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RUNNER'S
GUIDE






GREAT
DELHI
RUN



#RangDeDilli

Sowing the seeds for a better tomorrow

Nand Ghar, Vedanta's flagship social impact project, is modernising 13.7 lakh Anganwadis across India with an aim to impact the lives of 7 crore children and 2 crore women

-  Pre-school education to children through smart TV for e-learning, BaLA designs and smart kits
-  Nutritious hot cooked meals and multi-millet nutri bars served to children, everyday
-  Primary healthcare access at Nand Ghar doorstep through integrated healthcare model
-  Women empowerment through skilling, credit linkage and enterprise development
-  Solar panels, water purifiers, clean toilets and real-time technology led monitoring through mobile application



#RunForZeroHunger

For every kilometer that you run at the Vedanta Delhi Half Marathon, we will contribute one meal on your behalf to a child through our Nand Ghar initiative.

TITLE SPONSOR

Welcome to the World's Most Prestigious Half Marathon

We can't wait to welcome you to the start line of the 18th edition of Vedanta Delhi Half Marathon.

Please go through the content of this runners' guide carefully. It contains details important to your race day experience. Regular updates will be uploaded on the event website.

We wish you a great run on Sunday, 15th October 2023!

- 1. Collecting Your Running Number Bib**
- 2. Medical Precautions**
- 3. A Quick Checklist Prior to Race Day**
- 4. Getting to the Event Venue**
- 5. Once Inside the Stadium**
- 6. Run Route**
- 7. On Crossing the Finish Line**
- 8. Important Race Day Timings**

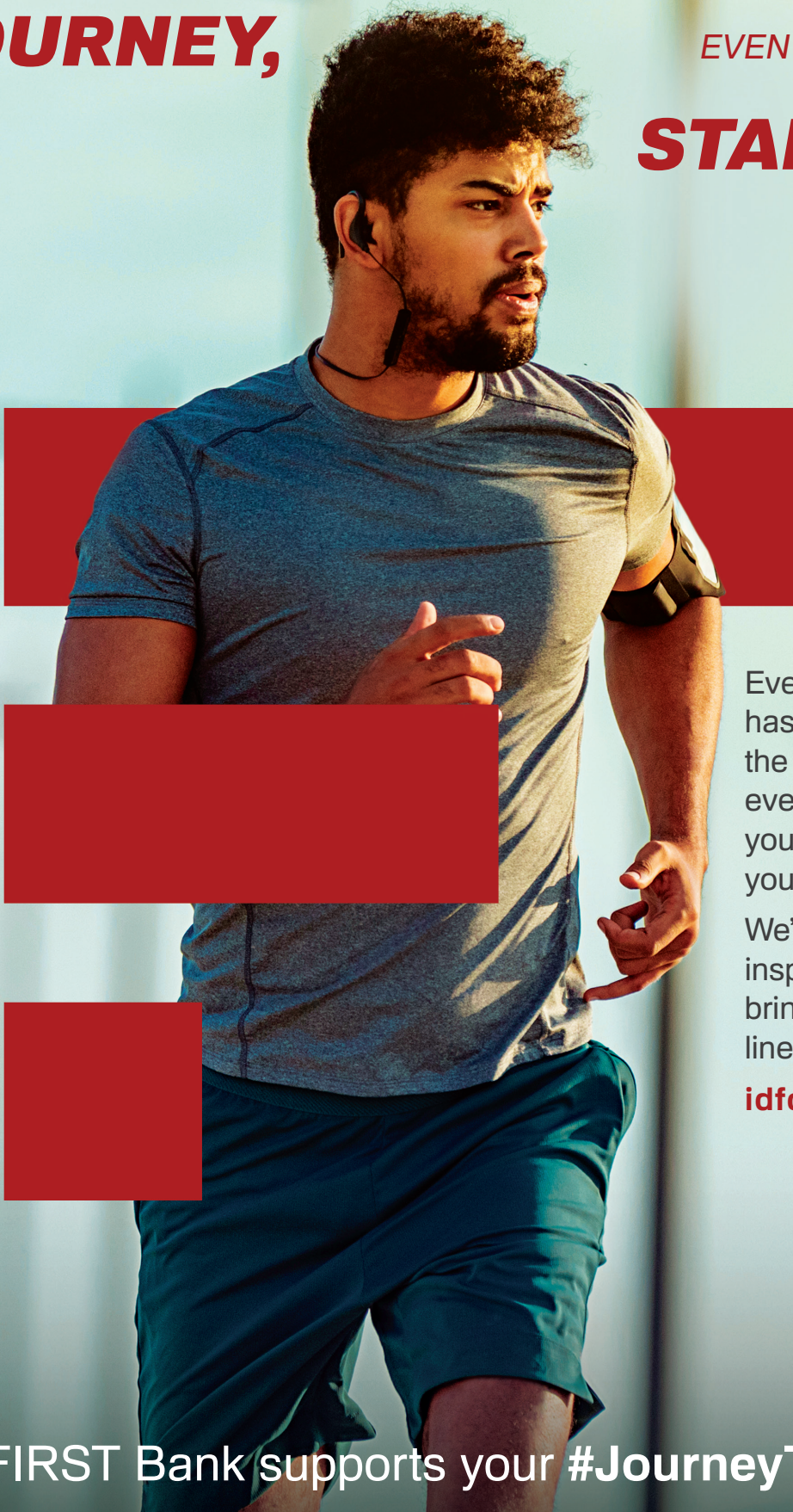
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ALWAYS YOU FIRST

