



**COIMBATORE  
MARATHON**



**10<sup>th</sup> EDITION** 11<sup>th</sup> DEC' **2022**

in aid of **Coimbatore Cancer Foundation**

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# RACE INFORMATION BOOKLET

**ODI POLAAMA?**



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ODI'POLAAMA?



# Odapolaama?

With our heads high and our feet grounded for the tenth time  
With the cheers of the crowds reverberating across the roads  
With that extra vigour to improve lives affected by Cancer  
With people across all walks of life uniting for the cause  
With the pride of having created a fitness movement in the city  
With the purpose of inspiring another thousand to lace up  
With the vibes of a fabulous weather and an exciting weekend  
With an experience at par with international marathons  
With new goals and newer accomplishments  
With all our hearts out and make great memories  
On December 11.

Good Luck. See you at the Start!

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# A MESSAGE FROM CCF

**Dr. T. BALAJI**  
MANAGING TRUSTEE,  
COIMBATORE CANCER FOUNDATION

Dear Runner,

As the D-day, December 11th dawns, we are sure you are as thrilled as we are about the Walkaroo Coimbatore Marathon. This is the Tenth edition & with every edition, we have been striving to give the runners a more memorable experience than the previous one. This mailer is to give you a perspective of how it all began and the purpose of the Marathon.

After being based out of GKNM Hospital for 27 years, CCF has moved into its own premises on Trichy Road. CCF is now more accessible to all those in need of its services in the city. We have started providing our services to PSG Institute of Medical Sciences Hospital and anyone approaching our office. This year, close to 16,000 people would be taking part in the marathon and to us this is the yard stick to measure the awareness about cancer.

The idea for the Coimbatore Marathon germinated in November 2012 to raise general cancer awareness, and to help support various activities at

CCF. The Coimbatore Marathon is all about bringing together people who are passionate about running, keen on spreading awareness and supporting those who are fighting the battle against cancer among the general public.

Over the past 9 editions of the Coimbatore Marathon, thanks to your contribution and the support of our partners, we have raised funds to the tune of Rs. 3 crores. These funds have helped us:

- Set up support clubs consisting of counsellors, doctors, dieticians, and physiotherapists for breast, cervical and pediatric cancer patients and survivors to educate & empower them and their care givers.
- Organize awareness camps across schools, corporates, and communities

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- Organise Free Cancer screening at PSGIMS every Thursday.
- Provide financial aid to patients after assessing their socio-economic status.
- Organise "Tobacco Free Coimbatore" event with NCC at 10 colleges.
- Organize training sessions for volunteers keen on making a difference in the lives of patients.
- Provide hospice & terminal care in the city joining hands with PSGIMS.
- Engage with students in the field of social work & psychology from 11 colleges affiliated to Bharathiyar University to impart counselling skills at CCF.

Beyond cancer, we have been actively involved in Palliative care since a decade to reach out to those with chronic suffering. This is a home care-based model and the first project - Aravanaippu, started in Karadivavi our founders birth palace, now is extended to 22 villages in & around Karadivavi.

For further details visit:

<http://www.coimbatorecancerfoundation.com/>

We have come a long way, but there are many more miles to go. Having said that, we could not have done this without your unstinting support which we look forward in the days to come as well.

This year at the Expo on Saturday, 10th December, make sure you visit the Coimbatore Cancer Foundation's stall for photo ops, merchandise, and information on how you can make donations and support us on a long-term basis.

We hope you enjoy your time out on Race Day and THANK YOU once again for running all the way to support us!

Wishing you the very best for your training and preparations! Happy running!!

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# COIMBATORE RUNNERS

## The people behind the city's premier event.

CCF'S Vision to create a world-class marathon in Coimbatore has become a reality with the efforts of the Coimbatore Runners. Be it inspiring individuals to meet their goals or activating a city to become wellness-conscious, this running community has been highly influential in and around Coimbatore city.

Coimbatore Runners are an informal group of recreational runners- runners who run for the pure joy of running, stretch their physical limits or discover it, surprise oneself or just get back in touch with the child within!

Founded in December 2011, the group presently has more than 500 members representing a broad spectrum of interests, male and female, of various age groups and professions. We love to run and most of us like running long distances. No matter what one's running goal is, support and encouragement are always available in plenty. Now, we are set to organize the Coimbatore Marathon for the tenth year in a row.

