

3RD EDITION

KAUVERY
Marathon
NELLAI



RACE INFORMATION BOOKLET

NELLAI

Radio Partner



Venue Partner



St. John's College
Palayamkottai, Tirunelveli.
Re-Accredited by NAAC with 'A' Grade

Hydration Partner



BRITISH EMPIRE
PREPARED DRINKING WATER



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RACE CATEGORIES & START TIMES

START POINT : ST.JOHN'S SCHOOL GATE

10 KM Run
6:00 A.M.

5:45 A.M. : Line-up for 10 KM Run
6:00 A.M. : Start of 5km Marathon

5 KM Run
6:15 A.M.

6:00 A.M. : Line-up for 5km Marathon
6:15 A.M. : Start of 5km Marathon*

The run(s) will start promptly as per start time mentioned above.
Request you to assemble at the venue 30 minutes prior to the respective start time.
*Start time is subject to change in case of unexpected circumstances.

MARATHON EXPO

Date: Friday 20th September 2024 | Time : 10:00am to 5:30pm

Saturday, 21st september 2024 | Time : 10:00am to 5:30pm

VENUE: Kauvery Hospital Vannarapettai, 110E, 20/1, N Bypass Rd, Vannarapettai,
Tirunelveli, Tamil Nadu 627003

Registered runners of Kauvery Marathon Nellore 2024 can collect their Bib and marathon kits. It is also an opportunity to interact with other runners and meet the pacers. Do come along with your family and friends to the Expo.

INSTRUCTIONS TO COLLECT THE MARATHON KIT

Please find below a set of instructions to collect your Bib and Marathon kit at the Expo. Kindly bring the following while collecting the kit in person: Copy of the email / SMS confirming your bib number [you may show it on your smartphone or bring along a printout]

- An original photo identity proof, preferably the one used during registration (Driving License, Passport, School/ College ID card, PAN card, Voters ID card, Aadhar card)

In case you are unable to attend and wish to send a representative to collect the bib, the following needs to be produced at the Expo:

- An authorization letter signed by participant directing us to hand over the kit to the representative
- A photocopy of the representative's ID proof (Driving license, Passport, School/ College ID card, PAN card, Voters ID card, Aadhar card)

Please note that your entry to Maa Kauvery Marathon Trichy 2024 is Non-transferable.

PRE-RACE DAY CHECKLIST

- Check your email and website www.kauverymarathon.com regularly for race updates
- Hydrate well during the day; do not overeat
- Get adequate sleep the night before the race
- Plan for unexpected weather like heat or rain at the event. A cap is strongly recommended if it is likely to be sunny.
- A light jacket is recommended in case of expected rain
- Familiarise yourself with directions to the start point from the route map provided in this booklet.
- Plan to arrive at least 30 - 40 minutes before the start of your race. Public transport may not be reliable in the early hours of the day. Please pre-book cabs or carpool to the venue
- Be aware of road closures and plan your route to the venue accordingly
- Pin your bib on your t-shirt as per the instructions provided a day before the race
- Ensure all your gear is ready for race day (clothes, shoes, etc.)

RACE DAY INSTRUCTIONS

Ensure you leave home as early as possible, to avoid any delays.

The maximum time given to a runner to finish their respective races is 8.45 AM, after which traffic restrictions will be eased and there will be no aid support available.

Some of the essentials to be carried with you may include a cap, headband, wristband, rain jacket (in case of expected rain), sunscreen, sunglasses, energy gels, lubricants to prevent chafing, and others.

Avoid carrying excess cash or valuables.

MEDICAL ASSISTANCE ON RACE DAY

MEDICAL ADVICE

We all run to stay healthy, but it is more important to stay healthy to run in the event. Running a half-marathon, or even a 10KM, requires adequate training and good health to run on race day. If you are not feeling well enough to participate in the event, reconsider your decision to participate. Remember that your health is more important than participation.

- It is always advisable to have a medical check-up even before you commence training for the event. It is more important if you have felt uneasiness, chest pain or any other kind of unusual discomfort while training.
- Eat healthy before the race day. Ensure your food has adequate carbohydrates to fuel for the run next day.
- During the night before marathon, add extra salt in your food (not advised if you have high BP)
- Warm-up well ahead of the run.
- Drink a glass of fluid every 15-20 minutes on the run (even more if you feel hot or humid). Every 3rd or 4th drink must be a glass of electrolyte.

MEDICAL ASSISTANCE

Medical assistance is available at every aid station, along with ambulances and emergency vehicles.

If you need any medical attention during the race or decide to drop out, please inform a race marshal or volunteer and seek assistance. You are the best judge of your body and your overall well-being is critical to the success of this event.

- Stop when you are asked to stop by a medical or a volunteer. Co-operate with them as it is in your interest to do so.

