

Manulife
DANANG
INTERNATIONAL
MARATHON

RACE GUIDE

20.03.2022

BIEN DONG PARK, DANANG CITY

ENDORSED BY



THE ORGANIZER

pulse
active

TITLE SPONSOR

Manulife



MOVE *vì* Việt Nam

tốt hơn mỗi ngày.



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THE RACE MESSAGE - RUN IT, BEAT IT

The Manulife Danang International Marathon is not only where you conquer your own limits and explore a better version of yourself.

It is an explosion of senses. Not only is it a rollercoaster of emotions and a quest of determination, in which you satisfy the crave for your next medal.

It is a unique race in its own way, where you unite with those likewise and experience all facets and the true essence of Danang.

RUN IT is the starting point of this spectacular ride.

BEAT IT the beginning of your exploration.

Comeback after 2 years, the race with the message “Run It, Beat It” will be the new anecdotes waiting for thousands of runners in Danang this coming March 20, 2022.



RUN IT BEAT IT

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THE RACE GOES GREEN

Since 2017, with consensus from our sponsors and partners, the race has been stepping up its print waste reduction activities, including Vouchers/ Flyers insertion in the Race Kit. Instead, we have gradually converted brochures into online forms to bring convenience for our runners as well as reduce printing waste at the event.

At the same time, the race tries to minimize the negative effects that an event can have on the venue area by implementing practical measures such as: setting up numerous trash cans to ensure that garbage is collected in the right place; using environmentally friendly materials such as paper cups and organic bags instead of plastic bottles and plastic bags; and recycling used backdrops into products that can be used every day to reduce waste into the environment. We constantly encourage our partners and all participants, in particular, to join hands and raise environmental consciousness directly at the event.

This digital Race Guide is also one of the actions that will assist us in achieving our aim of a green Da Nang Marathon.

New

BẢO VỆ TOÀN DIỆN CHINH PHỤC ĐƯỜNG ĐUA

AUTO BOOSTER

CHỐNG NẮNG **Số 1**
NHẬT BẢN
21
NĂM LIỀN

Lớp màng bảo vệ chống UV mạnh mẽ hơn khi gặp:

- ☀️ Độ ẩm
- 💧 Nước
- 💧 Mồ hôi
- 🔥 Nhiệt độ cao

50% thành phần dưỡng da

SCAN NGAY

ANESSA

RUNNER CHECKLIST

BEFORE THE RACE DAY

- ✓ Read Rules & Regulations; Race Guide fully to have enough information and familiarize yourself with schedule, event maps and running tracks.
- ✓ Make sure to have your Confirmation Email to receive the Race Kit.
- ✓ Prepare Covid-19 proof of complete vaccination/ negative test result/ recovery confirmation plus negative test result within 180 days upon arrival at the event area.
- ✓ Wear a mask when coming to receive the Race Kit.
- ✓ Come get the Race Kit within given period.
- ✓ Check and make sure you are healthy enough to join the race.
- ✓ Prepare running clothes (shoes, pants, shirt, hat,...) that are suitable and comfortable for the running day.
- ✓ Exercise moderately, eat right and get enough sleep.

ON THE RACE DAY

- ✓ Keep in mind the event schedule at page 10-11 to attend at the certain timeframe.
- ✓ Make a medical declaration via the Covid PC application, disinfect, measure temperature before entering the event area.
- ✓ Always wear a mask and comply with 5K at the event and only remove the mask when leaving the starting line.
- ✓ Make sure to bring your running BIB and wristband to enter the starting area.
- ✓ Always wear the BIB filled on the back in front of the abdomen as an easily identifiable area.
- ✓ Always carry a phone with emergency numbers saved when running.
- ✓ Stay hydrated by drinking water and nutritional food are provided along the route.
- ✓ Do not carry too many heavy belongings for convenience when running and moving.
- ✓ Put trash in its designated places.

AFTER THE RACE

- ✓ Do stretch and rest properly after reaching the finish line.
- ✓ Load up on the right drinks and food.
- ✓ Check the running results at the website.
- ✓ Share moments at the event with the hashtag #RunItBeatIt.
- ✓ Leave your feedback after joining the race.



Rules & Regulations

COVID-19 HEALTH & SAFETY POLICY

***Note:** This information is subject to change following guidance/ regulations for the events regulated by the Government and the Danang City Department of Health.

As your safety is our top priority, we're working our best to ensure an adequate race experience for all participants. In order to do that, we also need your coordination.

According to Official Letter No. 98/PA-SVHTT on the plan of Covid-19 pandemic Prevention and Control at the Manulife Danang International Marathon 2022 issued by the Department of Culture and Sports of Danang City, which states that all participants must follow the below regulations when joining the event on March 18-20th, 2022:

- Have had at least 2 doses of vaccine, the most recent one not more than 6 months before the race date; or 1 dose and have recovered from COVID-19 no more than 6 months by March 20th, 2022. Those who cannot vaccinate according to the instructions of the competent authority must provide the certificate.
- Provide proof of a negative test for Covid-19 RT- PCR or rapid antigen test within 72 hours before March 20th, 2022. Participants can be tested at any specialized health facility. Or participants can do a rapid antigen test right at the event area at Bien Dong Park:
 - Time: 9:00 AM - 7:00 PM on March 18 - 19, 2022
 - Testing fee: 60,000 VND/person
 - Medical Facility: Medical personnels of 199 Hospital under The Ministry of Public Security.

Relating to this regulation, The organizers worked closely with Da Nang city authorities to discuss how the race could take place as planned while also ensuring the safety of participants and the Da Nang people in the current situation. The regulation was issued in conjunction with the Da Nang Department of Health after a time of monitoring the epidemic situation in Da Nang and throughout the country. It is in place to ensure that all participants are healthy and in good condition to complete the race. Simultaneously, minimize the processes taken to check Covid-19 information and guarantee the safety of volunteers, staff, and medical personnel when contacting participants in the event of a first-aid and emergency situation during the race or in the hospital if it unfortunately happens.

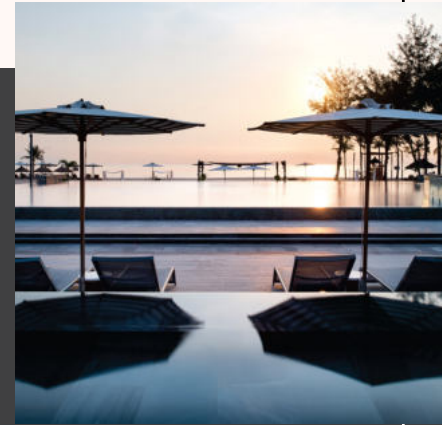
**With the above regulations, we recommends:*

- Runners should not run with the BIB of another to ensure the benefits of medical support as well as emergency situations if any.
- For those who have a positive test result for COVID-19 before March 20, 2022, do not join the race to ensure the health and safety of themselves, other runners and staff.

COVID-19 HEALTH & SAFETY POLICY

- Make a health declaration via the “PC-COVID” application (scan the QR code provided by the organizers) and show it at the entrance of the race.
- All participants are required to wear a mask when entering the event area, before the race starts, and after finishing the race.
- For those who have a positive test result for COVID-19 before the race date of March 20, 2022, it is required to notify the organizer for support and not be allowed to participate in the race.
- If the participant does not follow the regulations, the Organizer reserves the right to refuse the participant to join in the race under any circumstances.
- Friends and families of participants can visit the Expo area without having negative proof for Covid-19, but must follow the above safety regulations.
- Only participants can be allowed to access the event site on March 20th.
- Participants are encouraged to monitor their health within 7 days of entering the race and actively test for COVID-19 if symptoms appear. If the test result is positive, the participants need to notify and follow your residential local personnel.
- For children under 12 years old accompanied by an adult, no need to show the proof of a negative test for Covid-19 and health declaration. Should wear a mask and keep distance.
- For participants who have a positive Covid-19 test results right at the event from 18-19 March 2022, a portion of registration fee will be refunded (The organizers will assist participants in this case after the race from March 23, 2022).