As a group, we run together 4 days a week - early mornings on Tuesdays, Thursdays, Saturdays and Sundays across different parts of the city like CODISSIA, GV Residency, Kovaipudur, Podanur, Race Course Road, Sai Baba colony, Saravanampatti, Singanallur and Thudiyalur.

We are a 'not-for-profit' organisation run by member volunteers. Our primary intent is to promote recreational running for a healthier lifestyle. Membership is free... the

only investment is your time (and effort!!) & we guarantee that you will get back much more than what you put in!

Come run with US...

For more information, contact us at [coimbatorerunners@gmail.com](mailto:coimbatorerunners@gmail.com) or the Coimbatore Runners stall at the expo!



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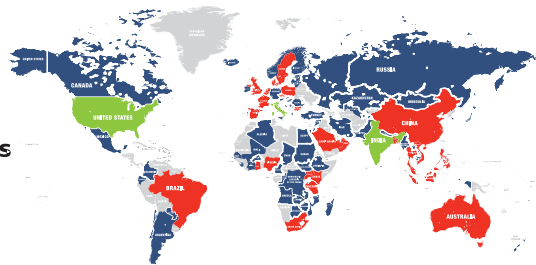
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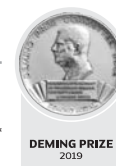
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## RACE CATEGORIES & START TIMES

START POINT : Park Gate Road

**Half Marathon**  
**5:00 A.M.**

**4:00 A.M.** : Parking & Security screening  
**4:15 A.M.** : Baggage Counter opens

**4:30 A.M.** : Line-up for Half Marathon  
**4:55 A.M.** : Warm-up for Half Marathon  
**5:00 A.M.** : Start of Half Marathon\*

**10 KM Run**  
**6:15 A.M.**

**5:45 A.M.** : Line-up for 10 KM Run  
**6:10 A.M.** : Warm-up for 10 KM Run  
**6:15 A.M.** : Start of 10 KM Run\*

**5 KM  
Run / Walk**  
**7:15 A.M.**

**6:45 A.M.** : Line-up for 5 KM Run/Walk  
**7:10 A.M.** : Warm-up for 5 KM Run/Walk  
**7:15 A.M.** : Start of 5 KM Run/Walk\*

**Prize  
Distribution**  
**8:30 A.M.**

**Finish Area - Stanes School Ground**

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.

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# PRE-MARATHON EXPO

**Date: Saturday, 10th December 2022 | Time: 09:00 A.M. to 05:00 P.M.**

**Venue: Hall A - CODISSIA Trade Fair Complex, GV Fair Grounds, Avinashi Road, Coimbatore - 641004**

There's a lot happening at the Expo. Registered runners of Walkaroo Coimbatore

Marathon 2022 can collect their Bib and marathon kits. It is also an opportunity to interact with other runners, meet the pacers, visit the various stalls including the Coimbatore Cancer Foundation stall and Coimbatore Runners' stall. There are plenty of interesting sessions planned through the day. Do come along with your family and friends to the Expo. Entry is free. In all, a great way to spend the Saturday!

