Raceday Handbook

Thursday, 14th April 2022

Race Management by

About this RaceDay Handbook:

We consider reading this handbook in detail, with attention, as critical for your race day experience. The event has a design and scope and this handbook is the place to communicate that to you.

Pay particular attention to portions marked in bold. They require your special consideration.

- *Read this RaceDay handbook completely.*

- *Read and follow all signages*

- *Volunteers are only for general guidance.*

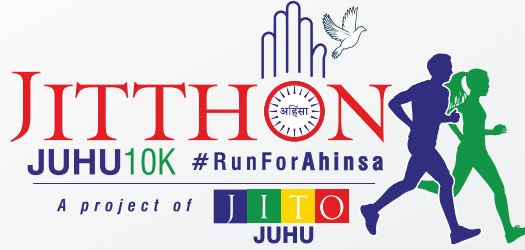It is important now to fix yourself a brew and switch off that phone!

About The Jitthon Juhu 10k Run 2022

YouTooCanRun has worked with Jitthon Juhu to launch the "JITTHON JUHU 10K " Run. The holding area is Janmabhai Narsee Playground and the start and finish is from the road between Janmabhai Narsee Ground and Pushpa Narsee Park

The **JITTHON JUHU 10K 2022** is envisaged as a run to sow the seed of Ahinsa starting with the citizens of Mumbai city and its first edition will premier in 2022 with a 3K, 5K and 10K Run along the serene coastline of JUHU.

We all dream of a world where humans live in harmony and coexist with nature. If we wish to prosper as a unit we need to prioritise building a solid foundation on the grounds of non-violence. We all relate to this now more than ever.

The event seeks to expand the interpretation of AHINSA as compassionate living and encompasses compassion towards living systems, ecology and environment as well. The run therefore has expanded the concept of 'AHINSA' to the following 8 focus areas namely:

- *Animal & Human Abuse*
- *Abusive Language*
- *Exploitation of Natural Resources*
- *Hurting One's Self*
- *Destruction of Forests & Vegetation*
- *Water Wastage*
- *Electricity Wastage*
- *Child Trafficking*

Running the JITTHON Juhu 10K promises to be a satisfying and exhilarating event in the times of post Covid-19 Pandemic.

The 10Km, 5Km & 3Km races will have an age category and there will be no open category. All prizes and timings will be on Net Time and not Gun Time. It is decided to give prizes to maintain the thrill of the run.

The Race is scheduled to be held on 14th April 2022 .Starting from Jamnabai Narsee Ground. The exact route map is shared below. The 10Km race will have 3 different age categories namely 16-35, 36-55 , 56+ 5km race will have 3 different age categories namely 12-35, 36-55 , 56+. It is decided to give prizes to maintain the thrill of the run.

The route itself has been planned such that there is no overlapping of the runners and the breadth of the route and number of runners are simulated to ensure that runners need not brush against each other in the quest for personal best timings.

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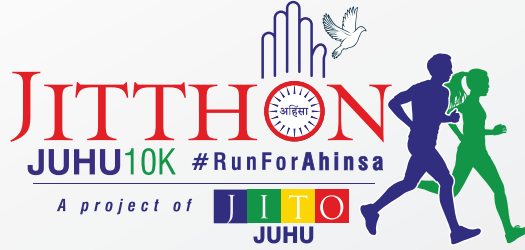## About the Race Director - P. Venkatraman

P. Venkatraman is India's FIRST and ONLY, RRCA (of USA) qualified Race Director and has been a race director of more than 50+ events in India and has successfully managed these events. His attention to detail, his intensity of planning and his keen desire to keep the runner in the centre of the experience ensures delight to all the stakeholders.

He can be credited with several unique firsts in the field of running in India.

- *India's First and only RRCA certified Race Director*
- *India's ONLY Level II RRCA certified Running Coach*
- *Certified Course Measurer*
- *Certified CPR/ AED and First Aid.*

Author of book 'Sofa to 5K', a non runner's handbook translated into 4 regional languages Founder of YouTooCanRun a 'One Stop Shop' in running catering to Event Organisers, Brands and other stakeholders.

