



#RunShangriLa

Discover The Lost Horizon



SHANGRI-LA Marathon™
The Lost Horizon

Runner's Handbook

April 25, 2015



SHANGRI-LA Marathon
The Lost Horizon

Welcome

It is with great pleasure to welcome you, the runners, spectators, and volunteers, to the Inaugural Shangri-La Marathon & Ultra.

Bringing you a one-of-a-kind destination adventure race unlike anything else in the world. Taking place on the majestic Meili Snow Mountain, featuring the highest peak in the region, often called Kawagarbo by locals, pilgrims, and Tibetans who worship this sacred virgin mountain. They are part of the grand Himalayan Mountain range in the Yunnan Province of Southern China.



Our mission is to create a great runner experience that will provide you with a unique journey while running in a remote and exotic world location. Taking you off the beaten path, far away, you will experience a wide variety of breathtaking sights, traverse through diverse terrain and micro-climates that would not normally be seen by an average traveler or tourist. Making for a truly magical running experience that will leave you with incredible lifetime memories.

As race organizers our commitment is to make your experience as enjoyable and seamless as possible so you can focus on what you do best, have a fantastic race. Go out there and enjoy yourself, soak in the amazing sights and location, achieve that runners bliss. Seeing the smile on your face as you cross the finish line, that is what warms our hearts and makes us smile. It is our mission to participants.

We hope you appreciate the adventure we have put together for everyone participating in the Shangri-La Marathon & Ultra, be it running, spectating and volunteering.

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

Sincerely,
The Shangri-La Marathon Team

Schedule

There's a lot to keep track of when planning for an adventure race. This race is no exception, the schedule is very tight. This 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.

23 April - EARLY ARRIVALS

Optional, but highly recommended to arrive a few days early into Shangri-La to acclimatize to the high altitude and enjoy local activities.

24 April - ARRIVE TO SHANGRI-LA

- 9:00 AM Arrive to Dêqên Shangri-La Airport (DIG)
- 9:30 AM Staff and runners depart from Shangri-La Airport (location #1)
- 9:30 AM Staff and runner depart from Shangri-La (location #2)
- 2:00 PM Lunch (on your own)
- 3:00 PM Arrive to race headquarters
- 5:00 PM Race check-in and course meeting
- 8:00 PM Dinner
- 9:00 PM Relax and rest for the big race

25 April - RACE DAY

- 4:00 AM Breakfast
- 7:00 AM Race Start
- 7:00 PM Begin race celebrations and dinner
- 12:00 PM Check-in for the evening
- 1:00 AM Race cut off 18-hours

26 April - DEPART TO SHANGRI-LA

- 6:30 AM Watch sunrise view of Meili Snow Mountain followed by ceremony and breakfast (Sunrise starts 6:47AM)
- 9:00 AM Pack up and depart to Shangri-La
- 4:00 PM Arrive into Shangri-La or Airport

CONTACT INFORMATION

Once in China the best way to contact us is through the **WeChat** app on your phone. Add the following contacts: **majamaki** or **WonderWomanBiz**
For those able to call, add Jenny's China cell to your phone: **18620976448**



Checklist

There is a lot to keep track of when planning for an adventure race. Having a quick reference guide can be invaluable when you are preparing for your trip.

TRAVEL

- Travel & race dates on calendar
- Race weekend from 4/24 to 4/26
- Passport
- Visa for China
- Airline tickets / e-tickets
- Itinerary sent to race coordinator
- Travel insurance
- Camera
- Towel
- Tissue paper for bathrooms
- Warm clothes

GETTING TO THE RACE

The race entry includes round-trip transportation from Shangri-La to the race headquarters. Participants will be picked up from the airport or in Shangri-La on Friday morning, April 24th, then return on Sunday, April 26th. It is approximately a 6-hour bus ride.

PICKUP LOCATIONS

LOCATION #1:

Dêqên Shangri-La Airport (DIG)
1 Shenyang Rd, Shangri-La, Deqen,
Yunnan, China
Depart time: 9:30 AM

LOCATION #2:

Shangri-La Ancient City Gate
The intersection of Jinlong St. &
Xiangbala Ave in Shangri-La
Depart time: 9:30 AM

RUNNING GEAR

Be sure to pack the following mandatory and recommended running gear.

