

niveus
MANGALORE
MARATHON
MY RUN, MY PACE

November 10, 2024

Raceday
Handbook



 www.mangaloremarathon.com

 [@mangalore.marathon](https://www.instagram.com/mangalore.marathon)

 8792088654



03. PRE RACEDAY CHECKLIST

04. WHEN, WHERE, START, FINISH & CUT-OFF

05. BIB/KIT COLLECTION VENUE & TIME

06. ATTENTION RUNNERS!!!

07. RACEDAY TIMELINE

08 -13. ROUTE MAPS

14. FITNESS CHECK & HEALTH PRECAUTIONS

15. RULES AND REGULATIONS

16 -17. RACEDAY FACILITIES

**18. FINISHER'S MEDAL AND RESULTS
POST-RACE FACILITIES
EMERGENCY CONTACT**

19-20 SPONSORS AND PARTNERS

Welcome to Niveus Mangalore Marathon 2024

The Niveus Mangalore Marathon, organized by the Mangalore Runner's Club, has become an annual event and stands as the only marathon of this scale in the coastal city of Mangalore, Karnataka. The marathon route offers scenic views along the river and coastline, providing a beautiful backdrop for the race. Niveus Mangalore Marathon is all set to welcome you all to its third edition this year set to take place on 10th November, 2024.



Our theme this year is 'Mangalore Kambala', honoring the region's rich cultural heritage, symbolizing the strength, speed, and endurance of both the traditional buffalo race and our marathon runners, connecting tradition with the modern spirit of athleticism.

This handbook is the answer to all your NMM 2024 race day queries (and more). Be sure to keep it handy!

Mangalore Runners Club: **A Vibrant Community of Runners**

Mangalore Runners Club (MRC) is more than just a running club; it's a vibrant community united by a shared passion for running and healthy living. We're a diverse group of individuals from all walks of life, all connected by our love for the open road and the sense of accomplishment that comes with each stride.

Our weekly group runs provide a fantastic opportunity to connect with fellow runners, share stories, and motivate each other. Whether you're a seasoned marathoner or just starting your running journey, there's something for everyone.

For those looking to improve their running technique, we offer monthly run clinics led by expert coaches. These clinics provide valuable insights into running form, injury prevention, and training strategies.

Join us and experience the joy of running alongside a team that values fitness, well-being, and personal success. Let's make every run count, uplift one another, and embrace the journey of becoming stronger together.

 @mangalore.runners

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

 8792088654

MANGALORE
RUNNERS CLUB



Pre-Raceday Checklist

First timer or a veteran, you are going to need a race day checklist and here it is:

- Read the handbook. You do not want to miss out on the important details.
- If you are an outstation runner, book your stay in advance. Make sure you are aware of the route and ETA to the event venue (Mangala Stadium) from your place of stay.
- Collect your Bib and Race Kit.
- Make sure that your medical insurance is up to date and valid.
- Ensure that the emergency contact person (as provided by you during registration) is accessible on race day.
- Consider checking the weather forecast of Mangalore for 10th Nov 2024 to plan your apparels, accessories and hydration accordingly.
- Study your respective race category course.

Here's a bonus To-Pack checklist:

- Essential gear: Race bib, extra safety pins, your well-worn trustworthy shoes (not a brand new one), appropriate apparel, socks, running watch or tracker (optional)
- Energy gels/bars (optional)
- Electrolytes (optional)
- Sunscreen and sunglasses (optional)
- Anti -Chaff balm (optional)
- Body tape or bandages (optional)

When, Where, Start, Finish, & Cut-Off t

**10TH NOVEMBER,
 2024, SUNDAY
 MANGALA STADIUM**

Scan QR on the right or
 click below to open in Google Maps

MANGALA STADIUM
 MAIN ENTRANCE



Race Category	Reporting Time (IST), AM	Start Time (IST), AM	Cut-off time	Start Line	Finish Line
FM	03:45	04:15	6 hrs	Mangala Stadium	Mangala Stadium
20 Miler (32k)	04:15	04:45	4 hrs 45 mins	Mangala Stadium	Mangala Stadium
HM	04:45	05:15	3 hrs 30 mins	Mangala Stadium	Mangala Stadium
10K	05:30	06:00	2 hrs 30 mins	Mangala Stadium	Tannir Bhavi *
10K Students	05:30	06:00	2 hrs 30 mins	Mangala Stadium	Tannir Bhavi *
5K	06:45	07:15	1 hr 30 mins	LadyHill Circle	Mangala Stadium
5K Students	06:45	07:25	1 hr 30 mins	LadyHill Circle	Mangala Stadium
2K Gammath	07:30	08:00	1 hr	LadyHill Circle	Mangala Stadium

Bib and Race Kit Collection Venue & Time

**3rd Floor,
 FIZA BY NEXUS MALL,
 PANDESHWAR,
 MANGALORE**



Scan QR above or click below to open Google Maps

FIZA BY NEXUS MALL



Date	Time
7 Nov	4:00pm to 7:00pm
8 Nov	10:30am to 7:00pm
9 Nov	10:30am to 6:00pm

Need-to-knows:

- RFID tag will be attached to the reverse of your race bib (not applicable to the 2K bib). To make sure that the effectiveness of the RFID tag is intact,
 - 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.
- BIB is very important and unique to each participant. It is hence non-transferable to any other participant/person.
- Any participant found wearing another participant's BIB will be disqualified.
- The bib number must be pinned properly to the front of your t-shirt and clearly visible at all times.

