

HRX JUHU
 half marathon
 Fitness in the Long Run



HRX

INFORMATION BOOKLET



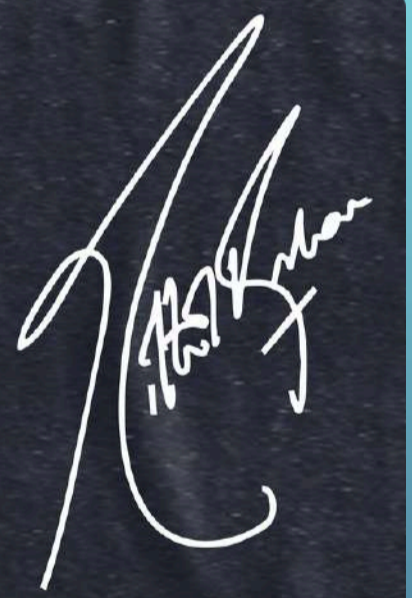
HALF MARATHON | 10K | 4K
SUNDAY 9th FEB 2025

Organized By Jointly With



Rotary
 Club Of Bombay Airport

“Run, to become
 the best version
 of yourself.”



Only marathon to have runners trained as CPR responders

Powered by



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**BE THE
BEST
VERSION
OF YOURSELF**

#KEEPPGOING

Vimal – Providing Global Solutions in Chemical distribution



Vimal Group, an ISO 9001: 2008 Certified & CARE rated company, is a market leader in distribution of chemicals & related services in India. Headquartered in Mumbai, the company operates a national network with 2 regional offices and warehouses in 6 locations. The company caters to diverse end-use industries such as coatings, adhesives, construction chemicals, wire & cable, leather, packaging, personal care, pharmaceuticals, water treatment, textiles, paper, agriculture and related industries.

As a preferred partner for chemical manufacturers, the company serves as the vital link between suppliers and customers, offering B2B solutions. Rooted in their mission, they connect customers and suppliers through value-added services, including application technology, technical support, just-in-time delivery and efficient inventory management, solidifying their reputation as a reliable and dynamic force in the chemical distribution industry. Their collaborative approach with clients ensures the delivery of value-driven solutions, positively impacting both business and the world.

VIMAL INTERTRADE PVT. LTD.

The Chemical Distributor

Vimal LifeSciences Pvt. Ltd.

Touching Everyday Aspects of Human Life™

Vimal Group has the most strategic approach in the market today. They work with their suppliers as their extended arms by taking complete responsibility of the business and follow stringent quality standards. The company boasts of a well-resourced sales & marketing team who are technically qualified to understand product specifics, promote the products and offer timely assistance with product development to the customers. An equal emphasis on all regions and customer reach is ensured as they have their representatives serving most of the important regions.

In 2014, they formed a new company 'Vimal LifeSciences Pvt. Ltd.' to bring more focus to ingredients and technologies related to Personal Care, Home Care, Flavour & Fragrance, Pharmaceutical and Food & Nutrition segments which are the fastest growing segments in India. Going by their mission- Total Solution Provider, they set up Technical Service & Innovation Centre (TSIC) in Mumbai, which is a well-equipped lab with complete range of modern lab equipment to support development of Home & Personal Care formulations. Highly qualified and experienced personnel in TSIC help the customers find solutions to their formulation issues; providing effective and proactive and faster technical solutions to customers. The Innovation Center is also a part of the global technical expertise of the global supplier partners that aids in providing technical solutions to customers, thereby helping the customers using up-to-date technological breakthroughs involving various ingredients being supplied by Vimal.

The core strength of the group is providing incessant services to the customers in terms of strong logistics support. They have one of the strongest supply chain network in the industry. With strategically placed central, regional and local warehouses, Vimal group ensures swift deliveries, reaching most customers promptly.

