



vedanta

delhi 20 october, 2024
half marathon



Associate Sponsor



GREAT DELHI RUN 4.5 KM (APPROX) RUNNER'S GUIDE

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RANGDILLI

Welcome to the World's Most Prestigious Half Marathon

Welcome to the World's Most Prestigious Half Marathon
We eagerly wait to welcome you at the start line of the 19th edition of the Vedanta Delhi Half Marathon.

Please do go through the content of this runners' guide carefully. This contains details important to your race day experience - how to reach the event venue, medical advisory, facilities available, important race day timings, and much more. Regular updates will be uploaded on the event website.

We wish you a great Fun-Day on Sunday, 20th October 2024!

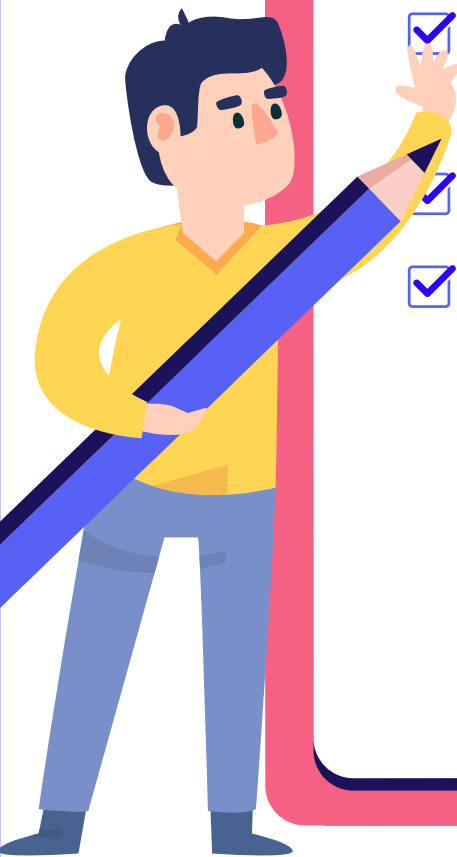
Checklist before race day

- 1. Your running number bib**
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Checklist

- Read this handbook thoroughly.
- Collect your running number bib from the Mirchi Get Active Expo.
- 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 New Delhi on 20/10/2024: 32°C high and 21°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 03/10/2024*





THANK YOU
FOR JOINING THE WORLD'S MOST PRESTIGIOUS HALF MARATHON!

Vedanta Delhi Half Marathon 2024

#RunForZeroHunger

*For every kilometer you ran, we will contribute one meal.
These meals will help us nourish children and feed animals.*

Vedanta Delhi Half Marathon stands testimony to your passion for sports and desire to make an impact. Through the continued support from athletes like you, #RunForZeroHunger has now become a mass movement across the nation. Your participation this year helped raise millions of meals, providing nourishment for children and care for animals across the country.

We eagerly look forward to seeing you in the next edition, with the same fervor and zeal.

www.vedantalimited.com



1. COLLECTING YOUR RUNNING NUMBER BIB

It's important that every runner must collect his/her running number bib from the Mirchi Get Active Expo, **no later than 5 p.m. on Saturday, 19th October 2024.**

MIRCHI GET ACTIVE EXPO

TIMINGS:	
Thursday, 17th October	10:30 a.m. to 7 p.m.
Friday, 18th October	10 a.m. to 7 p.m.
Saturday, 19 th October	10 a.m. to 5 p.m.
VENUE:	
KD Jadhav Wrestling Stadium J6MX+7C3 Indira Gandhi Indoor Stadium, ITO, Vikram Nagar, New Delhi 110002 (Entrance from Gate No. 16)	



Your number bib can be collected from the bib collection counter, specifically marked as 'Great Delhi Run'. You must bring the following documents with you to collect your bib:

- Confirmation email sent by the registration team, and
- Your photographic identification (driving license, Adhar card, etc.)

How to Approach
Expo Venue

[CLICK HERE](#)

In case you are unable to come in person, you can authorize someone else to collect on your behalf. Your nominee must carry – (a) an authority letter signed by you, (b) a photocopy of your photographic identification, and (c) the nominee's photographic identification.

While collecting your bib, do check the spelling of your name with us. Also, once issued, **do not misplace your number bib** – we will not be able to reissue another.

Important: You must be extremely careful that your bib does not get exchanged with any other runner's bib or handed over to any other person. Running bib is assigned specifically to each runner; any exchange would result in disqualification of your participation from the 2024 and 2025 editions of the Vedanta Delhi Half Marathon.



