



RULE BOOK



@THEFUFUFESTINDIA

RACE KIT COLLECTION

- Collect your Race kit before hand from elante as per the schedule shared in the group!

REPORTING TIME

- **REPORTING TIME:** 4:30 AM
- **WARM UP SESSION:** 4:50 AM
- **FIRST FLAG OFF (21KM, 10KM):** 6:00 AM
- **SECOND FLAG OFF (OTHERS):** 6:05 AM

RUN ROUTE



- **WE ARE RUNNING IN A LOOP OF 4K AROUND ELANTE'S BLOCK**
- **PLEASE REFER TO THE U-TURN MARKS FOR RESPECTIVE DISTANCES**

21KM

- **5 LOOPS AND THEN U-TURN AS PER THE MARK**

10KM

- **2 LOOPS AND THEN U-TURN AS PER THE MARK**

5KM

- **1 LOOPS AND THEN U-TURN AS PER THE MARK**

3KM

- **U-TURN AS PER THE MARK**

21KM

- **5 LOOPS AND THEN U-TURN AS PER THE MARK**

10KM

- **2 LOOPS AND THEN U-TURN AS PER THE MARK**

5KM

- **1 LOOPS AND THEN U-TURN AS PER THE MARK**

3KM

- **U-TURN AS PER THE MARK**

RACE DAY ESSENTIALS

- 📍 Venue: Nexus Elante Mall, Industrial Area, Chandigarh
- ⌚ Report Time: 4:30 PM sharp: give yourself time for warm-up and bag drop.
- 🏁 Race Bib & Wristband: Mandatory for entry. No bib = no race.
- 🚗 Parking: Available UG—use ride-share or carpool if possible.

HYDRATION & NUTRITION

- Water and electrolytes available every 2 km on the route.
- Carry your own hydration belt/bottle if you prefer.
- Stay hydrated before, during, and after the run.
- Light snacks and recovery drinks will be provided at the Wellness Village post-run by KLR fit.

RULES & GUIDELINES

- Arrive early for warm-up and Zumba session led by our trainers.
- Stick to your distance and follow route marshals and volunteers.
- Overtake carefully and be mindful of fellow runners.
- No bib-sharing or unregistered runners allowed.
- Pets, strollers, helium balloons, and large bags are not permitted on the route.
- Wear reflective or light-colored clothing for visibility.
- Dispose of cups or bottles at designated bins—keep our city clean.

SAFETY FIRST

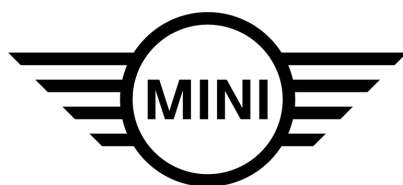
- Medical stations, ambulances, and volunteers will be positioned across the route.
- In case of discomfort or injury, signal a volunteer immediately.
- Pacers will be available to help guide finishing times for longer distances.

AFTER THE FINISH LINE

- Collect your Finisher Medal & Certificate at the end.
- Cool down and enjoy recovery zones, cold plunges, and mindful food.
- Celebrate with live music, coffee rave, and wellness experiences at the Wellness Village.

CHALE FIR
FUFU KARNE?

OUR PARTNERS



Krishna Automobiles



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