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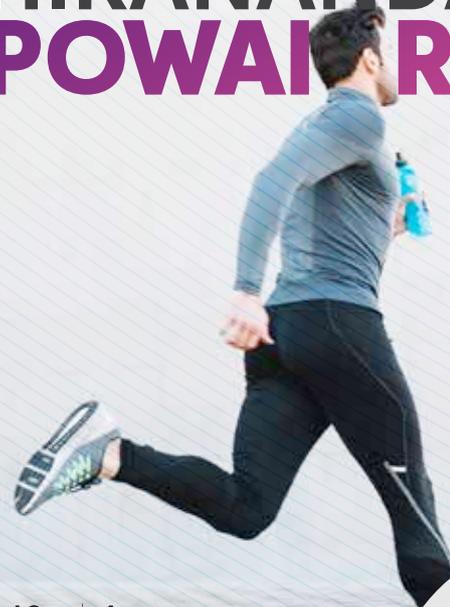


An Initiative of Rotary Club of Mumbai Lakers



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All You Need To Know About HIRANANDANI POWAI RUN



21km | 10km | 4km
**5TH JANUARY
2020**

LET'S RUN #HPR2020



LET'S RUN #HPR2020



	4km	10km	21km
Start Location	Towards South Avenue from Heritage Circle	Mulund Airoli Interchange, EEH Northbound Service Rd	Opp Godrej One, EEH SouthBound Service Rd
Reporting Time	6:45am	4:30am	4:30am
Gate Close	7:15am	5:00am	5:00am
Run Starts	7:30am	5:15am	5:15am

PLEASE NOTE THE NEW TIMINGS AND START POINTS



Parking - Limited parking available. Please refer to the route maps for the designated parking locations.



Toilet - Toilet facilities can be found at the congregation points and along the route.



Medical Aid - Medical stations are situated at regular intervals on all routes (*marked on route maps*). In case of an emergency, call **022-25763322/3323/3324**
Motomedics - **7666954107**



Water - Hydration stations are situated periodically along the route (*marked on route maps*). Please ensure you remain hydrated through the Run!



Signages - It will be posted along the route for directions, toilets and water. Designated parking zones have been marked on the route maps.



Run Time - Regular traffic will commence on the roads post 9AM. Please clear the route post this time.



Volunteers - Volunteers are posted along the route to assist and guide you in anything you need.



Bib and Chip - Your timing chip is attached to your bib - please ensure this is pinned properly to the front of your shirt. The bib should also have the name and contact details on your emergency contact on the back.



Baggage - Any baggage deposited can be collected from the race specific counter after finishing.



RUNNING A MARATHON - 101

Alternate easy and hard days of training

Your individual training schedule will depend on your level. However, one basic principle that applies to all runners is to alternate easy days of training with hard days, which include long runs or speed work. For instance, you never want to run two hard days in a row, even if you recently missed a day of training.

During a warm up, you will gradually prepare your heart, lungs, muscles and tendons for the exertion of each training run or race. It can last anywhere from 5 to 60 minutes, and should include:

- ▶ Gentle loosening exercises
- ▶ Light jogging
- ▶ Static stretching
- ▶ Event specific exercise, such as sprinting or jumping over hurdles or running strides at race speed

Run with others

Although some people prefer to train and run by themselves, finding a partner or group who also is preparing for a marathon, can provide support, advice, structure and motivation.

Cool down

As soon as you finish a workout or race, you should begin your cool down, which not only helps your body recover but also prepares it for its next workout.

Warm up

Warming up and cooling down are essential parts of every run and should not be skipped. By properly warming up and cooling down, you can prevent injuries and get the most out of your workout or race.

A cool down can include about 10 minutes of some easy running or jogging to encourage the heart and lungs to gradually return to their normal rates.

This is also the best time for stretching and self massage, because your muscles are very loose.

