

MEDICAL ADVISORY

Before coming on race day, do review these medical scenarios.

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

You are strongly advised to consult your personal physician before embarking on training and participating in the long-distance race. **If you have answered YES to any of the above questions, even more reason for you to seek advice from your doctor before you participate on race day.** While long distance running has its health benefits, it's crucial to acknowledge the inherent risks associated with covering such extended 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 participation in the Tata Mumbai Marathon 2024.** By following these straightforward steps and heeding the counsel of your personal physician, you'll be better equipped to make informed decisions and enjoy a healthy race.

- 1 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 Tata Mumbai Marathon.
- 2 Rest and Nutrition:** Ensure you've had adequate rest before the race, and have a balanced meal the night before and a light meal a few hours before the start.
- 3 Clothing:** Dress appropriately in lightweight, moisture-wicking clothing to manage sweat and prevent overheating.

- 4 **Sun Protection:** Apply sunscreen before the race and consider wearing a cap or visor to shield yourself from the sun.
- 5 **Warm-up:** Spend extra time warming up before the race in cold weather to prevent muscle strain or injury.
- 6 **Listen to Your Body:** Pay attention to signs of hypothermia, such as shivering, confusion, slurred speech, and fatigue. Seek help if experiencing these symptoms.
- 7 **Temperature watch:** Given that the Tata Mumbai Marathon is taking place on the 3rd Sunday of January, participants of race categories starting earlier in the day, 5 a.m. or 6:00 am, might experience relatively cooler temperature at those hours, 20-25°C (68-77°F). However as the day progresses, it will get warmer, potentially reaching 30°C (86°F) or higher as the morning advances.
- 8 **Hydration:** Begin hydrating well in advance and continue throughout the race. Water and energy drink stations, courtesy Bisleri (Hydration Partner) and Fast & Up (Energy Drink Partner), are readily available along the route. Nevertheless, it is unnecessary to stop at every station to avoid overhydration. Furthermore, it is crucial to avoid excessive rehydration immediately after the race. Rehydration should be a gradual process over the next 24 hours. Runners can monitor their fluid status in training through two methods: (i) measuring weight before and after a run while lightly dressed, aiming to maintain or lose no more than 2% of body weight, and (ii) monitoring urine colour to ensure it stays yellow, indicating adequate hydration, as overly clear urine could indicate overhydration, while dark urine could signal dehydration.
- 9 **Pacing:** Start at a manageable pace and avoid overexertion, especially considering the gradual rise in temperature as the morning progresses.
- 10 **Medical Support:** Familiarize yourself with the locations of medical aid stations along the route and know whom to contact in case of any medical concerns.
- 11 **Post-Race:** **After finishing, as you cross the finish line, do not suddenly come to a halt. Keep walking ahead – this is a medical need.** During any prolonged physical activity, the body's blood supply tends to shift towards the extremities and away from internal organs. Therefore, it's advisable for runners to continue walking after completing the race. Standing still or abruptly stopping can induce feelings of nausea, dizziness, and weakness, often leading to fainting. Walking will help redistribute blood flow to vital organs, so it is recommended to stay in motion. If at any point you feel the need for assistance, please reach out to one of our medical personnel.

Medical Services on Race Day

Asian Heart Institute (Event's Medical Partner) have the following medical facilities at the event venue/s and on route, strategically staffed with a variety of healthcare professionals to provide basic first aid to those in need. Medical personnel can be identified by their medical volunteer t-shirts. In case of injury or feeling unwell, please don't hesitate to approach a member of the medical team for support.

Please refer to your respective race route maps for medical facilities deployed for your race category and indicative locations thereof.

- 2 fully equipped Medical Base Camps post Finish Line/s
- 10 Medical stations on course
- 1 medical aid station at the Half Marathon start (Mahim Reti Bandar)
- 1 medical aid station within Azad Maidan

- 1 medical aid station inside Cross Maidan
- 1 medical aid station inside Bombay Gymkhana
- 1 medical mini base camp near the tents of Senior Citizens Run and Champions with Disability
- 13 well equipped ambulances
- 13 paramedics on bikes
- Medical Spotters placed every 100m during the last 2 km of marathon, half marathon and 10K race categories, to identify participants in need of medical attention.

Responsibilities of every participant

1. Consult your physician before starting any exercise program. If you have a known personal or family history of heart problems regardless of how insignificant you feel this is, you should obtain a medical consultation from a physician trained in exercise and related heart conditions. If you suffer from exercise induced chest pain, shortness of breath, dizziness or passing out, you should also consult such a physician before running at Tata Mumbai Marathon 2024.
2. Fill out the emergency information on the reverse of your bib number, including medical history and your pre-race weight.
3. Understand the local weather forecasts and risks associated with change in temperatures during the run.
4. Develop a suitable hydration plan for race day.
5. If you experience medical issues, seek help immediately.
6. Aid fellow participants in distress and seek medical assistance if required and obtain assistance from our course medical groups or the event helpline number which is +91 22 42020200.