



vedanta

delhi 20 october, 2024
half marathon



Associate Sponsor



SENIOR CITIZENS' RUN 2.5 KM (APPROX) RUNNER'S GUIDE

AT RANGOLI

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.

The Senior Citizens' Run is supported by EMOHA, one of India's most trusted senior care brands, helping elders age magnificently in the comfort of their own homes. An anagram of 'a home' Emoha signifies the emotional happiness of an elder in their own home. Offering holistic care and a wide range of services, from expert geriatric care and 24/7 emergency assistance to regular health monitoring, hospital support, and enriching activities, Emoha always ensures elders are cared for and their families feel reassured. With over 100,000+ elders across 120 cities and towns enjoying Emoha's platform, 1000+ lives saved in emergencies, and 5000+ vibrant elder events, Emoha remains committed to re-imagining elder care for 140 million elders in India.

Please do go through the content of this 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!

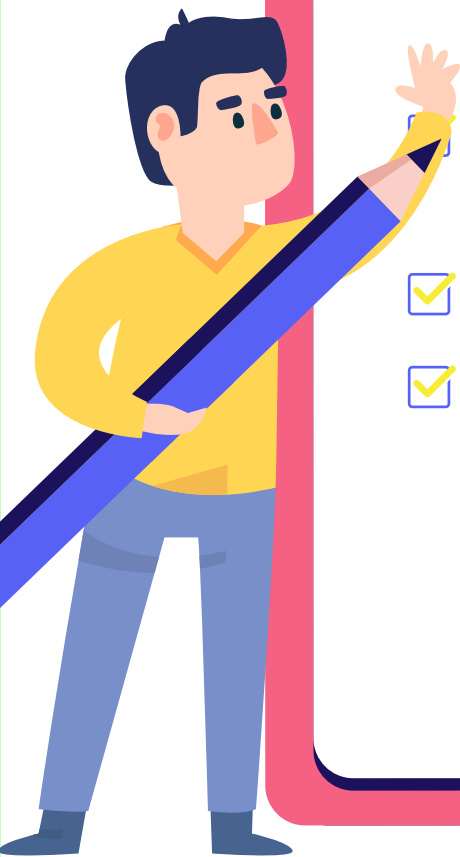
Checklist before race day

- 1. Your running number bib**
- 2. Medical Advisory**
- 3. The Event Venue**
 - Reaching JLN Stadium
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- 5. Race Route**
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- 6. On Crossing the Finish Line**
 - Facilities provided post finish
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 - Participation Certificates
- 7. Important Race Day Timings**
- 8. Event Contact Details**

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 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 01/10/2024





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)



How to Approach
Expo Venue

[CLICK HERE](#)

Your number bib can be collected from the bib collection counter, specifically marked as 'Senior Citizens' 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.)

In case you are unable to come in person, you can authorize someone else to collect 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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ALWAYS YOU FIRST