## 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 Walkaroo Coimbatore Marathon 2022 is Non-transferable.**



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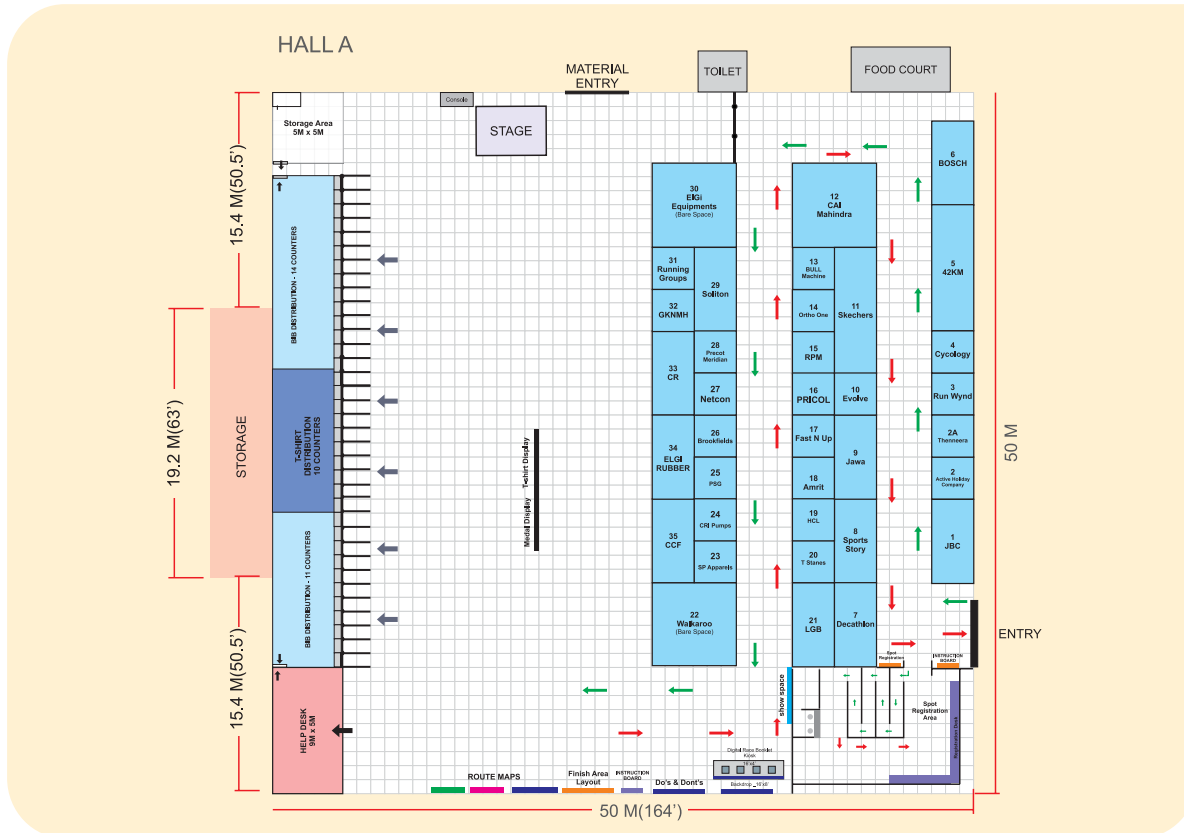
# PRE-MARATHON EXPO - HALL A CODISSIA (LAYOUT)

Date: Saturday, 10th December 2022 | Time: 09:00 A.M. to 05:00 P.M.

Venue: Hall A - CODISSIA Trade Fair Complex, GV Fair Grounds, Avinashi Road,  
Coimbatore - 641004



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# PRE-RACE DAY CHECKLIST

- Check your email and website [www.coimbatoremarathon.com](http://www.coimbatoremarathon.com) regularly for race updates.
- Hydrate well during the day; do not overeat.
- Get adequate sleep the night prior to the race.
- Plan for unexpected weather like heat or rain at the event.
- Familiarise yourself with directions to the start point from the route map provided in this booklet (refer pages 23, 27, 30,32)
- Plan to arrive at least 30 - 40 minutes prior to 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 gears are 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 8.30 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 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.

## Baggage Counter

- A baggage counter is available for the 10 KM & Half Marathon participants. Baggage can be dropped off at the start area and collected from the finish area after the run.
- One bag per runner.
- The bag should weigh less than 5kg in weight and smaller than 22 x 15 x 8 inches (55 x 38 x 20cm).
- The bags should be sealed or have a zipper or drawstring to close the bag. Bags that are open will not be accepted.
- Ensure that you do not leave any valuable items in the bag.
- All bags must be collected before 9:00 A.M. Uncollected bags beyond this point will be handed over to the Police.

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A photograph of a person's legs in motion, running on a paved path. The person is wearing black athletic pants and grey sneakers with bright yellow-green accents. The background shows a blurred natural setting with dry grass and a metal railing.

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# 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, do 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.

## 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 medic or a volunteer. Co-operate with them as it is in your interest to do so.

In case of an emergency, please approach the nearest aid station or call +91 - 8015579732

- A fully equipped medical tent is available at the finish area.

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# BIB & 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 - Stanes School. Friends & Family members accompanying runners can meet the participants only in the Stanes School ground on the Western side, entry through the gates on Park Gate Road.