He himself is a seasoned runner who has been running Half Marathons over many years. In fact, with a view to maintaining physical fitness throughout the year, in the last five years he has been running the Half Marathon distance of 21 kms every single calendar month. Till date Mr. P. Venkatraman has run 160 Half Marathons which includes running in various parts of the world. Besides running, he also loves to read about running and has built a library of running books over the years. This has enabled him to assimilate a vast amount of knowledge on running which he delights in contributing to various running forums.

You can know more about him at:
www.youtoocanrun.com
www.facebook.com/youtoocanrun
www.instagram.com/youtoocanrun

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SWITCH TO A BETTER WORLD

In Your Race Kit, You Will Find:

1. Your Running BIB. (This is the unique number that identifies you and hence non-transferable. Please do not misplace your BIB, we can neither replace nor reissue a new bib)
2. BIB Tag / Timing Chip (Attached on the BIB for 10K and 5K distances)
3. Jitthon event T-shirt
4. Kindly enter your details on the reverse of your bib for your own safety

Race Day Schedule:

Jitthon Race Day Facilities:
The facilities available to the participants are all usual.. The usual facilities runners get are as under

Arrival: Participants are required to enter the event venue from Jamnabai Narsee Playground Juhu, Mumbai. The entrance is from the gate opp Jamnabhai Narse School. Participants are required to reach the venue 45 mins before the flag off time. No Parking available for participants Parking at owners risk.

Drop off zone: Participants coming in by private vehicle and dropped off or Taxi, Ola, Uber, etc will have a marked drop off zone which will be opposite Juhu Police Station. Please proceed by foot from the drop off zone to the event it is about 300M walk.

Baggage Counter: Baggage counter will be at the holding area. Baggage drop off facility will be provided on a first come first served basis. Organisers will not be responsible for any damage or loss of baggage. Request all the participants not to keep any valuables in their baggage while dropping it at the baggage counter.

Security Area: Your Bib has a barcode which will be scanned in a mobile and will be examined to see that it is indeed you who has come for the run.

Do not swap bibs or try to impersonate. It is an offence.

Entry into the race venue is only for registered participants. Family members and other supporters cannot enter the venue during race time.

No BiB - No Entry

Pre Race:

Holding Area: Jamnabai Narsee PlayGround, Juhu will be the holding area. On arrival the participants will have access to minimal medical facilities, drinking water and restrooms. Zumba sessions: Keep ready to groove before the start of your run, Zumba Artists will be taking the session pre run.

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JITTHON 2022

Restrooms:

Washrooms inside the venue will be available for all the participants.
Medical and Water: Our Medical partners will have a medical counter to attend to your pre-race niggles

Start Area:

The start area of the race is on the road between **Jamnabai Narsee Play ground** and **Pushpa Narsee Park.**

Race Category	Reporting Time	Flag Off Time
10K	5:00 am	5:45 am
5K	5:15 am	6:00 am
3K	5:45 am	6:30 am

On the course:

Route facilities: In general the route facilities will be as under.

- The route will be barricaded and the traffic managed with volunteers .
- There will be clear signposting for all turns and directions.
- There will be signage for all facilities.
- All important junctions will be manned by volunteers who have been briefed properly.

Water Stations:

There will be 4 water stations on the course which will be placed after every 1.5 Km.

Medical Stations:

Medical facilities are available for the runners to make this event safe. We completely understand the requirements of runners and are ready to handle anything from a twisted ankle to a runner's specific conditions.

Do not worry, you are in good hands.

Co- Powered By

POLYSET

Timing chip and split points:

- The 10K and 5K run is a timed category event. The bib for all the 10Km & 5Km participants contains a timing chip affixed at the back

- Make sure that your bib is pinned in front of your tee shirt and is clearly visible

- There will be timing mats all along the route and you will have to cross them in order to be considered for prizes and get an e-timing certificate.