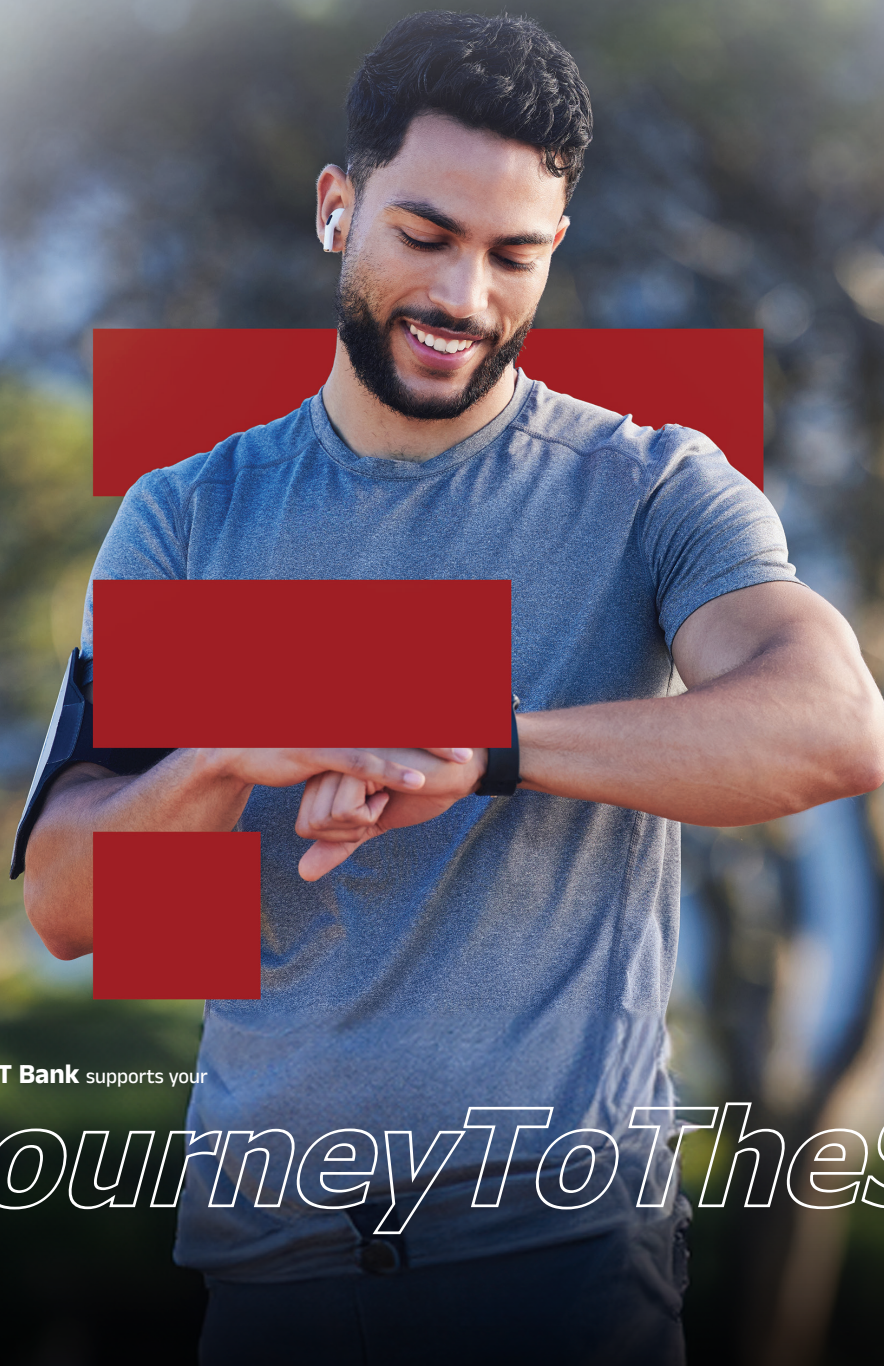
*Your **goals are unique** to you.*

*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. **Individuals participating in the SCR category are strictly advised to take medical opinion from their personal doctor to participate 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 such extended distances. Train responsibly and ensure you are fit to participate safely.

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To 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.



SENIOR CITIZENS' RUN (2.5 km approx)	
IMPORTANT By displaying the running number bib, you are agreeing to abide by the rules and regulations of the Event. This must be worn only by the confirmed participant of this Event, to whom this number has been specifically allocated. This bib is strictly non-transferable. Participant found to have interchanged their running number bib with another individual, will be disqualified from 2024 and 2025 edition of the Event.	
SAFETY IN CASE OF EMERGENCY ON RACE DAY <small>(to be filled in retrospectively)</small>	
Participant's Name	Instructions
Emergency Contact Name <small>*(Family/Friend/Guardian)</small>	1. Show the bib number clearly on the chest.
Emergency Contact Number <small>(of the person mentioned above)</small>	2. Do not fold or unroll your bib number.
Medical Condition if any	3. Attach the bib horizontally to your shirt. DO NOT wear back.
	4. Always keep the bib number visible. Do not remove or cover the bib with anything including a jacket.
	5. You can keep the bib with you as a souvenir.
<small>* Should not be a participant of Vedanta Delhi Half Marathon 2024</small>	
For race day emergencies, call event helpline on +91 8527276594	
Please retain your bib to check your race day photos on event website	
SENIOR CITIZENS' RUN RACE START TIME: 07:00 a.m	
SCR entry at JLN premises only through ▶ Gate 5 near Barapullah flyover.	

