



**HỒ CHÍ MINH CITY
INTERNATIONAL
MARATHON**



TECHCOMBANK



Bước chạy vì một Việt Nam

VƯỢT TRỘI

08 - 10.12.2023



**PROGRAM
BOOKLET**

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Sinh trắc tài chính

Thử ngay công cụ trắc nghiệm
giúp bạn xác định hình mẫu tài chính của mình

Tìm ra thế mạnh
và rủi ro bạn cần lưu ý

Được đề xuất giải pháp
bảo vệ phù hợp

Chỉ 2 phút
thực hiện





OPENING MESSAGES





MS. NGUYEN THI ANH HOA

Director Ho Chi Minh City
Department Tourism

On behalf of the Ho Chi Minh City Department of Tourism, I extend a warm welcome to all athletes participating in the 6th Edition of the Techcombank Ho Chi Minh City International Marathon.

We deeply appreciate the enthusiastic support and active participation of the sports community in Vietnam and athletes from around the world. You have been the inspiration and driving force that has significantly contributed to organizing an internationally acclaimed sports event like today. Ho Chi Minh City, a youthful and vibrant city known for its diverse cuisine, unique culture, and friendly residents, eagerly awaits you. As you step into the races of this 6th Edition, you will experience various wonderful emotions along the city's streets.

Moreover, this event is a key activity in the 3rd Edition of the Ho Chi Minh City Tourism Week with the theme "Green on Every Journey," taking place from December 4th to 10th, 2023.

Once again, we extend our best wishes to all athletes participating in the 6th Edition of the Techcombank Ho Chi Minh City International Marathon. May you have a race full of energy and good fortune. We hope this event will be a successful and memorable one.



MR. LE TRUONG HIEN HOA

Deputy Director Ho Chi Minh City
Department Tourism

The 6th Edition of the Techcombank Ho Chi Minh City International Marathon is a special event eagerly anticipated not only in Vietnam but around the world. We are thrilled to welcome professional athletes to the vibrant city of Ho Chi Minh.

The Techcombank Ho Chi Minh City International Marathon has evolved into a leading event in Vietnam's tourism and sports industry, bringing immense pride to the tourism brand. The race route will take athletes through iconic landmarks of the city such as Independence Palace, Notre-Dame Cathedral Basilica of Saigon, Ho Chi Minh City Opera House, and the Thu Thiem Bridge, along with other famous local spots, showcasing the youthful and energetic atmosphere.

We are eager to welcome all athletes, their families, and friends. Thank you for your continued support of the Techcombank Ho Chi Minh City International Marathon.

We appreciate the unwavering support from all of you and congratulate Ho Chi Minh City on this exciting event!



MR. NGUYEN NAM NHAN

Deputy Director of Athletics
Federation Ho Chi Minh City

On behalf of the Ho Chi Minh City Department of Culture and Sports, I extend a warm welcome to over 15,000 athletes participating in this special and meaningful sports event of 2023.

Ho Chi Minh City has always prioritized enhancing the health of the community. We take great pride in organizing one of the largest sports events in the country, and we are particularly delighted to witness the increased interest from individuals, businesses, and clubs in promoting fitness and participating in activities that improve community health. The 6th Edition of the Techcombank Ho Chi Minh City International Marathon has become a sporting icon for the city, consistently garnering attention and positive impact within the community.

I hope that this event will continue to inspire everyone to maintain perseverance, promote a positive lifestyle, and bring about meaningful changes for both the community and individuals. I believe that both athletes and fans will have a memorable edition this year, and we will meet again at the finish line!



MR. NGUYEN TRUNG HINH

**General Secretary, Vice Director of
Athletics Federation Ho Chi Minh
City**

On behalf of the Ho Chi Minh City Athletics Federation, I extend a warm welcome to all athletes participating in the 6th Edition of the Techcombank Ho Chi Minh City International Marathon.

This marathon has grown to become one of the most prominent events, attracting a large number of participants, both domestically and internationally, making it one of the largest marathons to date. Beyond the sheer volume of participants, the 6th Edition of the Techcombank Ho Chi Minh City International Marathon remains the top choice for numerous professional athletes. Alongside the organizing committee, we are committed to elevating the racecourse and making it one of the premier competitions in Vietnam and the region.

We joyfully welcome all international and Vietnamese athletes, along with their families and friends, to join this prestigious event. We appreciate your continued support for the Techcombank Ho Chi Minh City International Marathon. Thank you for being a part of this exciting journey.



MS. THAI MINH DIEM TU

Chief Marketing Officer,
Techcombank

Let's all RUN FOR A GREATER VIETNAM!

A warm welcome to everyone participating in the 6th Edition of the Techcombank Ho Chi Minh City International Marathon!

As one of Vietnam's leading banks with a vision to "Change Banking, Change Lives", Techcombank is proud and honoured to be the title sponsor of this fantastic event for the 6th consecutive year.

Held since 2017, the Techcombank Ho Chi Minh City International Marathon has become a signature event for the city, symbolizing its dynamism, modernity, and international integration.

This year Techcombank has celebrated its 30th anniversary. Throughout our journey we have always aspired to "Be Greater" together with our customers and the Vietnamese people by enabling growth, wealth, and human potential for everyone.

For our customers, we provide outstanding financial offering and services that support them throughout their financial lives. And we are fully committed to ESG and to having a positive impact in the communities that we serve.

Through our support for the Techcombank Ho Chi Minh City International Marathon, we are joining hands with the community in Ho Chi Minh City to bring our "Be Greater" spirit to life. We aim to inspire people to lead healthier lives and "Run for a Greater Vietnam". By encouraging people to be more active and live more healthily, we will build a spirit of community and promote positive values for the people of Ho Chi Minh City.

We expect this year's Techcombank Ho Chi Minh City International Marathon to be even greater than the previous season with the participation of over 15,000 runners from all over the world. Whether you are an experienced athlete or a first-time runner, I hope you can join us on December 10th and help to spread the "Be Greater" spirit by conquering a new challenge.

I wish everyone that takes part in the event the best of luck and I hope you all enjoy the experience and show us your inner greatness.



MR. ONSLO CARRINGTON

General Manager Sunrise Events
Vietnam

Dear Participants and Supporters,

Welcome to the 6th Edition of the Techcombank Ho Chi Minh City International Marathon!

As we gather for this remarkable event, we embark on a journey that celebrates not only the thrill of running but also the vibrant spirit of unity and global citizenship. This Marathon is more than a race; it's a testament to our collective dedication to sportsmanship and active participation in our global community.

We extend our deepest gratitude to the Department of Tourism Ho Chi Minh City, the Department of Culture & Sport - Ho Chi Minh City, and the Athletics Federation for their unwavering support. Their collaboration has been instrumental in shaping this incredible marathon, showcasing the dynamic energy and beauty of Ho Chi Minh City to the world.

A heartfelt thank you to Techcombank for their enduring cooperation and commitment over the past six years as the Title Sponsor. Their partnership has been fundamental in making this marathon a reality, enabling us to create lasting memories and opportunities for all participants.

To all 15,000 runners who have dedicated their time and effort to be a part of this event, we applaud your passion and commitment. Your presence enriches this experience and reinforces our shared vision of inspiring individuals to embrace their full potential through the power of sports and healthy habits.

Throughout this 6th Edition of the Techcombank Ho Chi Minh City International Marathon, let us run with gratitude, determination, and a renewed sense of purpose. Let us support each other and create moments that resonate with the true essence of unity and sportsmanship.

Thank you for being a part of this incredible journey. Let's make this Marathon a testament to our shared values and aspirations. I wish all the runners the best of luck, may each stride be filled with joy, achievement, and a sense of solidarity.

Best Regards,



MS LE VIET PHUONG

Race Director Sunrise Events
Vietnam

Greetings to all athletes, esteemed journalists, media professionals, partners, sponsors, and volunteers!

I extend a heartfelt welcome to the 15,000 athletes from all corners of the nation and around the globe who have joined the 6th Edition of the Techcombank Ho Chi Minh City International Marathon.

This is a special event within the Ho Chi Minh City Tourism Week 2023, providing athletes with the opportunity to experience and explore the beauty of the city.

Participating in this event, the runners will have a chance to traverse a course starting from Le Duan Street in front of Thao Cam Vien, spanning across 5 districts, passing through historic landmarks that bear the city's historical imprint, aiming to reach the finish line at the new urban area - Empire City in Thu Duc City.

I express my gratitude to the athletes for their relentless effort and daily training. Sincere thanks to our partners, media professionals, volunteers, and all those involved who have collaborated with us in creating a running community in Vietnam.



**HO CHI MINH CITY
INTERNATIONAL
MARATHON**



TECHCOMBANK



ATHLETE INFORMATION GUIDE

ATHLETES JOURNEY



Schedule is subject to change based on the actual situation
Please visit the website regularly to update.

EVENT SCHEDULE

FRIDAY | 08.12.2023

FROM	TO	ACTIVITY	LOCATION
10:00	20:00	Marathon Village opens	Marathon Village Empire City, Nguyen Thien Thanh Street, Thu Thiem ward, Thu Duc city, Ho Chi Minh city
		Athlete Check-in opens (Race Kit Pick Up)	
		KIDS RUN Check-in opens (Race Kit Pick Up)	
10:00	11:00	Race briefing rolling video (rolling video every 15 minutes)	Stage
13:30	14:00	KIDS RUN Race briefing rolling video (rolling video every 15 minutes)	
14:00	15:00	Race briefing rolling video (rolling video every 15 minutes)	
16:00	16:30	KIDS RUN Race briefing rolling video (rolling video every 15 minutes)	
20:00		Marathon Village closes	

*Schedule is subject to change based on the actual situation
Please visit the website regularly to update.*



EVENT SCHEDULE

SATURDAY | 09.12.2023

FROM	TO	ACTIVITY	LOCATION
8:00	20:00	Marathon Village opens	Marathon Village Empire City, Nguyen Thien Thanh Street, Thu Thiem ward, Thu Duc city, Ho Chi Minh city
		Athlete Check-In Opens (Race Kit Pick Up)	
	14:00	KIDS RUN Check-In Opens (Race Kit Pick Up)	
9:00	10:00	Race Briefing (Rolling Video each 15 minutes)	Stage
10:00	11:00	Workshop "Masterclass in Marathon Training"	
13:30	14:00	Race Briefing for KIDS RUN (Rolling Video each 15 minutes)	
14:00	15:00	Sports Medicine Workshop: "Sports Medicine for Peak Performance and Injury Reduction"	
15:00	15:45	Kids move to Start Line	Start line of KIDS RUN (Empire City, Thu Duc City)
15:45	16:00	<i>KIDS RUN Warm up</i>	
16:00		KIDS RUN ROLLING START	
17:00	18:00	Race Briefing Video	Stage
18:00		The Finish Line of KIDS RUN closes	Finish line of KIDS RUN
20:00		Marathon Village closes	Marathon Village Empire City, Nguyen Thien Thanh Street, Thu Thiem ward, Thu Duc city, Ho Chi Minh city

Schedule is subject to change based on the actual situation
Please visit the website regularly to update.

EVENT SCHEDULE

SUNDAY | 10.12.2023

1:30	Hoa Lu Stadium & Saigon Zoo Parking Lot Opens		Hoa Lu Stadium, 2 Dinh Tien Hoang, Da Kao, District 1 Gate 2 of Saigon Zoo, 1 Nguyen Thi Minh Khai, Ben Nghe, District 1
2:30	3:25	Bag Drop Opens for Marathon (42,195km)	Start Line
	4:25	Bag Drop Opens for Half Marathon (21,1km)	
4:30	5:25	Bag Drop Opens for 10km and 5km	
START TIME			Start Line
3:30	Start Marathon (42,195km)		
4:30	Start Half Marathon (21,1km)		
5:30	Start 10km		
5:35	Start 5km		
CUT-OFF TIME			
Marathon (42,195km): 6 hours 30 minutes			
Half Marathon (21,1km): 4 hours			
10km: 2 hours			
5km: 1 hour			
<p>The slowest time for an athlete to start is 15 minutes from the designated start time. Athletes starting after 15 minutes will be disqualified (unable to meet requirements) in the official results board.</p> <p>Athletes who fail to finish the race distance within the time frames set out above for their event will be removed from the course and will register a DNF (Did Not Finish). While on the course, ALL athletes must comply with race officials at all times.</p>			
6:30	11:00	Shuttle Buses Commence Operation to Hoa Lu Stadium	
6:15	11:00	Bag Pick Up Opens for Marathon & Half Marathon Athletes	Marathon Village
7:00		Bag Pick Up Opens 10km & 5km Athletes	
6:00	11:00	Recovery Area opens	Recovery Area
9:00	10:00	Awarding Ceremony	Stage
10:15	Finish Line and Race close		
12:00	Marathon Village closes		Marathon Village

Schedule is subject to change based on the actual situation
Please visit the website regularly to update.

