



# nive<sup>us</sup> MANGALORE MARATHON

MY RUN, MY PACE

05 NOVEMBER 2023

RUNNER'S GUIDE





Mangalore Runners Club, or MRC, is a dynamic community of individuals from diverse backgrounds, united by a shared love for running and a dedicated commitment to leading active and healthy lives. The club was founded by a group of passionate running enthusiasts.

At MRC, we prioritize building strong bonds of camaraderie and mutual support among our members. Our weekly Sunday runs and monthly run clinics aim to assist each member in reaching their fitness aspirations and attaining personal milestones.

Our dedication extends to the organization and promotion of running events that serve as a gathering point for runners from all corners of the country. We invite you to become a part of our vibrant community, where you'll experience the pure exhilaration of running alongside a supportive group that values fitness, well-being, and individual accomplishments. Join us and embark on your running journey with like-minded enthusiasts who celebrate the pursuit of health, fitness, and personal success.

 @mangalore.runners

 <https://www.mangalorerrunnersclub.com/>

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## Precautions when handling your RFID Running BIB



**PLEASE NOTE: A RFID tag has been attached to the bib of your race BIB. To make sure that the effectiveness of the RFID tag does not reduce;**

- **Don't fold or crumple your number bib or timing tag.**
- **Don't pierce the tag while pinning on number bib on your vest.**
- **Don't remove the timing tag from the bib.**
- **Don't place your bib on your television set or near any electronic gadget**

## Quick checklist to go through before race day...

- Read the handbook thoroughly to understand all the important details.
- Ensure that your medical/health insurance is up to date and valid.
- Confirm that your emergency contact person (as mentioned in the application form) is available and easily reachable on race day in case of any emergency.
- Since Mangalore can be quite humid, plan your running clothing and accessories accordingly. Consider checking the temperature forecast in Mangalore on 5/11/2023.
- Familiarize yourself with the event location so that you can plan your time to be at the venue accordingly.
- Know your respective course well; it's your responsibility to be familiar with it on race day.

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#### CONTACT FOR MORE INFORMATION

#### MANGALURU

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## Medical Advisory

### *Safety Tips for the Race Day*

Dear Runner,

Your health and safety are our top priorities at the Niveus Mangalore Marathon My Run, My Pace

To ensure your safety: We've partnered with KMC Hospital, Mangaluru for Medical assistance.

Medical facilities include services of an Ambulance, Mobile medics, Aid stations along the hydration point at specific locations. Each Aid stations is well equipped with a Team of Doctor, Physiotherapist and Nursing care.

#### Assess your readiness with this checklist

- | Chest pain during Physical activity?
- | Dizziness or blackouts during exercise?
- | Easily short of breath?
- | Joint pain or backaches during physical activity?
- | Medication for diabetes, High blood pressure, or a heart condition
- | Recent viral illness or fever?
- | Prolonged illnesses in the last 3 months?
- | Epilepsy?
- | Chronic stress and poor sleep?
- | Advised to undergo coronary angiography or had revascularization procedures?
- | Consult your doctor if you feel unwell or answer YES to any questions.
- | Any hospitalisation required during the marathon will be responsibility of the Athlete

Your safety is your responsibility. Prepare with a gentle shake-off run, warm-up properly, and consider the weather (22° to 31° C). Stick to your training routine, stay hydrated, and call for help if needed.

Wishing you a safe and successful run on a race day.

