

RACE NAME**Türkiye İş Bankası İstanbul Marathon 42K****DATE****05.11.2023****REGISTRATION & KIT DISTRIBUTION**

1. February 1 – May 31, 60€
2. June 1 – July 31, 80€
3. August 1 – September 18, 100€
4. September 19 – October 16, 120€

KIT DISTRIBUTION

Race kit distribution will take place on November 2-3-4th at **Dr. Mimar Kadir Topbaş Gösteri ve Sanat Merkezi**

2nd November: 10:00-19:00

3rd November: 10:00-19:00

4th November: 10:00-18:00

CANCELLATION OF REGISTRATION

Since our service processes start from the moment you register, there will be no cancellation, postponement or refund.

Even if you do not participate, you can receive your race package from the distribution point

ACCESS TO THE START POINT

On 5th November morning, you can access to the start point by using all the public transportation vehicles of İstanbul Metropolitan Municipality for free by showing your BIB number.

You may see below the details, for other free transportation services.

SULTANAHMET – EMİNÖNÜ – BEYLERBEYİ – TRANSPORTATION TO START POINT

Sultanahmet – Eminönü Free Tram Service		Eminönü – Beylerbeyi Free Ferry Service		Beylerbeyi – Start Point Walking Time
Depature Time	Arrival Time	Depature Time	Arrival Time	Approximate Arrival Time to the Start Point
06.45	06.55	07.00	07.25	07.40
07.00	07.10	07.20	07.45	08.00

*Tram line can be used as from 06.00 o'clock.

*Our staff in Sultanahmet and Eminönü Pier will support you in using the tram, walking path and tram exit.

TAKSİM – KABATAŞ – BEYLERBEYİ – TRANSPORTATION TO START POINT

Taksim- Kabataş Free Funicular Service		Kabataş – Beylerbeyi Free Ferry Service		Beylerbeyi – Start Point Walking Time
Depature Time	Arrival Time	Depature Time	Arrival Time	Approximate Arrival Time to the Start Point
06.35	06.50	07.00	07.15	07.30
06.50	07.10	07.20	07.35	07.50

*Funicular line can be used as from 06.00 o'clock.

* Our staff in Taksim and Kabataş Pier will support you in the use of the funicular, the walking path and the exit of the funicular.

Click Here for the Walking Route after Eminönü and Kabataş Ferry Services
ÜSKÜDAR – BEYLERBEYİ – TRANSPORTATION TO START POINT

- There will be free ring services from Üsküdar Marmaray Station to Beylerbeyi between 07:00 and 08:00.

Athletes who want use Üsküdar ring services,

- They can come to Yenikapı by Metro from Taksim, and from Yenikapı to Üsküdar by Marmaray, and they can use our ring services in Üsküdar.
- They can get off at Sirkeci station after one stop from Sultanahmet by using the tram, and pass to Üsküdar by Marmaray and use our ring services in Üsküdar.
- Ring services are free and Marmaray is a chargeable transportation.

Click here for the walking route after Üsküdar free ring services

!! We kindly ask you to respect the hours.

!! As in previous years, vehicles which carry the athletes will **NOT** be used from Taksim and Sultanahmet to the start point on the race day.

AGE LIMIT

The participant must be 18 or older as of 5 November 2023.

42K RACE COURSE

42K TRACK

The race starts approximately 250 meters before the toll booths in front of the 15 July Martyrs Bridge bus stop. After crossing the bridge, the track goes down to the coastal road by following the Beşiktaş turnoff and Barbaros Boulevard. Afterward, it enters the Galata Bridge by following the road to Dolmabahçe Street, İnönü Stadium, Dolmabahçe Palace, Mebusan Street, Fındıklı, Tophane, Kemeraltı Street, Salı Pazarı, Karaköy.

The course, which turns in Sirkeci direction after Galata Bridge, follows the coastal road to Sirkeci, Kennedy Caddesi, Cankurtaran, Kumkapı, Yenikapı, Yedikule, Zeytinburnu, Bakırköy, Rauf Orbay Street, and finally to the Air Force Academy vehicle evacuation gate. Then, the course, which turns from here and follows the same coastal road, enters from the lower gate of Sirkeci Gülhane Park. After passing through Gülhane Park, it leads to Sultanahmet Square via the Tramway Road and the race ends at the “At Meydanı (Hippodrome)” between the entrance gate of the Blue Mosque and the Obelisk, the meeting and sports center of the Roman, Byzantine and Ottoman empires.

