

 **Inorbit**
**DURGAM
CHERUVU
RUN 2024**

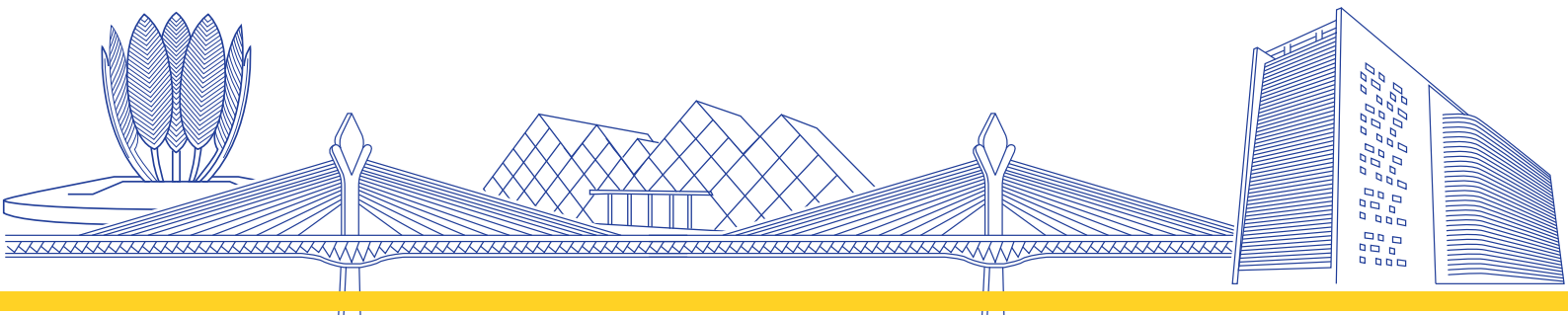


4TH EDITION

RACE DAY HAND BOOK

28th January 2024

#BeWowBeHyd





About the Race Day Handbook:

We believe that reading this manual thoroughly and attentively is as important to your race day experience as the months of training preparation that preceded it. The event has a design and scope, and this handbook is where we will express those to you.

Pay close attention to the areas highlighted in bold. They require your special attention.

Read this Race Day Handbook thoroughly.

Read and follow all signage.

Volunteers are merely there to provide general guidance.

It's time to make yourself a cup of coffee, turn off your phone, and enjoy the run on the cable bridge!

Race Holding Area: Mindspace Building 20

Race day Schedule: 28th January 2024

Event	Reporting Time	Flag Off
Half Marathon	4:00 am	5:00 am
10k Run	5:00 am	6:00 am
5K timed	5:45 am	6:45 am
5K Fun Run	6:00 am	7:00 am
CWPD	7:00 am	7:30 am

Finish Line Cut Off 8:30 am





About the Inorbit Durgam Cheruvu RUN 2024

After a successful 3rd edition, the Inorbit team is back with the 4th edition of the Inorbit Durgam Cheruvu Run 2024 (#IDCR). The run will start from Mindspace which will be the holding area and will go across the Cable bridge, the Lake, IT Hub. All the safety measures are implemented in cooperation with the Health Authorities to ensure all participants have a safe and highly satisfactory Race experience.

The Event date is on 28th January 2024, the race is starting from Mindspace and exits through C gate towards Durgam Cheruvu Bridge, and will run a 21Kms, 10Kms & 5Kms distance. The run will start at inside Mindspace and end inside Mindspace and will go through the Cable Bridge, Durgam Cheruvu Lake Trail, T-Hub, Shilpa layout Exit, ORR Junction, Nanakramguda Exit, Khajaguda, Raidurgam Junction and end inside Mindspace. The 21K, 10K race will be on Net Time and not Gun Time. It is decided to give prizes to maintain the thrill of the run. The route itself has been planned such that there is no overlapping of the runners and the breadth of the route and number of runners are simulated to ensure that runners need not brush against each other in the quest for personal best timings.

It also aims to encourage athletes to #RunForInclusion & intends to raise funds for supporting the skill development of Persons with Disabilities (CPWDs), Transgenders/LGBTQ+, Women & youth from the underprivileged communities.

About the Race Director

Mr. Sunil Menon, Coach and Founder of Menon Fitness Systems Race Director - Inorbit Durgam Cheruvu Run

An IRONMAN and IRONMAN Certified Coach, Who believes in promoting healthy lifestyle, along with safe training protocols. He is also an author of two books: "Fuel your Body Naturally" and "Breathe Better, Live Better".





