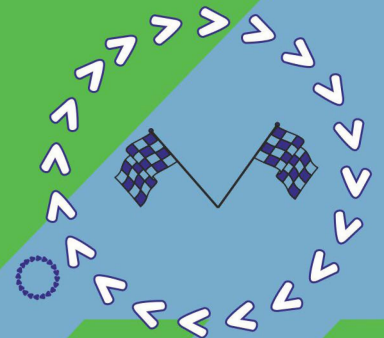




Associate Sponsor



# CHAMPIONS WITH DISABILITY RUNNER'S GUIDE



# Welcome to the World's Premier 10K.

We can't wait to welcome you to the start line of the 16<sup>th</sup> edition of TCS World 10K Bengaluru.

Please go through the content of this runners' guide carefully. It contains details important to your race day experience and the medical advisory. Regular updates will be uploaded on the event website.

We wish you a great run on Sunday, 28<sup>th</sup> April 2024!

- 1. Collecting Your Running Number Bib**
- 2. Medical Precautions**
- 3. A Quick Checklist Prior to Race Day**
- 4. Event Venue**
- 5. Race Route**
- 6. On Crossing the Finish Line**
- 7. Important Race Day Timings**

# Imagine the Digital Twin Difference

With AI-powered digital twin technology, Tata Consultancy Services helps businesses and people build better futures in the virtual and physical worlds. We put that power at the heart of Des Linden's training plan – unlocking data-driven insights that optimized her routine. Imagine the Difference we could make in your world.



**tcs**  
**WORLD 10K**  
**BENGALURU**  
28 April 2024



**Des Linden**

2-Time Olympian &  
2018 Boston Marathon  
Champion

# 1. COLLECTING YOUR RUNNING NUMBER BIB

Your running number bib must be collected from the Mirchi Get Active Expo, no later than 5 p.m. on Saturday, 27th April 2024. **On race day, the bib must be affixed onto the front of your running vest.**

You can collect your running number bib from the bib collection counter specifically labelled 'Champions with Disability'. 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.). **We urge you to cross check your details with us, including the bib number collected before leaving the counter.**

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.

**Do not misplace your bib – we will not be able to reissue another.**

## MIRCHI GET ACTIVE EXPO

### TIMINGS:

Thursday, 25 <sup>th</sup> April	10:30 a.m. to 7:00 p.m.
Friday, 26 <sup>th</sup> April	10:30 a.m. to 7:00 p.m.
Saturday, 27 <sup>th</sup> April	10:00 a.m. to 5:00 p.m.

### VENUE:

The Royal Senate, Gate No 6, Sri Ramana Maharishi Road, Besides Palace Sheesh Mahal Palace Ground, Bangalore – 560080.

