



**vedanta**

**delhi** 20 october, 2024  
**half marathon**



Associate Sponsor

# OPEN 10K 10 KM RUNNER'S GUIDE

आ **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, race results and much more. Regular updates will be uploaded on the event website.

We wish you a great run on Sunday, 20th October 2024!

## Checklist before race day

- 1. Your running number bib**
- 2. Medical Advisory**
- 3. Start Venue**
  - Reaching the Start Venue
- 4. Once inside the Start Venue**
  - Facilities before your start
  - Official Pacers

## Race Route

- 5.**
  - Start Waves
  - Timing your Race

## Race Day Emergencies

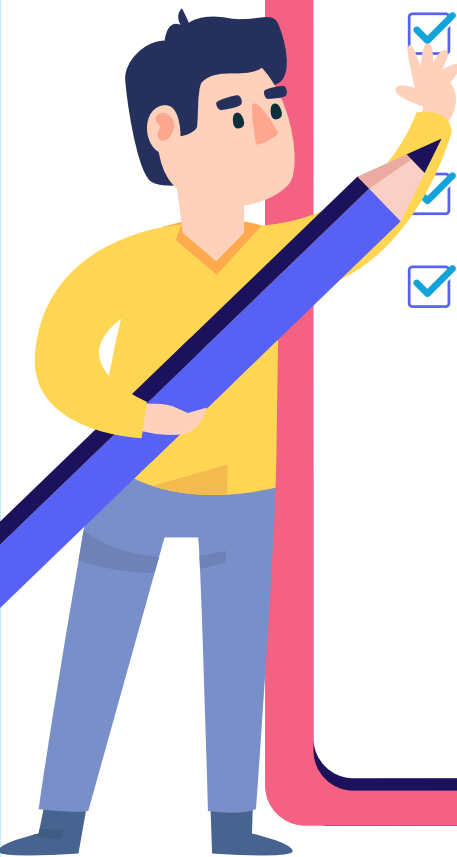
- 6.**
- 7. Finish Venue**
  - Facilities post finish line
  - Timing Results
  - Official Photographer
  - Timing Certificates

- 8. Important Race Day Timings**

# 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](http://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 <sup>th</sup> 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)



How to Approach  
Expo Venue

[CLICK HERE](#)

Your number bib can be collected from the bib collection counter, specifically marked as 'Open 10K'. 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.)

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 your personal details with us (spelling of your name, gender and date of birth); this is important to generate results post the race. Also, once issued, **do not misplace your number bib** – we will not be able to reissue another.

Since you are participating in the Open 10K, 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.**

**Important:** You must be extremely careful that neither your bib nor timing tag, gets exchanged with any other runner's bib/timing tag, or handed over to any other person. Running bib and timing tag are 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.**



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 long-distance race. **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 long-distance running has its health benefits, it's crucial to acknowledge the reality of your body, mind, and the inherent risks associated with negotiating such 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**



10K RUN	
<b>IMPORTANT</b> By displaying this running number bib, you are agreeing to abide by the rules and regulations of the Event. This bib is to be worn only by the confirmed participant of the Event. In which this 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 Vedanta Delhi Half Marathon.	
<b>SAFETY IN CASE OF EMERGENCY ON RACE DAY</b> <small>(Complete in waterproof ink)</small>	
Participant's Name	<input type="text"/>
Emergency Contact Name <small>*(Family/Friend/Guardian)</small>	<input type="text"/>
Emergency Contact Number <small>(of the person mentioned above)</small>	<input type="text"/>
Medical Condition if any	<input type="text"/>
<b>INSTRUCTIONS</b>	
1. Wear the bib number visibly on the chest.	
2. Do not fold or crumple your bib number. Do not paste the bib.	
3. Attach the bib horizontally to your torso - NOT on your back.	
4. Always keep the bib number visible. Do not remove or colour the bib with anything including a marker.	
5. Do not separate or remove the bib. Tag from the bib number.	
6. Always remember that the timing mat must use your bib number when you are crossing it.	
7. You can keep the bib with you as a souvenir. You CANNOT use it to time yourself at another event.	
<small>* Should not be a participant of Vedanta Delhi Half Marathon 2024</small>	
<b>For race day emergencies, call event helpline on +91 8527276694</b>	
<b>Please retain your bib to check your race day photos on event website</b>	
<b>OPEN 10K RACE START TIME: 7:50 a.m</b>	
<b>ENTRY GATE CLOSES AT 8.00 a.m</b>	<b>HOLDING AREA GATE CLOSING TIME: 8:10 a.m</b>
<b>You need to assemble at Tolstoy Road ( Near Jantar Mantar), Entry only from Janpath Road at least 60 minutes prior to your start time</b>	

