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HALF MARATHON

21.097 KM
Runners Guide

Joint Title Sponsor

Running transforms people. We transform businesses.

The official Tata Mumbai Marathon app powered by Tata Consultancy Services elevates the race experience for runners and those who support them.

With you for the long run™



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THE APP NOW!**



A Warm Welcome

Sunday, 19th January 2025 marks a watershed moment as we celebrate the landmark 20th edition of the Tata Mumbai Marathon - the largest showcase of people pushing the boundaries of the human spirit.

The journey of this race has been transformative since its inception - redefined the health, fitness and giving paradigm in our country.
And this 'Change' began with **'YOU'** – our runners!

There is palpable energy in anticipation of race day, and the stage we set! So let your heartbeat resound from the start line and echo as you wind through this megapolis, Mumbai on race day. You truly represent the Mumbai Spirit.

This guide contains details important to your race day experience, and your results thereafter. Please go through the content carefully, especially with respect to medical precautions and race day timings, before coming for your race. Regular updates will be uploaded on the event website.

We can't wait to welcome you at the Start Line on Sunday, 19th January 2025.

#ChangeBeganHere

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A Quick Checklist

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ALWAYS YOU FIRST

*Your **goals are unique** to you.
Just **like your OTP** should be.*

At IDFC FIRST Bank, we prioritize safe banking practices. In our commitment to #SafetyFIRST, we understand the importance of securing your financial journey. **Your OTP matters as much as your fitness goals - they're both unique to you and you alone.**

IDFC FIRST Bank encourages safe banking practices #SafetyFIRST



IDFC FIRST Bank supports your

#JourneyToTheStart



“When I run, I feel free, feel happy, and what better platform to share this feeling with my fellow runners than an event that kickstarted a running movement in India. I am looking forward to witnessing a superb celebration amidst the sights and sounds of Mumbai. I'll be there cheering for everyone at the start line!”

- Sir Mo Farah

Global Running Icon - Multiple Olympic & World Champion
International Event Ambassador – Tata Mumbai Marathon 2025

ランニング

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A QUICK CHECKLIST PRIOR TO RACE DAY

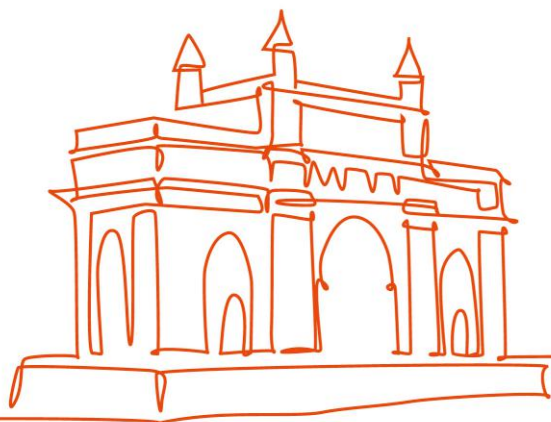
- ✓ Read this handbook thoroughly.
- ✓ Do collect your running number bib from the Mirchi Get Active Expo.
- ✓ Do check that your medical/health insurance is up to date and valid.
- ✓ Confirm that your emergency contact person, mentioned in the application form, is available and easily reachable on race day in case of any emergency.
- ✓ Familiarise yourself with road closures on race day.
- ✓ Know your respective course well – it is your responsibility to know it on race day.
- ✓ Check the weather forecast and plan your running clothing and accessories accordingly.
**Temperature forecast in Mumbai on 19th Jan. 2025: 32°C high and 18°C low*
- ✓ Weather Conditions on 19 January for the Past 3 Years
Source: <https://world-weather.info/forecast/india/mumbai/19-january/>

Year	Time	Weather	Temp (°C)	Humidity	Avg.Temp (°C)	Highest Temp (°C)	Lowest Temp (°C)
2022	5 am	Clear	21	80%	25	30	20
	8 am	Clear	22	78%			
	11 am	Clear	30	51%			
2023	5 am	Mostly Clear	18	90%	22.7	31	16
	8 am	Mostly Clear	19	84%			
	11 am	Clear	29	45%			
2024	5 am	Clear	19	86%	23.3	29	17
	8 am	Clear	20	78%			
	11 am	Clear	28	44%			

*Source: accuweather.com as on 05/01/2025

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Embrace the clean lifestyle with VIDA V2, the Electric Two-Wheeler partner of Tata Mumbai Marathon 2025.



