

Vizag Navy Marathon, 2018

Race Information & Rules

Race Categories:

- Full Marathon (42.2K), Half Marathon (21.1 K), 10K, 5K Fun Run

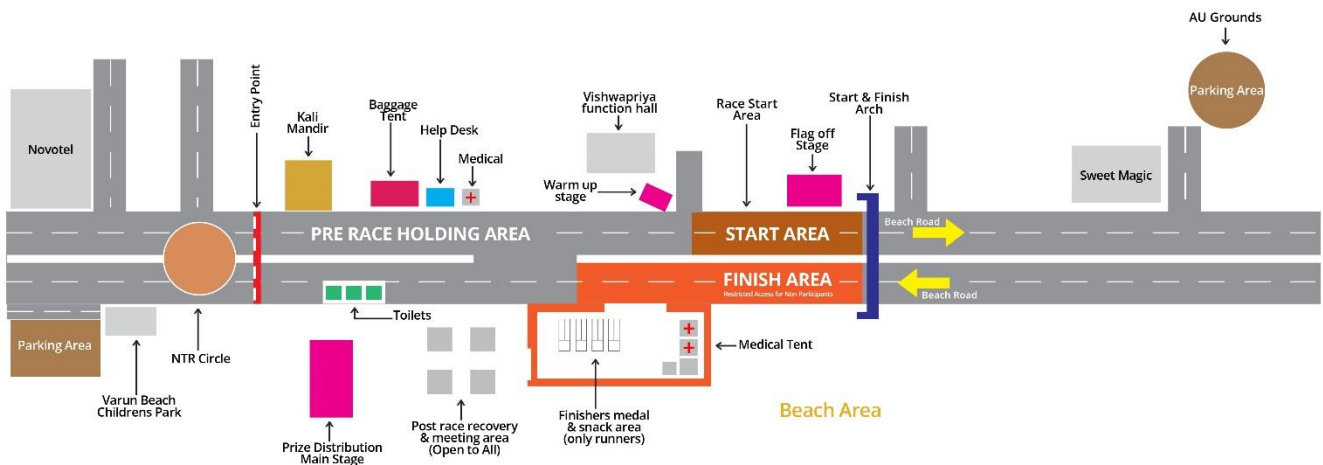
Expo & Bib pick up:(T shirt and Bib Collection for all run categories)

- Location – VARUN BEACH INOX, Ground Floor, Vizag
- Date & Timings - *Friday, 16th November 2018 – 11 am to 6 pm*
Saturday, 17th November 2018 – 11 am to 6pm

Race Date & Location

- Event Date: Sunday, 18th Nov, 2018
- Location – Near Viswapriya Function Hall, Beach Road, Vizag
- Baggage counter opens at 3.45 am

RACE LAYOUT



Holding & Start Area

- Beach Road, opposite to Viswapriya Function Hall
- Holding area Opens – 3:15 am
- Start Area Opens – 3.45 am
- Runners require a valid race bib to enter holding area & start area

Parking Area:

- Parking Lot, Varun beach, Opposite to Novotel
- AU grounds, Behind sweet magic, Beach Road
- Service Road, Varun Beach, Opposite to Novotel

Full Marathon

- Start Area Opens – 3:45am onwards
- Warm Up – 3:50am to 4:00 am
- Flag Off: 4:15 am
- Race Start Time – 4:15am
- Start Closes by: 4:45 am

Half Marathon

- Start Area Opens – 4:45am
- Warm Up –4.50am to 5:00am
- Flag Off: 5:15 am
- Race Start Time – 5:15am
- Start Closes by: 5:45 am

10K Run

- Start Area Opens – 5:45am
- Warm Up – 6.05 am to 6:15am
- Flag Off: 6:30 am
- Race Start Time – 6:30am
- Start Closes by: 6:45 am

5K Run

- Start Area Opens - 6:15 am
- Warm Up – 6:35 am to 6:45am
- Flag Off: 7.00 am
- Race Start Time – 7.00am
- Start Closes by: 7:15 am

*All runners should report at the start area at least 45 minutes prior to their event start time.