OUR WORLD IS YOUR PLAYGROUND



Pullman Danang Beach Resort - khu nghỉ dưỡng quản lý bởi Accor Group - tập đoàn quản lý khách sạn hàng đầu với 186 phòng nghỉ rộng rãi, thoáng mát, hướng mặt ra biển và các phòng nghỉ được thiết kế với lối kiến trúc đa sắc bên cạnh phong cách trang trí đương đại, khu nghỉ dưỡng Pullman Danang Beach Resort là địa điểm lý tưởng mang đến cho khách hàng những trải nghiệm tuyệt vời.

Chỉ cách vạch xuất phát 3km, Pullman Danang Beach Resort sẵn sàng đưa đón vận động viên đến và về từ điểm xuất phát trong mỗi chặng đua. Đồng hành cùng vận động viên trong mỗi thử thách, Pullman Danang Beach Resort thiết kế các gói dịch vụ với sự chăm sóc đặc biệt, từ bữa sáng đầy năng lượng đến bữa ăn và ưu đãi phục hồi thể lực sau chặng đua, phòng nghỉ lý tưởng tại khu nghỉ dưỡng ngay cạnh bờ biển Đà Nẵng xinh đẹp.

 Đặt phòng ngay <https://bit.ly/vipullmanpackages>

Thông tin liên hệ & Đặt dịch vụ:  + 84 (0236) 395 8888  H8838@accor.com



ĐIỂM DỪNG CHÂN

Lý tưởng

Ưu đãi giá phòng dành cho VĐV
chỉ **700.000 VNĐ NET/ phòng/ đêm**

Only **700.000 VNĐ** NET/night/room for
City view Oasis/ Partial Sea View Oasis

 HAIAN BEACH HOTEL & SPA



EVENT AGENDA

TIME		ACTIVITY	VENUE
Start	End		
FRIDAY, 18 MARCH 2022			
3:00 PM	3:00 PM	Opening Ceremony	Stage Area
3:00 PM	7:00 PM	EXPO & Race Kit Pick-up	Event Area
SATURDAY, 19 MARCH 2022			
9:00 PM	7:00 PM	EXPO & Race Kit Pick-up	Event Area
9:00 PM	3:30 PM	Ronny Dash race kit pick-up	Event Area
3:30 PM	3:40 PM	Ronny Dash race briefing & Warm-Up	Main Stage
3:40 PM	4:00 PM	Ronny Dash Assembly	Start Line
4:00 PM		Ronny Dash - 1.5Km Starts	Start Line
4:45 PM	5:30 PM	Ronny Dash Award Ceremony	Event Area
SUNDAY, 20 MARCH 2022			
2:00 AM		Bag Drop area opens	Event Area
2:30 AM	2:40 AM	Warm-up for 42.195Km runners	Main Stage
2:40 AM	3:00 AM	42.195Km Runner Assembly	Start/Finish Line
3:00 AM		42.195Km Starts	Start/Finish Line

EVENT AGENDA

3:30 AM	3:40 AM	Warm-up for 21Km runners	Main Stage
3:30 AM	4:00 AM	21Km Runner Assembly	Start/Finish Line
4:00 AM		21Km Starts	Start/Finish Line
5:30 AM	5:40 AM	10Km Runner Warm-Up	Main Stage
5:40 AM	6:00 AM	10Km Runner Assembly	Start/Finish Line
6:00 AM		10Km Starts	Start/Finish Line
6:00 AM		Cut off 2nd loop of 42.195Km (KM21.1)	Race route
6:30 AM		EXPO opens	Event Area
7:30 AM		Cut off Tran Thi Ly Bridge point of 42.195Km (KM25.4)	Race route
7:30 AM	7:40 AM	5Km Runner Warm-Up	Main Stage
7:40 AM	8:00 AM	5Km Runner Assembly	Start/Finish Line
8:00 AM		5Km Starts	Start/Finish Line
8:00 AM		Cut off time 21Km	Start/Finish Line
8:30 AM	9:30 AM	The Awarding Ceremony	Main Stage
8:30 AM		Cut off Thuan Phuoc Bridge point of 42.195Km (KM30.9)	Race route
8:30 AM		Cut off time 10Km	Start/Finish Line
9:30 AM		Cut off time 5Km	Start/Finish Line
9:30 AM		Cut off Le Van Luong Street point of 42.195Km (KM37.1)	Race route
10:00 AM		Cut off time 42.195Km	Start/Finish Line
10:00 AM		End	Event Area

SPECIAL OFFERS FOR OUR RUNNERS

Giảm đến 20%
các sản phẩm tại gian hàng



QUÉT MÃ MUA NGAY
Thời gian: 14/03 - 20/03/2022

SAFETY TO FUN



READY TO RUN



Only from 565,000vnd++



INCLUDE

- Daily breakfast
- Free upgrade to higher category (Subject to availability)
- Gym
- Bike rental

TERMS & CONDITIONS


- This voucher is not redeemable for cash or exchangeable in any other form.
- Prior reservation should be made directly with.
- The above offer is subject to availability at time of booking.
- This voucher must be intact, not altered or modified in any way.
- Applied for Manulife Danang International Marathon 2022 participants only.
- Book Period: Now - 20th Mar 2022
- Stay Period: 15th - 20th Mar 2022

PROMO CODE: **DMSV0322**
MANULIFE DANANG INTERNATIONAL MARATHON 2022

ELITE FITNESS

GIFT VOUCHER

7 NGÀY
DAYS



Xuất trình CMND và voucher này tại quầy lễ tân của CLB để kích hoạt trong khoảng thời gian hiệu lực.
Please show ID and this voucher at club reception before the expiry date.

Voucher không có giá trị quy đổi thành tiền mặt.
This gift voucher is NOT exchanged for cash.

Voucher chỉ dành cho Khách hàng chưa là Hội viên của Elite Fitness
Only applied for non-member.

