



IDFC FIRST
Bank

Associate Sponsor



SENIOR CITIZENS' RUN

4.2 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 Senior Citizens' Run participative category is supported by Adhata Trust (formerly known as The Spastics Society of India).

Adhata Trust is a not-for-profit organization, working with older persons, since 2012. The Trust works towards decreasing isolation, providing supportive care, and facilitating positive aging in place. At Adhata, they believe that adopting an intergenerational approach to aging is mutually beneficial to seniors and youth.

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.

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

Process to collect bibs where registered as a group.

[CLICK HERE →](#)

MIRCHI GET ACTIVE EXPO

TIMINGS:	
Wednesday, 17 th January 2024	10:30 a.m. to 7:00 p.m.
Thursday, 18 th January 2024	10:30 a.m. to 7:00 p.m.
Friday, 19 th January 2024	10:30 a.m. to 7:00 p.m.
Saturday, 20 th 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.)

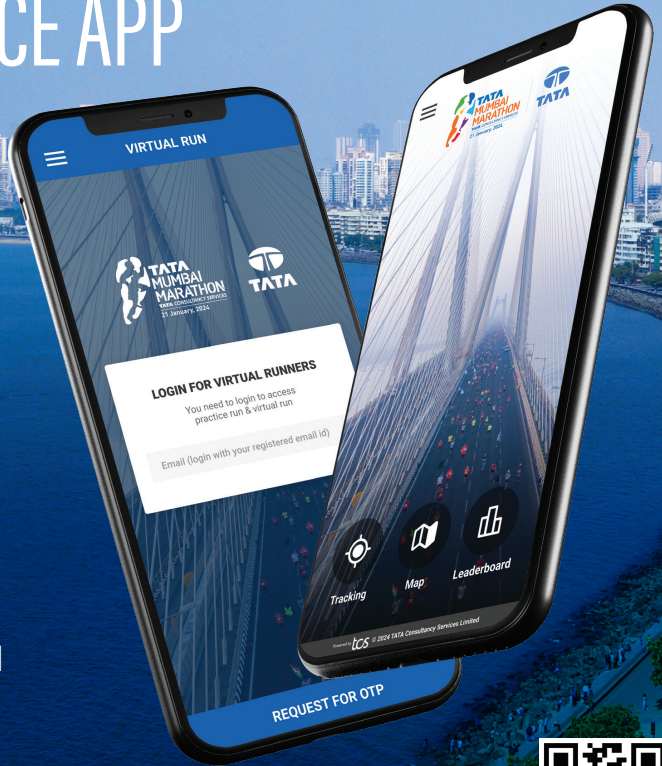
Please do not misplace your bib – it cannot be reissued.

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.