*Mandatory Runner Items

- Running headlamp or flashlight with extra battery (100k/50k)
- Cell phone
- Minimum 500 calories of emergency food, such as gels/energy bars
- Carry at least 1 liter water bottle or hydration pack
- Course map, or electronic map downloaded to phone
- Portable oxygen tank
- Emergency mylar blanket (we will provide)
- Elastic bandage
- Rescue whistle

Recommended Items

- Trail running shoes
- Extra clothes/socks for night time/ cold weather
- Running hat, visor, sunglasses
- Sunscreen
- Lip balm
- Recovery energy powder
- Altitude-resistant medicine
- Personal medicine/salt capsules
- A small amount of cash
- Garmin/GPS Tracking (optional)
- Waterproof bag for phone or camera
- Walking stick
- Camera (optional)
- Mind of a champion!

Contact for assistance.

Jenny: 18620976448

WeChat: WonderWomanBiz

The Compass Lodging (086) 8878223638

**Highly recommended items.*

Event Lodging & Gear Check

Race entry includes 2-nights lodging in the town by Feilai Temple. Located across the street from the main Meili Snow Mountain lookout deck. Entry also includes chef catered meals, we'll preparing healthy meals for runners, volunteers, and race crew during the event. There will be vegetarian and gluten free options available.

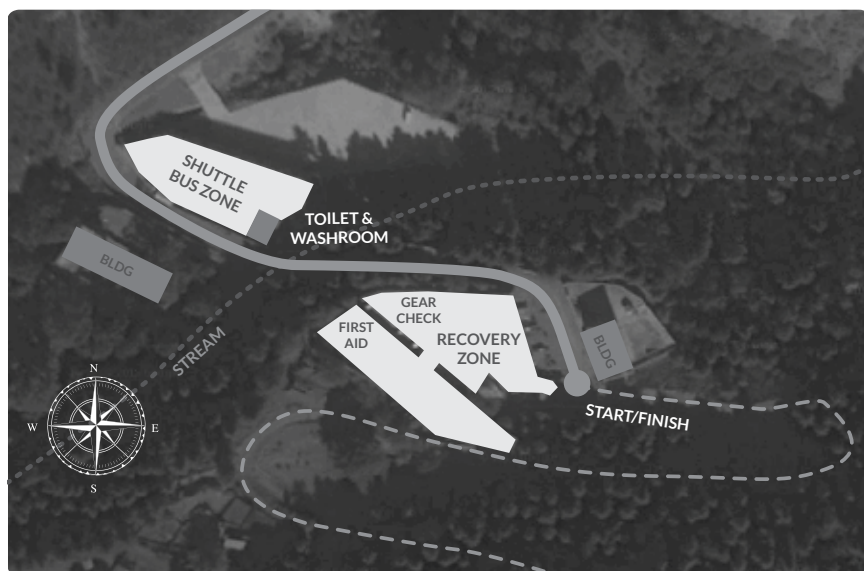
MEILI SNOW MOUNTAIN SUNRISE

On Sunday morning after the race, we highly recommend everyone to get up around 6:00 AM, with good weather permitting, come watch the sunrise from the Meili Snow Mountain lookout deck. It is a spectacular sight that must be witnessed when the morning sun hits the mountain peaks. Following the sunrise will be a race ceremony, group photos and breakfast.

GEAR CHECK

At the race start/finish line there will be a secure gear check area available. There are toilets and washrooms near by and the start is located right next to a natural spring which can be used to wash off after completing the race. Don't forget your towel and toiletries.

RACE START/FINISH MAP





Race BIB



When you get your race BIB, take a moment to confirm you have the correct BIB number that you have been assigned. If you have any last minute change requests, be sure to submit them by April 15th, or at the race check-in meeting.

EMERGENCY CONTACT & MEDICAL INFO

Take a moment to fill out the back of the BIB with your name, emergency contacts, and medical information. This is very important and **MUST** be done.



