

Kathmandu International Trail Marathon 2026

Terms & Policies Handbook

Last Updated: October 15, 2025

1. General Rules

Participants must be 18 years or older on race day to compete in the marathon distance. The 10K and 5K fun runs are open to participants aged 12 and above with parental consent.

- **Race Bibs:** Bibs must be worn on the front of the body and visible at all times.
- **Checkpoints:** Runners must pass through all timing mats and checkpoints. Missing a checkpoint results in disqualification.
- **Cut-off Times:** Strict cut-off times are enforced for safety. Runners failing to meet these will be transported to the finish.

2. Refund & Transfer Policy

Our refund policy is designed to be fair while covering upfront costs.

Before Jan 1, 2026: 75% Refund (Less admin fee (\$25))

Jan 2 - Mar 1, 2026: 50% Refund (Or 100% deferral to 2027)

After Mar 1, 2026: No Refund (Exceptions for medical emergencies)

3. Safety Protocols

The KITM course traverses high-altitude terrain. Personal responsibility is paramount.

Medical Clearance:

A signed certificate (within 3 months) is required.

Insurance:

Helicopter evacuation insurance is mandatory for international runners.

4. Liability Waiver

I acknowledge that trail running carries inherent risks including serious injury or death. I certify physically fitness and assume all risks. I waive, release, and discharge organizers from liability arising from negligence. I indemnify and hold harmless the persons mentioned from all claims made as a result of participation.

5. Code of Conduct

KITM is committed to environmental stewardship (Leave No Trace).

Zero Waste:

Littering is grounds for immediate disqualification.

Respect:

Yield to locals and livestock; dress modestly in villages.