



Associate Sponsor



# DREAM RUN 5.9 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'.

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.)*

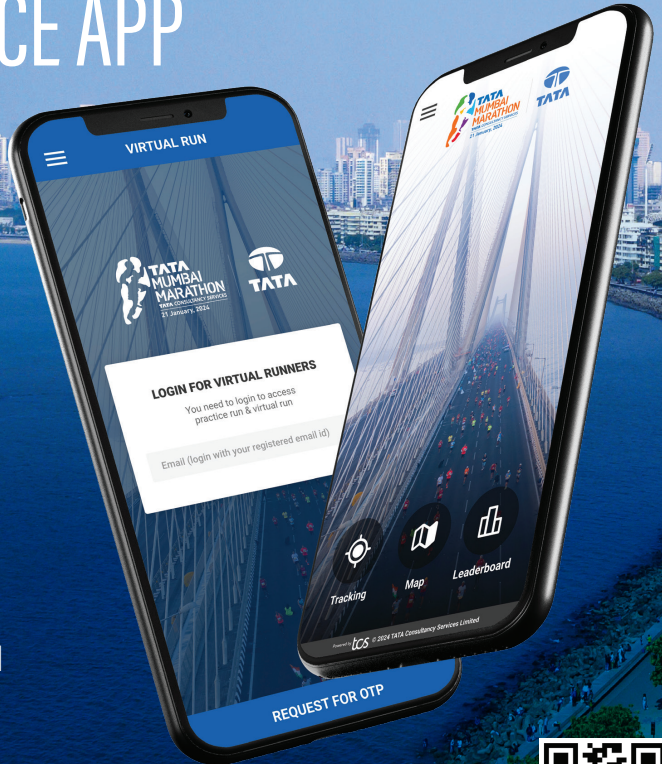
*Please do not misplace your bib – it cannot be reissued.*

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



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### VIRTUAL RUN

PARTICIPATE & RECORD YOUR  
RUN FROM ANY LOCATION

### LIVE TRACKING

TRACK YOUR FAVOURITE  
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, please 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).

**DREAM RUN 5.9 KM**

**IMPORTANT:** By registering for this event, you agree to abide by the rules and regulations of the event. The race will only be for the benefit of the participants of the event. If you do not wish to participate, you must inform the organizers before the start of the race. This race is only for entertainment. Participants should be aware of the weather conditions and take necessary precautions. The race will be held on 2024 and 2025 unless of the event.

**SAFETY IN CASE OF EMERGENCY ON RACE DAY**

Participant's Name	Emergency Contact
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

**EMERGENCY CONTACT NAME**  
of Emergency Contact

**EMERGENCY CONTACT NUMBER**  
of the person mentioned above

**MEDICAL CONDITION if any**

**IMPORTANT:**

1. Please fill the contact details on the above.
2. Do not fold or damage your bib.
3. Attach the bib to the back of your shirt.
4. Please keep the bib with you on the race day.
5. You may keep the bib with you as a memento.

**DREAM RUN:**  
EVENT VENUE : Azad Maidan GATE-5A  
via Hazratganj Crossing -Merg from CBMT &  
Azad Maidan GATE-5 from Chauraha

**VENUE GATE OPENS : 8:30 a.m.**  
**VENUE GATE CLOSES : 2:45 a.m.**  
**HOLDING AREA GATE CLOSURES : 8:05 a.m.**

**RACE START TIME : 8:05 a.m. from CBMT**  
**DEPARTURE TO CROSS THE START LINE : 8:30 a.m.**

\*Bib not for a participant of this Marathi Marathon 2024  
For more details on registration, visit [www.marathon2024.com](http://www.marathon2024.com) or call 022-42020000  
Please attach your Bib to show your race day photos on event website.