BEFORE THE RACE

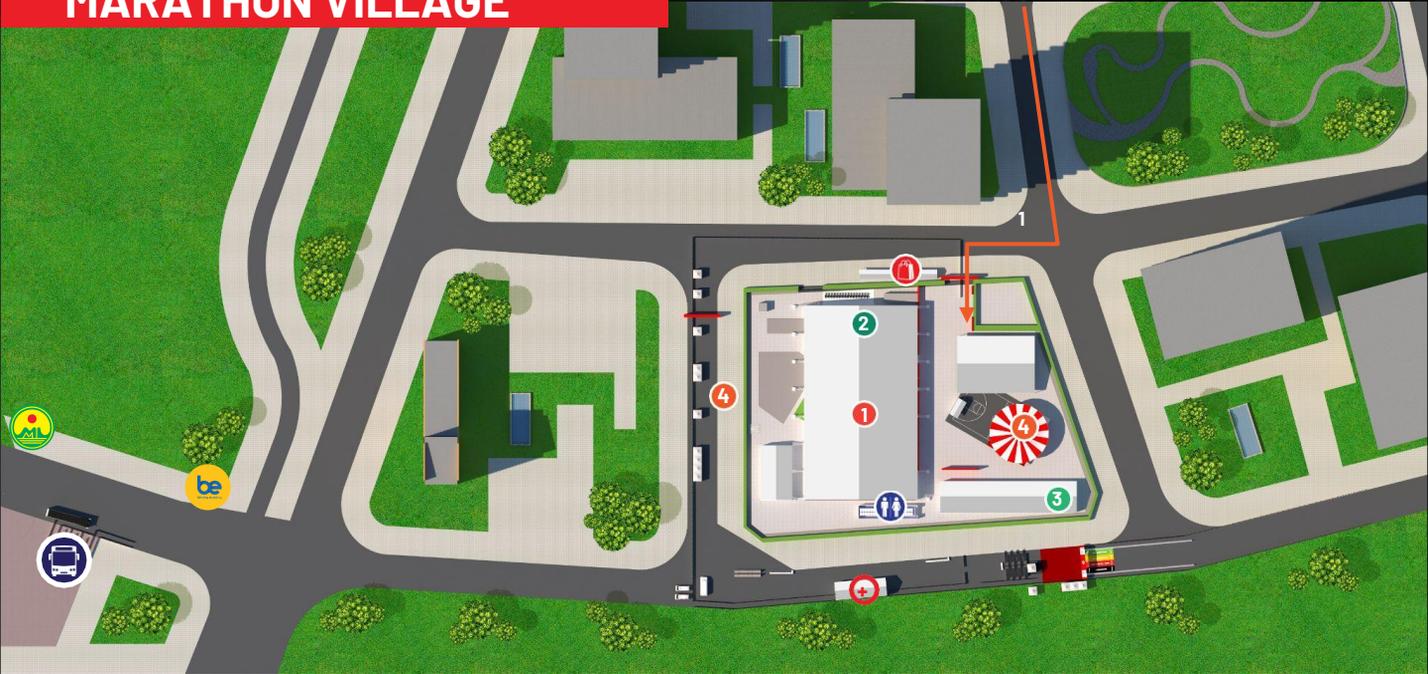


P
PARKING
ROOF OF THU THIEM
TUNNEL
OPEN SUNDAY
10/12/2023

**MARATHON
VILLAGE**

P
PARKING
EMPIRE CITY
OPEN FRIDAY AND
SATURDAY 08-
09/12/2023

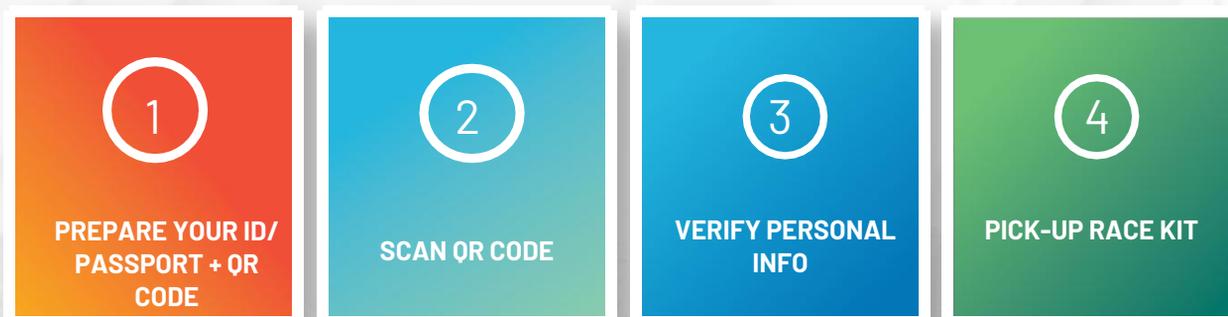
MARATHON VILLAGE



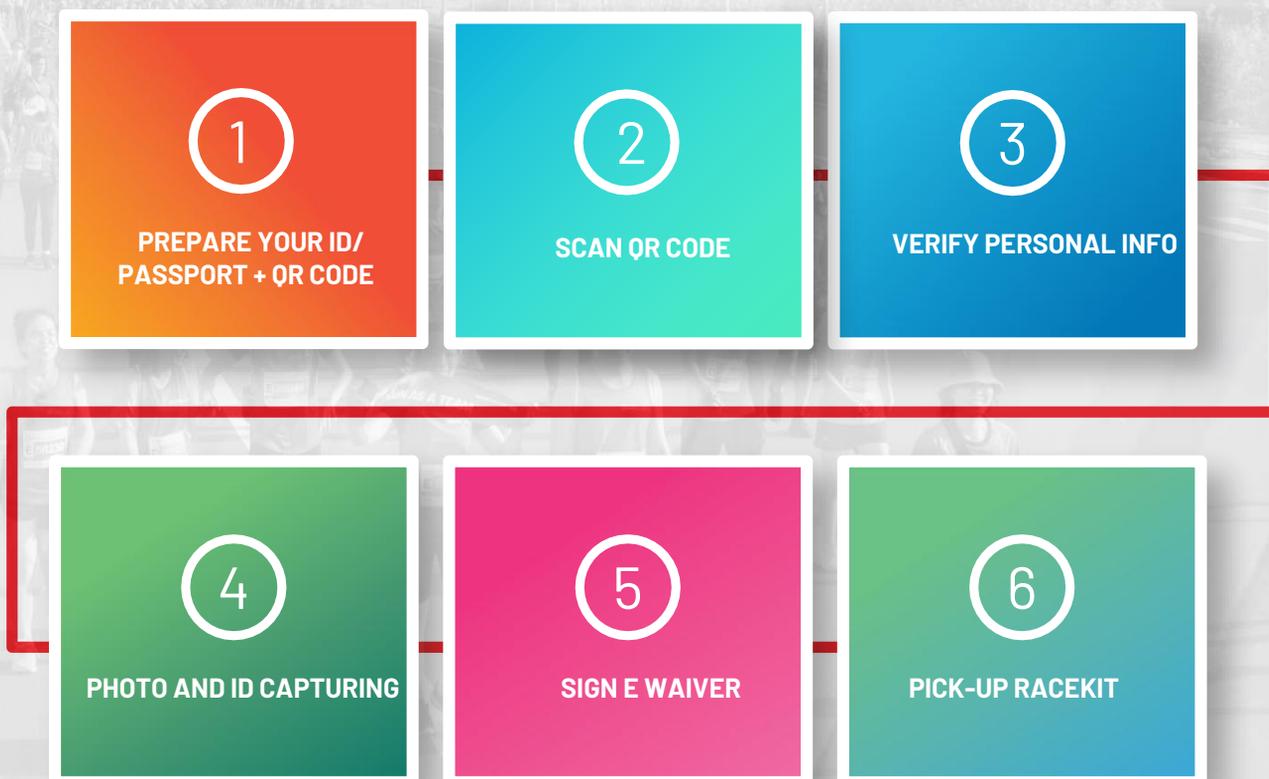
- 1** EXPO AREA
- 2** REGISTRATION AREA
- 3** TECHCOMBANK OFFICE
- 4** FINISHER TENT
- +** MEDICAL TENT
- ♂ ♀** TOILET AREA
- 🛍** BAG PICK UP TENT
- 🚌** SHUTTLE BUS AREA
- 🚗** MAI LINH TAXI AREA
- be** BE BIKE/CAR AREA
- WAY TO EXPO AREA FROM PARKING

INDIVIDUAL CHECK IN FLOW ONSITE

IF YOU SIGNED THE E-WAIVER



IF YOU HAVE NOT SIGNED THE E-WAIVER



Notice:

- Participants under 18 will need to bring a signed Parent Consent Form.
- We've arranged an exchange area in case your size is not suitable

BIB INTRODUCTION

- Identification number (BIB) is a must for athletes participating in the race.
- Athletes will not be able to enter the race and will not receive results without wearing a BIB.
- The different BIB colors and the respective distance categories that they represent

To help avoid confusion, the BIBs for each distance will be colored differently:



Marathon



Half Marathon



10KM



5KM



Pacer Marathon



Pacer Half Marathon



- 1 Pen
- 2 BIB number
- 3 Name on BIB
- 4 Distance
- 5 Event singlet size
- 6 Finisher T-shirt size
**For Marathon distance only*

- 1 Pen
- 2 BIB Number
- 3 Name on BIB
- 4 Distance
- 5 Event singlet size
- 6 Finisher T-shirt size
**For Marathon distance only*
- 7 Company or Run club logo

CÁC CHỈ DẪN AN TOÀN
SAFETY INSTRUCTIONS

Xin hãy gắn số BIB của bạn đúng quy định / Please attach your BIB appropriately

THÔNG TIN QUAN TRỌNG / IMPORTANT INFORMATION

8 Tên người tham dự : _____
Participant's Name

Số CMND/Passport : _____
NIC/Passport Number

MEDICAL HISTORY / THÔNG TIN Y TẾ
Bạn có bất kỳ dị ứng nào không?
Do you have any known allergies?
 CÓ YES KHÔNG NO

Bạn có bất cứ thông tin thuốc nào cần được biết đến không?
Do you have any known medical conditions?
 CÓ YES KHÔNG NO

Nếu có, xin hãy ghi rõ: _____
If yes, please specify: _____

Nhóm máu / Blood Type : _____

9 NGƯỜI LIÊN LẠC TRONG TRƯỜNG HỢP KHẨN CẤP / EMERGENCY CONTACT

Tên : _____
Name

Quan hệ : _____
Relationship

Số liên lạc : _____
Contact number

SỐ KHẨN CẤP
EMERGENCY HOTLINE 0797002115

10
KHÔNG ĐƯỢC VỨT BỎ / KHÔNG ĐƯỢC GẤP B-TAG LẠI!
DO NOT REMOVE! DO NOT FOLD B-TAG!

- 8 Important emergency contact information is printed on the back of the BIB. Athletes please provide complete information on the back of the BIB.
- 9 The emergency phone number is printed on the back of the BIB (the emergency phone number only works on the race day of December 10th, 2023).
- 10 The timing chip area. Note! DO NOT fold, remove or damage the timing chip attached to the BIB, otherwise, your achievement will not be recorded.

HOW TO WEAR YOUR BIB

The "BIB is a passport" so the Organizer can identify, control and ensure the safety of athletes when you participate in the 5th Edition of the Techcombank Ho Chi Minh City International Marathon. Let's with us on how to wear your BIB to be able to join your race!

How to wear BIB:

1. Pin down or use a race belt with toggles at all four corners of your BIB and wear it on your chest or belly so the system can identify you, making sure no information is obscured.
2. Ensure emergency contact details are written on the back of your BIB. Emergency contact must be available on race day and not competing. If an international number is provided below, please ensure that it has the correct international dial code.
3. Do not alter, modify, fold or crumple your BIB.
4. Do not remove the timing chip tag.