MANY PEOPLE MAKE
A JOURNEY,

EVEN BEFORE THEY
GET TO THE
**STARTING
LINE**



Every step you've taken has brought you closer to the starting line, just like every bit you save gets you closer to achieving your goals.

We're celebrating the inspiring journeys which bring you to the starting line.

[idfcfirstbank.com](https://www.idfcfirstbank.com)

IDFC FIRST Bank supports your #JourneyToTheStart

1. COLLECTING YOUR RUNNING NUMBER BIB

Running number bib must be collected from the Mirchi Get Active Expo, no later than 5 p.m. on Saturday, 14th October 2023. Please do not misplace your bib – it cannot be reissued.

In order to collect your number bib, you must bring along the registration confirmation email sent to you and your photographic identification (driving license, Aadhar Card, etc.). In case you are unable to come in person, you can authorize someone else to collect your behalf. Your nominee will need to carry – (a) an authority letter signed

by you, (b) a photocopy of your photographic identification, and (c) the nominee's photographic identification.

Process to collect bibs where registered as a group.

[CLICK HERE →](#)

MIRCHI GET ACTIVE EXPO

TIMINGS:

Thursday, 12 th October	10 a.m. to 7 p.m.
Friday, 13 th October	10 a.m. to 7 p.m.
Saturday, 14 th October	10 a.m. to 5 p.m.

VENUE:

Major Dhyan Chand National Stadium, India Gate Circle, India Gate, New Delhi 110001 (entrance from Gate 4)



ASSOCIATE SPONSOR





 **vedanta** *delhi*
half marathon

PUMA 

POWERFUL RUNS

VIRAT KOHLI RUNS IN DEVIATE NITRO 2

FUELED BY
NITROTM

2. MEDICAL PRECAUTIONS

We know we are very excited to run on race day. However, it's imperative you listen to your body before, during and after your run. Most medical emergencies during the race occur in people who have not adequately trained or are unwell and push themselves on race day. If you feel feverish, or have been vomiting, have had diarrhoea or chest pains or generally are feeling unwell, then it is unfair to you and your family to risk serious illness and become a medical emergency. Runners need to take responsibility for their own health by adopting right practices regarding training, eating and hydration.

Before coming on race day, do review these medical scenarios. In case your answer is YES to any of these medical scenarios, you seek your doctor's clearance for participating in the race.

[CLICK HERE →](#)



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*All India Ex-Showroom price. T&C apply.



Bisleri

#CARRY YOUR GAME



Official Hydration Partner for



3. A QUICK CHECKLIST PRIOR TO RACE DAY

Checklist

- Read this handbook thoroughly.
- Collect your running number bib from the Mirchi Get Active Expo.
 - If you have registered as a member of a group, and an authorized person has collected the bibs on behalf of the entire group, make sure that you have received the running number bib specifically allocated to you by the event's registration team.
- Do check that your medical/health insurance is up to date and valid.
- Confirm that your emergency contact person, mentioned in the application form, is available and easily reachable on race day in case of any emergency.
- Check the weather forecast and plan your running clothing and accessories accordingly.
- Temperature forecast in Delhi on 15/10/2023: 36°C high and 22°C low.
- Familiarise yourself with road closures on race day.
- Know your respective course well – it is your responsibility to know it on race day.