- If we don't have your reading at any of the split points on route, it will be deemed that you *DNF(did not finish) and thus disqualified.*

Rest Rooms:

Clean rest rooms are available for participants and are clearly sign posted.

Photographers:

At important locations along the route as well as finish areas, photographers will be stationed to capture you on race day. It will be our endeavour to give all participants a race.
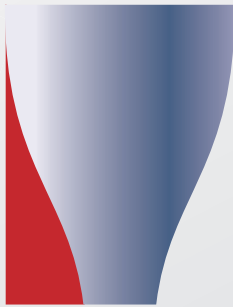
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10Km Route Map

Running Shoe Partner

5Km Route Map

Physio Partner

ORTHOSPORTS™
PHYSIOTHERAPY
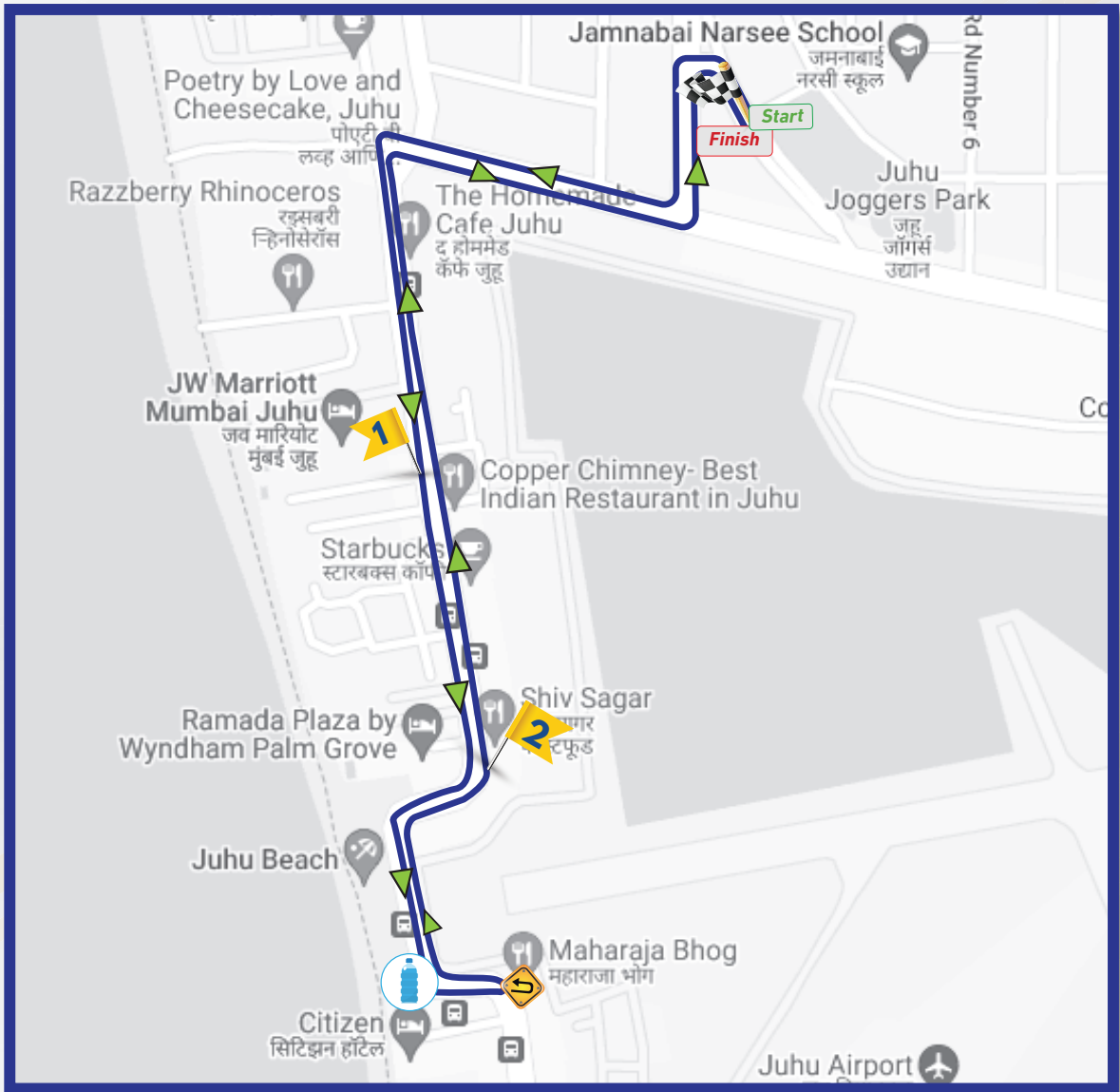
Medical Partner