#MAKEWAY

VIDA
Powered by Hero

1. MIRCHI GET ACTIVE EXPO



TIMINGS	
Thursday, 16th January	10:30 a.m. to 7 p.m.
Friday, 17th January	10 a.m. to 7 p.m.
Saturday, 18th January	10 a.m. to 5 p.m.
VENUE	
Kalina University, Ground Opposite the University Of Mumbai Sports Complex, Kolivery Village, Vidya Nagari, Kalina, Santacruz East, Mumbai 400098	

How to Approach Expo Venue

[CLICK HERE](#)

Running Number Bib and Bag Collection

Wear your TMM 2025 running number bib with pride on race day. For that, you will need to collect your bib from the Mirchi Get Active Expo, **no later than Saturday, 18th January 2025, 5:00 p.m.**

Participants residing within Mumbai Metropolitan Region are advised to collect their running number bibs on Thursday and Friday (first half), thereby leaving Friday (second half) and Saturday primarily for outstation & overseas participants to collect their bibs.

You will be handed over your bib from the bib collection counters marked 'Half Marathon'. However, for that you must bring along the following documents:

- ♦ The application confirmation (sent via email or WhatsApp, or can be accessed from your online profile on the event website).
- ♦ Your photographic identification (driving license, Adhar card, etc.)

While we urge that you visit the expo in-person, there may be circumstances that you cannot do so. Only in such rare cases, you may authorize someone else to collect the bib on your behalf. Your nominee must carry – (a) the application confirmation (sent via email or WhatsApp, or which can be accessed from your online profile on the event website) (b) a photocopy of your photographic identification, and (c) the nominee's photographic identification. Remember **a nominee can collect bib on behalf of only one participant of the Tata Mumbai Marathon 2025.**

Before leaving the bib counter, 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. Most importantly, **once issued, do not misplace your number bib – we will not be able to reissue another.**





Your Race Day Tee

To mark the 20th edition of the Tata Mumbai Marathon, all confirmed half marathoners will receive a "Half Marathon T-shirt", courtesy Tata Sons, Title Sponsor. Please don't forget to collect one from the expo while you (or your nominee) are there – will not be posted or delivered individually to runners. Volunteers at the distribution counter will try their best to accommodate the size you've selected; however, where unavailable, the next best available size will be offered. We will not be able to entertain any requests for change.

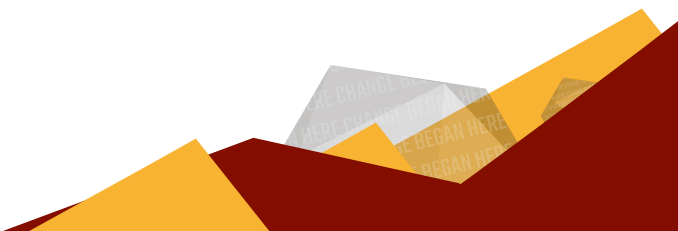


Your Timing Tag

Since you are participating in the Half Marathon race category, a RFID bib tag has been attached to the bib back. A few Don'ts need to be adhered to; 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: Its absolutely imperative that you DO NOT handover or exchange your bib or timing tag with another runner/person on race day. Remember, running bibs and timing tags are assigned specifically to each runner, and become the runner's identity for all purposes, including race results, photographs and in emergencies. Any exchange would result in disqualification of your participation from the 2025 and 2026 editions of the Tata Mumbai Marathon.





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2. MEDICAL ADVISORY

While long-distance running has its health benefits, it's crucial to acknowledge the reality of your body, mind, and the inherent risks associated with negotiating such extended distances. Before participating on race day, please review these medical scenarios based on the 2020 PAR-Q+:

- Q** Has your doctor ever said that you have a heart condition or high blood pressure?
- Q** Do you feel pain in your chest at rest, during your daily activities of living, or when you do physical activity?
- Q** Do you lose balance because of dizziness, or have you lost consciousness in the last 12 months?
- Q** Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?
- Q** Are you currently taking prescribed medications for a chronic medical condition?
- Q** Do you have a bone, joint, or soft tissue (*muscle, ligament, or tendon*) problem that could be made worse by becoming more physically active?
- Q** Has your doctor ever said that you should only do medically supervised physical activity?

