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RUNNER'S GUIDE HALF MARATHON



#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 and race results thereafter. 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. Race Route**
- 7. On Crossing the Finish Line**
- 8. Important Race Day Timings**

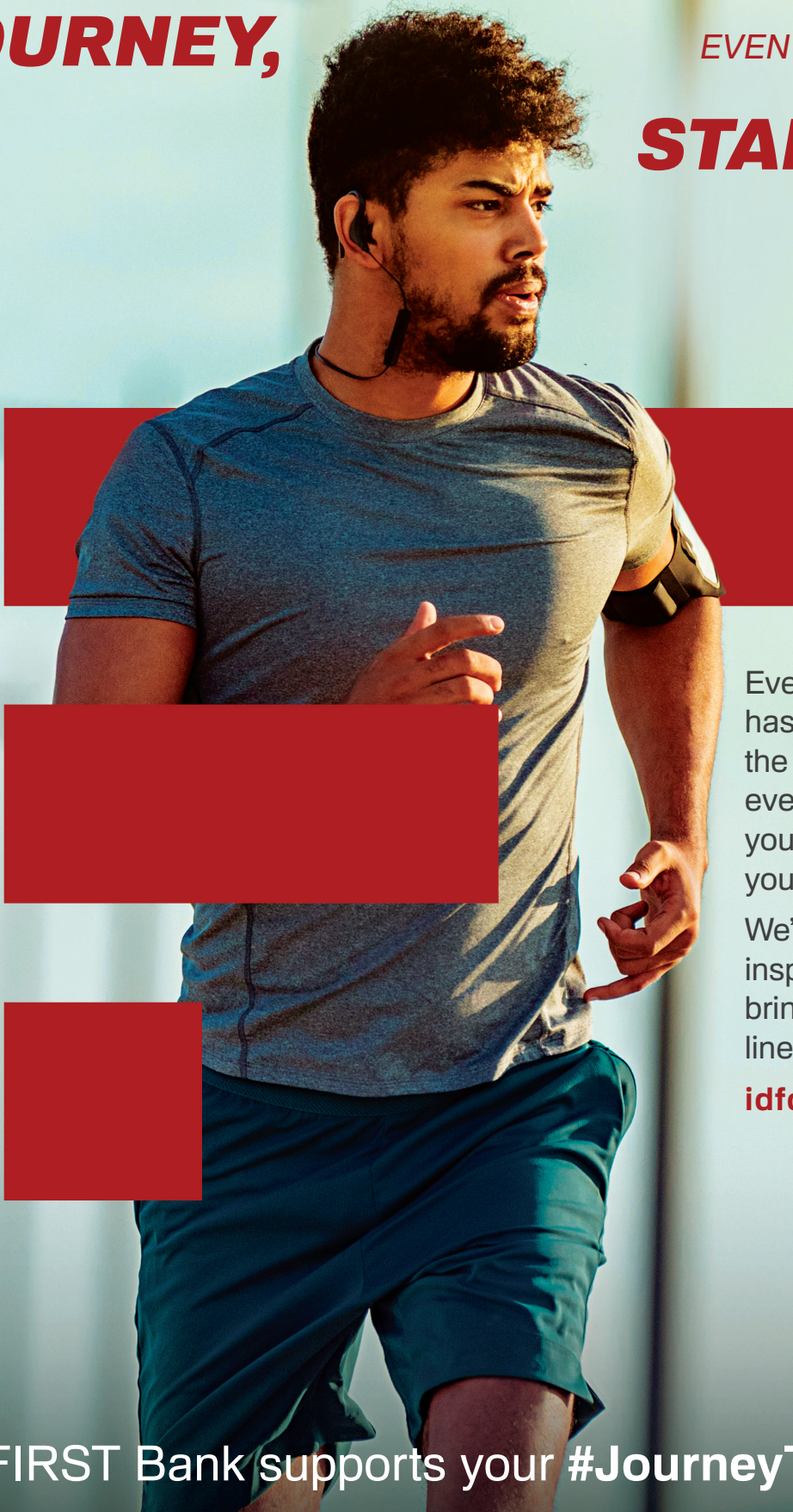
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ALWAYS YOU FIRST

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.). While collecting your bib, do check your personal

details with us (spelling of your name, gender and date of birth). This is important in order to generate results post the race.

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.

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)	



Since you are participating in the Half Marathon, a RFID bib tag has been attached to the bib back. In light of this, a few Don'ts to make a note of. This is to make sure that the effectiveness of the tag does not reduce.

- Don't fold or crumple your number bib or timing tag.**
- Don't pierce the tag while pinning on number bib on your vest.**
- Don't remove the timing tag from the bib.**
- Don't place your bib on your television set or near any electronic gadget.**



 **vedanta** *delhi*
half marathon

PUMA 

POWERFUL RUNS

VIRAT KOHLI RUNS IN DEVIATE NITRO 2

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NITROTM

2. MEDICAL PRECAUTIONS

Since the half marathon is a challenging distance, 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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the Vedanta Delhi Half Marathon



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



Bisleri

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vedanta



delhi
half marathon

3. A QUICK CHECKLIST PRIOR TO RACE DAY

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 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](https://www.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 where the half marathon race 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, there is very limited parking space available for half marathon participants on race day at Barapullah Bus Depot Parking, Scope Complex parking & Sunehari Bus Depot Parking.