Ngày hết hạn/ Expiry date:
15/05/2022

CODE **DNME22**

ACC
AMERICAN CHIROPRACTIC CLINIC

CHIROPRACTIC
CHỮA ĐAU XƯƠNG KHỚP
KHÔNG THUỐC - KHÔNG PHẪU THUẬT



Ưu Đãi
600.000VNĐ
PHÍ KHÁM VỚI BÁC SĨ NƯỚC NGOÀI

Manulife Danang
International Marathon 2022

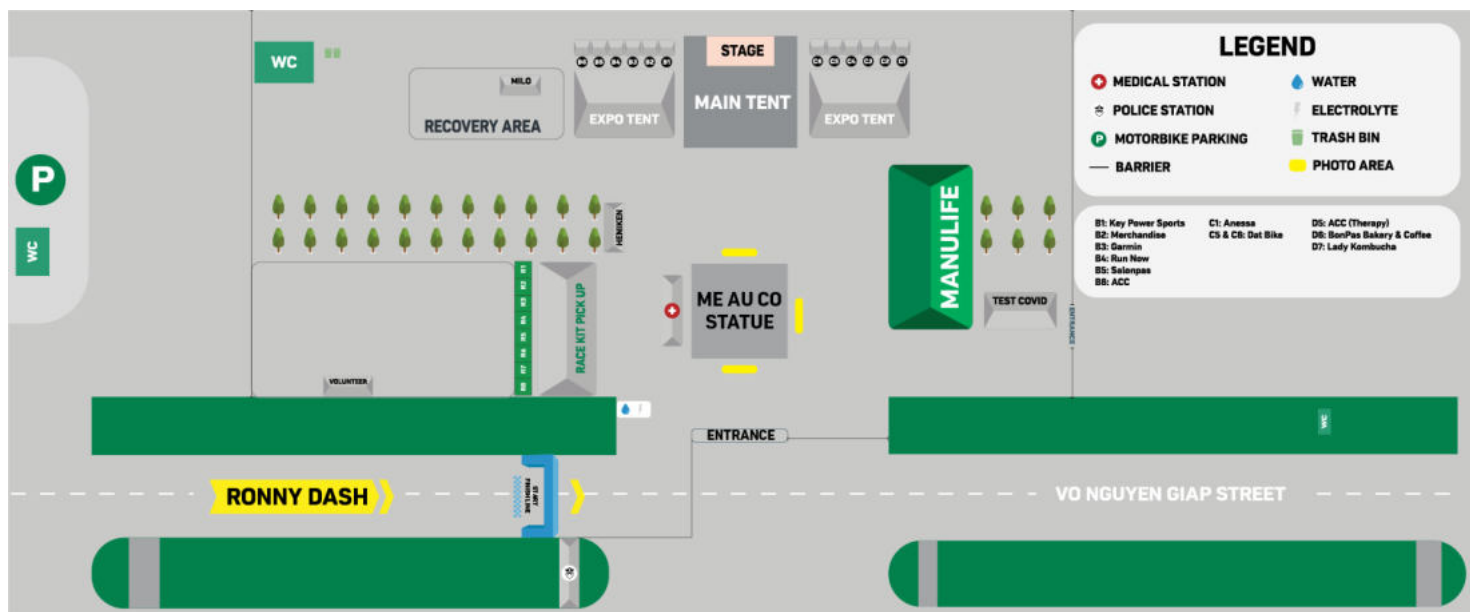


ĐĂNG KÍ NGAY

Có giá trị đến: 30/6/2022

EVENT MAP

18-19TH MARCH 2022



20TH MARCH 2022



RACE ROUTE MAP 42KM

42.195KM



Trạm hỗ trợ Aid station	Vòng 1 1st loop	Vòng 2 2nd loop	Vị trí Location	TH ⁺ true WATER	Điện giải Electrolyte	NODA	+	Thùng làm mát Dunk tank	Nhà vệ sinh Toilet	Trạm phun sương Mist station	Thời gian đóng đường Cut-off time
A	2km	23,1km	Trường TCN Kỹ thuật Công nghệ Đà Nẵng, Đường Nguyễn Văn Thoại Danang Technical - Technological School, Nguyen Van Thoai St.	✓					✓		
B	4,3km	25,4km	Bến tàu Bạch Đằng, Đường Bạch Đằng Bach Dang Wharf, Bach Dang St.	✓	✓	✓	✓	✓	✓		7:30 AM
C	6km	27,1km	196 Đường Bạch Đằng No. 196 Bach Dang St.	✓					✓		
D	8km	29,1km	Đường Như Nguyệt Nhu Nguyen St.	✓	✓	✓	✓	✓	✓	✓	
E	9,7km	30,9km	Lên cầu Thuận Phước Begin of Thuan Phuoc Bridge	✓	✓			✓	✓		8:30 AM
F	12,1km	33,3km	End of Thuan Phuoc Bridge Xưởng cầu Thuận Phước	✓	✓	✓	✓	✓	✓		
G	14,1km	35,3km	Giao lộ giữa Đường Lê Đức Thọ & Đường Yết Kiêu Intersection of Le Duc Tho St. & Yet Kieu St.	✓					✓		
H	16km	37,1km	Giao lộ giữa Đường Hoàng Sa & Đường Lê Văn Lương Intersection of Hoang Sa St. & Le Van Luong St.	✓	✓	✓	✓	✓	✓	✓	9:30 AM
I	18,2km	39,3km	Nhà trưng bày Hoàng Sa, Đường Hoàng Sa Hoang Sa Exhibition House, Hoang Sa St.	✓	✓				✓		
K	20km	41,2km	Công viên Cá Voi, Đường Hoàng Sa Whale Park, Hoang Sa St.	✓	✓	✓	✓	✓	✓		
Kết thúc Vòng 1 Finish 1st loop	21,1km		Công viên Biển Đông, Đường Võ Nguyên Giáp Bien Dong Park, Vo Nguyen Giap St.								6:00 AM
L	21,8km		Vòng xoay Võ Văn Kiệt & Võ Nguyên Giáp Vo Van Kiet & Vo Nguyen Giap Roundabout	✓	✓						

* Information is subject to change
Thông tin bản đồ có thể được thay đổi

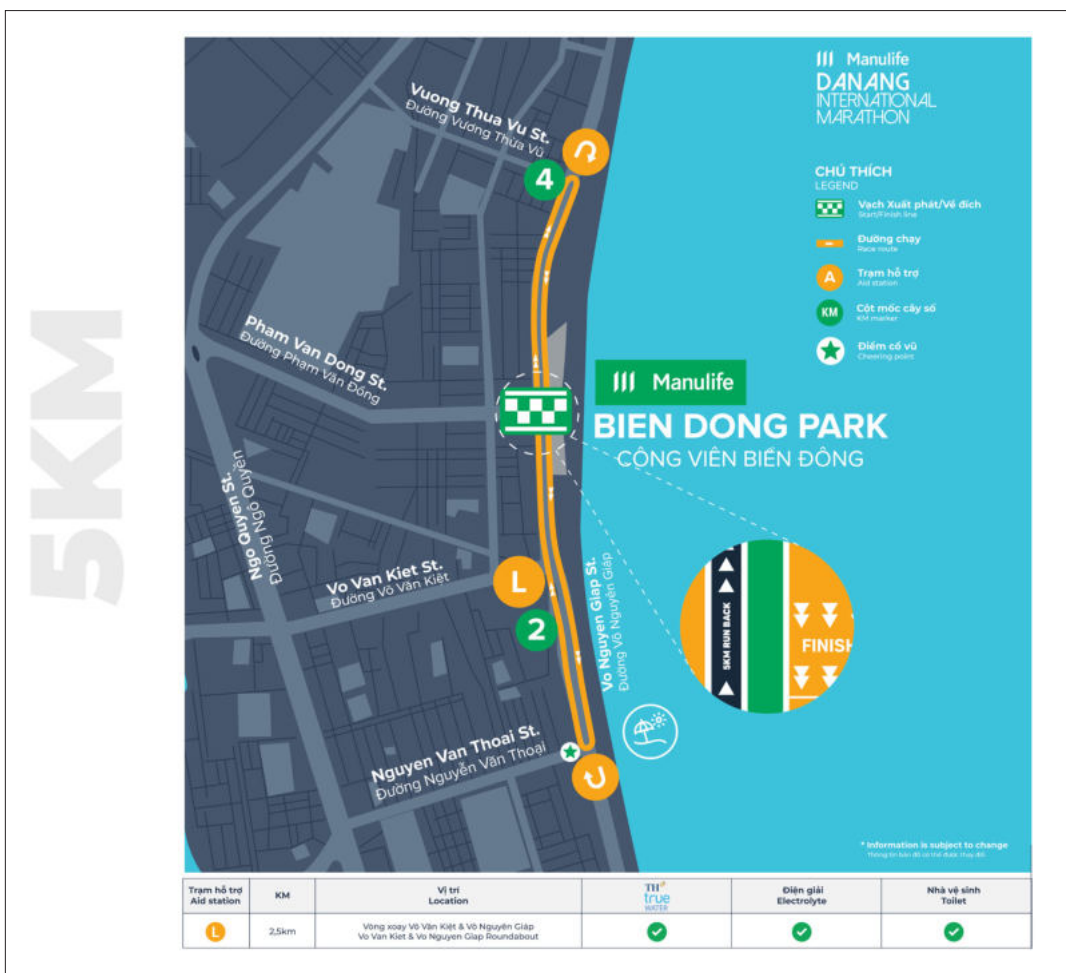
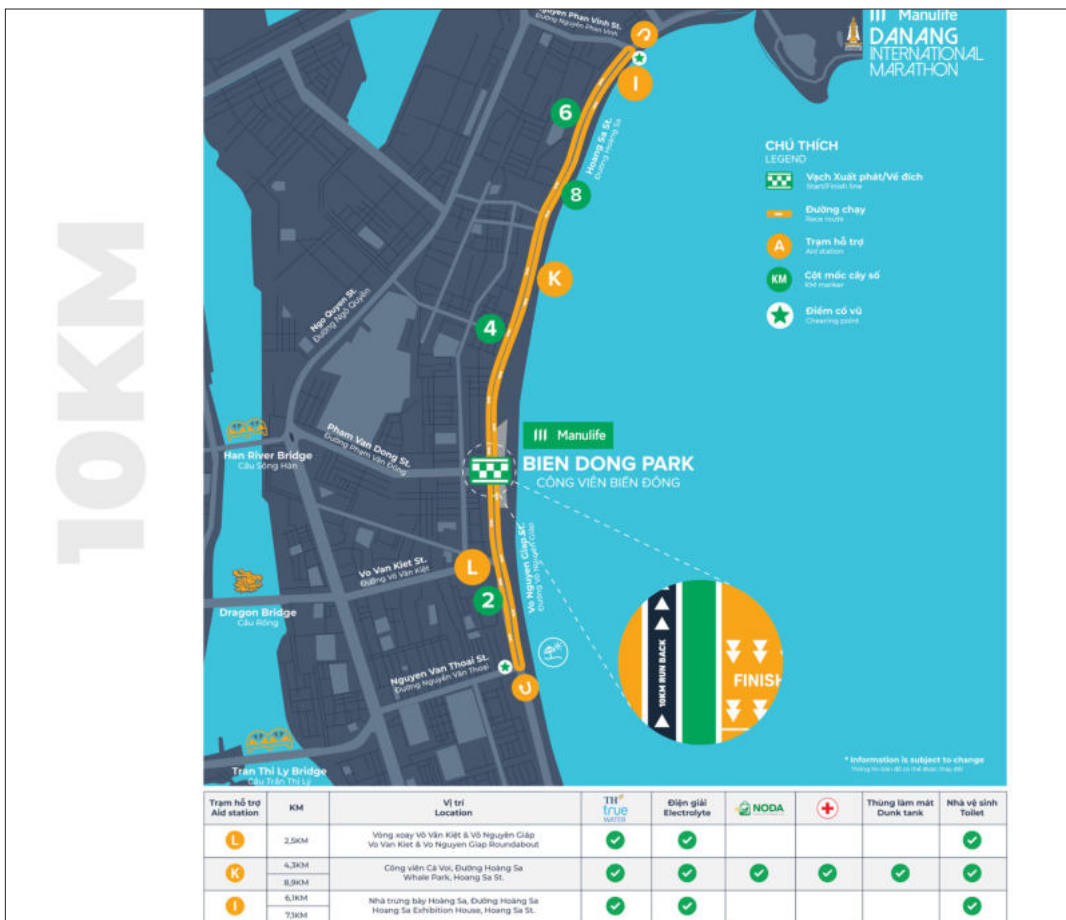
RACE ROUTE MAP 21KM

