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**CHAMPIONS WITH DISABILITY**

**1.3 KM**

Joint Title Sponsor

# Welcome to the Tata Mumbai Marathon

For the past 18 editions, Tata Mumbai Marathon has personified the pulse of Mumbai – a pulse that brings us together as a nation, no matter the circumstances. Millions of hearts beating, in sync, for something greater than itself.

Each heartbeat - a celebration of our resilience, can-do, will-do spirit, quest for betterment, desire to inspire, and an unshakeable faith in ourselves.

Whether you run for a personal best or come together to raise funds for a cause close to your heart, whether you are on that start line to support your loved one, or a runner from the furthest corner of the world, here to cross the finish line for the first time, each step you take is a story waiting to be told.

So, let your heartbeat resound from the start line or echo from the corners of the country. No matter where you're running from, you are a part of the 'Mumbai Spirit'.

The Champions with Disability participative category is facilitated by **ADAPT** (formerly known as The Spastics Society of India).

ADAPT was founded by Dr. Mithu Alur in 1972. Over three decades, from a special school with three children, it has grown to become one of the foremost non-profit organizations in the country, providing services for more than 3000 children and 10,000 families. Its services include assessment, infant stimulation, therapy, counseling, inclusive education, skills training and job placement, continuum of support services and home management programmes for children and young adults with disability.

This guide contains details important to your race day experience on Sunday, 21st January 2024. Please go through the content carefully before coming for your race. Regular updates will be uploaded on the event website.

The countdown has begun. We look forward to welcoming you on the start line of the 19th edition of the Tata Mumbai Marathon!

***#HarDilMumbai***





Commitment  
Adaptability  
Resilience  
Empathy

**RUN LIKE MUMBAI**

# 1. COLLECTING YOUR RUNNING NUMBER BIB

Running number bibs must be collected from the Mirchi Get Active Expo, no later than 5 p.m. on Saturday, 20th January 2024.

**On race day, the bib must be affixed onto the front of your running vest.**

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 on 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:	
Wednesday, 17 <sup>th</sup> January 2024	10:30 a.m. to 7:00 p.m.
Thursday, 18 <sup>th</sup> January 2024	10:30 a.m. to 7:00 p.m.
Friday, 19 <sup>th</sup> January 2024	10:30 a.m. to 7:00 p.m.
Saturday, 20 <sup>th</sup> January 2024	10:00 a.m. to 5:00 p.m.
VENUE:	
Kalina University, Ground Opposite the University Of Mumbai Sports Complex, Kolivery Village, Vidya Nagari, Kalina, Santacruz East, Mumbai 400098	



*(Participants residing within Mumbai Metropolitan Region are advised to collect their running number bibs on Wednesday and Thursday, thereby leaving Friday and Saturday primarily for outstation & overseas participants to collect their bibs.)*

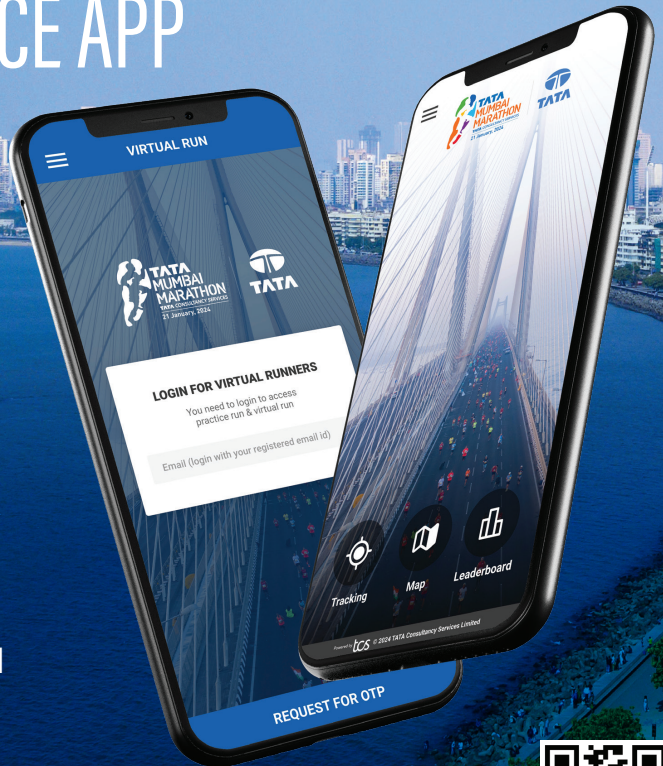
*Please do not misplace your bib – it cannot be reissued.*

**Important:** You must be extremely careful that your bib does not get exchanged with any other participant'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 Tata Mumbai Marathon.