BIB PLACEMENT

Volunteers will be looking for BIB numbers at the stations to check you off. **Please pin your BIB on the front of your shirt or shorts** so volunteers can clearly see your BIB number as you approach the stations. If needed, stop and make sure you are counted.

MEDICAL INFORMATION
PLEASE PRINT NAME, ADDRESS, PHONE NUMBER

NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

RACE DAY EMERGENCY CONTACTS

EMERGENCY CONTACT NAME: _____ PHONE: _____

EMERGENCY CONTACT NAME: _____ PHONE: _____

EMERGENCY CONTACT NAME: _____ PHONE: _____

ALLERGIES: _____ **CURRENT MEDICATIONS:** _____

MEDICAL CONDITIONS: (PLEASE CHECK ALL THAT APPLY) ☐ NONE ☐ HEART ☐ LUNGS ☐ OTHER

☐ ASTHMA ☐ DIABETES ☐ EPILEPSY ☐ GOUT ☐ HYPERTENSION ☐ IRON DEFICIENCY ☐ KIDNEY DISEASE ☐ LIVER DISEASE ☐ PANCREASITIS ☐ RHEUMATOID ARTHRITIS ☐ STROKE ☐ THYROID DISEASE ☐ VITAMIN DEFICIENCY

QUESTIONS? www.shangri-lamarathon.com

BIB COLORS & NUMBERS

The race BIBs are color coded to each race distance and each color correlates to the course map colors.



100K Ultramarathon

- Color: Red
- Number sequence: 100 - 199



50K Ultramarathon

- Color: Orange
- Number sequence: 200 - 299



42K Full Marathon

- Color: Blue
- Number sequence: 300 - 399

21K Half Marathon

- Color: Light Blue
- Number sequence: 400 - 499

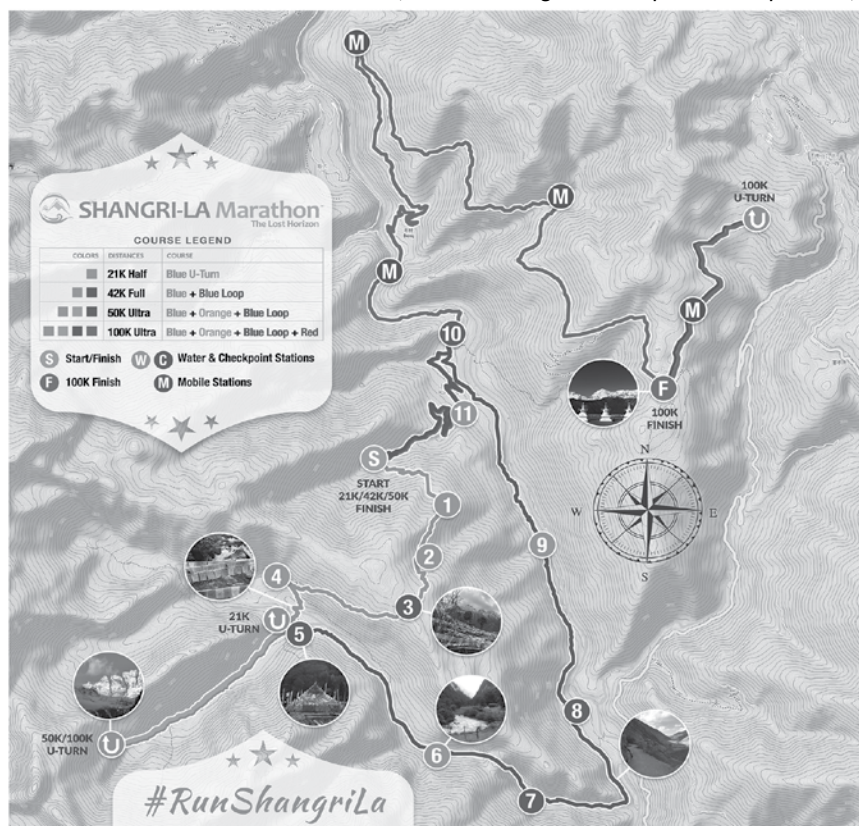
Course

This is a challenging mountain race in high altitude. The course goes over and around a mountain on a trail path in a loop.