21.0975KM



Trạm hỗ trợ Aid station	KM	Vị trí Location	TH ⁺ true WATER	Điện giải Electrolyte	NODA	Thùng làm mát Dunk tank	Nhà vệ sinh Toilet	Trạm phun sương Mist station
A	2km	Trường TCN Kỹ thuật Công nghệ Đà Nẵng, Đường Nguyễn Văn Thoại Danang Technical - Technological School, Nguyen Van Thoai St.	✓				✓	
B	4,3km	Bến tàu Bạch Đằng, Đường Bạch Đằng Bach Dang Wharf, Bach Dang St.	✓	✓	✓	✓	✓	
C	6km	196 Đường Bạch Đằng No. 196 Bach Dang St.	✓				✓	
D	8km	Đường Như Nguyệt Nhu Nguyệt St.	✓	✓	✓	✓	✓	✓
E	9,7km	Begin of Thuan Phuoc Bridge Lên cầu Thuận Phước	✓	✓		✓	✓	
F	12,1km	Xuống cầu Thuận Phước End of Thuan Phuoc Bridge	✓	✓	✓	✓	✓	
G	14,1km	Giao lộ giữa Đường Lê Đức Thọ & Đường Yết Kiêu Intersection of Le Duc Tho St. & Yet Kieu St.	✓				✓	
H	16km	Giao lộ giữa Đường Hoàng Sa & Đường Lê Văn Lương Intersection of Hoang Sa St. & Le Van Luong St.	✓	✓	✓	✓	✓	✓
I	18,2km	Nhà trưng bày Hoàng Sa, Đường Hoàng Sa Hoang Sa Exhibition House, Hoang Sa St.	✓	✓			✓	
K	20km	Công viên Cá Voi, Đường Hoàng Sa Whale Park, Hoang Sa St.	✓	✓	✓	✓	✓	

RACE ROUTE MAP 10KM, 5KM



HOW TO PICK-UP THE RACE KIT



STEP 1:

Bring with you all below documents (Digital version is accepted). In case you failed to provide any of the three documents, the organizer has the right of not providing you the kit.

- ID/ Passport
- Confirmation email
- The proof of negative test for Covid-19 by RT-PCR or rapid antigen test within 72 hours before March 20th, 2022.



STEP 2:

Queue at the right counter allocated to your BIB number. You will get a wristband for participants only.

Note: After collecting your kit, please double check all the items before leaving the counter. Please note that the Organizer will not be responsible for any losses/ damages after you leave the counter.



STEP 3:

Check your BIB at the Timing counter. The Organizer will check your BIB one last time to ensure the timing chip is working and the information on the timing chip is correct with the runner's information.

🕒 March 18, 2022: 15:00 - 19:00
March 19, 2022: 9:00 - 19:00

📍 Event area at Bien Dong Park, Da Nang City.

*NOTICE:

1. All participants received a confirmation email; please check your inbox/ junk/ spam emails and contact registration@pulse.vn for assistance if you can't find it.
2. For the 5KM and Ronny Dash, the BIB does not have a Timing Chip, so there is no need to check at the Timing counter.
3. In case the participants cannot come to receive the Race Kit within the timeframe due to force majeure reasons, please contact the organizers via registration@pulse.vn for support.

RACE KIT PICK UP ON BEHALF

For kit pick-up on behalf, please bring with you all below documents:

- Your ID/ Passport
- Runner's ID/ Passport and the proof of negative test for Covid-19 by RT-PCR or rapid antigen test within 72 hours before March 20th, 2022.
- Confirmation email
- For Group/ company registered, we will send specific instructions or you can contact via email registration@pulse.vn for support in pick-up your group's Race Kit.

*NOTE:

- Digital versions of the above documents are accepted to receive Race Kit, but the displayed information needs to be clear, complete and easy to read.
- For race kit pick-up on behalf, each runner can only collect for up to 2 other runners.
- Runners are encouraged to directly receive their Race Kit to ensure full information and benefits when participating in the competition.
- For those who run with another person's BIB, both the runner and the registrant must take full responsibility if there is any problem happening and affecting the parties involved.

WHAT'S IN YOUR RACE KIT?

42KM	21KM	10KM	5KM
<ul style="list-style-type: none"> - Event T-shirt - BIB tagged the Timing Chip 	<ul style="list-style-type: none"> - Wristband - Extra items from Sponsor & Partners 		<ul style="list-style-type: none"> - Event T-shirt - Wristband - BIB - Extra items from Sponsor & Partners
The medal will be rewarded after the runner finishes the race.			
The Finisher T-shirt will be rewarded after the runner finishes the race.			

IMPORTANT INFO ON YOUR BIB

The first number on your BIB stands for the distance you'll run.

Event Emergency number: **(+84) 702 816 165**

Volunteers will check the box of Finisher items once you receive your finisher items. Finisher T-shirt given out following noted size on BIB.