# RUN. TRACK. POST. SHARE.

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RUN FROM ANY LOCATION

### LIVE TRACKING

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RUNNERS ON THE ROUTE

### ONE STOP SHOP

ALL RACE RELATED INFORMATION  
AT ONE PLACE



DOWNLOAD THE TATA MUMBAI MARATHON APP



# 2. MEDICAL PRECAUTIONS

We know you 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. Also seek your doctor's clearance for participating in the race.

CLICK HERE →

### YOUR BIB BACK:

Before you fix your running bib, you MUST write your current medical condition, if any, and any medicines your doctor may have prescribed for you. Also write 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).

**CHAMPIONS WITH DISABILITY RUN 1.3 KM**

**IMPORTANT** It is mandatory to complete this form and you are agreeing to providing the same to the organizers of the event. This form is valid only for the participant of the event. It is not to be used for any other purpose. It is not to be used for any other purpose. It is not to be used for any other purpose. It is not to be used for any other purpose.

**SAFETY** IN CASE OF EMERGENCY ON RACE DAY  
Please do not hesitate to call for help. Do not attempt to provide first aid unless you are trained to do so. Do not attempt to provide first aid unless you are trained to do so. Do not attempt to provide first aid unless you are trained to do so.

**EMERGENCY CONTACT**  
Participant's Name: \_\_\_\_\_  
Emergency Contact Name (Family/Friend/Guardian): \_\_\_\_\_  
Emergency Contact Number (If Emergency contacted above): \_\_\_\_\_  
Medical Condition if any: \_\_\_\_\_

**INSTRUCTIONS**  
1. Attach the bib to your shirt on the front.  
2. Do not fold or staple your bib.  
3. Please do not use the bib for any other purpose.  
4. Please do not use the bib for any other purpose.  
5. Please do not use the bib for any other purpose.

**CHAMPIONS WITH DISABILITY RUN**  
EVENT VENUE: Tq. Jambhavanthi Mahalaxmi college  
VENUE GATE OPENS: 6:30 a.m.  
VENUE GATE CLOSES: 7:30 a.m.  
HOLDING AREA GATE CLOSES: 7:15 a.m.  
RACE START TIME: 7:22 a.m. From CBMT  
DEADLINE TO CROSS THE START LINE: 7:30 a.m.

\*Please refer to a participant of this Marathi Marathon 2024  
For more details on registration, visit event website on 022-22-000000  
Please attach your bib to share your race day photos on event website.