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Bank

ALWAYS YOU FIRST

*Your **goals are unique** to you.
Just **like your OTP** should be.*

At IDFC FIRST Bank, we prioritize safe banking practices. In our commitment to #SafetyFIRST, we understand the importance of securing your financial journey. **Your OTP matters as much as your fitness goals – they're both unique to you and you alone.**

IDFC FIRST Bank encourages safe banking practices #SafetyFIRST



IDFC FIRST Bank supports your

#JourneyToTheStart

2. MEDICAL PRECAUTIONS

Before participating on race day, please review these medical scenarios based on the 2020 PAR-Q+:

1. Has your doctor ever said that you have a heart condition or high blood pressure?
2. Do you feel pain in your chest at rest, during your daily activities of living, or when you do physical activity?
3. Do you lose balance because of dizziness, or have you lost consciousness in the last 12 months?
4. Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?
5. Are you currently taking prescribed medications for a chronic medical condition?
6. Do you have a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active?
7. Has your doctor ever said that you should only do medically supervised physical activity?

The above questionnaire helps identify any potential health risks associated with physical activity. **You are strongly advised to consult your personal physician before embarking on training and participating in the event.** If you have answered 'YES' to any of the above 2020 PAR-Q+ questions, it is even more reason for you to seek medical advice before you commence training and participate on race day. While running has its health benefits, it's crucial to acknowledge the reality of your body, mind, and the inherent risks associated with negotiating extended distances. Train responsibly and ensure you are fit to participate safely.

Only a doctor who is familiar with your unique

medical history, current health status, medications, and pre-existing risk factors can provide guidance on your suitability for training and participation in the Vedanta Delhi Half Marathon 2024.

Please go through
the detailed
Medical Advisory

[CLICK HERE](#)

Before you reach the venue, we recommend taking a moment to complete the emergency contact information on the back of your bib. This information should include details such as allergies, medical conditions, and the contact's name and mobile number of the person we can call in case of any emergency. Such person should be easily reachable on race day and should ideally not be a participant at 2024 Vedanta Delhi Half Marathon



GREAT DELHI RUN (4.5 km approx)	
[IMPORTANT] By displaying this running number bib, you are agreeing to abide by the rules and regulations of the Event. This bib is for the confirmed participant of this event, to whom the number has been specifically allocated. This bib is strictly non-transferable. Participant found to have interchanged his/her running number bib with another individual, will be disqualified from 2024 and 2025 editions of the Event.	
SAFETY IN CASE OF EMERGENCY ON RACE DAY (complete in waterproof ink)	
Participant's Name	Instructions 1. Wear the bib number visibly on the shirt. 2. Do not fold or crumple your bib number. 3. Attach the bib horizontally to your shirt - NOT on your back. 4. Always keep the bib number visible - Do not remove or cover the bib with anything including a garment. 5. You can keep the bib with you as a memento.
Emergency Contact Name *(Family/Friend/Guardian)	
Emergency Contact Number (of the person mentioned above)	
Medical Condition if any	
* Should not be a participant of Vedanta Delhi Half Marathon 2024 For race day emergencies, call event helpline on + 91 8527276694 Please retain your bib to check your race day photos on event website	
GREAT DELHI RUN RACE START TIME: 9:00 a.m. HOLDING AREA GATE CLOSING TIME: 9:20 a.m. Entry to stadium premises only through the following gates: ▶ Gate 13 ▶ Gate 8.	

BE RACE READY WITH **PUMA** **NITRO**TM

AVAIL **20% DISCOUNT** ON THE LATEST COLLECTION,
WITH YOUR UNIQUE CODE SHARED POST RACE REGISTRATION

JOIN PUMA NITRO RUN COMMUNITIES



DELHI



BANGALORE



MUMBAI



3. THE EVENT VENUE

The iconic Jawaharlal Nehru Stadium is the Event Venue, from where the Great Delhi Run will start and finish at.

On race day, 20th October 2024, runners can enter the stadium premises only through the following gates:

- Gates 7 and 8 (from below the Barapullah flyover)
- Gate 13 (near CBI Bldg, opp. Scope Complex)

Ensure you affix the running number bib to your vest before entering the stadium premises. Only confirmed participants wearing a valid 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.

All running number bibs will be scanned at the stadium entrance gates. 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.

REACHING JLN STADIUM

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

For details on how to reach the JLN Stadium

[CLICK HERE](#)

We encourage all participants to use the Delhi Metro services on race day – it's not only a **Greener Way to travel**, it's also convenient, quicker to reach and negates hassles of traffic, waiting and parking availability.



Parking stickers:

If you do plan to travel with your own vehicle, car and motorbike, stickers will be issued at the Mirchi Get Active Expo (expo venue and timings mentioned earlier in this document), on a first come first served basis. We encourage you to carpool (at least 3 participants in a car). To avail a parking sticker, you will need to show your running number bib 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. Parking at parking venue/s will be on a first come first park basis. Furthermore, there is special bicycle parking available outside Gate 13. Please bring along a chain and lock to secure your bicycle and helmet.

Remember, parking is at the owner's risk.



#DRINKITUP दिल्ली



Bisleri




Official Hydration Partner for



4. ONCE INSIDE JLN 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 comfortably meet with your group runners, and to avail essential facilities like chemical toilets, water and access the medical aid stations (in case you need any immediate medical attention), and importantly, mentally prep up for the run. 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 run.