The course route on the map contains four colors, light blue, blue, orange, and red. The light blue and blue sections combine to make a 42K Full Marathon loop. 21K Half runners will turn around at the Lower Yubeng station and run back to the finish. 42K Full runners will continue south east past Lower Yubeng to complete the loop. The orange section to the glacier and waterfall branches off at the end of the light blue section for the 50K and 100K Ultra runners before coming back to continue on the blue loop. 100K Ultra runners will turn back from the start and run towards Feilai Temple for their second 50k course.

COURSE MAP

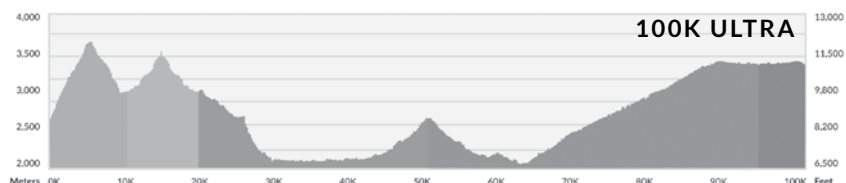
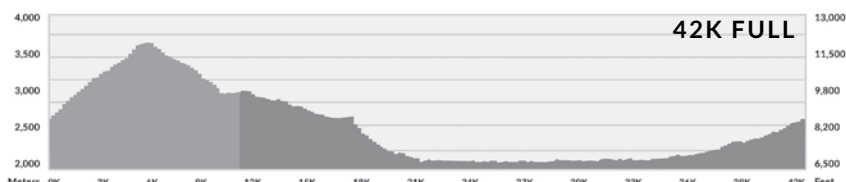
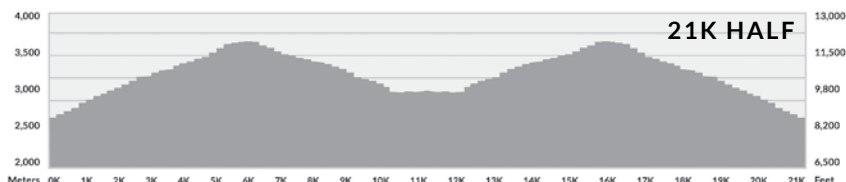
(Review the large color map for full map details)



Course Elevations

The race takes place in the Himalayan mountains where there is no shortage of serious altitude heights. Right from the start at 2,695m (8,844ft) runners will have a challenging climb to 3,767m (12,359ft) in approximately the first 5k, that is over 1,000m (3,300ft)! Followed by a long downhill section with spectacular sights.

ELEVATIONS



DISTANCE	100K	50K	42K	21K
TOTAL GAIN	4,702m (15,426ft)	2,645m (8,680ft)	2,124m (6,969ft)	1,775m (5,823ft)
TOTAL LOSS	3,954m (12,972ft)	2,645m (8,680ft)	2,124m (6,969ft)	1,775m (5,823ft)

Highest point: 3,767m (12,359ft) - Lowest Point: 2,051m (6,730ft)



Course Safety

All runners are required to carry water their own water bottle or hydration pack along with gels or energy bars while running. Pace yourself and stay hydrated. Stop at the stations, check-in with the volunteers, drink fluids and fuel up. Most importantly, be safe, this is an amazing adventure in the beautiful mountains, enjoy the breathtaking views and have fun!

SIGNS

The course is relatively straight forward, there are not many paths to veer off on. Be sure to study the map and know which direction you are going. However there are course signs at key locations to help guide you the right way.

RUNNER DO'S AND DON'TS

Here are few common sense tips to follow once your out running, these will help keep you on track and make the most of your running experience.

DO

- ✓ Eat before the race
- ✓ Bring your phone
- ✓ Hike steep hills early on
- ✓ Be aware of your surroundings
- ✓ Conserve energy, keep a steady pace
- ✓ Step on inside path if a donkey passes
- ✓ Carry and drink plenty of water
- ✓ Carry gel packs or energy bars
- ✓ Check-in at stations
- ✓ Hydrate and refuel at stations
- ✓ Carry portable oxygen tank
- ✓ Have a great time
- ✓ Celebrate once you finish!

