



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



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RUNNER'S  
GUIDE






SENIOR  
CITIZENS'  
RUN



*#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.

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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.

The participative run category, the Senior Citizens Run, is supported by 'Emoha Eldercare'. Senior Care Experts, who have a combined experience of 50+ years globally, Emoha is India's most trusted senior care brand. Believing in providing wholistic care, their dream is to give elders the best life in the comfort of their own homes. Emoha helps seniors and their families enjoy the many possibilities life has to offer, while they take care of the rest. "All of us need to do more for our parents to help them age magnificently and enjoy a life with more safety, more health, more conveniences and an active life" - Saumyajit Roy, Co-founder & CEO, Emoha Eldercare.

Please go through the content of this runners' guide carefully. It contains details important to your race day experience. 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 Stadium**
- 6. Run 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://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.). 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.

Process to collect bibs where registered as a group.

[CLICK HERE →](#)

## 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)



ASSOCIATE SPONSOR



Before you fix your running bib, please write your current medical condition, if any, and any medicines your doctor may have prescribed for you, and the name and contact details of the person we can call in case of any race day emergency (such person must not be a participant of the event).

**SENIOR CITIZENS' RUN ( 2.5 km approx. )**

**IMPORTANT** By displaying this 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 his/her running number bib with another individual, will be disqualified from 2023 and 2024 edition of the Event.

**SAFETY IN CASE OF EMERGENCY ON RACE DAY**  
(complete in waterproof ink)

<b>Participant's Name</b>	<input type="text"/>	<b>Instructions</b>
<b>Emergency Contact Name</b> (Family/Friend/Guardian)	<input type="text"/>	1. Wear the bib number visibly on the chest.
<b>Emergency Contact Number</b> (of the person mentioned above)	<input type="text"/>	2. Do not fold or crumple your bib number.
<b>Medical Condition if any</b>	<input type="text"/>	3. Attach the bib horizontally to your torso - NOT on your 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.

\* Should not be a participant of Vedanta Delhi Half Marathon 2023  
**For race day emergencies, call event helpline on +91 8527276694**  
**Please retain your bib to check your race day photos on event website**

**SENIOR CITIZENS' RUN RACE START TIME: 7:05 a.m. 1**

**SCR entry at JLNS premises only through ▶ Gate 5 near Barapullah flyover,**

 **vedanta** *delhi*  
half marathon

**PUMA** 

**POWERFUL  
RUNS**

VIRAT KOHLI RUNS IN DEVIATE NITRO 2

FUELED BY

**NITRO**<sup>TM</sup>



## 2. MEDICAL PRECAUTIONS

We know we are very excited to run on race day. However, 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

## #CARRY YOUR GAME



Official Hydration Partner for



### 3. A QUICK CHECKLIST PRIOR TO RACE DAY

#### *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 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 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 from where the Senior Citizens' Run will start from and finish at.

You can enter the stadium premises only through Gate 5 (near Barapullah flyover). On the entering the stadium premises, you will be welcomed inside the Senior Citizens' Tent, which will be your assembly area.

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

If you choose to travel to the venue using your car or motorbike, there is very limited parking space available for race day at Barapullah Bus Depot parking. *Please note, half marathon participants will get priority in availing parking stickers.*

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.**

**To view Event Venue map**

**CLICK HERE →**



**FAST&UP**

vedanta *delhi* 15 october, 2023  
half marathon

# RUN RELOAD REPLENISH



#KeepsYouGoing >



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

Drop > Fizz > Drink

## 5. THE SENIOR CITIZENS' TENT

**On race day, you must reach the Senior Citizens' Tent at least one (1) hour prior to the scheduled start time.** This early arrival allows ample time for you to relax, avail of essential facilities like chemical toilets, water & access the medical aid station (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 gate no. 5. You are advised to plan your journey accordingly, reach the venue in time and enjoy a stress-free start to your race.

### FACILITIES PROVIDED BEFORE RACE START



**Bisleri water.**



**Toilets (men & women).**



**Medical aid, courtesy Metro Group of Hospitals.**



**Refreshments**

# LIVE TELECAST ON

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

Telecast Partner



**HD**

# CELEBRATE COLOURS OF JOY



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For more information or to make a reservation, call +91 11 2371 0101

# 6. RUN ROUTE

Here is the Senior Citizens' Run route and facilities provided.

[CLICK HERE →](#)

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

## 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 →](#)





# 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 completing the Senior Citizens' Run distance is 8:05 a.m. If you are unable to finish your run within this time, stick to one side of the road (as directed by event volunteers), and make your way to the finish line. Half Marathon elite runners will get priority on the route towards the finish from 7:45 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 deserve a great finish experience.

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.



**Medical base camp, courtesy Metro Group of Hospitals.**



**Finisher Medal.** Capture the moment with your finisher medal, 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 →](#)



**Photo-opportunities.**



**Participation e-certificates,** downloadable from the event website post race day. Physical certificates will not be given.