## TIMING CHIP

- Your BIB comes with an RFID chip if you are a (i) 21.1 km runner, (ii) 10 km runner or (iii) 5 km runner who paid an additional cost for the timing chip.
- 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.







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# PARKING & TRAFFIC FLOW PLAN ON RACE DAY



## IMPORTANT NOTE:

- Parking space for two wheelers and four wheelers available in Jail Ground
- Access to Jail Ground is only from Dr. Nanjappa Road at all times
- Access to Jail Ground from ATT colony only up to 4.45 A.M.

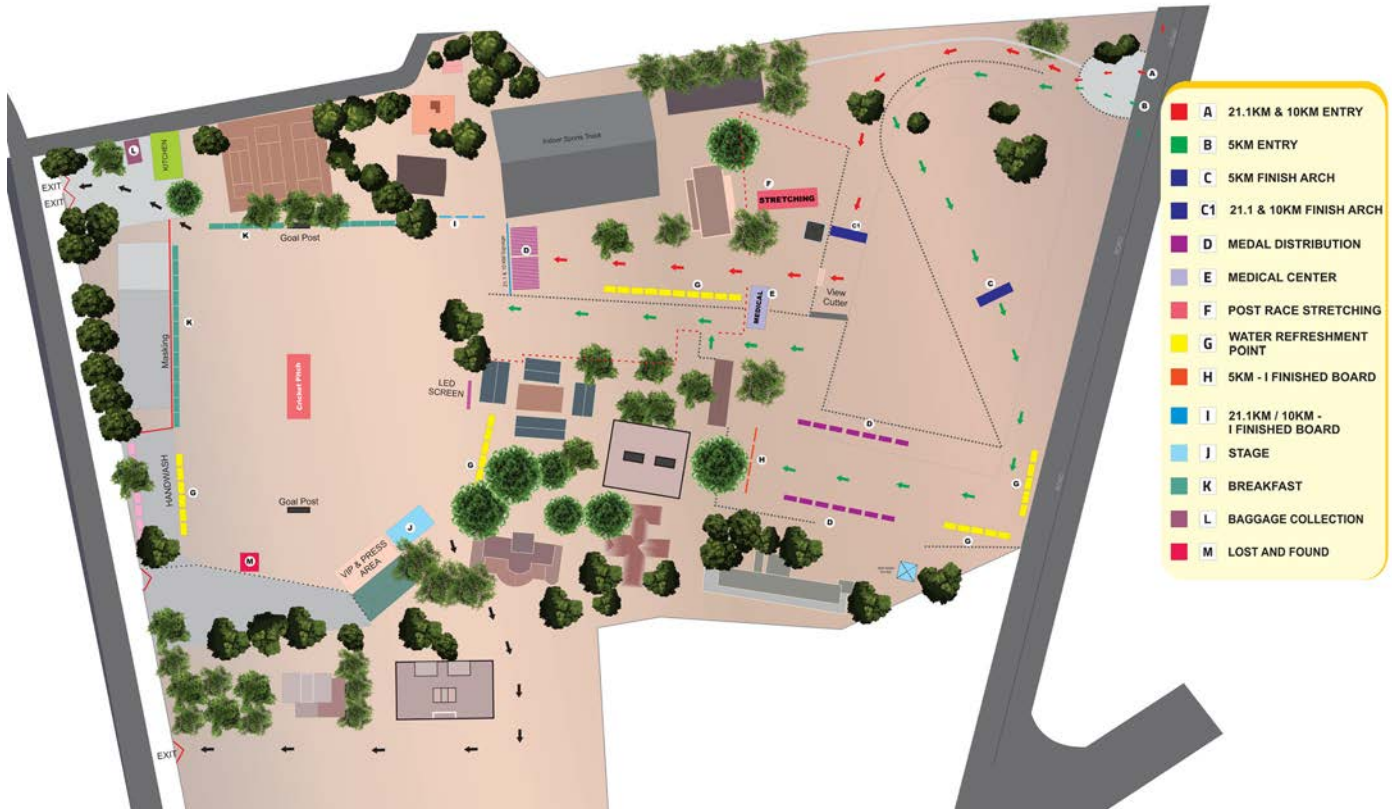
- Parking Area
- Road Block for Vehicular Traffic
- Start Point
- Finish Area
- Way to Parking
- Baggage Drop Point