In Your Race Kit, You Will Find:

Your Running BIB. (This is the unique number that identifies you and hence non-transferable. Please do not misplace your BIB, we can neither replace nor reissue a new bib.)

-BIB Tag / Timing Chip for 21K, 10K, 5K timed participants (Attached to the BIB), IDCR2024 T-shirt (subject to availability of size)

-Discount coupons from several retail outlets in the Mall that represent value far more than the registration fees.

Race Day Schedule:

Inorbit Durgam Cheruvu Run 2024 Facilities:

The facilities available to the participants are all usual facilities

Arrival: The usual front entrance of the mall on Durgam Cheruvu Bridge Road will be closed. Entrance will be from the rear entrance of Mall through Mindspace IT Park. The other roads around the mall will be barricaded and closed for traffic from 4 am.

Parking: There is space for 1200 cars and 1200 two wheelers inside the Inorbit Mall. On arrival kindly display your BiB to the parking attendant to ensure free parking on the day of the event. Kindly follow the instructions of parking attendants for a smooth entry.

P.S: We advise all our participants to car pool on the day of the run

Drop off zone: Participants coming in by private vehicle or Auto Rickshaw, Ola, Uber, etc will have a marked drop off zone behind the Mall through Mindspace IT Park. Please proceed by foot from the drop off zone which is likely to be around 100 mtrs from the mall rear entrance.

Baggage Counter: Baggage counter is available for participants only. We request participants not to keep any valuables or mobile phones at the baggage counter. Management will not be responsible for the loss of any valuables.





4TH EDITION



Come Live an Inorbit Experience

Security Area:

Parking will be spread across all the three levels in the Mall and at joining building behind the Mall. This is to ensure that there is no crowding at the Security area.

Do not swap bibs or try to impersonate. It is an offense.

Entry into the race venue is only for registered participants.

Only Bib holders can enter the Mall during race time.

Note:

BIBs will not be distributed on race day



Pre Race:

Hold area: Behind Inorbit Mall will be the Hold area. On arrival the participants will be guided by volunteers to the hold area. They will have access to minimal medical facilities, drinking water and restrooms.

Warm Up sessions: The area outside Mindspace building 20 will be used for the warm up sessions.

Restrooms: Washrooms inside the mall will be available for all the participants along with Buildings near Hold area with direction signages.

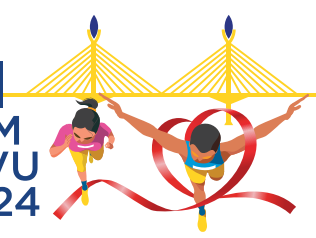
Announcements: The master of ceremonies will make important announcements on:

- Water Station, restrooms and support en route
- Medical Stations
- Please do pay attention to the announcements. They will ensure that you enjoy the race.

Start Area:

- The start area of the race is in Mindspace near Building 20.
- At appropriate times, volunteers will ask you to proceed in single file to the start area.
- Since all prizes are to be given based on net times, viz the time starts from when you cross the start line, there is no need to rush.





On the course:

Route facilities: In general the route facilities will be as under

- The route will be barricaded and closed to traffic as much as possible with the cooperation of the authorities and the residents
- There will be clear signposting for all turns and directions
- There will be signage for all facilities.
- All important junctions will be manned by volunteers who have been briefed properly.

Hydration Stations: There will be 10 Aid stations and Water Stations access to which will be available on multiple occasions. In Aid Stations, Gatorade, Banana, Orange, Salt & biscuits will also be available along the route.

We aim to be a green event and we encourage runners to carry their own sippers. Water will be however also served in paper cups, all of which, we assure you, will be recycled.

Medical Stations: Our Medical partners, Medicover Hospitals are working with us to make this event safe. They are ensuring that safety protocols are appropriate and also rendering medical assistance to all participants. Our medical partners completely understand the requirements of runners and are ready to handle anything from a twisted ankle to a runner's specific conditions to CPR action. There will the following facilities

- Medical counter at holding race area in Mindspace
- Medical assistance will be on all the water stations along the route which will have First Aid Kits & Relief Sprays.
- Medical base camp at the finish line
- 4 Cardiac ambulances
- 10 Physiotherapists
- 4 Physicians
- 8 Paramedic staff and more
- Do not worry, you are in good hands.