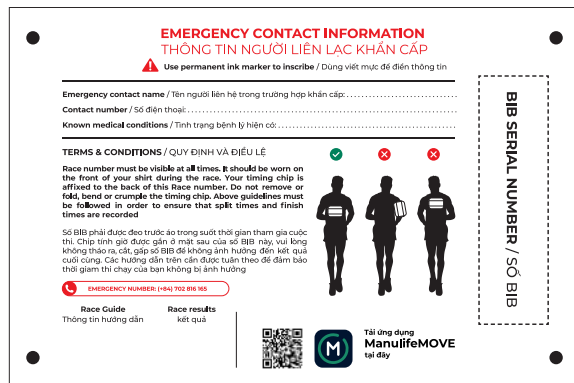
PEN means different start groups for each category, all PENs will start at the same time. Your PEN is allocated based on the Finishing time you've entered in your registration form.



*Notice:

Don't use BIB from anyone else to run to ensure your benefits during the race.

TIMING CHIP



For participants in 42KM, 21KM and 10KM distances, BIB is tagged with a Timing Chip to record running results.

After receiving the BIB, please check if the registration information on Timing Chip is correct.

Keep BIB and Timing Chip carefully to avoid breakage or damage. The organizer will not be responsible for any damage after the runners have left the Race Kit pick up area.

5KM participants do not have the Timing Chip.

WRISTBAND

Only runners wearing the Wristband included in the Race Kit will be allowed to enter the starting area.

Please keep the Wristband carefully. In case it is torn or lost, runners can not join the race.



CUT-OFF TIME

CUT-OFF TIME is the maximum time runners need to complete their distance. After this time, the track will close to:

- Re-open roads to serve the community.
- Ensure working safety of all staff including Volunteers, Partners and Employees at the event.
- Motivate the participants to complete the race.
- Ensure that all participants run in a time with suitable temperature and environment, not too hot, affecting the health and fitness of the participants.

CUT-OFF TIME OF 4 DISTANCES:

42KM		21KM		10KM		5KM	
7 HOURS		4 HOURS		2.5 HOURS		1.5 HOURS	
POINT	KM	LOCATION				TIME	
1	KM21.1	Bien Dong Park, Phuoc My, Son Tra, Danang				6:00	
2	KM25.4	Tran Thi Ly Bridge, Danang				7:30	
3	KM30.9	Thuan Phuoc Bridge, Danang				8:30	
4	KM37.1	Turning point on Le Van Luong, Tho Quang, Son Tra, Danang				9:30	

ĐB DAT.BIKE

DAT BIKE WEAVER 200 - BỨT PHÁ MỌI GIỚI HẠN CỦA XE MÁY ĐIỆN

Một chiếc xe máy điện Made in Vietnam với sức mạnh và tốc độ vượt trội. Là giải pháp **XANH** thay thế cho xe máy xăng mà không phải đánh đổi hiệu suất của xe và trải nghiệm người lái

QUÃNG ĐƯỜNG 200KM
CHO MỖI LẦN SẠC

SẠC PIN 1 GIỜ ĐI ĐƯỢC 100KM
SẠC ĐẦY PIN TRONG 3 GIỜ

CÔNG NGHỆ THÔNG MINH
CẢM BIẾN KHÓA, MỞ XE TỰ ĐỘNG

“VÌ MỘT TƯƠNG LAI XANH - SẠCH - TIỆN ÍCH HƠN”

ĐẶT MUA WEAVER 200 NGAY HÔM NAY TẠI:
 ☎ 1800 234 549 📱 Dat Bike 📄

EXPO DAY



The Manulife Danang International Marathon 2022 - EXPO Day is more than just a place for runners to pick up their race kit and get ready for the big day. On weekends, this is also a place where everyone may gather to participate in a variety of fun and gratifying activities.

All Sponsor and Partner brands' health, entertainment, shopping, gastronomic, and other activities are held at the event, which is free and available to anybody of any age. Come experience and immerse yourself in a large-scale sport event in the City with your friends and family.



🕒 March 18, 2022: 15:00 - 19:00
March 19, 2022: 9:00 - 19:00

📍 Event area at Bien Dong Park, Da Nang City.



SPECTATOR

Unlike other sports where spectators only watch the competition from their seats, running provides the opportunity for everyone to follow the runners on every run.

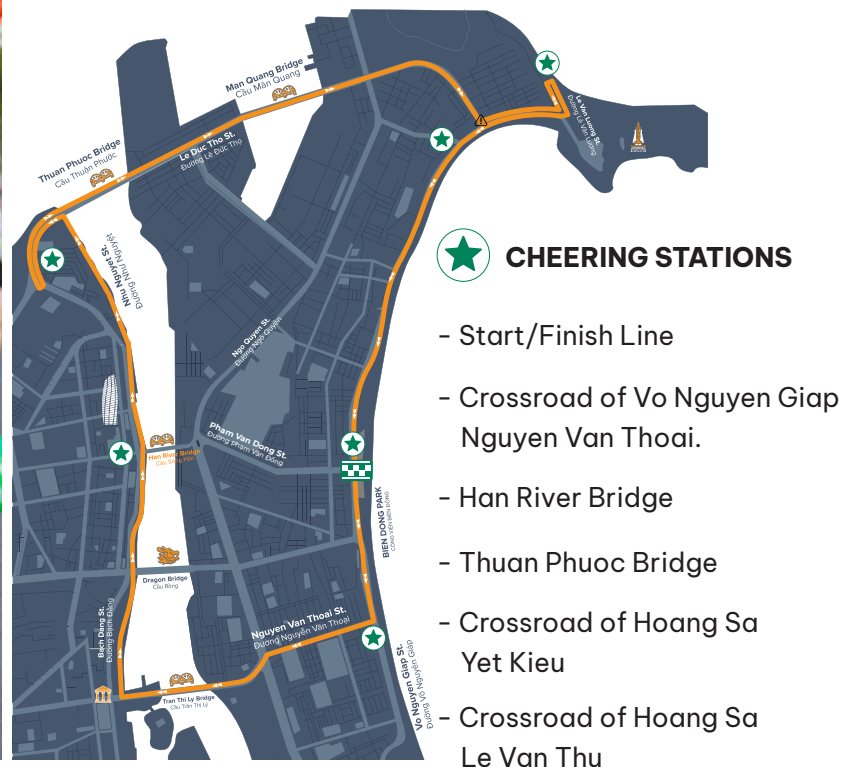
At the cheering stations, there will be cheering volunteers, brand cheering activations and family, friends of runners.

In addition to the above locations, spectators can also cheer for their relatives and friends at any suitable location that the track passes through.

Runners can share information about the Spectators on the website to those around so that they can best accompany you on your journey to conquer the finish line.



6 CHEERING STATIONS SET UP ALONG THE COURSE:



Với tiện nghi vượt bậc, Altara Suites là lựa chọn lý tưởng để tái tạo năng lượng và thư giãn. Mỗi căn hộ kết nối khéo léo giữa không gian trong và ngoài khách sạn, du khách có thể thưởng ngoạn khung cảnh tuyệt mỹ của thành phố Đà Nẵng với biển, núi, trời xung quanh.

Toàn bộ căn hộ được trang bị đầy đủ tiện nghi với nội thất hiện đại, ấm cúng cùng không gian tiếp khách, phòng ăn, nhà bếp được bao bọc bởi những tấm kính rộng rãi hướng ra toàn bộ quang cảnh thành phố biển. Mỗi căn hộ bao gồm khu bếp đầy đủ vật dụng, thiết bị giặt-sấy, phòng khách rộng rãi, phòng ngủ ấm cúng và phòng tắm tiện nghi.

Trở về sau một ngày dài tập luyện và khám phá thành phố, các vận động viên có thể tự thưởng cho mình khoảng thời gian thư giãn thoải mái tại bể bơi vô cực, trong phòng xông hơi hoặc phòng gym hiện đại.

