**RACE CATEGORIES**

The MADathon (Making A Difference marathon) 2015 will host 3 race categories – The half marathon (21.1 Km), the 10K run (10 Km) and 5K run for children and women. All 3 events have the same registration fee and all runners will be given a running T-shirt, running bib (NO timing chip), finisher’s medal and a refreshment box.

**HALF MARATHON (21.1 KM)**

For runners with 10K experience this is a race to hit the 20K plus mark before running a full marathon. The Half Marathon event is happening for the first time in MADathon.

**10K (10 KM)**

The ever popular 10K event was a runaway success in 2014 attracting 300 runners in MADathon’s first edition. This year the 10K run will be for a different cause. If you are a regular short distance runner, this should be your go for MADathon 2015.

**5K (5 KM)**

Making A Difference does not require you to be a professional long distance runner. You can run a 5K event and still support the cause. This event is only for women and Children.

**At a glance:**

|  | **Half marathon** | **10K** | **5K** |
| --- | --- | --- | --- |
| **Event fee:** | Rs 800 (same for all three events) | | |
| **Age eligibility:** | 18 years (as on race day) | | Women and children(age 5 to 18) |
| **Start time:** | 5:00 AM | 6:00 AM | 6:15 AM |
| **Route map:** | Watch this space | | |
| **Training plans** | Kick-start your training with these cool plans that we found online for you. Several of us have used these plans before and been very happy with them!  <http://halhigdon.com/training/>  <http://www.runningforbeginners.com/couch-to-10k/10k-training-programs/>  Watch this space for further information and updates! | | |
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