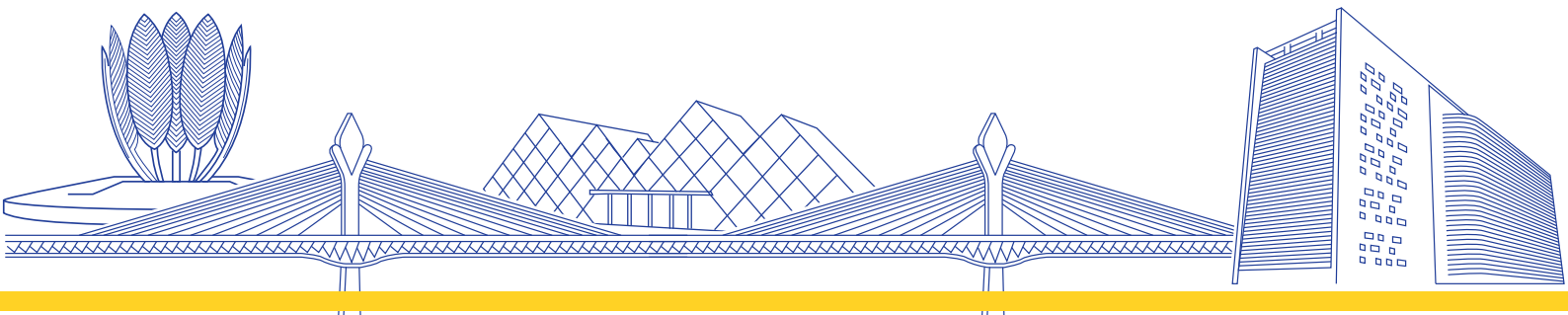


Timing chip and split points (for 21K 10K & 5K timed runners):

- The 21K,10K and 5K (Timed) run are timed category events. The bib for the 21K,10K and 5K (Timed) participants contains a timing chip
- Make sure that your bib is pinned in front of your tee shirt and is clearly visible
- There will be timing mats all along the route and you will have to cross each one of them in order to be considered for prizes.
- If we don't have your reading at any one of the split points on route, it will be deemed that you DNF(did not finish) and thus disqualified.
- Officials from Telangana Athletic Association will also be monitoring the timed runners at various locations.

Rest Rooms: Clean rest rooms are available for both male and female participants and are clearly sign posted.

Photographers: At important locations along the route as well as finish areas, photographers will be stationed to capture you on race day. It will be our endeavor to give all participants FREE race day photo, but in mass events, sometimes coverage may not be possible for 100% of the participants.