* Khi sử dụng cùng dây đeo bib.

RACE KIT

EVENT SINGLET



EVENT BAG

RACE BIB & TIMING CHIP



SPONSOR GOODIES



XTEP BRAND ACCOMPANIES

THE 6TH EDITION OF THE TECHCOMBANK
HO CHI MINH CITY INTERNATIONAL MARATHON



THE TOP SPORTS COMPANY, XTEP, IS WELL-KNOWN FOR ITS RUNNING SHOES AND STYLISH SPORTSWEAR.



160X 3.0 PRO - LIGHT STEPS

WITH ITS XTEP ACE FOAM CREATION TECHNOLOGY, THE XTEP 160X 3.0 PRO OFFERS A BOUNCE INCREASE OF OVER 28% WHEN COMPARED TO ETPU MATERIAL AND A RECOVERY RATE OF UP TO 85%, WHICH IS AN INCREASE OF MORE THAN 7.1% OVER THE PREVIOUS VERSION. IN ADDITION TO ITS RUNNING-SPECIFIC DESIGN, THE 160X 3.0 PRO'S EYE-CATCHING COLOR IS ANOTHER HIGHLIGHT. FLUORESCENT COLORS MAKE EVERY MOMENT OF THE NIGHT AS VIVID AS THE RUNNERS' BOUNDLESS ENTHUSIASM.

160X 5.0

RUNNING SHOES **MARATHON**
BREAK ALL RECORDS

160X 5.0 - THE MOST PREMIUM VERSION OF RUNNING SHOES IN VIETNAM, MAKES ITS DEBUT AT THE XTEP BOOTH IN THE 6TH EDITION OF THE TECHCOMBANK HO CHI MINH CITY INTERNATIONAL MARATHON. RACE 160X 5.0 OWNS PREMIUM MATERIAL WITH THE MOST MODERN TECHNOLOGY AND BRINGS MANY EXPERIENCES FOR RUNNER.

Lãi suất tiết kiệm ***cộng thêm 0,5%***



Nâng hạng hội viên
TECHCOMBANK INSPIRE
khi mở sổ tiết kiệm trị giá từ
200 triệu đồng

(*) Áp dụng cho khoản gửi tiết kiệm lần đầu,
kỳ hạn 6 tháng trở lên



Tìm hiểu ngay

Ngân hàng dành cho thế hệ *Why not*



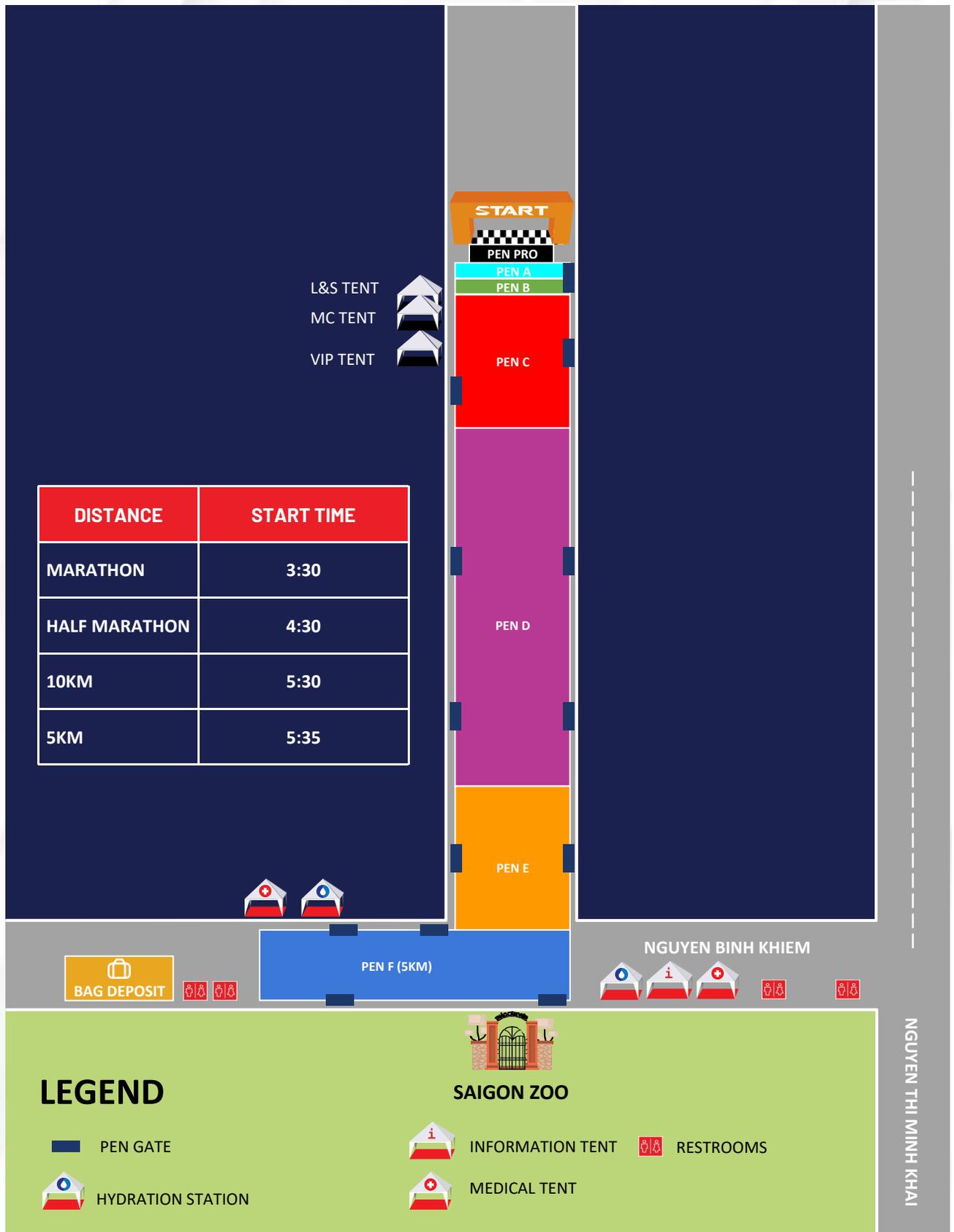
ON THE RACE DAY



GETTING TO THE START-LINE



START LINE MAP



DISTANCE	START TIME
MARATHON	3:30
HALF MARATHON	4:30
10KM	5:30
5KM	5:35

LEGEND

-  PEN GATE
-  INFORMATION TENT
-  MEDICAL TENT
-  HYDRATION STATION
-  RESTROOMS

STARTING PEN

Athletes participating in the Marathon, Half Marathon, and 10KM distances are required to start in different heats and areas (called Pens) marked A, B, C, D, E based on estimated completion time. Athletes must move to the correct zone printed on the BIB in the starting area. The organizer has the right to change an athlete's starting area if deemed necessary without prior notice to participants.

PEN	ESTIMATED TIME TO COMPLETE THE RACE			
	MARATHON	HALF MARATHON	10KM	5KM
A	Under 2 hours 30 minutes	Under 1 hour 15 minutes	Under 39 minutes	
B	Under 3 hours 30 minutes	From 1 hour 16 minutes to 1 hour 30 minutes	From 40 minutes to 54 minutes	
C	From 3 hours 31 minutes to 4 hours	From 1 hour 31 minutes to 2 hours	From 55 minutes to 01 hour 09 minutes	
D	From 4 hours 01 minute to 5 hours	From 2 hours 01 minutes to 2 hours 30 minutes	From 01 hour 10 minutes to 01 hour 25 minutes	
E	Over 5 hours	Over 2 hours 30 minutes	Over 1 hour 25 minutes	
F				Pen F



BAG DROP

• Since the Start Line and the Finish line of the 6th Edition of the Techcombank Ho Chi Minh City International Marathon are different locations, athletes will drop their bag off at the Start line area and receive them back at the Finish line area. The Bag Drop service will only serve at the allocated times and remember that the service will accept race kit bags merely.

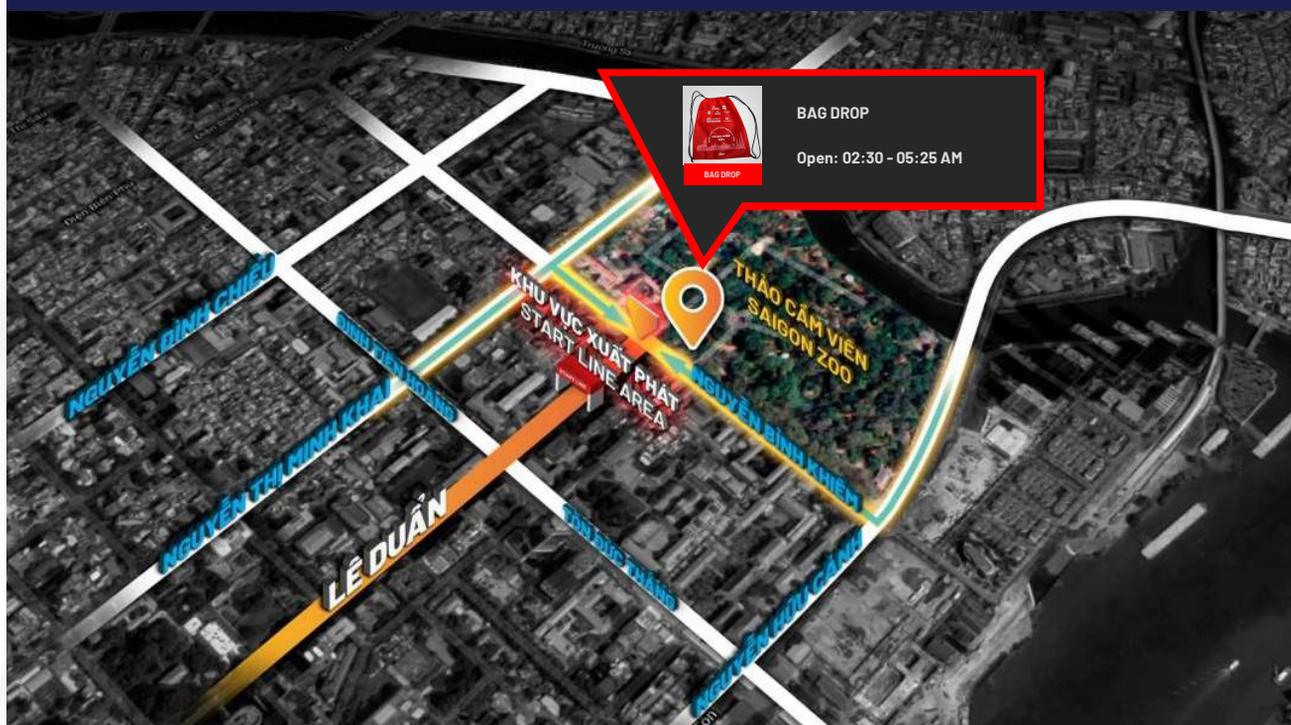
• You will receive a numbered ticket to stick it on the bottom center of your BIB during your event and use for bag collection at the Finish line at Marathon Village.

• The Pick Up Tent is close to the official Finish line at Marathon Village, Empire City and will be open for bag collection as follows: Present yourself and your numbered ticket to collect your Race Kit bag. Any unclaimed bags or items will be handed over to the warehouse manager after 12:00 pm on December 10, 2023 and kept in the Sunrise Events Vietnam office until Friday, December 15, 2023.

OPENING TIME:

- MARATHON: 2:30 – 3:25
- HALF MARATHON: 2:30 – 4:25
- 10KM, 5KM: 4:30 – 5:25

LOCATION: START LINE



Process:

- Participants get the stickers to stick on their BIB.
- Volunteers stick a matching sticker on the loot bag

RULES AND REGULATIONS:

- **The organizer only accepts event loot bags without valuable or dangerous items.**
- Runners should be on site 1 hour before the starting time to avoid a crowded line up to bag drop.
- Any unclaimed bags or items will be handed over to the warehouse manager after 11:00 pm on December 10, 2023 and kept in the Sunrise Events Vietnam office until Friday, December 15, 2023. Please contact email: marathontcbhcmc@sunriseevents.com.vn to receive lost items.
- After December 15, 2023, the organizer has full discretion on the resolution of the items.



