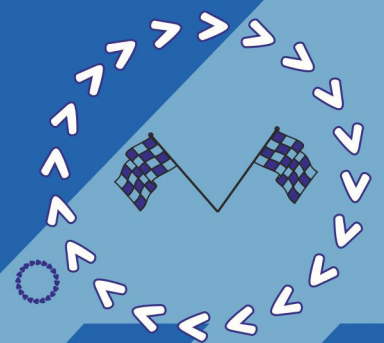




Associate Sponsor



OPEN 10K RUNNER'S GUIDE



Welcome to the World's Premier 10K.

We can't wait to welcome you to the start line of the 16th 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 race results thereafter. Regular updates will be uploaded on the event website.

We wish you a great run on Sunday, 28th April 2024!

- 1. Collecting Your Running Number Bib**
- 2. Medical Precautions**
- 3. A Quick Checklist Prior to Race Day**
- 4. Event's Start Venue**
- 5. Once Inside RSAOI**
- 6. Race Route**
- 7. On Crossing the Finish Line**
- 8. 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.



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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 '**Open 10K**'. 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.). While collecting

your bib, do check your personal details with us (spelling of your name, gender and date of birth). This is important to generate results post the race.

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.

MIRCHI GET ACTIVE EXPO

TIMINGS:

Thursday, 25 th April	10:30 a.m. to 7:00 p.m.
Friday, 26 th April	10:30 a.m. to 7:00 p.m.
Saturday, 27 th 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.

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

Since you are participating in the Open 10K, a RFID bib tag has been attached to the bib back. In light of this, a few Don'ts to make a note of. This is to make sure that the effectiveness of the tag does not reduce.

- Don't fold or crumple your number bib or timing tag.
- Don't pierce the tag while pinning on number bib on your vest.
- Don't remove the timing tag from the bib.
- Don't place your bib on your television set or near any electronic gadget.

Important: You must be extremely careful that neither your bib nor timing tag, gets exchanged with any other runner's bib/timing tag, or handed over to any other person. Running bib and timing tag are 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.**