**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 TCS World 10K Bengaluru.**

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28 April 2024

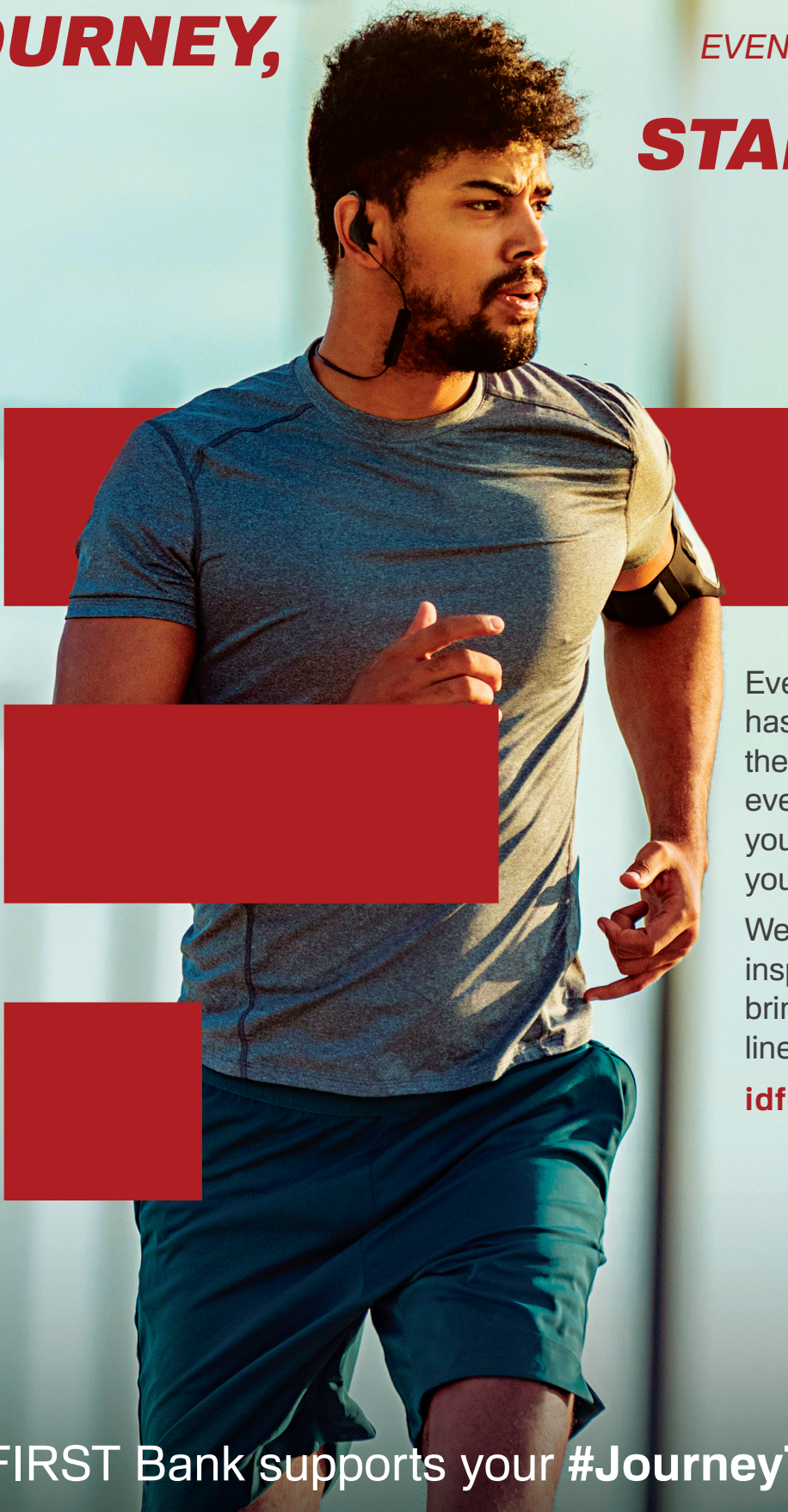


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MANY PEOPLE MAKE  
**A JOURNEY,**

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**

## 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.

**Individuals participating in the CWD category are strictly advised to take medical opinion from your personal doctor to participate in the event.**

Only a doctor who is familiar with your unique medical history, current health status, medications, and pre-existing risk factors can provide guidance on your suitability for training and running at the TCS World 10K Bengaluru 2024.

For detailed Medical Advisory

[CLICK HERE →](#)

### Important:

- Remember race day starts early in the morning and can get quite hectic. It's important that participants rest well during the days leading to 28th April 2024, and where required change their sleep cycle to rise earlier than usual on race day.
- Participants who are diabetic or having Hypertension/Fever/Heart ailment or any other disease should avoid running/walking, however they may remain present in the tent as per their convenience/choice/advice of their family physician – our volunteers will be present to keep you company.
- Importantly, you must carry along with you the morning medicines your doctor would have prescribed for.** Do not skip having your morning medicines.
- 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 **+91-80- 41739955**

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 TCS World 10K Bengaluru.

CHAMPIONS WITH DISABILITY	
Race Start Time: 8:50 a.m.	
<b>IMPORTANT</b>	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 2024 and 2025 edition of the Event.
<b>SAFETY</b> IN CASE OF EMERGENCY ON RACE DAY <small>(complete in case of emergency)</small>	
Participant's Name	<input type="text"/>
Emergency Contact Name <small>*(Family/Friend/Guardian)</small>	<input type="text"/>
Emergency Contact Number <small>(of the person mentioned above)</small>	<input type="text"/>
Medical Condition if any	<input type="text"/>
<b>Instructions</b>	
1. Wear the bib number visibly on the chest.	
2. Do not fold or crumple your bib number.	
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 TCS World 10K Bengaluru 2024	
For race day emergencies, call event helpline on +91 80 4173 99 55	
Please retain your bib to check your race day photos on event website	
Race category: Champions With Disability	Venue gate opens: - 6:30am
Event Venue/ Holding Area: Army Public School	Venue gate closes: - 8:45am
Entry Gate: Army Public School Back Gate on Dickenson Road	Race Start Time: - 8:50am

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28 April 2024

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***28.04.2024***

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# 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 Bengaluru on 28/04/2024: 36°C high and 23°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.

Process to collect bibs where registered as a group

[CLICK HERE →](#)

**Important:** 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

To know the Role of a Buddy

[CLICK HERE →](#)

Source: accuweather.com as on 15/04/2024





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## 4. EVENT VENUE

The TCS World 10K Bengaluru has a new home. On race day (28/04/2024), all participants and buddies of Champions With Disability category need to assemble inside the CWD Tent within the Army Public School premises, at least one hour prior to the start time of your run, i.e. by 7:50 a.m.

