

मी पुणेकर... माझा अभिमान पुणे मॅरेथॉन !

देशाची पहिली मॅरेथॉन



SUNDAY, 3<sup>rd</sup> DECEMBER 2023

#WeRunTogether

#WeArePIM



BORN TO RUN



# Welcome

We can't wait to see you at the Pune International Marathon 2023 on Sunday 3rd December as We Run Together at the 37th annual edition of the event!

Please read these instructions very carefully - they have all the information you need to have an amazing Marathon Day.

We know there's a lot to take in, so we've boiled it down into Eight essentials...

## Eight Essentials

- 1** Collecting your Event Pack from the PIM Marathon Running Show
- 2** Looking after your health
- 3** BIB Expo
- 4** Parking Information for Race Day
- 5** Getting to the Start
- 6** When you arrive at the Start
- 7** After crossing the Start Line
- 8** Once you've crossed the Finish Line



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# 1

## Collecting your Event Pack from the Pune International Marathon Running Show

We'll send your registration details by email & SMS, by last week of November. This will include your BIB Number that you'll need to collect from the Pune International Marathon Running Show along with your event pack at Marathon Bhawan, Near Mitramandal Chowk, Pune. Your registration email will also tell you all your important arrival information for Marathon Day, including your start time, so please keep it safe.

### YOUR EVENT PACK WILL INCLUDE :

- » your bib number, with timing chip attached, and safety pins to fix it to your top
- » an official kitbag
- » an official T-Shirt

You must bring photographic identification, such as a aadhar card, passport or driving licence, with you when you collect your Event Pack.

### UNABLE TO COLLECT IN PERSON?

If you're not able to register in person, you can nominate someone to collect your Event Pack.

They'll need to bring a letter, written and signed by you, authorising them – by name – to collect your pack and a clear photocopy of your passport or driving licence showing your name and your signature, as well as their own suitable photo ID.


Please note: an individual can only collect one other person's Event Pack in addition to their own.

After registering and picking up your Event Pack, you're free to look round the rest of the Pune International Marathon Running Show – and soak up the inspiring atmosphere and maybe do some shopping!

### WHERE AND WHEN TO GO

**3<sup>rd</sup> DECEMBER 2023**

#### FLAG OFF TIMINGS

	<b>42K</b>	<b>3.30 AM</b>
	<b>21K</b>	<b>4.00 AM</b>
	<b>10K</b>	<b>6.15 AM</b>
	<b>5K</b>	<b>6.45 AM</b>
	<b>3K</b>	<b>7.15 AM</b>

#### PRIZE DISTRIBUTION



@ Late Baburao Sanas Sports Ground Chowk, Late Pralhad Sawant Marathon Marg, Near Saras Baug, Pune.

## YOUR BIB NUMBER

Please look after your bib number – you won't be able to take part in the marathon without it. We can't issue duplicates and there won't be any spares at the Start.

Make sure you fill in your medical information on the back of your bib number before Marathon Day – this could save your life in an emergency.



FULL MARATHON

1

Male



NAME



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# 2

## Looking after your health

You must be fit and well to run 42 km. Please do not take any chances with your health: if you're ill or injured you must withdraw – even if this is the first time you will be participating for the Pune International Marathon after years of trying.

This is because severe exertion during or soon after any kind of injury or illness is dangerous. Please read the medical advice from our Medical Director, Dr. Rajendra Jagtap on our website.

### WITHDRAWING YOUR ENTRY



Life doesn't always go to plan, which is why we offer a withdrawal system for anyone who needs to cancel their entry. To withdraw, you'll need to notify us by Email on [office.pimt@gmail.com](mailto:office.pimt@gmail.com), The deadline to withdraw your entry is 23:59 on **wednesday 25th November**.



3

PIM BIB EXPO



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# BIB EXPO

BIB & KIT DISTRIBUTION

SATURDAY 2<sup>nd</sup> DEC'2023

TIME : 11 am to 6 pm

Venue : Marathon Bhavan, Near Mitra Mandal Colony, Parvati, Pune- 411 009.