Attention Runners!!!

- Reach the venue at least 30 minutes prior to your race category flag off time. Early arrival gives ample time to access designated start pens and other facilities, if need be, thus ensuring a stress-free start to your race.
- Enter the stadium premises through main gate. All running number bibs will be scanned at the entrance of the venue premises. Only confirmed participants wearing a valid running bib will be allowed inside the stadium premises.
- **Full Marathon Runners are expected to cross the 26Km mark before 8am and reach the finish point by 10:15am. Participants who are unable to reach the milestones will be lifted off the course and given a ride back to the stadium.**
- All other race category runners must stay to one side of the road and make their way to the finish line, if unable to complete the race within the respective cut-off time.
- **10K RUNNERS:** Unlike all other race categories, the 10K race concludes at Tannir Bhavi. You may then head to the "Tannir Bhavi Boat Jetty." **Runners with valid 10K bib will be given free ferry service across the Gurpura river to the "Sultan Battery Boat Jetty", followed by a free bus ride to Mangala Stadium.**

Race Day Timeline

10 November 2024

Gates Open
 FM Reporting
3:45 AM

FM Warm Up
4:00 AM

FM Flag Off 20M Reporting
4:15 AM

20M Warm Up
4:30 AM

20M Flag Off
4:45 AM

10K Reporting
5:30 AM

HM Flag Off
5:15 AM

HM Warm Up
5:00 AM

HM Reporting
4:45 AM

10K Warm Up
5:45 AM

10K &
 10K Student Run
 Flag Off
6:00 AM

5K Reporting
6:45 AM

2K Reporting
7:30 AM

5K Student Run
 Flag Off
7:25 AM

5K Flag Off
7:15 AM

5K Warm Up
7:00 AM

2K Warm Up
7:45 AM

2K Flag Off
8:00 AM

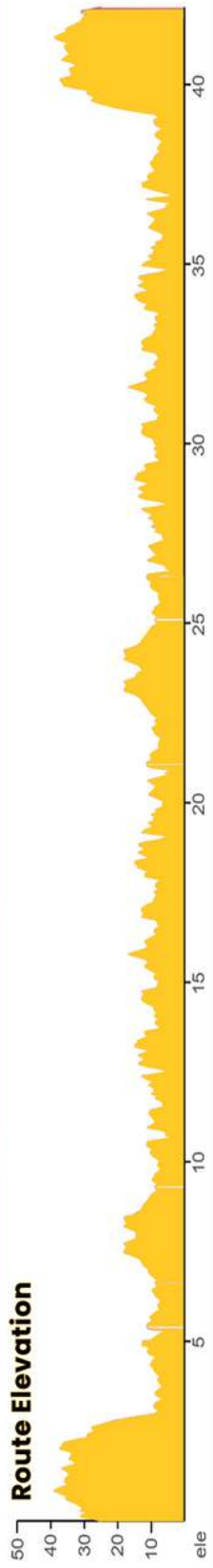
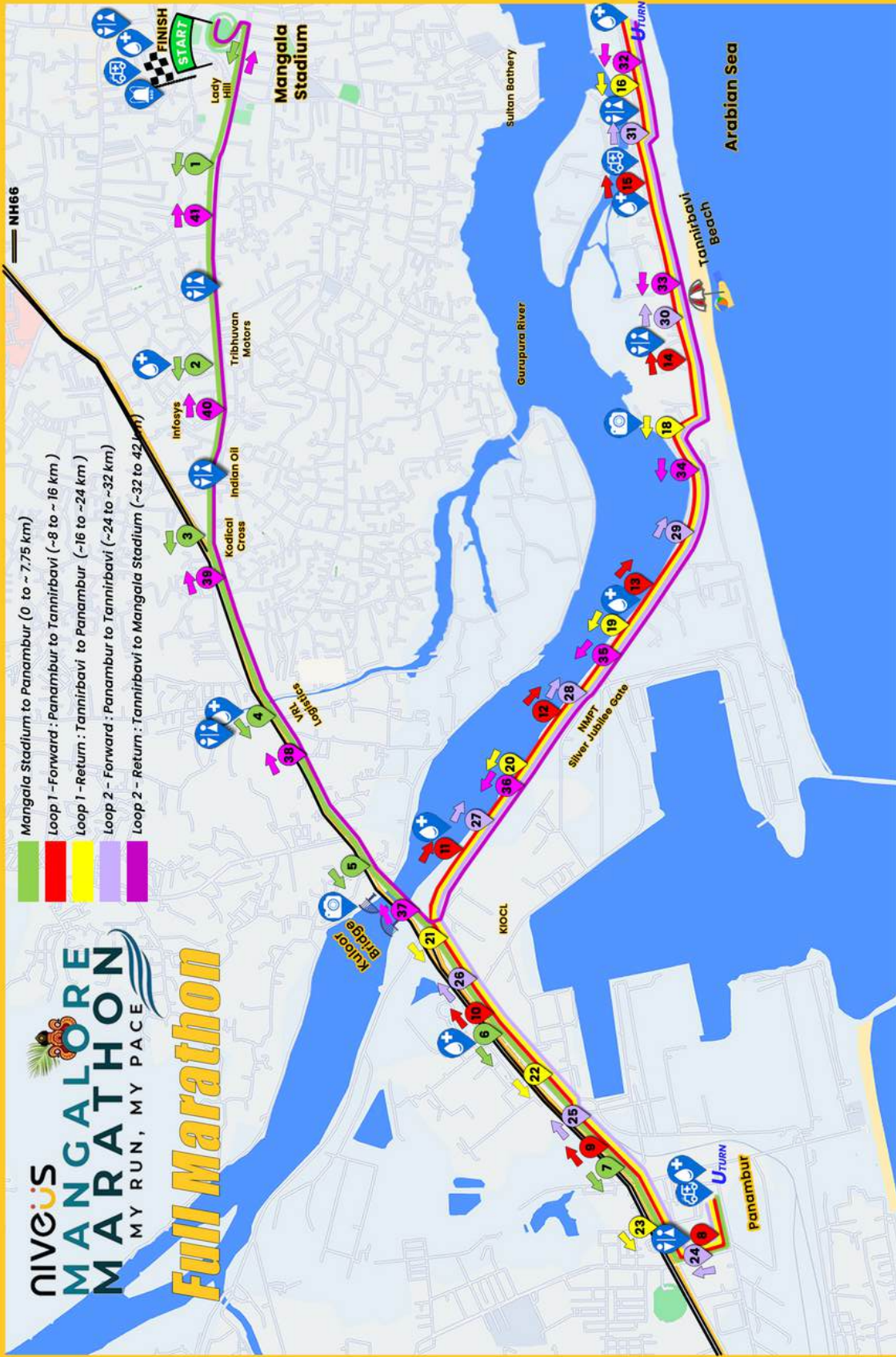
Closing Ceremony
 Begins
8:30 AM

NIVEUS MANGALORE MARATHON

MY RUN, MY PACE

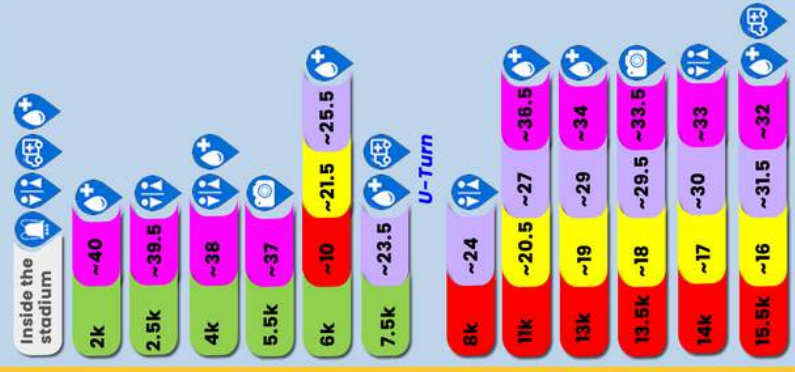
Full Marathon

- Mangala Stadium to Panambur (0 to ~7.75 km)
- Loop 1 - Forward : Panambur to Tannirbavi (~8 to ~16 km)
- Loop 1 - Return : Tannirbavi to Panambur (~16 to ~24 km)
- Loop 2 - Forward : Panambur to Tannirbavi (~24 to ~32 km)
- Loop 2 - Return : Tannirbavi to Mangala Stadium (~32 to 42 km)



Facilities

- Toilets
- Hydration & Aid station
- Baggage Counter
- Camera
- Ambulance



- ~ approx location
- Inside Stadium, Post Run
- Medical Tent
- Recovery Zone
- Medals
- Refreshments