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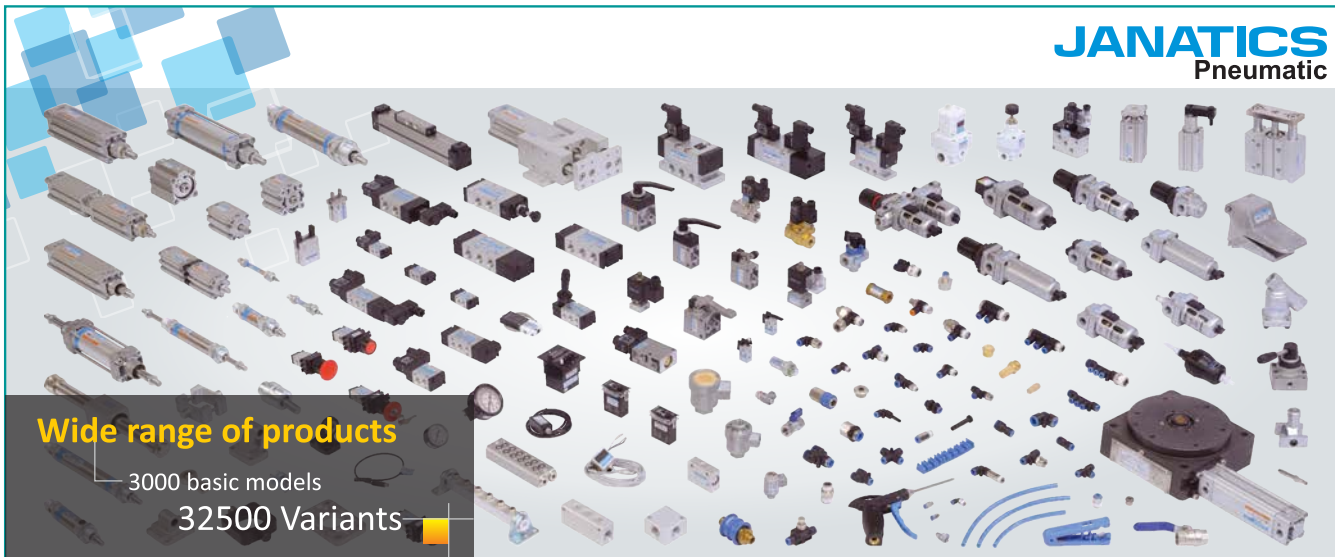