**Source: accuweather.com as on 3/10/2023*



**BHOOKH KI FINISH LINE HAI
BHAARI FUSE.**

THE OFFICIAL SNACKING PARTNER



4. GETTING TO THE EVENT VENUE

On race day (15/10/2023) the Jawaharlal Nehru Stadium is the Event Venue from where the Great Delhi Run will start and finish at.

You can enter the stadium premises only through either Gate 13 (near CBI Bldg, on JLNS Marg) or Gate 8 (opp. Barapullah bus depot).

All running number bibs will be scanned at the entrance of the venue premises. Persons without a bib or wearing an incorrect or invalid number bib, or where the photograph submitted along with the form does not match with the person wanting to enter the stadium premises, WILL NOT be allowed entry. You are requested to cooperate with the police and security personnel. This is in the interest of safety of all on race day.

Only confirmed participants wearing the valid running bib are allowed inside the stadium premises. Participants should make necessary arrangements to meet their friends/family/ supporters, before and after your run, strictly outside the stadium premises.

REACHING THE EVENT VENUE

This edition, for the ease of commute of VDHM 2023 runners, the Delhi Metro Rail Corporation (DMRC) will resume its metro train services on race day from 4 a.m. onwards, from all terminal stations with headway of 30 minutes.

Runners can use the NCMC card or purchase tickets through Mobile QR code prior to reaching your boarding station – this will save your precious time in manually purchasing tickets at the station. To purchasing mobile ticket, you can download DMRC Travel App (https://play.google.com/store/apps/details?id=com.sraoss.dmrc&pcampaignid=web_share)

However, if you choose to travel to the venue using your car or motorbike, you may park either at the Barapullah Bus Depot parking, Scope Complex parking or Sunehari Bus Depot parking. Parking slots are limited, and strictly basis availability of space. *Please note, half marathon participants will get priority in availing parking stickers.*

Parking stickers will be issued at the Mirchi Get Active Expo (expo venue and timings mentioned earlier in this document), on first come first served basis. To avail a parking sticker, you will need to show your running number and give the following details to our volunteers at the expo – (a) your contact number, (b) registration number of the vehicle you will be using on race day and (c) where the car is not self-driven, the name and number of the driver.

We urge you to Car Pool on race day.



FAST&UP

vedanta *delhi* 15 october, 2023
half marathon

RUN RELOAD REPLENISH



#KeepsYouGoing >



5 Essential Electrolytes > **2x** Faster Hydration > **10x** Less Sugar

Drop > Fizz > Drink

5. ONCE INSIDE THE STADIUM

On race day, you must reach the JLNS entrance gates at least one (1) hour prior to the scheduled start time.

This early arrival allows ample time for you to access your designated start pens, avail essential facilities like chemical toilets, water & access the medical aid stations (in case you need any immediate medical attention), and importantly, mentally prep up for your race. Do anticipate queues at the approach roads and at the stadium entrance gates. You are advised to plan your journey accordingly, reach the venue in time and enjoy a stress-free start to your race.

To view Event Venue map

[CLICK HERE →](#)

FACILITIES PROVIDED BEFORE RACE START



Bisleri water.



Toilets (men & women).



Medical aid, courtesy Metro Group of Hospitals.

RUN IN COSTUME

Cosplay, a made-up word coined from a combination of the words Costume and Play (play the role of the character embodied), has taken the world by storm, becoming a popular way for fans to express their love for their favourite characters and stories. As a dynamic and ever-evolving art form, cosplay allows individuals to transform themselves into their favourite characters, embodying their personalities and quirks. With the rising popularity of cosplay in India, we aim to celebrate this subculture by continuing the Run in Costume contest. This event encourages participants to showcase their creativity and passion for cosplay while running in their favourite costumes.

Run In Costume details

[CLICK HERE →](#)

LIVE TELECAST ON

15th Oct 2023
6:30 a.m. onwards

Telecast Partner



HD

CELEBRATE COLOURS OF JOY



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NEW DELHI

Our passion for art, culture and cuisine drives us to inspire our guests in more than one way. Culinary experiences offer an opportunity to unlock local flavours and enable you to discover colours of joy!