Stay hydrated and fueled up

Hydration and nutrition are very important to the success of your training runs and race. During training, you should drink lots of fluids all day long, to stay well hydrated. You should drink water or a sports drink while running, especially when going over 90 minutes. You also should plan to eat during any training run that lasts 90 minutes or more. Energy bars, energy gels, fruit and sugary snacks are all good options for boosting your energy. During your training runs, it is useful to test what quantity and combination of food and drink works best for you, so that you can replicate it on the day of the marathon.

Wear proper shoes

Be sure to wear high-quality running shoes while training. Most running shoes last a maximum of 500 miles and should be replaced once you've "outrun" them. Wearing old running shoes can result in injury. In addition, you should wear good socks, which are a great investment because they can minimize the occurrence for painful blisters.

Your gear should be weather considerate

Pay attention to the weather forecast and, in most cases, wear less clothing than you think you'll need.



By overdressing, you can increase your risk for dehydration and prevent your body from properly cooling down.

In addition, it is important to run in the sneakers, socks and clothes you plan to wear during the marathon before the big day. By giving your gear a test run and breaking in your shoes, you can prevent any unforeseen aggravations and discomfort.

Sometimes the surface is out of your control

The best and safest surfaces are those that are moderately smooth and level, and absorb the most shock. If the terrain is less than ideal, make sure you aren't increasing your mileage too aggressively.

Be careful of injuries

If you do happen to injure yourself during training, you should be careful. Subtle signs of worsening injuries are if you begin to alter your running technique or you have prolonged symptoms. If your symptoms do not improve, you should visit a doctor for a diagnosis and treatment advice.

Listen to your body

Although consistency is very important when training for a marathon, if your body feels particularly tired one day, heed its call and take a rest. Training for a marathon involves a lot of wear and tear on your body, therefore getting adequate sleep and rest during this period is essential so that you don't burn out before the race.

Taper before the race

One of the most important aspects of your marathon training is the tapering period, which is considered the last 21 days before the marathon. During this time, you should run less and rest a lot more by reducing your weekly and long run mileage. This allows you to fully



recover from the previous workouts and prepare for the actual marathon. Your individual training schedule will have more specific information on how much you should taper your runs in the final three weeks.

DR L H HIRANANDANI HOSPITAL ADVISORY



1. You haven't trained in the previous months for the said distance.
2. You have uncontrolled hypertension.
3. You have uncontrolled diabetes and cholesterol.
4. You are overweight/obese and have not undergone a prior cardiac screening test.
5. You have a nagging running injury- it may aggravate. It's best to either run a shorter distance or recover from the injury before participation.
6. You have a family history of heart disease. Please consult a cardiologist prior to participation.

In case of Medical Emergency

We at Dr L H Hiranandani Hospital wish you a safe run. While our team would be available along the route and providing medical support at the base camp, here are some handy emergency numbers you may contact

Hiranandani Hospital - Casualty **022-25763322/3323/3324**

Motomedics - **7666954107**



CARDIAC INFO

1. If you have a history of heart disease, high cholesterol, diabetes or high blood pressure, it is advisable to get evaluated by a cardiologist. Tests such as a treadmill stress test and an echocardiogram would help in screening for any latent heart disease..
2. If you develop chest pain, jaw pain, chest discomfort, heaviness or if you're breathing too hard, please stop running right away and consult a cardiologist.
3. Keep your weight under control and have a healthy diet.
4. Most importantly stretch well before and hydrate well during the run.

INSTRUCTIONS FOR THE RUN DAY

GETTING TO START POINT :

▶ **RED BUS (PAID)** - We have tied up with Red Bus to run Bus/Taxi service (depending on no. of people who register for this service from that area). The start points for this will be:

- Bandra
- Vashi
- Andheri
- Dadar

FOR EXACT PICK UP POINT PLEASE VISIT THE LINK BELOW

Please register for this service at www.redbus.in/powairun. Please note the departure timings to and from the run before you make the bookings.

The Redbus service will drop you to closest convenient point near Holding Area for 21km and 10km respectively - both points being on Eastern Express Highway. For details, refer to Route maps.