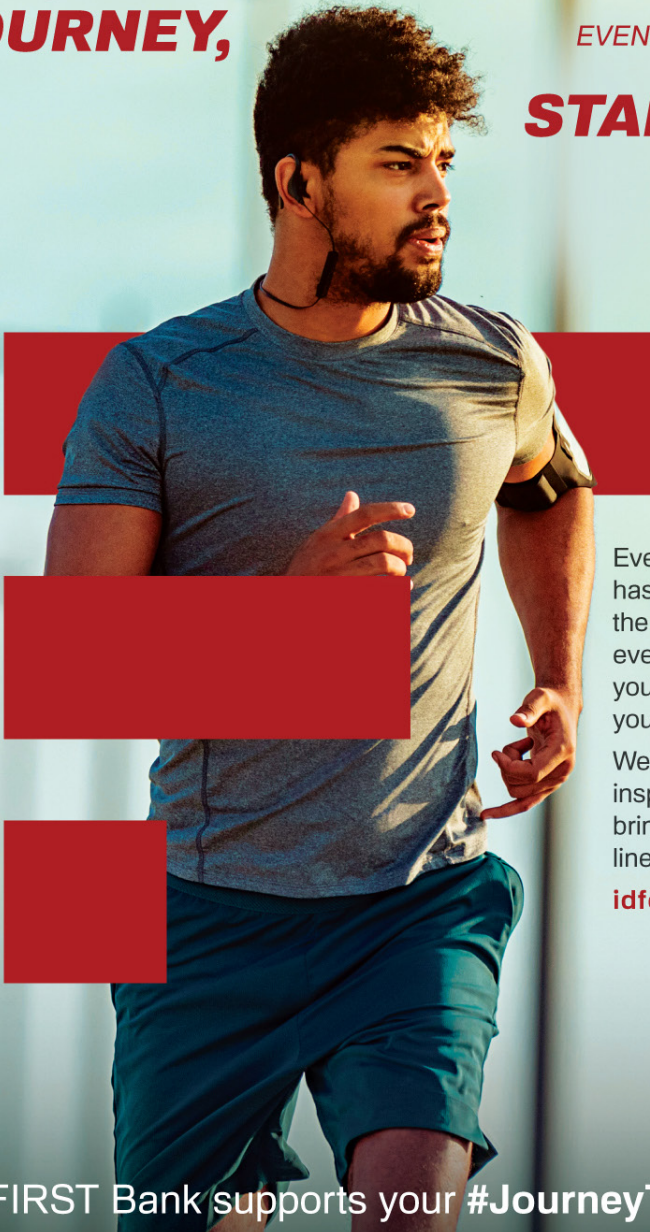
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**ALWAYS YOU FIRST**

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**

### 3. A QUICK CHECKLIST BEFORE 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 Mumbai on 21/01/2024\*: 30°C high and 18°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.
- If you have registered as a Buddy of a CWD participant, while we encourage you to partake in the merriments of race day, you have an important responsibility to fulfil on race day – looking after the needs of the person/s with disability you are accompanying on race day. A Buddy must not leave his/her PwD participant unattended at any point in time on race day. NGOs fielding their teams to participate in the CWD category must orient their Buddy participants on the role they need to undertake on race day.

Detailed Role of a Buddy

[CLICK HERE →](#)

*\*Source: accuweather.com as on 20.12.2023*



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MARATHON  
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# 4. EVENT VENUE

**On race day (21/01/2024), participants and buddies of the Champions With Disability need to assemble inside the CWD Tent on Cross Goan Football Ground on M.G. Road.**

Do ensure you have pinned the running number bib to your running vest prior to entering the CWD Tent.

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 event 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.

*Only confirmed participants wearing the valid running bib are allowed inside the event venue.* Participants should make necessary arrangements to meet their friends/ family/supporters, before and after your run, strictly outside the venue premises.

## HOW TO REACH CROSS GOAN FOOTBALL GROUND?

There is very limited parking space near the event venue vicinity. A request on the parking stickers for groups can be made to ADAPT, event's official CWD Facilitator, who will allot the same need basis, and on first come first basis from the Mirchi Get Active Expo. It is our sincere advice that you do not travel to the venue using your own vehicle. The railway station closest to event venue is Marine Lines, which is 900 mtrs. walking distance from Cross Goan Football Ground.



Bisleri  
**#CARRY**  
**YOUR GAME**



Official Hydration Partner for



# 5. ONCE INSIDE THE CWD TENT

On race day (21/01/2024), you need to assemble inside the CWD Tent at least one hour prior to your start time. This early arrival allows ample time for you to avail essential facilities like toilets, water & access the medical aid stations (in case you need any immediate medical attention), and importantly, mentally prep up for your run. Do anticipate queues on the approach roads and at the venue entrance gates. You are advised to plan your journey accordingly, reach the venue on time and enjoy a stress-free start to your run.

## FACILITIES PROVIDED INSIDE THE TENT BEFORE RACE START



Bisleri water



Toilets (accessible for PwDs)



Medical aid, courtesy Fortis Hospitals



Tea/Coffee & Snack

To view 'Way to Reach Cross Goan Football Ground' map

[CLICK HERE →](#)

**LIVE  
TELECAST ON**

**21st Jan 2024**  
6:30 a.m. onwards

Telecast Partner



HD



**TATA  
MUMBAI  
MARATHON**  
TATA CONSULTANCY SERVICES  
21 January, 2024



**COMPETITION  
CAN'T STOP YOU.  
BUT BHOOKH  
CAN.**



**Bhookh ko hara,  
Sab ko hara.**



**THE OFFICIAL SNACKING PARTNER**

# 6. RUN ROUTE

Here is the official run route of the Champions With Disability category and facilities provided.