Proud associate sponsor of



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BENGALURU
28 April 2024

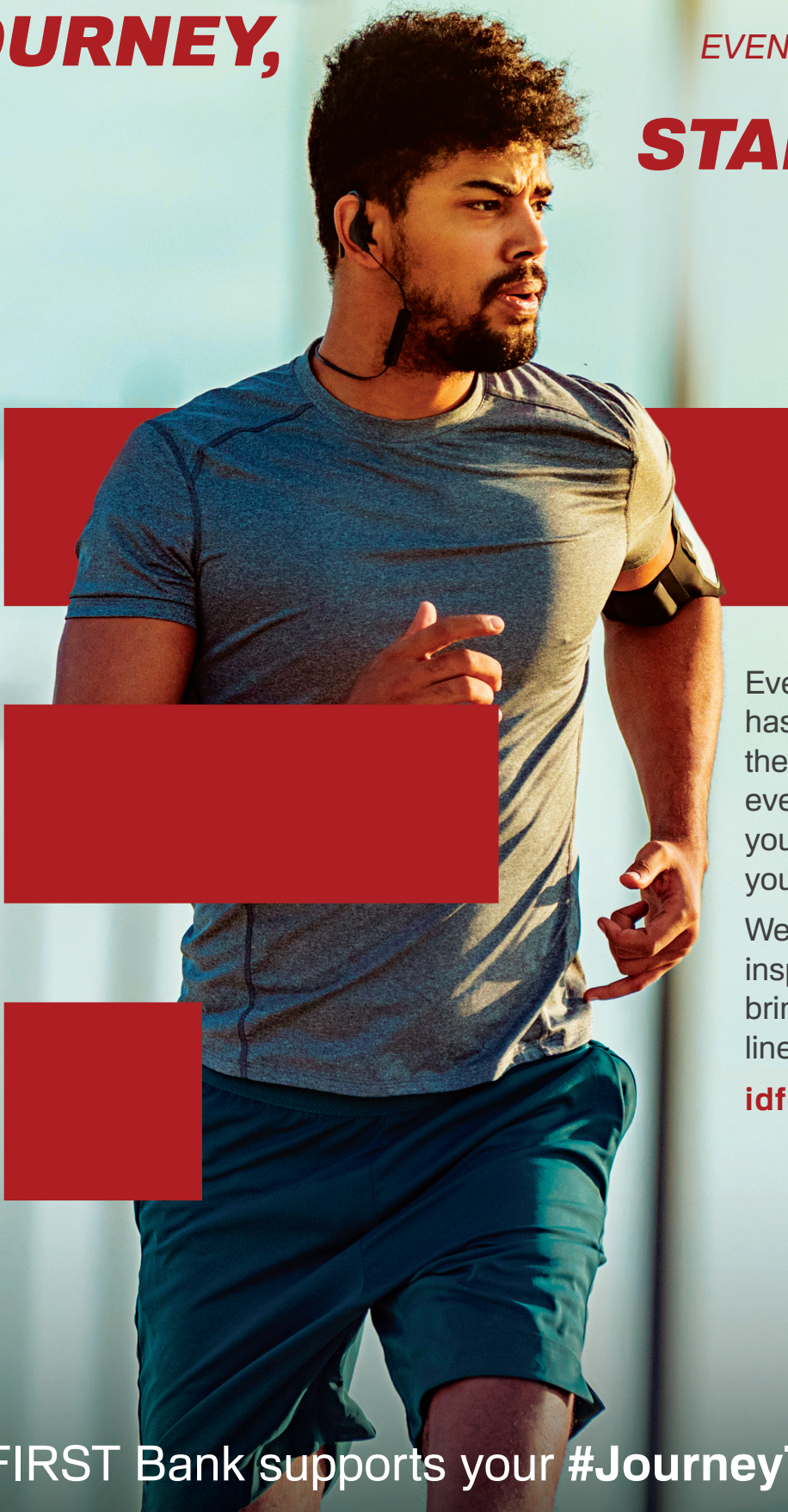


IDFC FIRST
Bank

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

IDFC FIRST Bank supports your #JourneyToTheStart

2. MEDICAL PRECAUTIONS

While the 10 km is an exciting distance, 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.**

Important: Do review these medical scenarios before running on race day:

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?: **Yes / No**
- Do you feel pain in your chest when you do physical activity?: **Yes / No**
- In the past month, have you had chest pain when you were not doing physical activity?: **Yes / No**
- Do you lose your balance because of dizziness, or have had imbalance of gait in the recent past?: **Yes / No**
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?: **Yes / No**
- Have you been suffering from any sort of virus or fever in the 2 weeks prior to race day?: **Yes / No**
- Is your doctor currently prescribing drugs for your blood pressure or heart condition?: **Yes / No**
- Do you have any difficulty in breathing, especially in cold and dry conditions?: **Yes / No**
- Have you recently or in the past undergone any surgeries that hampers or restricts physical activity?: **Yes / No**
- Are you pregnant?: **Yes / No**
- Are you diabetic?: **Yes / No**
- Do you know of any other reason why you should not do physical activity?: **Yes / No**

You are strongly advised to consult your personal physician before embarking on training and running at the Event. **If you have answered YES to any of the above questions, there is even more reason for you to seek advice from your doctor.** While running has its health benefits, it's important to acknowledge the inherent risks associated with covering long distances. **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.**

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.