NIVEUS MANGALORE MARATHON

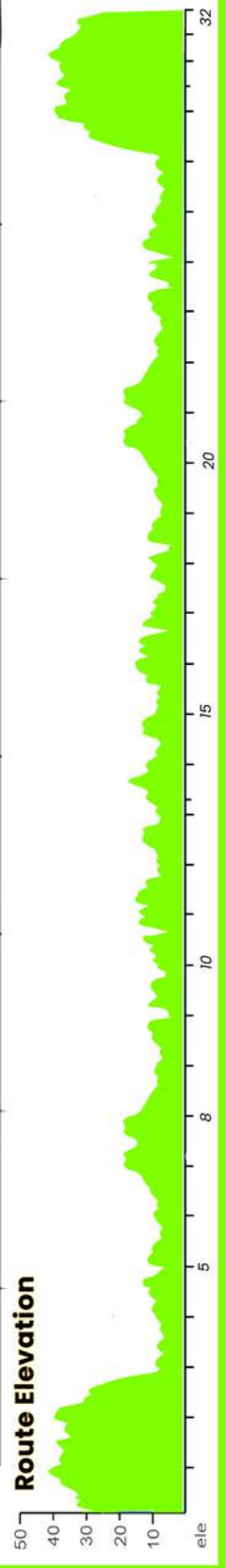
MY RUN, MY PACE

20 Milier

Mangala Stadium to Panambur (0 to ~ 7.75 km)
 Loop 1 - Forward : Panambur to Tannirbavi (~8 to ~ 16 km)
 Loop 1 - Return : Tannirbavi to Panambur (~16 to ~24 km)
 Panambur to Mangala Stadium (~24 to ~32 km)



Route Elevation



Facilities

- Toilets
- Hydration & Aid station
- Baggage Counter
- Camera
- Ambulance



~ approx location

- Inside Stadium, Post Run
- Medical Tent
- Recovery Zone
- Medals
- Refreshments

NIVEUS MANGALORE MARATHON

MY RUN, MY PACE

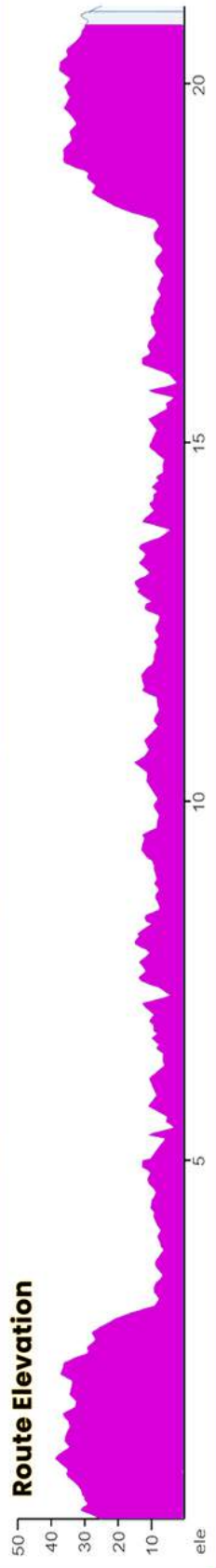
Half Marathon

Mangala Stadium to Tannirbavi (0 to ~10.5 km)

Return : Tannirbavi to Mangala Stadium (~10.5 to ~21 km)



Route Elevation



Facilities

- Tobacco
- Hydration & Aid station
- Camera
- Baggage Counter
- Ambulance
- Toilets

Inside the stadium

- 2k ~19
- 2.5k ~18.5
- 4k ~17
- 5 ~16
- 6k ~15
- 8k ~13
- 9k ~12
- 10k ~11
- 10.5k U-Turn