- ▶ **PUBLIC TRANSPORT** - This is the most preferred option. We request runners to use public transport to get to their respective start points marked on the Route maps.
- ▶ **PRIVATE VEHICLES** - Arrangements for parking are available at both at start and end points for 21km and 10km on a **Limited First Come First Served Basis**. We encourage you to use Public Transport or Red Bus.
- ▶ **SHUTTLES BETWEEN START AND FINISH POINTS OF 21KM AND 10KM ONLY - FOR CARS PARKED CLOSE TO FINISH LINE (INSIDE HIRANANDANI)** - Shuttles from inside Hiranandani Gardens - Haiko Circle in the morning before start to each of the starting points at the following times:
 - **First Bus: 3:15am**
 - **Last Bus: 4:00am**
 - There will be a bus leaving every 15 mins between these times.
 - Seating/Boarding the bus is on a **FIRST COME FIRST SERVED BASIS** and we do not guarantee you a seat on the bus.

FOR CARS PARKED CLOSE TO START LINE (ON EEH):

Shuttles from inside Hiranandani Gardens - Haiko Circle after the run to each of the start point parking areas at the following times:

- **First Bus: 9:00am**
- **Last Bus: 11:00am**
- There will be a bus leaving every 30 mins between these times.
- Seating/Boarding the bus is on a **FIRST COME FIRST SERVED BASIS** and we do not guarantee you a seat on the bus.

ACCESS IN AND OUT OF HIRANANDANI GARDENS, POWAI

Entry for all private vehicles into Hiranandani Gardens will stop as per the timings below

- From Chandivali/S.M. Shetty - No entry after **5:00am**
- From Lakeside (Lakeside Solitaire Junction) - No entry after **5:00am**
- Exit of Private Vehicles only Permitted after **8:45am**

PARKING

Note: Limited parking has been made available on first come first basis. You are requested to take a picture of where you are, to be able to remember where the car is parked. Organizers are not responsible for the vehicles parked or theft from it. All runners need to ensure that they do not carry/leave any valuables in their vehicle.

PARKING SPOTS CLOSE TO 10KM AND 21KM FINISH LINE - Your Start Point is on Eastern Express Highway (at least 20 mins away by Shuttle) - Last shuttle at 4am

1. Ventura Tower (entry opposite Subway)
2. Ventura Commercial (entry next to Harry's)
3. Spectra (entry from DMart side)
4. Delpi
5. Technology Street from Hiranandani Hospital Circle to Olympia (both sides of the road)

FOR ALL PARTICIPANTS PARKING THEIR VEHICLES AT ANY OF THESE POINTS, PLEASE NOTE WE HAVE SHUTTLES RUNNING TO START POINTS AS PER SCHEDULE ABOVE. PLEASE STUDY CAREFULLY AND BE THERE ON TIME.

PARKING CLOSE TO 21KM START POINT:

Service Road (Northbound – in direction of Thane) - Outside Godrej One. Please note your Start Point/Holding Area is across the Eastern Express Highway. Please use foot overbridge only to get on the other side.

PARKING CLOSE TO 10KM START POINT:

Your Start Point is a minimum 15 min walk to Holding Area. Please look for Senroof Ground on Google Maps. We have Limited Parking available here at Senroof Ground and hence encourage you to use Public transport.

FOR ALL PARTICIPANTS PARKING THEIR VEHICLES AT THIS POINT, PLEASE NOTE WE HAVE SHUTTLES RUNNING FROM FINISH POINT TO BRING YOU BACK AFTER THE RUN AS PER SCHEDULE ABOVE. PLEASE STUDY CAREFULLY AND BE THERE ON TIME.