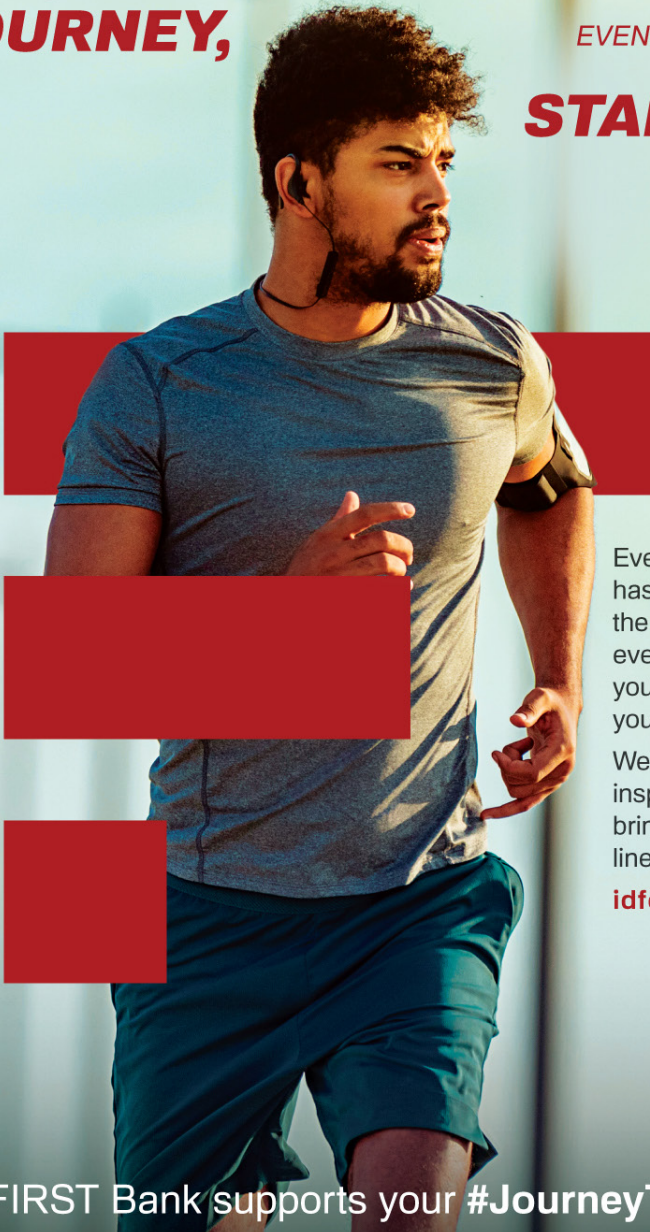
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**ALWAYS YOU FIRST**

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.

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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.
- 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.

\*Source: [accuweather.com](https://www.accuweather.com) as on 20.12.2023

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30

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MARATHON  
TATA CONSULTANCY SERVICES

# Mumbai

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## 4. EVENT VENUE

The Dream Run will start from outside the Chhatrapati Shivaji Maharaj Railway Terminus (CSMT).

Do ensure you have pinned the running number bib to your running vest prior to entering Azad Maidan.

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 AZAD MAIDAN?

It is our sincere advice that you do not travel to Azad Venue using your own vehicle. **There is no parking available within the vicinity of Azad Maidan.** The venue is well connected by local trains and there are 3 railway stations within walking distance.

Train station alighting at	Entry Gate	Distance from train station to entry gate
Chhatrapati Shivaji Railway Terminus	Gate No. 5A (from Hazarimal Somani Marg, opp. TCS House)	Approx. 400 mtrs.
Churchgate Station	Gate No. 4 (from M.G. Road, next to Bombay Gymkhana)	Approx. 900 mtrs.
Marine Lines Station	Gate No. 4 (from M.G. Road, next to Bombay Gymkhana)	Approx. 900 mtrs.



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



Official Hydration Partner for



## 5. ONCE INSIDE AZAD MAIDAN

On race day (21/01/2024), you need to assemble inside Azad Maidan at least one hour prior to your start time. This early arrival allows ample time for you to access they 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 run. Do anticipate queues at the approach roads and at the venue entrance gates. 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 Asian Heart Institute

To view Event Venue map

[CLICK HERE →](#)

### RUN IN COSTUME

Cosplay, a made-up word coined from a combination of the words Costume and Play (play the role of the character embodied), has taken the world by storm, becoming a popular way for fans to express their love for their favourite characters and stories. As a dynamic and ever-evolving art form, cosplay allows individuals to transform themselves into their favourite characters, embodying their personalities and quirks. With the rising popularity of cosplay in India, we aim to celebrate this subculture by continuing the Run in Costume contest. This event encourages participants to showcase their creativity and passion for cosplay while running in their favourite costumes.

