

She**RACES**  
CERTIFIED



# RUNNER'S HANDBOOK KDAM - 2025



**5  
KM**



SAVE A LIFE

**10  
KM**



LIFE SPRINT

**21.09  
KM**



HOPE HALF  
MARATHON

**20  
MILES**



MIRACLE  
MILES

2<sup>nd</sup> FEB, 2025 SABARMATI  
RIVERFRONT, AHMEDABAD



**RACE KIT / BIB  
PICKUP DATE & TIME:**

**JANUARY, 31st 2025**

**2:00 PM - 9:00 PM**

**FEBRUARY, 1st 2025**

**2:00 PM - 7:00 PM**



**RACE KIT COLLECTION POINT:**  
Pandit Deendayal Auditorium,  
Rajpath Rangoli Road, Ahmedabad





## **IMPORTANT INSTRUCTIONS DURING YOUR RACE KIT (RUNNING BIB) COLLECTION**

- Please bring along your registration confirmation email or the BIB/KIT Pickup SMS.
- If collecting on someone else's behalf, carry an authorization letter along with a valid government ID.
- Ensure you collect your race kit within the specified dates and times mentioned above.
- BIBs/KITs will not be distributed on the race day.
- During BIB / KIT collection ensure to verify the details on your BIB specifically Your Name, Age Category. For any corrections, approach the Data Correction Counter and get your data corrected.
- Avoid folding or damaging the BIB & its RFID strip.
- Lost BIBs will not be replaced.
- T-shirt size changes are not allowed. The T-shirt will be provided based on availability; kindly accept the available size.

**PICKUP**  
**RACE KIT**



## HEALTH NOTICE

- Prioritize your safety at all times during this event. Please exercise caution and ensure appropriate precautions.
- This event involves physical challenges that carry potential risks, including discomfort, injury, illness, and, in rare cases, serious health complications. It's crucial to confirm that you're physically fit enough to engage without jeopardizing your health or life. The organizer cannot be held accountable for any unforeseen incidents.



HEALTH NOTICE



## HEALTH GUIDELINES

### **BEFORE PARTICIPATING, PLEASE CONSIDER THE FOLLOWING:**

- Has a medical professional ever advised you against strenuous activities due to a heart condition?
- Do you experience chest pain or discomfort during physical exertion?
- Have you ever felt chest discomfort without physical activity?
- Do you often experience palpitations?
- Do cold or dry conditions make breathing difficult for you?
- Have you ever experienced dizziness leading to balance issues or fainting spells?
- Are there bone or joint conditions that may worsen with increased physical activity?
- Are you currently on medication for conditions like hypertension?
- Is there a family history of cardiovascular diseases?
- Have you recently recovered from a severe case of Covid-19 or are on post-recovery medication?
- Are you over 55 years old?

**SENIORS  
GUIDELINES  
HEALTH**

# HEALTH GUIDELINES

- Are you expecting a child?
- Are you diagnosed with insulin-dependent diabetes?
- Are there any other health concerns that might prevent you from engaging in physical activities?

**If your response is 'YES' to any of the above, it's essential to consult with your physician before participating. If you're feeling unwell, we strongly advise against participating to protect both your health and the well-being of your loved ones. Prioritize safety by staying home.**

**Medical assistance stations are strategically positioned alongside the route, aid stations, and both start and finish locations. They remain accessible at all times to provide emergency medical aid if needed**



## **PRE-RACE PREPRATION CHECKLIST**

- Ensure proper hydration throughout the day. While carb-loading, avoid overeating. Aim for a restful sleep of at least 8 hours the night before.
- Stay updated by regularly checking your email for any last-minute notifications.
- Ensure all your race essentials are ready. This includes your race attire (with securely fastened bib), appropriate footwear, and other necessary gear. Be prepared for potential changes in weather conditions.
- Familiarize yourself with the route to the starting point and arrange your transportation accordingly. Aim to arrive as per the reporting time. Considering the unpredictability of early morning public transportation, it's wise to pre-book your rideshare or taxi services.
- Ensure you bring your bib to the event; this is where your timing tag is affixed. Handle your bib with care and avoid bending it to prevent damaging the timing tag. Please note: A bib is mandatory for participation. However, 5K participants will not have a timing chip.
- Carry a modest amount of cash.
- Additionally, it's recommended to have a valid photo ID on you during the event.