IMPORTANT

- **Prepare for an Energizing Day!** We know race day starts early, so it's important to adjust your routine if needed. Ensure you're well-rested in the days leading up to October 20th, 2024. If possible, start waking up earlier to match race day timing, so you're ready to enjoy the event!
- **Listen to Your Body.** Your health comes first! If you have conditions like diabetes, high blood pressure, heart ailments, or any other health concerns, please consult your doctor before deciding whether to participate in the race. Even if you choose or are suggested not to run or walk, you can still be part of the celebration in the SCR Tent, where our volunteers will ensure you're comfortable and supported throughout the day.
- **Don't Forget Your Medication.** Your health is your strength. Be sure to carry your morning medications as prescribed by your doctor. It's essential to stay on top of your routine, so please don't miss any doses – your well-being is our priority.

We're here to help you shine and enjoy every moment, no matter how you participate!

BE RACE READY WITH PUMA NITRO™

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

3. THE EVENT VENUE

The iconic Jawaharlal Nehru Stadium is the Event Venue, from where the Senior Citizens' Run category will start and finish at.

On race day, 20th October 2024, participants of the Senior Citizens' Run must enter the stadium premises only through Gate 5, which is next the Barapullah flyover.

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.

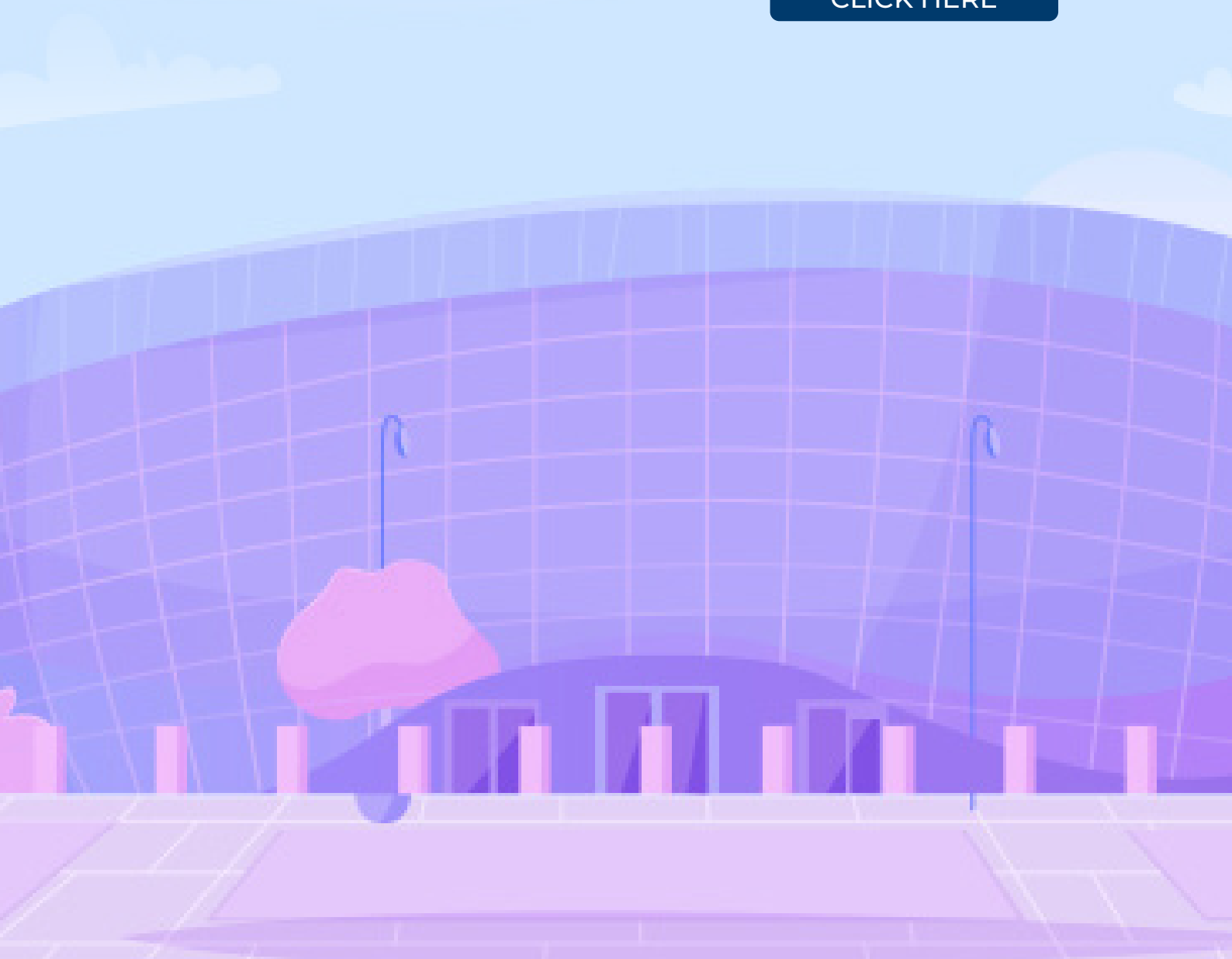
All running number bibs will be scanned at the stadium entrance gates. **Persons without a bib or wearing an incorrect or invalid number bib, or where the photograph submitted along with the form does not match with the person wanting to enter the stadium premises, WILL NOT be allowed entry.** You are 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](#)