START and FINISH POINTS

Start: In front of the 15 July Martyrs
Bridge Metrobus Station
42K Finish: The Blue Mosque Square

IMPORTANT POINTS and HISTORICAL PLACES

- 1K the 15 July Martyrs Bridge
- 5K The Naval Museum
- 6K Dolmabahçe Palace, Dolmabahçe Mosque
- 7K Fındıklı Mosque
- 9K Galata Bridge
- 10K Yeni Camii (New Mosque), Egyptian Bazaar, Sirkeci Railway Station
- 11K Sepetçiler Pavilion, Topkapı Palace
- 12K Ahırkapı Fog Horn and Lighthouse
- 13K Little Hagia Sophia Mosque (Church of the Saint Sergius and Bacchus)
- 27K Baruthane (The Gunpowder Factory)
- 28K Air Force Academy
- 40K Gulhane
- 42K The Blue Mosque

SAFEKEEPING ITEMS

On the left side of the 42K and 15K start points, there will be vehicles for items that will deliver the items of the athletes to the finish point. All athletes will deliver the bags given to them during the kit distribution to the relevant vehicle according to their bib numbers and receive them at the finish point by showing their bib numbers.

Departure time of 42K Safekeeping Items vehicles: 09.00

Departure time of 15K Safekeeping Items vehicles: 09.15

Each vehicle will pick up bags within certain bib number ranges. You can deliver your bag to the relevant vehicle according to your bib number.

The athletes who will give their bags to the Safekeeping Items vehicles must put the bag number given by the organization on the front compartment of their bags.

The bags must be delivered to the Safekeeping Items vehicles before the deadline. Bags not delivered until this time will not be accepted.

Participants should not keep valuables, money, phones, wallets, etc. in the bags they will give to the safekeeping items buses. In case of loss of the bags, the organization and its officials and employees will not be responsible.

If the bag is left in a place or vehicle other than the Safekeeping Items Tents/Buses, the bag may not be accessed. In such a case, the organization and its officials will not be held responsible in any way.

ROUTE LINE

There will be lines coloured on the route in order to follow during running and it is the same colour as your bib number.

MEDAL

Athletes who finish under 6 hours and 20 minutes in the marathon (42K) and under 2 hours and 15 minutes in the 15K will be presented their medals at the end of the race.

CUT OFF

42K (Maraton)

1K 00:10 09:10

5K 00:45 09.45
10K 01:32 10.32
15K 02:18 11.18
20K 03:04 12.04
25K 03:50 12.50
30K 04:36 13.36
35K 05:22 14.22
40K 06:08 15:08
42K 06:20 15:20

15K

1K 00:10 09.25
5K 00:45 10.10
10K 01:32 10.47
15K 02:18 11.33

Race time limit For 42K 6 hours 20 min.

Race time limit For 15K 2 hours 15 min

Athletes who can't keep up with the above timing can continue running from the pavement. The points on the track will be opened to traffic gradually. Those who complete the race are not classified and do not qualify for medals.

TIME LIMIT FOR THE RACE

The time limit for the marathon is 6 hours and 20 minutes. The points on the course will be opened to traffic gradually. Runners who have not yet completed the course may continue the run on the pavement. Athletes who finish the course after 6 hours 20 minutes will not be classified, and they cannot claim medal or certificate.

ELECTRONIC TIMING TRANSPONDER (CHIP)

All participants who register for the race will receive an electronic timing transponder (chip) at the Marathon Expo.

Please do not forget to tie the chip on your shoe before the race. The time of any participant running without a chip cannot be measured.

We strongly urge you not to exchange your chip with other runners because your chip is identified by your credentials.

After you finish the race, please do not cross the finish line a second time or re-enter any part of the route.

PACE GATES

According to the bib numbers given to you, you can enter the start area from the pace gates indicated. For Example, an athlete whose bib number indicates that s/he will enter through gate "A" will not be allowed to enter the race area through gate "B".

WATER STATIONS

There will be water stations on the race course at

5th 10th 15th 20th 25th 30th 35th and 40th km. Public and portable toilets will be available at various points along the race course. The toilet points will be indicated by the directions along the race course for easy access of the runners.

SERVICES OFFERED FOR THE EVENT

1. Time measurement service
2. Race Kit (number bib and electronic chip)
3. Athlete's bag
4. T-shirt
5. Medal
6. Certificate

7. Water and snack stations on the track
8. Food package after the race
9. Photo service

TIMING

The ranking of the elite athletes will be made according to the gun times.

All age groups and other awards will be based on the transponder times. It does not matter how far you are behind the start line, your Race Time begins at the moment you pass through the timing mat on the start line.

LIMITATIONS REGARDING THE ORGANIZATION

Istanbul Marathon is a running organization. It is not allowed to participate in the race with any vehicle other than those permitted and with any kind of animals.