**CHECKLIST**  
**PREPARATION**



## **KEY POINTS TO KEEP IN MIND**

- Familiarize yourself with the race route to ensure timely arrival at the starting venue.
- Arrive at the starting point well in advance of the designated reporting time to avoid last-minute rush.
- Understand the role of pacer groups, acquaint yourself with the course, and adhere to race regulations.
- Dress appropriately for potentially chilly weather conditions.
- Engage in a thorough warm-up session before the race commences.
- Consider carpooling to minimize environmental impact.
- Affix your race bib prominently on your front attire; entrance to the starting line is contingent upon bib presentation.
- Know that medical aid stations and ambulances are strategically positioned along the race route for any health emergencies.

**MIND  
IN  
KEEP  
KEEP**





## **ON-COURSE FACILITIES**

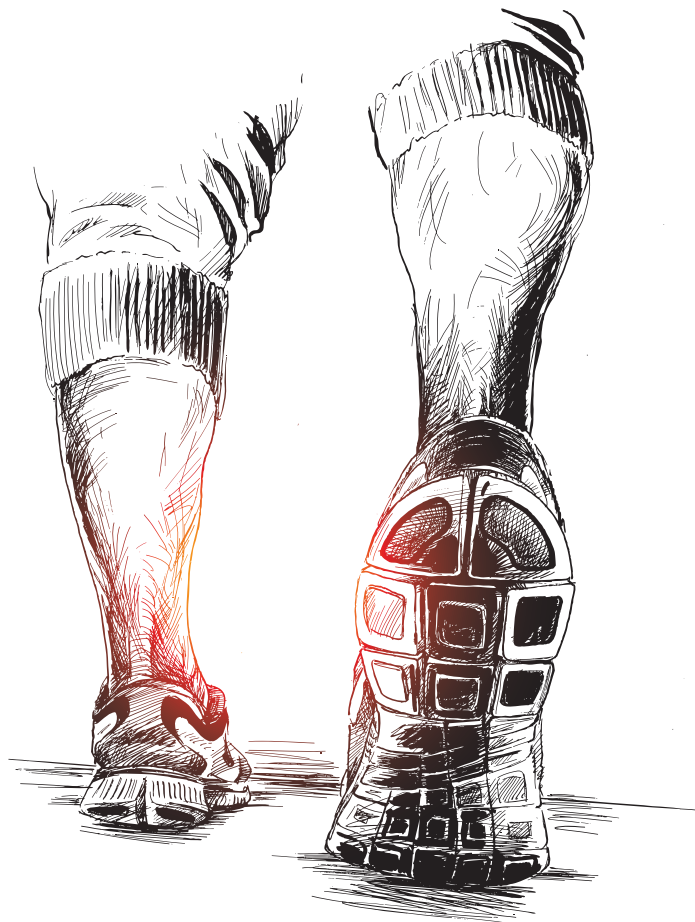
- Aid stations are available approximately every 2 kilometers, offering water and electrolyte beverages.
- For 10K, Half Marathon, and 20 Miler (32.2 KM), aid stations will provide fruits, biscuits, and salt.
- Medical stations equipped with healthcare professionals are set up every 2 kilometers.
- Emergency ambulances will be stationed throughout the course.
- Support from Cycling Marshals.
- Pacers to guide and support participants.
- Official vehicles to maintain course safety.
- Clear kilometre markers and directional signs will be placed along the course.
- Timing mats for accurate race timing.
- Portable restroom facilities.

**ON-COURSE FACILITIES**



## POST-RACE AMENITIES

- Finisher's medals.
- Post-race refreshments.
- Dedicated medical zone for any post-race medical needs.
- Live entertainment and post-race activities for participants.
- Physiotherapy services for post-race recovery.
- Reward distribution for top performers.
- Secure baggage storage facility available.
- Additional portable restroom facilities.



**POST-RACE AMENITIES**



## **FINISHERS GUIDELINES**

### **RACE CUT OFF TIME**

- Runners who do not meet the cut-off times will have two options:
- Be at nearest Aid Station or inform volunteers, our on-course vehicles will pick you up and you will receive a "Did Not Finish" (DNF) for the race.
- Continue running on the open footpath/sidewalk at their own discretion and risk, as roads will reopen to regular traffic. Please be aware that after the cut-off times, there will be no course support, including entertainment, refreshments, energy drinks, food, or medical assistance.