[www.marathonpune.com](http://www.marathonpune.com)

# WeArePIM

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PARKING INFORMATION FOR RACE DAY



SUNDAY, 3<sup>rd</sup> DECEMBER 2023

-  RACE ROUTE
-  PARKING ZONE 1
-  PARKING ZONE 2
-  PARKING ZONE 3
-  PARKING ZONE 4



# 5

## Getting to the Start

After months of training and preparation, Marathon Day has finally arrived – you'll need to pack your kit, including your Event Pack, and travel to the Start and your Assembly Area for your allocated arrival time.

### YOUR ARRIVAL INFORMATION

Your registration email will contain information about your start wave, Assembly Area, allocated arrival time.

There are four Assembly Areas (Blue, Orange, Red, Green and Yellow). The colour of your bib number will match your Assembly Area – see table below.





**37<sup>th</sup> INTERNATIONAL MARATHON**

# ASSEMBLY MAP

Late Baburao Sanas Sports Ground chowk

**HOLDING AREA**

- 3 KM Run
- 5 KM Run    ● 10 KM Run
- 21 KM Run    ● 42 KM Run
- S Start Line    F Finish Line



- 42KM Assembly Start Time 3:30 am
- 21KM Assembly Start Time 4:00 am
- 10KM Assembly Start Time 4:35 am
- 5KM Assembly Start Time 4:45 am
- 3 KM Assembly Start Time 7:15 am



**MARATHON MAN**  
LATE PRALHAD SAWANT MARATHON MARG

**Sunday, 3<sup>rd</sup> Dec'2023**  
**From 3 : 30 am onwards**



# 6

## When you arrive at the Start

Head to your Assembly Area, ensuring your bib number is clearly displayed on your chest before arriving. Only participants with bib numbers can enter the Assembly Areas – spectators are welcome to watch from elsewhere on the course.

### DROP OFF YOUR KITBAG

- » Make sure your bib number sticker is on your kitbag
- » Place any items you don't want to run with in your kitbag, closing the drawstring tight
- » Go to the bag counter and hand over your kitbag

Only official event kitbags will be accepted and no other bags or belongings should be attached to your kitbag.

You'll be able to retrieve your kitbag in the Finish Area by looking for the same BIB number.

You cannot change your Assembly Area or move to an earlier start wave. However, you may join a later wave – no need to let us know, just join it on the day.

## SAFETY AND SECURITY



We work closely with the police and other organisations and have a range of measures in place to help keep you safe and secure on

Marathon Day.

If you see anything that looks out of place, please don't hesitate to report it immediately to our officials or a police officer – they'll be happy to help.

### LOOK OUT FOR PACERS

Our pacers complete the course at a managed pace and finish within a predesignated time. Their aim is to help other participants around them know their speed and – if they can maintain the pace – finish within the same time. If you'd like to follow a pacer they should be easy to spot – each one will have tall, bright flag attached to their back, which will clearly display their finish time.







# AMBASSADORS

SUNDAY, 3rd DECEMBER 2023



**ROHIT SHETTY**



**SATNAM SINGH**



**SUSHIL SHARMA**



**ANJU CHAUDHARI**



**PRAVIN ZELE**



**SHYAMAL MONDAL**



**MURLI PILLAI**



**YOGESH SANAP**



**PREETI MASKE**



**PRIYANKA CHAVARKAR**

**# WeArePIM**

**#RACE WITH US**



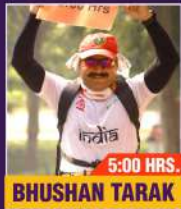
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# PACERS