~ approx location

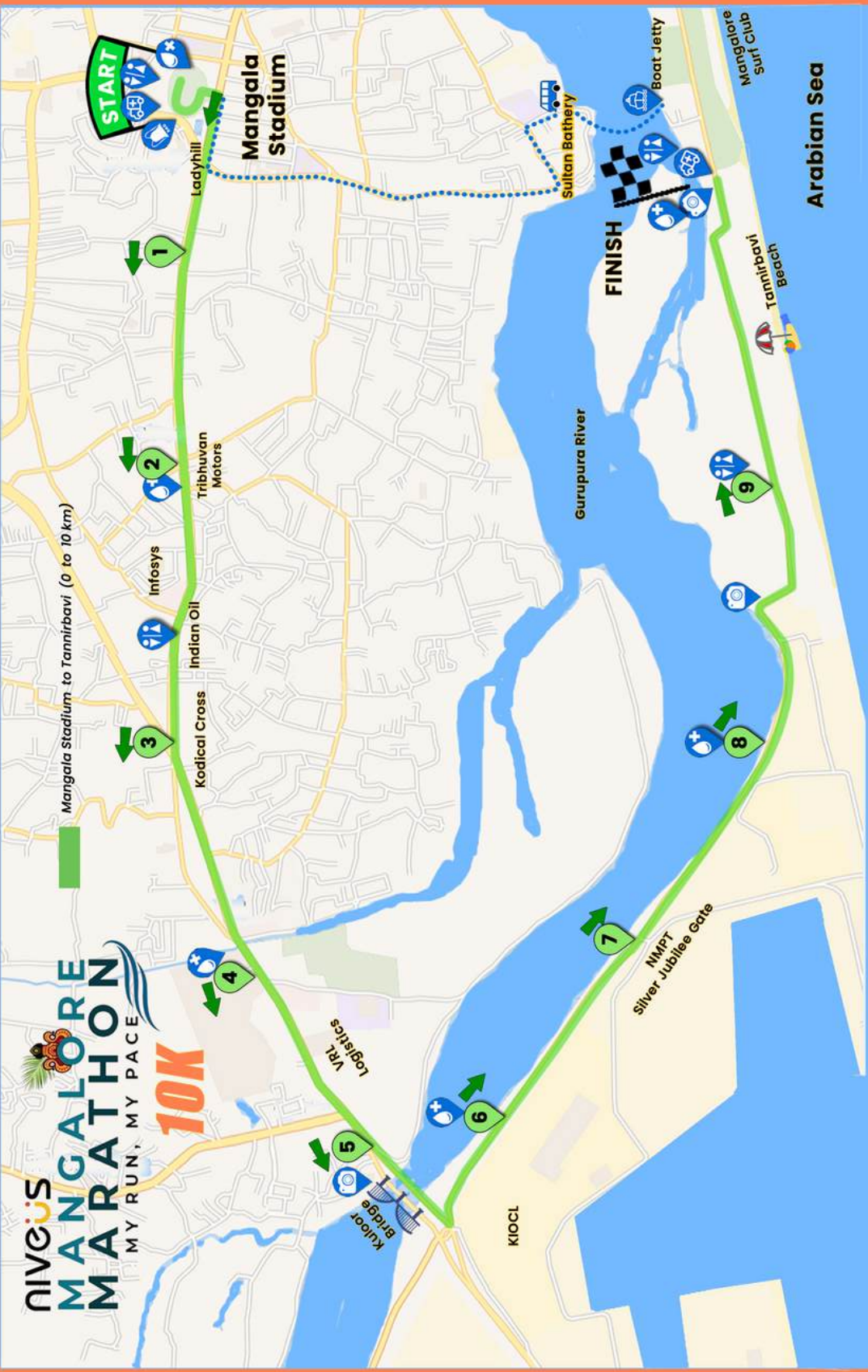
- Inside Stadium, Post Run
- Medical Tent
- Recovery Zone
- Medals
- Refreshments

NIVGUS MANGALORE MARATHON

MY RUN, MY PACE

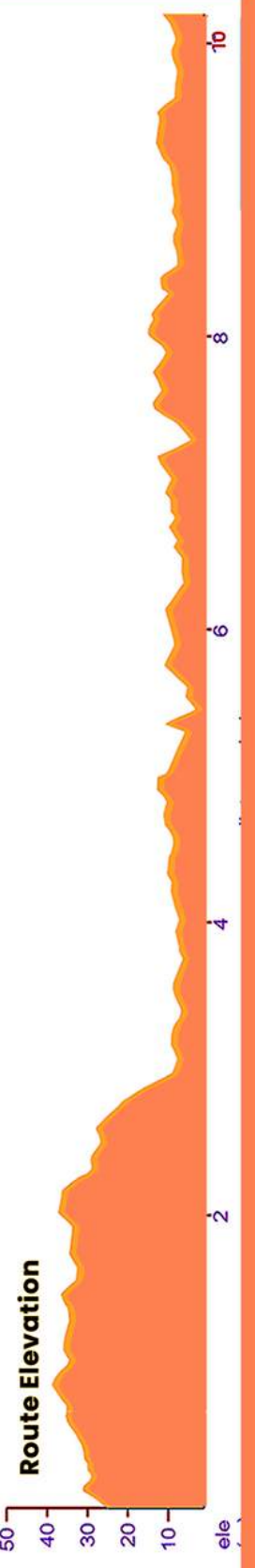
10K

Mangala stadium to Tannirbavi (0 to 10 km)



Facilities

- Toilets
- Hydration & Aid station
- Baggage Counter
- Boat Jetty
- Ambulance
- Camera