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For more information or to make a reservation, call +91 11 2371 0101

6. RACE ROUTE

Here is the official Great Delhi Run Route and facilities provided.

[CLICK HERE →](#)

We look forward to your cooperation and assistance in making this event a safe and enjoyable one for all.

RACE DAY EMERGENCIES

For any assistance or to report a medical or any other emergency on race day, reach out to the event volunteer closest to you or simply call the Event Helpline Number **+91 8527276694**.

Hospitals located near the route.

[CLICK HERE →](#)



No, no – your eyes are not damaged

It's your brain. It's suffering from loss of focus. Common thing really – it's happening to all of us. Remember when you could sit down and write a 500-word essay in one go?

Try that now. You don't want to? Hmm...

Without realising it, your mind is losing its ability to focus. Because everything around is telling it to jump. From this to not this. Then back to this. Now to that. And the other. Shifting focus all the time and not concentrating on any one thing at all. When was the last time you read 103 words at one go? That's 109 now, and you'll see your focus is returning. Reading does that.

Reading grabs hold of your mind and keeps it engaged on just one thing. With the disturbances shut out, your brain can get back to being sharp. Memory gets sharper too. And imagination more vivid. Your ideation improves. Soon, you're halfway to being Einstein...

Don't stop, now that you've started. Pick up a book and carry right on.



7. ON CROSSING THE FINISH LINE

The time limit for completing the Great Delhi Run distance is 45 minutes from the start time. If you are unable to finish your run within this time, stick to the footpath, and make your way to the finish line. Vehicular traffic will start on the route from 10:30 a.m. onwards.

Please respect the Finish Line. Do not stand at the finish line to pose for pictures or wait for your buddy runners. Remember other runners too deserve a great finish experience.

Once you have crossed the Finish Line, you cannot re-enter the course during the race time, with or without your running number bib. Your participation is liable to be disqualified on re-entering the course.

FACILITIES PROVIDED POST THE FINISH LINE



Bisleri water station. Refilling stations too will be available to refill your used bottle.



Medical base camp, courtesy Metro Group of Hospitals.



Finisher Medal. Capture the moment with your finisher medal against various selfie points within the ground, upload and tag [@delhihalfmarathon](#) on your social media handle.

Don't litter, it makes the world bitter.

- We need your help to keep the race litter free.
- Participants encouraged to bring their own water bottle to the event which can be refilled at the refill counters provided at water stations.
- There are designated waste stations at the venue. Do dispose the peels/leftovers in the correct bin nearest to you.
- There are several other green initiatives

[CLICK HERE TO KNOW MORE →](#)



Refreshment pack.



Toilets (men & women).

[Race Regulations](#)

[CLICK HERE →](#)

