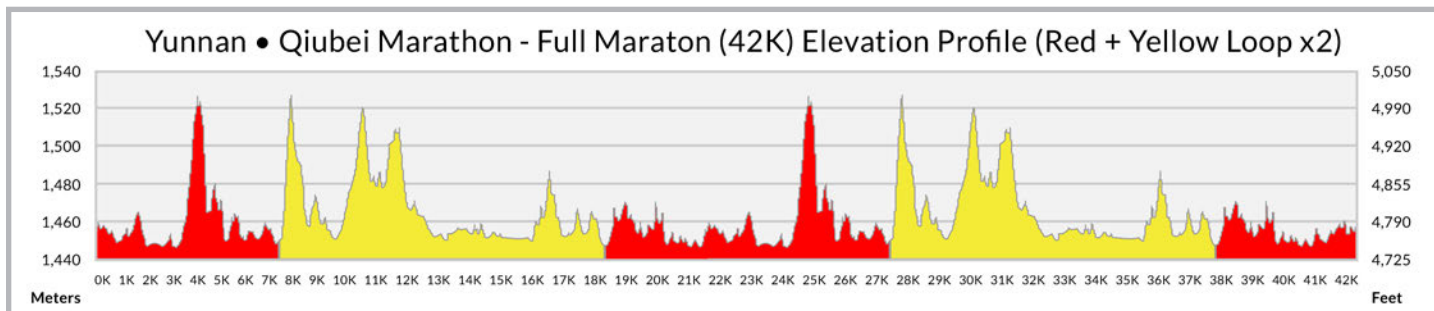
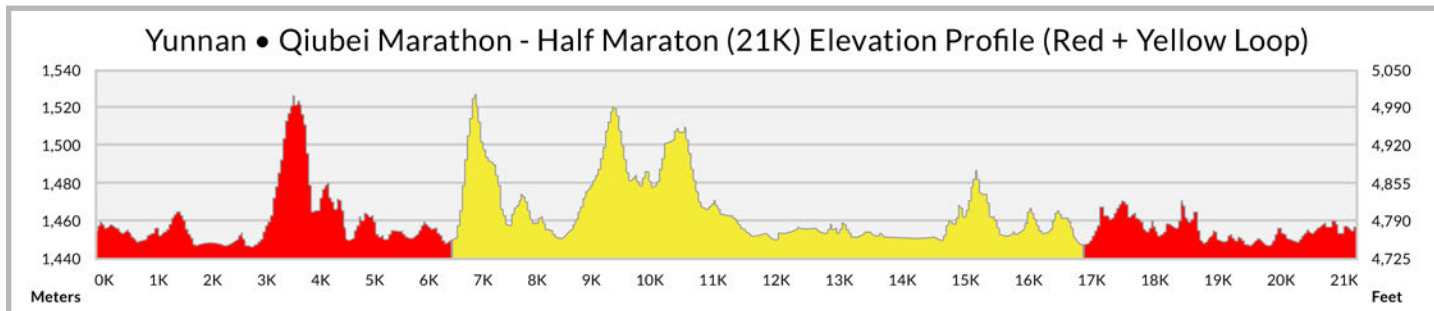
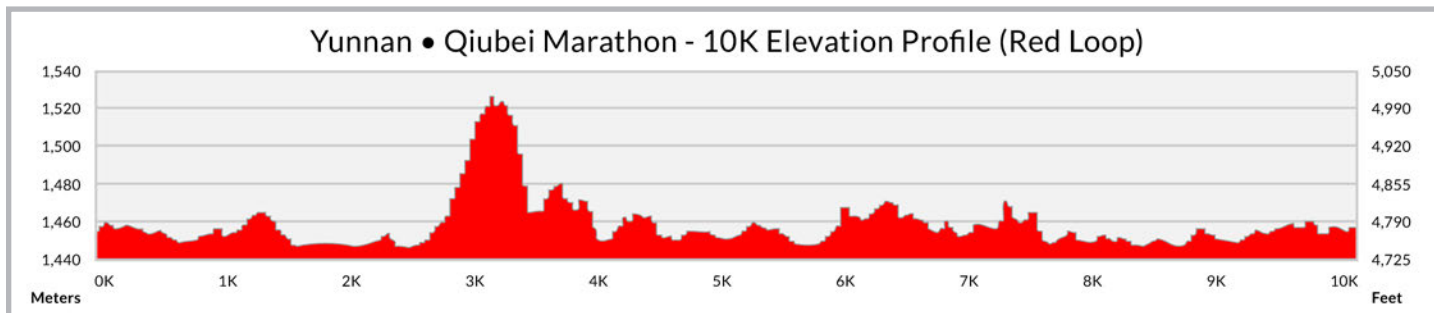
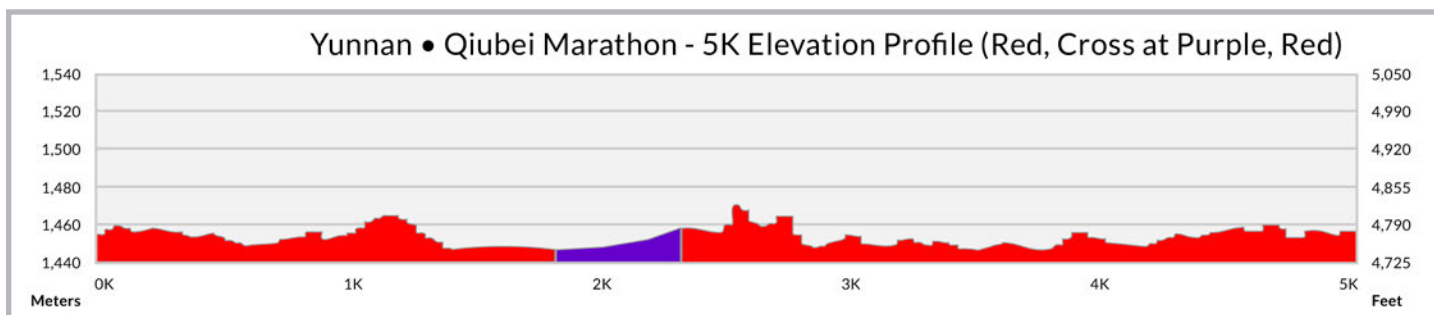






