

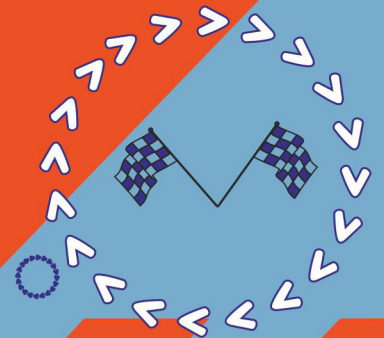


**IDFC FIRST
Bank**

Associate Sponsor



SILVERS' RUN RUNNER'S GUIDE



Welcome to the TCS World 10K Bengaluru

We can't wait to welcome you to the start line on 28th April 2024. While we urge you to thoroughly go through the detailed Runner Guide specifically for the Senior Citizens' Run participants uploaded on the event website, this document contains some aspects and details important for race day. Regular updates will be uploaded on the event website.

The Silvers' Run at the event is facilitated and supported by Vayah Vikas, a not-for-profit organisation focused on giving older adults charge of their wellness, well-being and opportunities for productive engagement in order to build dignified lives.

- 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 'Silvers' Run'. 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 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.

Important: You must be extremely careful 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.**

Proud associate sponsor of



tcs
WORLD 10K
BENGALURU
28 April 2024

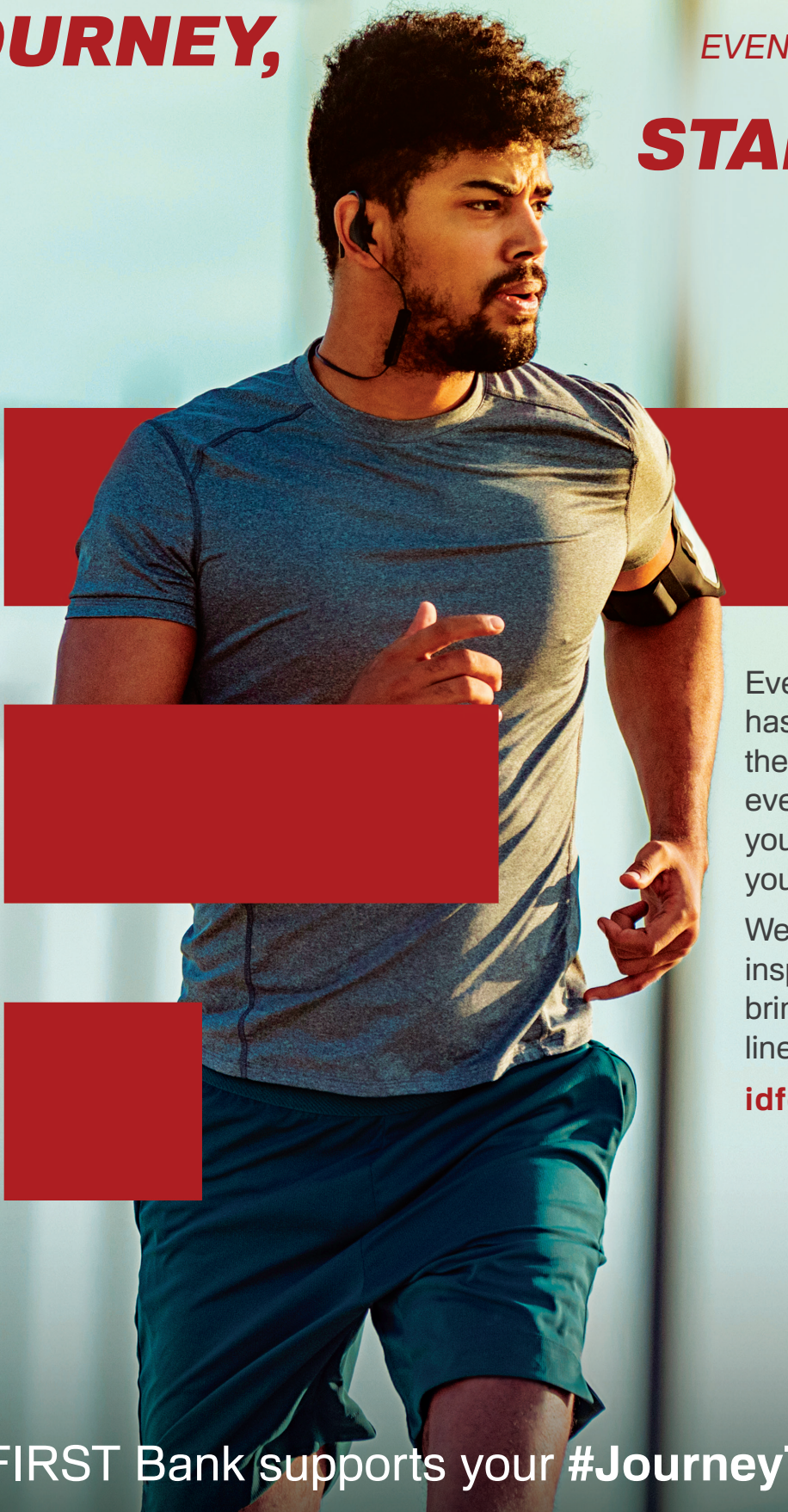


IDFC FIRST
Bank

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

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 Silvers' Run 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.
- Keep yourself adequately hydrated on race day – it will be a warm day!
- 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.

The image shows the back of a running bib for the Silvers' Run. At the top, it says 'SILVERS' RUN' and 'Race Start Time: 8:50 a.m.'. Below this is an 'IMPORTANT' notice stating that the bib is non-transferable and that participants must follow the rules and regulations. A 'SAFETY' section follows, with the heading 'IN CASE OF EMERGENCY ON RACE DAY' and a note to 'complete in waterproof ink'. There are four main fields for information: 'Participant's Name', 'Emergency Contact Name *(Family/Friend/Guardian)', 'Emergency Contact Number *(of the person mentioned above)', and 'Medical Condition if any'. To the right of these fields is an 'Instructions' box with six numbered points: 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. At the bottom, there is a disclaimer: '* Should not be a participant of TCS World 10K Bengaluru 2024' and emergency contact