10k Finish Point

- Refreshments
- Medical Tent
- Medals
- Recovery Zone

Inside Stadium

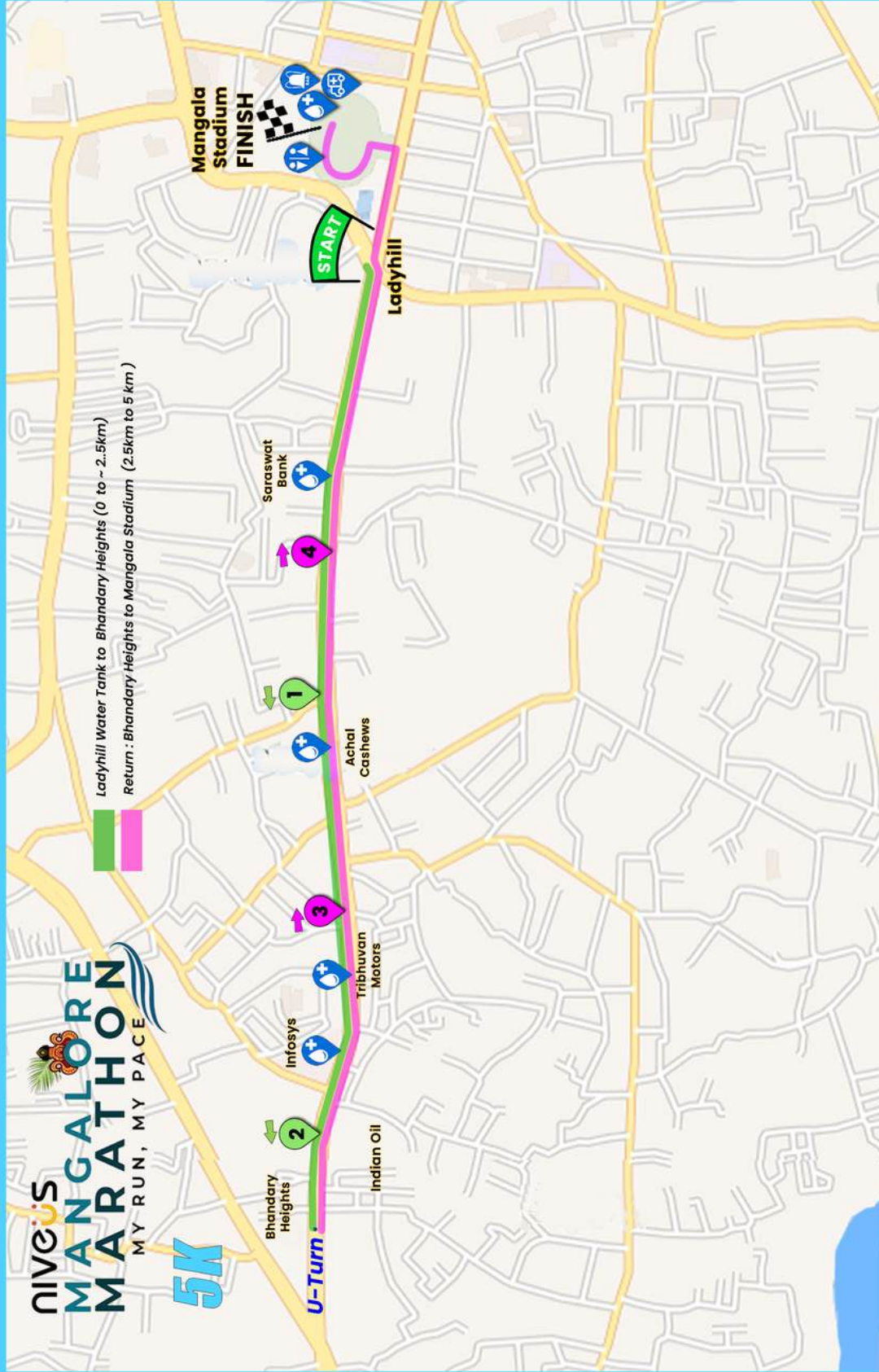
- Medical Tent
- Breakfast
- Recovery Zone
- Refreshments

NIVEUS MANGALORE MARATHON

MY RUN, MY PACE

5K

Ladyhill Water Tank to Bhandary Heights (0 to ~2.5km)
 Return : Bhandary Heights to Mangala Stadium (2.5km to 5 km)



Facilities

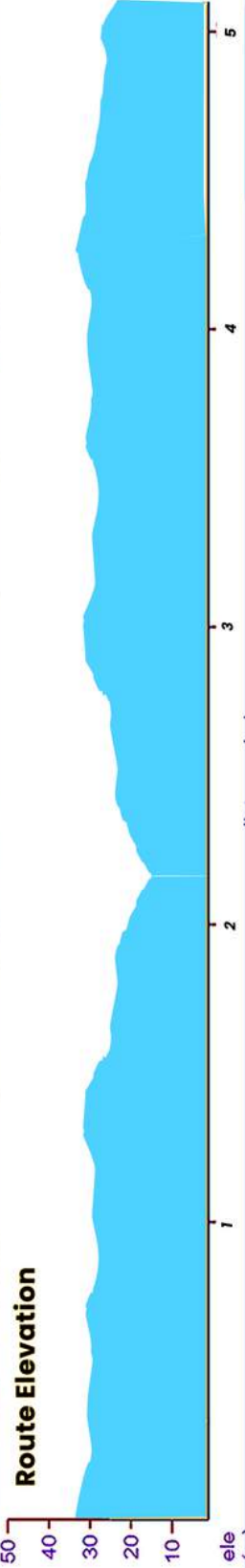
- Toilets
- Hydration & Aid station
- Baggage Counter
- Camera
- Ambulance