Run Danang, Stay Altara

ALTARA SUITES DANANG

A: 120 Võ Nguyên Giáp, Phường Phước Mỹ, Quận Sơn Trà, Đà Nẵng

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www.altarasuites.com



Radisson BLU
RESORT HOI AN

RADISSON BLU

Toạ lạc tại bãi biển Hà My xinh đẹp, Radisson Blu Resort Hội An nằm trên cung đường giữa Đà Nẵng và Phố cổ Hội An - Di sản văn hoá Thế Giới được UNESCO công nhận. Khu nghỉ dưỡng với thiết kế hiện đại được thể hiện qua 675 phòng nghỉ, 66 biệt thự, 4 nhà hàng và 2 quầy bar, 3 hồ bơi cùng các tiện ích cho một kỳ nghỉ trọn vẹn dành cho bạn và người thân yêu. Khu nghỉ dưỡng sẽ được mở cửa trong thời gian tới.

RESORT HỘI AN

Khối 1, Phường Điện Dương, Thị Xã Điện Bàn, Tỉnh Quảng Nam
T: +84 235 386 8088 reservations.hoi.an.blu@radisson.com

FEEL THE DIFFERENCE

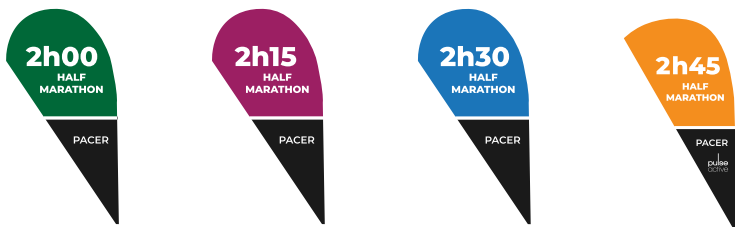


Pacers in Manulife Danang International Marathon 2022 are experienced runners, who are teamed up in different groups to help runners complete the race within different finishing time sets. You can identify each group of Pacers according to the color of the flags behind their backs as follows:

FULL MARATHON

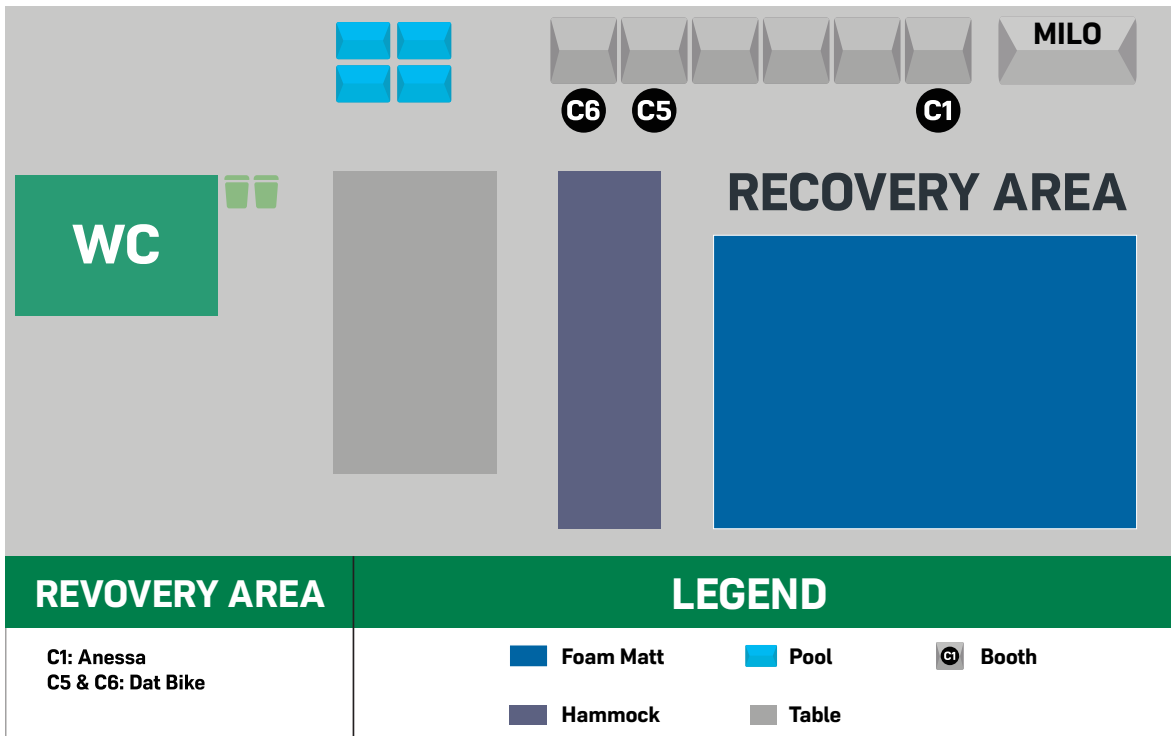


HALF MARATHON



RECOVERY AREA

On race day, the Recovery Area will be opened and located right next to the Finish Line area. This area is accessible for all participants.



“Xanh’ và “Cộng Đồng” là hai tinh thần cốt lõi, xuất hiện trong tất cả các dự án và sản phẩm của chúng tôi. Cuộc sống này là một chuỗi những “đáp đền tiếp nối”(pay it forward) mà mỗi chúng ta thực hành thói quen “cho đi, rồi bạn sẽ bất ngờ nhận lại được rất nhiều”.