SUNDAY, 3rd DECEMBER 2023

## PACING 42KM



## PACING 21KM



## PACING 10KM



# WeArePIM

#PACE WITH US



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# 7

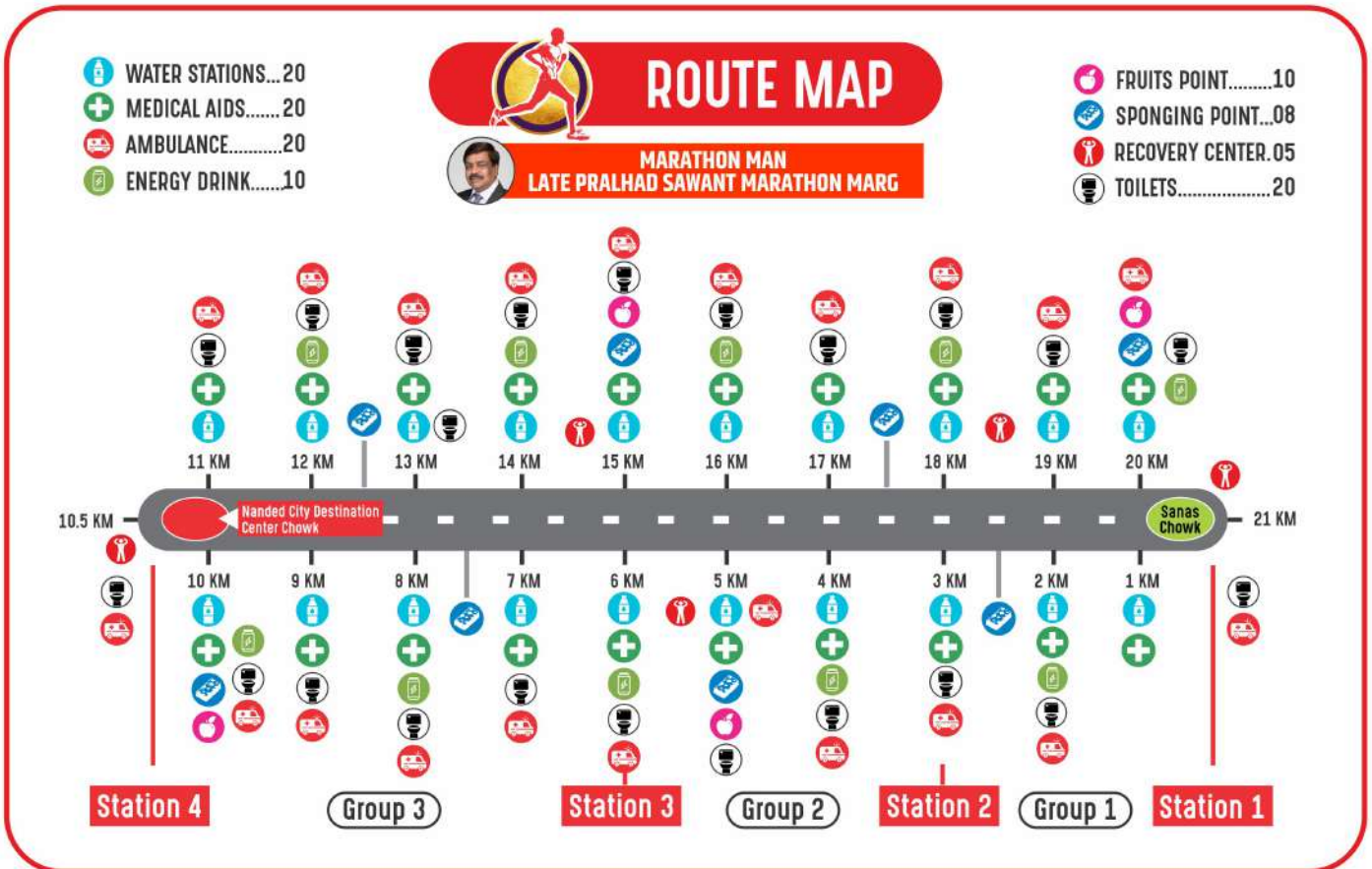
## After crossing the Start Line

Your 42 km challenge starts at Late Baburao Sanas Sports Ground Chowk, passes the iconic Saras Bagh. Laxmi Mata temple & turns onto Sinhagad Road, till Nanded City circle & comes back on same Route at start point, you will need to take another Loop of same route to make Marathon Distance complete.

### IMPORTANT : TOILETS



Accessible toilets are available at the Start, the Finish, 1 and 2 km and then every kilometer – ie kilometer 3, 4, 5, 6 and so on – until Km 21.