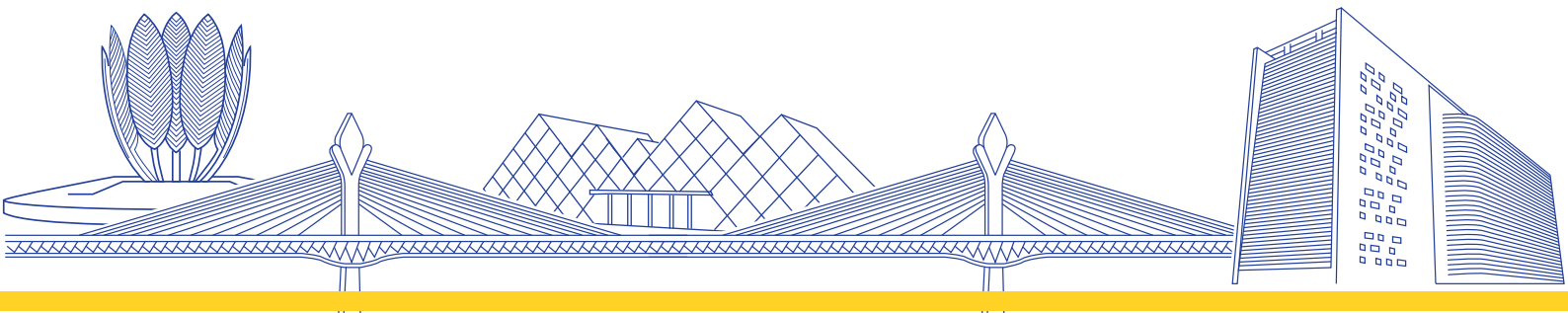
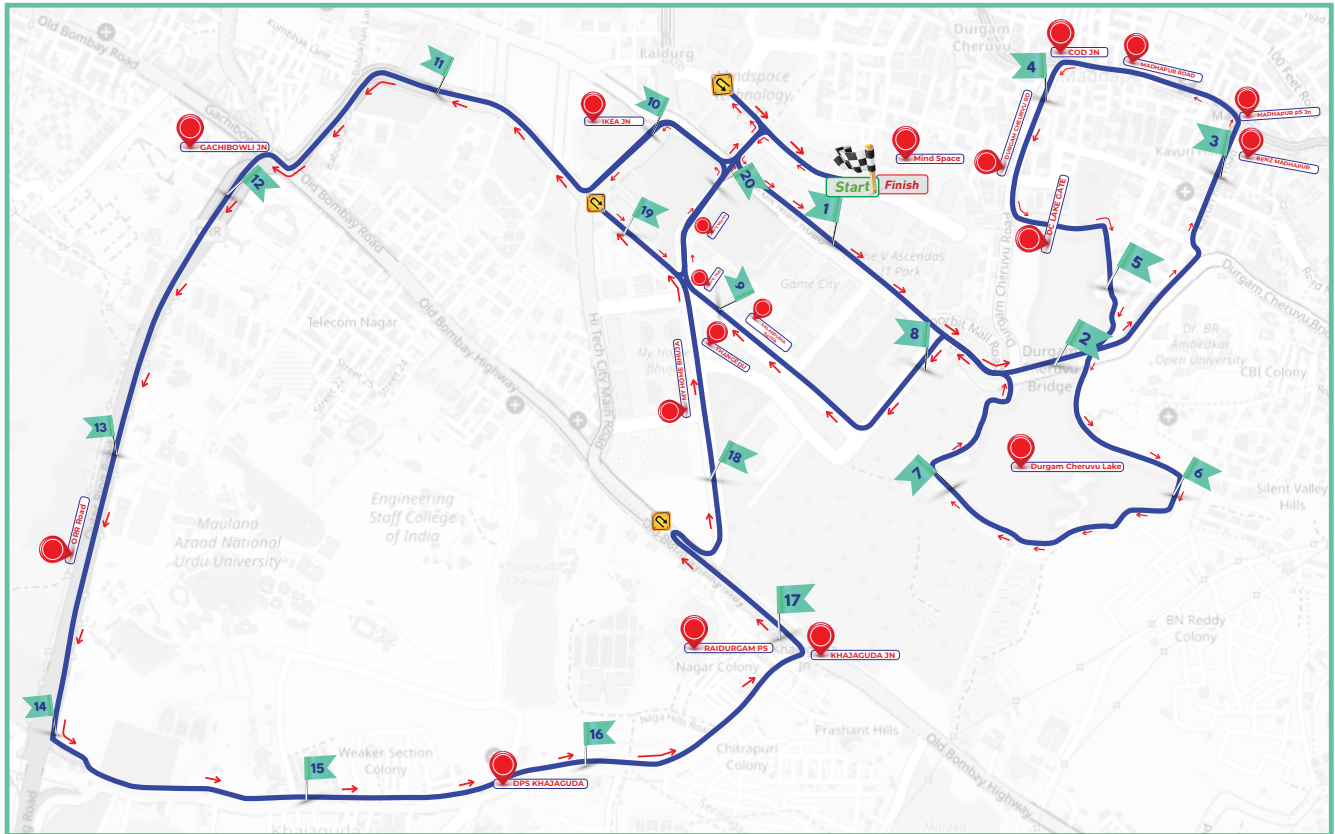




Half Marathon Route Map: The run is a single loop that goes through cable bridge, Durgam Cheruvu lake trail and IT Hub. The start and the finish are at different locations to avoid crowding Turns and inclines, slopes and flat roads, the half marathon route is challenging but very rewarding.

