



**vedanta** *de/hi* 15 October, 2023  
*half/marathon*



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# RUNNER'S GUIDE








# OPEN 10K

*#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

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-  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.

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# Welcome to the World's Most Prestigious Half Marathon

We can't wait to welcome you to the start line of the 18<sup>th</sup> 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, 15<sup>th</sup> 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 Start Venue**
- 6. Race Route**
- 7. The Finish Venue**
- 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://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, 14<sup>th</sup> 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 <sup>th</sup> October	10 a.m. to 7 p.m.
Friday, 13 <sup>th</sup> October	10 a.m. to 7 p.m.
Saturday, 14 <sup>th</sup> 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 Open 10K Run, 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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**NITRO**<sup>TM</sup>



## 2. MEDICAL PRECAUTIONS

The 10km is a challenging and exciting distance and 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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# Bisleri

## #CARRY YOUR GAME



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### 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 START VENUE

On race day (15/10/2023) the Open 10K start venue is located on Tolstoy Road, (near the Jantar Mantar). The Open 10K race will start from the Sansad Marg.

You can enter the start venue premises only via Janpath road.

All running number bibs will be scanned at the entrance of start 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 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 start venue premises.** Participants should make necessary arrangements to meet their friends /family/ supporters, before and after your run, strictly outside the start & finish premises.

**We urge you to Car Pool on race day.**

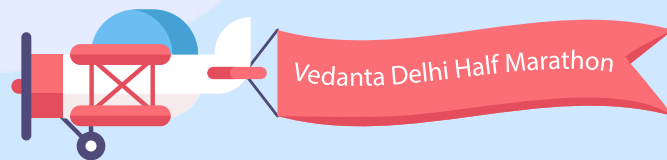
### REACHING THE EVENT VENUE

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](https://play.google.com/store/apps/details?id=com.sraoss.dmrc&pcampaignid=web_share))

Participants need to alight at Rajiv Chowk Metro Station or Janpath Metro Station to reach the Open 10k start venue.

However, if you choose to travel to the venue using your car or motorbike, you could choose to park your vehicle using the Pay & Park facility at Palika Bazar car parking at Connaught Place Inner Circle.





**FAST&UP**

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# RUN RELOAD REPLENISH

#KeepsYouGoing >



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

Drop > Fizz > Drink



## 5. ONCE INSIDE THE START VENUE

On race day, you must reach the start venue 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 entrance gate. 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 Trucks** – You can store your bag (only 1 per runner) in the baggage trucks. 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.**

### MEET YOUR OFFICIAL OPEN 10K PACERS

Helping runners to pace the 10 km distance and finish at the predesignated finish time, are 8 seasoned runners, the Official Open 10K 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 Open 10K Race Route and facilities provided.

[CLICK HERE →](#)

### 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.*

### 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. THE FINISH LINE

The Open 10K will finish at the Jawaharlal Nehru Stadium. The time limit for completion of the 10 km 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 half marathon participants will have right of way.

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 cross 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 stadium, upload and tag [@delhihalfmarathon](#) on your social media handle.



**Refreshment pack.**



**Toilets (men & women).**

**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 →](#)



**Baggage retrieval.** Don't forget to collect the bag you deposited by 9 a.m. 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 16th October 2023.

**Open 10K runners who have parked their cars at the Palika Bazar car park at Connaught Place Inner Circle, can use the JLN metro station (5 mins walking distance from stadium exit gate 14) to reach the Rajiv Chowk metro station.**

■ **Violet Line**

Towards Kashmere Gate Platform 2

■ **Jawaharlal Nehru Stadium**

■ **Khan Market**

■ **Central Secretariat**

**Change Train**

■ **Yellow Line**

Towards Kashmere Gate Platform 2

■ **Jawaharlal Nehru Stadium**

■ **Khan Market**

■ **Central Secretariat**

## 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.

**Open 10K Run prize money and rules**

[CLICK HERE →](#)

**Race Regulations**

[CLICK HERE →](#)