TCS POWERS THE OFFICIAL RACE APP



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



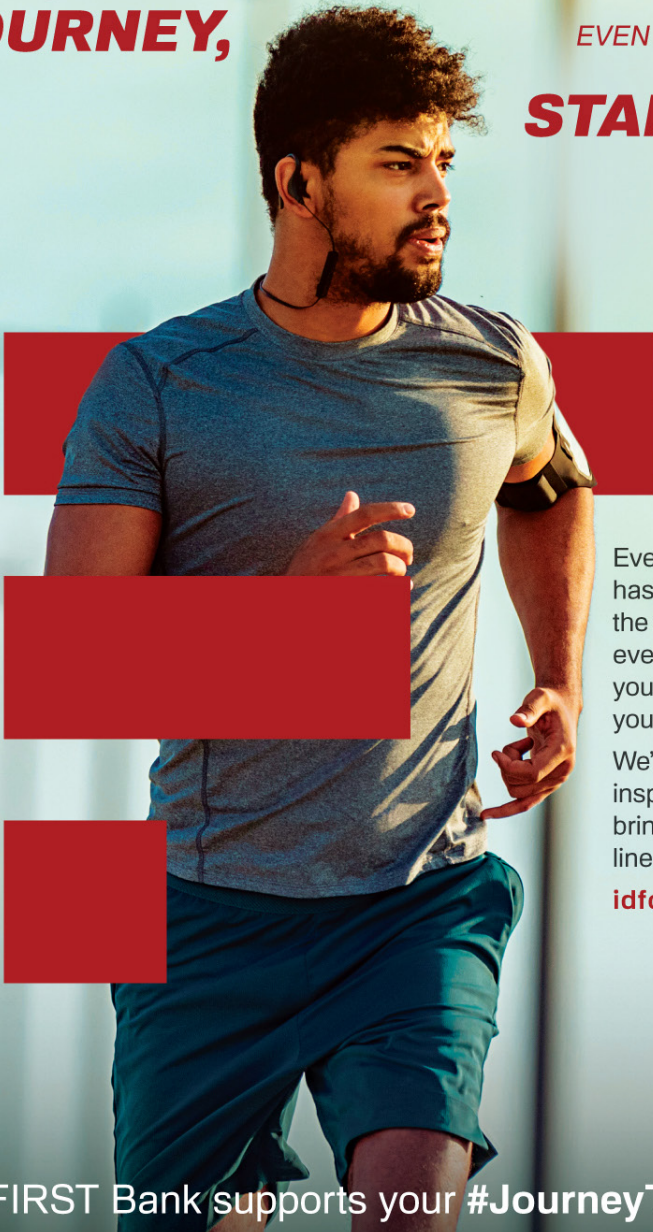
Proud associate sponsor of



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.

**Source: accuweather.com as on 20.12.2023*

ランニング

GEL-KAYANO™
30

LIMITED EDITION

asics

TATA
MUMBAI
MARATHON
TATA CONSULTANCY SERVICES

Mumbai

*Move your mind
with ASICS*

The Official Sports Goods Partner



*Get Race Ready with
ASICS Running Club Mumbai*



Scan to Enrol

www.asics.com

4. EVENT VENUE

On race day (21/01/2024), participants of the Senior Citizens' Run need to assemble inside the Senior Citizens' 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 Senior Citizens' 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 GROUND?

There is very limited parking space near the event venue vicinity. It is our sincere advice that you do not travel to the venue using your own vehicle. The venue is well connected by local trains and there are 3 railway stations within walking distance.

Train station alighting at	Distance from train station to Cross Goan Football Ground
Chhatrapati Shivaji Railway Terminus	Approx. 1200 mtrs.
Churchgate Station	Approx. 900 mtrs.
Marine Lines Station	Approx. 900 mtrs.

Bisleri
#CARRY
YOUR GAME



Official Hydration Partner for



5. ONCE INSIDE THE SENIOR CITIZENS' TENT

On race day (21/01/2024), you need to assemble inside the Senior Citizens' 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



Medical aid, courtesy Asian Heart Institute



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 Senior Citizens' Run 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

**FAST&UP
RELOAD**

Avinash Sable
Asian Games
Gold Medalist

**OFFICIAL
ENERGY DRINK
PARTNER**

Run | Reload | Replenish



#HarDilMumbai
#HarRunReload

5
Essential
Electrolytes

2x
Faster
Hydration

10x
Less Sugar
than other
energy drinks

7. ON CROSSING THE FINISH LINE

Your finish line is diagonally opposite Metro INOX Cinema. The time limit for completing the Senior Citizens' Run distance is till 9:00 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; Dream Run 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 **Senior Citizens' 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.



Tea/Coffee & Refreshments.




Toilets




Photo opportunities



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



oneglint  Create souvenirs of your dreams in amchi Mumbai.