This early arrival allows ample time for you 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 venue entrance gates. You are advised to plan your journey accordingly, reach the venue in time and enjoy a stress-free race day.

**Do ensure you have pinned the running number bib to your running vest prior to entering the ground. 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.

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.

### HOW TO REACH THE CWD TENT?

To reach the CWD Tent, participants need to enter the Army Public School premises ONLY from Dickenson Road, through the back gate of the school.

To view Event Venue map

[CLICK HERE →](#)

### PARKING ON RACE DAY

**Limited parking space is available** within the Army Public School premises for vehicles carrying participants of the Champions With Disability (CWD) category.

Parking stickers will be issued at the Mirchi Get Active Expo (expo venue and timings mentioned above in this document), **on first come first served basis.** To avail of 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.

### FACILITIES PROVIDED INSIDE THE TENT BEFORE RACE START



**Bisleri water.**



**Toilets** (accessible for PwDs).



**Medical aid, courtesy Fortis Hospitals.**



**Tea/Coffee and Snack**

Since parking space is limited in number, we urge you to please car pool and come on race day. Remember, **parking is at owner's risk.**

For approach road

[CLICK HERE →](#)

# LIVE TELECAST ON

**28th April 2024**  
**6:00 a.m. onwards**

Telecast Partner



**HD**



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WORLD 10K  
BENGALURU  
28 April 2024

**Bisleri**

Official Hydration  
Partner

**RUN  
BENGALURU!**

**#DRINKITUP**



## 5. RUN ROUTE

### 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 **+91-80- 41739955**.

The event's Medical Partner, Fortis Hospital is located at Bannerghatta, Bengaluru.

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

Here is the official Champions With Disability Route of the 2024 edition, with the facilities provided thereon.

[CLICK HERE →](#)

Hospitals located near the route

[CLICK HERE →](#)



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# FEEL THE ENERGY INSTANTLY



**FAST ACTING**

**INSTANT ENERGY BOOST**

## 6. ON CROSSING THE FINISH LINE

The time limit for completion of the Champions With Disability distance is till 9:50 a.m. If you are unable to finish your run within this time, stick to one side of the road, better still the footpath, and make your way to the finish line. Remember, vehicular traffic will commence on the route at 10 a.m.








Your finish is on Kamaraj Road. On crossing the finish line, keep moving ahead towards the CWD Tent. You are requested to not stand at the finish line to pose for pictures or wait for your fellow runners. Remember other runners too need to cross the finish line.

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.

Race Regulations

[CLICK HERE →](#)

### FACILITIES PROVIDED INSIDE THE TENT POST YOUR FINISH

-  **Medical aid, courtesy Fortis Hospitals**
-  **Bisleri water station.** Refilling stations too will be available to refill your used bottle.
-  **Participation Medal.** Capture the moment with your finisher medal against various selfie points within the ground, upload and tag @TCSW10K on your social media handle.
-  **Refreshment pack.**
-  **Toilets** (accessible for PwDs).
-  **Photo-opportunities.**
-  **Participation e-certificate** downloadable from the event website post race day. Physical certificates will not be given.

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-  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 TCS World 10K Bengaluru, Vedanta will contribute one meal on your behalf to a child through its Nand Ghar initiative.