For detailed Medical Advisory
[CLICK HERE →](#)

The image shows the back of a race bib for the 'OPEN 10K' event, Race Date Time: 5:00 a.m. It contains a 'SAFETY IN CASE OF EMERGENCY ON RACE DAY' section with the following fields: Participant's Name, Emergency Contact Name (Family/Friend/Coach), Emergency Contact Number (of the person mentioned above), and Medical Condition (if any). To the right of these fields is a 'MEDICAL NOTES' section with a list of instructions: 1. Show the Bib number clearly on the front of the bib, 2. Number all your joints (the leg), 3. Show the bib number clearly on your back, 4. Show the bib number clearly on your front and back, 5. Do not tamper with the bib, 6. Always wear the bib and carry it throughout the race, 7. Do not have the bib torn and do not allow the bib to be lost or damaged at any point. Below the form, there is a note: '* Should not be a participant of TCS World 10K Bengaluru 2024. For more details, call event helpline on 08-86-1173 36 36. Please refer your bib to check your race day photo on event website.' At the bottom, there are fields for Race Date, Race Time, and Race Start Time.

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to every step*

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in the new NOVABLAST™ 4 shoe.

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Bengaluru

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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.
- 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.

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



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beyond — everyday

Catch Punch.ev lead the TCS World 10K

BOOK NOW



4. EVENT'S START VENUE

The TCS World 10K Bengaluru has a new home. The Open 10K will start from outside the Field Marshal Sam Manekshaw Parade Ground on Cubbon Road. On race day (28/04/2024), **all participants need to assemble inside the RAJENDRA SINHJI ARMY OFFICERS INSTITUTE (RSAOI)** using Gate 4 on M.G. Road, at least one hour prior to scheduled start of Open 10K.

This early arrival allows ample time for you to access your designated start pens, avail essential facilities like baggage deposit, chemical toilets, water & access the medical aid stations (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 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.

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 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.

HOW TO REACH RSAOI?

- **PARKING ON RACE DAY:** Limited parking space is available for cars and motorbikes for Open 10K participants on race day, only from 3 a.m. to 10 a.m. There is also special bicycle parking available near Gate 4 of RSAOI till 10 a.m.

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.

Shuttle buses

[CLICK HERE →](#)

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.** Also, if bringing your bike or bicycle, do get a chain and lock to secure the same, and your helmet.

- **DROP-OFF POINTS, IF USING A CAB, AUTO OR ANY HIRED VEHICLE (NOT SELF-DRIVEN) TO REACH THE VENUE ON RACE DAY:** The vehicle will need to drop you off at either of the following drop-off points:

Approach roads

[CLICK HERE →](#)

LOCATION(s)		APPROX. DISTANCE (IN METERS)	APPROX. WALKING (MODERATE) TIME (IN MINUTES)
DROP OFF POINT	TO		
At M.G. Road Metro Station	RSAOI Gate 4	400 m	5
At East Parade Church on M.G. Road	RSAOI Gate 4	250 m	3



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BENGALURU
28 April 2024

Bisleri

Official Hydration
Partner

**RUN
BENGALURU!**

#DRINKITUP



5. ONCE INSIDE RSAOI

To view Event Venue Map

[CLICK HERE →](#)

FACILITIES PROVIDED BEFORE RACE START



Baggage Drop – You can store your bag (only 1 per runner) in the baggage vans parked within the venue. Do retain the counterfoil of the baggage tag for ease of baggage retrieval post your run. Please do not leave valuables like mobile phone, wallet/purse, camera, watch, etc. in the bag stored.

Procam International is not responsible for any loss, theft or misplacement of your bag or contents stored therein.



Bisleri water.



Toilets (men & women).



Medical aid, courtesy Fortis Hospitals.

ASSEMBLY IN HOLDING AREA

You must assemble in the section belonging to your start section within the holding area as mentioned on your bib.



ASICS WARM-UP

Your race day will start on high energy with the much-needed warm-up conducted by ASICS professionals. Warming up is an important part of distance running; it gets your body ready for physical exertion on course.

MEET YOUR OFFICIAL 10K PACERS

Helping runners to pace the 10-km journey and finish at the predesignated finish time, are 11 seasoned women runners, the Official 10K Pacers. These Pacers will start their race at 5:10 a.m. and will be stationed within respective holding areas, depending on the bus they are leading individually. A Pacer can be identified by the flag she will be carrying; the net finish time within which the pacer is expected to cross the finish line will be mentioned on the flag.