information: 'For race day emergencies, call event helpline on +91 80 4173 99 55'. It also asks participants to 'Please retain your bib to check your race day photos on event website'. At the very bottom, there is a small table with event details: Race category: SILVERS' RUN; Event Venue/Starting Area: Army Public School; Entry Gate: Army Public School Back Gate on Dickenson Road; Venue gate opens: 6:30am; Venue gate closes: 8:45am; Race Start Time: 8:50am.

ランニング

*Add bounce
to every step*

Move from feeling average to energized
in the new NOVABLAST™ 4 shoe.

asics



tcs
WORLD 10K
BENGALURU
28 April 2024

Bengaluru

Move Your Mind with ASICS

28.04.2024

The Official Sports Goods Partner



www.asics.com

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 →](#)

Source: [accuweather.com](https://www.accuweather.com) as on 15/04/2024



introducing
Punch.ev



beyond — everyday

Catch Punch.ev lead the TCS World 10K

BOOK NOW



4. EVENT VENUE

The TCS World 10K Bengaluru has a new home. On race day (28/04/2024), all Silvers' Run participants need to assemble inside the Silvers' Run Tent within the Army Public School premises, at least one hour prior to the start time of your run, i.e. latest 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 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 THE SILVERS' RUN TENT?

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

To view Event Venue map

[CLICK HERE →](#)

FACILITIES PROVIDED INSIDE THE TENT BEFORE RACE START



Bisleri water.



Toilets (men & women).



Medical aid, courtesy Fortis Hospitals.



Tea/Coffee and Snack

For approach road

[CLICK HERE →](#)

**LIVE
TELECAST ON**

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

Telecast Partner



HD



tcs
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 Silver's Run Route of the 2024 edition, with the facilities provided thereon.

[CLICK HERE →](#)

Hospitals located near the route

[CLICK HERE →](#)



FAST&UP RELOAD
OFFICIAL ENERGY DRINK PARTNER



FEEL THE ENERGY INSTANTLY



FAST ACTING

INSTANT ENERGY BOOST








6. ON CROSSING THE FINISH LINE

The time limit for completion of the Silvers' Run 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 Silvers' Run 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 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.