## FINISH AREA - STANES SCHOOL GROUND





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# HALF MARATHON ROUTE MAP



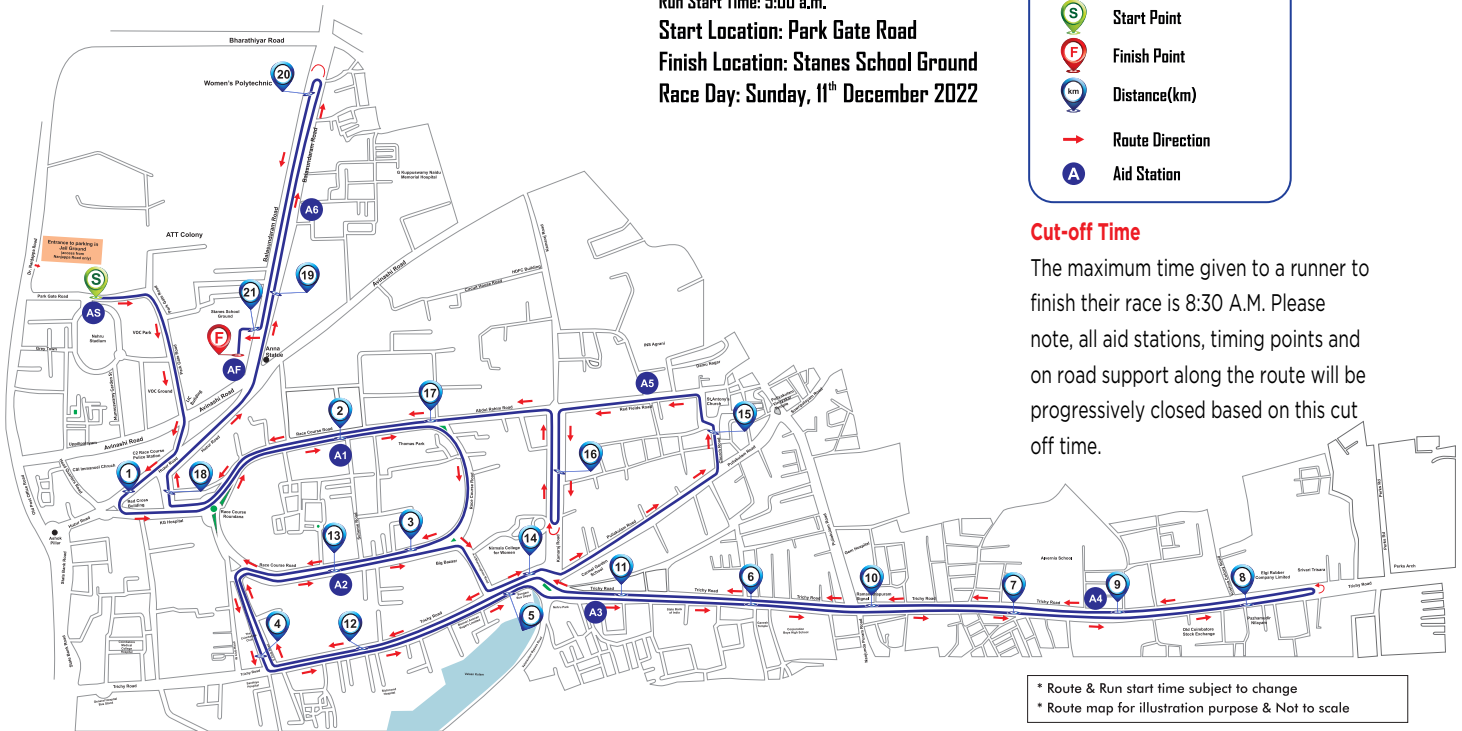
Distance: 21.1 KM  
Reporting Time: 4:30 a.m.  
Run Start Time: 5:00 a.m.  
Start Location: Park Gate Road  
Finish Location: Stanes School Ground  
Race Day: Sunday, 11<sup>th</sup> December 2022

## LEGEND

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

## Cut-off Time

The maximum time given to a runner to finish their race is 8:30 A.M. Please note, all aid stations, timing points and on road support along the route will be progressively closed based on this cut off time.



\* Route & Run start time subject to change  
\* Route map for illustration purpose & Not to scale



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# 10 KM ROUTE MAP

Distance: 10 KM

Reporting Time: 5:45 a.m.

Run Start Time: 6:15 a.m.

Start Location: Park Gate Road

Finish Location: Stanes School Ground

Race Day: Sunday, 11<sup>th</sup> December 2022



## LEGEND

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

## Cut-off Time

The maximum time given to a runner to finish their race is 8:30 A.M. Please note, all aid stations, timing points and on road support along the route will be progressively closed based on this cut off time.



\* Route & Run start time subject to change  
\* Route map for illustration purpose & Not to scale



**COURAGE TO START.  
WILL TO FINISH.**



## Support the Coimbatore Marathon.

It's again that time of the year for the biggest Coimbatore Marathon.

After a brief hiatus, the Coimbatore Marathon is back to unite the people of the city for a cause. **CAI Mahindra** is a proud official car partner for the event.

Make each mile count for a cause. Join us at the **Coimbatore Marathon** and contribute your best to the **Coimbatore Cancer Foundation**.

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# 5 KM RUN/WALK ROUTE MAP

Distance: 5 KM

Reporting Time: 6:45 a.m.

Run Start Time: 7:15 a.m.