Their mother warehouse, located in Wada is an extensive facility that spans around 1,25,000 sq.ft with a holding capacity of around 20,000 mt of material at once. It is a multi-client facility, which is of NFPA NBC 2016 standard and is ISO 9001 certified & ISO 14001:45001 compliant. The facility is also well-equipped and certified to solvents classified under Class 2, 3, 4, 5,6, 8 & 9 as per International Maritime Dangerous Goods (IMDG).

VIMAL LOGISTICS PVT. LTD.

A Customized Warehousing Experience

Clients trust their team and service for the start-to-finish delivery of top-tier chemical products, consistently on schedule. While sourcing and ex stock sales form their business core, they bolster their supply chain with Vimal Logistics Pvt. Ltd., offering end-to-end logistic support. Their collaboration with transporter partners ensures value for carriers and cost-effectiveness for customers in inbound and outbound consignments. This approach allows Vimal Group to provide unparalleled services to both customers and suppliers.

As a forward looking organization, Vimal group continues to focus on investing in the growth of their supplier partners by driving extraordinary value, responsibly, and through competitive cost advantage and innovative solutions.

ABOUT THE EVENT & ORGANISERS

Half Marathon and 10K routes of HRX Juhu Half Marathon are certified by IAAF - AIMS making this event as qualifier for major marathon and is organised under the aegis of MSDAA (Mumbai Suburban District Athletic Association)

The event is organised by Get Fit Thru Sports Foundation (GETFIT) jointly with Rotary Club of Bombay Airport (RCBA). Both are Non-Profit organisations. The surplus from the events goes towards social and charitable causes. From the surplus of Marathons held so far, RCBA has supported about 463 Paediatric heart surgeries at highly subsidised rates. GETFIT is engaged in promotion of fitness through various sports. Its main endeavour is to inspire people across all age groups to get active and take up at least one sport in order to maintain and enhance fitness. The current focus of GETFIT is to promote long distance running.

This year, the Juhu Half Marathon (JHM) is proud to announce its association with Xtreme Brands LLP, the organizers of the HRX Half Marathon and the official licensee of the HRX brand. As a result of this collaboration, the event will now be titled the HRX Juhu Half Marathon.

The Rotary Club of Bombay Airport is a prestigious club within Rotary International's District 3141, boasting an impressive 37-year history of implementing numerous impactful social projects. Some notable achievements include the construction of three ashram shalas, providing education and support to 2500 Tribal children in Palghar District, as well as the establishment of a Dialysis Centre at Vile Parle West.

Additionally, the club has facilitated paediatric heart surgeries, constructed over 100 girls' toilet blocks at Zilla Parishad Schools in Palghar District, and offered mental health counselling services. Notably, all surplus funds received by RCBA from various sources, including HRX JHM, are dedicated to conducting paediatric heart surgeries, further underscoring the club's commitment to giving back to the community.



