

**GOA RIVER MARATHON 2019**



**RACE BOOKLET**

Everything you need to know:

*..from venue maps to route maps and more*

Race day: 17<sup>th</sup> Nov, 2019

Website: [goarivermarathon.com](http://goarivermarathon.com)

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## Running your Goa River Marathon like a pro!

We are glad to bring you the Goa River Marathon to be held at Chicalim Jogger's Park on Sunday 17<sup>th</sup> November 2019.

As always, we will endeavour to deliver this event with all our sincerity and passion.

### PRE-RACE DAY INFORMATION:

#### Expo & Bib pick up:

15<sup>th</sup> Nov between 01:00 PM and 7:00 PM

16<sup>th</sup> Nov between 09:30 AM and 7:00 PM

Location: Ravindra Bhavan, Baina Beach, Vasco da Gama, Goa. [Google Map](#)

### IN YOUR RACE DAY KIT, YOU WILL FIND:

1. **Your Bib:** This is the unique number that identifies you and is non-transferable. .  
When you receive your bib, please make sure the information printed is correct. Do NOT misplace the Bib. We will not be able to reissue or replace the Bib
2. **Timing Chip** (Not applicable for 5K Run).
3. **Event T-Shirt:** While every effort will be made to ensure every participant receives a T-Shirt, this is a FREE item and not a part of the registration fee. T-Shirts are sponsored and subject to availability.

## REACHING THE VENUE ON TIME:

### Bus Shuttle for the race day:

The organizing team has arranged for shuttle buses from Vasco ([Railway station](#)) to the start venue. Participants staying in Vasco may avail the shuttle service to reach the start point.

The busses will be running at regular frequency starting at 3:30 AM

Buses will also be available for drop to the city from the finish area after 10:00 AM

Click this link for: [Map to the Venue](#)

Click this link for: [360-Degree view of the venue](#)

## Accommodation

If you haven't booked your accommodation yet, please visit our [hotels page](#) for links to online booking or hotel phone numbers.

## MEDICAL HISTORY:

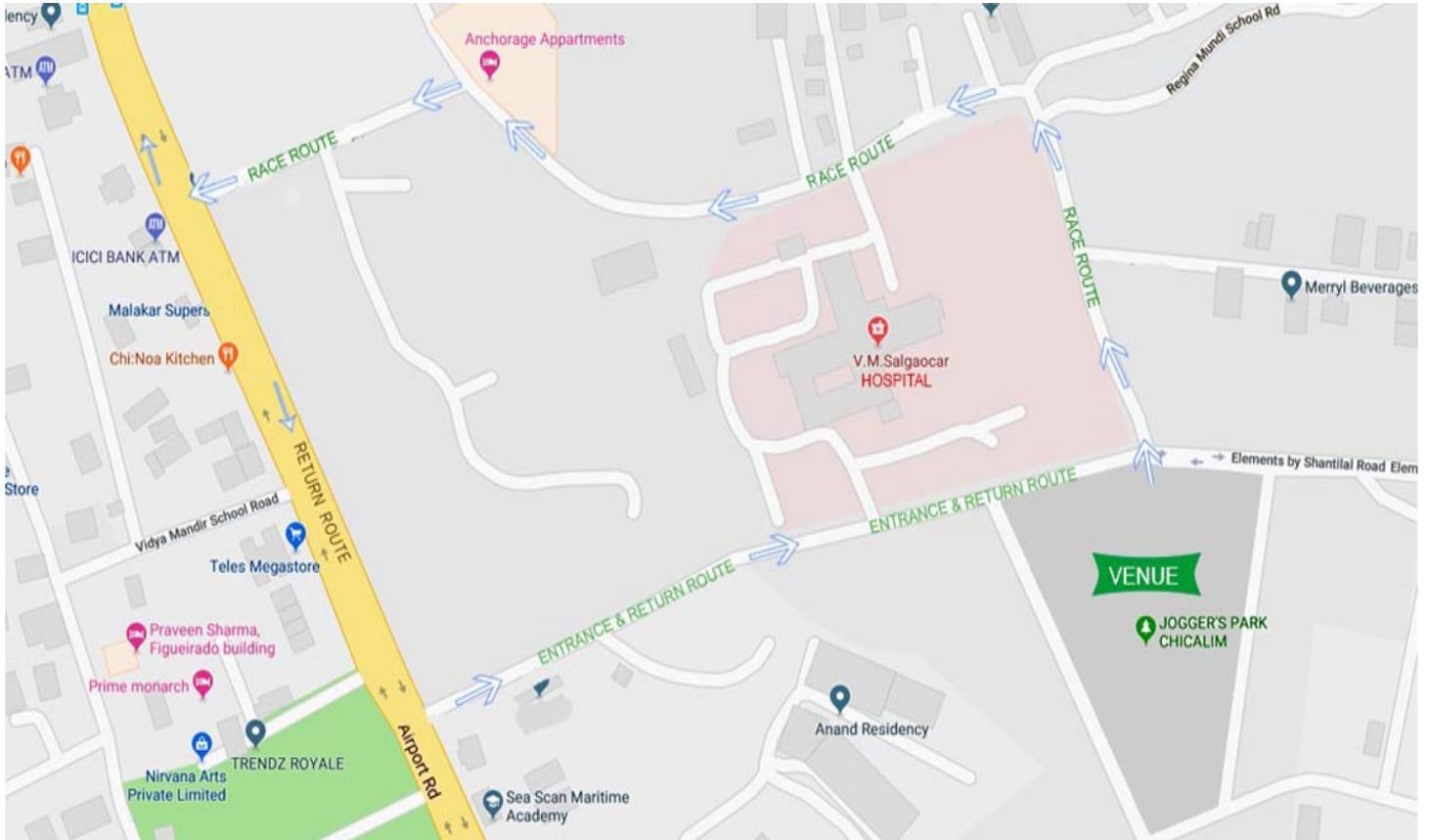
If you have had a medical issue in the past, we would like to keep a special track for you to run. Please send us an email at [runnersingoa@gmail.com](mailto:runnersingoa@gmail.com). Include your medical history. Enter subject line as "I WANT YOU TO KEEP A CHECK ON ME DURING THE RACE".