# Race Day Timeline

  
Gates Open  
**3:45 AM**

  
FM Warm Up  
4:00 AM

  
FM Flag Off  
4:15 AM


  
HM Reporting  
4:45 AM

  
10K Reporting  
5:30 AM

  
HM Flag Off  
5:15 AM

  
HM Warm Up  
5:00 AM


  
10K Warm Up  
5:45 AM

  
10K Flag Off  
6:00 AM


  
Breakfast  
7:00 AM

  
5K Reporting  
7:00 AM

  
5K Warm Up  
7:15 AM

  
5K Flag Off  
7:30 AM

  
2K Reporting  
7:40 AM

  
2K Warm Up  
7:50 AM

  
2K Flag Off  
8:00 AM

  
Dream Run  
8:30 AM

  
Closing Ceremony  
Begins  
**8:30 AM**

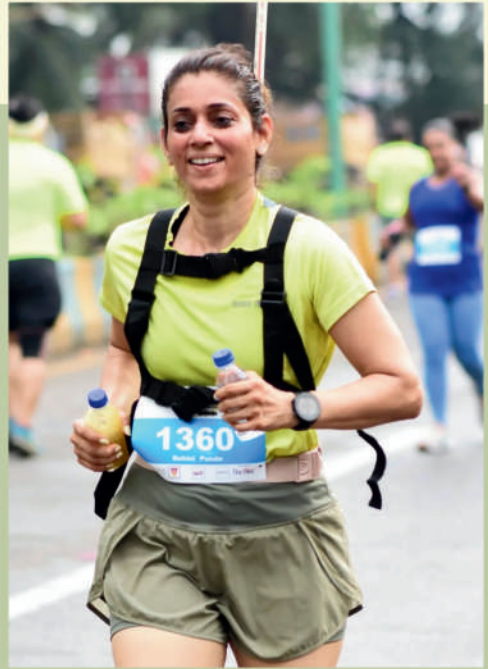


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- This Voucher is only for offline purchases
- 1 Voucher for 1 person, more vouchers are not acceptable while billing
- Voucher Validity till JANUARY 2024

**MANGALORE MARATHON**

## At the venue on race day...

On race day, you must reach the venue entrance gates at least 30 minutes prior to the scheduled start time. This early arrival allows ample time for you to access your designated start pens, avail essential facilities like toilets, water & access the medical aid stations (in case you need any immediate medical attention), and importantly, mentally prep up for your race. Do anticipate queues at the approach roads and at the stadium entrance gates. You are advised to plan your journey accordingly, reach the venue in time and enjoy a stress-free start to your race.

## Entry to the venue

On race day (5/11/2023) Mangala Stadium, Mangalore is the Event Venue where all the race events marathon race will start and finish at (except the 10K which will end at Tannir Bhavi). You can enter the stadium premises through main gate. Only confirmed participants wearing the valid running bib are allowed inside the stadium premises. Participants should make necessary arrangements to meet their friends/family/supporters, before and after your run, strictly outside the stadium premises.

Only participants wearing a valid bib will be allowed entry to the event venue. You are requested to cooperate with the police and security personnel.



Scan barcode for  
**Mangala Stadium  
Main Entrance**  
on



## Parking

If you choose to travel to the venue using your car or motorbike, there is limited parking space available for race participants on event day at Karavali Utsav Ground, located behind Mangala Stadium. There will be an access gate to Mangala Stadium directly from Karavali Utsav Ground. We urge you to car pool on race day.



Scan barcode for  
**Parking at Karavali  
Utsav Ground**  
on



## Baggage Drop

- While we provide baggage services as a convenience, please use them at your own risk.
- You can store one bag at the baggage counters.
- Keep the counterfoil of the baggage tag for easy retrieval after your run.
- Please avoid leaving valuables like your mobile phone, camera, or watch in the stored bag, as the NMM2023 organizers are not responsible for any loss, theft, or misplacement of your bag or its contents

## Warm Up

Your race day will start on high energy with the much needed warm-up conducted by Fitness Partner , Zeus Fitness Club . Warming up is an important part of distance running; it gets your body ready for physical exertion on course. Over the years, this warm-up has seen incredible number of runners preparing themselves for the race with coaches providing advice ahead of the race.



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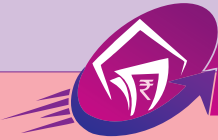


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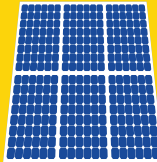
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 5K, 2K start

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 FM, HM, 10K start



Medical



Physio

**VENUE MAP**

**NIVEUS MANGALORE MARATHON**  
MY RUN, MY PACE

## Timing Mats

- When you run the race, make sure to pass through all the timing mats located at specific points on the course. This is in addition to the timing mats at the start and end point.
- Why it's important: If you miss running through all the timing points, your race timings and rankings won't be generated. Your performance will be considered incomplete, and you won't be eligible for rankings or prize money winnings.

## Race Pacer Information

Helping runners to pace their runs and finish at the predesignated finish time, are 16 seasoned runners, the Official NMM2023 Pacers. These Pacers will be stationed at their respective start sections within the holding area, depending on the bus they are leading individually. A Pacer can be identified by the flag s/he will be carrying; the net finish time within which the pacer is expected to cross the finish line will be mentioned on the flag.