FLOW OF EVENTS – 21KM AND 10KM

- Report to your Holding Area/Start Point (*refer to appropriate map*) as per reporting time
- Do your best after Flag Off
- Post finish line, proceed towards Hiranandani Foundation School on Ridge Road for Cool offs, Medals, Breakfast and Presentation
- Head to Carnival for a fun time

FLOW OF EVENTS – 4KM

- Report to your Holding Area/Start Point (*refer to appropriate map*) as per reporting time
- Do your best after Flag Off
- Post finish line, proceed to pavement of Heritage Garden for Medals and Breakfast
- Move towards Hiranandani Foundation School on Ridge Road for Presentation
- Head to Carnival for a fun time

LIMITED ACCESS

- Only registered participants with prominently displayed running bibs will be allowed access to the designated race areas - including the holding area, run route, breakfast area and presentation area.
- All volunteers have been instructed to strictly enforce these restrictions.

BAGGAGE COUNTERS

- There will be a Baggage Counter close to your holding area.
- Please keep your ticket safely to collect your bag after the run quickly.
- 21km and 10km Baggage Counters will be brought to Paid Parking Area opp. Haiko Supermarket and will be available there after 9am.
- 4km Baggage Counter will remain where it was at the time of the Start. Please collect from there only.
- Organizers are not responsible for loss of the baggage or its contents.

SECURITY

- You are requested to carry no baggage to go through security check faster.
- We will have enough volunteers on the road to look after you, but you are requested to exercise caution while running.
- If you find an unidentified object / baggage, Please do not touch it and inform a volunteer at the earliest.

RACE REGULATIONS

1. You can participate only in the race category for which you are registered as per your Running Bib details.
2. Organizers will not allow persons wearing the incorrect bib or those without a bib to join the Run.
3. Every runner must wear his/her Running Number Bib on the front of the vest.
4. No refund of entry fee will be made in the event you have not collected your bib or forgot to bring your bib.
5. Please note – if you don't wear your timing bib tag as instructed, you will not get an official finish time and thereby the official timing certificate.
6. Please ensure there is no mutilation, fold, alteration or damage to the bib. Organizers will hold the final discretion in deciding the acceptable condition of the Bib that a Runner can use.
7. Your entry and running number bib is not transferable to any other person under any circumstances. A participant who is found to be running without the bib allotted, during the run or after the finish, will be disqualified from the Event and will not be allowed to participate in the 2019 edition of the Event. No refund of entry fee will be made.
8. Organizers will disqualify or exclude any person from competition who deliberately provides incorrect personal data/details on the entry form, who has been banned from competition under MAA jurisdiction, or who is suspected of having taken banned substances. No refund of entry fee will be made.
9. The certificate will be given only to those runners of the Half Marathon, 10km and 4km, who start their run at the official start time for the respective race categories (*as listed above*). Organizers will disqualify late participants. No refund of entry fee will be made.
10. Participants are not allowed to run with babies or with children that are below the lower age limit for the designated category or are unregistered.
11. To ensure the re-opening of roads to normal traffic the organizers will designate/change cut-off/closure times for the official Run at various locations. Runners failing to complete the Run within times specified at these locations must move away from the Road to the pedestrian footpath to complete the race.
12. Organizers will stop any participant from participating who is found medically unfit to continue in the opinion of the medical personnel.
13. Security is of paramount importance. Participants are requested to cooperate with the police and security personnel deputed at the event venue and along the route. Participants/supporters are liable to be subject to random checking on Race Day – this is for your own security.
14. Photographs taken of runners during the expo and on race day will be used by the Organizers for promoting the Event.
15. Winner of the Race will be decided as per Gun Time and the Race Marshalls decision is final and binding on all.





DR L H HIRANANDANI HOSPITAL ADVISORY BEFORE THE RUN

After **training hard** for a half-marathon or marathon, it is common to feel more than a little anxious as race day nears. In the final hours leading to the race, you will want to do everything you can to ensure all the hard work is not undone by a sudden, last-minute mishap.



Carb load correctly - In the last few days leading up to your race, 85 to 95 percent of your calories should come from carbohydrates. While some runners will eat nothing but rice for breakfast, lunch, and dinner, you don't have to be so stringent. Oatmeal, bread, chapati, pancakes, waffles and yogurt are all easy-to-digest options. Just be sure not to stuff yourself at dinner the night before a race. **Carb-loading** does not mean overloading. Focus on consuming roughly 4 grams of carbohydrate for every pound of body weight.



