

4TH EDITION

KAUVERY
Marathon
SALEM

Run for your Healthy Heart.



RACE INFORMATION BOOKLET

SALEM

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RACE CATEGORIES & START TIMES

START POINT : Mahatma Gandhi Stadium.

Half Marathon
4:30 A.M.

4:00 A.M. : Line-up for Half Marathon
 4:30 A.M. : Start of Half Marathon*

10 KM Run
5:30 A.M.

5:00 A.M. : Line-up for 10 KM Run
 5:30 A.M. : Start of Half Marathon*

5 KM Run
7:00 A.M.

6:30 A.M. : Line-up for 5 KM Run/Walk
 7:00 A.M. : Start of Half Marathon*

Prize
Distribution
8:00 A.M.

Finish Area - Mahatma Gandhi Stadium

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 27th September 2024 | Time : 10:00am to 5:30pm
Saturday 28th September 2024 | Time : 10:00am to 5:30pm

VENUE: Kauvery Hospital , 29/50, Trichy Main Rd, Opp.to Chandra Mahal,
M G R Nagar, Seelanaickenpatti, Salem, Tamil Nadu 636201.

Registered runners of Kauvery Marathon Salem 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.

TIMING CHIP

YOUR BIB

- Your running number, or the bib as it is commonly said, is the most important piece of document for a runner while running the race.
- Secure the bib properly to your t-shirt using the pins provided. The pins are fastened to each corner of the bib. Please ensure that the bib is fastened in front of your running t-shirt so that your bib number is clearly visible to all. It must NOT be pinned on the back of the t-shirt. Always keep the bib number visible. Do not remove or cover the bib during the run.
 - You will not be permitted to run without a bib. Race Marshals and Police are authorized to pull you from the route if found running without a bib.
 - Medals and breakfast are provided only to those wearing their bib.
 - Only those wearing bib will be permitted inside the finish venue.



TIMING CHIP

- Your BIB comes with an RFID chip if you are a (i) 21.1 km runner, (ii) 10 km runner.
- Do not fold or crumple your bib number or tag.
- Do not remove the foam spacer.
- Do not separate or remove the 'bib tag' (timing chip) from the bib number.
- Always remember that the timing mat must be able to record your time when you are crossing it.
- You cannot use any bib other than your own, to record your time.
- Please do NOT lose your bib and do NOT exchange your bib with anyone else - each bib is digitally registered to you and your running number. We suggest you keep your bib safe and unfolded until the night before the race and then attach it to the front of your running shirt.
- Do not let the bib come in contact with any kind of metal.

HALF MARATHON ROUTE MAP

Running Route



LEGEND

- Running Route
- Start Point
- Finish Point
- Distance(km)
- Route Direction
- Aid Station



SCAN QR CODE
 To get the map on your smart phone

HALF MARATHON ROUTE MAP

Distance: 21.1 KM
 Reporting Time: 4:00 A.M.
 Run Start Time: 4:30 A.M.
 Start Location: Mahatma Gandhi Stadium
 Finish Location: Mahatma Gandhi Stadium
 Race Day: Sunday, 29th September 2024



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

10KM MARATHON ROUTE MAP

Distance: 10 KM
Reporting Time: 5:00 A.M.
Run Start Time: 5:30 A.M.
Start Location: Mahatma Gandhi Stadium
Finish Location: Mahatma Gandhi Stadium
Race Day: Sunday, 29th September 2024

SCAN QR CODE
To get the map on your smart phone

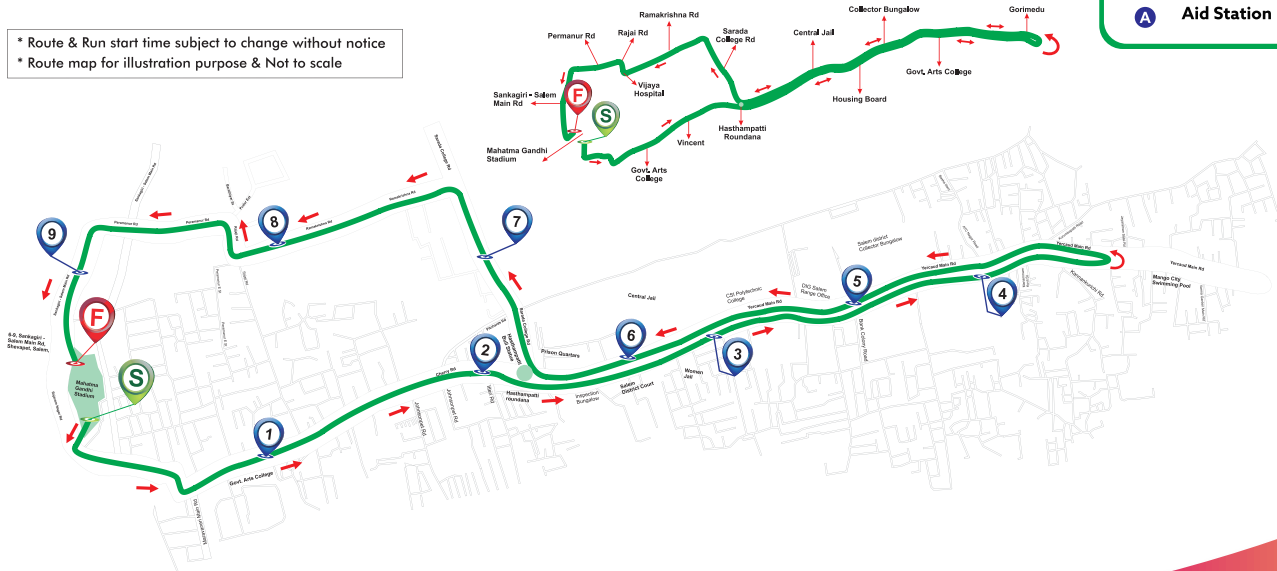


LEGEND

-  Running Route
-  Start Point
-  Finish Point
-  Distance(km)
-  Route Direction
-  Aid Station