[CLICK HERE →](#)

Hospitals located near the route.

[CLICK HERE →](#)

## 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 22 42020200**.

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





**TATA  
MUMBAI  
MARATHON**  
TATA CONSULTANCY SERVICES

21 January, 2024

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**5**

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Hydration

**10x**

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than other  
energy drinks

# 7. ON CROSSING THE FINISH LINE

## Your finish line is outside the OCS Chowki.

The time limit for completing the CWD distance is till 8:40 a.m. If you are unable to reach the finish line within this time, stick to one side of the road, better still the footpath, and make your way to the finish line; marathon, half marathon and Open 10K participants will have right of way.

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.
- 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 →](#)

Once you cross the finish line, keep moving ahead towards inside the CWD Tent. Importantly, do not stand at the finish line to pose for pictures or wait for your fellow participants. We request all participants to respect the finish line area and ensure that celebrations do not interfere with the finish experience of others. **Friends, family members, are strictly NOT permitted in the finish area.**

## FACILITIES POST THE FINISH LINE



Bisleri water station.



Medical base camp run by Asian Heart Institute



**Participation Medal.** Capture the moment with your medal against various selfie points within the ground, upload and tag @tatamummarathon, #TMM2024 on your social media handle. Please note, medals will not be posted to individual runners.



Refreshments.




Toilets (accessible for PwDs)



Photo opportunities



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




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**TATA MUMBAI MARATHON**  
TATA CONSULTANCY SERVICES  
21 January, 2024





# 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

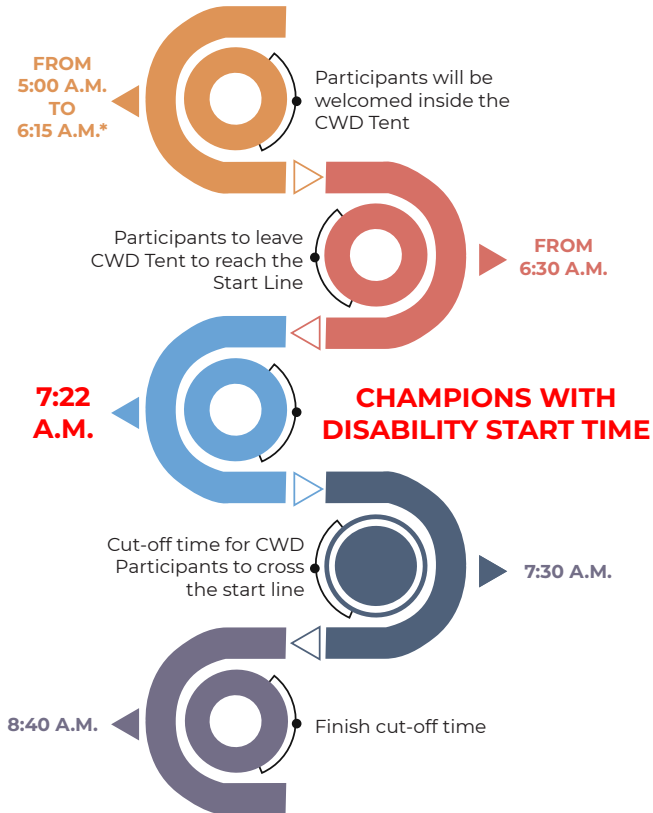


## #RUNFORZEROHUNGER

For every kilometer that you run at the TATA Mumbai Marathon, Vedanta will contribute one meal on your behalf to a child through its Nand Ghar initiative.

# 6. IMPORTANT RACE DAY TIMINGS

**Important:** The timings mentioned in this document will be strictly followed at this edition. Participants reaching the CWD 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. **Participants not adhering to the timings mentioned below will not be allowed to participate in the 2024 Tata Mumbai Marathon.**



\* Champions with Disability participants reaching the CWD Tent after 6:15 am, and not wearing the valid bib, will not be allowed to participate in the 2024 Tata Mumbai Marathon.