# BE RACE READY WITH **PUMA** **NITRO**<sup>TM</sup>

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 START VENUE

On race day, 20th October 2024, the Open 10K run will start from the Sansad Marg.

Before starting the race, runners need to enter the Open 10K holding area using the entrance gate on Janpath Marg. You must enter the start wave section within the holding area, clearly mentioned on your running number bib.

**Ensure you affix the running number bib to your vest before entering the holding area.** Only confirmed participants wearing a valid bib are allowed inside the venue premises. Participants should make necessary arrangements to meet their friends/family/supporters, before and after your run, strictly outside both venue premises.



All running number bibs will be scanned at the holding area 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 venue 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 THE START VENUE

**On race day, you must reach the Start Venue of Open 10K at least one (1) hour prior to the scheduled.**

For details on how to reach the start venue

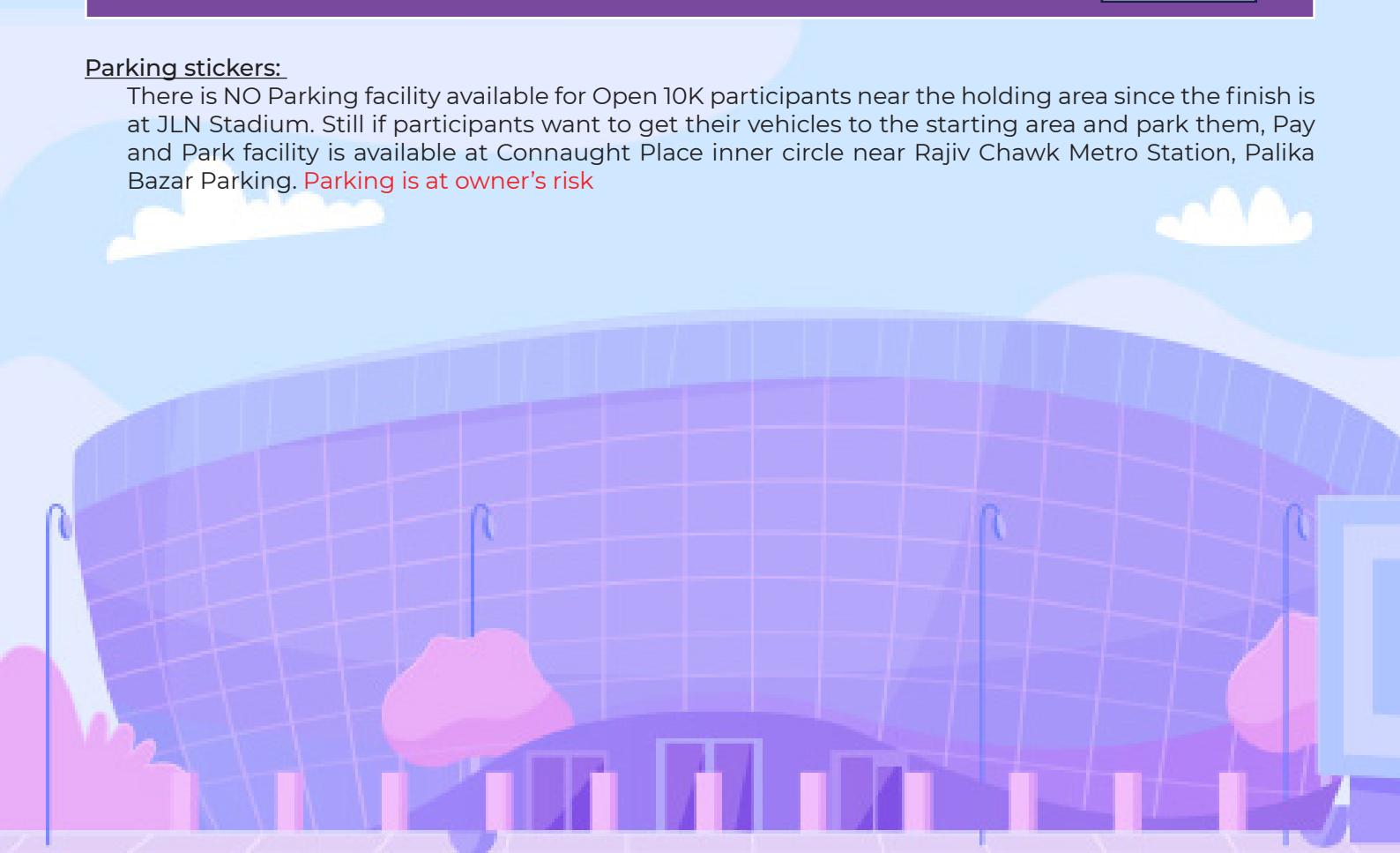
[CLICK HERE](#)