HO CHI MINH CITY INTERNATIONAL MARATHON



HO CHI MINH CITY
INTERNATIONAL
MARATHON



TECHCOMBANK

ĐƯỜNG CHẠY
ROUTE MAP

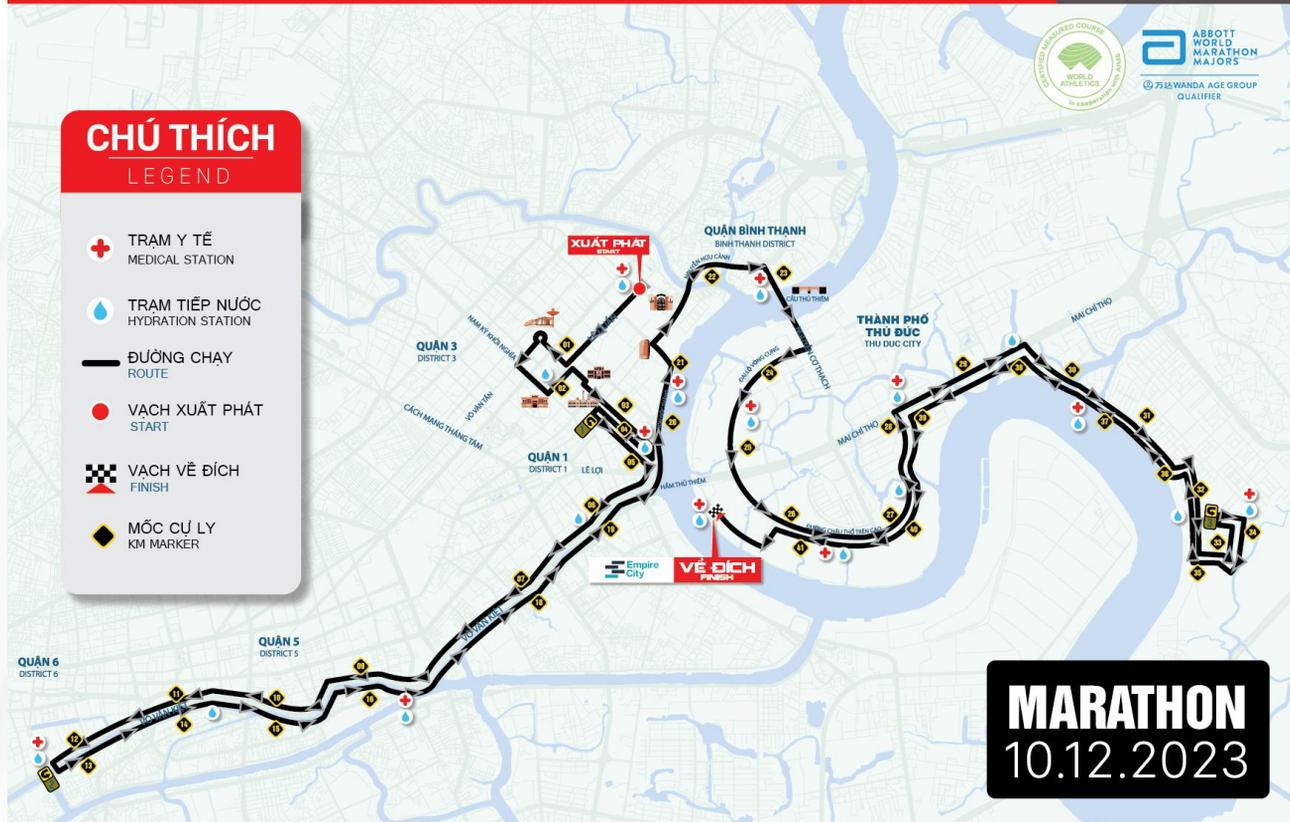


FEI WANGDA AGE GROUP
QUALIFIER

CHÚ THÍCH

LEGEND

- TRẠM Y TẾ
MEDICAL STATION
- TRẠM TIẾP NƯỚC
HYDRATION STATION
- ĐƯỜNG CHẠY
ROUTE
- VẠCH XUẤT PHÁT
START
- VẠCH VỀ ĐÍCH
FINISH
- MỐC CỤ LY
KM MARKER



MARATHON
10.12.2023

LEGEND

- U-TURN
- ROUTE
- FINISH LINE
- HYDRATION STATION
- MEDICAL STATION
- START LINE
- KM MARKER





HO CHI MINH CITY INTERNATIONAL MARATHON



TECHCOMBANK



ĐƯỜNG CHẠY
ROUTE MAP



LEGEND



U-TURN

ROUTE



FINISH LINE



HYDRATION STATION



MEDICAL STATION



START LINE

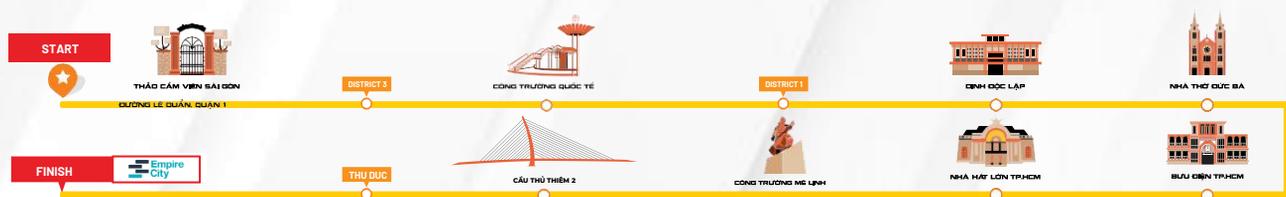


KM MARKER





HO CHI MINH CITY INTERNATIONAL MARATHON





HO CHI MINH CITY INTERNATIONAL MARATHON



TECHCOMBANK



HO CHI MINH CITY
INTERNATIONAL
MARATHON



TECHCOMBANK

ĐƯỜNG CHẠY
ROUTE MAP



5KM
10.12.2023

CHÚ THÍCH

LEGEND

- TRẠM Y TẾ
MEDICAL STATION
- TRẠM TIẾP NƯỚC
HYDRATION STATION
- ĐƯỜNG CHẠY
ROUTE
- VẠCH XUẤT PHÁT
START
- VẠCH VỀ ĐÍCH
FINISH
- MỐC CỤ LY
KM MARKER

LEGEND



U-TURN

ROUTE



FINISH LINE



HYDRATION STATION



MEDICAL STATION



START LINE



KM MARKER

START



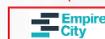
THẢO CẨM VIÊN SÀI GÒN
ĐƯỜNG LÊ DUẬN, QUẬN 1



CẦU THỦ THIÊM 2

THỦ ĐỨC

FINISH

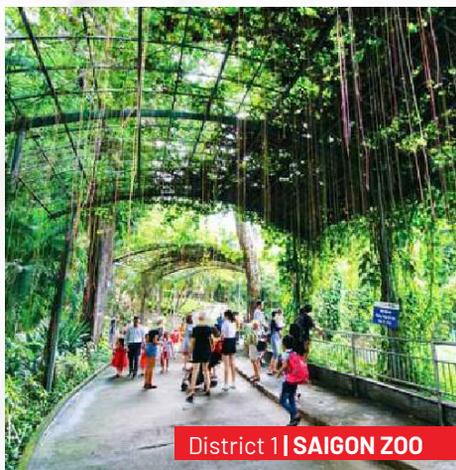


CỰ LY DISTANCE	GIỜ XUẤT PHÁT START TIME	THỜI GIAN HOÀN THÀNH QUY ĐỊNH CUT-OFF TIME	GIỜ KẾT THÚC COURSE CLOSURE
MARATHON (42.195km)	3:30	6 TIẾNG 30 PHÚT 6 HOURS 30 MINUTES	10:15
HALF MARATHON (21.1km)	4:30	4 TIẾNG 4 HOURS	
10KM	5:30	2 TIẾNG 2 HOURS	
5KM	5:35	1 TIẾNG 1 HOUR	

STT	CUT OFF POINTS	5KM		10KM		Half Marathon		Marathon	
		KM	COT	KM	COT	KM	COT	KM	COT
1	Nguyen Hue and Ton Duc Thang			5.2	6:42	5.2	5:39	5.2	4:28
2	U-Turn at Vo Van Kiet (Cao Van Lau)							12.5	5:25
3	End of Vo Van Kiet (on the way back)							19	6:30
4	End of Ba Son Bridge	3.45	6:27	6.95	7:03				
5	Hydration Station 11 on Thu Thiem Bridge					8.1	6:12	22.8	7:10
6	U-Turn at Su Hy Nhan							33.7	8:51
7	U-Turn at Kim Cuong Island					16	7:41	36.8	9:20
8	Hydration Station 16/22 at Bui Thien Ngo and Mai Chi Tho					17.2	7:55	38	9:31
9	Hydration Station 15/23 at Bui Thien Ngo and Mai Chi Tho					18.2	8:07	39	9:40
10	Hydration Station 14/24 at Bui Thien Ngo					19.2	8:18	40	9:49
11	Hydration Station 13/25 at Bui Thien Ngo					20.4	8:32	41.2	10:00

If an athlete doesn't reach the cut-off point before the specified **cut-off time (COT)**, you **must stop the race**. You will receive a **'Did Not Finish' (DNF) result**, and the Organizing Committee will provide transportation for the athlete to the Finish area.

OUTSTANDING LANDMARKS ON THE RACE



As one of the oldest zoos in the world, the Saigon Zoo was established more than 150 years ago. Today it contains the Ho Chi Minh City Botanical Gardens, along with the Saigon National Museum and the World War I Monument. Runners will start by the jungle green gates of the zoo under the iconic sign, Thao Cam Vien Saigon. The Saigon Zoo contains a large variety of plants and animals, like the rare white tiger. The zoo has become a center of knowledge to inform visitors about the plants and animals watched over inside the grounds and how best to protect them for the future.



Built in the late 1880s by the French, the Saigon Notre Dame Cathedral is one of the remaining landmarks of Catholicism in the predominantly Buddhist community of Vietnam. Located in Paris Square, the cathedral was given the name Notre Dame after the installation of the Peaceful Notre Dame statue in 1959. At nearly 60 meters in height, this cathedral reflects very different architecture from its surrounding buildings.



Located near the Ben Thanh Market, the Independence Palace contains lush gardens, antique furniture, secret rooms, along with other features that date back to the 1970s. It is an excellent place for tourists to visit to learn about the many different eras of Vietnam's rich and historic culture. Self-guided tours with an audio guide are available in Vietnamese as well as 10 other languages such as English, Chinese, French, and Japanese.

OUTSTANDING LANDMARKS ON THE RACE

A landmark among post offices across Southeast Asia, the Ho Chi Minh City Central Post Office is yet another building with century old architecture. Its soothing green window shutters contrast nicely against its vibrant yellow exterior. The Central Post Office allows for visitors to reimagine the city of Ho Chi Minh in how it might have felt to walk through in historic times.



District 1 | **HCMC POST OFFICE**



District 1 | **OPERA HOUSE**

A structure with unique and elegant architecture, the Saigon Opera House stands in District 1 at the intersection of Le Loi and Dong Khoi. The Opera House has been restored since it was first constructed in 1898. This venue is used in the modern day for a variety of different functions, such as concerts and traditional Vietnamese plays or dances. To learn about upcoming performances, visit the building to view advertisements posted outside along the street.

Famous for its steady stream of backpackers, Nguyen Hue is known as the Saigon Walking Street. There are a wide range of festivities put on display every western and eastern holiday that comes with each new season in the year. At the end of the street you will find the Saigon River where a beautiful breeze greets each passerby. Multiple restaurants and bars are located along the Nguyen Hue Walking Street, along with many benches to sit on the outside and watch the world around you



District 1 | **NGUYEN HUE WALKING STREET**



District 1 | **HCMC PEOPLE'S COMMITTEE HEAD OFFICE**

Ho Chi Minh City People's Committee Head office, demonstrates stunning architecture built by the French at the very beginning of the 20th Century. It now serves as the headquarters of the People's Committee in Ho Chi Minh City where members of government work. It is not open to the public, but it is still a beautiful landmark for people to take photos. The lights of City Hall are an especially grand sight to see at dusk from the Nguyen Hue Walking Street in District 1.