Stay hydrated - Drink plenty of water the day before a race. Generally speaking, experts suggest drinking eight 250ml glasses of water per day, or roughly 2L. As an athlete, you may need to drink more, **throughout your training and especially just before a half-marathon** or other long race. You don't want to go too much beyond this, though, as **overhydration** can be just as bad for you as dehydration. Avoid caffeine and alcohol, both of which can cause dehydration and **interfere with your sleep**.



Don't overdo it - Your instinct before a race day may be to put in one last training session "just in case." If you have trained properly, you will not lose any fitness by resting the day before your marathon or half-marathon. It may even be a great excuse to pamper yourself with a massage or a spa treatment. Spending too much time on your feet will only wear you out, and hanging around all the pre-race excitement may raise your adrenaline levels and leave you exhausted by day's end. However, it may also be beneficial to enjoy a very slow, 20-minute run to shake out your legs and **calm your nerves**.



Prepare for the race day

The best way to beat pre-race anxiety is to organize every detail so that you don't have to think or stress about anything on race day. Start by laying out all your clothing and gear the night before your race. Essential items include:

- ▶ Your race bib and safety pins
- ▶ Your running outfit, hat, shoes, and socks
- ▶ Your wristwatch or GPS watch (*make sure it is fully charged*)
- ▶ Sunscreen
- ▶ Your race fuels

Remember the golden rule: Nothing new on race day. Long training runs are your opportunity to make decisions about race gear. You never know if new clothes or shoes will rub you the wrong way and lead to chafing, blisters, or other issues, so don't make the mistake of wearing them on race day.

Plan in advance what you are going to eat, purchasing or pre-ordering your food if possible. Eat what you know, and stick to your plan. Make sure you know exactly how you're getting to the race, where you'll park, or whether you'll use public transportation or race shuttles. Look at the marathon website for recommendations, and check if there are any road closures that will affect you. Give yourself plenty of time. You'll need to use the restrooms (lines can be very long), check your

bag. Finally, check your toenails and clip any that are too long. Keeping your nails short will prevent them from striking the front of your shoe, causing not only **foot pain** but a **black toenail**.





Strategize -

Upon registering, you will probably receive a copy of the course map in your race packet.

Make mental note about where water stops will be situated. In this way, you can hydrate accordingly without fretting about where the next stop will be. It also helps to picture how you want to pose for your photo as you run through the finish. Imagine what you'll be thinking as a volunteer puts your race medal around your neck. This kind of visualization will help you feel less anxious and more excited about your race.

Have a Mantra Ready

It's going to get hard at some point, and you'll need to be prepared. Have a **few phrases** in mind that you'll be able to keep repeating to get through rough patches.

Try something short, simple, and positive, like "Keep running strong."



Unwind - Try to organize your preparations earlier in the day rather than later. If you leave it too late, you will almost be guaranteed to be too wired to sleep. Plan to have at least two to three hours to settle quietly. Instead of joining fellow runners for a last-minute get-together, meet up after the race when tensions have eased.



HOW TO WEAR THE "BIB TAG"

- ▶ Pin the bib after putting on your shirt.
- ▶ Center the bib on the front of your shirt and your body.
- ▶ Make sure you do not cover it or hide it with anything during or before the run.
- ▶ Do not accidentally or intentionally pierce the tag on the bib as it may damage the RFID chip with your Unique Identification Number.
- ▶ Secure one corner of the bib with a safety pin.
- ▶ Pin down the remaining corners.
- ▶ You are good to go!



DR L H HIRANANDANI HOSPITAL SPORTS CLINIC

The Best in Class and World Standard



With increasing interest in sports and exercise in India, sports injuries have become very common. Injuries sustained during sports or exercise can limit performance of sports person and prevent him from achieving full potential. These injuries if neglected may also lead to development of arthritis.