DON'T

- ⊗ Run with head down
- ⊗ Litter, use the trash bins
- ⊗ Wear music headphones
- ⊗ Drink stream or river water
- ⊗ Touch farm or wild animals
- ⊗ Disturb pilgrims
- ⊗ Get lost!

NEED HELP?

If you feel weak or ill, stop and rest. Drink water and eat something. Take a mental note of where you are, how far was the last station you passed? How far until the next station? Proceed to the next station, tell the volunteers of your condition, then rest until you are ready to continue. If you are injured or unable to walk, then stop the next runner you see, give them your name, BIB number, and condition. Ask them to tell the next station where you are, your information and to send help!

Course Stations

There are 11 planned stations for the course spread out between 2k to 10k between stations. At each station there will be GU gels/chomps and salt capsules, major checkpoint stations will have water and food. Refill your water bottles or packs as needed. Checkpoint stations will check you off their list as you pass through, make sure you check-in and are counted. There will be several mobile stations that follow 100k runners on the last 50k.

Review the large color map for station locations and details.

#	STATION TYPE	DISTANCE ON 42K COURSE*	DISTANCE ON 50K COURSE*
0	Start/Finish	0K	0K
1	Station	2K	2K
2	Station	4K	4K
3	Checkpoint Station	5K	5K
4	Station	9K	9K
5	Checkpoint Station	10.5K	10.5K + 18K
6	Station	12K	20K
7	Checkpoint Station	20K	28K
8	Checkpoint Station	24K	32K
9	Station	29K	37K
10	Checkpoint Station	34K	42K
11	Station	37K	45K
M	Mobile Stations will follow 100K runners on last 50K		

**Station numbers in sequence from start line. Check map for visual location and station number. Station distances approximate.*

CONTACT INFORMATION

For any problems or emergency on the course, try to contact us. If your phone and can receive data, try contacting the race director and coordinators. Otherwise ask the volunteers at the station to make contact to the race team. Contact using **WeChat** app: **majamaki** or **WonderWomanBiz**



Being Prepared

MOUNTAIN ELEVATION

Shangri-La average elevation is 3,280m (10,761ft) above sea level. The course starts at 2,700m (8,858ft) with the highest peak at 3,767m (12,359ft). It is highly recommend to allow at least one or more full days prior to the race to acclimatize to the higher elevation before actually running the race. The following basics will help you adjust:

- Drink lots of water
- Eat healthy foods high in potassium
- Take vitamins
- Avoid alcohol

Once ready to race, we recommend starting off slow until you find a comfortable pace that you can maintain. Because of the higher elevation the air is thinner and your body will get tired faster and you'll need to adjust. It is recommended to carry an oxygen can as you run incase you find yourself out of breath.

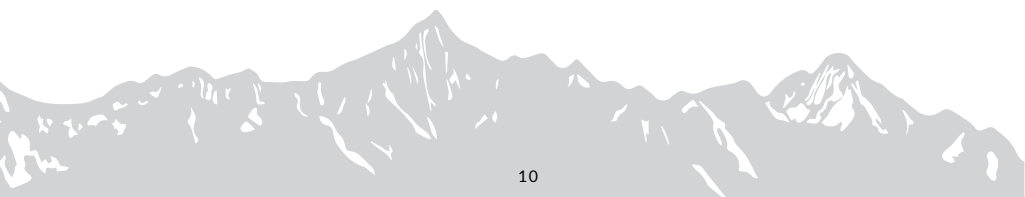
WEATHER & SUN PROTECTION

The top of the mountains is like cold winter, the middle is brisk fall weather, the lower mountains and foothills where runners will be running will offer spring like conditions with a cold early morning start with the weather warming up throughout the day. Local weather varies from mild with clear and sunny sky to cold and overcast. The average temperature in late April is 13°C / 55°F but has been know to go as high as 20°C / 68°F and as low as 1°C / 34°F. Low humidity with an average of only a few inches of rain.

Due to the high elevation the UV index is extremely high, using a running hat and sunscreen and lip balm is highly recommended. It is important to reduce your dehydration risk and to have adequate sun protection. We recommend to check the weather forecast a week before the race so you can dress appropriately.