OUTSTANDING LANDMARKS ON THE RACE

The Saigon National Treasury performs a highly important function to the Vietnamese economy as it manages the State budget funds and revenues, allocates payments and expenditures for financial agencies, oversees accounting and collecting of city budget funds, prints and issues money, and manages the State's reserves of gold, silver, and other gemstones. The architecture of this building is a gentle infusion of classic and modern designs. At the front is a two story European structure with beige brick, and rising above it from behind is the main building of the National Treasury with elegant glass and steel.

District 1 | **HCMC STATE TREASURY**



District 1 | **BITEXCO**



District 1 | **STATE BANK OF VIETNAM**

A structure of significant size, the State Bank of Vietnam (Ho Chi Minh City Location) is a ministry level institution that is under the administration of the government, with the valued role of promoting monetary stability as well as the printing and issuing of bank notes. The Ho Chi Minh City State Bank of Vietnam is a beautiful edition to Vietnamese landmarks inside District 1 with its great rows of smooth stone columns along the exterior and intricately detailed corners that flank a monumental entrance. This century old building is then crowned with a rooftop of brilliant orange shingles, which further distinguishes this important structure among the vibrant streets of the Vietnamese citizenry.

Awarded the Excellence in Structural Engineering Award from NCSEA in 2011, Ho Chi Minh City Bitexco Financial Tower and SkyDeck is the 124th tallest building as of 2019. The structure is 68 stories high at the center of the Ho Chi Minh City business district. The view from the Sky Deck offers amazing sights of the surrounding city. But one of the most important aspects of the Bitexco Financial Tower is that it is constructed to resemble a lotus flower, a plant known for reflecting the cultural identity of the Vietnamese people with its dynamic symbolism of new growth.



District 1 | **HCMC STOCK EXCHANGE**

Founded in 2000, the Ho Chi Minh City Stock Exchange is located inside the old French Chamber of Commerce and features modern infrastructure where important business is conducted on behalf of the Vietnamese economy. The frontal building of the Ho Chi Minh City Stock Exchange displays beige walls and smooth white pillars, and similarly to the National Treasury, the primary section of the Ho Chi Minh City Stock Exchange rises above the old French building with its modern design of elegant glass and steel.

OUTSTANDING LANDMARKS ON THE RACE



District 1 | **ME LINH SQUARE**

Along the Saigon River, the Me Linh Square lays surrounded by a dense cluster of trees with a dark green pond at the end. At the central edge of this pond is the statue of Tran Hung Dao, a Vietnamese General of the 13th Century. General Tran Hung Dao was known for his skill as a military leader when he successfully managed to repel invading forces from Vietnam. Tran Hung Dao was not just a General, but also a Vietnamese Poet and Scholar. Me Linh Square reflects the poetic and intellectual side of Tran Hung Dao with its natural and tranquil environment.



District 3 | **QUOC TE SQUARE**

Quoc Te Square holds one of the most vibrant spots for young people to visit inside Ho Chi Minh City, the beautiful Turtle Lake. Narrow designed stone bridges span over the dark green waters, where people gather to frequent the many different options of street food that are set up here as well as sit and enjoy the serenity of this unique environment inside District 3. When passing by this area you will notice the structure at the center of the lake, which bears different interpretations of what it might symbolize. Some say the tower at the center of the lake are two hands holding a flower in bloom.



District 5,6 | **VO VAN KIET HIGHWAY**

Opened to traffic just before the new millennium, the Vo Van Kiet Highway connects West and East as an important segment of infrastructure for the economic development of the southern region of Vietnam. Originally named the East-West Highway, it was renamed in 2011 as the Vo Van Kiet Highway in honor of Prime Minister Vo Van Kiet who passed away two years before the highway's renaming ceremony.



District 5, 6 | **KHU CHO LON**

With a traditional history that dates back to the 18th Century, Ho Chi Minh City's Chinatown, also known as Cholon and Saigon Chinatown, displays a vibrant culture that attracts many visitors every year with its genuine aesthetics. Originally founded by communities that traveled from China toward the end of the 18th Century, Cholon was the result of a people's efforts to rebuild their lives and culture after they found themselves disposed from their native land. Today, Cholon is a jewel among the streets of Ho Chi Minh City as it contributes...

OUTSTANDING LANDMARKS ON THE RACE



Binh Thanh District | **THU THIEM BRIDGE**

Connecting Binh Thanh District to Thu Duc city is the Thu Thiem Bridge. An exhilarating journey for thousands of motorbike riders a day, the surrounding view of the Thu Thiem Bridge as it spans over the Saigon River is truly unique, day or night. Traveling over the bridge has a soothing effect, as the river carries ships up and down river, and the sky expands over the city with a deep blue or misty grey color. The Thu Thiem is an important segment of infrastructure that connects the current downtown of Ho Chi Minh City at Binh Thanh District with the new Thu Thiem Urban Area, an upcoming modern marvel of civil engineering.



Thu Duc City | **BA SON BRIDGE**

After seven years under construction, the Thu Thiem 2 Bridge, which was a much-anticipated project architecturally touching up the beauty of HCM City, officially opened for traffic in the middle of 2022. The bridge spans 1.5 kilometers, featuring six lanes and two pedestrian paths, crossing the Saigon River to link the downtown of District 1 and Thủ Đức City. The existence of Thủ Thiêm 2 Bridge is expected to boost the development of the Thủ Thiêm Peninsula and relieve traffic pressure on other urban arteries leading to this nascent business hub of the city. Since it was open to the public, the bridge has made itself a new iconic landmark and a epitome of an economically and socially rising metropolis like HCM city.

MAGIC STRIDE RUNNING INSTITUTE (MSRI) is the first academy dedicated to training runners of different levels and ages for both health and high-performance competitions in Vietnam.

Operated by a highly experienced and specialized team of trainers in Technique + Performance Boost-Up, and trainers with more than 25,000 direct training hours, MSRI has earned the trust of many clients, from individuals to groups and even companies.

MSRI's training course system includes:

1. Personal training packages: Standard/High-Performance/Elite (training for short, medium, long distances, and trail running courses)
2. Concept Course specialized learning modules: F5K (First 5km): Completed 5km for beginners, LDL (Lean-Drive-Land): Basic technique, RDC (Running Dynamics Correction), SP101 (Speed 101): Interval training methods, LT101 (Lactate Threshold 101): Lactate threshold training methods, EN101 (Endurance 101): Endurance training methods, 10K PR: Setting personal best record for 10km distance, ST (Strength Training): Improving the ability to coordinate leg strength

Over 600 athletes have gone through MSRI's training and achieved impressive results. All athletes make progress, feel improvements in their running abilities and level. Some athletes have won top prizes in races in Vietnam, and some have qualified to participate in the Boston Marathon.

If you are a running enthusiast and looking for a good training method to improve quickly and sustainably, please contact MSRI right away!

We are always ready to discuss and advise you on finding the best and most suitable solution for you.



MARATHON PACERS

3:30

MARATHON
BLUE BALLOON



NGUYỄN VĂN CHUNG



LƯƠNG THANH HẢI



HOA TRẮC ĐIỂM

3:45

MARATHON
BLACK BALLOON



NGÔ DUY ĐÔNG



NGUYỄN BẢO NGỌC



DƯƠNG TẤN ĐẠT



NGUYỄN TIẾN DANH



BÙI NGỌC PHÚ

04:00

MARATHON
PURPLE BALLOON



NGUYỄN PHƯƠNG TOÀN



TRẦN THUẬN AN



ĐỖ MƯỜI



QUÁCH THỊ BÍCH THỦY



PHAN HOÀNG HỘ

04:15

MARATHON
RED BALLOON



NGUYỄN XUÂN HIẾU



NGUYỄN TIẾN SỸ



NGUYỄN THỊ THÚY LOAN



PHẠM SƠN KIẾN



TRẦN THỊ KIM LOAN

04:30

MARATHON
NAVY BLUE BALLOON



LÂM NGUYỄN XUÂN VĨNH



LÊ QUÝ ĐÔNG



BÙI VĂN CHIẾN



LÊ THANH TRƯỜNG

04:45

MARATHON

YELLOW BALLOON



TRINH NGỌC HIẾU



TRƯƠNG NGỌC PHÚ
LÂM



TRẦN THỊ HỒNG NGÂN

04:30

MARATHON

GREEN BALLOON



NGUYỄN NGỌC LONG



NGUYỄN DUY NGÂN



QUANG

HALF MARATHON PACERS

01:40

HALF MARATHON

NAVY GREEN BALLOON



TRẦN LƯƠNG NGỌC



LÊ VĂN TÙNG



ĐỖ KHÁNH DUY

01:50

HALF MARATHON

GRAY BALLOON



NGUYỄN ĐẠT QUAN



MAURITZ PRETORIUS



NGUYỄN ĐOÃN HƯNG

02:00

HALF MARATHON
ORANGE BALLOON



TRẦN THỊ LAN ANH



PHẠM THỊ HƯƠNG



ĐÀO QUỲNH TRANG

02:15

HALF MARATHON
PEACH PUFF BALLOON



NGUYỄN VÕ THÀNH
LUÂN



ĐỖ THỊ THỦY



ĐỖ THU THỦY



PHAN THỊ BẢO TRÂM

02:30

HALF MARATHON
BROWN BALLOON



LÊ THỊ NỮ ANH



NGUYỄN ĐỨC NGHĨA



TRẦN TRÚC UYÊN



BÙI THỊ HỒNG KHANH



NGUYỄN THỊ ĐĂNG
KHANH



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HÂN HẠNH ĐỒNG HÀNH CÙNG
TECHCOMBANK HCMC INTERNATIONAL MARATHON



PASS THE START LINE

MEDICAL



- Your safety is of utmost importance to us. If you are unsure about your ability to complete the race or are not feeling physically fit in the lead up to the event, we highly recommend you seek medical advice from your doctor.
- Basic first aid is available throughout the event. If you require medical attention, we recommend that you visit our Information Desk or seek the assistance of event personnel.
- Medical staff will be situated in a variety of positions on race day. These locations are as follows (This is an expected location, subject to change).

MEDICAL LIST

LOCATION

Start Line - Saigon Zoo

Next to Majestic Saigon Hotel, Ton Duc Thang St., District 1

Opposite Mitsubishi Isamco Auto - 664 Vo Van Kiet St., District 5

Vo Van Kiet St., 50m to the Vo Van Kiet - Cao Van Lau T-junction (close to the 1st Uturn of the Marathon distance)

Opposite Lotte Legend Hotel, Ton Duc Thang St., District 1

Thu Thiem Bridge, Thu Duc City

Tran Bach Dang St., 450m to 19 Bridge, Thu Duc City

Bui Thien Ngo St., 50m to U-TURN of 10Km distance, Thu Duc City

Mai Chi Tho St., 200m to Ca Tre Lon Bridge, Thu Duc City

After Thoi Dai Bridge, near the U-TURN for the 21.1 KM distance

Su Hy Nhan street, near the U-TURN for the 42.195 KM distance

Finish Line

ON THE RACE



ROAD AND PATHWAY TRAFFIC

- Road closures are in place for the duration of the race to minimize the traffic flow on course and to protect the athletes.
- There will be a short gravel section of about 170 meters on the course for all distances. Please do not run barefoot for your own safety.

HYDRATION STATIONS

The Hydration Stations will offer:



- Water
- Ion Supply Drink
- Banana and Watermelon
- Energy Gel (Marathon)
- Sponges
- Ice
- Toilets

The race course has twenty-seven (27) aid stations (made up of 6 stations passed once and 11 stations passed twice) located approximately 2 km apart excluding Start line and Finish line.