- Huỳnh Hạnh Phúc CEO kiêm nhà sáng lập GreenConnect -

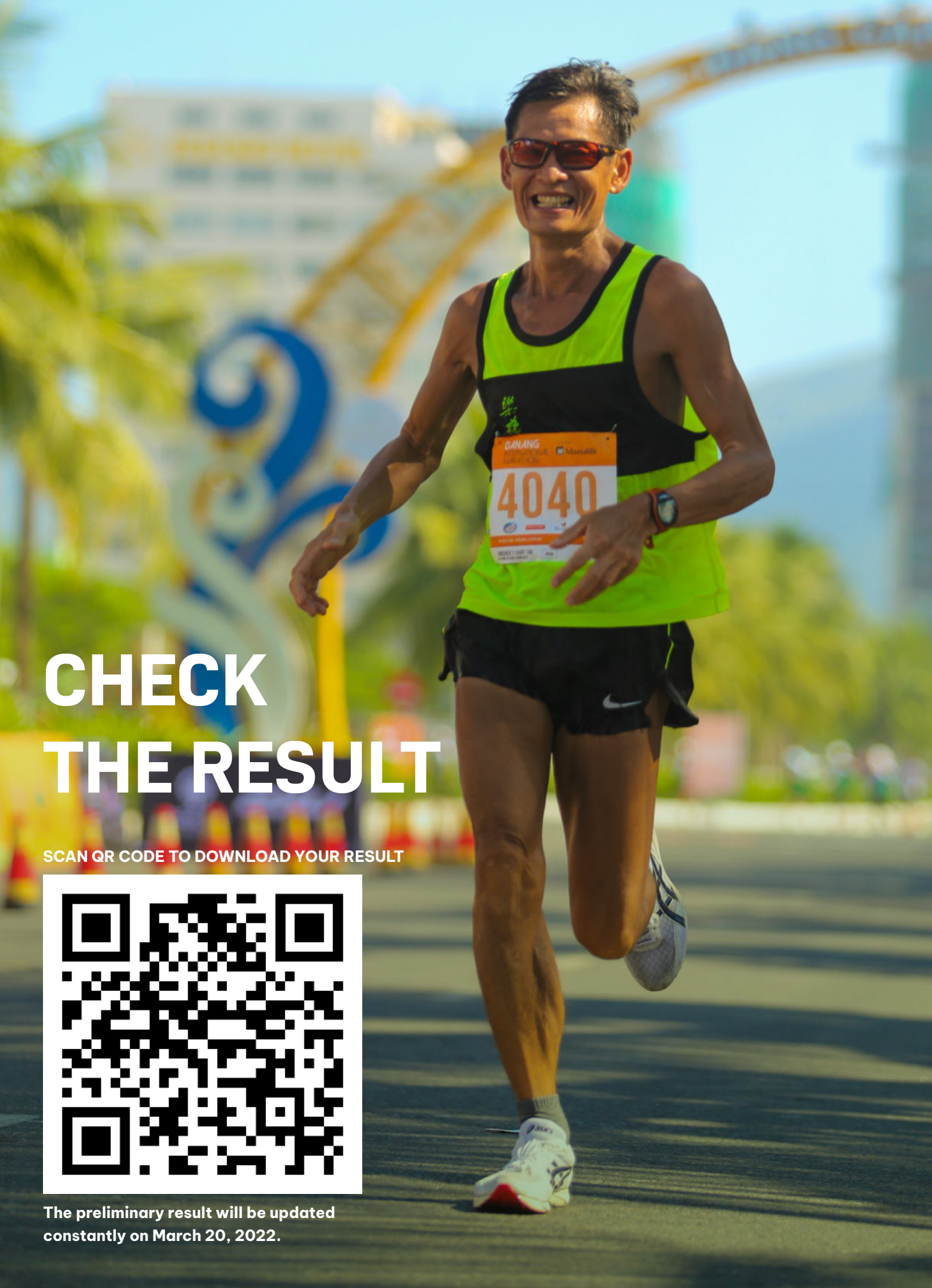
NODA.VN

SÀN THƯƠNG MẠI ĐIỆN TỬ

Phụng Sự khởi nghiệp xanh

NODA - sàn thương mại điện tử cung cấp 500+ sản phẩm địa phương ngon lành, sản phẩm tiêu dùng không hoá chất độc hại và chế phẩm sinh học tự nhiên an toàn. Với tinh thần Phụng Sự, NODA mong muốn mang nông sản sạch từ người tử tế đến bàn ăn gia đình Việt.





CHECK THE RESULT

SCAN QR CODE TO DOWNLOAD YOUR RESULT



The preliminary result will be updated constantly on March 20, 2022.

A group of runners in various colored athletic gear are captured in motion on a paved road. The focus is on the lower legs and feet, showing different styles of running shoes and socks. The background is slightly blurred, emphasizing the runners.

MANULIFE DANANG INTERNATIONAL MARATHON 2022

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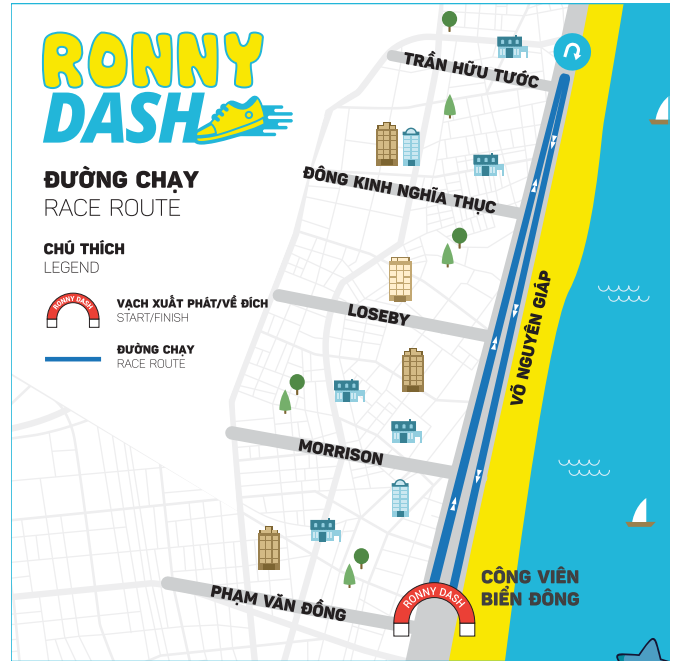


The challenge for litter runners aged 3 to 10 to conquer themselves across a 1.5-kilometer course.

The race is not only a running track that allows children to have fun and thrilling experiences, but it also instills in them a passion for running and other sports that are beneficial to their health and physical fitness.

The children will be more delighted and motivated to run if they are accompanied by a companion who is also their father, mother, or relatives. These early steps will assist children in overcoming their own limitations; each tiny effort will pay off abundantly at the finish line.

This is also an opportunity for the entire family to spend a fantastic weekend in the gorgeous coastline city - Danang. Let's join on March 19, 2022, and conquer the victory at Bien Dong Park in Da Nang.



RACE KIT PICK UP INFORMATION

🕒 18/03/2022 (3:00 PM - 7:00 PM)
19/03/2022 (9:00 AM - 3:00 PM)

📍 Event Site at Bien Dong Park, Vo Nguyen Giap Street, Son Tra District, Danang City.

Find How To Pick Up The Race Kit at page 17.

NOTE: Kids participating in Ronny Dash do not need proof of the negative test. However, parents/ adults running with the kid still need to comply with the regulations on COVID-19 HEALTH & SAFETY POLICY presented on page 7-8.



+POSITIVE PROJECT

As a pioneer and leader in the mass scale event industry, we see it as our responsibility to minimize the social and environmental impacts.

+POSITIVE PROJECT is initiated by Pulse Active from a LONG TERM COMMITMENT for bringing the influence of events to neutral environmental impact and increase POSITIVE IMPACT for our communities and the planet.

PROJECT **+ POSITIVE**

SUSTAINABILITY

COMMUNITY

EMPOWERMENT

MISSION & OBJECTIVES

Reduce Environmental Impact of our events. Raise Awareness Participants, Vendors, Suppliers to be mindful about our environment.

Contribute to the local community.

Be an advocate for LGBT, female equality and other voices which need to be heard.

ACHIEVEMENTS

- Zero Paper waste in race kit: No leaflet/ voucher & printed race guide in race kit and introduce in e-race guide .
- Reduce hiflex waste to landfill: Re-make event merchandise
- Zero Plastic bottle giving out in water station.
- Green message display around the event site.

- Contribute to the Danang sports development.
- Connect with runclub together contribute to charity community.

Growth of kid runners & family participating in running.



RECYCLE TROPHY



This green trophy will be given to our sponsors, partners, and most importantly, the winners of the race.

This trophy embraces our mission of the Green Project to make the Manulife Danang International Marathon become a more environmentally friendly and sustainable race in the future.

The trophy of Manulife Danang International Marathon 2022 will be our extraordinary edition which is made out of recycled medals.

GREEN MERCHANDISE

Give things a second life!

Following the objective of reducing the waste of a marathon into the environment. All the banners, backdrops of the event will be given a second life to become beautiful products in our daily life like bags, pen cases, etc.

We cooperated with Dong Dong Saigon, a brand that aims to raise their voice for the environment with durable and unique recycled items with high functionality, to collect all the used materials (hiflex) last year so that we can start to recycle them. All the products produced will be sold at the Merchandise booth of the race.



RECYCLED TOTE BAG

Meticulously handcrafted from recycled canvas-material products through different processes that are eco-friendly.

Dimensions: 44 × 12 × 38 cm

Limited with only 1 item available for each color.

Price: 450.000 VND



RECYCLED TRAVEL BAG

Meticulously handcrafted from recycled canvas-material products through different processes that are eco-friendly.

Dimensions: 20 × 8 × 13 cm

Limited with only 1 item available for each color.

Price: 340.000 VND


With each item purchased, Pulse Active will donate a part of the profit to Da Nang city through the Manulife Danang International Marathon 2022. When you purchase a product, it means that you are joining hands to help underprivileged children have a better life and a brighter future.

Kích hoạt *MOVE*, Kích hoạt *Sức khỏe*.

Hành trình cuộc đời thường được ví như một cuộc đua Marathon, phải có sức bền mới đến đích. Từ hôm nay, hãy để **ManulifeMOVE** đồng hành cùng bạn trên suốt hành trình xây dựng lối sống lành mạnh, khỏe hơn mỗi ngày.

