

# Golden Pagoda Marathon 2026

## PARTICIPANT BOOKLET

Please read the information below carefully to have the best possible experience at the event.

### 1. Expo

BIB Collection on 30<sup>th</sup> – 31<sup>st</sup> Jan 2026

Location : Distt Commisionerate Office, Namsai, Arunachal Pradesh

Time: 10:00 AM – 5:00 PM

### 2. BIBs: Your top priority for race day

- a. BIBs can only be collected after displaying the bib-collection QR code.
- b. The BIB number assigned to you corresponds to the information you provided at the time of registering for the event.
- c. Only the registered participant is allowed to collect their own BIB. In case someone else is collecting it on your behalf, an authorization letter along with a copy of your ID must be presented.
- d. You must not use someone else's BIB number, nor let someone else use your BIB. Any exchange will lead to your disqualification.
- e. Please do not misplace your BIB – we do not have spare bibs to replace a lost bib.
- f. You must pin your BIB number to the front of your T-shirt, secured with safety pins provided to you. Please do not cut or alter the BIB in any way – the entire BIB must be clearly visible to all.
- g. You must adhere to instructions given by the officials at the venue.
- h. You must start your race as per the pre-designated flag-off time. An early start will result in your disqualification.
- i. **No BIB-collection facility shall be provided on race day.**

### 3. Precautions to be taken for your BIB:

- The BIB tag is stuck on the back of your bib.
- DO NOT fold or crumple your number BIB or BIB tag.
- While pinning on the number BIB, ensure you DO NOT pierce the tag.
- DO NOT remove or tamper with the BIB tag in any way.
- DO NOT separate or remove the BIB tag from the BIB.

### 4. Medical Precautions

Most medical emergencies during a running event occur in people who push themselves too hard on the day, have not adequately trained, or are unwell.

If you feel feverish, have been vomiting, have had severe diarrhea or chest pains, or are generally feeling unwell, it is unfair to you and your family to risk serious illness and become a medical emergency.

Irrespective of your age or how long you may have trained, we sincerely advise you to obtain medical clearance from a registered medical practitioner/doctor permitting you to run in the event, if you answer 'Yes' to any of the questions below.

Please review the following questions before the Event Day:

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	Yes	No
Do you feel pain in your chest when you do physical activity?	Yes	No
In the past month, have you had chest pain when you were doing any physical activity?	Yes	No
Do you lose your balance because of dizziness or do you ever lose consciousness?	Yes	No
Do you have a bone or joint problem that could be made worse by a change in your physical activity?	Yes	No

Have you been suffering from any sort of virus or fever in the 2 weeks prior to race day?	Yes	No
Is your doctor currently prescribing drugs for your blood pressure or heart condition?	Yes	No
Do you have any difficulty in breathing, especially in cold and dry conditions?	Yes	No
Are you pregnant?	Yes	No
Are you diabetic?	Yes	No
Do you know of any other reason why you shouldn't do physical activity?	Yes	No

If you have answered YES to any of the above questions, we strongly recommend that you seek advice from your doctor before you come for the run.

The event promoter and sponsors/partners will not be responsible for any injury, of whatsoever nature, that may be caused on the event day or thereafter as a result of the event.

### 3. What do runners need to carry on race day?

- Comfortable running clothes
- Participants must wear fully enclosed shoes to avoid injuries.
- BIB (given by organisers)

Optional:

- A pair of warm clothes after running.
- A bag with a change of clothes. You can deposit the bag at the “baggage counter” and take it back after your run is over.
- Your BIB will serve as the token number for your bag.