**CAPTURE YOUR
MOMENTS OF TRIUMPH
AT THE**



oneglint

vedanta
delhi half marathon
15 october,
2023
4500

PURCHASE YOUR PHOTOS FROM

<https://photos.oneglint.com>

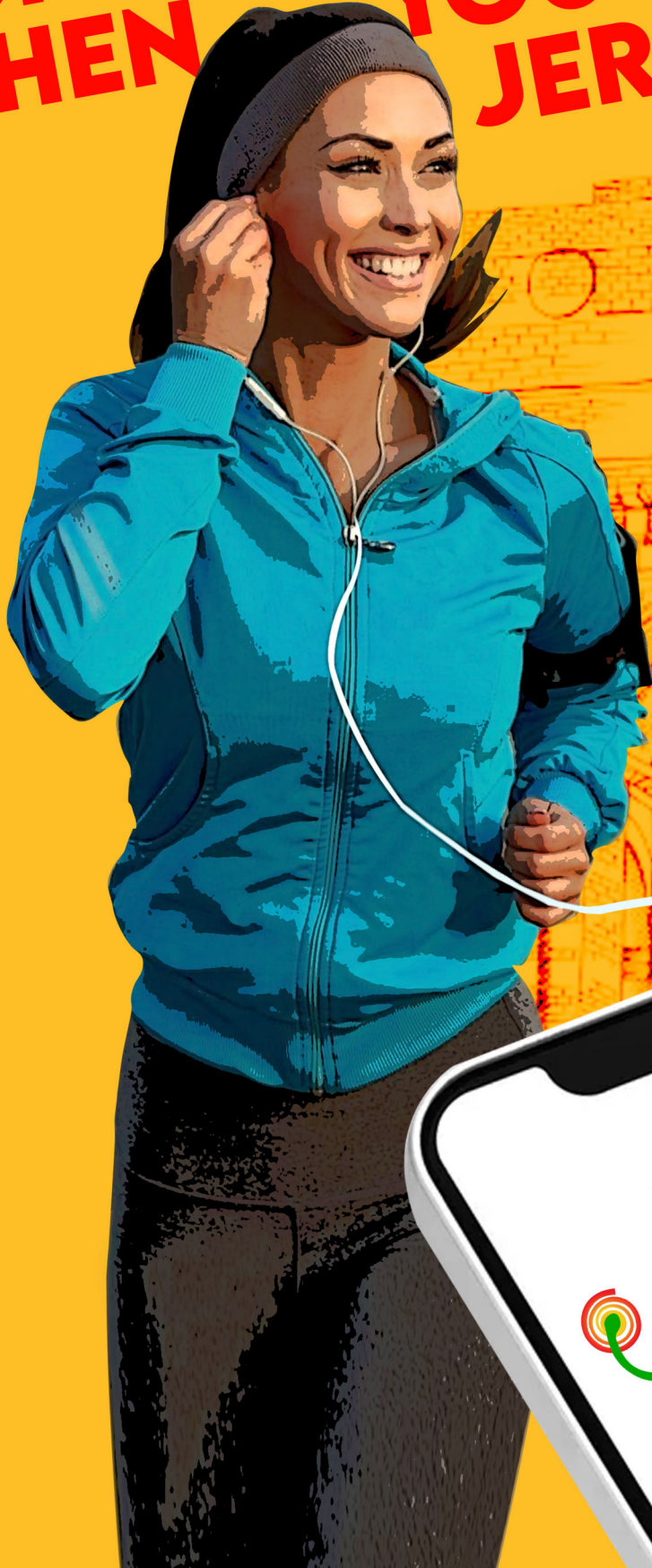


vedanta



delhi ^{15 october,}
half ²⁰²³marathon

**RUN STRESS-FREE
WHEN YOUR MUSIC IS
JERK-FREE**



Entertainment
Partner



MIRCHI[®]
It's hot!

FM RADIO | DIGITAL | LIVE

8. IMPORTANT RACE DAY TIMINGS

Important: The timings mentioned in this document will be strictly followed from this edition onwards. Runners reaching the holding area late and/or starting their race after the scheduled cut-off time, for reasons whatsoever, tend to create hindrance and compromise the experience of participants, especially those running the subsequent race categories. Runners not adhering to the timings mentioned below will not be allowed to participate in the 2023 Vedanta Delhi Half Marathon.

[CLICK HERE →](#)

For more details



* Great Delhi Runners reaching the holding area gate after 9:10 a.m., and not wearing the valid bib, will not be allowed to participate in the 2023 edition of Vedanta Delhi Half Marathon.

VEDANTA DELHI HALF MARATHON AB DUR NAHI

LIVE TELECAST ON

15th Oct 2023
Begins 6:30 AM



HD

Telecast Partner

MEDICAL PARTNER

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for Vedanta Delhi Half Marathon**



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- Preet Vihar, Delhi • Pandav Nagar, New Delhi
- Haridwar, Uttarakhand • Jaipur, Rajasthan
- Meerut City, UP • Rewari, Haryana
- Vadodara, Gujarat • Greater Noida, UP

INTERNATIONAL

- Muscat Premier Medical Centre, Oman
- Metro RLV Polyclinic - Phnom Penh, Cambodia