# COURSE ELEVATION

The elevation profiles are color coded to match the course colors from the maps. Elevations provided in meters and feet.







## COURSE DESCRIPTIONS

### 5K WALK-THROUGH

Starting from the start line next to the small lake heading north west on newly paved road for about 2 km to first turn at gate, turn left towards first water station. At water station go left towards bridge.

After crossing the bridge stay left on to narrow stone road until left turn onto stone pathway. Follow stone pathway until the next bridge to cross over river. After bridge will be dirt trail with mud stepping stone section. Follow until paved road turning right going to the finish line.

### OPTIONAL 5K TO GREEN DRAGON MOUNTAIN

For 5k runners who wish to climb Green Dragon Mountain for the spectacular panoramic views, you can extend your 5K by turning right at the water station and follow road into parking lot towards vendor path on right. Bathroom available on left side by vendor stations. Stay to the left on vendor path follow red ribbons to go up Green Dragon Mountain stairs under large trees to begin stairway climbing to the peak. Take your time to be careful climbing up and down the stairs, don't race through the stairs. Be mindful of locals or tourist. Multiple panoramic lookout points from the top, these are great for taking some spectacular photos. After climbing down from the top, at the water station is the 4k point for the 10k course, from here 5k runners can choose to go right to return back towards the 5k purple crossing point, or go right for 6k to do the 10k course. The choice is yours.



### 10K WALK-THROUGH

Starting from the start line next to the small lake heading north west on newly paved road for about 2 km to first turn at gate, turn left towards first water station. At water station turn right and follow road into parking lot towards vendor path on right. Bathroom available on left side by vendor stations. Stay to the left on vendor path follow red ribbons to go up Green Dragon Mountain stairs under large trees to begin stairway climbing to the peak. Take your time to be careful climbing up and down the stairs, don't race through the stairs. Be mindful of locals or tourist. Multiple panoramic lookout points from the top, these are great for taking some spectacular photos.

After climbing down from mountain there will be water station, go left and follow path around until the tree bridge on the right. Crossing the tree bridge then follow stone pathway until you cross two small handmade bridges and it comes up to the road with a water station, go right onto the road. Follow the road into small village, water station here. Stay to the left of the village to stone pathway along the farm fields and water.

Follow stone pathway around karst land formations until it comes to a road, turn right onto road going towards bridge. Go past the bridge (not across) to narrow stone road until left turn onto stone pathway. Follow stone pathway until the next bridge to cross over river. After bridge will be dirt trail with mud stepping stone section. Follow until paved road turning right going to the finish line.







## COURSE DESCRIPTIONS

### HALF & FULL WALK-THROUGH

Starting from the start line next to the small lake heading north west on newly paved road for about 2 km to first turn at gate, turn left towards first water station. At water station turn right and follow road into parking lot towards vendor path on right. Bathroom available on left side by vendor stations. Stay to the left on vendor path follow red ribbons to go up Green Dragon Mountain stairs under large trees to begin stairway climbing to the peak. Take your time to be careful climbing up and down the stairs, don't race through the stairs. Be mindful of locals or tourist. Multiple panoramic lookout points from the top, these are great for taking some spectacular photos.