**FINISHER GUIDELINES**



## FINISHER TIMING & CERTIFICATE TERMS & CONDITIONS

- Finisher timing certificates will only be awarded to participants who complete the entire course within the specified cut-off times (For 10 KM, HM & 20 Miler (32.2 KM) Timed Participants Only)
- Preliminary race results will be posted on the official website within 8 hours following the conclusion of the race.
- Results announced on race day will remain provisional for a period of 7 days.
- For any discrepancies in race results, participants should email **support@cyruns.com** within 7 days, along with supporting evidence.



FINISHER GUIDELINES



## PRIZE MONEY

<b>20 Miler</b>			
<b>AGE CATEGORIES AS (MALE &amp; FEMALE)</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>
<b>18 - 29</b>	<b>₹ 30,000</b>	<b>₹ 20,000</b>	<b>₹ 17,500</b>
<b>30 - 39</b>	<b>₹ 30,000</b>	<b>₹ 20,000</b>	<b>₹ 17,500</b>
<b>40 - 49</b>	<b>₹ 30,000</b>	<b>₹ 20,000</b>	<b>₹ 17,500</b>
<b>50 - 59</b>	<b>₹ 30,000</b>	<b>₹ 20,000</b>	<b>₹ 17,500</b>
<b>60 &amp; Above</b>	<b>₹ 30,000</b>	<b>₹ 20,000</b>	<b>₹ 17,500</b>

<b>21.09 KM RUN</b>			
<b>18 - 29</b>	<b>₹ 20,000</b>	<b>₹ 15,000</b>	<b>₹ 10,000</b>
<b>30 - 39</b>	<b>₹ 20,000</b>	<b>₹ 15,000</b>	<b>₹ 10,000</b>
<b>40 - 49</b>	<b>₹ 20,000</b>	<b>₹ 15,000</b>	<b>₹ 10,000</b>
<b>50 - 59</b>	<b>₹ 20,000</b>	<b>₹ 15,000</b>	<b>₹ 10,000</b>
<b>60 &amp; Above</b>	<b>₹ 20,000</b>	<b>₹ 15,000</b>	<b>₹ 10,000</b>

<b>10 KM RUN</b>			
<b>Under 30</b>	<b>₹ 15,000</b>	<b>₹ 12,000</b>	<b>₹ 9,000</b>
<b>30 - 39</b>	<b>₹ 15,000</b>	<b>₹ 12,000</b>	<b>₹ 9,000</b>
<b>40 - 49</b>	<b>₹ 15,000</b>	<b>₹ 12,000</b>	<b>₹ 9,000</b>
<b>50 - 59</b>	<b>₹ 15,000</b>	<b>₹ 12,000</b>	<b>₹ 9,000</b>
<b>60 &amp; Above</b>	<b>₹ 15,000</b>	<b>₹ 12,000</b>	<b>₹ 9,000</b>





## PRIZE MONEY

### TERMS AND CONDITION:

- The race results announced on the race day will be considered 'provisional'. Final results will be disclosed post-verification, and individuals meeting the specified criteria will qualify for the prize money.

The disbursement of cash prizes will adhere to the following criteria:

- All participants will compete for Age Category Prizes
- Results will be calculated on the NET Chip Time
- One participant will be eligible for one cash prize
- To be designated as a Cash Prize Winner, participants must complete the race within the respective cut-off time indicated for each category:

#### Category Cut-Off Time

- 32.20 KM (20 Miler) - 5.00 Hours from the race Flag Off
- 21.09 KM 3.30 hours from the race Flag off
- 10 KM 2.00 hours from the race Flag off

**MONEY T&CS**  
**PRIZE**

- The allocation of finish positions for age categories (age as of 02.02.2025), qualifying for prize money, will be determined solely based on net finish times.
- Runners seeking eligibility for prizes must not commence the race later than 10 minutes after the official flag-off time and must cross the starting mat within the first 10 minutes from the flag-off.
- Cash Prizes will be disbursed after through verification within 30 working days from the event date.

**Furthermore, entitlement to finish positions and Prize Money winnings is contingent upon:**

- Accurate BIB tag timing recorded at all timing checkpoints along the course, including the start and finish mats.
- Physical verification conducted by technical officials and anti-cheat cameras.
- Runners discovered to have exchanged their bib numbers and/or BIB tags with others will face disqualification from the competition. Such runners will not be entitled to any timing or prize money rewards, if applicable.
- Prize winners declared may be obligated to provide additional proof of identity/age as requested. Failure to comply could result in the Event Promoter retaining the disbursement or disqualifying the participant from the competition, at its discretion.