*Disclaimer* – Pacing is a voluntary act. Neither the pacer nor the NMM2023 organizers can be held responsible if the pacer is unable to complete his/her race within the specified time or unable to start the race due to reasons whatsoever.



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(4) For Q3 FY23

(5) As of December 31, 2021

(6) In Collaboration with Fedex

## Important Race Day Timings & Route Maps

### Half Marathon:

- Race Start time: 5:15 AM
- Warm Up: 5: 15 AM
- Reporting time: 4:45 AM
- You have 3½ hours from the start time to complete the half marathon distance.
- If you can't finish within this time, please stay to one side of the road and make your way to the finish line.

### 10k Run:

- Race Start time: 6:00 AM
- Warm Up: 5: 45 AM
- Reporting time: 5:30 AM
- You have 100 minutes from the start time to complete the 10k distance.
- If you can't finish within this time, please stay to one side of the road and make your way to the finish line.



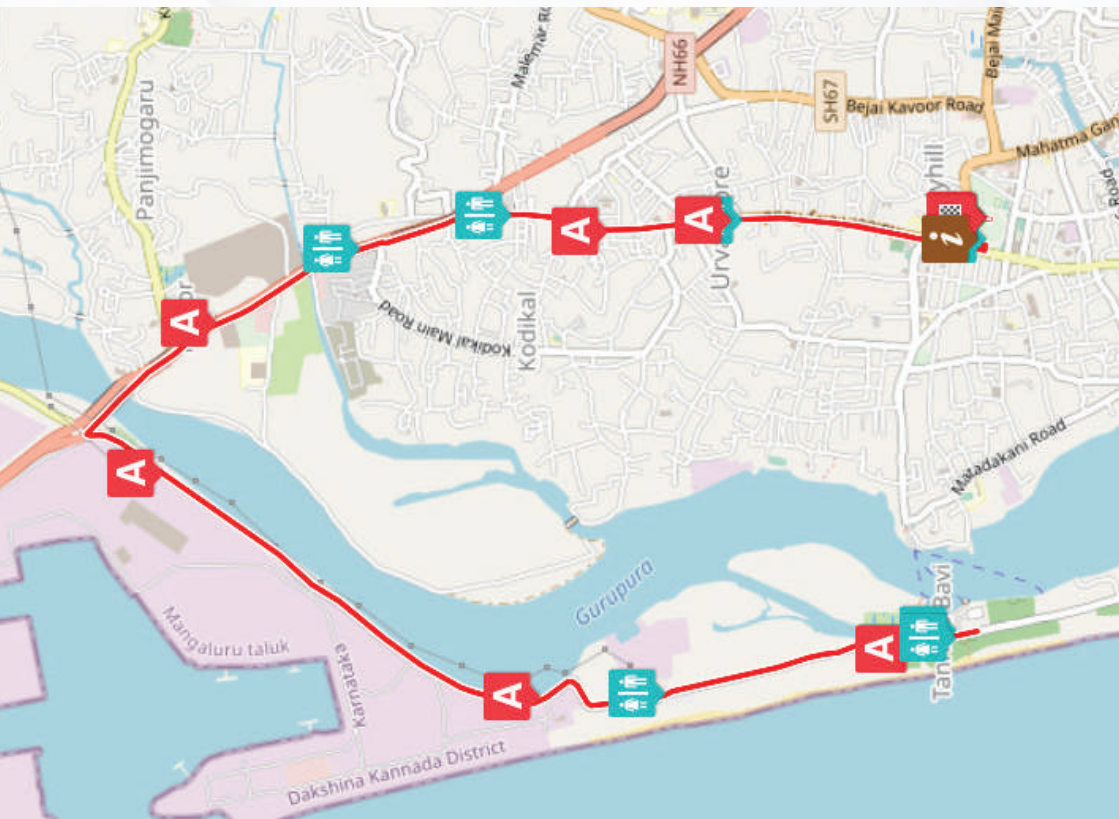
## Special Instructions for 10K Race

Unlike all other race categories, the 10K race concludes at Tannir Bhavi. Once you've crossed the 10K finish line, collect your finisher medal, help yourself to some hydration, medical aid, etc. Afterward, you can head to the "Tanni Bhavi Boat Jetty." Here, runners with valid 10K BIBs will enjoy free access to a ferry service that will take you across the Gurpura river to the "Sultan Battery Boat Jetty." From there, you'll have access to a free bus ride back to Mangala Stadium.