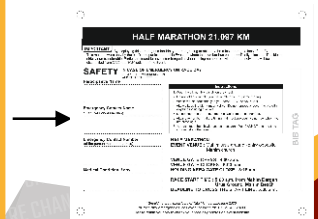
The above questionnaire helps identify any potential health risks associated with physical activity. **You are strongly advised to consult your personal physician before embarking on training and participating in the long-distance race.** If your answer to any of the above questions is YES, it is even more reason for you to seek medical advice before you commence training and importantly, participate on race day. Runners need to take responsibility for their own health by adopting right practices regarding training, eating and hydration - train responsibly and ensure you are fit to participate safely.

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 participation in the Tata Mumbai Marathon 2025.

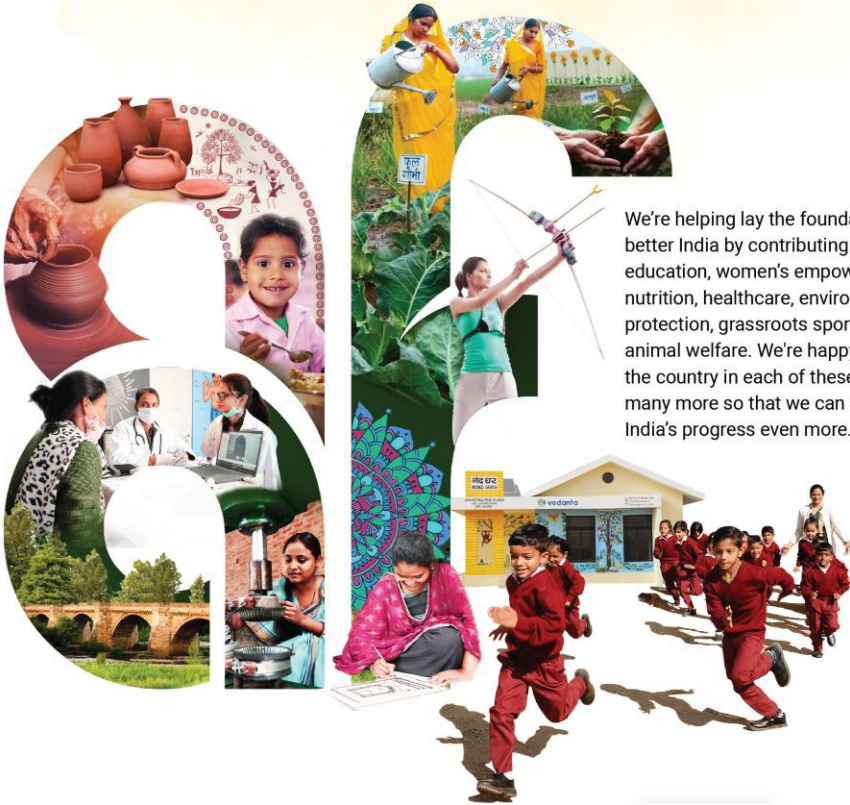
Please go through the detailed Medical Advisory

[CLICK HERE](#)

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 name and mobile number of a person we can call in case of any emergency. Such person should be easily reachable on race day and ideally must not be a participant at 2025 Tata Mumbai Marathon.



EMPOWERING COMMUNITIES, TRANSFORMING LIVES AND FACILITATING NATION BUILDING.



We're helping lay the foundation for a better India by contributing to children's education, women's empowerment, nutrition, healthcare, environmental protection, grassroots sports, and animal welfare. We're happy to serve the country in each of these spheres & many more so that we can add to India's progress even more.

Partner with us to make a difference together.
Write to: contactus@anilagarwalfoundation.org



Scan the QR code to know more.