SOCIAL CONNECT PARTNER

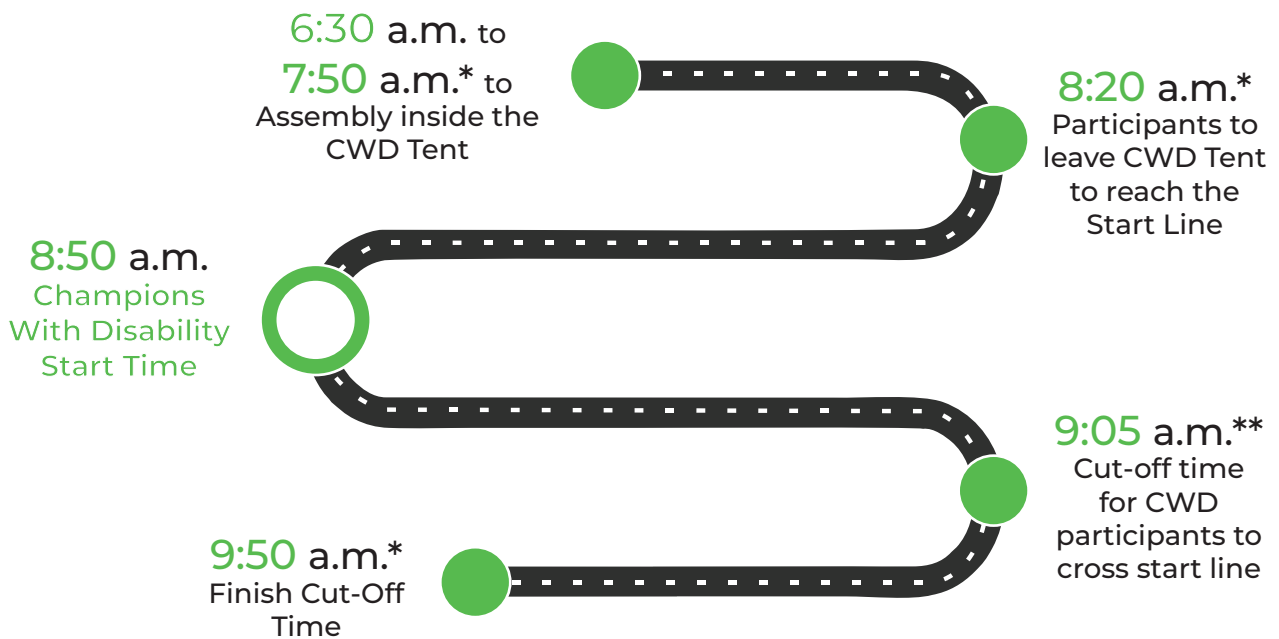


## 7. IMPORTANT RACE DAY TIMINGS

**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 all participants. **Participating not adhering to the timings mentioned below will not be allowed to participate in the 2024 TCS World 10K Bengaluru.**

For more details

[CLICK HERE →](#)



\* CWD participants reaching the CWD Tent after 7:50 a.m., and not wearing the valid bib, will not be allowed to participate in this event edition.





# **RUN & CRUNCH**

**Official Refreshment Partner**





# GREEN INITIATIVES AT TCS WORLD 10K 2024

TCS World 10k 2024 will be a 100% waste managed event, with a focus on managing waste through the 3R Principal – Reduce, Re-use & Recycle.