Participants are required to come to the organization in appropriate sportswear.

It is strictly forbidden for all runners registered in any category of the 45th Istanbul Marathon to bring or display any visuals representing any brand, association, organization, formation, etc., other than the visuals such as t-shirts, balloons, flags, etc. distributed as gifts by the sponsor companies. Legal action will be initiated against individuals and institutions whose such behavior is detected.

FIRST AID AND HEALTH TIPS

A sufficient number of ambulances will be on duty throughout the track.

All health measures will be taken at the start and finish areas.

Be sure to be examined before the race. People with respiratory and heart diseases should not participate in the race. You should participate in the race in a rested state with enough sleep. Have breakfast early on the morning of the race and avoid alcoholic and acidic drinks.

Always wear your sneakers with socks. Applying cream on your toes will prevent wounds that may occur after the race. In case of a health problem during the race, leave the race and ask for help from the paramedics.

WARNINGS!

Participants who have completed the registration process are deemed to have read and approved all the rules of Istanbul Marathon.

All information regarding the organization is subject to change (e.g: route, date, fairgrounds, etc.). Please revisit our website in the days close to the race for information regarding any changes.

Only those with a chest number will be admitted to the race area. For family participants, each family member must register separately.

CATEGORY CHANGE

Any category change cannot be made.

Race Course

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RACE NAME**Türkiye İş Bankası İstanbul Half Marathon 15K****DATE****05.11.2023****REGISTRATION AND KIT DISTRIBUTION**

1. February 1 – May 31, 60€
2. June 1 – July 31, 80€
3. August 1 – September 18, 100€
4. September 19 – October 16, 120€

KIT DISTRIBUTION

Race kit distribution will take place on November 2-3-4th at **Dr. Mimar Kadir Topbaş Gösteri ve Sanat Merkezi**

2nd November: 10:00-19:00

3rd November: 10:00-19:00

4th November: 10:00-18:00

CANCELLATION OF REGISTRATION

Since our service processes start from the moment you register, there will be no cancellation, postponement or refund.

Even if you do not participate, you can receive your race package from the distribution point.

ACCESS TO THE START POINT

On 5th November morning, you can access to the start point by using all the public transportation vehicles of İstanbul Metropolitan Municipality for free by showing your BIB number.

You may see below the details, for other free transportation services.

SULTANAHMET – EMİNÖNÜ – BEYLERBEYİ – TRANSPORTATION TO START POINT

Sultanahmet – Eminönü Free Tram Service		Eminönü – Beylerbeyi Free Ferry Service		Beylerbeyi – Start Point Walking Time
Depature Time	Arrival Time	Depature Time	Arrival Time	Approximate Arrival Time to the Start Point
06.45	06.55	07.00	07.25	07.40
07.00	07.10	07.20	07.45	08.00

*Tram line can be used as from 06.00 o'clock.

*Our staff in Sultanahmet and Eminönü Pier will support you in using the tram, walking path and tram exit.

TAKSİM – KABATAŞ – BEYLERBEYİ – TRANSPORTATION TO START POINT

Taksim- Kabataş Free Funicular Service		Kabataş – Beylerbeyi Free Ferry Service		Beylerbeyi – Start Point Walking Time
Depature Time	Arrival Time	Depature Time	Arrival Time	Approximate Arrival Time to the Start Point
06.35	06.50	07.00	07.15	07.30
06.50	07.10	07.20	07.35	07.50

*Funicular line can be used as from 06.00 o'clock.

* Our staff in Taksim and Kabataş Pier will support you in the use of the funicular, the walking path and the exit of the funicular.

Click Here for the Walking Route after Eminönü and Kabataş Ferry Services

ÜSKÜDAR – BEYLERBEYİ – TRANSPORTATION TO START POINT

- There will be free ring services from Üsküdar Marmaray Station to Beylerbeyi between 07:00 and 08:00.

Athletes who want use Üsküdar ring services,

- They can come to Yenikapı by Metro from Taksim, and from Yenikapı to Üsküdar by Marmaray, and they can use our ring services in Üsküdar.
- They can get off at Sirkeci station after one stop from Sultanahmet by using the tram, and pass to Üsküdar by Marmaray and use our ring services in Üsküdar.
- Ring services are free and Marmaray is a chargeable transportation.

Click here for the walking route after Üsküdar free ring services

!! We kindly ask you to respect the hours.

!! As in previous years, vehicles which carry the athletes will **NOT** be used from Taksim and Sultanahmet to the start point on the race day.

AGE LIMIT

The participant must be 16 or older as of 5 November 2023.