Rules & Regulations:

- Bib has to be securely pinned to the clothing. Please ensure that the bib is fastened in front of your running shirt so that the number is clearly visible to all.
- Remember without the Bib you will not be allowed to enter the start area.
- Do not separate or remove the 'Bib Tag' (the Timing Chip) from the Bib (For Full & Half Marathon and 10k bibs only).
- Please Note – the 5k Fun Run race Bibs DO NOT have a timing chip (tag).
- Always remember that you cross all the timing mats on the course including start and finish mat to receive correct finish time.
- Do carry a small amount of cash for emergencies
- It is advisable to carry your photo id along with you.
- Check your Pre-race hydration & nutrition
- Ensure you leave home as early as possible, to avoid any unforeseen delays.
- Security screening will begin at 3.30 am (for Full-Marathon), 4.30 am (for Half-Marathon), 5.45 am (for 10K Race) and 6:15 am (for 5K Race).
- Travel light as Baggage counter space is limited.

The Race

- Please ensure you are at the start area atleast 45 minutes before the start of your race.
- Mind your neighbour. Please don't jostle or shove.
- Follow the course. Any deviation could result in your timing not getting recorded or worse, you getting disqualified
- Drink fluids. We've provided aid/waterstations along the course please use them. In case you need help, there are volunteers and race marshals along the route.
- There will be toilets every 5kms. Out of respect for the local residents and businesses we would ask you to use these and not a handy bush or tree.
- Medical facilities are available at every aid station and ambulances placed along the route.

Please note

- You will not be permitted to run without the Race bib issued by the organisers.
- You cannot use another runner's bib 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!
- Do not bend, tamper or remove your timing chip from the back of your BIB.
- Do not let the bib come in contact with any kind of metal.

Facilities:

Parking at Start Point

- The parking lot is available near Varun Beach parking. Parking lot has limited space and can be occupied on a first come first serve basis from 3.30am onwards.
- We would request you to car pool to the maximum possible extent, in view of the limited parking available at the start and finish points.
- Those availing cab services to the start point should instruct the cab driver for a drop off at Kali Temple, Vizag.

Baggage Store

- If you are carrying any baggage with you on the race day you can use the baggage drop & it will be kept safely till the end of the race, where the baggage will be handed back to you after finish of the race.
- Please note bags may be screened for security reasons.
- While the baggage storage will be manned for the duration of the event, please don't leave anything valuable or fragile in your bag. The organizers of VNM 2018 will not be responsible for any losses or damage to the bag.
- We do not supply you with a bag – please use your own bag.
- All bags must be secured properly or locked.

AID Stations

- For runners' convenience and comfort, there are 13 Aid & Water Stations along the route of the Full marathon, approximately 2km apart. There are around 4 Aid Stations along the 10k route. Aid & water stations are stocked with Water, Energy Drinks, Biscuits & Salt. Later Aid Stations have Bananas or any other fruit. All fluids will be served in cups.
- There are 13 first aid units, next to the aid stations along the route. The first aid units are manned by qualified medical staff to handle common medical issues. There will be ambulances along the route, present at all times, in case any emergency medical help is required. There is a fully equipped Field Hospital- at the finish point.
- There are toilets at the start & finish areas. Please follow signs for location of toilets.

Cancellation of Registration

In case of cancellation of registration, there will be no refund once the registration is done.

Cancellation of Race

In case of cancellation of race owing to any unforeseen circumstances (weather, civil disturbance, acts of God, etc), by the organizers of VNM 2018, there will be no refund of registration fee. The decision of the organizers of VNM 2018 will be final in this matter.

Race Day Security/ Traffic

- In the interest of runner's safety, there will be various security measures in place, on the Race Day. Runners are expected to follow and adhere to all rules and instructions from the Police or Race officials. Failure to comply with rules or instructions may lead to disqualification from the Race.
- There are various traffic curbs in place along the route during the Race, for the safety of the runners. However, please be aware of traffic around you, especially if you are wearing head/ ear phones.
- The organizers of VNM 2018 will not be responsible for untoward incident arising out of not following traffic advisories or guidelines.
- Runners are also required to listen to and follow any announcements by Race Officials regarding security and traffic.