FACILITIES BEFORE YOUR RUN START

-  Bisleri water
-  Toilets (men & women)
-  Medical aid, courtesy Metro Group of Hospitals

For a detailed venue map plotting location of facilities provided

[CLICK HERE](#)

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.

For more details on
Run In Costume

[CLICK HERE](#)



LIVE TELECAST ON

20th Oct 2024
6:15 a.m. onwards

Telecast Partner



HD



delhi 20 october,
2024
half marathon



THE COMPETITION
CAN'T STOP YOU,
BUT BHOOKH CAN.

**Bhookh ko hara.
Sab ko hara.**



THE OFFICIAL SNACKING PARTNER

5. RACE ROUTE

For the Great Delhi Run route
with facilities

[CLICK HERE](#)

For hospitals located near
the route

[CLICK HERE](#)

To report a medical or any other emergency, or for any assistance on race day, reach out to an event volunteer closest to you or simply call the **Emergency Event Helpline +91 85272 76694**.

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



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the Electric Two Wheeler Partner
of The Vedanta Delhi Half Marathon.



#MAKEWAY



VIDA

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6. ON CROSSING THE FINISH LINE

The time limit for completion of 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 one side of the road, better still 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 need to cross the finish line.

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.

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, within the event venue.
- 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 →](#)

FACILITIES PROVIDED POST THE FINISH LINE



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



Fast&Up Energy Drink station



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 the event on your social media handle – handles are mentioned in the contact details at the end of this document.



Refreshment pack.



Toilets (men & women)



Participation certificates will be available for download from the event website within 7 working days of race day. Physical certificates will not be posted to anyone.

For a detailed venue map plotting location of facilities provided

[CLICK HERE](#)

Race Regulations

[CLICK HERE](#)

OWN YOUR BEST RACE DAY MOMENTS

it's your run
it's your moment

strike a pose
we will frame it, for you

with love



oneglint



FAST&UP

vedanta *delhi*
half marathon

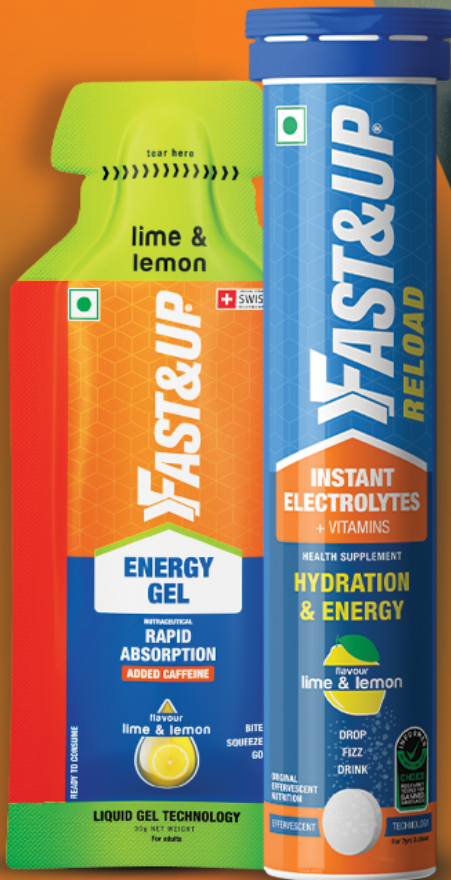
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5

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7. IMPORTANT RACE DAY TIMINGS

Important: The timings mentioned in this document will be strictly followed at this edition. 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. Runners not adhering to the timings mentioned below will not be allowed to participate in the 2024 Vedanta Delhi Half Marathon.

	from 7:00 a.m.	Runners will be welcomed inside JLNS premises through Gate 13, Gate 7 and Gate 8
	7:30 a.m. to 8:45 a.m.	Run In Costume judging & presentations
	8:30 a.m.*	Cut-off time for alighting at drop off points
	8:45 a.m.*	Gates 13, 7 and 8 will be closed for entry
	9:00 a.m.	Great Delhi Run START TIME
	9:30 a.m.*	Holding area gate closing time
	45 minutes hours from start time	Finish cut-off time

* Great Delhi Runners reaching the holding area gate after 9:30 am, and not wearing the valid bib, will not be allowed to participate in the 2024 edition of Vedanta Delhi Half Marathon.



delhi 20 october,
2024
half marathon

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



8. EVENT CONTACT DETAILS

Event website: vedantadelhihalfmarathon.procam.in

Event helpline: 8527276694 (Monday to Saturday, 10 am to 7 pm)

Whatsapp: 8976994484

Event email: vedantadelhihalfmarathon@procam.in

Social Handles

 @DelhiHalfMarathon  @DelhiHM  @DelhiHM_

(tag @DelhiHalfMarathon on Instagram and use the hashtags #VedantaDHM24 #AaRangDeDilli to share your journey, and a chance to get featured on event's official pages!)



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