In case of any medical emergency, please approach the nearest aid station or volunteers.

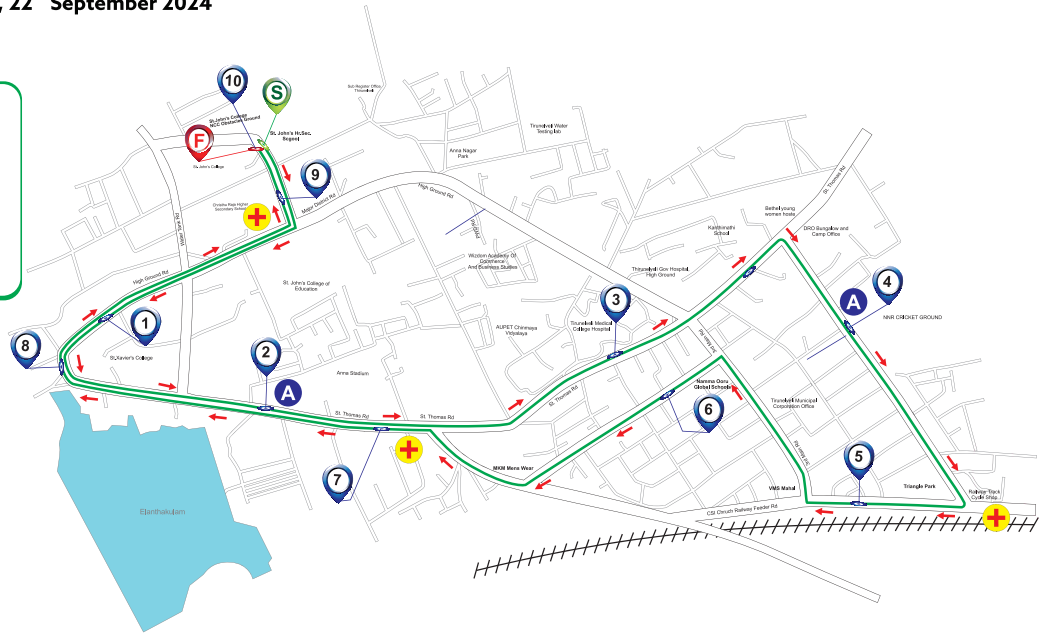
- A fully equipped medical tent is available in the finish area.

10 KM ROUTE MAP

Distance: 10 KM
Reporting Time: 5:45 a.m.
Run Start Time: 6:00 a.m.
Start Location: St.John's School Gate
Finish Location: St.John's College - NCC Obstacles Ground Gate
Race Day: Sunday, 22nd September 2024

— Running Route
 (S) Start Point
 (P) Finish Point
 (km) Distance(km)
 → Route Direction
 (A) Aid Station
 (+) Ambulance

SCAN QR CODE
 To get the map on your smart phone



* Route & Run start time subject to change without notice
 * Route map for illustration purpose & Not to scale

5 KM ROUTE MAP

Distance: 5 KM

Reporting Time: 6:00 a.m.


Run Start Time: 6:15 a.m.


Start Location: St.John's School Gate


Finish Location: St.John's College - NCC Obstacles Ground Gate


Race Day: Sunday, 22nd September 2024


— Running Route


 Start Point

 Finish Point

 Distance(km)