Disclaimer – Pacing is a voluntary act. Neither the pacer nor the event promoter can be held responsible if the pacer is unable to complete her race within the specified time or unable to start the race due to reasons whatsoever.

Know your pacer.

[CLICK HERE →](#)

LIVE TELECAST ON

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

Telecast Partner



HD

FAST&UP RELOAD
OFFICIAL ENERGY DRINK PARTNER



FEEL THE ENERGY INSTANTLY



FAST ACTING

INSTANT ENERGY BOOST

6. RACE ROUTE

Here is the official Open 10K Race Route of the 2024 edition, with the facilities provided thereon.

[CLICK HERE →](#)

CHEER ON!

There is nothing more heartening than to have people to motivate you along the route. And if these people are known to you – family, friends, neighbours, colleagues – its bliss!

Besides having 11 motivation zones, courtesy event sponsors and partners, some of the best spots for spectators to cheer you along are as below:

- Outside Vidhana Soudha
- Minsk Square Junction
- All around the Ulsoor Lake

So spread the word!

Spectators need to carry along their own refreshments (including drinking water), and responsibly dispose-of packaging / leftovers in bins provided nearby. Also, spectators must restrict their movement on the footpath / along the extreme sides of the road. Remember it's hard for a runner to regain his/her running rhythm once stopped – many are running to achieve their personal best at this event!

TIMING YOUR RACE

There are 6 timing corridors on the Open 10K route. Please do ensure you pass through these timing corridors placed at designated timing split points on course, in addition to the timing mats under the start and finish gates.

Timings and rankings will not be generated for runners who miss running through all timing points; performance of such runners will be considered as incomplete and will not be considered for rankings nor prize money winnings.

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.

[Hospitals located near the route](#)

[CLICK HERE →](#)

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

SOCIAL CONNECT PARTNER



7. ON CROSSING THE FINISH LINE

The time limit for completion of the 10K distance is 90 minutes from the start time. 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. Remember, the World 10K athletes will have right of way from 6:30 a.m. onwards.

Your finish is on Kamaraj Road. On crossing the finish line, keep moving ahead towards the **FIELD MARSHAL SAM MANEKSHAW PARADE GROUND**.

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 need to cross the finish line, and perhaps achieve their personal best.

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.



Fast&Up Energy Drink station



Medical base camp, courtesy Fortis Hospitals



Quick recovery with **sprays and ice packs**

FACILITIES PROVIDED INSIDE FIELD MARSHAL SAM MANEKSHAW PARADE GROUND



Bisleri water stations and refilling stations.



Recovery zone by Hyperice. Be patient and wait for your turn at this zone as many runners may be finishing their race at the same time as you.



Finisher 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 (men & women)



Baggage retrieval. Don't forget to collect the bag you deposited by 8:00 a.m. on race day. If you are unable to do so on race day, please do connect with our event helpline (+91-80-4173 9955) by 2 p.m. on 29th April 2024.

TIMING RESULTS

You will receive your finish time through SMS on the mobile number you had mentioned at the time of applying for the race.

Provisional race results, with individual rankings will be uploaded on the event website by 3 p.m. on race day.

Timing results will be finalized within 21 working days after race day. Results will be subject to the prize money rules and race regulations. Non-adherence with any of the rules/regulations will amount to disqualification of the runner's performance at the 2024 edition of TCS World 10K Bengaluru – no timing, no ranking, no certificate, no prize money.

TIMING CERTIFICATES

Timing certificates will be available for download from the event website immediately on finalising the timing results. Physical timing certificates will not be posted to anyone. Timing certificates of this 2024 edition can be used for timing qualification of any race globally.

Open 10K prize money and rules

CLICK HERE →

Event Venue Map for Facilities

CLICK HERE →

Race Regulations

CLICK HERE →

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28 April 2024



SCAN TO PRE-BOOK YOUR PHOTOS.