Inside the stadium

- 0.5k
- 2k
- 2.5k
- 3.5k

Inside Stadium

- Medical Tent
- Breakfast
- Recovery Zone
- Refreshments



2K - Gammath Run

Ladyhill Water Tank to Kotevani Cross (0 to ~1 km)
 Return : Kotevani Cross to Mangala Stadium (~1 to ~2.5 km)

Infosys

Bib and Race Kit Collection

U-Turn
 Kotevani Shell
 Cross

Saraswat
 Bank

Ladyhill

Mangala
 Stadium
FINISH

START

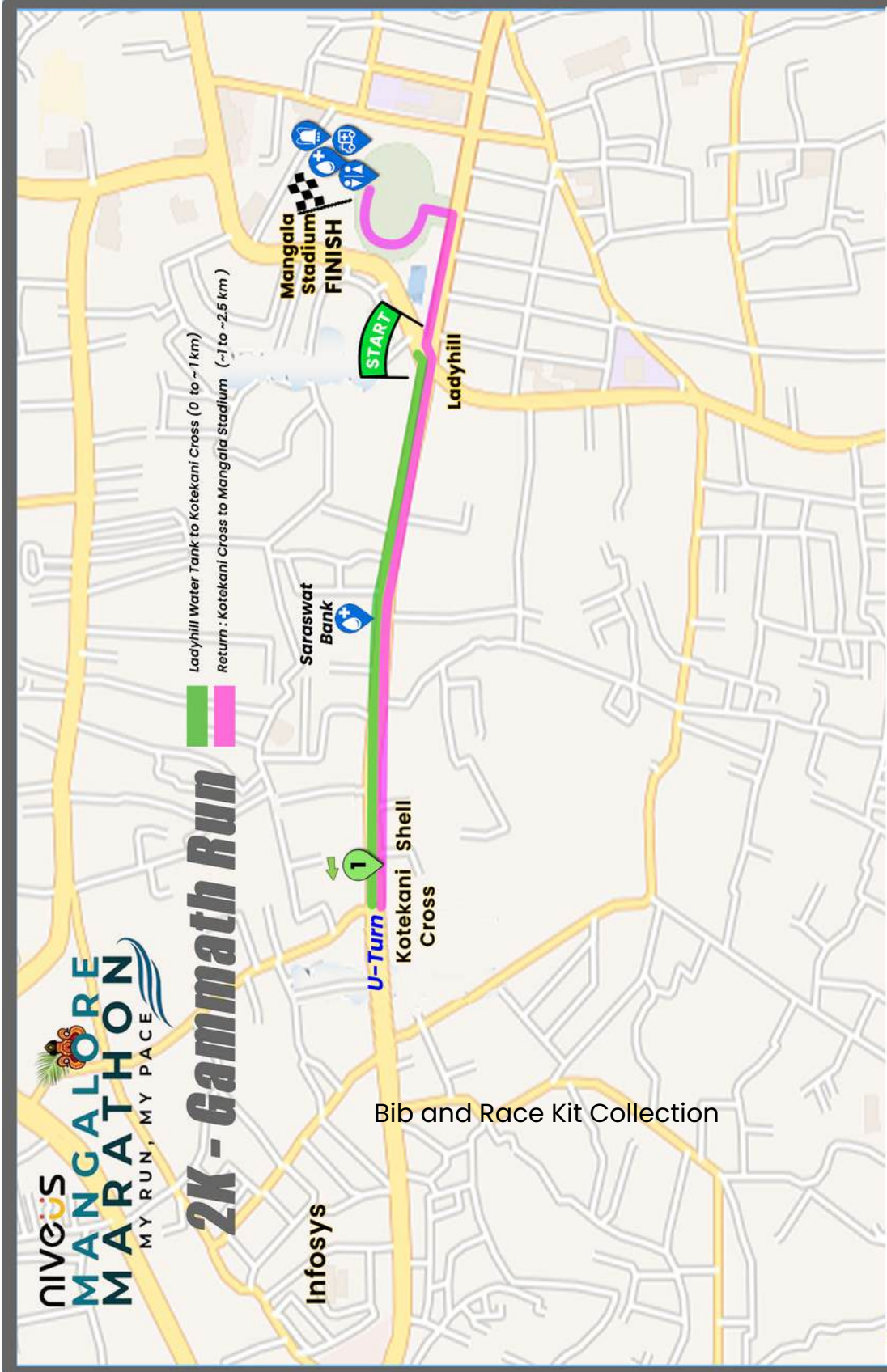
Facilities

- Toilets
- Hydration & Aid station
- Ambulance
- Baggage Counter
- Camera

Inside the stadium

- Medical Tent
- Recovery Zone
- Breakfast
- Refreshments

-0.5k



Fitness check and health precautions

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.