HYDRATION

One of the greatest dangers for runners is completing the race in a dehydrated state. Before, during and after the race ensure that you are staying hydrated by drinking water. Make sure that you have been to the toilet BEFORE going into the start line. If you can go to the toilet it means that your kidneys are working and you are in good shape.





Race Timing & Rules

WEBSCORER RACE TIMING

For the Inagural Shangri-La Marathon the timing will be managed manually using the digital Webscorer app on an iPad. For this to method provide accurate time tracking from the start to the finish, please make sure your BIB number is clearly visible when you cross the finish line.



RACE RESULTS & CERTIFICATE

On Sunday morning after the race, each runner will receive an official finisher certificate with their finish time. Digital copies will also be emailed to each finisher. Final results will be posted online at Shangri-La-Marathon.com after the race has completed.

RACE RULES

- Entry fees are non-refundable and non-transferable. No exceptions.
- Once we receive and accept your entry, you will not receive a refund if you cannot participate, you may not give or sell your race number to anyone else. You may request a deferment for a future race. If you attempt to sell your race number, you may be banned from future Shangri-La Marathon events.
- Runners must be at least 16 years old by race day to participate in this race. As this is a challenging ultramarathon in higher elevation, young runners must be in great shape. Younger runners must have special approval from the Race Director to run the race.
- You must be in good health and physically prepared to take on the challenge of running an ultramarathon at high elevation.
- You must show photo ID/Passport and submit signed waiver to receive your race BIB and goodie bag.
- Race BIB numbers are required to participate and must visible from the front.
- As this is a trail course no bicycles, in-line skates, skateboards, baby joggers or dogs will be allowed on the course. This is a running event.
- All runners must be finished within 18-hours from the start.

CANCELATIONS

Entry fees are **NON-REFUNDABLE** and entries are **NON-TRANSFERABLE**. Sorry, no exceptions. Once we receive and accept your entry, you will not receive a refund if you cannot participate. You may not give or sell your number to anyone else. You **MAY** transfer your application to the following year or another Yunnan Marathon event.

DISCLAIMER

Please note that race information here represents what is planned for Shangri-La Marathon and Ultra. Locations, course variations, adjustments, and changes may apply depending on conditions, availability, and improvements. We strive to improve the event to make the best experience for the runners.



Participants

Thank you to all the participants for joining us for the Inaugural Shangri-La Marathon & Ultra race! Note: registered participants at the time of printing. Last minute and 3rd party participant names may not be listed.

100K ULTRAMARATHON

BIB	NAME	DISTANCE	GENDER	AGE	COUNTRY
100	Maurice Duteau	100K Ultra	M	53	Canada
101	Jochen Horn	100K Ultra	M	48	United States
103	Gillsoo Park	100K Ultra	M	49	South Korea
104	Karin Holzschuher	100K Ultra	F	47	Germany
105	子宏	100K Ultra	M	41	China
106	Chee Song Chan	100K Ultra	M	29	Malaysia
107	Brendan Mason	100K Ultra	M	53	Australia
110	邱奎馨	100K Ultra	M	41	Taiwan
111	張智能	100K Ultra	M	60	Taiwan
112	黃志銘	100K Ultra	M	48	Taiwan
113	賴國源	100K Ultra	M	46	Taiwan
114	全江明	100K Ultra	M	42	China
115	王晓林	100K Ultra	M	39	China

42K FULL MARATHON

BIB	NAME	DISTANCE	GENDER	AGE	COUNTRY
300	Santih Gunawan	42K Full	F	38	Indonesia
303	Bradley Lamb	42K Full	M	36	New Zealand
304	Misty Tyler	42K Full	F	39	United States
306	Shawn Larsen	42K Full	M	47	United States
307	Yves Clerc	42K Full	M	40	Switzerland
308	Edward Ray	42K Full	M	37	United States
309	林 钢	42K Full	M	42	China
310	殷育傑	42K Full	M	59	Taiwan
311	闫志平	42K Full	M	63	China
312	Bertha Estrada Hinojosa	42K Full	F	41	Mexico
313	Jeffrey Fong	42K Full	M	27	New Zealand
314	Sing Khean Hah	42K Full	M	43	Malaysia
318	Charles de Carvalho	42K Full	M	23	Netherlands
319	Salvador Martinez Igarza	42K Full	M	26	Spain
320	Nicolle Justus	42K Full	F	38	United States