### SUSTAINABILITY : DRINK. DRAIN. DROP.

Natural Mineral Water supplied at the above Drinks Stations comes in bottles made from 100 per cent recycled materials. We aim to recycle every plastic bottle used at the 2023 Pune International Marathon, but we need your help to do this. Plastic bottles can only be recycled if they are empty, so please #DrinkDrainDrop:

- Drink your water
- Drain any leftover liquid
- Drop your bottle in the bags provided at the side of the road, which will be collected for recycling
- Do not drop bottles in the road for participants behind to trip over!

### WEAR A BOTTLE BELT

Not only does wearing a bottle belt reduce the number of bottles used on the course, it can also enhance your experience of the event as you may not need to pause by Drinks Stations as often (although you can still use them if you need to).



### DISTANCE MARKERS AND TIMING CLOCKS

Each kilometer and 5K point will be clearly marked on the route, and a clock will show the running time, based on the actual start time (not elapsed time).

### THE BLUE LINE

A broken blue line on the road indicates the shortest route and represents the exact and correct measured distance. Please let faster participants keep to this line.

### WALKING

At some point, perhaps through tiredness, cramp, blisters, etc, you may be forced to walk. If this happens, please move over to the side of the road furthest from the blue line to allow participants to overtake.

### DROPPING OUT

If you need to drop out, make your way to the nearest Ambulance First Aid Point, tell them your bib number, then wait for a sweep coach. There will be a doctor and Pune International Marathon staff onboard. The team on the coaches will ensure your details are passed onto the Information Point at the Finish. If you don't need medical assistance, you'll be dropped off at the Finish Area – where you can retrieve your kitbag. Alternatively, you can make your own way back to the Finish Area. You'll be able to travel on public transport for free if you show your bib number. Make your way to Late Baburao Sanas Ground and our marshals will direct you.

### ANIMALS AND WHEELED DEVICES

No animals or wheeled vehicles/devices are allowed on the marathon course, other than wheelchairs of participants who have permission to take part.

### COURSE CUT-OFF TIMES

Our aim is to support every participant, whatever their pace, from Start to Finish and provide them with the best possible marathon experience. We anticipate the final participant will cross the Start Line by 3:30 am, giving people a minimum of Six hours to finish.

### CYCLING PILOTS



A specially recruited group of 50 'Cyclist' will move along the entire route at eight-hour pace, starting at the back.

If you're unable to maintain this pace, a Cyclist will drop back, move with you onto the pavement and support and guide you through to the Finish Line at whatever pace you're able to maintain.

Drinks Stations and timing mats will stay in place until all Cyclist have passed. A Course Control vehicle will follow the Cyclist, playing music throughout the day, along with two coaches to collect any participants who are unable to continue.



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SUNDAY, 3<sup>rd</sup> DECEMBER 2023



**S** Start Point

**F** Finish Point

- WATER STATION
- REFRESHMENT POINT
- ENERGY DRINK
- MEDICAL STATION
- AMBULANCE
- SUPPORT OFFICIAL
- SPARGING POINTS
- CYCLING SUPPORT
- TOILETS



# स्व. प्रल्हाद सावंत - मॅरेथॉन मार्ग



**ROUTE MAP 42K**

**LOOP 1**

Assembly Time : 3.00 AM

Start Time : 3:30 AM

(Sunday, 3rd December 2023)  
Start Location : Late Baburao Sanas Sports Ground Chowk, late pralhad sawant marathon marg





**SUNDAY, 3<sup>rd</sup> DECEMBER 2023**



**S Start Point**

**F Finish Point**

- WATER STATION
- REFRESHMENT POINT
- ENERGY DRINK
- MEDICAL STATION
- AMBULANCE
- SUPPORT OFFICIAL
- SPONGING POINTS
- CYCLING SUPPORT
- TOILETS



**स्व. प्रल्हाद सावंत - मॅरेथॉन मार्ग**



**ROUTE MAP 42K**

**LOOP 2**

**Assembly Time : 3.00 AM**

**Start Time : 3:30 AM**

**Start Location : Late Baburao Sanas Sports Ground Chowk, late pralhad sawant marathon marg**



# PUNE INTERNATIONAL MARATHON

## Route Elevation Details

21.16km

Distance

125m

Total Ascent

126m

Total Descent

Elevation

559

Minimum

583

Maximum

590

570

550

0

5.28

10.56

15.84

21.12

Distance (km)