kmchospital

LIFE'S ON 

Help us, help you – Rules and Regulations

- **Race Category:** You must run in the category you applied for and were confirmed in.
- **Non-Transferable Entry:** Your entry to the event is strictly non-transferrable in any case. Your running bib and timing tag are assigned to you and are non-transferrable. Any tampering, exchange, or misuse of them will lead to disqualification.
- **Health Protocols:** You must follow health guidelines set by the event organizers and event crew members.
- **Access to Venue:** On race day, only registered participants with valid bibs and event crew members are allowed inside the event venue.
- **Start Time:** You must start your run at the specified time; late starters won't get results or certificates.
- **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.
- **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.
- **Medical Disqualification:** The event promoter can stop you if you're deemed medically unfit.
- **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.
- **Photographs:** Photos taken may be used to promote the event in the future.
- **No Baggage:** Come without baggage. Baggage counters are only for specific categories, and don't leave valuables in your bag. For more details, refer to Baggage facilities. If you are dropping off baggage at the counter, ensure you retrieve them before 10:30 AM on the event day.
- **No Pets or Unregistered Runners:** You can't run with pets, unregistered runners, babies, or under-aged children.
- **No Weapons or Drugs:** Carrying weapons, drugs, or substances is strictly prohibited.
- **Cooperate with Authorities:** Be ready for random security checks on race day

Bending or breaking of the above rules will lead to disqualification and/or disciplinary action.

Race Day Facilities

Parking : There is some limited parking space available for race participants on race day at the three places close to Mangala Stadium as indicated below.

We urge you to Carpool on race day.



Karavali Utsav Ground

Behind Mangala Stadium



Canara High School

Urwa



Mangaluru City

Corporation (MCC)

Opp. Vishnu Vaibhava Restaurant



Scan QR above or click link to open in Google Maps

Baggage counter: 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 NMM2024 organizers are not responsible for any loss, theft, or misplacement of your bag or its contents.

Warm up: Participants can look forward to a comprehensive warm-up facility to get them race ready. Led by professional trainers from **Kasharp** Fitness, the warm-up sessions are designed to energize and prepare runners of all levels. These sessions include dynamic stretches, light cardio to get everyone pumped up and ready to hit the course. The warm-up area is conveniently located near the starting line, allowing participants to seamlessly transition from warming up to racing. Whether you're a seasoned marathoner or a first-time runner, these sessions are a great way to start your marathon experience on the right foot.

Race Day Facilities

Hydration and Nutrition: Hydration and nutrition stations are set up every 2 kilometres along the route. These stations provide essential support to runners, ensuring they stay hydrated and energized throughout the race. Refer to your race category route map for the station points.

Toilets: Toilet and restroom facility will be available at the event venue. Refer to your race category route map for the toilets designated at various points along the route.

Timing Corridors: There are timing mat set at the start and finish line. Additionally, there are timing corridors set along the route and U-turn points. When you run the race, make sure to pass through these timing corridors located at specific points of your course. If you miss running through all the timing points of your course, your race timings and rankings won't be generated. This may deem your performance as incomplete and ineligible for rankings or prize money.

Runner Pacer: Helping runners to pace their runs and finish at the predesignated finish time, are 12 seasoned runners, the official NMM2024 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 and 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 NMM2024 organizers can be held responsible if the pacer is unable to complete the race within the specified time or unable to start the race due to reasons whatsoever.

Medical Support:

Medical aid stations are set up at the venue and along the route. These stations are equipped with physio support, paramedics, and ambulances to ensure the safety and well-being of all participants.

Finisher's Medal and Results

- You will receive your finisher's medal at the finish line. The finish time will be sent through SMS on the mobile number you provided during race registration.
- Provisional race results will be announced on the event day. Final results will be declared within seven days, following thorough validation of participant details, including age, timing, and photos. These results are subject to compliance with the prize money rules and race regulations. Any non-compliance will result in disqualification from this edition of NMM 2024, meaning no recorded timing, ranking, certificate, or prize money. Prize money will be transferred to the winner's Indian bank account by December 31, 2024.
- Timing certificates can be downloaded from the event website once the timing results are finalized. Timing certificates shall not be mailed to individuals. The timing certificates from the 2024 edition can be used to qualify for races worldwide.
- No re-entry to the course. On crossing the Finish line, you will be prohibited from re-entering the course during the race. Attempts to re-enter may result in disqualification.

Post-Race Facilities

- Breakfast - Enjoy a delicious breakfast after the race.
- Photobooth - Pose at the photobooths and celebrate your achievement with your finisher medal. Don't forget to tag **@mangalore.marathon** and share them on social media.
- Medical and Physiotherapy Camp at the venue to offer any medical assistance you might need after the race.
- Water and Energy drink station.
- Baggage Retrieval -Don't forget to collect your deposited bag by 10:30 a.m. on race day.
- Toilet facilities available for both men and women.

Emergency Contact Information

- 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**.
- Follow us on social media **@mangalore.marathon** and stay updated with the latest information on **<https://mangaloremарathon.com/>**.



Title Sponsor

niveus

Sponsors



cfal

Be your best!





Charity Partner



Partners



Supported By