#RUNFORZEROHUNGER

For every kilometer that you run, Vedanta will contribute a meal on your behalf to nourish a child and feed an animal through Anil Agarwal Foundation.

SOCIAL CONNECT PARTNER



3. THE START VENUE

It is inside the Mahim Reti Bunder ground that you need to assemble prior to your race start. **Only confirmed participants wearing the valid running bib are allowed inside the event venue.** Runners should make necessary arrangements to meet their friends/family/ supporters, before and after your run, strictly outside the venue premises.

You must pin your running number bibs onto your running vest prior to entering the 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.

How to Mahim Reti Bunder ground?

Please note, **there is no parking available within the vicinity of half marathon start venue.**

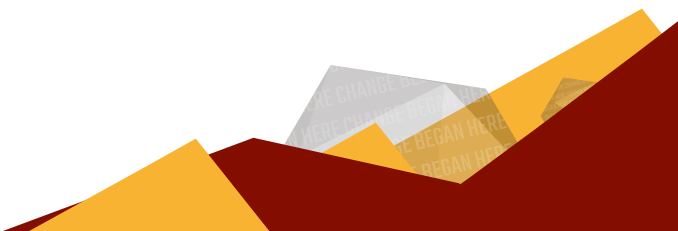
- The venue is well connected by Western Railway local trains, the nearest railway station being the Mahim Junction, which is at an approx. 800 meters walking distance.
- Participants using Central Railway can avail of shuttle bus service from the Sion railway station to reach the half marathon start venue. The buses shall be stationed outside the Sion Station, the first shuttle bus leaving at 2:45 am. The last shuttle bus will leave from the Sion Station at 4:25 a.m. – do ensure you reach the station well in time to catch the shuttle service.

Following are the designated drop-off points which you can use to alight and proceed towards the Mahim Reti Bandar entrance gate to start your race. The approximate distance and walking time (regular pace) to the entrance gate from these points is 800 mtrs and approx. 12 to 15 minutes respectively. Please note, the time indicated does not include any wait/queue time due to security checks at the venue entrance.

- at Mahim Station on Senapati Bapat Marg
- at Sitladevi Temple on Lady Jamshejji Road
- at Swatantryaveer Savarkar Road
- at SL Raheja Hospital, Raheja Hospital Ma
- at the Bandra Fire Station, Swami Vivekanand Road

**How to reach the
HM Start Venue**

CLICK HERE



OFFICIAL RADIO PARTNER



MUMBAI RUNS WITH MIRCHI!



4. ONCE INSIDE MAHIM RETI BUNDER

On race day (19/01/2025), you need to assemble inside Mahim Reti Bunder at least one hour prior to your start time. This early arrival allows ample time for you to access your designated 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 race. Do anticipate queues on 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.

Important: Only confirmed participants of the 2025 edition of Tata Mumbai Marathon, wearing a valid bib will be allowed to enter the venue and on the route. Participants turning up on race day with under-aged children, especially babies in arms, WILL NOT BE ALLOWED TO PARTICIPATE. Such participants will be asked to leave the venue and/or route premises with immediate effect – requests for refund of entry fees/donation made and/or any compensation of whatsoever nature, on non-participation due to this reason, will not be entertained.

Facilities provided before race start



Baggage Vans - You can store your bag (only 1 per runner) in the baggage vans, from 3:30 a.m. and 5:10 a.m. Do retain the counterfoil of the baggage tag for ease of baggage retrieval post your run. Please do not leave valuables like mobile phone, 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 Asian Heart Institute

[Start Venue Map](#)

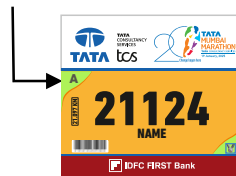
[CLICK HERE](#)

[To know your Pacer](#)

[CLICK HERE](#)

Assembly Inside Holding Area

You must enter the start wave section within the holding area, as clearly mentioned on your running number bib.



Runners may move to a slower start wave section if they so desire, but not to a faster section. Once a start wave section is closed for entry, participants reporting late, must enter the next 'start wave section', irrespective of the section mentioned on his/her running number.