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Representational Image

ORGANISING COMMITTEE

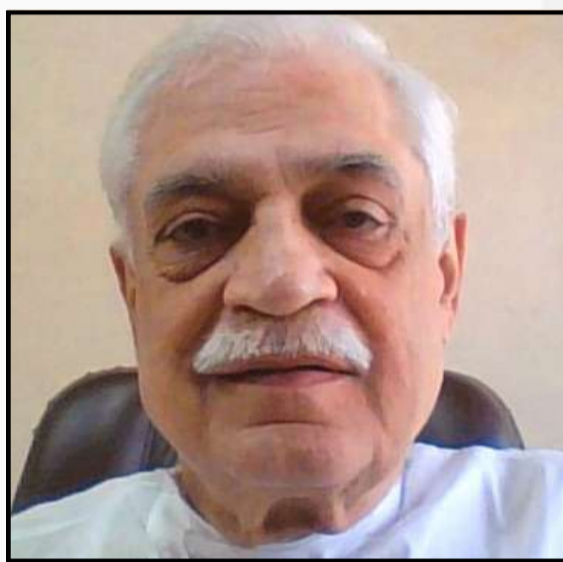
GET FIT THRU SPORTS FOUNDATION



Mr. Atul Parekh



Mr. Bharat Kapadia



**Mr. Dilip
Kathrani**



**Mr. Jayesh
Choksi**



**Mr. Sandeep
Tarkas**



**Mr. Niranjan
Jhunjunwala**

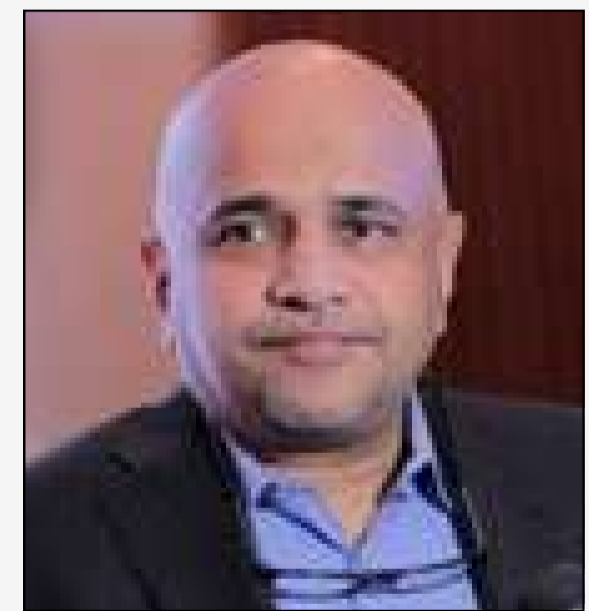
OUR PATRONS



Mr. Krishna Prakash
IPS Officer
Ultra Marathon Runner



Mr. Vishvas Mote
Dy. Municipal Commissioner (Zone - III)
40 Half Marathons, 4 Full
Marathons & 1 Triathlon



Mr. Vipul Shah
MD, Parinee Group
Ultra Marathon Runner

ORGANISING COMMITTEE

ROTARY CLUB OF BOMBAY AIRPORT



Mr. Apurva
Patel



Mrs Harsha
Mehta



Mrs. Ashmi
Parekh



Mr. Shachiin
Nanavati



Mrs. Pragna
Mehta



Dr. Kanir
Bhatia



Mr. Suvedu
Mishra



Mr. Suketu
Jariwala



Mr. Bimal
Shah



Mr. Phul Chand
Jain



Mr. Manish
Nathwani



Mr. Biren
Parekh



Mrs. Nina
Bhatia

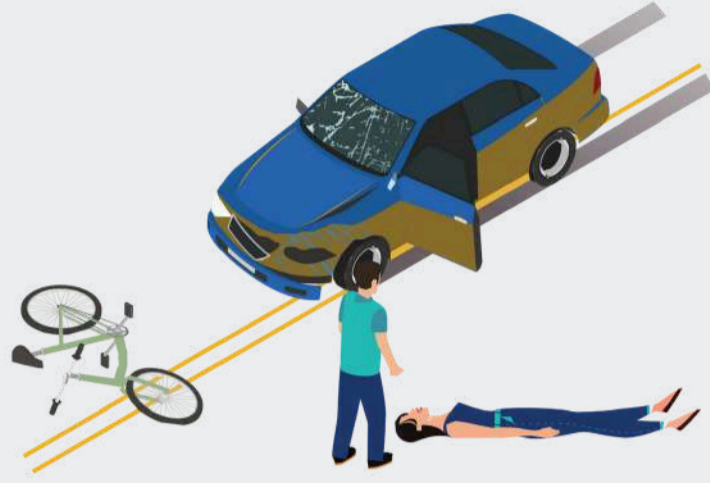


BASIC LIFE SUPPORT

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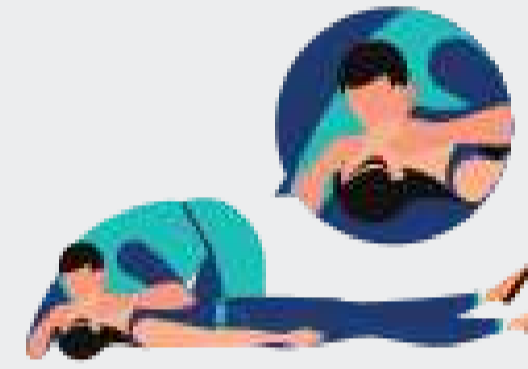
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EMERGENCY