[Race Regulations](#)

[CLICK HERE →](#)

**CAPTURE YOUR  
MOMENTS OF TRIUMPH  
AT THE**



**PURCHASE YOUR PHOTOS FROM**

<https://photos.oneglint.com>



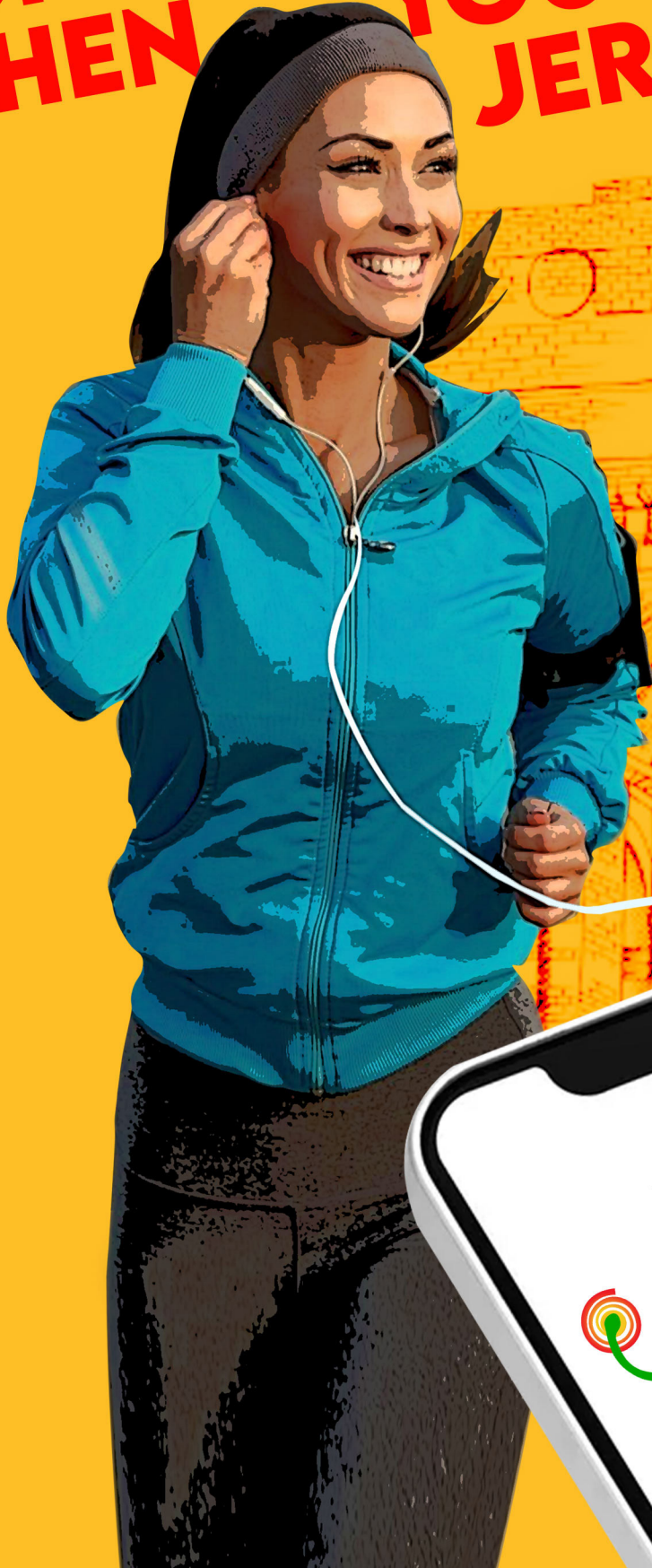


vedanta



delhi <sup>15 october,</sup>  
half <sup>2023</sup> marathon

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WHEN YOUR MUSIC IS  
JERK-FREE**