Meet Your Official Marathon Pacers

Helping runners to pace the half marathon and finish at the predesignated finish time, are 9 seasoned runners, the Official Half Marathon Pacers.

These Pacers will be stationed at their respective start sections within the holding area, depending on the bus they are individually leading. A Pacer can be identified by the flag s/he 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.



EMPOWERING SENIORS, ENRICHING LIVES !

Adhata Trust works to foster an Age-Inclusive and Empowering Ecosystem by promoting Holistic Health and Well-being for Seniors Along a Continuum of Care; ensure seniors have access to comprehensive health resources and services across a continuum of care from daily Holistic Well Being Centers, to Day care centers, and a long-term residential care in our Old Age Home SwaranRaj Nivas—empowering them to live healthier, more fulfilling lives.

FEW OF OUR HOLISTIC ACTIVITIES



HBC



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ONLINE PROGRAM



COMMUNITY OUTREACH



INTERNATIONAL OBSERVANCES



HEALTH CAMP



EXCURSIONS

JOIN THE CAUSE

LIVE TELECAST ON

19th Jan 2025
6:45 a.m. onwards

Telecast Partner



HD

5. HALF MARATHON RACE ROUTE

The half marathon race category will start from Swami Vivekananda Road, outside Mahim Reti Bunder ground, opp. St. Michael's Church

Start Waves on Race Day

A sequence of start waves will occur from 5:00 a.m. onwards in the Half Marathon race category, with short intervals between each wave start in order to ensure ample space on the course for a more enjoyable experience. Please note that the start line will close at 5:35 a.m.

Runners are urged to be patient – our volunteers will release participants of each section as per the timing below. Remember, your race start time will commence only once you have crossed the start line – your race timing is calculated on net time.

The TMM 2025 crew and volunteers reserve the right to restrict participants from starting their race late. Please refer to important race day timings.

Timing Corridors

There are 5 timing corridors on the Half Marathon route. Please do ensure you pass through these timing corridors on the route, 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.

Start Wave Section	Holding Area Gate Opening	Holding Area Gate Closing	Wave Start Time
A	3:30 a.m.	4:50 a.m.	5:00 a.m.
B	3:30 a.m.	4:52 a.m.	5:02 a.m.
C	3:30 a.m.	4:57 a.m.	5:07 a.m.
D	3:30 a.m.	5:04 a.m.	5:14 a.m.
E	3:30 a.m.	5:11 a.m.	5:21 a.m.
F	3:30 a.m.	5:20 a.m.	5:30 a.m.

Half Marathon race route

[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 15 motivation zones, courtesy event sponsors, partners and participating NGOs, some of the best spots for spectators to cheer you along are as below: Marine Drive, Peddar Road, Haji Ali Junction, Worli Sea Face, Siddhivinayak, Shivaji Park, Mahim Church

Spectators need to carry along their own refreshments (including drinking water), and responsibly dispose of packaging/leftovers in bins available nearby. Also, spectators must restrict their movement on the footpath/along the extreme sides of the road. **If a spectator comes in the way, such person will be asked to leave the premises immediately.** 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!

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 within the event venue.
- ▶ 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 TO KNOW MORE](#)

6. RACE DAY EMERGENCIES

Event Helpline Number: +91 22 42020200

In case of a medical emergency or any other urgent situation on race day, please take the following steps:

1. Seek Immediate Assistance: Contact the nearest event volunteer for immediate help. Medical support teams will be stationed at designated points throughout the route. Please take a note of these locations.
2. Event Helpline: You may also call the Event Helpline Number for assistance.

When reporting an emergency, please provide the following information to facilitate a swift response:

- Type of Emergency: Specify if it is a medical or non-medical emergency.
- Running Bib Number: Include the bib number of the affected participant.
- Location Details: Indicate the kilometer point where the incident has occurred.
- Landmarks: Mention any prominent landmark close to the incident which will aid in identifying the location quickly.

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

For hospitals located near the route

[CLICK HERE](#)

7. ON CROSSING THE FINISH LINE

Your finish line is at the OCS Chowki. Open your arms as you cross the finish line – television cameras and photographers will otherwise find it difficult to identify you.