### 5. What actions can get you penalized / disqualified / marked DNF?

- Not being in a medically fit condition
- Overtaking someone in a dangerous manner, putting their life at risk
- Disturbing the running progress of others while eating or overtaking. Use the nutrition stations for eating/drinking, or move to the side of the main route.
- Not giving way to a runner who is overtaking, when asked and where possible.
- Pushing / injuring someone
- Littering on the route or throwing any food packets, wrappers or other waste on the road. Please use the dustbins provided at various points.
- Not displaying the bib at any time of the event.
- Any uproarious or disruptive behavior or throwing tantrums during the event.
- Any kind of profanity or immoral behavior towards other competitors or race workers.
- Any deviation from the original route will result in disqualification unless the participant re-enters the course at the point of exit. If you cut the course, intentionally or not, own up to it and we will let you finish in the last place (it happens, we understand). If you don't own up to it, and at least three people can testify to it, you will be disqualified.
- Spitting or throwing anything at any other person.
- Needless to say, if you need to attend to nature's call, please use the toilets en route, or choose a spot away from the route that does not inconvenience anyone.

### 6. Event Results – Online Certificate and ranks

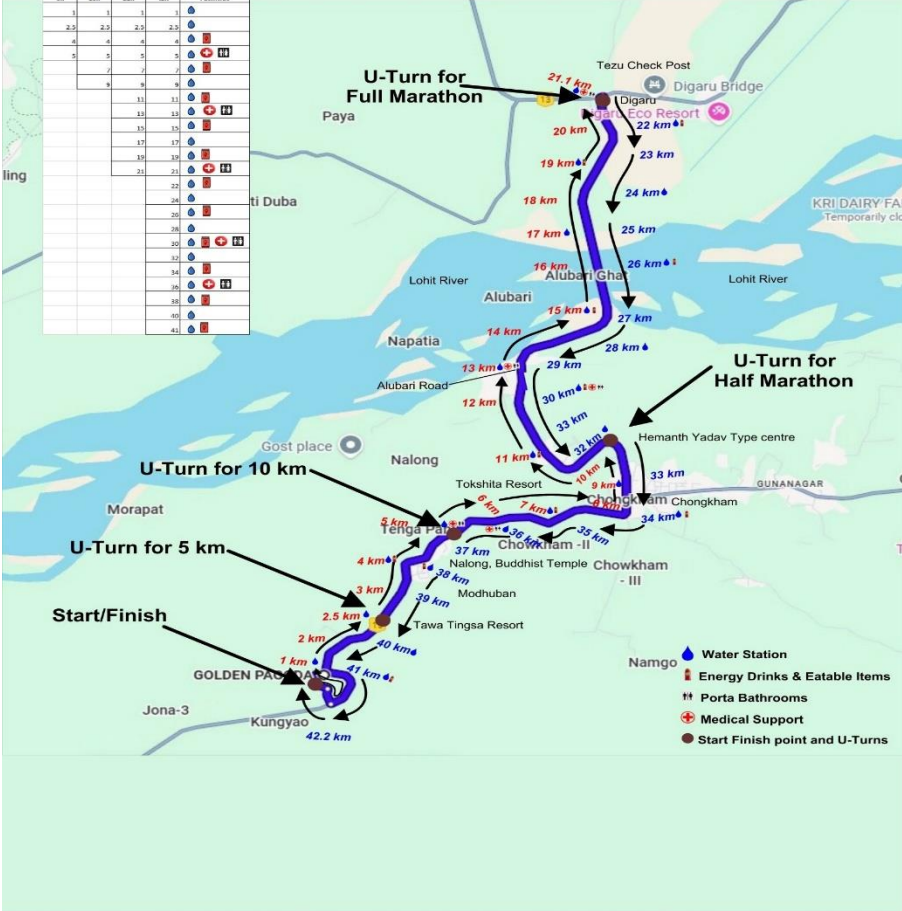
- a. The race results shall be Live on 2<sup>nd</sup> Feb at [www.edifysports.com](http://www.edifysports.com)