**MONEY T&CS**  
**PRIZE**



## PROTESTS AND APPEALS

- Any confirmed participant can submit a protest regarding the official race results for overall and/or age category finish positions, declared post-race. Such protests must be emailed to **support@cyruns.com** by 11:59 p.m. on February 9th, 2025. Emails received after this deadline will not be considered.
- The contents of the email and related results will be reviewed, and a decision on the protest will be communicated within 7 working days from receiving the email. The event promoter may choose to request documents from the complainant and/or the runner involved to aid in making a decision.
- Decisions made by the organising team will be final and binding for all participants.

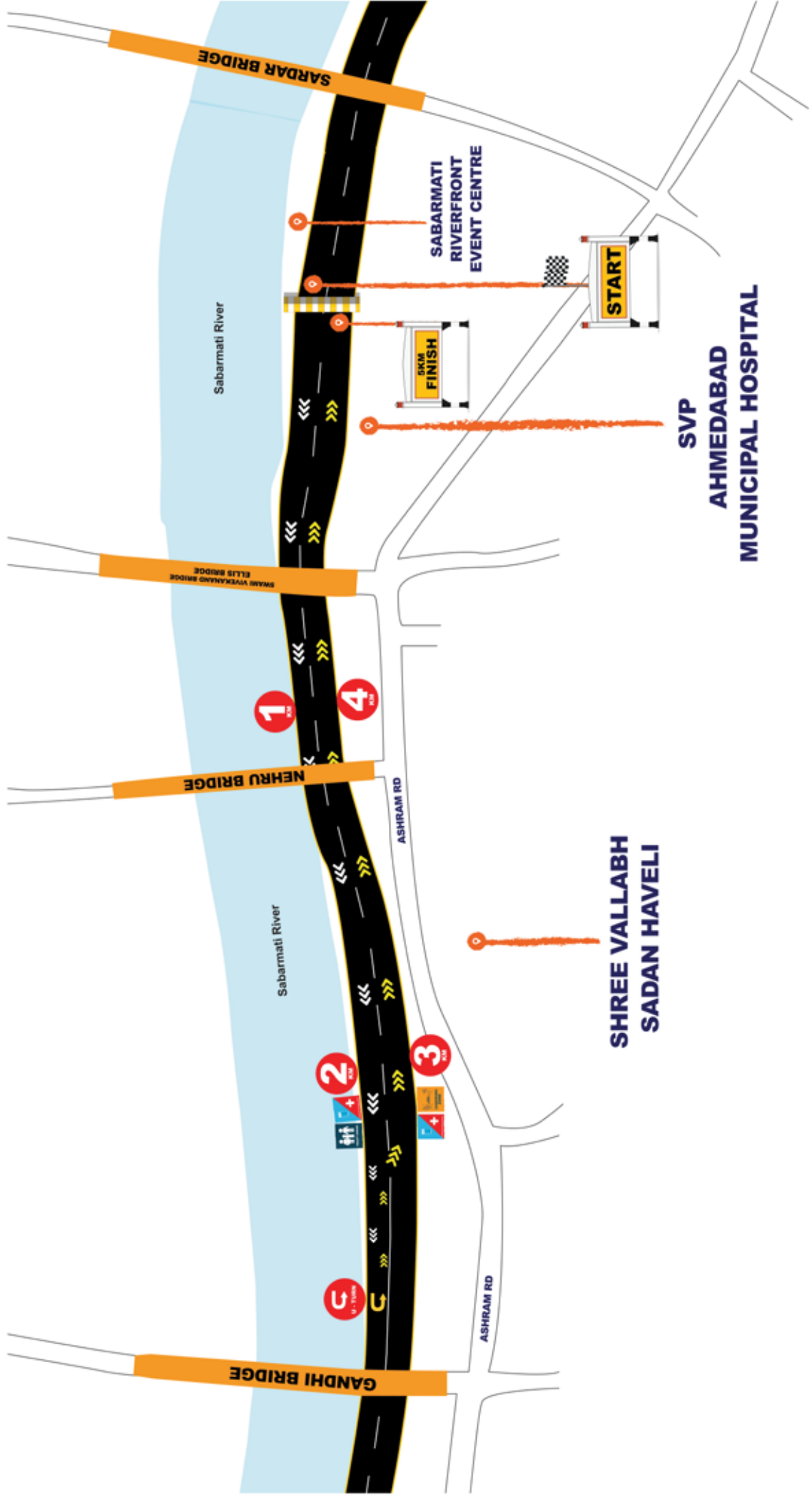


## TIMING RESULTS

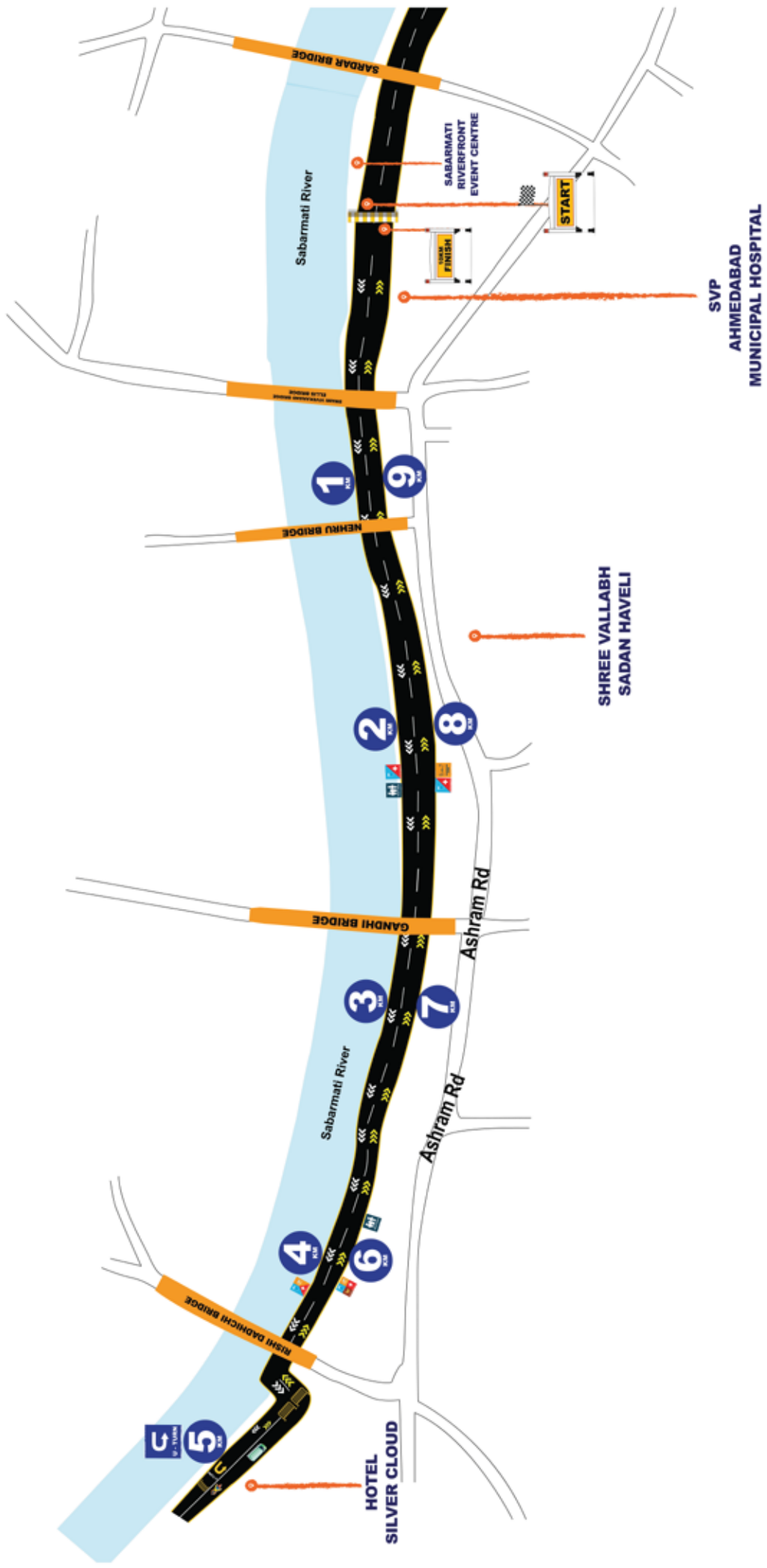
- If a runner needs to update timing results related to their gender and/or age, they must communicate the required changes to **support@cyruns.com** no later than February 9th, 2025. Requests received after this date will not be entertained.