# Running With Mumbai Since 2004



Trident, Nariman Point, Mumbai has been the official Hospitality Partner of the Mumbai Marathon for 19 years in a row. We look forward to the opportunity of hosting the participants at our iconic hotel on the Queen's Necklace at Marine Drive, yet again!



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# Enrol. Fly. Earn.

Club Vistara is the official Loyalty Partner for the Tata Mumbai Marathon 2024. Scan the QR code below to enrol with Club Vistara and unlock an exclusive offer of 2000 CV Points\* on your first Vistara flight. Enjoy rewards beyond the finish line and keep doing more of #WhatYouLove.



Get up to 11 CV Points per INR 100 spent



Accelerated earning with various partners



Enjoy exclusive Vistara privileges



Complimentary Inflight Wi-Fi for chat and messaging apps\*



Convert bank/hotel reward points to CV Points



Redeem CV Points for Award flights and upgrades



Complimentary upgrades and rescheduling fee waivers



Get extra check-in baggage allowance



Earn and redeem CV Points with partner airlines

**Visit the Club Vistara Zone at the Get Active Expo from 17 January 2024 to 20 January 2024 for a chance to win exciting prizes.**



**Scan the QR code to enrol now and avail the offer.**

T&C Apply

# 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.





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# UNITED WAY MUMBAI

## SOCIAL IMPACT. DONE RIGHT.

United Way Mumbai is a non-profit organization working in urban and rural communities across India to identify and implement the most impactful solutions to community problems. We work closely with a network of 500+ NGOs and a large number of corporates for their CSR programmes, employee giving campaigns and community impact projects. This includes designing CSR policy and strategies, due diligence of NGO partners, programme implementation, employee volunteering, impact assessments and financial and programmatic reporting. By working collaboratively with our partners, we build coalitions that advance research-based strategies, invite individuals and organizations into meaningful action, and advocate for lasting social change.

United Way Mumbai (UWM) has been the official Philanthropy Partner of the Tata Mumbai Marathon since 2009. As the Philanthropy Partner, UWM enables participating NGOs to leverage the fundraising potential of the TMM and raise funds for their causes. Over the past 14 years, this platform has helped raise INR 357 crore for the development sector.

### TMM 2024 IN NUMBERS

**12,000+**

Runners running through charity

**267**

NGOs

**179**

Corporates

**1500+**

Fundraisers

**140**

Change Runners

**39**

Young Leaders



# A Golden Partnership For Your Golden Years

**Adhata Trust** is a not-for-profit organization working with older persons, since 2012. We work to decrease isolation, provide supportive care, and facilitate **aging in place**. As an organization working for the well-being of older persons, Adhata Trust believes in and actively promotes **positive Aging**.

At Adhata, we subscribe to the belief that adopting an Intergenerational approach to aging is mutually beneficial to seniors and youth. For us, this means having both, school and college interns involved with, and actively engaging with our members.



Fitness program for older Old



Social Awareness



Art Base Intervention



Wellness Naturopathy



Health Camp

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[team@adhatatrust.org](mailto:team@adhatatrust.org)



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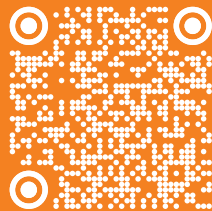
**ADAPT**  
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**since 1972.**  
**Continuing to**  
**work towards**  
**a disability Friendly Nation.**  
**Happy to be the**  
**facilitator for**  
**the Champions with**  
**Disability Race.**



# united

we run, we break barriers,  
we shatter stereotypes,  
we grow, we show the world  
what we're made of, we love,  
we create a world where  
no one is left behind.

#UnitedWeRun  
at the Tata Mumbai Marathon 2024.



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Inclusion Ally



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EVENT CONTACT DETAILS:

Event Helpline: +91 22 420 20 200 (Mon to Sat, 10 am to 7 pm)

WhatsApp: 8976994484

Event Website: <https://tatamumbaimarathon.procam.in/>

Email: [tatamumbaimarathon@procam.in](mailto:tatamumbaimarathon@procam.in)