# Route Map

## ROUTE MAP - GOLDEN PAGODA MARATHON 2026

### ROUTE FACILITIES

Km	16k	21k	42k	Facilities
1	1	1	1	Water Station
2	2	2	2	Water Station
3	3	3	3	Water Station
4	4	4	4	Water Station
5	5	5	5	Water Station, Energy Drinks & Eatable Items
6	6	6	6	Water Station
7	7	7	7	Water Station
8	8	8	8	Water Station
9	9	9	9	Water Station
10	10	10	10	Water Station, Energy Drinks & Eatable Items
11	11	11	11	Water Station
12	12	12	12	Water Station
13	13	13	13	Water Station, Energy Drinks & Eatable Items
14	14	14	14	Water Station
15	15	15	15	Water Station
16	16	16	16	Water Station
17	17	17	17	Water Station
18	18	18	18	Water Station
19	19	19	19	Water Station
20	20	20	20	Water Station, Energy Drinks & Eatable Items
21	21	21	21	Water Station
22	22	22	22	Water Station
23	23	23	23	Water Station
24	24	24	24	Water Station
25	25	25	25	Water Station
26	26	26	26	Water Station
27	27	27	27	Water Station
28	28	28	28	Water Station
29	29	29	29	Water Station
30	30	30	30	Water Station, Energy Drinks & Eatable Items
31	31	31	31	Water Station
32	32	32	32	Water Station
33	33	33	33	Water Station
34	34	34	34	Water Station
35	35	35	35	Water Station
36	36	36	36	Water Station
37	37	37	37	Water Station
38	38	38	38	Water Station
39	39	39	39	Water Station
40	40	40	40	Water Station
41	41	41	41	Water Station
42	42	42	42	Water Station



## 7. Event Venue + Parking

Where to reach: Please report to **Eco Resort - Golden Pagoda** Entry gate.

Where to park: There is ample parking for cars/buses at the venue.

## 8. Facilities at the venue

- Baggage Storage
- Warm-up Zone
- Toilets: There will be toilets at the venue, and some public toilets on the running route.
- Hydration points will be available at the start point, the finish line, and after every 2.5 km of the running route. Please avoid throwing water bottles on the road, as someone may trip over them. You must carry your bottle until you find a waste bin.
- Nutrition: Nutrition zone will be available at the finish line and at the selected points of the 21 km route.
- Recovery Zone: A recovery zone will be available after the finish line to help you stretch and roll to relax your muscles.
- Medical assistance: Medical assistance and suitable facilities for minor injuries will be available, along with an ambulance.
- Medal: You can collect your finisher's medal after crossing the finish line.

## 9. Refreshments

All runners shall receive refreshments at the refreshment counter after completing their run.

### Important Timings:

Distance	Reporting Time	Flag-off time
42 km (Full Marathon)	4:00 am	5:00 am
21 km (Half Marathon)	4:00 am	5:15 am
10 km	4:30 am	5:35 am
5 km	4:30 am	5:55 am

Holding Area gate will open at 03:30am and close at 4:45am sharp. Please reach on time. Anyone reaching later than 10 minutes after the flag-off time shall not be considered for the podium finish.

## 10. Prize Money

- The decision taken by the Race Director shall be final and binding. No disputes shall be entertained.
- Only the winners of the Open Category shall be announced on race day.
- Prize money shall be remitted to all winners' bank accounts within \_\_\_\_\_ days of the event, after due diligence. Our team shall contact you to collect your bank account details.
- Prize money details can be viewed at <https://thegoldenpagoda.com/prize-money/>

## 11. Finisher Medals

- All participants who complete the running route within the given time shall be entitled to receive a finisher's medal.
- Any participants who do not complete the run shall be declared DNF (Did Not Finish) and will not be entitled to a medal.

## **12. Race Day Emergencies**

In case of a medical emergency, the following hospital is located near the venue – Namsai Distt Hospital, Namsai. There will also be multiple ambulances on duty.

For any assistance, or to report any medical or other emergency you may observe, please reach out to the event volunteer closest to you.

We look forward to your cooperation and assistance in making this event a safe and enjoyable one for all.

**\*\*\* END OF MANUAL\*\*\*\*\***