GNN SLOP TTTT



IMPORTANCE OF CPR ON RACE DAY



Dr. Akshay Mehta
Interventional Cardiologist

By now everyone is aware about the tragic sudden deaths occurring in our country due to cardiac arrest. Many patients can be revived by prompt recognition and proper action. The latter consists of calling for help for more hands to do CPR and also for getting an AED machine, if available nearby and calling for a cardiac ambulance.

Once the call is made for help, the next step is pumping the chest so as to push some blood to the brain to prevent it from dying.

Since time is of crucial essence, the best person to help is the one nearest to the victim.

Hence in events such as marathons, every runner should learn the recognition and treatment of cardiac arrest so that he or she can be of immediate help should a co-runner collapse due to cardiac arrest.

By this initiative the chances of survival increase from near ZERO% to more than 50%.

PACERS



Prudhvinath Reddy

2 HRS BUS 21KM PACER

I am an amateur runner and my running journey started in 2016. Over the past 8 years, I have run over 10 marathons and multiple half marathons. My best timings in Marathon distance is 2 hrs 54 mins and have run sub-3 hour marathons thrice till date.



Sanjay Kumar

2 HRS BUS 21KM PACER

Running is my passion and key to resilience. Starting with Half Marathons in 2014, I transitioned to Full Marathons and Ultra Running, achieving milestones like completing 4,280 km from Kanyakumari to Kashmir in 52 days, earning a Guinness World Record.



Ram Ratan Jat

2:15 HRS BUS 21KM PACER

Ultra-Marathon Runner & Guinness World Record Holder

He is a renowned ultra-marathon runner from India, known for his incredible endurance and determination. With a Guinness World Record and multiple India records under his belt, Ram has cemented his position as one of the country's top ultra-runners.

PACERS



Rupesh Satnaliwala

2:30 HRS BUS 21KM PACER

I am an enthusiastic amateur marathon runner having run 12 full marathons at TMM, 2 times Comrades marathon in South Africa and multiple half marathons across India. I am keen to help runners aiming for a 2.30 finish meet their target smilingly.



Nikhil Navalkar

2:30 HRS BUS 21KM PACER

Been running since 2007. Completed Mumbai Marathon 5 times, Chicago, New York, Berlin, Sydney, Athens, Toronto. Tata Ultra 50k & 35k. BNP 25k 3 times. Over 40 Half marathons, including Mumbai 6 times, Delhi 3 times, Chicago 2 times, Helsinki, Singapore. Certified Fitness Trainer & Marathon Coach.



Aditya Mehta

1 HRS BUS 10KM PACER

Aditya Mehta, a triathlete since 2015, has completed multiple marathons, including 3 full marathons and a 50km ultra run. Transitioning to triathlons, he has participated in 6 events, including 2 Half Ironman races. Despite epilepsy, Aditya proves that determination knows no limits.

PACERS



Harpal Singh

1:10 HRS BUS 10 KM PACER

Meet Harpal Singh Abbott, a passionate fitness enthusiast who has been transforming his life one run at a time. With over 8 years of running experience, Harpal has not only adopted fitness as a lifestyle but has also inspired others to do the same. A seasoned runner, he has paced numerous 10K and 21K events, helping fellow runners push their limits. For Harpal, fitness is more than just a hobby - it's a way of life.