FACILITIES PROVIDED POST THE FINISH LINE

-  **Medical aid, courtesy Fortis Hospitals**
-  **Bisleri water station.**
-  **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** (men and women)
-  **Photo-opportunities.**
-  **Participation e-certificate** downloadable from the event website post race day. Physical certificates will not be given.

Race Regulations

[CLICK HERE →](#)

oneglint

LET YOUR ACHIEVEMENT SHINE, THROUGH OUR LENS.








The Startup capital of India is gearing up for the TCS WORLD 10 K



SCAN TO PRE-BOOK YOUR PHOTOS.

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

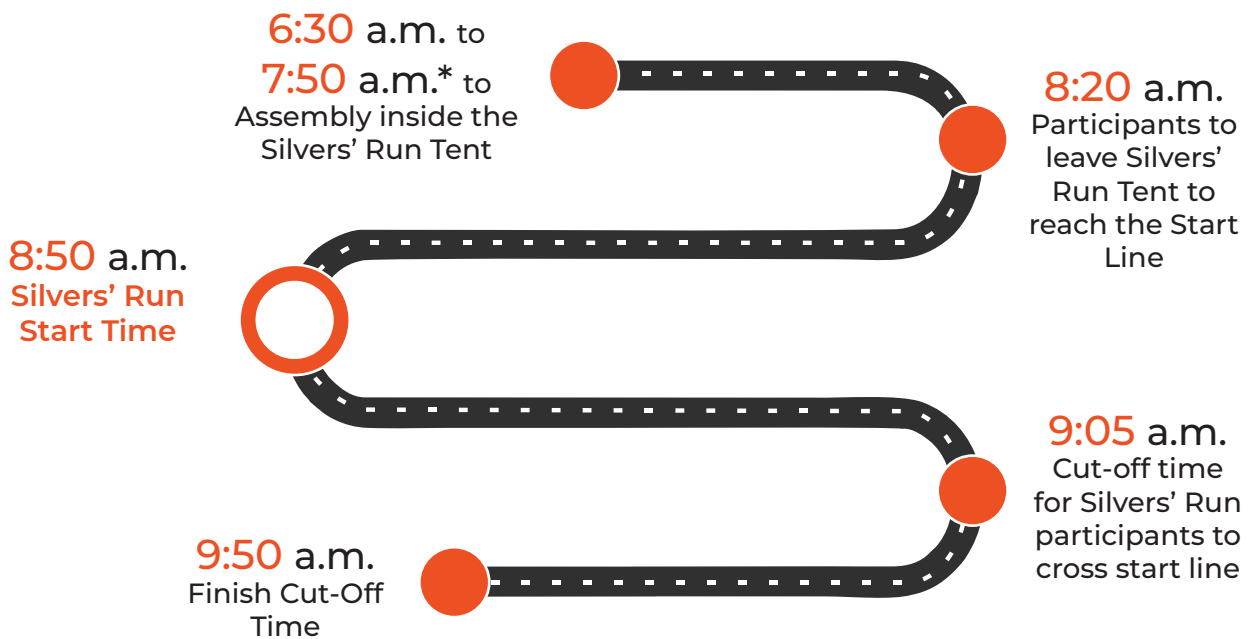
For every kilometer that you run at the TCS World 10K Bengaluru, Vedanta will contribute one meal on your behalf to a child through its Nand Ghar initiative.

SOCIAL CONNECT PARTNER



7. IMPORTANT RACE DAY TIMINGS

Important: The timings mentioned in this document will be strictly followed at this edition. Participants reaching the Silvers' Run 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.**



* Silvers' Run participants reaching the Silvers' Run 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:



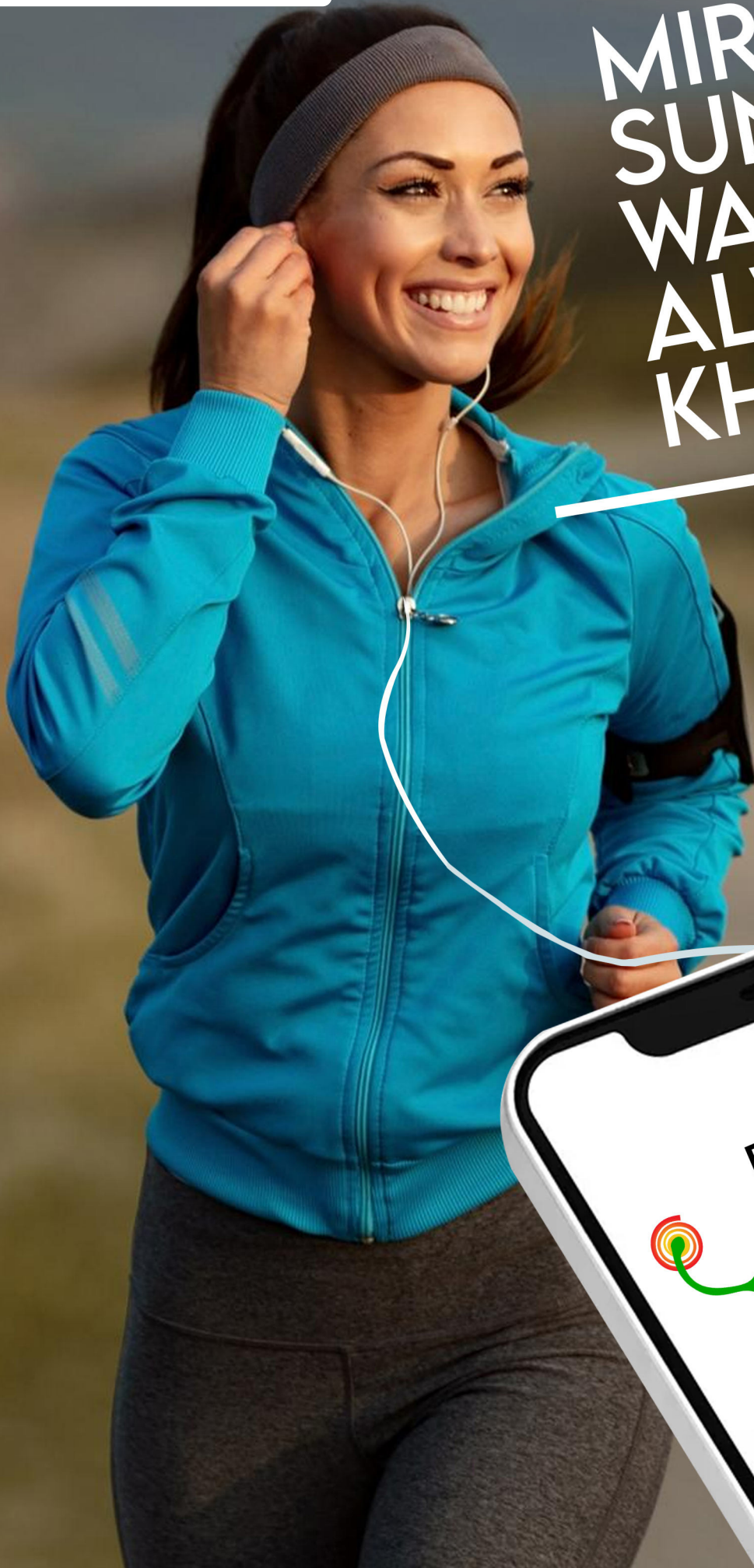
- Ensuring Zero waste to Landfill.
- Digital Handbooks
- Bibs distributed without any plastic cover
- Reusable backpack Bags at Expo
- On Race Day at the Venue – there will be large Waste kiosks that will have separate bins – DRY for paper/tetra, Other PLASTIC for food containers etc, PET for water bottles 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





tcs
WORLD 10K
BENGALURU
28 April 2024

MIRCHI
SUNN NE
WALE
ALWAYS
KHUSH





The World's First Social Kindness Platform

Corporate Consultation



NGO Campaigns & Amplification



Volunteering For A Cause



Kindness Curriculum & Implementation



Proud to be the Philanthropy Partner for the



tcs
WORLD 10K
BENGALURU
28 April 2024

Visit aidbees.org for more!