Entertainment  
Partner



**MIRCHI**<sup>®</sup>  
*It's hot!*

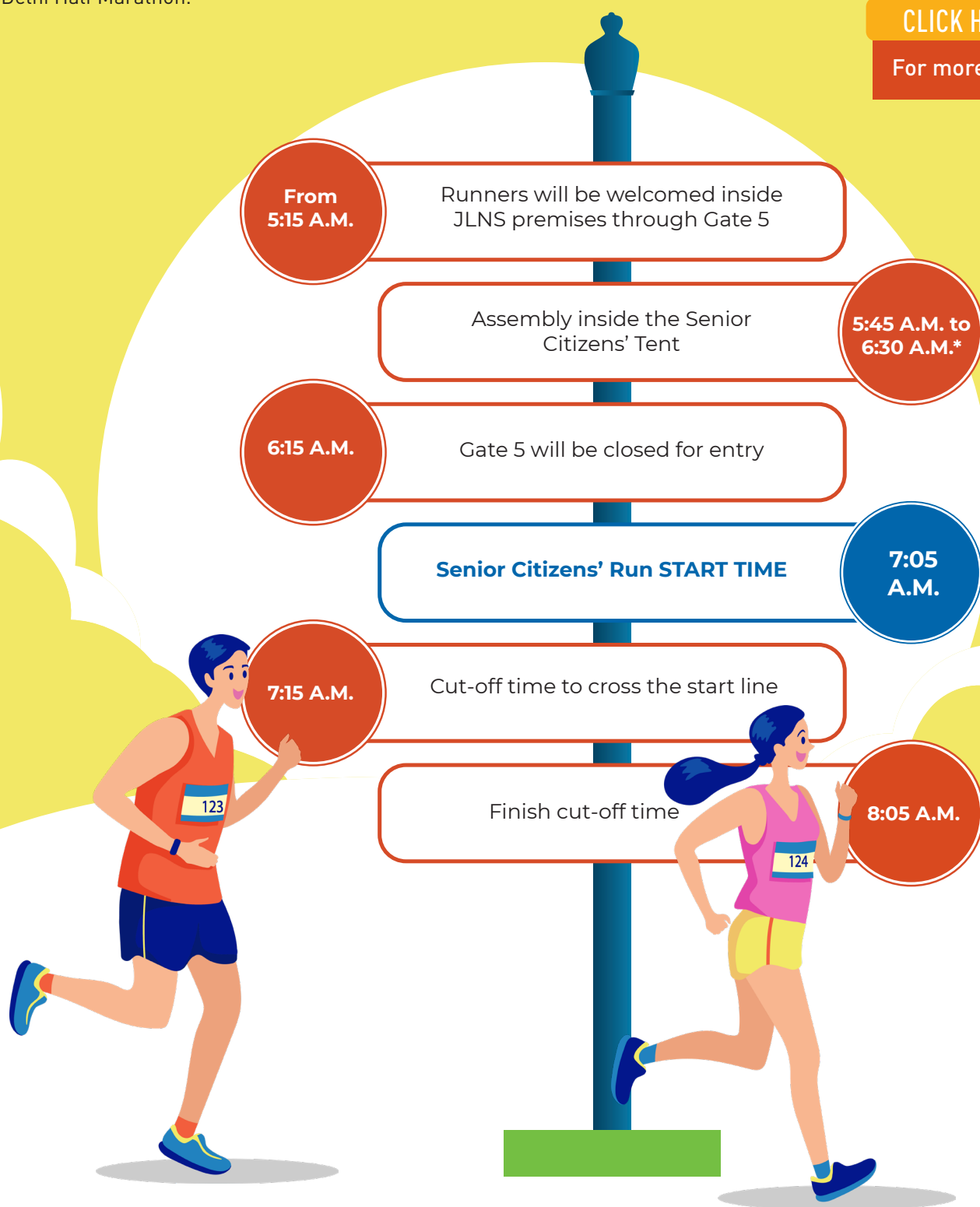
FM RADIO | DIGITAL | LIVE

## 8. IMPORTANT RACE DAY TIMINGS

**Important:** The timings mentioned in this document will be strictly followed from this edition onwards. Runners reaching the Senior Citizens' tent 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



\* Senior Citizens' Run participants reaching the Senior Citizens' tent after 6:30 a.m., and not wearing the valid bib, will not be allowed to participate in the 2023 edition of Vedanta Delhi Half Marathon.

# VEDANTA DELHI HALF MARATHON AB DUR NAHI

# LIVE TELECAST ON

15th Oct 2023  
Begins 6:30 AM



HD

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- 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 RLV Polyclinic - Phnom Penh, Cambodia

## UPCOMING PROJECTS

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

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United way Delhi is working across 6 Thematic Areas

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Youth Success

Environment and  
Sustainability

Disaster Response/  
Preparedness

Health and  
Mental Well Being

Financial Stability

And More....

Scan to support  
in which you  
believe in



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



**WE ARE  
RIGHT NEXT TO YOU  
IN EVERY RUN OF LIFE**

Emoha Eldercare is the proud facilitator of the Senior Citizens' Run at the Vedanta Delhi Half Marathon, 2023.

Emoha Elder Care is India's most trusted elder care brand that gives seniors access to a healthier and active life and a choice to age magnificently in the comfort of their home. Our services are curated for emergency support, health and medical support, community support and social support.

**BRING YOUR** **PASSION  
FIRE  
ENTHUSIASM  
DESIRE** 

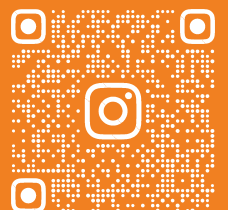




make a difference.  
don't judge the difference.

**#UnitedWeRun**

For a world where no one is left behind.  
For a world where barriers are broken, and stereotypes shattered.  
For a world where disability is not considered inability.



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Website: <https://delhihalfmarathon.procam.in>

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