FORTÉ

PLATINUM SPONSOR

RACE-WEEK TIPS

SIX STOPS TO THE START LINE



UST TRIVANDRUM MARATHON · SUNDAY 15 NOVEMBER 2026

UST CAMPUS
Start / finish

YOU ARE HERE

1

Bib, then rest

Keep runs short and easy. After the expo, put your feet up.

2

Sleep well

7 to 8 hours a night. Bank it early; nerves can steal the last night.

3

Drink to thirst

Sip steadily all day. Forcing extra water can dilute your blood sodium.

4

Eat what you know

Familiar, carb-rich meals. Skip anything new, fried or greasy.

ARABIAN SEA

5

Try nothing new

Wear shoes, socks and kit you've already run in. New gear can mean blisters; new snacks, an upset stomach.

6

Respect the heat

Warm, humid November: wear light clothes, a cap and sunscreen. Start easier.

PROPOSED ROUTE
Half marathon: 1 loop
Marathon: 2 loops

START LINE · SUNDAY 15 NOVEMBER

Unwell before race day?

Fever, chest congestion, a hacking cough, an upset stomach or body aches: rest, don't race. Just a runny nose? Go easy.

Unwell on the course?

Dizzy, faint or very nauseous? Stop in the shade, sip cool fluids and ask race staff for help. Confused or can't drink? Get medical help at once.

General wellbeing guidance, not medical advice. If you have a health condition or are unsure, check with your doctor before race day. Route shown is the organisers' proposal, not to scale; the final route will follow.