Start Location: Park Gate Road

Finish Location: Stanes School Ground

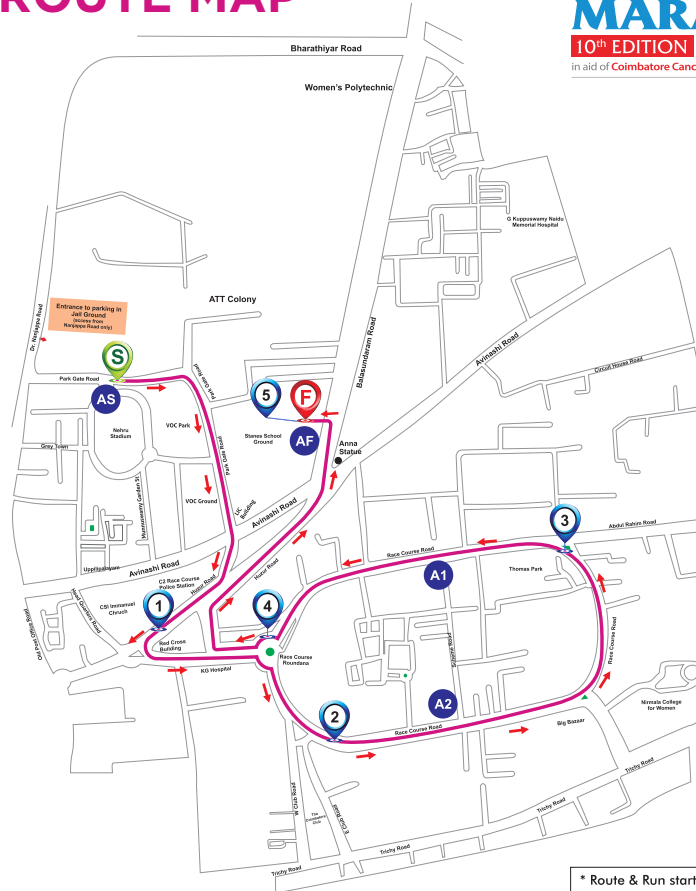
Race Day: Sunday, 11<sup>th</sup> December 2022

## LEGEND

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

## Cut-off Time

The maximum time given to a runner to finish their race is 8:30 A.M. Please note, all aid stations, timing points and on road support along the route will be progressively closed based on this cut off time.



\* Route & Run start time subject to change  
\* Route map for illustration purpose & Not to scale



# RUNNER ESSENTIALS

In the running route we have fully equipped Aid stations with trained Volunteers, to serve the runner and will also host seasoned Medical staff. Sports drink, Fruits, Salt & Water will be stocked sufficiently. Here is a snapshot of where these will be available for you enroute.

Aid Station	Aid Station	Aid Station Location, km Mark			Dist between each Aid Station			Water	Sports Drink	Banana	Orange
		HM	10K	5K	HM	10K	5K				
A1	Sakthi Sugars	2.0			2.0			● ● ●			
A2	Jayam Hall	3.4	2.1	2.1	1.4	2.1	2.1	● ● ● ●			
A3	Flyover	5.4			2.0			● ● ●	● ● ●	● ● ●	● ● ●
A4	Ortho One	7.5			2.1			● ● ●	● ● ●	● ● ●	● ● ●
A4	Ortho One	9.1			1.6			● ● ●	● ● ●	● ● ●	● ● ●
A3	Flyover	11.1			2.0			● ● ●	● ● ●	● ● ●	● ● ●
A2	Jayam Hall	13.0			1.9			● ● ●			
A5	110 Infantry Battalion	15.4	4.5		2.4	2.4		● ● ●	● ● ●	● ● ●	● ● ●
A1	Sakthi Sugars	17.5	6.6	3.5	2.1	2.1	1.4	● ● ● ●			
A6	PRS	19.4	8.5		1.9	1.9		● ● ●	● ● ●	● ● ●	● ● ●
A6	PRS	20.8	9.8		1.4	1.3		● ● ●	● ● ●	● ● ●	● ● ●

Note :

AS (start) and AF (finish) not included above

- Half Marathon
- 10 KM
- 5 KM







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## PACERS

Pacers are seasoned runners who would run the distance in the time specified in advance. Their key role is to help the runners 'set the pace' according to their timing goals. The pacers are well aware of the terrain, the weather conditions and importantly, have adequate experience of running the distance in the time specified.

A group of pacers for a particular time are commonly referred to as the 'pacing bus.' We have a pacing bus for the following time categories - 2:00, 2:15, 2:30, 2:45, 3:00 and 3:30. The pacing bus will have runners who will run the distance in the planned time. Join any pacing bus and you will be assured of finishing the race within the time goal. For instance, if you run with the 2:30 bus in the half-marathon category, you are assured of finishing the race in 2 hours 30 minutes or less.