COURSE

Course Name

Pune International Marathon - Loop 1 / 2

Course Type

Running





SUNDAY, 3<sup>rd</sup> DECEMBER 2023



- S** Start Point
- F** Finish Point
- WATER STATION**
- REFRESHMENT POINT**
- ENERGY DRINK**
- MEDICAL STATION**
- AMBULANCE**
- SUPPORT OFFICIAL**
- SPONGING POINTS**
- CYCLING SUPPORT**
- TOILETS**



# स्व. प्रल्हाद सावंत - मॅरेथॉन मार्ग



**ROUTE MAP 21K**  
**Assembly Time : 3.45 AM**  
**Start Time : 4:00 AM**  
**Start Location : Late Baburao Sanas Sports Ground Chowk, late pralhad sawant marathon marg**







SUNDAY, 3<sup>rd</sup> DECEMBER 2023



- Start Point
- Finish Point
- WATER STATION
- REFRESHMENT POINT
- ENERGY DRINK
- MEDICAL STATION
- AMBULANCE
- SUPPORT OFFICIAL
- SPONGING POINTS
- CYCLING SUPPORT
- TOILETS



## स्व. प्रल्हाद सावंत - मॅरेथॉन मार्ग



**ROUTE MAP 10K**  
 Assembly Time : 5.45 AM  
 Start Time : 6:15 AM  
 Start Location : Late Baburao Sanas Sports Ground Chowk, late pralhad sawant marathon marg