PRE-BOOK YOUR PHOTOGRAPHS

WITH AN EXCITING 30% DISCOUNT






<https://photos.oneglint.com/preorder?eventId=TMM2024>

TATA MUMBAI MARATHON
TATA CONSOLIDATED 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

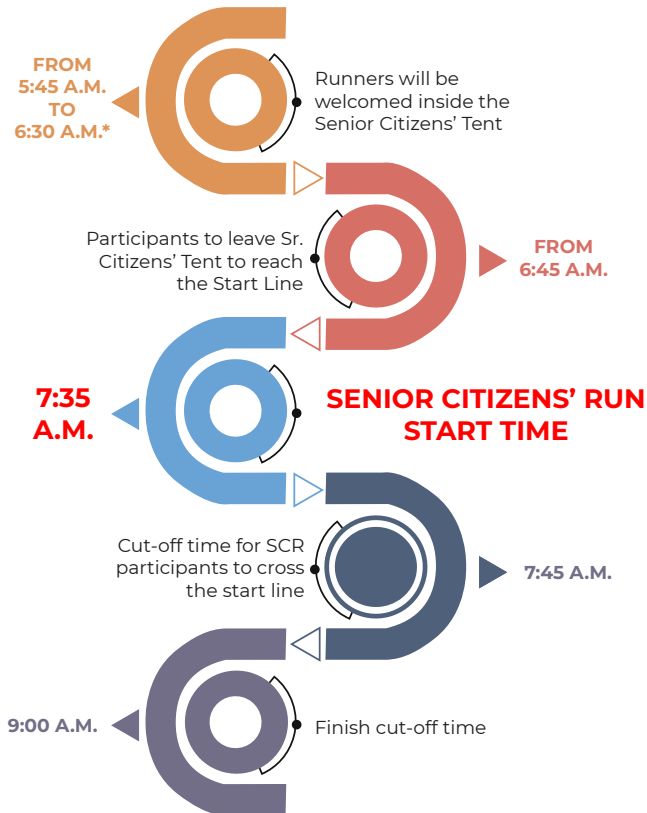


#RUNFORZEROHUNGER

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.

8. IMPORTANT RACE DAY TIMINGS

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



* Senior Citizens' Run participants reaching the Senior Citizens' Tent after 6:30 am, and not wearing the valid bib, will not be allowed to participate in the 2024 Tata Mumbai Marathon.

Race Regulations

[CLICK HERE →](#)

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!



TRIDENT

Nariman Point, Mumbai

Best Five Star Hotel Group in India by Travel + Leisure India's Best Awards 2022

+91 22 6632 4343
tridenthotels.com

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.





**KEEPING
YOUR HEALTH
ON TRACK**




ASIAN 
HEART INSTITUTE

Saving Hearts, Touching Lives

Call: 022 6739 6666 / 98200 27691

Write: info@ahirc.com

Visit: www.asianheartinstitute.org

Follow us on:  [Instagram.com/asianheartinstitute](https://www.instagram.com/asianheartinstitute)

 [Linkedin.com/in/asianheartinstituteandresearch](https://www.linkedin.com/in/asianheartinstituteandresearch)

Like us on:  [www.facebook.com /Asian.Heart.Hospital](https://www.facebook.com/Asian.Heart.Hospital)

India's 1st
JCI gold certified
Heart Care Hospital



India's No.1 Heart Hospital



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

**JOIN
THE CAUSE**



www.adhatatrust.org



team@adhatatrust.org



+91 93268 16529



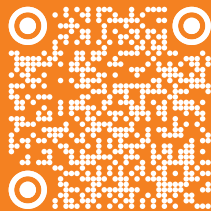
ADAPT
On the fasttrack
since 1972.
Continuing to
work towards
a disability Friendly Nation.
Happy to be the
facilitator for
the Champions with
Disability Race.



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.



Title Sponsor



Joint Title Sponsor



Associate Sponsor



Sports Goods Partner



Driven by



Hydration Partner



Snacking Partner



Energy Drink Partner



Social Connect Partner



Hospitality Partner



Loyalty Partner



Print Partner



Entertainment Partner



Telecast Partner



Medical Partner



Philanthropy Partner



Institution Partner



CWD Facilitator



Inclusion Ally



Proud Partner



Supported by



Govt. of Maharashtra

Supported by



M.C.G.M

Supported by



Mumbai Police

Supported by



Indian Railway

Supported by



Indian Navy

Supported by



Indian Army

Under the aegis of



Certified by



Promoted by



Promoted by



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