RUN & CRUNCH

Official Refreshment Partner

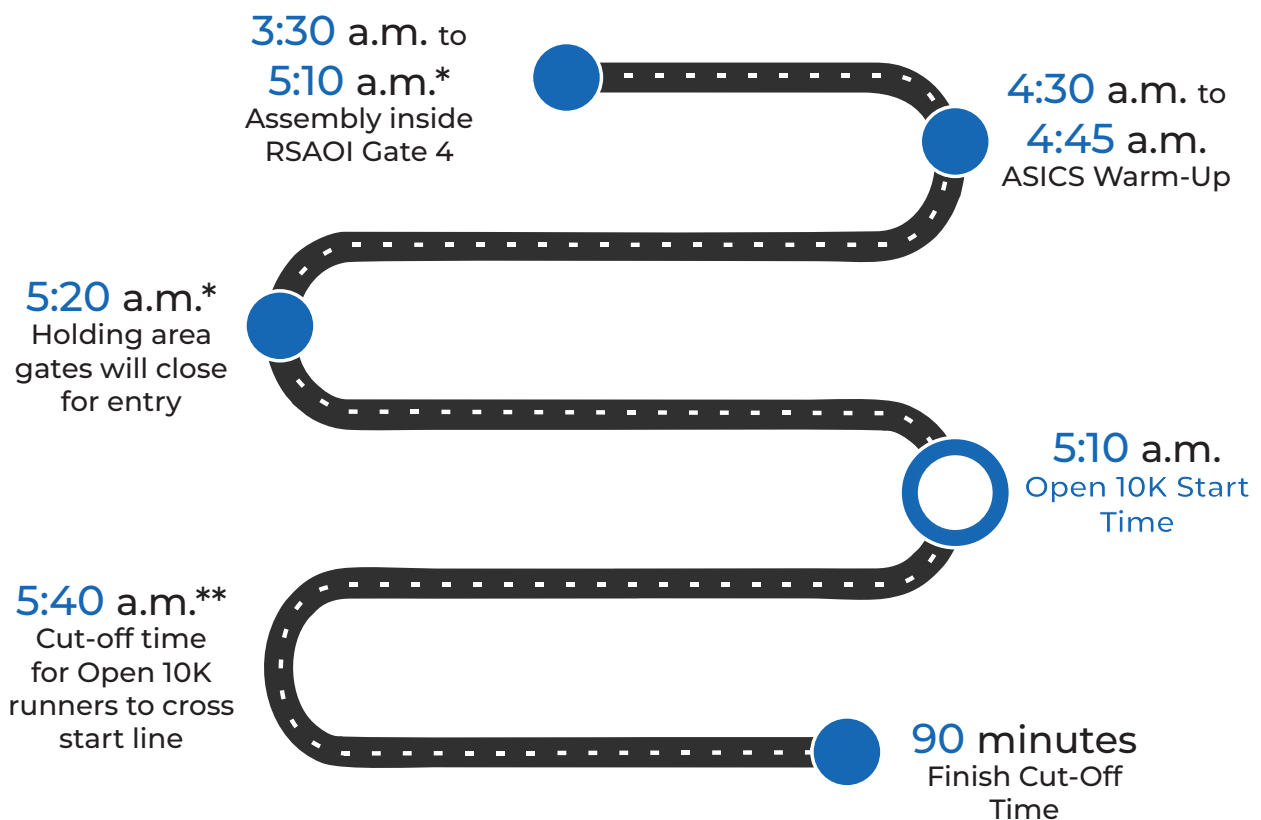


8. IMPORTANT RACE DAY TIMINGS

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, especially those running the subsequent race categories. **Runners 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 →](#)