Marathon Policies

- If there are any health issues the day before or on the morning of the race, then please consider whether you are fit to run. The effort required to run a marathon is not to be underestimated and it is your responsibility to decide whether you are fit to run. The VNM 2018 organisers are not responsible for any decision that you take in this matter.
- If you do need medical attention during the race or decide to dropout, please tell a Race Official or Volunteer. Your overall well-being is more important.
- For the disposal of the water bottles and paper cups please use the Waste Disposal Containers provided at the Aid Stations. Do not litter the road.
- Do not waste water & other fluids. If possible, we recommend you bring your own bottle to fill at the aid station and carry it with you.
- Please use the toilets on the course.

Course Cut off Times

- We, at VNM 2018, believe that every Marathon finisher is a winner and hence we have comfortable cut off times. However, slow runners need to exercise caution if they exceed the cut off times.
- Marathon cut off time would be 10:45 a.m. Which means 6hrs 30 min for the Full Marathon runners to come at a comfortable space.
- The race course is opened to traffic on a rolling schedule as participants make their way to the finish. As runners progress along the route, Aid Stations will be closed and traffic restrictions will be eased. Please see the advice below for Full & Half Marathons. Slow runners beyond the cut off times need to exercise extra caution.
- They can avail the sweep vehicle to reach the finish point. Participants are required to board the Sweep Bus when so instructed by Race Officials. If the participant chooses to run on the footpath they do so at their own risk without any support from Vizag Navy Marathon.

- Course Marshals are instructed to record bib numbers of all participants who do not board the bus when instructed to do so. Additionally, the organizers of VNM 2018 will not be responsible for their safety, if the slow runners do not adhere to the guidelines and precautions.

Finishers Medal and Certificate

- We truly believe every finisher is a winner! Every runner who completes the requisite distance for his/her category of run will be awarded a beautiful finishers medal.
- Additionally, downloadable official Finisher Certificates will be awarded to all finishers in the Full & Half Marathon and 10k race. It will be available for download within 48 to 72 hours after completion of the race. Instructions will be available on the www.vizagnavymarathon.com website on how to download the soft copy of the certificate.

Post Run Refreshments

A post run Snack is available for all runners. Please Note that your Bib is mandatory for receiving a snack, so do not discard it after you complete your run.

Baggage pickup

Checked in baggage may be picked up at the Baggage counter. Please follow the signs for Baggage Pickup. Produce your Bib or a receipt to collect your baggage.

Athletes & Prize Money

To claim prize money, winners need to provide

Indian Athletes:

- Photo copy of PAN Card
- Proof of address
- Phone number

International Athletes:

- Photo copy of Passport
- Any other Govt. Tax ID Number you may have.

1. Prize money is in Indian Rupees.
2. Tax will be deducted at source.
3. Prize money will be an online transfer to the account details provided on the name of the winner or guardian's name (if winner is below 18 years).
4. No single participant is eligible to win 2 prizes, even if he/she is eligible for a prize in another category.
5. The 5K Fun Run is a non-competitive run. There are no prizes in this category.
6. The decision of the Race Director is final binding in any matter related to the race.

PRIZE MONEY (INR) - MEN & WOMEN

FULL MARATHON 42.2KM

CATEGORY	1ST PRIZE	2ND PRIZE	3RD PRIZE
OPEN (UP TO 44)	100000	50000	25000
VETERAN (45-54)	7000	5000	4000
SUPER VETERAN (55 AND ABOVE)	7000	5000	4000

HALF MARATHON 21.1KM

CATEGORY	1ST PRIZE	2ND PRIZE	3RD PRIZE
OPEN (UP TO 44)	50000	30000	15000
VETERAN (45-54)	6000	4000	3000
SUPER VETERAN (55 AND ABOVE)	6000	4000	3000

10KM

CATEGORY	1ST PRIZE	2ND PRIZE	3RD PRIZE
OPEN (UP TO 44)	20000	10000	5000
VETERAN (45-54)	5000	3000	2000
SUPER VETERAN (55 AND ABOVE)	5000	3000	2000

NOTE: Tax will be deducted at source.

Winners Medal:

On the Race Day, a ceremony will be held only to top 3 overall Elite/fastest finishers in men & women category.

- All age category winners will be announced on our website and on our Social Media Channels, 3 working days post the event. They will be provided with their winner's medals & prize money 45 days from the finish of the event.