Route Map Half Marathon

Reporting Time: 4:00 am • Start Time: 5:00 am

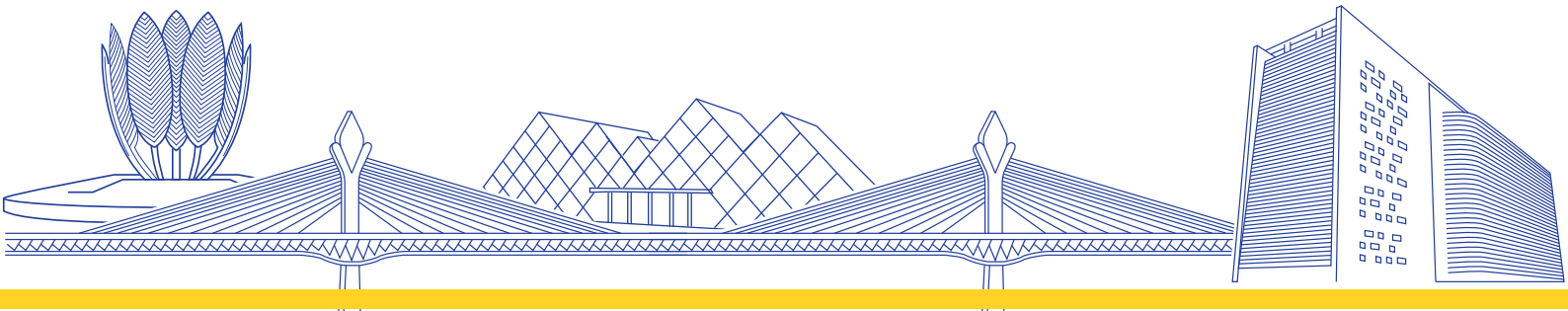
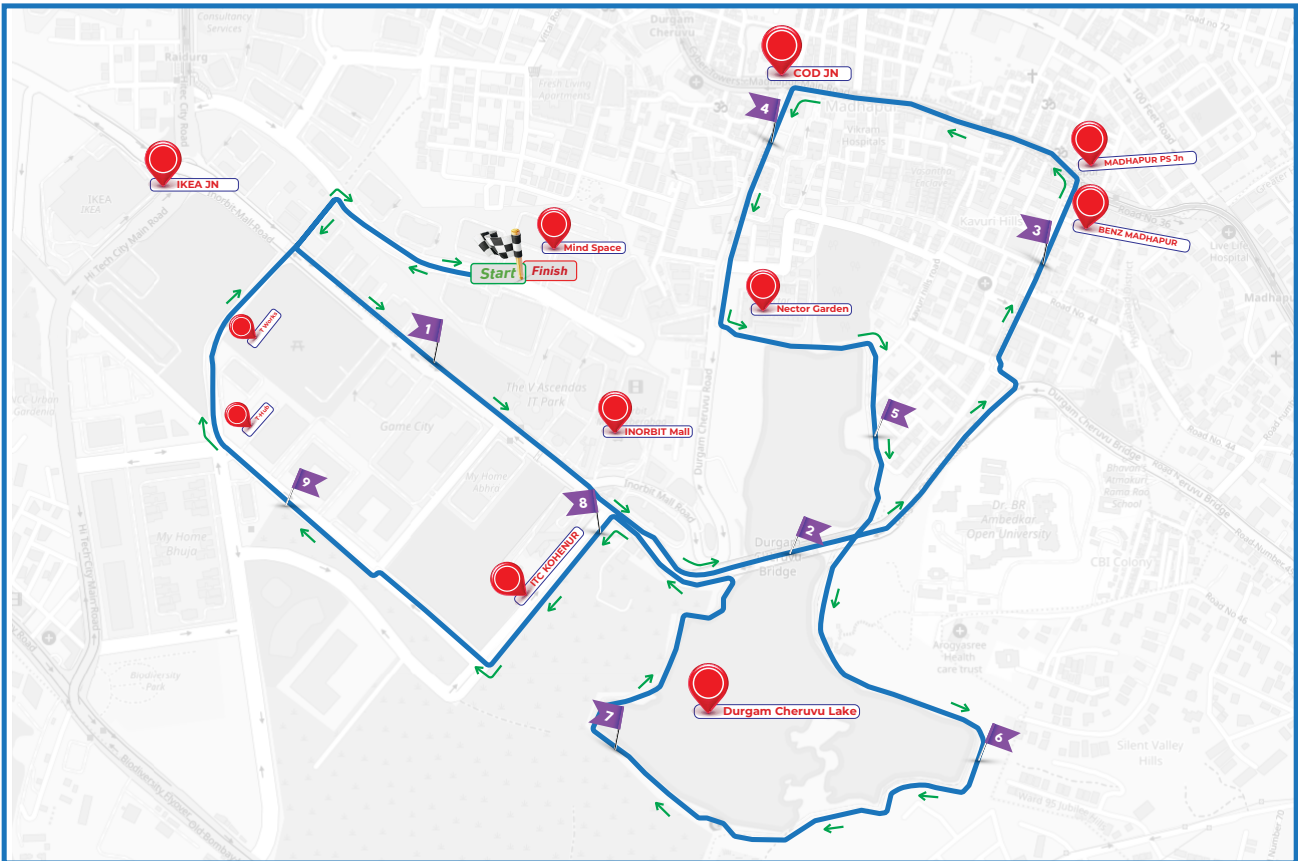