HYDRATION STATION LIST	DISTANCE			
	5KM	10KM	21.1KM	42.195KM
Start Line - Saigon Zoo and Botanical Gardens	KM 0	KM 0	KM 0	KM 0
April 30th Park, Le Duan St., District 1		KM 2.1	KM 2.1	KM 2.1
Next to Majestic Saigon Hotel, Ton Duc Thang St., District 1		KM 3.6	KM 3.6	KM 3.6
Opposite Ky Con St., 100m to Calmette bridge, Vo Van Kiet St., District 1				KM 6.2 KM 18.8
Opposite Mitsubishi Isamco Auto - 664 Vo Van Kiet St., District 5				KM 8.6 KM 16.4
Opposite A Dong Riverside Wedding Convention Centre, 1118-1120 Vo Van Kiet St., District 5				KM 10.6 KM 14.4
Vo Van Kiet St., 50m to the Vo Van Kiet - Cao Van Lau T-junction (close to the 1st Uturn of the Marathon distance)				KM 12.5
Opposite Lotte Legend Hotel, Ton Duc Thang St., District 1	KM 2.4	KM 5.9	KM 5.9	KM 20.6
Thu Thiem 1 Bridge, Thu Duc City			KM 8.1	KM 22.8

HYDRATION STATION LIST	DISTANCE			
	5KM	10KM	21.1KM	42.195KM
Tran Bach Dang St., 450m to 19 Bridge, Thu Duc City	KM 4	KM 7.5	KM 10.3	KM 24.9
Bui Thien Ngo St., 50m to Uturn of 10 KM distance, Thu Duc City		KM 8.8	KM 11.6 KM 20.4	KM 26.2 KM 41.2
Bui Thien Ngo St., 300m to Bui Thien Ngo - 12th St. T-junction, Thu Duc City			KM 12.8 KM 19.2	KM 27.4 KM 40
Mai Chi Tho St., 200m to Ca Tre Lon Bridge, Thu Duc City			KM 13.8 KM 18.2	KM 28.4 KM 39
Mai Chi Tho St., 100m to Mai Chi Tho - Tran Quy Kien T-junction, Thu Duc City			KM 14.8 KM 17.2	KM 29.4 KM 38
After Thoi Dai Bridge, near U-TURN for the 21.1KM distance			KM 16	KM 30.6 KM 36.8
103-TML St., 50m to 103-TML - Su Hy Nhan T-junction, Thu Duc City				KM 32.1 KM 35.3
Su Hy Nhan street, near the 2nd U-TURN for the 42.195KM distance				KM 33.7
Finish Line	KM 5	KM 10	KM 21.1	KM 42.195

HYDRATION STATION PROCEDURE



Slow down when entering Hydration Stations. If you do not require any products from a Hydration Station please avoid running too closely to it and blocking other athletes getting what they need. There will be signs along the Hydration Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers to help you by communicating politely as per your needs. Feel free to move through the tables at your leisure and help yourself.

DISCARD/ DROP ZONES



Each Aid Station will have drop zones clearly marked on either side of the station. This is the area to discard bottles/bidons, gel wrappers, banana skins etc. Discarding items on any other part of the course except at designated drop zones may result in a littering infringement or disqualification.

SAG WAGON



The Sag Wagon will collect athletes who are unable to complete the event, or are unable to finish within the course cut-off time. Collected athletes will be transported to Finish line.

Should you require a Sag Wagon at any time, please wave down a motorbike official and they will contact the organizer for Sag Wagon deployment. Alternatively advise volunteers at the nearest Aid Station or any Medical Station.

Please note delays in Sag Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a Sag Wagon has been requested as this could affect their ability to locate and transport you. The sag wagon will return you to Finish line.

If you wish to jump out and take a taxi or motor bike back, we will take a photo of you being observed as healthy and well. If there is a problem outside the course, we WILL NOT ASSUME any liability in this regard

RUN COURSE RULES & REGULATIONS

1 Athletes may run, walk, or crawl;

It is the sole responsibility of each athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the athlete's final Race time);

2

All athletes must obey all traffic laws while on the running course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. Any violation of this Section will result in a time penalty or disqualification (depending upon Sunrise Events Vietnamerity of the violation)

3

Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sporttop/sports bra at all times during the run segment of the Race;

4

Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers or clothing items, may be discarded only in the designated trash drop zones at each aid station.

5

Athletes must wear their issued bib number in front of the athlete's person and the bib must be clearly visible at all times on the run course. Bib numbers identify the official athletes in the Race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear bib number is prohibited and may result in disqualification.

6

7 Arrive at least 30 minutes before your start time

8

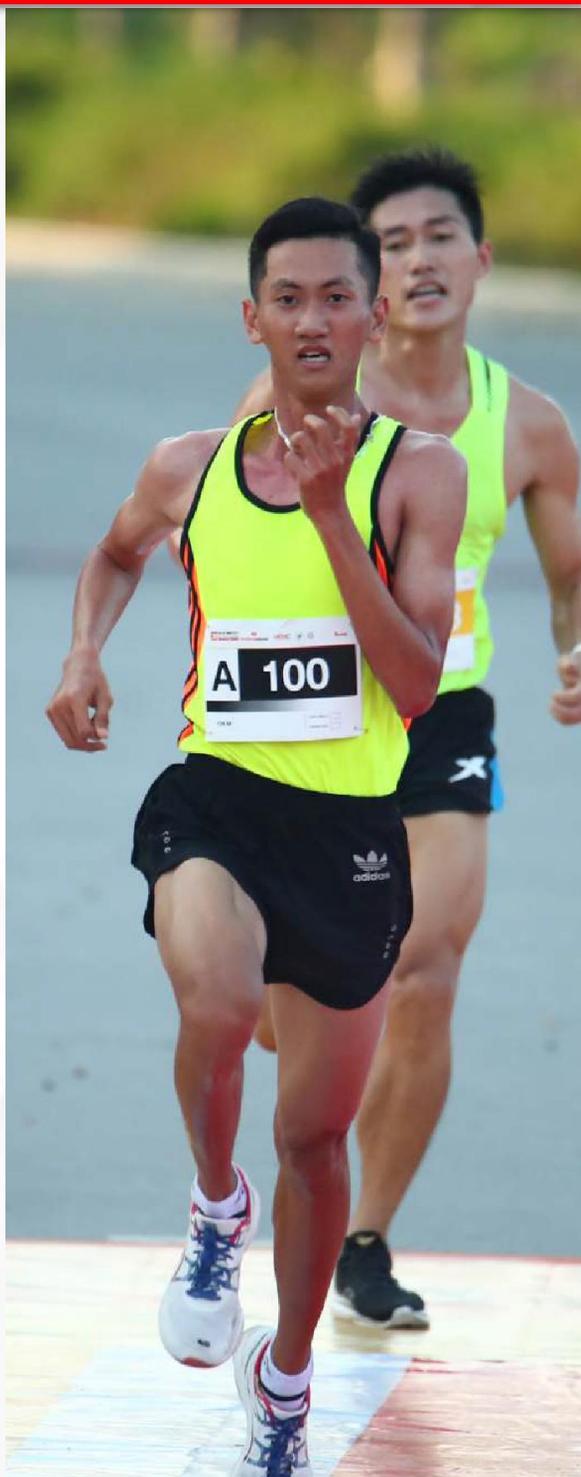
Run across all timing mats. Failure to do so will result in DID NOT FINISH (DNF) or DISQUALIFIED (DQ).

9

Do not finish in cut off time or do not run across the timing mat at the finish line, the result will be in DID NOT FINISH (DNF). Queue in the race pen according to your estimated finish time.

10

Start running within 15 minutes after start time. Failure to do so will lead to disqualification (DQ)





AFTER THE RACE



FINISH LINE



The finish line is divided into 4 colors according to the BIB colors which are below:

- The Black line is for Marathon runners.
- The Red line is for Half Marathon runners.
- The Yellow line is for 10km
- The Green line is for 5km

WE PREPARED EVERYTHING FOR YOU AT THE FINISH LINE.



BEVERAGE



FRUITS



ICE CREAM



MEDAL



FINISHER SHIRT

(For Marathon Distance Only)



SHUTTLE BUS, TAXI AREA

PRIZE / AWARD STRUCTURE

In addition to the world-class experience in our running event, athletes compete for attractive prizes at the Marathon Distance.

With a TOTAL CASH PRIZE OF UP TO 498.000.000 VND, in which 70.000.000 VND goes to Marathon First Place Male Winner and Marathon First Place Female Winner.

This causes the level of competition to increase. Additionally, athletes who participate and complete the registered distance within the limited time frame will receive medals from the Organizer.



AGE GROUP OVERALL	MARATHON			PRIZE MONEY (VND)
	Male	Female	1st Place	70.000.000 VND
			2nd Place	35.000.000 VND
			3rd Place	28.000.000 VND
			4th Place	21.000.000 VND
			5th Place	17.500.000 VND
MARATHON VIETNAMESE CATEGORY	MARATHON			PRIZE MONEY (VND)
	Male	Female	1st Place	15.000.000 VND
			2nd Place	7.500.000 VND
			3rd Place	6.000.000 VND

PRIZE / AWARD STRUCTURE

HALF MARATHON OVERALL	HALF MARATHON			PRIZE MONEY (VND)
	Male	Female	1st Place	15.000.000 VND
			2nd Place	7.500.000 VND
			3rd Place	4.500.000 VND
10KM OVERALL	10 KM			PRIZE MONEY (VND)
	Male	Female	1st Place	8.000.000 VND
			2nd Place	4.800.000 VND
			3rd Place	3.200.000 VND
5 KM OVERALL	5 KM			PRIZE MONEY (VND)
	Male	Female	1st Place	3.000.000 VND
			2nd Place	1.800.000 VND
			3rd Place	1.200.000 VND

Awards by Marathon and Half - Marathon

Age Group 18-29	From 1st place to 3rd place Male/Female
Age Group 30 - 39	From 1st place to 3rd place Male/Female
Age Group 40 - 49	From 1st place to 3rd place Male/Female
Age Group 50 - 59	From 1st place to 3rd place Male/Female
Age Group 60+	From 1st place to 3rd place Male/Female

Awards by Distances 21KM, 10KM, 5KM

From 1st place to 3rd place Male/Female

Award by Corporate Challenge

Total Mileage	Vô địch từ Nhóm 1 - 4
Average pace	Vô địch từ Nhóm 1 - 4

Award by Run Club Challenge

Average Pace/Finishers.

Note:

- Overall age group award: applies to all participants.
- Vietnam Marathon Award: Only for Vietnamese citizens.
- Vietnamese athletes who win the overall Marathon distance award will not receive the Vietnam Marathon Award.
- Cash prizes included personal income tax (PIT) and other taxes.
- The Corporation Challenge and Run Club Challenge awards will be provided after the event when final data is gathered.
- The award ceremony will NOT present age group awards. We will send trophies to the winning athletes after the event.

BAG PICK UP



— → WAY TO BAG PICK-UP

Process:

- Show the sticker number on your BIB to the volunteers.
- Get the loot bag and make sure it is yours

RULES AND REGULATIONS:

- Bags and items that have not been collected after 11:00 am on December 10th, 2023 will be transferred to the Sunrise Events office for storage until the end of Friday, December 15th, 2023. Please contact email: marathontcbhcmc@sunriseevents.com.vn to retrieve your items.
- After December 15th, 2023, the Organizing Committee will have full authority to make decisions regarding these items.

10/12/2023
06:30 - 11:00



POST-RACE



BE BIKE/CAR AREA



FLOW FROM MARATHON VILLAGE



MAI LINH TAXI AREA



FLOW FROM FINISH LINE

As the only marathon in Vietnam with a start line and finish line in two different locations, we have arranged transportation for athletes from the Marathon Village (finish line) to the Ho Chi Minh City Television Station (near the start line) after the race between 06:30 and 11:00 on December 10th, 2023. You have had an amazing journey, and let our great partners and bus drivers take you there.

Additionally, we also have a designated area for taxis at the Marathon Village.

be - a multi-service platform

is a partner for The 6th edition of the Techcombank Ho Chi Minh City International Marathon

With a multi-service ecosystem, from beCar, beDelivery, beFood, to booking electric taxi GSM, be is reaching out to become a multi-service platform, serving all the daily needs of customers.

discount of
20%

Conditions apply:

Choose promo code "Techcombank HCMM - 20% (Tối đa 50k) beBike/beCar/betaxi" in promotion box.

One Athlete can be used twice times.

Trips with the pick-up/drop-off point are at the race's starting point (Saigon Zoo) or finish point (Empire City).

Valid from Dec 08, 2023, to Dec 12, 2023.

*Up to 50,000 VND when using the transportation beBike/beCar/beTaxi service.





**Khắc tên và
Thành tích cá nhân
cùng với Nike Tag**

**Personalize your race
with Nike Tag*



NIKE TAG

Dành cho 250 vận động viên về đích đầu tiên ở từng cự ly.