Sports Medicine is a branch of collaborative medicine that specializes in preventing, diagnosing and treating injuries sustained during sports or exercise. Our goal is to assist the patient in return to sports

and to achieve peak performance and prevent any future problems. Sports medicine is for athletes who enjoys playing sports or exercise occasionally, the so called 'weekend warriors'.

Visit our SMART centre and get advised by the best.

DR L H HIRANANDANI HOPITAL SMART CLINIC

Services offered:

- ▶ Joint consultation by Sports Medicine Orthopaedic Surgeon and Physiotherapist trained in US, UK; wide experience in care of professional sports persons.
- ▶ Diagnosis & management of all injuries arising from participating in sports or exercise.

Treatments Offered:

- ▶ A wide range of Physiotherapy modalities such as laser ultrasound, short wave diathermy, Combothrapy, Advanced Electrotherapy, Computerised Balance and pro prioceptive trainer, Balance and strengthening on Bosu Ball
- ▶ Medical Therapy - Multimodal therapeutic surgical therapy
- ▶ Surgical - Ultrasound guided intralesional injections
- ▶ Platelet rich plasma therapy
- ▶ Advanced Arthroscopy

COMMON INJURIES TREATED AT CLINIC:

Foot & ankle

- ▶ Ankle sprain & Avulsion Fractures
- ▶ Stress Fractures
- ▶ Ankle Impingement
- ▶ Tendinopathy of the heel cord and ruptures

Knee

- ▶ Ligament Injuries (*ACL, PCL, MCL, Posterolateral corner*)
- ▶ Meniscal Tears
- ▶ Tendinitis
- ▶ Non Specific Knee Pain
- ▶ Instability of Knee Cap (*patella*)

Hip

- ▶ Hip pain and clicking
- ▶ FAI (*Femoro - Acetabular Impingement*)
- ▶ Athletic Pubalgia
- ▶ Sports hernia

Shoulder

- ▶ Non specific shoulder pain
- ▶ Shoulder impingement
- ▶ Recurrent Shoulder dislocation
- ▶ Collar bone fractures and separation
- ▶ Rotator cuff tendinitis & tears

Elbow

- ▶ Tennis elbow, golfers elbow
- ▶ Elbow instability, ligament tears
- ▶ Tendon ruptures

Wrist

- ▶ Ligament tears and fractures

Spine

- ▶ Acute sprains and strains
- ▶ Disc prolapse
- ▶ Spondylolysis



DR. NIKHIL NALE

Full time Physiotherapist

QUALIFICATIONS:

- **Bachelors of physiotherapy (BPT)** - Seth G.S. Medical College & KEM hospital, Mumbai
- **Masters in Physiotherapy (MPT) in Orthopaedics & Sports Rehabilitation** - Manipal University, KMC, Mangaluru.



DR. ADITYA SAI KADAVKOLAN

Full Time Consultant - Arthroscopy & Sports Medicine

QUALIFICATIONS:

- **MBBS, DNB (Orthopaedics), MS (Orthopaedics)**
- **Fellowship in Shoulder & Elbow surgery (Germany)**
- **Fellowship in Shoulder Surgery & Sports Medicine (Austria)**
- **Fellowship in Knee Arthroscopy (Singapore)**
- **Fellowship in Advanced Shoulder Arthroscopy (South Africa)**

OPD TIMINGS:

