

Preparation tips for Marathon

Registered participants are advised to engage in physical activities so as to develop fitness for the Marathon run

Nutrition and hydration recommendations

Participants are advised to have nutritious diet and keep yourself well hydrated for the race

Spectator Guide

Advice For Friends and Family attending

The friends and families of the participants are advised to watch/accompany the respective wards without causing hindrance on the race path and obstruct the run of participants and general public



MORAIS MARATHON

A Joint Initiative by



TRICHY CITY POLICE



Sponsors



RADIO PARTNER



Contact

89258 39318 | 89258 39319 | 89258 39320

<https://moraiscity.com/> | <https://www.instagram.com/moraiscityofficial/>

The event organizers of Morais Marathon expects full cooperation from the participants to have a successful and enjoyable race experience.

MORAIS CITY
Constructing Cityscapes



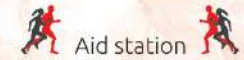
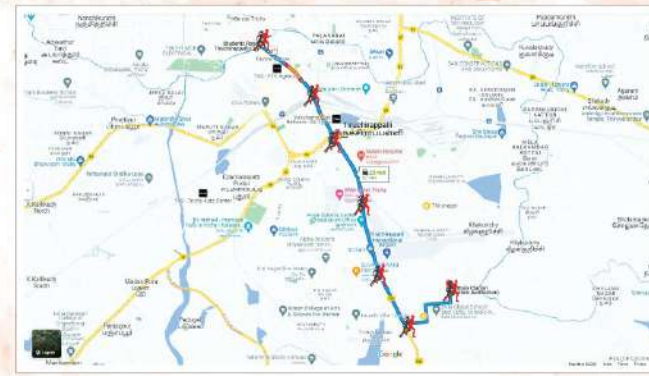
December 2023

Race Guide

Appreciating your participation in the
2ND EDITION 10 KM

OVERVIEW OF THE EVENT'S HISTORY AND SIGNIFICANCE

In 2022, SEBCO Property Private Limited introduced the Morais Marathon with the aim of promoting awareness to the citizens of Trichy City about the urgent need to combat the menace of drugs. The 1st edition of Morais Marathon was a collaborative effort with the Trichy City Police and drew participation from over 3000 individuals, including students from various educational institutions and the general public. The event was graced by the presence of Thiru. Karthikeyan IPS, the then Commissioner of City Police, who honored the winners with cash prizes, medals, and certificates. The overwhelming response to the first edition has inspired us to organize the second edition of Morais Marathon in 2023, under the theme 'Run for a Drug-Free Trichy.' This reaffirms our firm dedication to fostering a drug-free environment in Trichy City.



Race Details

Date	Time
03.12.2023	05:30 AM
DISTANCE TO BE COVERED: 10 KMS	
Starting Point	Ending Point
Students Road (Near court)	Morais Clarion, Morais City

Kit Contains



T-Shirt

Bib

Gell

Race Guide

Bag

Age Category

School **15-17** College **18-24** Seniors **25-34** Masters **35+**

Prize Categories (Male & Female)

PRIZE	SCHOOL	COLLEGE	SENIORS	MASTERS
1 ST	₹ 15,000	₹ 15,000	₹ 15,000	₹ 15,000
2 ND	₹ 10,000	₹ 10,000	₹ 10,000	₹ 10,000
3 RD	₹ 5,000	₹ 5,000	₹ 5,000	₹ 5,000

ON THE RACE DAY

Start line procedures

- ◆ Participants are instructed to reach the starting point at 05:00 AM sharp
- ◆ The race will begin promptly at its designated start time of 05:30 AM
- ◆ Participants have to make self-arrangements to reach by their own to the starting point and after the conclusion of the race event
- ◆ Participants are responsible for being on time for the start of their race

Aid station locations

Totally Seven aid stations are located enroute the race course

1. Students Road (Starting Point)
2. Headpost Office - TVS Tollgate Bridge
3. TVS Tollgate Bus Stop (Pudukottai Road)
4. Kottapattu
5. Airport exit gate
6. Morais City Marketing office
7. Morais Clarion (End Point)

Aid stations offerings

Water | Lemon | Salt | Glucon-D | Peanut

Emergency Information

- ◆ Medical aid provisions along the course of the race.
- ◆ Race organizers' contact information. (89258 39318 | 89258 39319 | 89258 39320)
- ◆ Participants who could not complete the race will be provided with DNF (Did not finish) vehicle. They will not be provided participant certificates and finisher medals

Finish line procedures

- ◆ The participants will have to cross the finish line, which is to be acknowledged by the race representative to become eligible to receive medals and certificates
- ◆ Refreshments will be provided to all the participants

Post-race Festivities

Medal and awards distribution

- ◆ Prize distribution and closing ceremony will be held in Morais Clarion auditorium and will be graced by the chief guest
- ◆ Winners in the respective categories will be awarded with the winner medals, gift vouchers and certificates.
- ◆ Participants who complete the entire race distance from starting point to the ending point are eligible to receive medals and certificates
- ◆ Breakfast will be provided to all participants