CAPTURE YOUR  
MOMENTS OF TRIUMPH  
AT THE



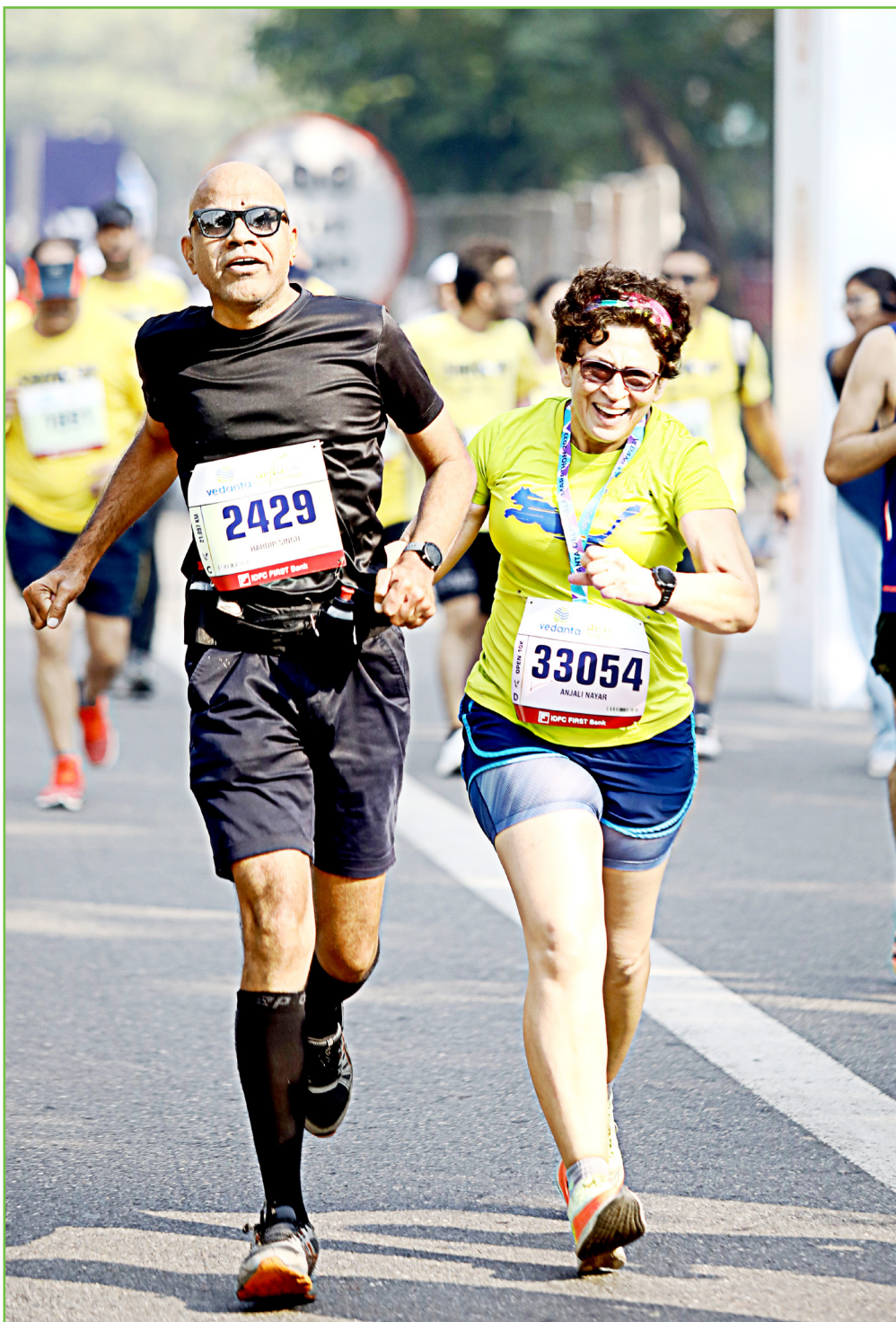
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### TIMING CERTIFICATES

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.







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delhi 15 october,  
2023  
half marathon

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WHEN YOUR MUSIC IS  
JERK-FREE**



Entertainment  
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**MIRCHI**

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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



\* Open 10K runners reaching the start venue 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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- 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



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Environment and  
Sustainability

Disaster Response/  
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Health and  
Mental Well Being

Financial Stability

And More....

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



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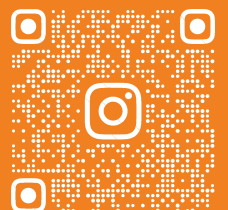




make a difference.  
don't judge the difference.

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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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