



## Participant FAQ's answered

### Venue facilities

**Q: Are there restroom facilities available at the venue or along the course?**

**A:** Participants may have to use open spaces at the start point. There is a restroom located near the temple at the peak for emergency use. We are currently coordinating with a local primary school (200m from the start) to utilize their facilities; if confirmed, we can provide a quick shuttle for runners in car/bike as and when required.

**Note:** Please plan accordingly, as no time extensions will be granted for restroom breaks. You must still complete your two loops within the allocated hour to remain in the race.

**Q: Will there be aid stations at the top of the hill?**

**A:** The primary aid station is located at the base (start/finish area). There are no aid stations at the summit, so please ensure you hydrate sufficiently before beginning your ascent or carry a water bottle if required.

### Race Format & Timing

**Q: If I am in the 6-hour category, can I start early to run for extra hours in total?**

**A:** No. All participants must start with their designated batch. To ensure runner safety on our narrow and steep trails, we strictly manage the headcount per slot. Starting/running outside of your allotted time is not permitted and can lead to disqualification.

**Q: Can I run more than two loops in an hour if I have the energy?**

**A:** No. The challenge of this format is not just speed, but **consistency and discipline**. Regardless of your pace, you must stop after your second loop and wait for the start of the next hour to restart with the group. This structure is essential for our timing volunteers to accurately track every runner's progress.

**Q: Is the race format exactly like a Backyard Ultra?**

**A:** Not exactly. While A2U is inspired by the Backyard Ultra (BYU) style—where runners start together at the top of every hour—it is not identical. Our specific loop distance and elevation profile differ from the standard BYU regulations, making it a unique challenge tailored to this terrain.

## **Check-in & Reporting / Reaching the venue**

**Q: What is the reporting time for each category ?**

**A:** For 6 hour morning batch & 12 hour runners.  
BIB counter will open at 4:30am and close by 5:45am.

For 6 hour afternoon batch runners.  
BIB counter will open at 10:30am and close by 11:45am.

Please make sure you report before the BIB counter closing time of your category/batch.

**Q: How do I reach the venue?**

**A:** The venue is located approximately 50km from Chennai.

Map location : <https://goo.gl/maps/5E8r8eyxn9n6tW5r5>

- **By Train:** Take a local Chengalpattu-bound train and alight at **Paranur Station**. From there, you can hire any vehicle/rapido to the venue.
- **By Bus:** From Kilambakkam Bus Terminus, board any bus toward Chengalpattu (e.g., **500P or 500**) and alight at the **Mahendra World City (MWC) entrance**. You can hire any vehicle/rapido for the remaining distance.
- **By Car:** You can drive directly to the venue using the maps link above.

## **Running essentials / Aid station**

**Q: Are hiking poles mandatory?**

**A:** No, they are optional. However, given the steep nature of the trail, they are highly recommended to assist you during the climb.

**Q: Should I bring my own nutrition and electrolytes?**

**A:** While our base aid station provides basic hydration and snacks, personal nutrition or specific electrolytes are at your discretion. We recommend bringing anything you specifically rely on for long-duration runs.

**Q: What will be available at the aid station?**

**A:** The aid station (located at the base) will be stocked with:

- Hydration: Water and Electral.
- Fruits: Oranges, Bananas, and Watermelon.
- Fuel: Lemon, Salt, Sugar, Chikki, Boiled Sweet Potato, and Boiled Eggs.

**Q: Are canyon sandals acceptable, or are trail shoes required?**

**A:** Both trail shoes and canyon sandals are perfectly fine, provided they have a good grip. Please remember that **barefoot running is strictly prohibited** for your safety.

**TEAM - CHENNAI TRAIL CLUB**