Với **ManulifeMOVE**, mỗi nỗ lực vận động của bạn đều xứng đáng được tặng thưởng.

Lợi ích dành cho Vận động viên:

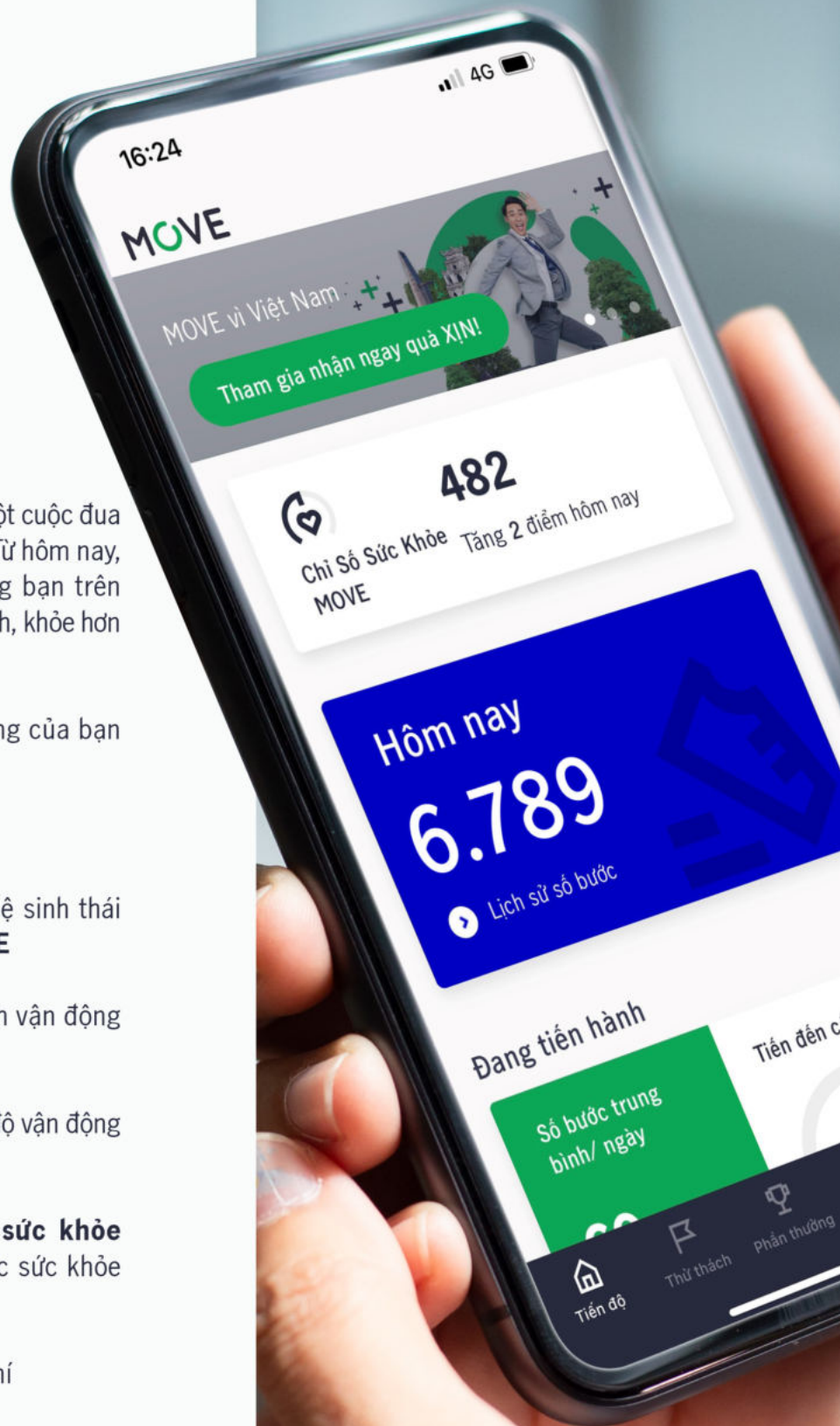
-  Nhận ngay ưu đãi đặc biệt từ hệ sinh thái đối tác sức khỏe **ManulifeMOVE**
-  Tham gia chương trình thử thách vận động và nhận thưởng hấp dẫn
-  Truy cập tính năng theo dõi mức độ vận động mỗi ngày
-  Bảo vệ sức khỏe cùng **trợ lý sức khỏe MOVE** và các tiện ích chăm sóc sức khỏe vượt trội khác (*)
-  Chương trình hoàn toàn miễn phí

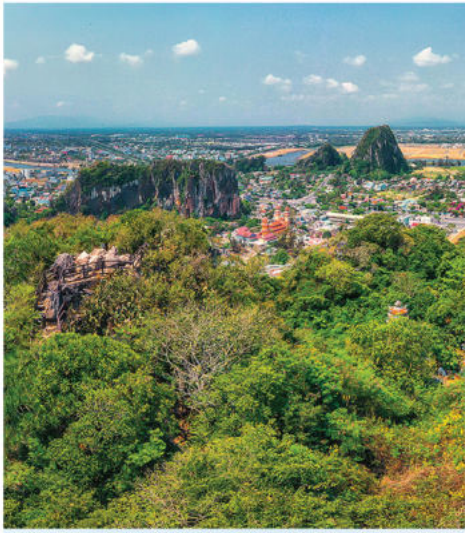


Tài & tham gia
ManulifeMOVE

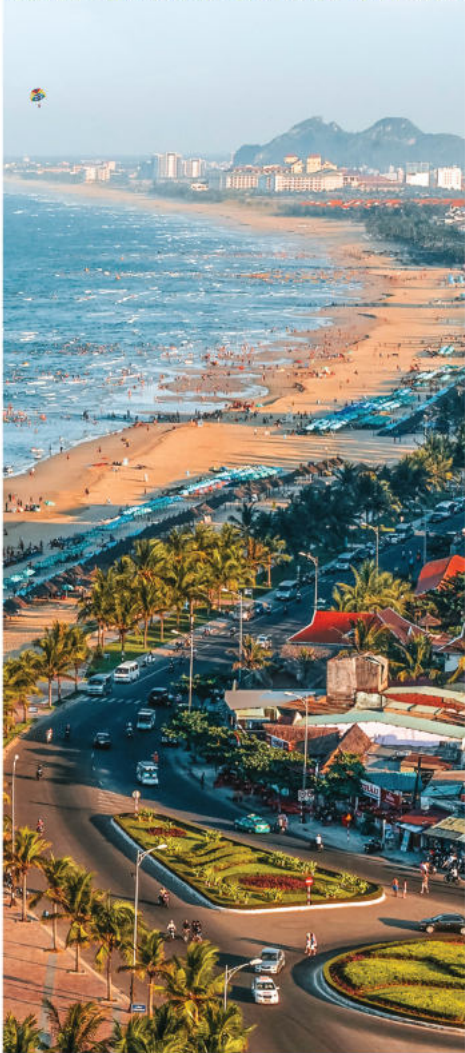


Tìm hiểu thêm
ManulifeMOVE





Danang City well known for 60km white silky sand beaches and resort surrounded by the majestic Truong Son mountain range. Danang is also the gateway to the world heritage sites including the imperial capital of Vietnam - Hue Citadel, Hoi An Ancient Town and My Son Sanctuary.



Danang attracts tourists by not only the natural beauty, colorful lights from the bridges along the Han River but also being the center for national and international events and festivals as well as nightlie activities.

Enjoy your time in Danang and create your own remakable memories.

Welcome to **Danang**,
welcome to our
FANTASTICITY!





www.danangfantasticity.com



THANKS OUR SPONSOR AND PARTNERS FOR ACCOMPANYING WITH MANULIFE DANANG INTERNATIONAL MARATHON 2022

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WE CREATE MOMENT