Contact Us at +91 98204 45536



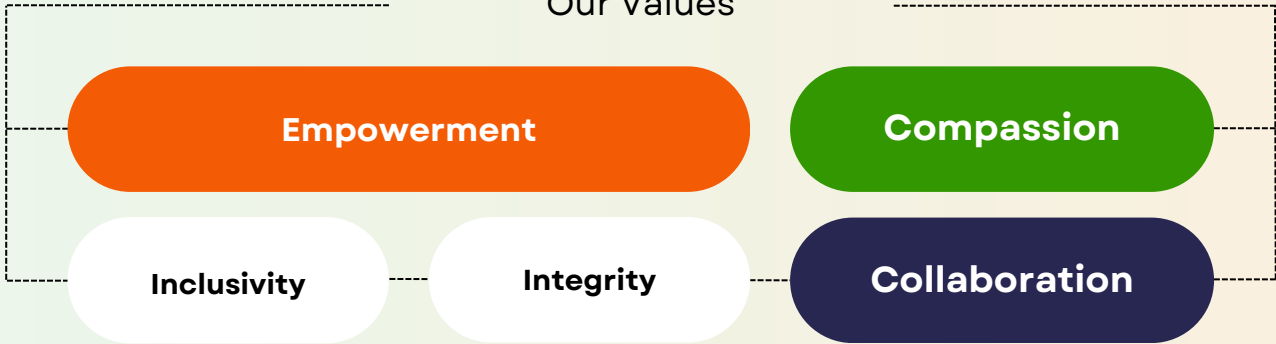


VayahVikas
Empowering Seniors

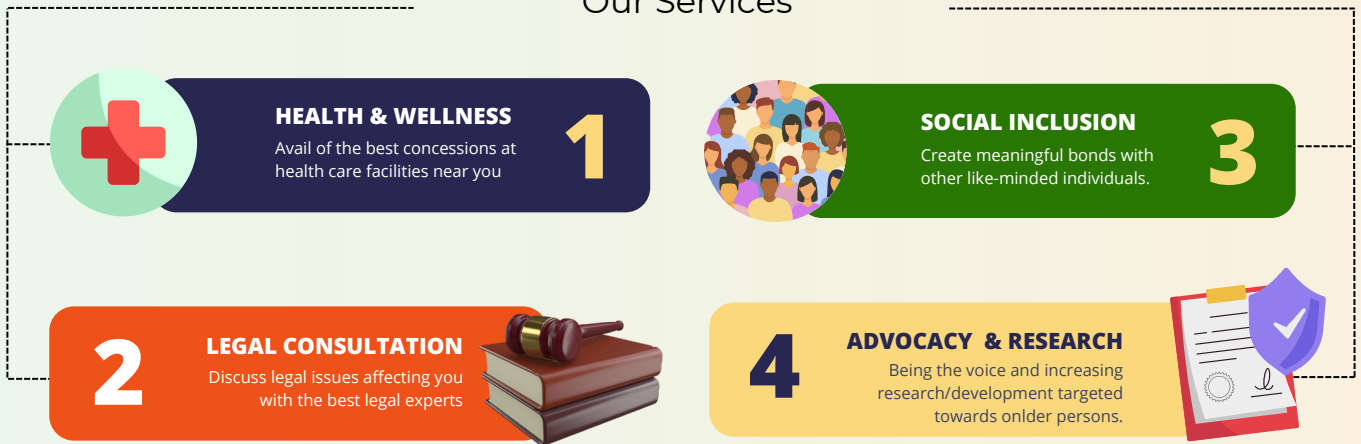
SILVER'S RUN FACILITATOR

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.



 **+91 95133 00821**

 **www.vayah-vikas.org**

Sports Goods Partner



Driven by



Snacking Partner



Electric Two Wheeler Partner



Hydration Partner



Energy Drink Partner



Social Connect Partner



Refreshment Partner



Hospitality Partner



Print Partner



Radio Partner



Telecast Partner



Medical Partner



Philanthropy Partner



Silvers' Run Facilitator



Promoted by



Supported by



Supported by



Under the aegis of



Under the auspices of



Certified by