Run In Costume details

[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. RACE ROUTE

Here is the official Dream Run Route 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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**10x**  
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energy drinks

# 7. ON CROSSING THE FINISH LINE

**Your finish line is opposite Metro INOX Cinema.** Open your arms as you cross the finish line –photographers will otherwise find it difficult to identify you.

The time limit for completing your Dream Run is till 10:30 a.m. 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; vehicular traffic will commence on the route.

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.

**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 Azad Maidan. Importantly, do not stand at the finish line to pose for pictures or wait for your buddy runners. We request all runners to respect the finish line area and ensure that celebrations do not interfere with other runners' finish experience. **Friends, family members, coaches 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.*



Refreshment pack.



Toilets (men & women)

[Race Regulations](#)

[CLICK HERE →](#)

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# 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.

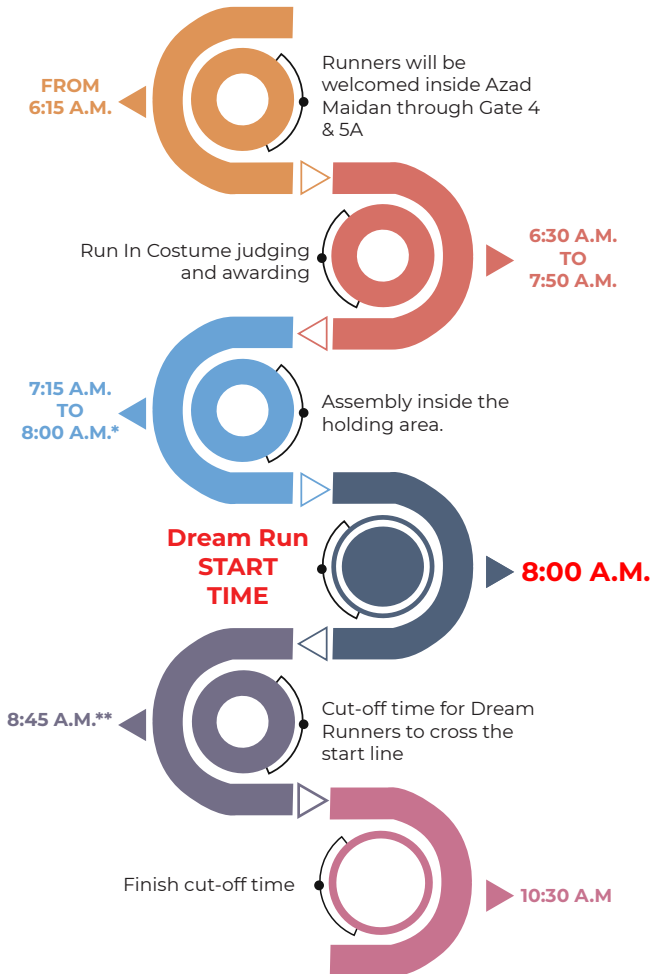


## 6. IMPORTANT RACE DAY TIMINGS

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

For more details

[CLICK HERE →](#)



\* Dream Runners reaching the holding area gate after 8:00 am, and not wearing the valid bib, will not be allowed to participate in the 2024 Tata Mumbai Marathon.

\*\* Where you have not been able to cross the start line by 8:45 a.m., you will be required to proceed ahead from the leftmost single lane of the route (till flora fountain); marathon elite finishers will have right of way to finish their race.



# 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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[www.adhatatrust.org](http://www.adhatatrust.org)



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



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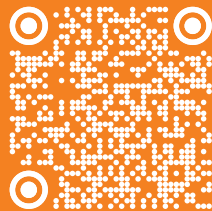
**ADAPT**  
**On the fasttrack**  
**since 1972.**  
**Continuing to**  
**work towards**  
**a disability Friendly Nation.**  
**Happy to be the**  
**facilitator for**  
**the Champions with**  
**Disability Race.**



# 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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**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)