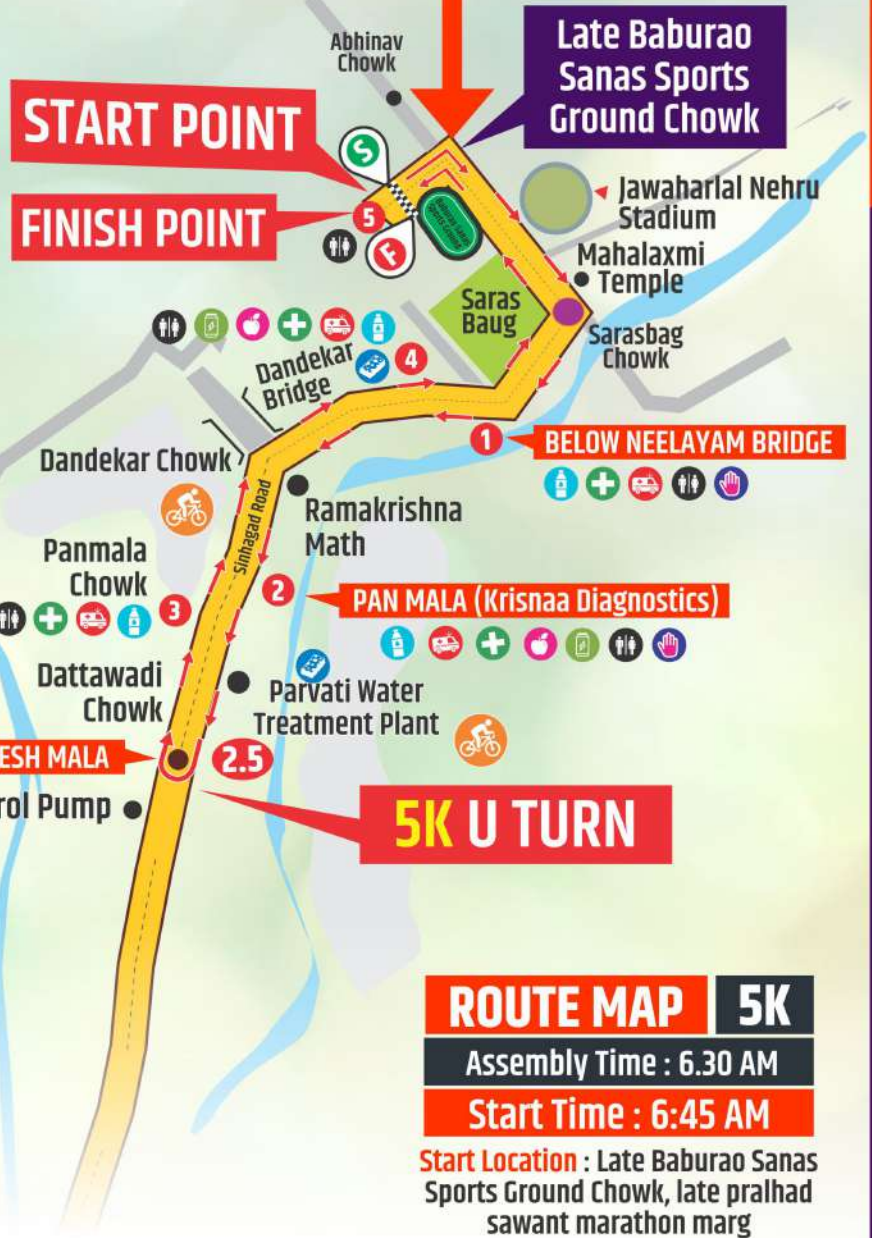
स्व. प्रल्हाद सावंत -  
मॅरेथॉन मार्ग



SUNDAY, 3<sup>rd</sup> DECEMBER 2023



- S** Start Point
- F** Finish Point
- WATER STATION
- REFRESHMENT POINT
- ENERGY DRINK
- MEDICAL STATION
- AMBULANCE
- SUPPORT OFFICIAL
- SPONGING POINTS
- CYCLING SUPPORT
- TOILETS





स्व. प्रल्हाद सावंत -  
मॅरेथॉन मार्ग



SUNDAY, 3<sup>rd</sup> DECEMBER 2023



**START POINT**

**FINISH POINT**

**3K U TURN**

**Late Baburao Sanas Sports Ground Chowk**

Abhinav Chowk

Jawaharlal Nehru Stadium

Mahalaxmi Temple

Saras Baug

Sarasbag Chowk

Dandekar Bridge

Sinhagad Road

**BELOW NEELAYAM BRIDGE**

Dandekar Chowk

Ramakrishna Math



Start Point



Finish Point

- WATER STATION
- FRUIT STATION
- ENERGY DRINK
- MEDICAL STATION
- AMBULANCE

- SUPPORT OFFICIAL
- SPONGING POINTS
- CRITICAL CHOWK
- CYCLING SUPPORT
- TOILETS

**ROUTE MAP 3K**

Assembly Time : 7.00 AM

Start Time : 7:15 AM

Start Location : Late Baburao Sanas Sports Ground Chowk, late pralhad sawant marathon marg



# 8

## Once you've crossed the Finish Line

Crossing the Finish Line of the Pune International Marathon will be one of the most amazing experiences of your life. Enjoy the moment!

In the excitement of achieving your goal, it's easy to get swept up in your emotions and lose your bearings – so make sure you read this section carefully, so you know what to do and where to go...

The Finish is just outside Late Baburao Sanas Ground. As you cross the line, try to keep moving to make space for other participants. If you feel unwell, seek a member of medical staff immediately – there will be plenty of them around at the Finish, looking out for any participants who seem unwell or in need of assistance.

### FINISH AREA

The Finish Area is an 400m-long secure area with no public access. Once you've crossed the Finish Line, you'll be able to collect your finisher's medal, Mineral Water, a breakfast will also be available.

### COLLECTING YOUR KITBAG

Don't forget to collect your kitbag from baggage counter. Remember you will need to show case your BIB Number to support staff in order to get back your kit.

### MEETING YOUR LOVED ONES

If you'd like to meet your family and friends after picking up your kitbag, you can do so at the Meet and Greet Area. After crossing the Finish Line they can wait for you inside Late Baburao Sanas Ground, so factor this in when making plans.

