

Thousands of runners from various parts of the country and abroad will be heading to Whitefield in December for the midnight marathon. The Bengaluru Midnight Marathon will be held on Saturday December 15 at the Karnataka Trade Promotion Organisation in Whitefield.

The much-awaited, fun-filled event had 9,000 participants last year and this year more are expected to participate. This event is a huge incentive for individuals and families to start practice and improve their fitness levels just ahead of the New Year. The health benefits of running are many. It also helps in the prevention of many diseases, weight loss, eliminates depression, is a huge stress buster, keeps people happy, and improves self confidence.

It is a good opportunity for those living in Whitefield to

come along with their families to have a look at premier athletes from various countries. It is a source of inspiration for those planning to take up running as a fitness drive.

The atmosphere will be carnival-like with food stalls, a performance by the rock band One Night Stand, DJs playing English and Bollywood hits, stilt walkers, and adding to the festive environment will be groups of dhol players to encourage runners as they go on their loops.

Online registrations can be done on [www.midnight-marathon.in](http://www.midnight-marathon.in). Since this is a rated marathon, the certificates are valid testimonials for participants to apply for other marathons including the Mumbai Marathon. This marathon is a fund-raiser for social causes such as child education, free eye and heart surgeries, and tree planting.



African runners at a previous marathon

## PICK YOUR EVENT

### FUN RUN

IT City 5-km fun run for families and friends to run, walk, prance along. Come be a part of the fun with different costumes, fancy hairdo, or painted face

### 10K RUN

This has revolutionised the running scenario world-wide and is called the 'T20 of distance running'. Runners set personal goals and improve their timings

### HALF MARATHON

This is a 21.097 km run. It is the first stage for serious running

### FULL MARATHON

This is 42.195 km long and is for the serious runners

### RELAYS

There will be relay races for communities in the Whitefield area and corporate teams

**THARA THAPA**  
Resident of Whitefield and winner of the 2011 Whitefield marathon

**A positive approach is what it takes**

*I usually wake up at 5:30 am. I begin my training with a jog for 20 minutes and then run for an hour. I then drink a glass of milk. I am going to participate in the December marathon here. My motivation is passion towards athletics. My advice to runners - have a positive approach and determination.*