21K HALF MARATHON

BIB	NAME	DISTANCE	GENDER	AGE	COUNTRY
400	Esty Wulandari	21K Half	F	37	Indonesia
401	Megan Corry	21K Half	F	29	New Zealand
402	Shanaz Shamsuddin	21K Half	F	36	Malaysia
403	Chen Feng Tsai	21K Half	M	32	Malaysia
404	Ian McMurray	21K Half	M	50	South Africa
405	William Webb	21K Half	M	34	United Kingdom
406	Lucy Watson	21K Half	F	34	United Kingdom
407	辜桃君	21K Half	M	30	China
408	王文娟	21K Half	F	48	China
409	Talia Tay	21K Half	F	26	Malaysia
410	KaiWa Ng	21K Half	M	59	Singapore
411	Rosamund Sargisson	21K Half	F	27	New Zealand
412	David Sambolin	21K Half	M	47	Puerto Rico
413	Robert Garner	21K Half	M	55	United Kingdom
414	Sook Yee Chan	21K Half	F	33	Malaysia



50K ULTRAMARATHON

BIB	NAME	DISTANCE	GENDER	AGE	COUNTRY
200	Wolf Kantelhardt	50K Ultra	M	41	Germany
201	Poh Suan Puah	50K Ultra	F	49	Singapore
202	Andrey Kirikov	50K Ultra	M	39	Russia
203	Maggie Kim Hong Goh	50K Ultra	F	51	Malaysia
204	Ler Yong Liang	50K Ultra	M	23	Singapore
205	Alvin Pang	50K Ultra	M	39	Singapore
206	Chiu Kui Kam	50K Ultra	M	29	Hong Kong
207	Lukasz Zbigniew Kalota	50K Ultra	M	30	Poland
210	Yet Li Choke	50K Ultra	F	?	Malaysia
211	Kah Yong Kwan	50K Ultra	M	?	Malaysia
212	Edward Ong	50K Ultra	M	58	Malaysia
213	Kumar Sinatambi	50K Ultra	M	51	Malaysia
214	Keir Garrett	50K Ultra	F	49	New Zealand
215	周天寶	50K Ultra	M	64	Taiwan
216	田駿綱	50K Ultra	M	48	Taiwan
217	梁佳莉	50K Ultra	F	39	Taiwan
218	王元	50K Ultra	M	49	China
219	赖长青	50K Ultra	M	48	China
220	李江	50K Ultra	M	45	China
221	史飞	50K Ultra	M	43	China
222	Guan Huat Sim	50K Ultra	M	56	Singapore
223	Wong Hoo Sim	50K Ultra	M	59	Singapore
224	Shawn Warren	50K Ultra	M	50	Canada
225	Sie Ping Lau	50K Ultra	M	61	Malaysia
226	Cheng Keat Tan	50K Ultra	M	62	Singapore
227	Siew Lu Chng	50K Ultra	F	34	Singapore
228	Ingrid Kamphuis	50K Ultra	F	38	Netherlands
229	Molly Sheridan	50K Ultra	F	58	United States
230	Jake Woodhouse	50K Ultra	M	26	United Kingdom
231	George Delamain	50K Ultra	M	26	United Kingdom
232	張煥森	50K Ultra	M	53	Taiwan
233	陳為吉	50K Ultra	M	46	Taiwan
234	黃淑禎	50K Ultra	F	47	Taiwan
235	張宗騫	50K Ultra	M	62	Taiwan
236	洪秋吉	50K Ultra	M	64	Taiwan
237	李明德	50K Ultra	M	52	Taiwan
238	李桂芳	50K Ultra	F	44	Taiwan
239	范明鐘	50K Ultra	M	54	Taiwan
240	Andes Leung	50K Ultra	M	44	Hong Kong
241	李振春	50K Ultra	M	50	Taiwan
242	顏慶芳	50K Ultra	M	50	Taiwan
243	陳邦堅	50K Ultra	M	64	Taiwan
244	黃冠凱	50K Ultra	M	33	Taiwan
245	王坤樹	50K Ultra	M	59	Taiwan
246	鄭博文	50K Ultra	M	53	Taiwan
247	湯有聖	50K Ultra	M	34	Taiwan
248	陳國明	50K Ultra	M	56	Taiwan
249	吳沛融	50K Ultra	M	54	Taiwan
250	Henry Hudson-Evans	50K Ultra	M	26	United Kingdom
251	Brendan Smith	50K Ultra	M	50	Australia
252	Prem Kumar Ramadas	50K Ultra	M	38	Malaysia
253	Tyler Harlan	50K Ultra	M	31	United States
254	Poi Yee Lim	50K Ultra	F	39	Malaysia
255	Teck Khing Lee	50K Ultra	M	59	Singapore
256	Man Ling Maria Chan	50K Ultra	F	53	Hong Kong
257	Chi Leung Li	50K Ultra	M	56	Hong Kong
258	Hon Shing Tse	50K Ultra	M	56	Hong Kong
259	Poon Kim Man	50K Ultra	M	45	Hong Kong
260	William Moss	50K Ultra	M	33	United Kingdom
261	Ruo Fei Cheah	50K Ultra	M	39	Malaysia
262	Stanley Hiu	50K Ultra	M	42	Malaysia
263	Wai Hoong Yip	50K Ultra	M	30	Malaysia