15K RACE COURSE

The race starts approximately 400 meters (behind the Marathon Runners) before the toll booths in front of the 15 July Martyrs Bridge. After the marathon run starts, the 15 K Runners come 150 meters ahead (at the Marathon start point) and wait.

After crossing the bridge, it leaves the Beşiktaş turnoff and goes down from Barbaros Boulevard to Beşiktaş and reaches Karaköy by following the coastal road. After the Galata Bridge, it turns in the direction of Sirkeci, following the coastal road, the race ends on the opposite street of the Yenikapı Rally Area, after passing the underpass.⁷

START and FINISH POINTS

Start: In front of the 15 July Martyrs Bridge Metrobus Station

15K Finish: Yenikapı Coast

IMPORTANT POINTS and HISTORICAL PLACES

- 1K the 15 July Martyrs Bridge
- 5K The Naval Museum
- 6K Dolmabahçe Palace, Dolmabahçe Mosque
- 7K Fındıklı Mosque
- 9K Galata Bridge
- 10K Yeni Camii (New Mosque), Egyptian Bazaar, Sirkeci Railway Station
- 11K Sepetçiler Pavilion, Topkapı Palace
- 12K Ahırkapı Fog Horn and Lighthouse
- 13K Little Hagia Sophia Mosque (Church of the Saint Sergius and Bacchus)
- 15K Yenikapı

SAFEKEEPING ITEMS

On the left side of the 42K and 15K start points, there will be vehicles for items that will deliver the items of the athletes to the finish point. All athletes will deliver the bags given to them during the kit distribution to the relevant vehicle according to their bib numbers and receive them at the finish point by showing their bib numbers.

Departure time of 42K Safekeeping Items vehicles: 09.00

Departure time of 15K Safekeeping Items vehicles: 09.15

Each vehicle will pick up bags within certain bib number ranges. You can deliver your bag to the relevant vehicle according to your bib number.

The athletes who will give their bags to the Safekeeping Items vehicles must put the bag number given by the organization on the front compartment of their bags.

The bags must be delivered to the Safekeeping Items vehicles before the deadline. Bags not delivered until this time will not be accepted.

Participants should not keep valuables, money, phones, wallets, etc. in the bags they will give to the safekeeping items buses. In case of loss of the bags, the organization and its officials and employees will not be responsible.

If the bag is left in a place or vehicle other than the Safekeeping Items Tents/Buses, the bag may not be accessed. In such a case, the organization and its officials will not be held responsible in any way.

DIRECTION LINE

There will be a road line in the same color as your chest number on the race course. You can follow the race course by following the colored road line.

MEDAL

At the finish point, all runners will be awarded medals who complete the race within the 2 hours and 15 minutes time limit.

CUT OFF AND RACE TIME LIMIT

42K (Maraton)

1K 00:10 09:10
5K 00:45 09:45
10K 01:32 10:32
15K 02:18 11:18
20K 03:04 12:04
25K 03:50 12:50
30K 04:36 13:36
35K 05:22 14:22
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42K 06:20 15:20

15K

1K 00:10 09:25
5K 00:45 10:10
10K 01:32 10:47
15K 02:18 11:33

Race time limit For 42K 6 hours 20 min.

Race time limit For 15K 2 hours 15 min

Time limit for 15K race is 2 hours and 15 minutes. Athletes who complete the race course over this period are not classified and cannot claim a right for medals and certificates.

CUT OFF AND RACE TIME LIMIT

42K (Maraton)

1K 00:10 09:10
5K 00:45 09:45
10K 01:32 10:32
15K 02:18 11:18
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Race time limit For 42K 6 hours 20 min.

Race time limit For 15K 2 hours 15 min

Time limit for 15K race is 2 hours and 15 minutes. Athletes who complete the race course over this period are not classified and cannot claim a right for medals and certificates.

WATER STATIONS

There will be water stations on the race course at 5th 10th 15th 20th 25th 30th 35th and 40th km.

Public and portable toilets will be available at various points along the race course. The toilet points will be indicated by the directions along the race course for easy access of the runners.

SERVICES OFFERED FOR THE EVENT

1. Time measurement service
2. Race Kit (number bib and electronic chip)
3. Athlete's bag
4. T-shirt
5. Medal
6. Certificate
7. Water and snack stations on the track
8. Food package after the race
9. Photo service

TIMING

Your position at the start line, how further back you are from the start line, does not affect your measurement. Your race time starts to be measured on the moment you cross the chip carpet.

LIMITATIONS REGARDING THE ORGANIZATION

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FIRST AID AND HEALTH TIPS

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Always wear your sneakers with socks. Applying cream on your toes will prevent wounds that may occur after the race. In case of a health problem during the race, leave the race and ask for help from the paramedics.

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