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

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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



Baggage Drop – You can store your bag (only 1 per runner) at the baggage counters. Do retain the counterfoil of the baggage tag for ease of baggage retrieval post your run. Please do not leave valuables like mobile phone, camera, watch, etc. in the bag stored. **Procam International is not responsible for any loss, theft or misplacement of your bag or contents stored therein.**



Bisleri water.



Toilets (men & women).



Medical aid, courtesy Metro Group of Hospitals.

PUMA WARM-UP

Your race day will start on high energy with the much-needed warm-up conducted by PUMA professionals. Warming up is an important part of distance running; it gets your body ready for physical exertion on course. Over the years, this warm-up has seen incredible number of runners preparing themselves for the race with coaches providing advice ahead of the race.

MEET YOUR OFFICIAL HALF MARATHON PACERS

Helping runners to pace the half marathon and finish at the predesignated finish time, are 16 seasoned runners, the Official Half Marathon Pacers.

These Pacers will start their race at 5:20 a.m. and will be stationed at their respective start sections within the holding area, depending on the bus they are leading individually. A Pacer can be identified by the flag s/he will be carrying; the net finish time within which the pacer is expected to cross the finish line will be mentioned on the flag.

Disclaimer – Pacing is a voluntary act. Neither the pacer nor the event promoter can be held responsible if the pacer is unable to complete her race within the specified time or unable to start the race due to reasons whatsoever.

To know your pacer.

[CLICK HERE →](#)

LIVE TELECAST ON

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

Telecast Partner



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6. RACE ROUTE

Here is the official Half Marathon Race Route and facilities provided.

[CLICK HERE →](#)

TIMING YOUR RACE

There are 8 timing corridors on the Half Marathon route. Please do ensure you pass through these timing corridors placed at designated timing split points on course, in addition to the timing mats under the start and finish gates.

Timings and rankings will not be generated for runners who miss running through all timing points; performance of such runners will be considered as incomplete and will not be considered for rankings nor prize money winnings.

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 →](#)

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



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 completion of the half marathon distance is 3½ hours from the start time. If you are unable to finish your race within this time, stick to one side of the road, and make your way to the finish line. Remember, the Half Marathon elite will have right of way from 7:30 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, and perhaps achieve their personal best.

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.



Fast&Up Energy Drink station



Medical base camp, courtesy Metro Group of Hospitals.



Recovery zone by Hyperice. Be patient and wait for your turn at this zone as many runners may be finishing their race at the same time as you.



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.



Refreshment pack.



Toilets (men & women).



Baggage retrieval. Don't forget to collect the bag you deposited by 10:30 a.m. on race day. If you unable to do so on race day, please do connect with our event helpline (+91 8527276694) by 2 p.m. on 16th October 2023.

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 →](#)

TIMING RESULTS

You will receive your finish time through SMS on the mobile number you had mentioned at the time of applying for the race.

Provisional race results, with individual rankings will be uploaded on the event website by 5 p.m. on race day.

Timing results will be finalized within 21 working days after race day. Results will be subject to the prize money rules and race regulations. Non-adherence with any of the rules/regulations will amount to disqualification of the runner's performance at the 2023 edition of Vedanta Delhi Half Marathon – no timing, no ranking, no certificate, no prize money.

[Half Marathon prize money and rules](#)

[CLICK HERE →](#)

[Race Regulations](#)

[CLICK HERE →](#)

CAPTURE YOUR
MOMENTS OF TRIUMPH
AT THE



PURCHASE YOUR PHOTOS FROM

<https://photos.oneglint.com>

TIMING CERTIFICATES

Timing certificates will be available for download from the event website immediately of finalising the timing results. Physical timing certificates will not be posted to anyone. Timing certificates of this 2023 edition can be used for timing qualification of any race globally.





vedanta



delhi ^{15 october,}
half ²⁰²³ marathon

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WHEN YOUR MUSIC IS
JERK-FREE**



Entertainment
Partner



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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

From
4:00 A.M.

Runners will be welcomed inside JLNS premises through Gate 13 and Gate 8

PUMA warm-up session

4:30 A.M. to
4:55 A.M.

4:45 A.M.

Cut-off time for alighting at drop off points

Gates 13 and 8 will be closed for entry

5:00 A.M.

5:10 A.M.

Line-up starts

Holding area gate closing time

5:15 A.M.*

5:20
A.M.

Half Marathon START TIME

Cut-off time for half marathoners to cross the start line

5:50
A.M.**

3½
HOURS
from start
time

Finish cut-off time

* Half marathoners reaching the holding area gate after 5:15 a.m., and not wearing the valid bib, will not be allowed to participate in the 2023 edition of Vedanta Delhi Half Marathon.

** Starting your race after the cut-off time mentioned below will result in the non-generation of your race day timing.

VEDANTA DELHI HALF MARATHON AB DUR NAHI

LIVE TELECAST ON

15th Oct 2023
Begins 6:30 AM



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Telecast Partner

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- 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

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

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 vedanta  delhi 15 october,
2023 half marathon



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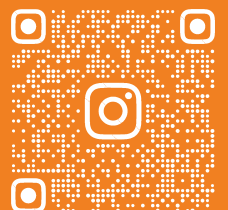
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For a world where barriers are broken, and stereotypes shattered.
For a world where disability is not considered inability.



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