#DRINKITUP

दिल्ली



Bisleri





Official Hydration Partner for



4. ONCE INSIDE JLN STADIUM

On entering Gate 5 of JLN Stadium, you need to assemble inside the Senior Citizens' Tent, which is your assembly area before and after the run. **On race day, you must reach the SCR Tent at least one (1) hour prior to the scheduled start time.** This early arrival allows ample time for you to comfortably meet with your fellow participants, and to avail essential facilities like 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 WITHIN TENT BEFORE YOUR RUN STARTS

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

For a detailed venue map plotting location of facilities provided

[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 Senior Citizens' Run route with facilities.

[CLICK HERE](#)

For hospitals located near the route

[CLICK HERE](#)

RACE DAY EMERGENCIES

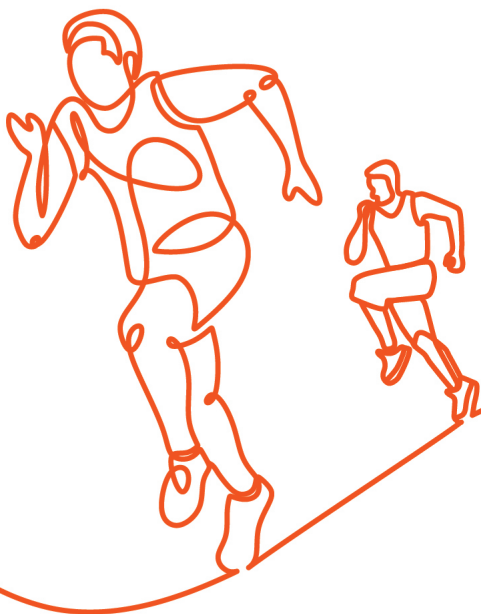
To report a medical or any other emergency, or for any assistance on race day, reach out to an event volunteer closest to you or simply call the **Emergency Event Helpline +91 85272 76694**.

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



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



#MAKEWAY



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6. ON CROSSING THE FINISH LINE

The time limit for completion of the distance of SCR is 45 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. Participants of the half marathon (amateurs and Elite) will have priority on the route after 7:45 a.m.

Please respect the Finish Line. Do not stand at the finish line to pose for pictures or wait for your buddy runners. Remember other participants too need to cross the finish line. On crossing the finish line, keep moving towards the SCR Tent. All post run facilities will be provided inside this Tent.

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 INSIDE SCR TENT POST FINISH



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



Medical base camp, courtesy Metro Group of Hospitals



Participation 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.



Toilets (men & women)



Photo-opportunity.



Refreshment pack.

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



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 →](#)

For a detailed venue map plotting location of facilities provided

[CLICK HERE](#)

Race Regulations

[CLICK HERE](#)

FAST&UP

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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. Participants not adhering to the timings mentioned below will not be allowed to participate in the 2024 Vedanta Delhi Half Marathon.

	from 5:15 a.m.	Participants will be welcomed inside JLNS premises through Gate 5
	5:30 a.m. to 6:30 a.m.*	Assembly inside SCR Tent
	7:00 a.m.	Senior Citizens' Run START TIME
	7:20 a.m.	Cut-off time to cross Start Line
	45 minutes hours from start time	Finish cut-off time

* Senior Citizens' Run participants reaching the SCR Tent after 6:30 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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- Vadodara, Gujarat • Greater Noida, UP

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UPCOMING PROJECTS

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1,000+
Lives Saved

500+
Doctors on Call

Pan India
Coverage

Empowering Seniors to Keep Moving Forward.

At Emoha, we believe that staying active keeps you young. Just like this marathon, life is about moving forward—regardless of age.

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

With our holistic senior care solutions, we focus on health, safety, convenience, and happiness, providing the care you need to live your life to the fullest.

Because You Still Can



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Access to the Seniors' Club

Contact Us

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