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:

There is NO Parking facility available for Open 10K participants near the holding area since the finish is at JLN Stadium. Still if participants want to get their vehicles to the starting area and park them, Pay and Park facility is available at Connaught Place inner circle near Rajiv Chawk Metro Station, Palika Bazar Parking. **Parking is at owner's risk**



# #DRINKITUP दिल्ली



**Bisleri**


Official Hydration Partner for





## 4. ONCE INSIDE THE START VENUE

### FACILITIES BEFORE YOUR RACE START

 **Baggage Drop** – You can store your bag (only 1 per runner) in the baggage vans parked within the venue. Do retain the counterfoil of the baggage tag for ease of baggage retrieval post your run. Please do not leave valuables like mobile phone, wallet/purse, 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**

For a detailed venue map plotting location of facilities provided

[CLICK HERE](#)

### MEET YOUR OFFICIAL OPEN 10K PACERS

Helping runners to pace the 10km distance and finish at the predesignated finish time, are 9 seasoned runners, the official Open 10K Pacers.

These Pacers will start their race at 7:30 a.m. and will be stationed at their respective start wave 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 a pacer is unable to complete his/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

**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

## START WAVES ON RACE DAY

In the Open 10K race category, a sequence of start waves will occur from 7:30 a.m. onwards, with short intervals between start waves to ensure ample space on the course for a more enjoyable experience. Please note that the Start Line will close at 7:55 a.m. For safety reasons, participants will not be permitted to start after this time.

For the official Open 10K run route with facilities

[CLICK HERE](#)

Start Wave Section	Holding Area Gate Opens At	Holding Area Gate Closes At	Start Wave Time
A	6:10 a.m.	7:25 a.m.	7:30 a.m
B	6:10 a.m.	7:32 a.m.	7:34 a.m

## TIMING YOUR RACE

There are 3 timing corridors on the Open 10K 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.



# RIDING CAN BE AS CLEAN AS RUNNING.

Embrace the clean lifestyle with VIDA V1,  
the Electric Two Wheeler Partner  
of The Vedanta Delhi Half Marathon.



**#MAKEWAY**



**VIDA**  
Powered by Hero



## 6. RACE DAY EMERGENCIES

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.

For hospitals located near the route

[CLICK HERE](#)