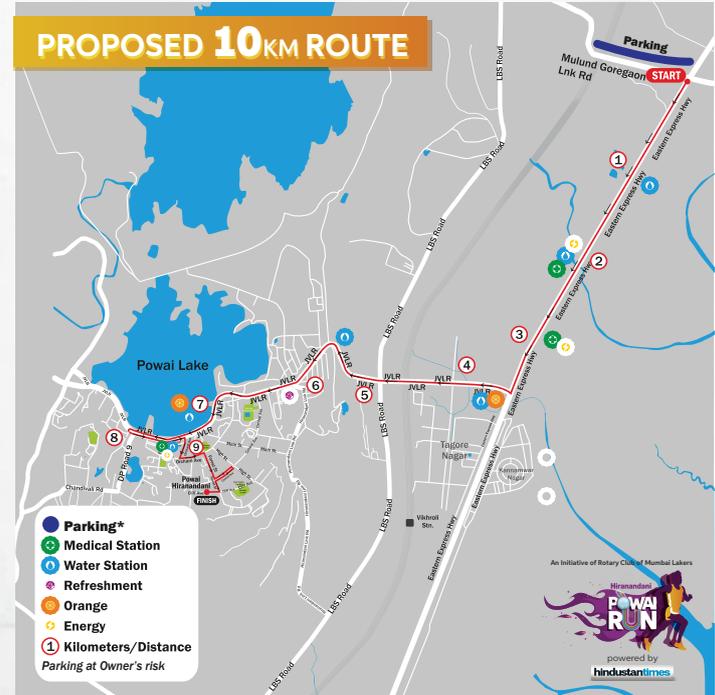
Monday-Saturday
8.00 AM-8.00 PM



Open Start Point
in Google Maps



Open Route
Map



Open Start Point
in Google Maps



Open Route
Map



PROPOSED 21KM ROUTE



Open Start Point in Google Maps



Open Route Map

MOTO-MEDIC



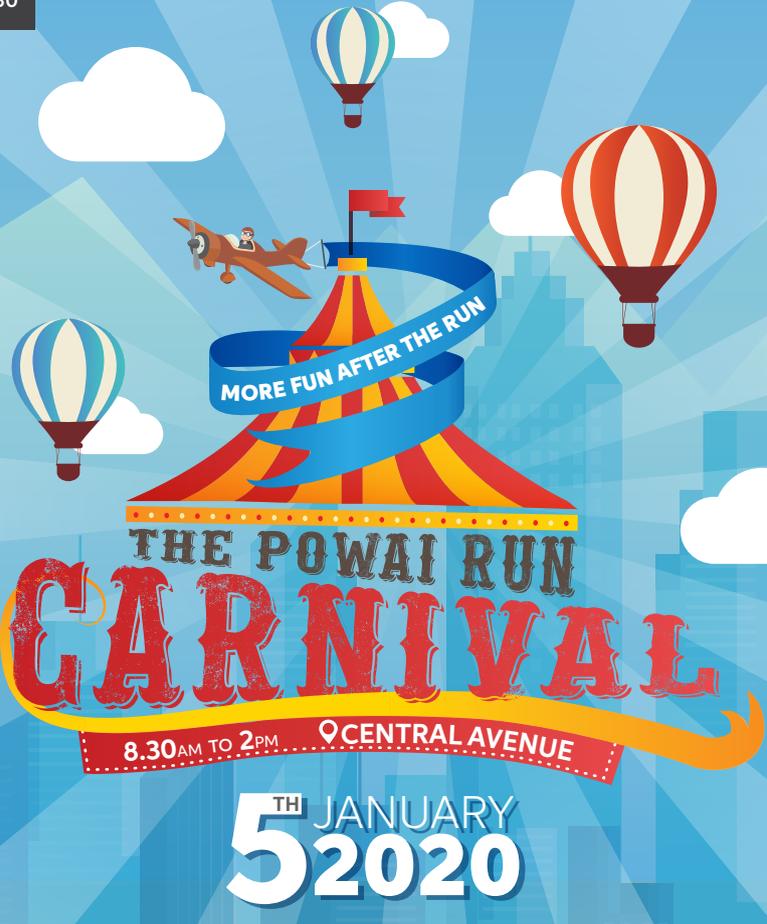
FREE & FASTEST MEDICAL FIRST AID

24 hours service on a Motorcycle

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A service initiative by the Rotary Club of Mumbai Lakers





THE POWAI RUN CARNIVAL

8.30 AM TO 2 PM @ CENTRAL AVENUE

5TH JANUARY
2020

“Join us for the post Run Carnival!”