## Route Map

-  **Aid Station**  
Water & Hydration First Aid
-  **Water & Hydration**
-  **START Point**
-  **FINISH Point**
-  **Toilets & Restroom**
-  **AMBULANCE**
-  **Baggage Counter**

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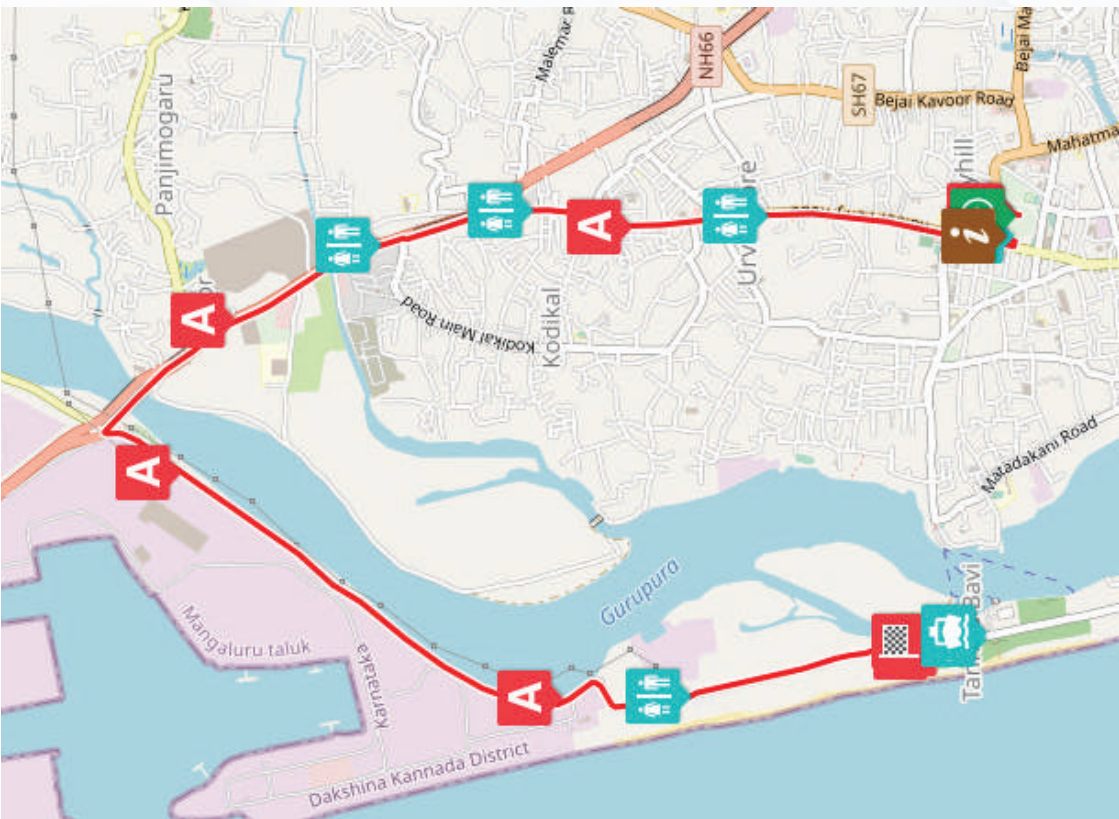


**10K**

## Route Map

-  **Aid Station**  
Water & Hydration First Aid
-  **Water & Hydration**
-  **START Point**
-  **FINISH Point**
-  **Toilets & Restroom**
-  **AMBULANCE**
-  **Baggage Counter**
-  **BOAT to SULTHAN BATHRY**