Yunnan Puzhehei Marathon



Come discover the enchanting beauty of Puzhehei's unique karst land formations and crystal clear lakes as you run the one-of-a-kind Yunnan • Puzhehei Marathon! A destination marathon race that celebrates the lands of Puzhehei in the Yunnan Province of Southern China.

Climb to the top of the Green Dragon Mountain to get breathtaking panoramic views, then run through the pathways, bridges, trails, and farms surrounded by hundreds of karst land formations, lakes, and fields. These undeveloped lands are known have some of the purest air quality in China.

Race day is October 24th, 2015

Featuring 42K Full Marathon, 21K Half Marathon, 10K and 5K Fun Run distances to run. It's not just the race, runners can participate in a bonfire and dance celebration presented by the local native people, plus experience the spectacular course preview through a cave and boat tour the day before the race!

A combination that provides runners a truly unique experience that they will remember for a lifetime. Shangri-La Marathon participants get a \$50.00 discount with code: LOSTRUN50. Registration is limited, secure your spot today.

YunnanMarathon.com

#RunYunnan



Thank You!

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

It is with great honor and appreciation that we thank the local government officials, park services, 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

NAME	COUNTRY
Yazid Ks	Singapore
Ivan Nikolaenko	Belarus
Catherine Oh	Singapore
Billy Priyanto	South Korea
Yoke Yuen Chew	Malaysia
Ibrahim Raifu	Qatar
Siong Chou Lim	China
Lu Yi Yap	Malaysia
WoonChin Farm	Malaysia
Shawn Pan	Malaysia
Sumin Sie	Malaysia
Siem Qing Ho	Malaysia
Susannah Shipton	United States
Wing Yi Ng	Hong Kong
Lu Ying Yap	Hong Kong
Chun Kit Lai	Hong Kong
Charles Wong	Hong Kong
Hui Tung Law	Hong Kong
Paul Young	United States
单勇	China
Jianya Liu	China
Wen Rong Li	China
王建平	China
Janice Law	Canada

AMBASSADORS

NAME	COUNTRY
Brendan Smith	Australia
Molly Sheridan	United States
Chee “Zed” Song Chan	Malaysia
Maggie Kim Hong Goh	Malaysia
Peter Chan	United States
Bertha Estrada Hinojosa	Mexico
方炫欽/ Fang Hsuan-Chin	Japan
Christopher Ord	Australia
Simon Madden	Australia

TEAM

NAME	COUNTRY
Jenny Majamaki	Taiwan/USA
Terry Majamaki	Finland/USA
毛靜 “MJ”	China
徐炤 “Oscar”	China



Doding, race mascot



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