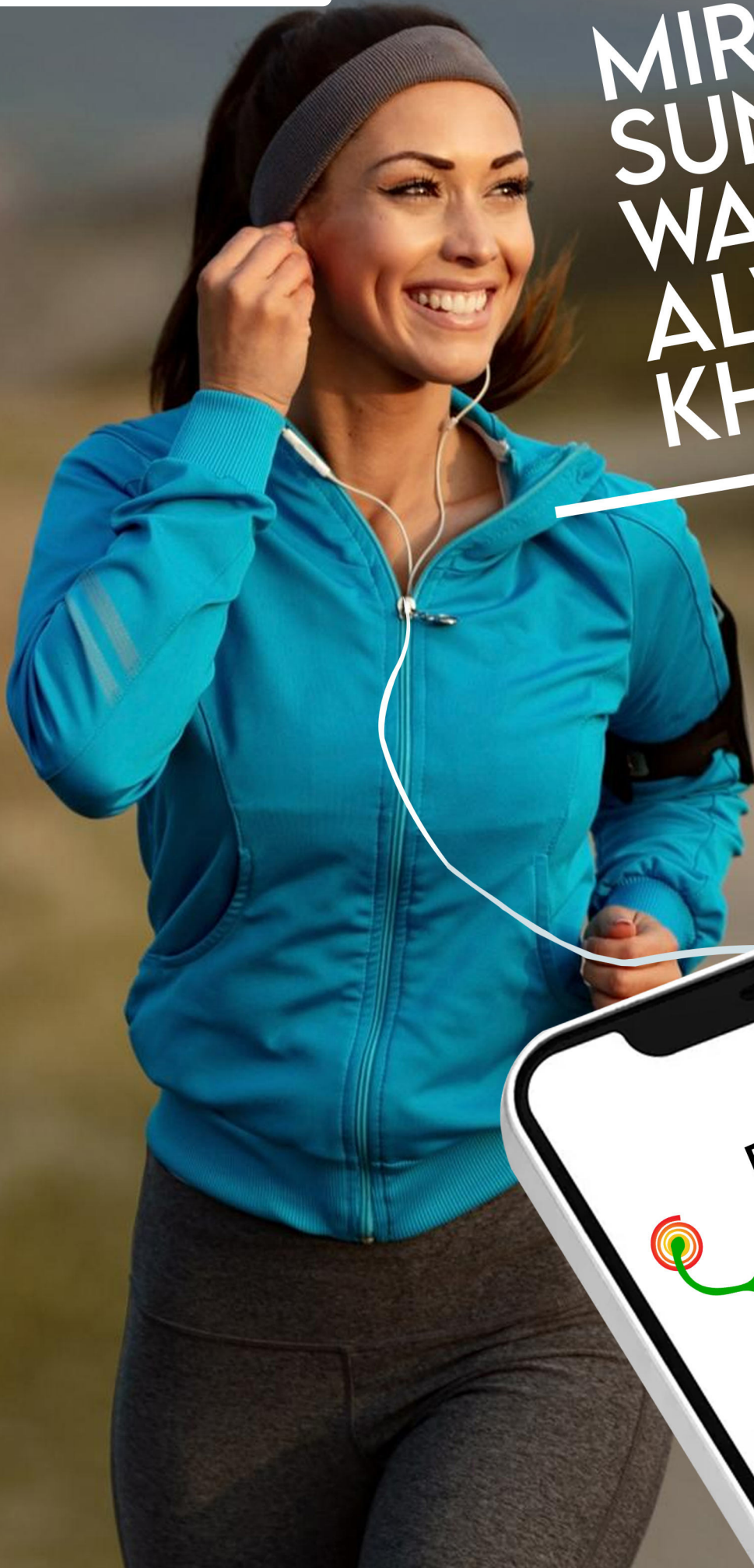
* Open 10K runners reaching Gate 4 of RSAOI and the holding area gate after 5:10 a.m. and 5:20 a.m. respectively, and not wearing the valid bib, will not be allowed to participate in this event edition.

** Where you have not been able to cross the start line by 5:40 a.m., you will not be permitted to start and participate in the event; participants of other race categories will be gradually lined-up in order to start their respective race. Further your participation at the event shall be liable to be disqualified.