**MONEY T&CS**  
**PRIZE**

# 5 KM



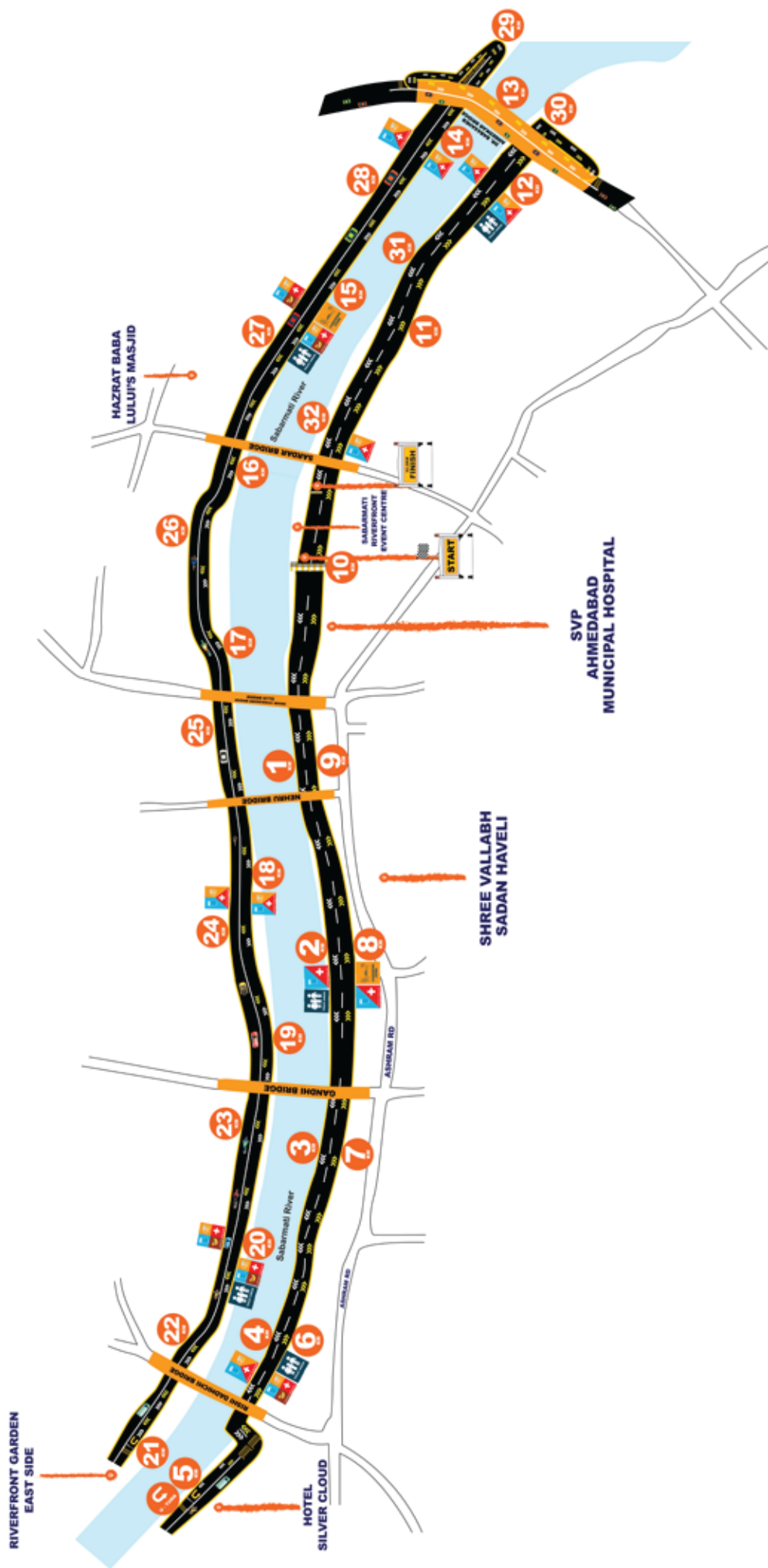
# 10 KM







# 32.2 KM





# SUPPORTED BY

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