NANAVATI
MAX Super Speciality Hospital

Post Race:

After the race, keep moving ahead and do not clutter the finish area to allow others behind you to finish strongly. You will find the following facilities available after the finish

- *Water* - At the finish area
- *Medical* - Near the finish area
- *Refreshment & Medals* - At the holding area
- *Unique Photo-op points*

- Some queuing is inevitable if a large number of runners come in a short span of time.
- Please maintain Social Distancing at all times.

Prizes

Winner in each 10K age category will get Brooks Shoes and Titan Traq watch
Winner in each 10K age category will get Brooks Shoes

Prize Money Chart:

10Km Men & Women

	16 years - 35 years	36 years - 55 years	56 years & above
First Prize	6,500	6,000	6,000
Second Prize	4,500	4,000	4,000
Third Prize	3,500	3,000	3,000

5Km Men & Women

	16 years - 35 years	36 years - 55 years	56 years and above
First Prize	5,000	4,000	4,000
Second Prize	3,500	3,000	3,000
Third Prize	3,000	2,000	2,000

Prizes will be given to winners of 10K & 5K within 2 weeks after due verification and submission of statutory documents

Prize Money Rules:

https://jitthon.org/event_prizes.php

Age as on a day prior to event date i.e; 14th April 2022.

Winners will be decided as per the net time. The Organizer's decision will be final.

Charity Cause Activation Partners:

In order to promote the concept of living a life of Ahinsa, JItthon has partners with several Cause Activation partners who are aligned on the same goals

Lead NGO

Do's & Don'ts

Here are a few common sense tips to follow once you're out running, these will help keep you on track and make the most of your running experience.

DO:

- Drink water before the race
- Go to the bathroom before starting
- Be aware of your surroundings
- Conserve energy, keep a steady pace
- Carry and drink plenty of water
- Hydrate at water stations
- Thank volunteers
- Have a great time
- Celebrate once you finish!

DON'T:

- Run with head down
- Litter, hold on to waste for garbage bins
- Be rude
- Let yourself get weak (drink fluids, eat gels/bars)

Race Day Checklist

- Emergency Contacts Informed about the race
- Bib (with timing chip for 10K & 5K participants) and 4 safety pins
- Energy gels or bars
- Cell phone (reception is good throughout the course)
- Personal medicine
- Garmin/GPS tracking
- Camera (optional)
- Towel or wipes
- Cash
- Identification
- Mind of a champion!

Tea Partner

GIRNAR®

Results Authentication Services

Jitthon believes in clean participation in the sport of running. To this extent is using the Results Authentication Services (RASE) of YouTooCanRun to detect instances inviting disqualification from future events such as:

- Impersonation, running with bibs under which they are not registered
- Proxy running, i.e. running with more than one bib (bib mules)
- False entries, submitting wrong data especially with respect to date of birth
- Initiating a chargeback on the card after having successfully participated in the event
- Deviating from the course
- Cutting the course
- Taking unfair assistance especially for podium finishers, such as personal pacers, individual lead bikes etc

Has been disqualified by other event organisers in India or national and international bodies

Registrants found violating any of the above will be barred from participating in any future events on the YouTooCanRun registration platform.

Cheating offends against the ideals of sport and failing to act against it will bring running into disrepute.