

FAQ for ESORUN

Venue Details:

1. Thank you for registering for the public awareness prestigious marathon event at Chennai – The ESORUN 2017 organised by ESOINDIA. (www.esoindia.org)
2. The venue is at KalaivanarArangam at Walajah Road, Chennai, India. Please follow the guiding placards once you reach the venue.

Transportation and Parking:

3. You can reach the start-up point – KalaivanarArangam by the following modes:
 - a. Day and Night Buses of Chennai Metropolitan Transport Corporation Ply at regular intervals.
 - b. You have the option to get down at Anna Statue or the P Orr and Sons bus stop if you are reaching by mount road.
 - c. If you are reaching the walajah road...Please alight at the kalaivanararangam bus stop or at the MA Chidmabaram Cricket Stadium Bus stop.
 - d. Buses are more frequent to Triplicane and Ezhilagam along the beach road.
 - e. It is a 7 min walk from Chennai MRTS station Chepauk. The first train arrives at Chepauk at 0428 hrs from Beach Station. The first train from Velachery arrives at 0528 hours. Then on you have frequent services.
 - f. People who are travelling by car please enter the following coordinates in the google search 13.0665° N, 80.2766° E .Alternatively you may visit google and type KalaivanarArangam.
 - g. There are 250 car parking slots and 700 two-wheeler parking slots at venue.
 - h. Please follow the parking men instructions at the venue.

ESORUN Info:

Collection of ESORUN KITS:

1. The registered participants are advised to collect the ESORUN 2017 official Tea shirts and Timing Bibs on 25th November 2017 from 11 am to 6pm.
2. You may come in person or send a representative with the receipt.
3. This will help you to concentrate on the ESORUN with no queues on the date of the program for the kit collection.
4. Please wear the official ESORUN 2017 tea shirts and the timing bibs as instructed.

ESORUN Flag off:

1. Ensure you assemble 30 minutes to the start point before your scheduled start time.
2. Please arrive at the venue atleast an hour in advance so that you can do the preliminary preparations and warmup protocols.
3. It is desirable you be accompanied by an adult (not mandatory) for the ESORUN should you need any assistance.
4. The participants of the ESORUN 2017 need to start from the Flag off point only.
5. The participant need to exit and enter through the designated points at the venue.
6. This will ensure the run is a monitored run for computation and calculation of the winners and completers.
7. Be aware of the running path map and flow of run for your category in the website www.esoindia.org. The same will be displayed at the Venue as well.

Important Health Information:

1. Please ensure your fitness before running the respective categories.
2. Participants with medical ailments are advised to meet their regular medical consultants prior to the ESORUN 2017 and ensure their physical fitness.
3. Start the run at the speed comfortable for you. Starting and maintaining a steady pace throughout help you to complete the run safely.
4. Ambulance and EMT Team Personnel are stationed at designated places along the running course and at the venue, to assist you in case of need.
5. Hydration points are arranged at designated points along the running path and at the venue.
6. If you feel sick or need assistance during the course of the run, please rest at the side of the running path without disturbing the other participants along the sides and call for assistance.
7. Volunteers are available throughout the running path to assist you.
8. Please ensure you follow the post run cool down protocols to ensure your safety.
9. Contact 72999 66666 or any of the help desks for assistance.