## EVENT START TIME:

Race Category:	Marathon	Half Marathon	10K Competitive Run	5K Fun Walk or Run
Reporting Time	04:00 A.M.	05:15 A.M.	05:30 A.M.	08:30 A.M.
Start Time	04:30 A.M.	05:30 A.M.	06:15 A.M.	09:00 A.M.
Start & Finish Point	Chicalim Jogger's Park.			

## THE VENUE:

Click here for: [Google map to the venue](#)



## ROUTE MAPS:

Links to route map: [Marathon & Half-Marathon Route Map](#)

10K Competitive Run with aid stations marked: [5 & 10K Route Map](#)



## Map Index:

1. First-Aid, Ambulance, Toilets, Water, Energy drink
2. First-Aid, Water, Energy drink
3. Ambulance, Toilets, Water, Energy drink
4. First-Aid, Water, Energy drink
5. First-Aid, Ambulance, Toilets, Water, Energy drink
6. First-Aid, Water, Energy drink

7. Ambulance, Toilets, Water, Energy drink
8. First-Aid, Water, Energy drink
9. First-Aid, Ambulance, Toilets, Water, Energy drink

Additionally, race officials will be patrolling the race route on 2-wheelers. In case of an emergency, please flag a race official.

## **ARRIVAL & RACE PREPARATION**

### **THE BAGGAGE COUNTER:**

Baggage counter is available for the participants and is located near the entry gate. Please do not leave any valuables like phones, camera, jewellery or original identification in your bag. The organizers will not be responsible for any loss, misplacement or theft of items in the baggage counter. The baggage counter will open from 3:30am and close at 11:30am. Please collect your baggage in time.

### **RESTROOMS:**

Portable Male & Female toilets will be available for all participants in the stadium and at select locations along the route. Please refer to the respective Google maps pertaining to your race category. Click on the aid station icon (the blue markers) to view the kind of aid available at those locations.

### **AID STATIONS:**

Drinking water, energy drinks, portable toilets, first-aid and ambulance services will be available at regular intervals throughout the route. The locations of these aid stations and type of assistance available at each is shown on the route maps (see previous page).