10KM Route: The 10K run is a single loop that goes through cable bridge, Durgam Cheruvu lake trail and IT Hub. The start and the finish are at different locations to avoid crowding

Route Map 10Km

Reporting Time: 5:00 am • Start Time: 6:00 am

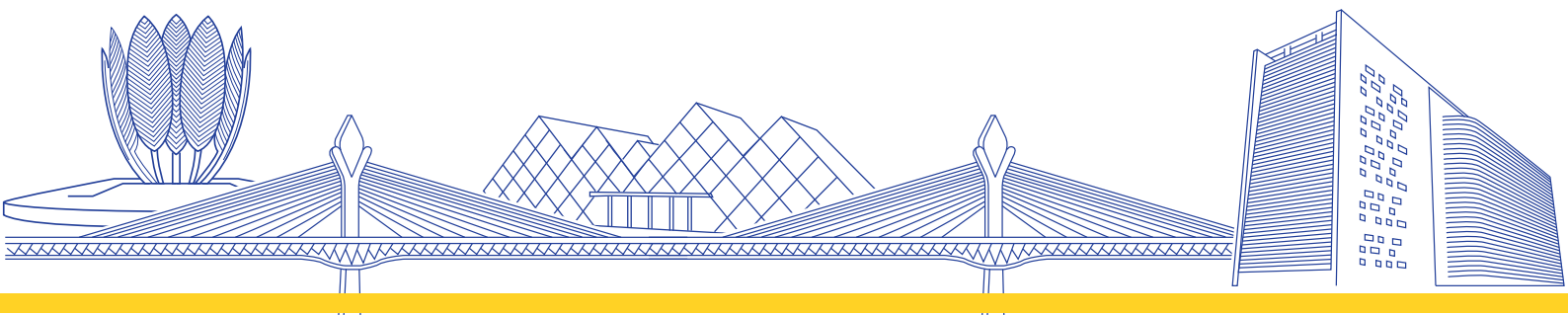




Timed Run – 5K: Participation in the 5K timed run is all about mastering your pace and aiming for a Personal Best in a challenging route.

Fun Run – 5K: Participation in the 5K run is all about celebrating the thrill and joy of running slowly. Focusing on health and fitness. Several fun elements have been added on the route, in order to keep the excitement of participation strong

Route Map 5Km
Reporting Time: 5:45 am • Start Time: 6:45 am





Post Race:

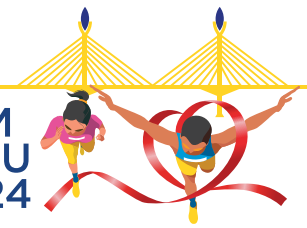
After the race, keep moving ahead and do not clutter the finish area to allow others behind you to finish strongly. You will find the following facilities available after the finish.

- Water - At the finish area
- Fruits - At the finish area
- Medical & Recovery Zone - Near the finish area
- Medals - Near the finish area
- Unique Photo-op points

Breakfast, Prize Distribution & Entertainment will be in Mindspace behind building 12C. We have planned for most aspects of the post race experience. However catering to large numbers of participants, can result in some variances from the planning process.

Some queuing is inevitable if a large number of runners come in a short span of time. Please be patient, courteous to the other runners and most importantly enjoy yourself!