**FAST&UP**

vedanta delhi half marathon

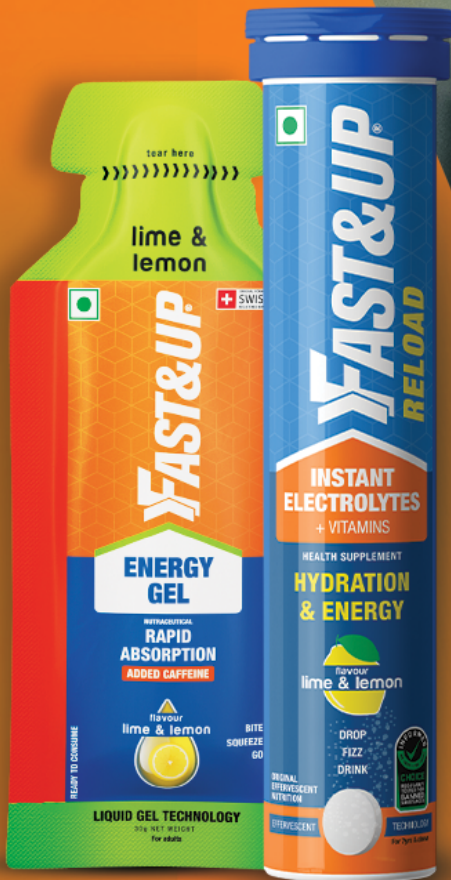
# POWER UP EVERY RUN

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**5**

**ESSENTIAL ELECTROLYTES**



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# 7. THE FINISH VENUE

The Open 10K run will finish at the Jawaharlal Nehru Stadium. The time limit for completion of the 10km distance is 90 minutes from the start time. If you are unable to finish your race within this time, stick to one side of the road, better still the footpath, and make your way to the finish line. Remember, the Great Delhi Runners will have right of way from 9:00 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.

**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 event vehicle.
- 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**

 **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 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)**

 **Baggage retrieval.** Don't forget to collect your bag from the baggage counters once you have exited the stadium from Gate No. 14 from 8:50 a.m. to 11:00 a.m. of JLN Stadium on race day. If you are unable to do so on race day, please do connect with our event helpline (+91 85272 76694) by 2 p.m. on 21st October 2024

## 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 2024 edition of Vedanta Delhi Half Marathon – no timing, no ranking, no certificate, no prize money.

Open 10K prize money and rules

[CLICK HERE](#)

Race Regulations

[CLICK HERE](#)



delhi 20 october,  
2024  
half marathon

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





## 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



## TIMING CERTIFICATES

Timing certificates will be available for download from the event website immediately on finalising the timing results. Physical timing certificates will not be posted to anyone. Timing certificates of this 2024 edition can be used for timing qualification of any race globally.



**MEDICAL PARTNER**

# KEEPING YOUR HEART HEALTH ON TRACK

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## INDIA

- Noida, UP • Faridabad, Haryana
- 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 Jeevan Polyclinic, Cambodia





## UPCOMING PROJECTS

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



## 8. 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, especially those running the subsequent race categories. Runners not adhering to the timings mentioned below will not be allowed to participate in the 2024 Vedanta Delhi Half Marathon.

	from <b>5:45 a.m.</b>	Runners will be welcomed inside Open 10K holding area
	<b>6:45 a.m.</b>	Cut-off time for alighting at drop off points
	<b>7:30 a.m.</b>	<b>Open 10K START TIME</b>
	<b>7:32 a.m.*</b>	Holding area gate closing time
	<b>7:55 a.m.*</b>	Cut-off time for Open 10K runners to cross the start line
	<b>90 minutes</b> hours from start time	Finish cut-off time

\* Open 10K runners reaching the holding area gate after 7:32 am, and not wearing the valid bib, will not be allowed to participate in the 2024 edition of Vedanta Delhi Half Marathon.

\*\* Starting your race after the cut-off time mentioned above will result in the non-generation of your race day timing. Further your participation at the event shall be liable to be disqualified.

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---

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First Railway project to claim carbon credits.

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First metro to introduce driverless train operations.

---

Running India's premier training institute to impart customized training on all aspects of project planning, implementation of O&M of rail based urban transportation systems

***Delhi Metro: Lifeline of Delhi-NCR***



## 9. EVENT CONTACT DETAILS

**Event website:** [vedantadelhihalfmarathon.procam.in](http://vedantadelhihalfmarathon.procam.in)

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

**Whatsapp:** 8976994484

**Event email:** [vedantadelhihalfmarathon@procam.in](mailto: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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1,000+  
Lives Saved

500+  
Doctors on Call

Pan India  
Coverage

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**We stand by you**, encouraging you to pursue your passions, fulfill your desires, stay healthy, and remain an active part of the community.

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