**Only for first 250 athletes per distance*



NGUYEN TAT THANH UNIVERSITY

A CONVERGENCE OF QUINTESSENCE

WHERE KNOWLEDGE SHINES



Nguyen Tat Thanh University has developed outstanding.

Attending the opening ceremony of the 2023-2024 school year of Nguyen Tat Thanh University, Deputy Minister of Education and Training Pham Ngoc Thuong acknowledged the outstanding development of Nguyen Tat Thanh University.

Deputy Minister Pham Ngoc Thuong said that with the starting point of the Vocational Training Center established in 1999, the first course of the school only enrolled 2 majors with a number of 200 students but today, the school has developed into a school. multi-disciplinary university, multi-level training, training 30,000 students, spread in 16 fields with 52 undergraduate training programs, 10 master's training programs, 4 graduate training programs. doctoral degree. Each year, the school provides the labor market with about 5,000 bachelors, pharmacists, engineers... contributing to high quality human resources for Ho Chi Minh City.

Pursuing the goal of training quality, the school has changed training methods to meet the increasing requirements of businesses. All of the school's training programs are built on the basis of practical needs of businesses combined with reference to advanced international programs. The school also applies a variety of standards both domestically and internationally. Up to now, the school has 21 training programs that meet quality accreditation, 8 training programs that meet AUN-QA standards,



and 8 training programs with stars according to the UPM Matching Ranking System.

The school also pays special attention to expanding cooperation in training and scientific research, considering this as one of the school's development focuses. To date, the school has 28 state-level scientific research projects, 58 ministerial-level research projects and equivalents, 970 school-level projects, 1,616 student scientific research topics, and 3,223 topics published on the Internet. International journals under the ISI/SCOPUS system...

Deputy Minister of Education and Training recognized that with the achievements achieved during 24 years of efforts to build and develop, Nguyen Tat Thanh University has been highly appreciated by society and the state for its outstanding contributions to the cause. home education.

Mr. Thuong suggested that the school proactively keep pace and pioneer in standardizing and comprehensively innovating from organization and building training programs, focusing on improving the quality of training and scientific research, not Stop investing in facilities, build a model of a creative startup ecosystem, actively nurture and arouse startup aspirations in students, enhance equipping innovative startup skills, and create an environment The best school for students who are passionate about starting a business, dare to think and do things, unleash their creativity, and realize their dreams.

FAQS

1. WHAT IF I HAVE A QUESTION ON THE DAY OF THE EVENT?

Please look for our volunteers in PINK shirts to ask for support. We also have an information desk in the Expo area to further answer any question you may have.

2. WHAT IF I LOSE SOMETHING DURING THE EVENT?

We arrange the Lost & Found counter within the Race kit pick up tent. Any Lost & Found items will be kept for picking up at the Sunrise Events Vietnam office within 7 working days. Please contact us at: Marathontcbhn@sunriseevents.com.vn

3. IS THERE A BAG DROP AT THE EVENT?

Yes, we arrange storage for the athletes and will move your items to the finish line. Please note that the number of slots for check-in bags is limited, therefore this service is a first come, first serve service and we only accept the race kit bags of the event, so please keep your items in the race kit bag and please do not put valuables in the bag.

4. WHERE DO I PARK BEFORE AND DURING RACE DAY?

Please refer to the access map on page 27 for parking on December 8-9th, 2023 to pick up race kit.



5. WHAT IF I DON'T FEEL WELL DURING THE RUN?

We have arranged Medical stations along the course, or you can stop at any Hydration station or seek for our volunteers/marshal for assistance and to connect with the closest Medical station. We also provide medical personnel to patrol the course.

6. WHERE DO I GET MY RESULT AFTER THE RACE?

After the race, we will provide a link on our website to the database where runners can search for their results based on their BIB numbers or names

7. WHERE CAN I FIND ADDITIONAL RACE RULES?

You can find more results on our website under Rules and Regulations:

<https://vn.marathonhcmc.com/cac-quy-tac-va-luat-le/>

8. WHAT DO I NEED TO BRING TO PICK UP MY RACE KIT?

Please read the instruction 7.1 Guide for race kit pick-up. If you are collecting for a Corporate Challenge, please visit our website:

<https://marathonhcmc.com/vi/nhan-race-kit/>

LOST AND FOUND

STEP 1

GO TO THE LOST AND FOUND DESK FOR REPORTING AND VERIFYING NECESSARY INFORMATION ABOUT LOST ITEMS.

STEP 2

FILL IN THE INFORMATION ON THE FORM

STEP 3

RECEIVE FEEDBACK INFORMATION FROM THE ORGANIZING COMMITTEE WITHIN 7 WORKING DAYS.





MINH LONG INSPIRE GREEN LIVING

As one the pioneering brands creating environmentally friendly and health-safe products, Minh Long contributes to spreading green lifestyle, creating good value for the community

Nourishing ceramic cups and boxes are two of Minh Long's many passionate products, continuing the journey for community health. The product sends a meaningful message: protect the health of yourself and your loved ones, reduce harmful waste, and join hands to preserve the green environment.

Nourishing ceramic cups and boxes not only have youthful designs, and beautiful patterns but are also very durable. In particular, the product is designed with a tightly sealed ceramic lid, good heat resistance, anti-spilling when moving, does not change the flavor of food and drink (both hot and cold), does not release toxic substances, safe for health, suitable to carry everywhere.

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laVie

HO CHI MINH CITY
INTERNATIONAL
MARATHON

TECHCOMBANK



CÙNG NẠP
CHÚT Yên.
TỪ THIÊN NHIÊN TRONG LAVIE
TẠI TECHCOMBANK MARATHON HCM

Nước khoáng thiên nhiên LaVie từ nguồn khoáng quý giữ trọn vị thanh khiết với 6 khoáng chất thiết yếu, mang đến cho bạn Chút Yên từ Thiên Nhiên, tái tạo tâm trí và cơ thể, sạc lại năng lượng tích cực để bạn sống trọn vẹn với từng khoảnh khắc. Cùng LaVie nạp Chút Yên từ Thiên Nhiên bạn nhé!





With the theme "Run! Superhero Run!" the KIDS RUN event will support young athletes to complete the race on Saturday, December 9th, 2023.

In this year's competition, parents will NOT run with their children. With the support of nearly 100 volunteers and a security team, young runners can gain confidence by completing the race independently with their peers. The route is completely enclosed and monitored from start to finish. The format of parents not running with their children has been successfully applied in the KIDS RUN race in Hanoi and the IRONKIDS race in Phu Quoc for distances of 1.5KM and 3KM.

LOCATION: EMPIRE CITY

TIME: 09/12/2023

Distance (divided by age group)

**5 - 10
years old
1.5 KM**

**7 - 14
years old
3 KM**

RACE KIT



EVENT SCHEDULE OF KIDS RUN

TIME	ACTIVITY	LOCATION
15:00	Gather on the playground to move to the Start Line	
15:40	Warm up	Start Line
16:00	Start Time	
16:20	Congratulations and giving medals	Finish Line
16:30	Parents pick up children and continue to participate in other activities	
	Pick up children at Finish Line	Finish Line
	Take photo	



KIDSRUN

DÀNH CHO BÉ TỪ
7 ĐẾN 14 TUỔI
AGE GROUP 7 TO 14 YEARS OLD

3 KM

09.12.2023



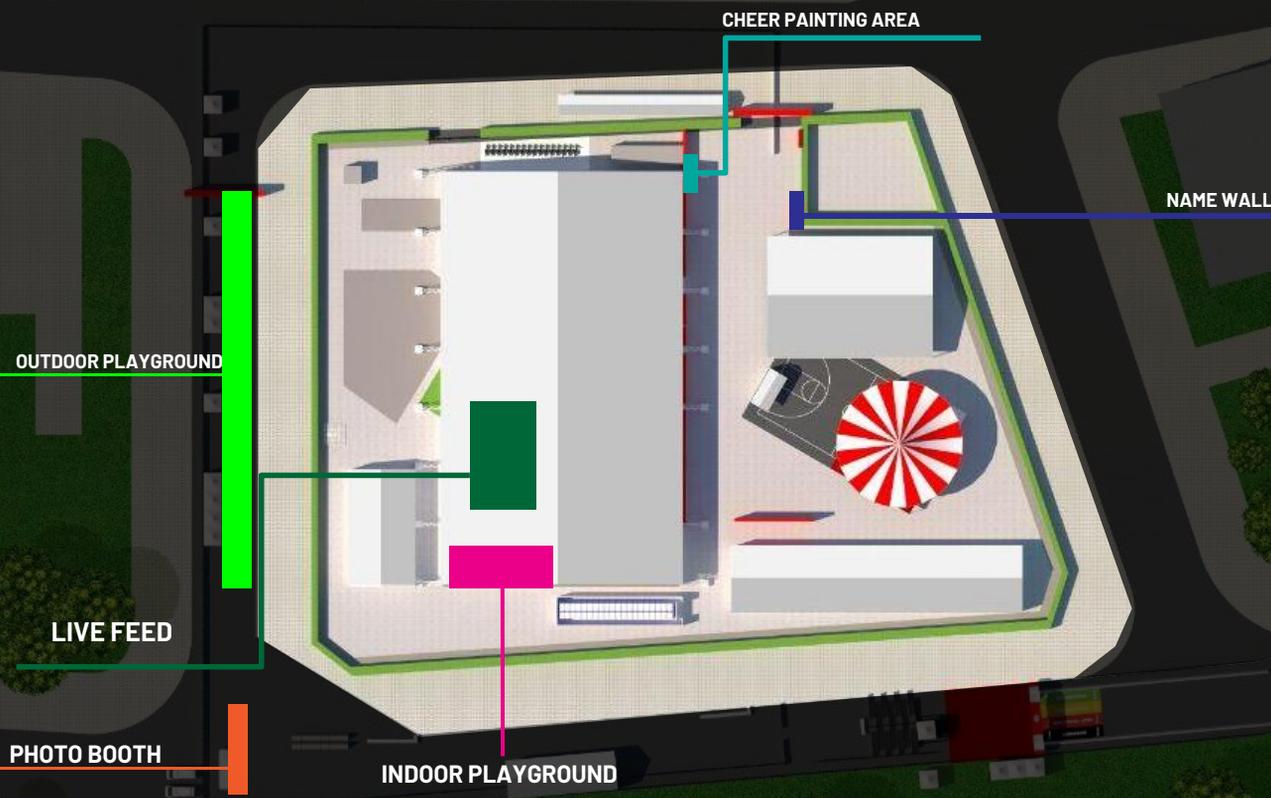
KIDSRUN

DÀNH CHO BÉ TỪ
5 ĐẾN 10 TUỔI
AGE GROUP 5 TO 10 YEARS OLD

1.5 KM

09.12.2023





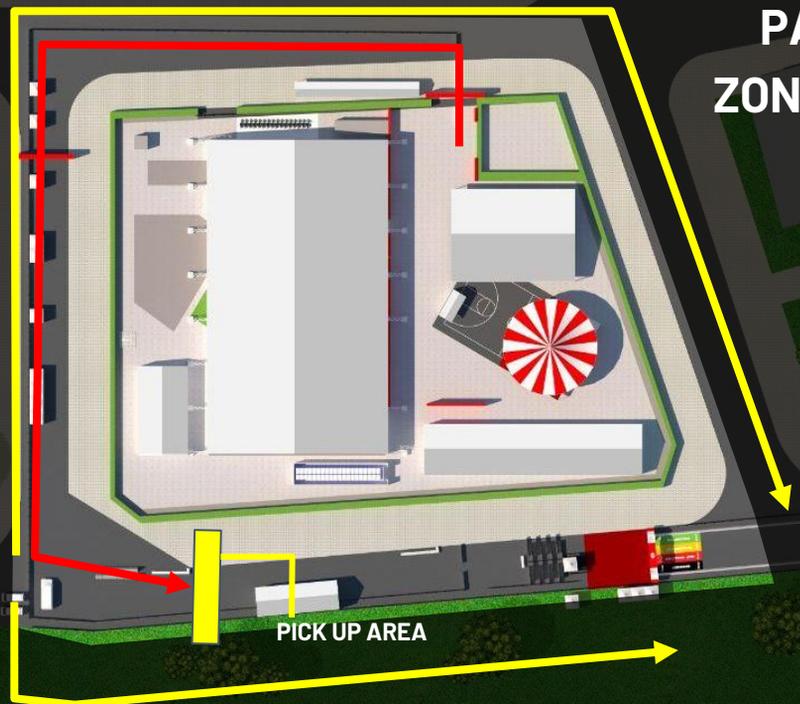
KIDS RUN

Young athletes gather near the entrance of the Marathon Village to move to the starting line. In the gathering area, parents of 5-6 year olds can assist volunteers in guiding and lining up the children. Afterwards, the kids will walk to the starting line following the instructions of volunteers, without holding their parents' hands.