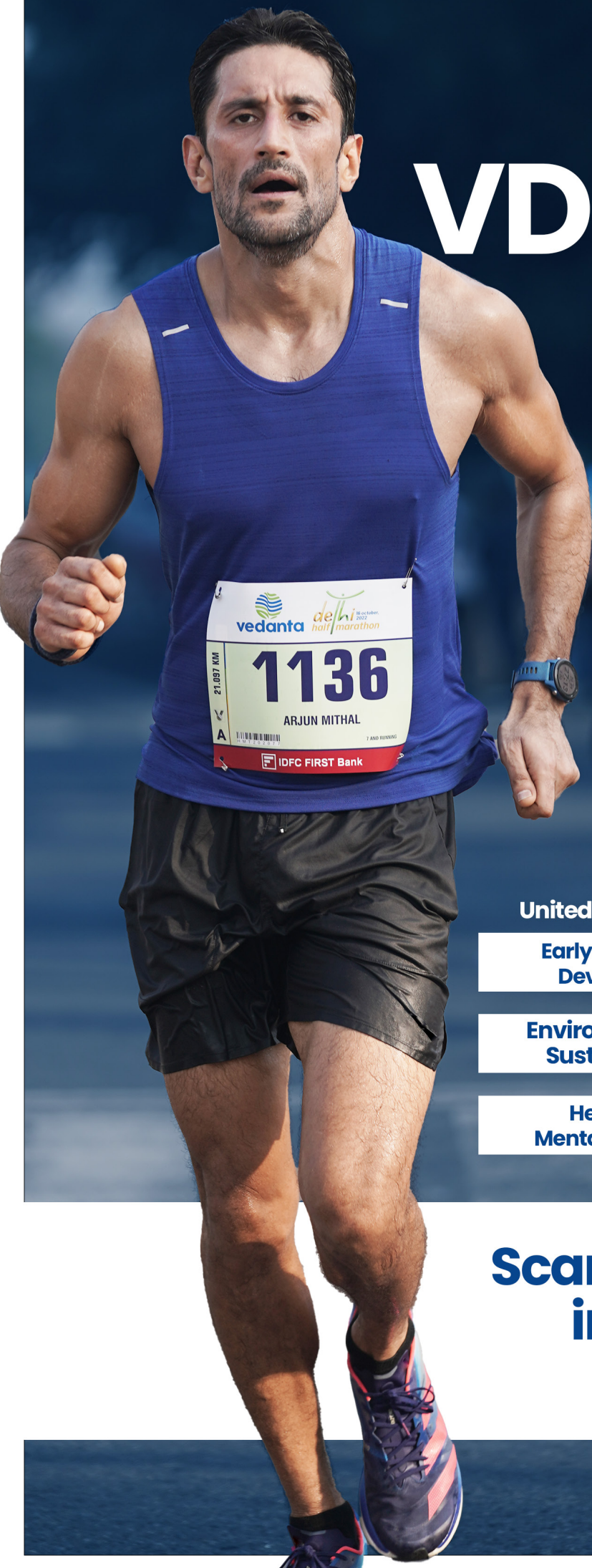
UPCOMING PROJECTS

- Metro Hospital, Moga Punjab
- Metro University, Greater Noida

PHILANTHROPY PARTNER



Run in the VDHM 2023 And make a difference in the lives of those who NEED!



#inspirechange

United way Delhi is working across 6 Thematic Areas

Early Childhood
Development

Education and
Youth Success

Environment and
Sustainability

Disaster Response/
Preparedness

Health and
Mental Well Being

Financial Stability

And More....

Scan to support
in which you
believe in



yehdaudjeetkiaur
<https://dhm.unitedwaydelhi.org/>



**WE ARE
RIGHT NEXT TO YOU
IN EVERY RUN OF LIFE**

Emoha Eldercare is the proud facilitator of the Senior Citizens' Run at the Vedanta Delhi Half Marathon, 2023.

Emoha Elder Care is India's most trusted elder care brand that gives seniors access to a healthier and active life and a choice to age magnificently in the comfort of their home. Our services are curated for emergency support, health and medical support, community support and social support.

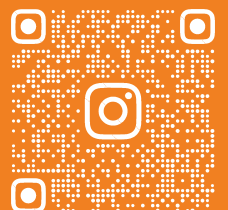
BRING YOUR **PASSION
FIRE
ENTHUSIASM
DESIRE** 



make a difference.
don't judge the difference.

#UnitedWeRun

For a world where no one is left behind.
For a world where barriers are broken, and stereotypes shattered.
For a world where disability is not considered inability.



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Website: <https://delhihalfmarathon.procam.in>

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