After climbing down from mountain there will be water station, go left and follow path around until the tree bridge on the right. Crossing the tree bridge then follow stone pathway until you cross two small handmade bridges and it comes up to the road with a water station, go right onto the road.

Follow the road, you'll come by three (3) right turn roads, skip the first two, take the 3rd road going up the mountain. Now following yellow ribbons. After climbing up the mountain road, stay on left at the first fork, following the road until the next fork with a tree, go right at the tree.

Follow road past the hairpin turn toward the next left turn towards the town. Follow road as it curves into the town and take the first road right by the power pole. Follow the road out of the town back to the farm fields. Go straight through the intersection starting to climb up into the hills. At the next fork go left continuing uphill following the main power line.

Coming down from the hill you'll come to the next fork, go left to begin next climbing section following power lines. Follow road until next town with water station, stay on right at first fork at town entrance. Go straight through the town (no turns) to reach farm lands. Take right pathway off the road up small hill. At the next fork go right on long straight away along farm fields.

At next fork, go right (at blue street sign) and follow road back to the 10k course road. Turn right onto the road and follow into small village (past the 3rd right previously taken), water station in village. Stay to the left of the village to stone pathway along the farm fields and water.

Follow stone pathway around karst land formations until it comes to a road, turn right onto road going towards bridge. Go past the bridge (not across) to narrow stone road until left turn onto stone pathway. Follow stone pathway until the next bridge to cross over river. After bridge will be dirt trail with mud stepping stone section. Follow until paved road.

At paved road: Full (42k) runners turn left to begin second loop of course, after second loop, turn right at paved road going to the finish line. Half (21k) runners turning right going to the finish line.





The Shangri-La Marathon is unlike any other race in the world. A challenging adventure race, an ultramarathon, that takes place on some of the most breathtaking mountains in the world, the Meili Snow Mountains, or Kawagarbo Mountains as it is known by local residents and pilgrims, part of the grand Himalayan Mountain range bordering Tibet in China.

Get ready for a journey that will challenge you physically and mentally as you run this incredible mountain race, a journey that will change your life forever. Featuring a choice of 100k and 50k ultramarathon distances and 26.2 mile (42k) full and 13.1 mile (21k) half marathon distances for runners to race.

### RACE DAY - APRIL 25, 2015

Runners should plan a 3-day travel itinerary to arrive into Shangri-La on the morning of Friday April 24th and depart in the evening of Sunday April 26th. Recommended to arrive a day or two early to allow your body to adjust to the higher elevation.

### LIMITED RACE ENTRY, REGISTER TODAY!

[Shangri-La-Marathon.com](http://Shangri-La-Marathon.com)







# THANK YOU!

Organizing a marathon event is a huge undertaking that can only be accomplished with the help of an incredible team, the volunteers, race ambassadors, affiliates, partners, sponsors, vendors, and local officials.

It is with great honor and appreciation that we thank the local authorities, government, community, ambassadors, affiliates, sponsors, and all our volunteers, without whose support, this race would not be possible. An extra special thank you to all the runners participating in the race, this is all for you!

## Volunteers, Ambassadors and Affiliates

- Brendan Smith
- Molly Sheridan
- Cheryl Bihag
- Santih Gunawan
- Yosephin Inggri
- Hoi Chung, Leung
- Maggie Kim Hong Goh
- Jenny Majamaki
- Terry Majamaki
- Mao Jing
- Xu Zhao "Oscar"
- Suman Silwal
- Bryan Li
- Bertha Estrada
- Hsuan ChinFang
- Charlene Chen
- Axing Yang
- Wu Wei
- Kyla Murphy
- 刘逸
- 梁佳莉
- 艾妍曾
- 张杨远
- 红玉郭



## Partners, Sponsors, and Officials

- New Yunnan Culture Media Company
- New Global Adventures, LLC
- Government of Qiubei & Puzhehei
- Tiancheng Taihe Hotel
- Wyndham Grand Plaza Hotel
- Trail Fanatics
- Reed's Inc.
- Macsha Cronos
- Timing Panda



中安利华文化传播公司  
New Yunnan Culture Media Company



NEW GLOBAL  
ADVENTURES



PUZHEHEI  
TRAVEL  
普者黑  
喀斯特山水田园





YunNan • Qiubei  
Marathon

## RUN YUNNAN • QIUBEI IN 2015!

Come join us for another spectacular experience in 2015. Bring your running friends and family to join you for the great adventure run that is Yunnan • Qiubei Marathon

**Registration opens in December**  
**YunnanMarathon.com**



**Follow us Online @YunnanMarathon**



**ONE RUN. ONE LOVE. ONE YUNNAN.**