## **EMERGENCY MEDICAL AID:**

Medical help is available at the start/finish as well as at multiple points en route. Our medical partners completely understand your requirements as runners and are ready to handle anything from a twisted ankle to runner specific conditions like dehydration and hypernatremia. There are medical tents along the route, with doctors and medical staff besides ambulances patrolling the route. Do not worry, you are in safe hands.

## **PHOTOGRAPHERS:**

There will be lots of officially appointed photographers at the venue and also throughout the race route. So, SMILE and WAVE and make sure your bib number is clearly visible.

## **PRE-RACE WARM UP**

All participants can avail of warm up (Zumba) session in the holding area 30 minutes before the race.

## **TIMING CHIP & TIMING SPLITS**

Stick your timing chip at the back of the bib and recheck one more time at the timing counter at the Expo. The Bib must be pinned on all four corners and clearly visible on the front of the participants t-shirt at all times during the race.

Without the timing chip you will not get your timing. If we don't have your reading at any one of the timing splits on the route, it will be deemed that you DNF (did not finish).

When your race starts: RUN! Think happy thoughts!

## **PRIZE AWARDS:**

The top 6 finishers are eligible for Prize Money\*\* in the various age categories. All age category winners are required to meet the cut-off timings to be eligible for prize money. There is no timing and prize money for 5K Fun Walk-Run.

\*\* Only Open Category prizes of all events will be declared on the day of the event.

Age category prizes will be announced after 3 days and distributed within a fortnight from the date of the event. Prize winners in the open age category, should necessarily provide details of bank accounts in India.

Prize money of over INR 700,000 will be given away across all categories.

For more details on prize money in each category, please visit the [award list page](#) on our website.

## **POST-RACE:**

1. Collect your finisher medal
2. Recover, stretch, rehydrate
3. Prize distribution
4. Physio and Medical tent for any medical issues -collect provisional results & photo opportunity at the timing booth
5. Relax and talk about the race
6. Take pictures
7. Sleep, recover
8. Visit the [website](#) and our [facebook](#) page to view results, download your certificate and view photos of yourself and your friends.

## **SPONSORSHIP OPPORTUNITY:**

Such sporting events offer a great opportunity for government entities and corporates to be seen as pro-sports, pro-youth especially if your product or service targets sports enthusiasts, fitness fans or youth.

Call Abhijeet Salker on +919822486284 or, Rakesh Unny on +919823078064

If you would like to email us a proposal, please do so at [runnersingoa@gmail.com](mailto:runnersingoa@gmail.com)

## RACE CHECKLIST:

1. Cab booking
2. Inform your emergency contacts about run schedule
3. Bib with timing chip attached and 4 safety pins
4. Running shoes (unless you are running barefoot!)
5. Running gear
6. Shorts/ pants/ tights (worn before)
7. T-shirt (worn before)
8. Running socks (worn before)
9. Sunglasses
10. Sunscreen
11. Cap
12. Blister bandages / chafe guards, if you use them
13. Bottle: if you carry them for a run, a good green practice
14. Jacket – for before/ after the race
15. Heart-rate monitor, if you use one
16. Identification
17. Cash
18. Food & drink (energy gels/ bars)
19. Comfortable open-toed footwear for after the race
20. Post-race change of clothes
21. A bag to keep all this

Organisers:

## Vasco Sports Club

Ground Floor, Rukmini Towers

Opp. Tilak Maidan, Vasco da Gama, 403 802 GOA

Phone: 832-2511 333 (10:00 a.m. - 6:00 p.m. Mon-Sat)

Support: Hema : +91 970 2097 035

E-mail : [runnersingoa@gmail.com](mailto:runnersingoa@gmail.com), [support@goarivermarathon.com](mailto:support@goarivermarathon.com)



**GOA RIVER MARATHON**

**VASCO SPORTS CLUB**

**17.Nov.2019**

**Phone - Number : (832)-251 1333**  
**Time : 10:00 a.m. - 6:00 p.m.**  
**Email : [support@goarivermarathon.com](mailto:support@goarivermarathon.com)**  
**Url: [goarivermarathon.com](http://goarivermarathon.com)**