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WORLD 10K
BENGALURU
28 April 2024

MIRCHI
SUNN NE
WALE
ALWAYS
KHUSH





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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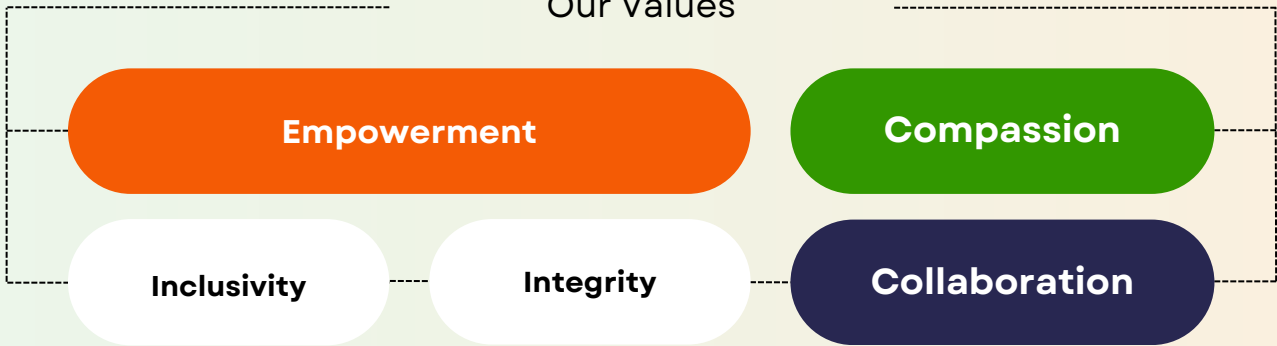


VayahVikas
Empowering Seniors

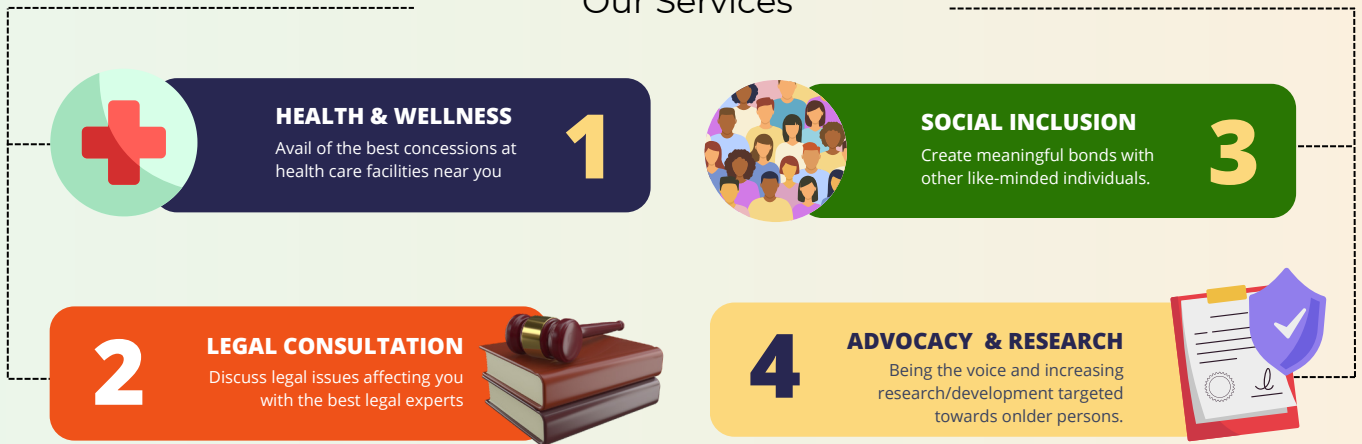
SILVER'S RUN FACILITATOR

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



NEVER STOP GROWING

Our vision is to create a society where every senior citizen leads a purposeful life, is embraced by a supportive community, and is empowered to live actively and with dignity.



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