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Final warm-up in winter

TIMES NEWS NETWORK

More Than 500 Participants Show Up For Promo Run Ahead Of The Main Event

On a cold Sunday morning, more than 500 enthusiastic participants took part in the final promorun before the actual event. The major advantage of being a part of any promo run is to know the route well and to get accustomed to the route profile. Such pre-event drills help runners decide how to go about the run. Most runners keep their best for the Dday, when all their training and passion is primed to find success.

The final promo run was held for "pacers" for the half marathon and the 10km run. Pacers are runners who ensure that a relatively new runner reaches his or her destination in time. Pacers are available on the event day to ensure that participants achieve their goals. The details of all pacers are available on the event website.

The first run was the 10km event, which started at 6:35 am. It was followed by the 21km run at 6:40am. The route was shown to the frontrunners by a lead vehicle. Several water stations were put up to serve runners during the course of their exertions. Volunteers were present at all important junctions to point out the route turns.



safal
HALF MARATHON
 5 km / 10 km / 21 km **AMDAVAD**
RUN AGAINST CORRUPTION
 Jan 4, 2015, AES Ground, Bodakdev

POWERED BY **Claris** IN ASSOCIATION WITH **THE TIMES OF INDIA** **नवगुणसिद्धि संभव**