Once children reach the starting line, parents can:

- Wait outside the starting line fence to congratulate and receive their children after they complete the race.
- Go to the Live Feed section to watch their children running along the course.

PARENTS WAITING ZONE AT START LINE



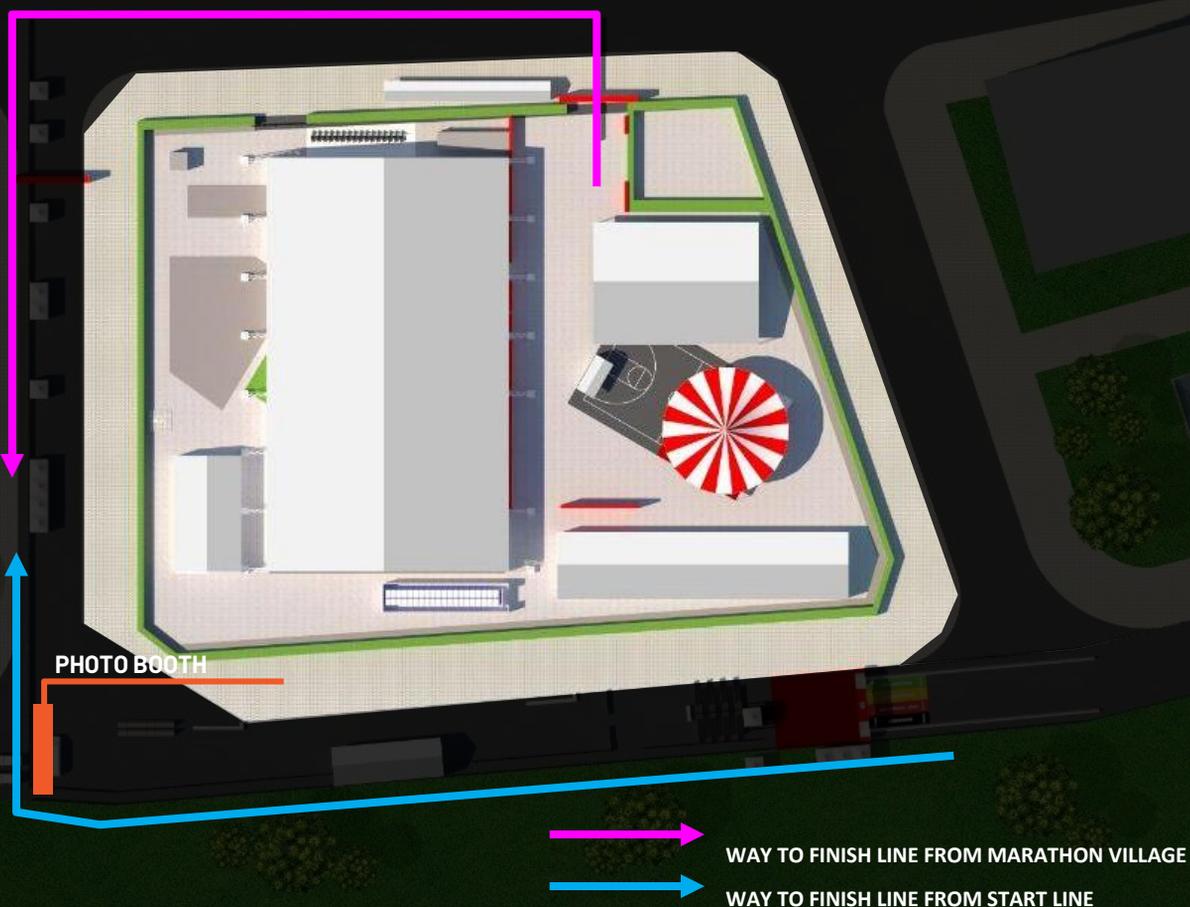
- The children's flow to the starting area from Expo
- The parents' flow to the starting area after picking up the children

KIDS RUN

PARENTS WAITING ZONE AT FINISH LINE



Young athletes who complete the race will be provided with drinks, fruits and ice cream (including ice cream) at the Finish Line area before reuniting with their parents. Volunteers will guide athletes to the event backdrop for photos. Please refer to the general location map below.



A group of runners is participating in a marathon on a bridge. The runners are wearing various colored athletic gear, including orange, blue, red, yellow, and neon green. Some are wearing bibs with numbers like 1994, 1286, 10045, 1286, P005, and P004. One runner in the foreground is wearing a neon green singlet with 'PACER' and 'P004' on it. In the background, there is a large, ornate tower with a Vietnamese flag on top. The tower has a white base and a red roof. The bridge has a metal railing with graffiti on it. The sky is clear and blue.

COMMUNITY

CORPORATE CHALLENGE

DIVISION 1



DIVISION 2



DIVISION 3



DIVISION 4



RUN CLUB CHALLENGE

This is a challenge for running clubs in Vietnam and the region, aimed at creating friendly and attractive competition among clubs. Club members simply need to identify their club in the online registration form provided by the organizers, and the challenge will be based on the results of the competition. Each club member who participates and completes the 6th Edition of the Techcombank Ho Chi Minh City International Marathon will score points as listed in the table below.

MARATHON	HALF MARATHON	10KM	MALE	FEMALE
Under 3 hour 30 minutes	Under 1 hour 45 minutes	Under 45 minutes	100	150
Under 4 hours	Under 2 hours	Under 50 minutes	80	100
Under 5 hours	Under 2 hours 15 minutes	Under 55 minutes	40	80
Under 6 hours	Under 2 hours 30 minutes	Under 1 hour	20	40
Under 7 hours	Under 2 hours 45 minutes	Under 1 hour 10 minutes	10	20
Over 7 hours	Over 2 hours 45 minutes	Over 1 hour 10 minutes	5	10

*Members who do not specify their running club in the online registration form provided by the organizers will not be counted towards their club's points.

The winning club in the Running Club Challenge is the group with the highest accumulated points from all members. The Champion Running Club will receive:

- 10 entries to the next Edition of Techcombank Ho Chi Minh City International Marathon
- Announcement of the winning club on event media platforms

NOTE: Only individual registered runners are eligible to participate in the Running Club Challenge. If you have registered for the Corporate Challenge, you will participate in the Corporate Challenge.





**HO CHI MINH CITY
INTERNATIONAL
MARATHON**



TECHCOMBANK

SPONSORS & PARTNERS

THANK YOU NOTE BY ORGANIZERS

Dear our Valued Sponsors,

On behalf of the Organizing Committee, Sunrise Events Vietnam would like to express our appreciation to each of the Sponsors for taking part in and making the 6th Edition of the Techcombank Ho Chi Minh City International Marathon a special event for our community.

We have no words to thank every one of you for extending your full support in contributing to this event a successful one. Because of your kind endorsements, we are able to host this event on such a large scale where we organize so many activities and benefit all the runners, their families and their friends so well.

All your sponsorship are crucial to our efforts to make better events every year. We will always be grateful, and it is our sincere hope that we can continue our collaborations for all the upcoming editions.





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NHÀ TÀI TRỢ TRANG PHỤC ĐỘC QUYỀN
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WEEKEND RACE TO DO LIST

Fans are an integral part of sports competitions. Your enthusiasm and passion is the source of the athletes to the finish line. If you don't know what to prepare for your favorite race, check out the items below:

CHEERING BANNERS

Cheers always have a great effect in helping athletes have more strength and motivation to continue running to the finish line. So you and your team can print all kinds of banners with slogans to cheer for the favorite Athletes.

CHEERING TRUMPET INSTRUMENT

To create a more vibrant and exhilarating atmosphere, the trumpet is an indispensable tool. You can choose to buy trumpets with vibrant colors on the market. In addition to the popular trumpet, the cheering drum is also an option worth considering. The pounding and resounding drums will help the football field become more exciting than ever.

The organizers have arranged cheering positions so that you can follow and motivate the athletes.



PLEASE NOTE:

- Fans are only allowed to stand in the designated place
- Fans are not allowed to climb and cross the fence
- Parents are not allowed to enter the racetrack with their children
- Parents will stand at the "pick up" place at the end of the finish line to pick up their children after the competition



HO CHI MINH CITY
INTERNATIONAL
MARATHON



TECHCOMBANK

ABOUT US



HO CHI MINH CITY
INTERNATIONAL
MARATHON



VẠCH ĐÍCH FINISH

42KM

21KM

10KM

GARMIN.
00:00:00

GARMIN.
00:00:00

GARMIN.
00:00:00



SUNRISE

EVENTS
VIETNAM

Sunrise Events Vietnam (SEV) was established in 2015 and is the exclusive licensee of the World Triathlon Corporation for IRONMAN 70.3 and IRONKIDS events in Vietnam. SEV's vision is inspiring individuals to embrace their full potential through the power of sports and healthy habits. Starting with Vietnam, the company's mission is to create the most sought-after mass participatory events, expand the health and wellness ecosystem and deliver transformative and sustainable impact to individuals, businesses, and communities we serve. SEV also organizes leading endurance sports events and one-of-a-kind experiences, including Techcombank Ho Chi Minh City International Marathon, VinFast IRONMAN 70.3 Vietnam,, Techcombank Ha Noi Marathon and BIM Group IRONMAN 70.3 Phu Quoc.



VINFAST
IRONMAN
70.3[®] VIETNAM

RACE DATE
12 MAY 2024
DA NANG



WELCOME
TO THE 8TH EDITION

VINFAST
IRONMAN
70.3[®] VIETNAM



RACE DATE
12 MAY 2024
DA NANG





RACE DATE
11 MAY 2024
DA NANG



**REGISTRATION
OPENS NOW!**



#SPRINTVIETNAM

**11 MAY 2024
DA NANG**

**SHORT DISTANCE
RACE SERIES**

750m swim **20km** bike **5km** run



ORGANIZED BY 

SUPPORTED BY 

IRONKIDS
VIETNAM

RACE DATE
11 MAY 2024
DA NANG



**REGISTRATION
OPENS NOW!**



IRONKIDS
VIETNAM

11 MAY 2024
DA NANG

AQUATHLON (BƠI - CHẠY)

TRIATHLON (BƠI - ĐẠP - CHẠY)

05 - 10 TUỔI (YRS)

SWIM 75M - RUN 1KM

SWIM 75M - BIKE 3KM - RUN 1KM

11 - 15 TUỔI (YRS)

SWIM 150M - RUN 2KM

SWIM 150M - RUN 6KM - RUN 2KM

ORGANIZED BY
SUNRISE
EVENTS
VIETNAM



SUPPORTED BY

RACE DATE
17 NOV 2024
PHU QUOC

BIM Group
IRONMAN
70.3 PHU QUOC

OPEN NOW!
REGISTRATION
OF THE 2ND EDITION

BIM Group
IRONMAN
70.3 PHU QUOC

RACE DATE
17 Nov 2024

PHU QUOC ISLAND
VIETNAM

RACE DATE
16 NOV 2024
PHU QUOC



OPEN NOW!
REGISTRATION



RACE DATE
16 Nov 2024

**PHU QUOC ISLAND
VIETNAM**



IRONKIDS[®]

PHU QUOC

RACE DATE
16 NOV 2024
PHU QUOC

OPEN NOW!
REGISTRATION

AQUATHLON
(BƠI - CHẠY)

05 - 10 TUỔI (YRS)
SWIM 75M
RUN 1KM

11 - 15 TUỔI (YRS)
SWIM 150M
RUN 2KM

TRIATHLON
(BƠI - ĐẠP - CHẠY)

SWIM 75M
BIKE 3KM
RUN 1KM

SWIM 150M
BIKE 6KM
RUN 2KM

IRONKIDS[®]
PHU QUOC

16 NOV 2024
PHU QUOC

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