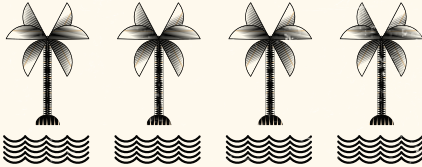
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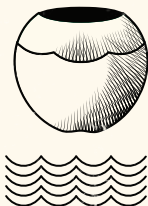
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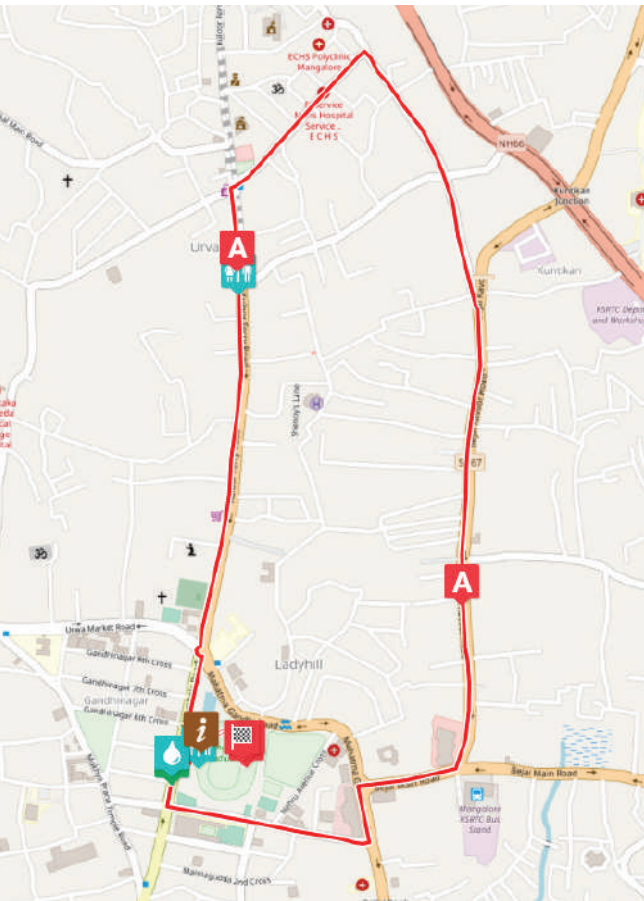
### Address

1st Floor, Hotel Avatar, Shanker Vittal HQ,  
Nandigudda Rd Vaidyanatha Nagar, Attavar  
Mangaluru, Karnataka 575001

## 5k Run :

- Race Start time: 7:30 AM
- Warm Up: 7: 15 AM
- Reporting time: 7:00 AM
- You have 1 hour from the start time to complete the 5K distance.
- If you can't finish within this time, please stay to one side of the road and make your way to the finish line.

### 5K Route Map



niveus  
**MANGALORE  
MARATHON**  
MY RUN, MY PACE

## 5K Route Map

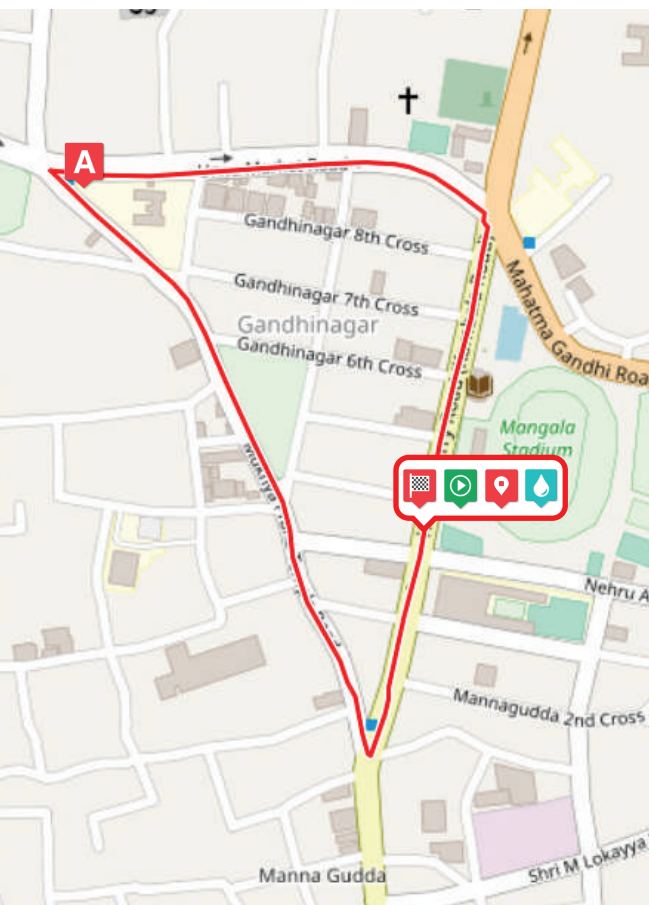
- A** **Aid Station**  
Water & Hydration First Aid
- Water & Hydration**
- START** Point
- FINISH** Point
- Toilets & Restroom**
- AMBULANCE**
- Baggage Counter**







## 2k Run :

- Race Start time: 8:00 AM
- Warm Up: 7: 50 AM
- Reporting time: 7:40 AM
- You have 30 minutes from the start time to complete the 2K distance.
- If you can't finish within this time, please stay to one side of the road and make your way to the finish line.