The cut-off time for completion of the half marathon distance is 9:10 a.m. on race day. If you are unable to reach a junction on the course or 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 marathon elite will have the right of way from 8:30 a.m. onwards.

Once you cross the finish line, keep moving ahead towards the Cross 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 your 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

[A] On M.G. Road



Bisleri water station



Fast&Up Energy Drink station



Medical base camp run by Asian Heart Institute

[B] Inside Cross Maidan Ground



Finisher Medals: Capture the moment with your finisher medal against various selfie points within the ground, upload and tag the event on your social media handle – handles are mentioned in the contact details at the end of this document.



Towels.



Refreshment pack.



Toilets (men & women)



Recovery Zone - Here runners can avail services of Hyperice technology to soothe aching muscles. Please wait for your turn at the zone as many runners may be finishing at the same time as you.



Baggage retrieval – Half Marathoners can retrieve their bag inside cross maidan only from 7:15 a.m. to 10:00 a.m. on race day. In case you are unable to collect your bag by such time, do call our event helpline on or before 2:00 p.m. on 20th January 2025.

Finish venue map

CLICK HERE

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 5 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 2025 edition of the Tata Mumbai Marathon – **no timing, no ranking, no certificate, no prize money.**

Participants can exit the Cross Maidan using following gates:

- Gate 8 (on public passage way) – if heading towards Churchgate/ Marine Lines Station
- Gate 7 (on MG Road) – if heading towards CSMT

Prize money and rules

CLICK HERE

Race Regulations

CLICK HERE

Own Your Best Race Day Moments



Timing Certificates

Timing certificates will be available for download from the event website immediately of finalising the timing results. Physical timing certificates will

not be posted to anyone. Timing certificates of this 2025 edition can be used for timing qualification of any race globally.

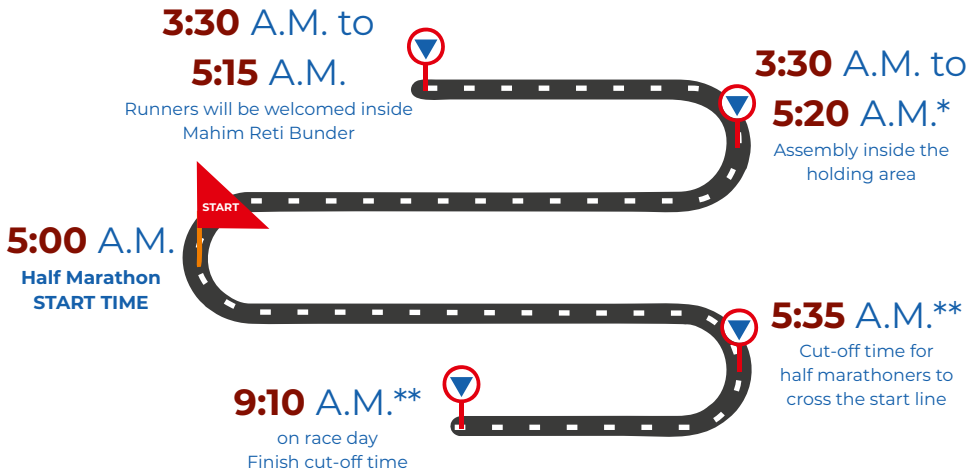


8. IMPORTANT RACE DAY TIMINGS

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 2025 Tata Mumbai Marathon.**

More details on race day
timings

CLICK HERE




* Half marathoners reaching the holding area gate after 5:20 am, and not wearing the valid bib, will not be allowed to participate in the 2025 Tata Mumbai Marathon.

** Starting your race after the cut-off time mentioned above will result in the non-generation of your race day timing.

Contact Details

Event website: <https://tatamumbaimarathon.procain.in/>

Event helpline: +91 22 420 20 200 (Monday to Saturday, 10 am to 7 pm)

   /TataMumMarathon

TMM 2025_Runners' Guide_Marathon(Tag @TataMumMarathon on Instagram and use the hashtags #TMM2025 #ChangeBeganHere to share your journey, and a chance to get featured on our official pages!)

Whatsapp: 8976994484

Event email: tatamumbaimarathon@procain.in

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