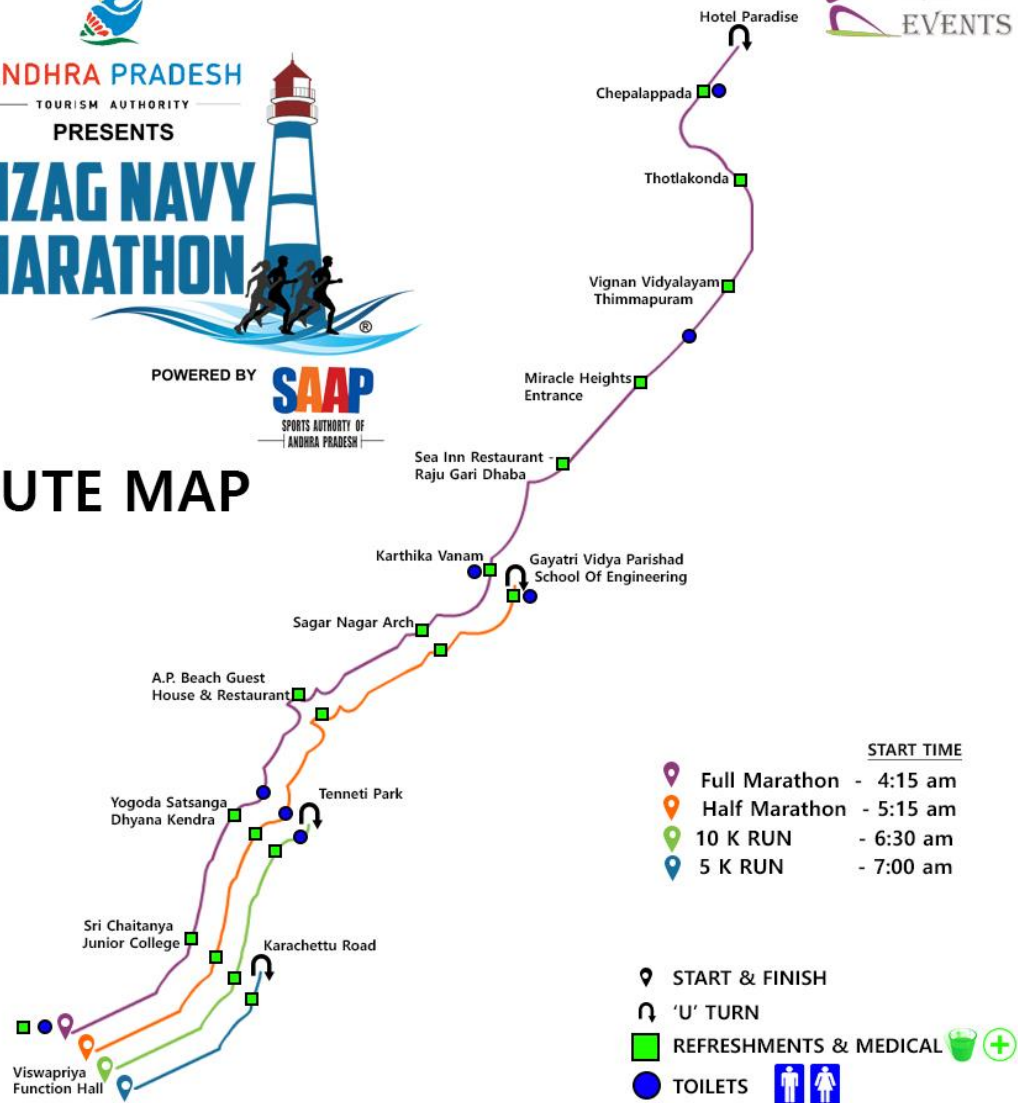


ANDHRA PRADESH
TOURISM AUTHORITY
PRESENTS
**VIZAG NAVY
MARATHON**

POWERED BY
SAAP
SPORTS AUTHORITY OF
ANDHRA PRADESH



ROUTE MAP



For more information, please visit www.vizagnavymarathon.com

THANK YOU, ORGANIZERS, SPONSORS & PARTNERS!