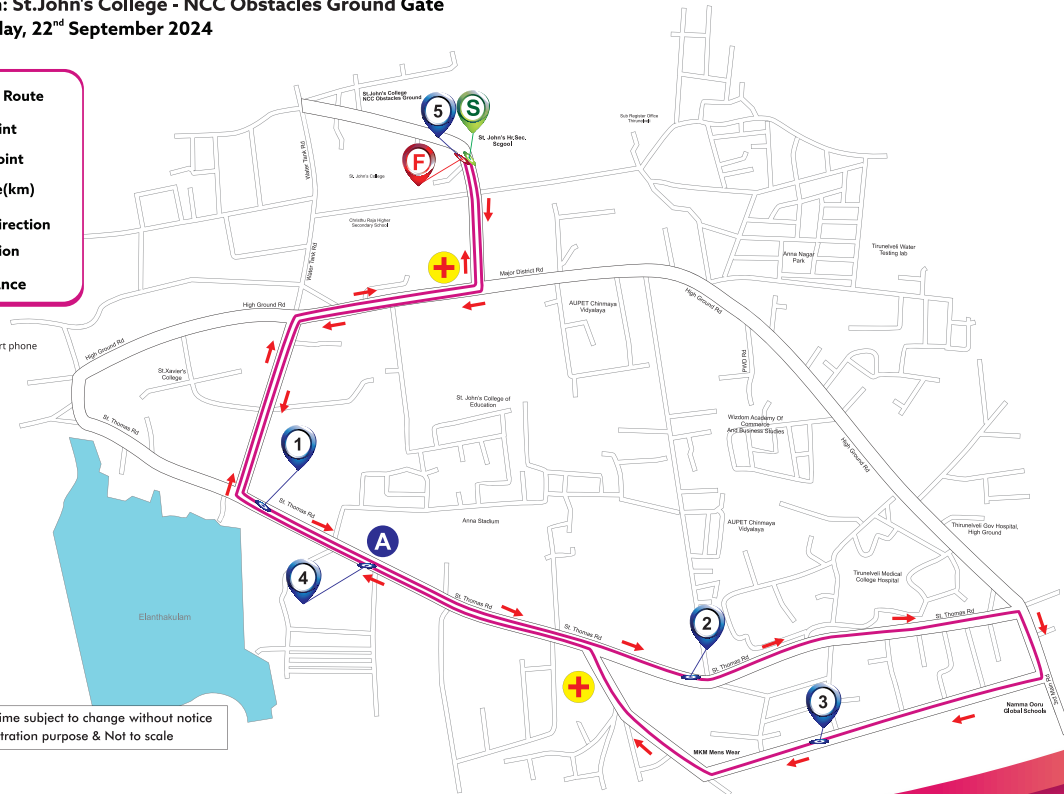
 Route Direction

 Aid Station

 Ambulance

SCAN QR CODE

To get the map on your smart phone

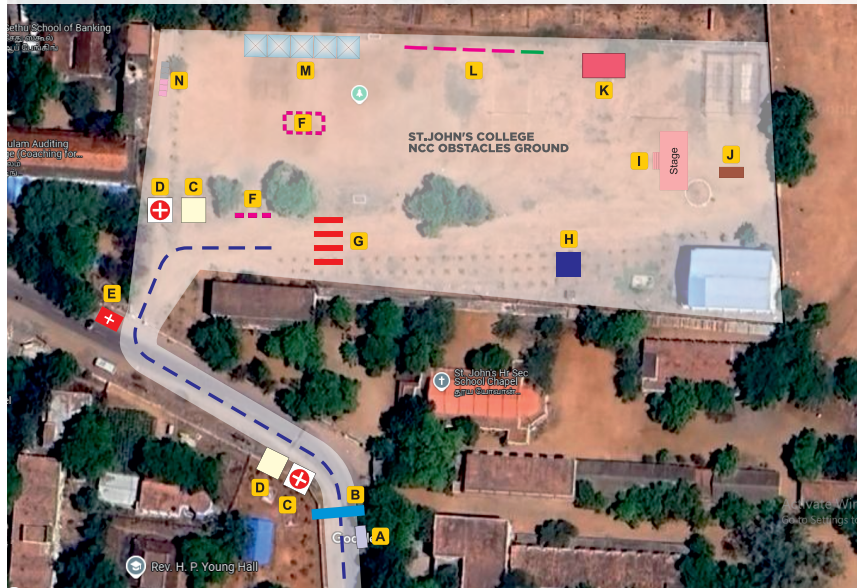


* Route & Run start time subject to change without notice
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FINISH LAYOUT

ST. JOHN'S COLLEGE - NCC OBSTACLES GROUND 5KM, 10KM START & FINISH AREA LAYOUT

- | | |
|--|------------------------------|
| A - Flag Off Stage | H - Lost & Found |
| B - Start & Finish Arch | I - Stage |
| C - Medical Tent | J - Genset |
| D - Recovery Zone | K - VIP Lounge Area |
| E - Ambulance | L - I Finish Board |
| F - Water & Refreshment Point | M - Breakfast Counter |
| G - Medal Distribution Tables | N - Rest Room |



AFTER THE FINISH

The race ends at Periyar St.John's School Gate. Please check the map for exact location and exits towards parking.

No matter the time of finish, each one of you is a winner.

A beautifully crafted medal awaits each one of the runners who have completed the course.

Keep walking after you finish until you find a quiet place to rest and relax.

Remember that there are many others behind you finishing the event.

Refreshments will be served for all runners. Kindly show your bib at the counter.

Finisher certificates will be available online at www.kauverymarathon.com, 48 - 72 hours after race completion.

Photo opportunities are available across the ground for 'selfies' and 'photo shoots'

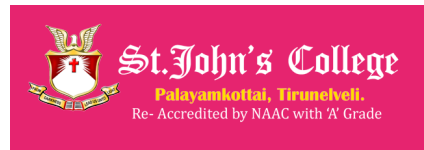


WE THANK OUR PARTNERS

Radio Partner



Venue Partner



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**SEE YOU AT
THE START LINE**