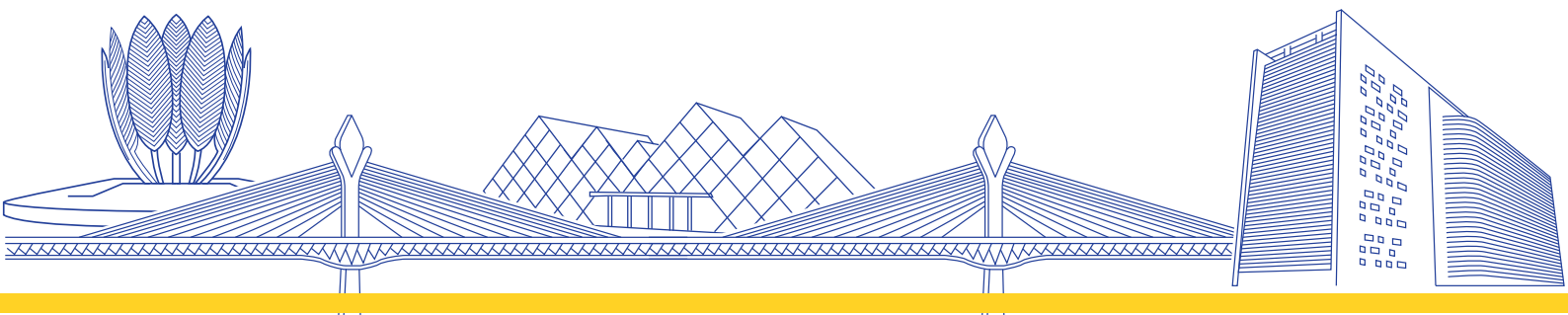
Prize Money

Prizes will be given to winners of 21K & 10K promptly after due verification of identity, date of birth proof and cross checking with race officials.

Half Marathon (21.097km) Men & Women				
Position/Age	Fastest	18 - 34yrs	35 - 49yrs	50yrs & above
First	₹ 20,000	₹ 15,000	₹ 15,000	₹ 15,000
Second	₹ 15,000	₹ 12,000	₹ 12,000	₹ 12,000
Third	₹ 12,000	₹ 10,000	₹ 10,000	₹ 10,000

10 KM Men & Women				
Position/Age	Fastest	18 - 34yrs	35 - 49yrs	50yrs & above
First	₹ 15,000	₹ 12,000	₹ 12,000	₹ 12,000
Second	₹ 12,500	₹ 10,000	₹ 10,000	₹ 10,000
Third	₹ 10,000	₹ 8,000	₹ 8,000	₹ 8,000

Prize Money Rules: <https://www.inorbit.in/run/hyderabad>





Do's & Don'ts

Here are a few tips to follow once you're out running, these will help keep you on track and make the most of your running experience.

DO:

- Drink water before the race
- Go to the bathroom before starting
- Be aware of your surroundings
- Conserve energy, keep a steady pace
- Carry and drink plenty of water
- Carry gel packs or energy bars
- Check-in at stations
- Hydrate and refuel at stations
- Thank volunteers
- Have a great time
- Celebrate once you finish!

DON'T:

- Run with head down
- Litter, hold on to waste for garbage bins
- Be rude
- Let yourself get weak (drink fluids, eat gels/bars)

Race Day Checklist:

- Emergency Contacts Informed about the race
- Face Mask
- Bib (with timing chip for 21K, 10K & 5K runners) and 4 safety pins
- Runners water bottle or hydration pack
- Energy gels or bars
- Cell phone (reception is good throughout the course)
- Personal medicine/salt capsules
- Garmin/GPS tracking
- Camera (optional)
- Water
- Towel or wipes
- Cash
- Identification
- Mind of a champion!





Results Authentication Services

Inorbit Durgam Cheruvu RUN 2024 believes in clean participation in the sport of running. To this extent is using the Results Authentication Services of Technical Officials to detect instances inviting disqualification from future events such as:

- Impersonation, running with bibs under which they are not registered
- Proxy running, i.e. running with more than one bib (bib mules) False entries, submitting wrong data especially with respect to date of birth
- Initiating a chargeback on the card after having successfully participated in the event
- Initiating a chargeback on the card after having successfully participated in the event
- Deviating from the course
- Cutting the course
- Taking unfair assistance especially for podium finishers, such as personal pacers, individual lead bikes etc
- Has been disqualified by other event organizers in India or national and international bodies
- Registrants found violating any of the above will be barred from participating in any future events on the NEB Sports registration platform.
- Cheating offends against the ideals of sport and failing to act against it will bring running into disrepute.



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