### 2K Route Map



## 2K Route Map

-  **Aid Station**  
Water & Hydration First Aid
-  **Water & Hydration**
-  **START Point**
-  **FINISH Point**



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## Respect the Finish Line

Please be considerate at the Finish Line. Avoid standing there for photos or waiting for your fellow runners. Others need to cross the finish line too and strive for their personal best.

## Receive Your Finish Time

You'll receive your finish time through SMS on the mobile number you provided during race registration.

## Provisional Race Results

Provisional race results, along with individual rankings, will be posted on the event website by 5 p.m. on race day.

## Final Timing Results

The final timing results will be ready within 21 working days after race day. These results will be subject to the prize money rules and race regulations. Non-compliance with any of the rules or regulations will lead to disqualification of your performance in the 2023 edition of NMM2023. This means no recorded timing, no ranking, no certificate, and no prize money.

## Timing Certificates

You can download your timing certificates from the event website once the timing results are finalized. Physical timing certificates won't be mailed to individuals. The timing certificates from the 2023 edition can be used to qualify for races worldwide.

## Course Re-Entry Not Allowed

Once you've crossed the Finish Line, you can't re-enter the course during the race. Whether you have your running bib or not, trying to re-enter may result in disqualification.

## Facilities after the race

- **Herb Fusion Water Station:** You can get fresh water at this station, and there are also refilling stations to top up your used bottle.
- **Enerjiva Orange Energy & Electrolyte Drink Station:** Recharge with an energy drink here.
- **Bonda Factory by Naturals :** Re hydrate with fresh coconut water (for FM/HM/10K/5K participants only)
- **KMC Hospital Medical & Physio Camp:** This is where you can get any medical assistance you might need after the race.
- **Finisher Medal:** Celebrate your achievement with a finisher medal. You can take pictures with it at various selfie points within the area and share them on social media by tagging @mangalore.marathon
- **Breakfast counter:** Enjoy hot breakfast after the race.
- **The Endurance Kopi Kick:** cold coffee counter.
- **Toilets (Men & Women):** There are restroom facilities available for both men and women.
- **Baggage Retrieval:** Don't forget to collect your deposited bag by 10:30 a.m. on race day.



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## Race Rules & Regulations

1. **Race Category:** You must run in the category you applied for and were confirmed in. Running in a different category won't give you the benefits of the Niveus Mangalore Marathon 2023.
2. **Non-Transferable Entry:** Your entry and running bib cannot be given to or used by someone else, no exceptions.
3. **Health Protocols:** You must follow health guidelines set by the event organizers and event crew members. Not following them can disqualify you from the current edition of the event.
4. **Access to Venue:** On race day, only registered participants with valid bibs and event crew members are allowed inside the event venue.
5. **Bib and Timing Tag:** Your running bib and timing tag are assigned to you. Any tampering, exchange, or misuse of them will disqualify you from the 2023 edition of Niveus Mangalore Marathon.
6. **Start Time:** You must start your run at the specified time; late starters won't get results or certificates.
7. **Road Reopening:** Roads open for traffic at 10:30 a.m. If you can't finish by then, use the footpath to complete the race.
8. **Medical Disqualification:** The event promoter can stop you if you're deemed medically unfit.
9. **Self-Awareness:** Assess your health to ensure you can participate safely. The event promoter isn't responsible for any medical issues related to your participation.
10. **Photographs:** Photos taken may be used to promote the event in the future.
11. **No Baggage:** Come without baggage. Baggage counters are only for specific categories, don't leave valuables in your bag.
12. **No Pets or Unregistered Runners:** You can't run with pets, unregistered runners, babies, or under-aged children.
13. **No Weapons or Drugs:** Carrying weapons, drugs, or substances is prohibited.
14. **Cooperate with Authorities:** Be ready for random security checks on race day

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## In Any Emergency

For any assistance or to report a medical or any other emergency on race day, reach out to the event volunteer closest to you or simply call the Event Helpline Number +91 8792088654.