## Some highlights of TCS World 10K 2024 Green Initiatives Include:



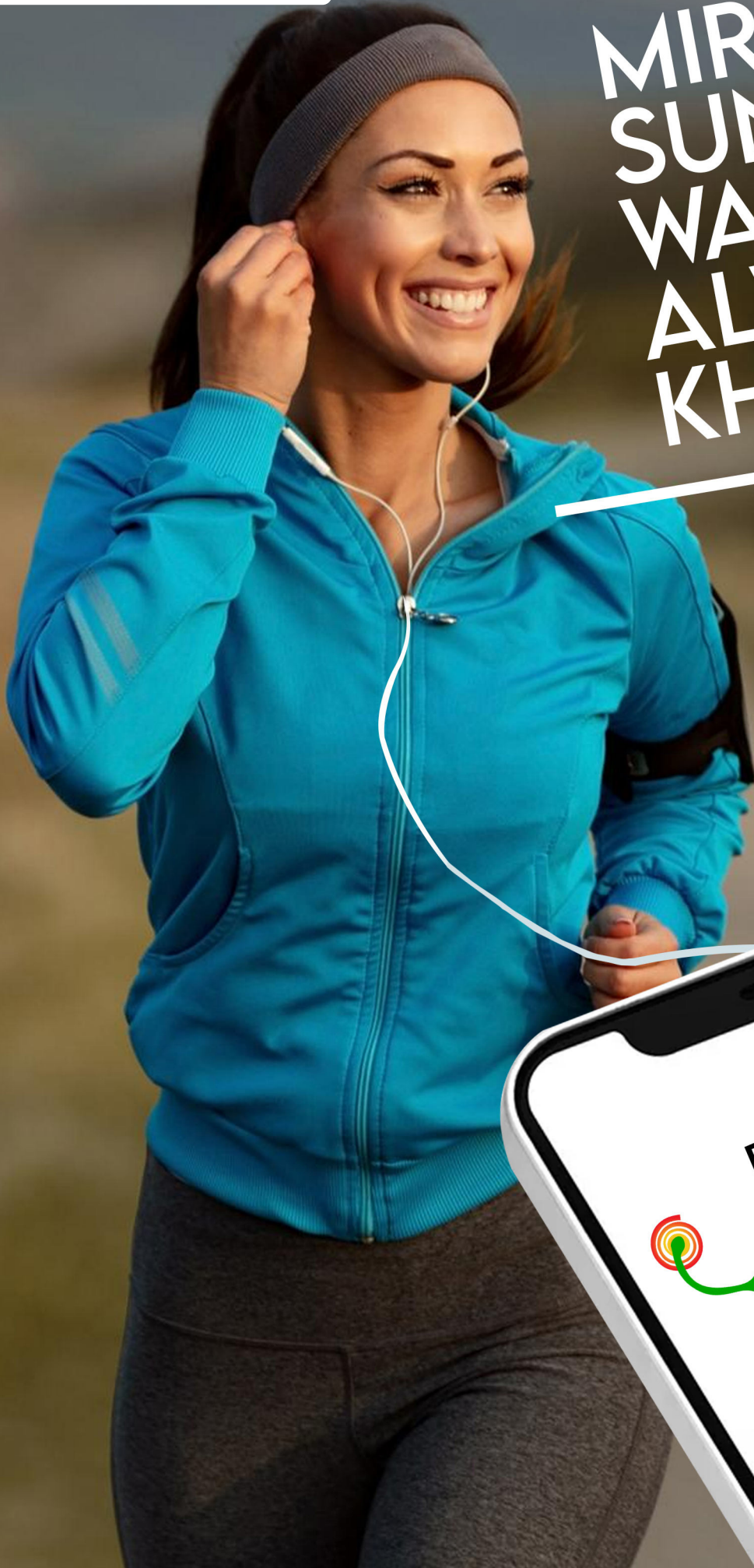
- Ensuring Zero waste to Landfill.
- Digital Handbooks
- Bibs distributed without any plastic cover
- Reusable backpack Bags at Expo
- On Race Day at the Venue – there will be large Waste kiosks that will have separate bins – DRY for paper/tetra, Other PLASTIC for food containers etc, PET for water bottles and WET for fruit peels and organic waste.
- Organic waste – will be converted to bio-gas
- Pet bottles will be recycled and converted to apparel buttons.
- Branding material will be upcycled.
- Excess food post event will be distributed to the needy.
- Bicycle stands will be arranged
- Event Sustainability report, will be produced post event and will be shared on the website and social media
- Participants are encouraged to:
  - Return the plastic covers of race day event tees in designated bins at Expo.
  - Carry their own water bottle to the event which can be refilled at the refill counters provided at water stations.
  - Dispose segregated waste in the right bin.
  - Be mindful of the water crisis and do not waste water
  - Car pool, or use public transport.
  - We also encourage active travel - walking or cycling





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28 April 2024

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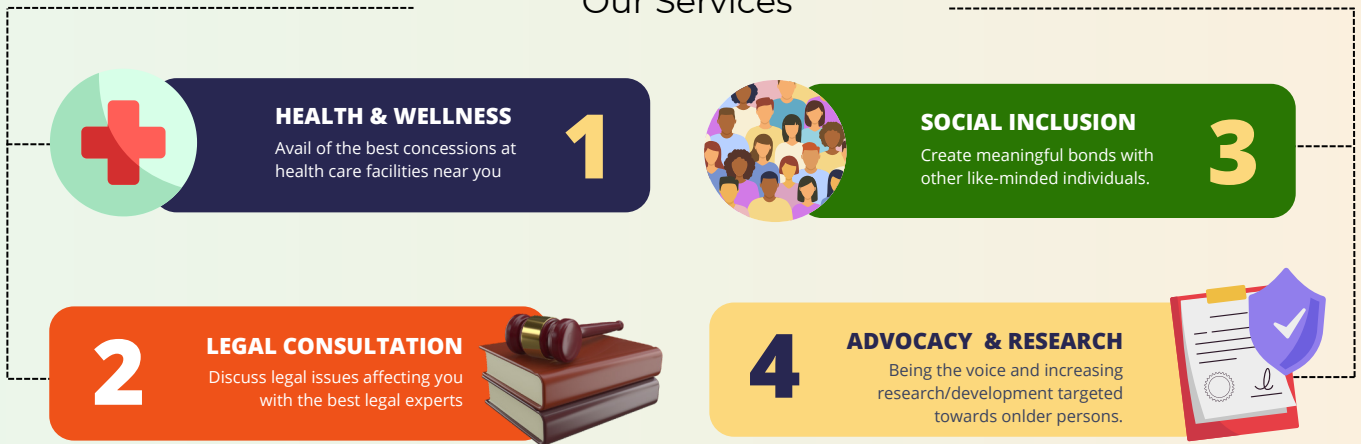
SILVER'S RUN FACILITATOR

**Vayah Vikas** is a not-for-profit organisation based in Bengaluru that is driven by the philosophy of "by the seniors, for the seniors, of the seniors".

Our Values



Our Services



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