Running Route

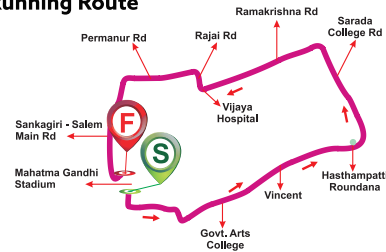
* Route & Run start time subject to change without notice
 * Route map for illustration purpose & Not to scale



5KM MARATHON ROUTE MAP

Distance: 5 KM
Reporting Time: 6:30 a.m.
Run Start Time: 7:00 a.m.
Start Location: Mahatma Gandhi Stadium
Finish Location: Mahatma Gandhi Stadium
Race Day: Sunday, 29th September 2024







Running Route



SCAN QR CODE
To get the map on your
smart phone



LEGEND

-  Running Route
-  Start Point
-  Finish Point
-  Distance(km)
-  Route Direction
-  Aid Station

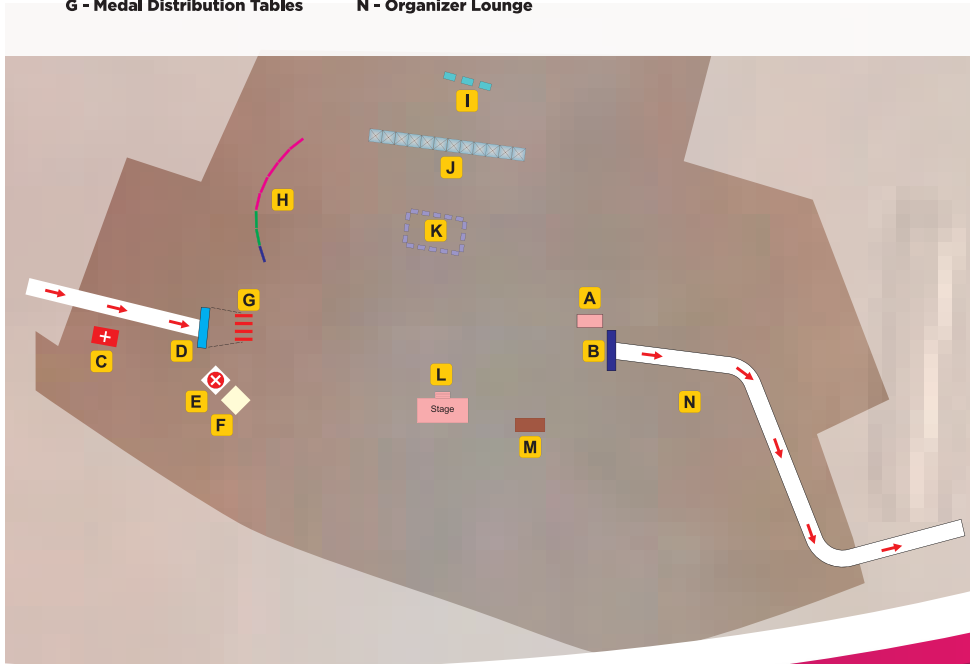


* Route & Run start time subject to change without notice
* Route map for illustration purpose & Not to scale

FINISH LAYOUT

MAHATMA GANDHI STADIUM 5KM, 10KM & 21KM FINISH AREA LAYOUT

- | | |
|--------------------------------------|--|
| A - Flag off Stage | H - I Finished Backdrop |
| B - Start Arch | I - Handwash |
| C - Ambulance | J - Breakfast Counter |
| D - Finish Arch | K - Water & Refreshment Point |
| E - Medical Tent | L - Stage |
| F - Recovery Zone | M - Genset |
| G - Medal Distribution Tables | N - Organizer Lounge |



PRIZE DISTRIBUTION

Prizes for the first 3 finishers will be awarded at 8:00 A.M. in the finish area. Winners will be informed at the finish line by race officials.

Winners in Age categories may be asked to furnish proof of age, if necessary.

Winners will be determined only by gun time as per the rules of competition as prevalent internationally.

21.1 KM MALE

AGE CATEGORY	FIRST	SECOND	THIRD
18-50	20000	15000	10000
50+	20000	15000	10000

21.1 KM FEMALE

AGE CATEGORY	FIRST	SECOND	THIRD
18-45	20000	15000	10000
45+	20000	15000	10000

10KM MALE

AGE CATEGORY	FIRST	SECOND	THIRD
16-25	5000	4000	3000
25-40	5000	4000	3000
40+	5000	4000	3000

10KM FEMALE

AGE CATEGORY	FIRST	SECOND	THIRD
16-25	5000	4000	3000
25-40	5000	4000	3000
40+	5000	4000	3000

5 KM MALE

AGE CATEGORY	FIRST	SECOND	THIRD
12-18	3000	2000	1000
19-40	3000	2000	1000
40+	3000	2000	1000

5 KM FEMALE

AGE CATEGORY	FIRST	SECOND	THIRD
12-18	3000	2000	1000
19-40	3000	2000	1000
40+	3000	2000	1000

AFTER THE FINISH

The race ends at Mahatma Gandhi Stadium. 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'



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**SEE YOU AT
THE START LINE**