### YOUR MARATHON DAY PHOTOS

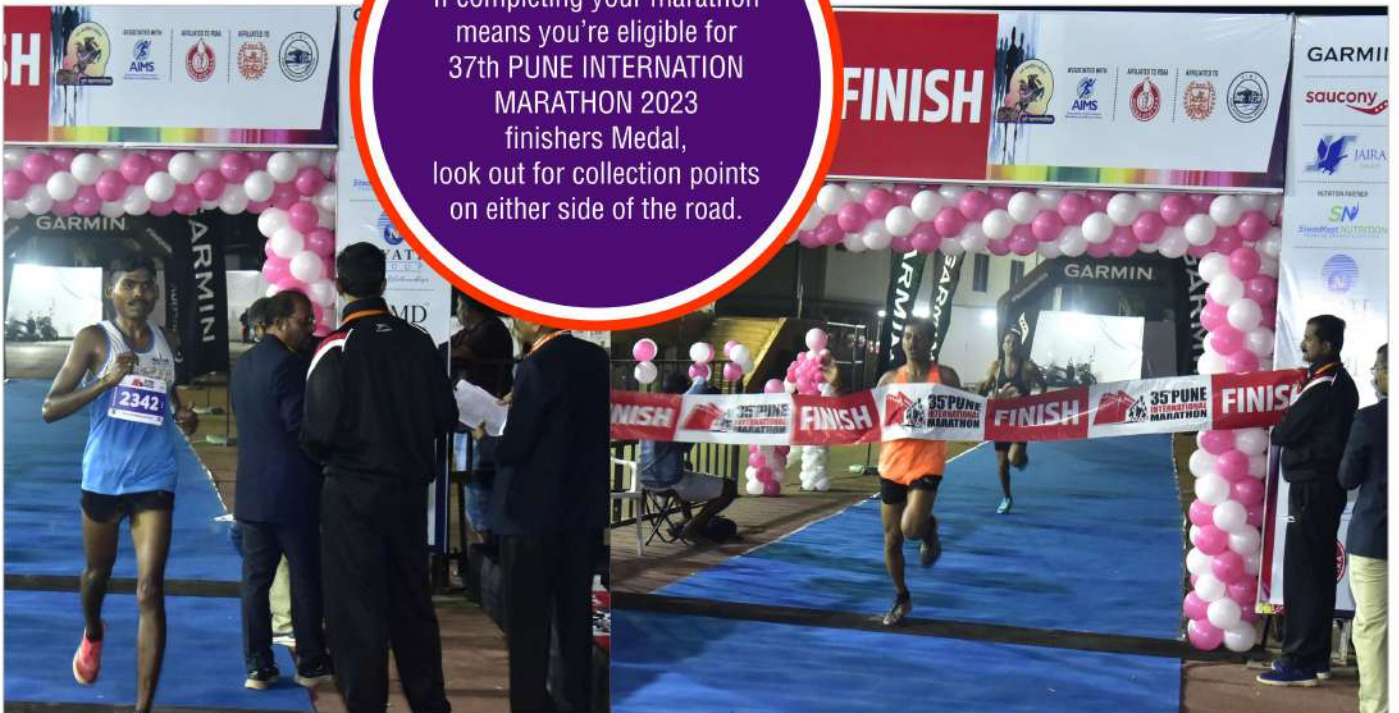


For some great mementos of your day at the 2023 Pune International Marathon, you will receive text about photo link where you can download the photo of your run.

There will be photographers on the course on Sunday, 3rd December to capture you in action!

### OTHER EVENT MEDALS:

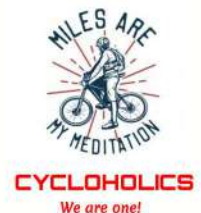
If completing your marathon means you're eligible for 37th PUNE INTERNATIONAL MARATHON 2023 finishers Medal, look out for collection points on either side of the road.



# Thank you to our Sponsors and Partners



## Physiotherapy Partner



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# Thank You!

Thank you for taking part in the **37th Pune International Marathon 2023**  
It's going to be great to run together and we look forward to welcoming you on Sunday, **3rd December**.

And if you want to do it all again in next winter - the registration for next year's event on **Sunday 1st December 2024** opens on Saturday 1st January 2024.

## #WeRunTogether

## #WeArePIM

[www.marathonpune.com](http://www.marathonpune.com)

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