Pacers are aware of the route, the location of aid stations, gradients on the route and other challenges on the route and set their pace accordingly. They know when to step up the pace and when to slow down for aid stations, elevations and guide runners accordingly.

Pacers are passionate towards helping their fellow runners finish in their targeted time and motivate them for the same. So, pick your pace and latch on to the bus that fits into your goal!

The pacers can be easily identified by their unique t-shirt and their names and time displayed behind their shirts.



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# OFFICIAL PACERS OF COIMBATORE MARATHON 2022

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Ganesh  
2:00



Rocket Singh  
2:00



Chandru  
2:00



Anand Krishna  
2:15



Gopal  
2:15



JJR  
2:45



Sasi Raghav  
2:30



Ponni  
2:30



Javid A  
2:30



Veera  
2:15



Govind  
2:45



MoGo  
2:45



Latha  
3:00



Rani  
3:00



Sudheer  
3:00



PCM  
3:30



Mahesh  
3:30



Selvaraj  
3:30





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## AFTER THE FINISH

The race ends at Stanes School Grounds. 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.

A delicious South Indian Breakfast will be served for all runners. Kindly show your bib at the counter.

Finisher certificates will be available online at [www.coimbatoremарathon.com](http://www.coimbatoremарathon.com), 48 - 72 hours after race completion.

Photo opportunities are available across the ground for 'selfies' and 'photo shoots'



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CONGRATULATIONS TO ALL **FINISHERS!!**



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# PRIZE DISTRIBUTION

Prizes for the first 3 finishers in each category will be awarded at 8:30 A.M. in the finish area. Winners will be informed at the finish line by race officials.

Winners in veteran 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.**

## PRIZE MONEY

(Separately for Men & Women) for top 3 finishers

	HALF MARATHON		10 KM	
POSITION	OPEN CATEGORY	VETERANS*	OPEN CATEGORY	VETERANS*
FIRST	₹ 25,000	₹ 15,000	₹ 15,000	₹ 10,000
SECOND	₹ 15,000	₹ 10,000	₹ 10,000	₹ 7,500
THIRD	₹ 10,000	₹ 5,000	₹ 5,000	₹ 5,000

\*Age 45 years and above as on 11<sup>th</sup> December 2022



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# ACKNOWLEDGEMENTS

The core committee of the Walkaroo Coimbatore Marathon 2022 would like to thank

- Air Force Administrative College
- Mr. Balaji S
- Bikers Terrain
- Coimbatore Central Prison
- Coimbatore District Athletic Association (CDAA)
- Coimbatore City Municipal Corporation
- Coimbatore Cycling
- Coimbatore City Police
- CRPF
- Mr. Hari Santharam
- Home Guards
- INS Agrani
- 110 Infantry Battalion
- Kovai Thumpers
- Mr. VP Senthil Kumar, Chennai Runners
- Mr. Vidyasagar Ramdass
- National Cadet Corps (NCC)
- Tamil Nadu Athletic Association (TNAA)

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# COIMBATORE MARATHON 2022

## THE OPERATIONS TEAM

Amita Swami P  
Arunan Makudeeswaran  
Biju Velayudhan  
Chakravarthy S Birur  
Chandramohan P  
Frank Nathan  
Dr. Gautham Naidu  
Hariharasuthan Jayaprakash  
Haripriya Rangarajan  
Jai Rajappan  
Karthikeyan Padmanabhan  
Kamakshi Ganapathy  
Manjunath H Venkatesh  
Nithya Ramesh  
Prakash J P  
Pratheep Jagannathan  
Qamruz Zama  
Dr Rajkumar A  
Ram Prakash T  
Ramachandran V S  
Ramesh Ponnuswami

Raviprakash N  
Saraswathy Natarajan  
Saravana Kumar S  
Satish Kini  
Senthil Kumar KP  
Shanmugaraj k  
Suba S  
Subash Ramdoss  
Sulaiman S Bhimani  
Sumathi Palaniappan  
Suresh Kumar V  
Suriyaprakash C  
Umayal Palaniappan  
Valliappan Nagappan  
Veeshal Shreechand  
Venkatesan R  
Vivekanandan R  
Veluchamy P



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