

# The ultimate guide To running instyle



## Race Flag Off Details:

Category	Flag Off Time	Start Line
Full Marathon	4 AM	Napier Bridge
Twenty Miler	4 AM	Napier Bridge
Half Marathon	5 AM	Olcott School Gate, Besant Nagar
10 Kms	6 AM	Napier Bridge

\* Report at the start point 30 minutes before Flag Off

## Start Venue Facilities:

### Parking:

There is limited parking space made available on race day. Please follow the traffic closure details to reach the parking space. Entry to Parking will be permitted only with Valid Race BIB.

### Napier Bridge:

Limited Parking will be available for Full Marathon, Twenty Miler and 10K at University of Madras.

### Besant Nagar:

Parking space will be available at Elliots Beach and lanes behind Olcott school.

### Baggage Counter:

The Start area will have Baggage check locations clearly marked. The bags will be tagged with tags having your bib number. Do not store valuables (cash, mobiles, jewelry). Your bags will be available for pick-up by you in the Finish area. Please produce your Running BIB to claim your bag. Unclaimed bags will be handed over to local police at 2 pm on event day.

### Toilets:

Portable toilets are available for men and women at the Race start, Route & Finish locations. Public toilets have been earmarked for use by runners all along the race route.

### Water Points:

Adequate water will be available for runners at the Start Locations.

### Prize Money & Criteria:

All Four Categories are timed and have Prize money for both Men and Women. We have Veteran categories (45+ for Women & 50+ for Men) in Half Marathon, Twenty Miler & Full Marathon. The Winners are decided by Gun Time.

**Note:** Please visit [thechennaiamrathon.com](http://thechennaiamrathon.com) to view,

1. Start Venue Layout for Parking, Baggage, Toilets, Water Point & Entry / Exit.
2. Finish Venue Layout for Medical Area, Recovery Zone, Medal Counter, Water Point, Toilets, Photo Opportunity & Breakfast.
3. Route details with Aid Station & Portable Toilet Locations

## Do's:

1. Ensure you have a valid Emergency Contact Name & Number mentioned in the BIB.
2. Plan your transport well in advance to reach the venue.
3. Pin your BIB with the Timing chip to your T Shirt before you reach the Venue.
4. Hydrate Well. Conserve Energy, Keep a Steady Pace.
5. Be aware of the Route, Aid Station Location, Portable Toilets and Medical Support.
6. Do not drop the Paper Cups and Solid waste of Aid station in Bins and help us segregate at source.
7. Do reach out to First Responders / Medical Support immediately, if you feel uneasy or unable to continue running because of discomfort.

## Don't's:

1. Do not exchange your BIB / BIBs are non-transferable.
2. Do not fold your BIB.
3. Do not walk Shoulder to Shoulder along the race route. Be aware of runners behind you, don't obstruct them.
4. Do not obstruct runners at the Finish line. Keep moving to water points and proceed to Medal Counters.



**SUNDAY, 8 JANUARY 2023**  
10 KM | 21.097 KM | 32.186 KM | 42.195 KM

## Enroute:

Race Officials and Government Officials have put all efforts to have dedicated running lanes available for Freshworks Chennai Marathon. But it's important to follow their instructions while running and respect all traffic rules.

### Pacers:

Freshworks Chennai Marathon has pacers in all four categories. Pacers help you maintain your speed throughout the race and help complete the race on time. Pacers will have Pacer Flag which will be in the same color as your BIB with the Expected Finish time mentioned. Run with Pacer. Run in Style.

### Mile Markers & Signages:

We will have distance marking at regular intervals and direction signages. Marshall Volunteers will be there to guide you enroute.

### Aid Stations:

Freshworks Chennai Marathon 2023 will have Aid stations placed every 2.5 Kms. All Aid stations will be stocked with Water, Energy Drink and other solids. Every Aid station will have First Responders to support any medical requirements.



## Women Aid Stations (WAS):

WAS (women only aid stations) will be available along the route. These aid stations will be equipped with sanitary pads and pain killers

## Timing Mats:

This is a timed run, and we have timing mats placed in the route. Ensure you have the BIB with the Timing Chip stuck properly. Ensure to cross all timing mats placed enroute. This ensures to capture your split points and helps provide the final race timing with a certificate. Running without the Timing Chip (or) missing any timing mats, will be deemed as DNF (Did not Finish).

## First Responders:

Chennai Marathon is the First event to have more than 100 First Responders trained and placed at various points along the route. All First Responders will have an Orange BIB with the First Responder logo. We will have First Responders running with you as Pacers, Supporting in Aid Stations and Marshalling with you in Cycles. You can identify them with the BIB and reach for any support.

## Finish Venue Facilities:

### Medal Counter:

We will have Volunteers at the Finish to award you with the Finisher Medal. Time to #Celebrate in Style.

### Water Point:

We will have Volunteers with water at the Finish line to support you. This Water point will have water bottles for you to pick and move on.

### Photo Opportunity:

"I Finished" Photo opportunities will be kept as you move forward. Do not forget to click photos with your medal.

### Medical Support:

Team from Apollo will be present at the Medical Center near the Finish to support you and assist in case of need.

### Recovery Zone:

Experience the State of Art Recovery Zone presented by Hyperice. We will have a large team of volunteers to assist you at the Recovery Zone.

### Breakfast:

All runners of Freshworks Chennai Marathon will get a specially curated breakfast

### Toilets:

We will have Portable toilets present at the Venue for both male & female. Do look for signages.

### Race Timing Results & Race Photos:

Race results will be uploaded after validation by Sunday (08 Jan 2023) Evening. This would be provisional. Final Results with Digital Finisher Certificate will be available for download by Tuesday (10 Jan 2023). Race Photos will also be available for Download from Monday (09 Jan 2023). Visit: [thechennaiamrathon.com](http://thechennaiamrathon.com) for the Race Timing and Race Photos.