Sweta Chatterjee

1:10 HRS BUS 10 KM PACER

She a passionate and dedicated runner. Consistency and determination drive me to push beyond limits. Running is my motivation, stress-reliever, and joy. I strive for continuous improvement, always chasing new goals and personal bests.



Hiren Sangvi

1:20 HRS BUS 10KM PACER

Marathoner, 3 x times Super Randonneur and gym junkie, run regularly for fit mind and fit body, have paced nearly all prestigious events throughout the country

PACERS



Saurabh Pandit

1:20 HRS BUS 10 KM PACER

Saurabh Pandit, a dedicated running enthusiast from Mumbai, embarked on his running journey in December 2013. Over the past 11 years, his passion and self-motivation have transformed running from a recreational activity into a significant part of his life. He has actively contributed to the running community by serving as an Influencer, Ambassador, and Pacer for numerous events in Mumbai



Tamilarasan Rajan

1 HRS BUS 10 KM PACER

Meet Tamilarasan Rajan, a ACSM certified Marathon trainer. Captain of adidas Runners Mumbai and coach at You Inspire Run Club

OUR PARTNERS & ASSOCIATES



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Strategic Partner



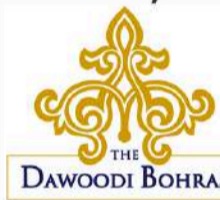
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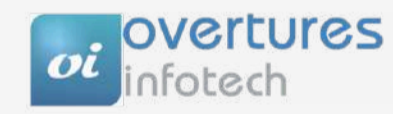
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THE
DAWOODI BOHRAS

BURHANI
Sports
& FITNESS



The Dawoodi Bohra community, as per the teachings of their leader, His Holiness Syedna Mufaddal Saifuddin, continues to promote holistic wellbeing, embracing physical health as an essential pillar of personal and social development.

This commitment is embodied in Burhani Sports, the community's platform for undertaking sports, physical fitness, and training & development of athletes across all age groups and genders.

It organises and facilitates a range of activities and events for Dawoodi Bohra athletes, tailored to diverse interests and age groups, ensuring inclusivity and accessibility.



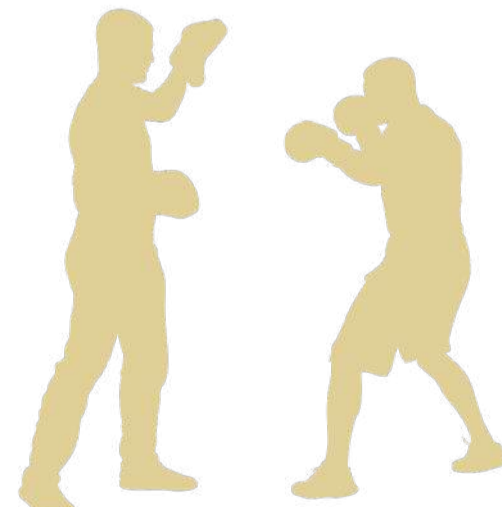
National &
International
Sports



Youth
Development



Women's
Sports
Program



Competitive
Training



Recreational
Sports

To support these endeavors, the community has also invested in building sports facilities, including cricket grounds, multi-sport complexes, and indoor fitness facilities. These venues cater to both recreational users and serious athletes aiming for professional excellence.

Scan to avail special benefits, discounts and privileges

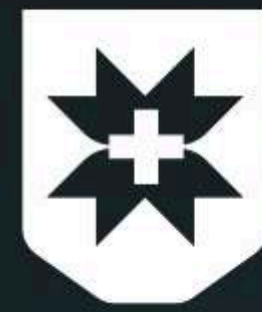


IN-HOSPITAL BENEFITS FOR MEMBERS*

- 15% off on OPD Consultation
- 15% off on OPD Diagnostics (in-house)
- 15% off on Health Check-up Package of your choice
- 10% off on Medicines (minimum bill value Rs. 1000)
- Dedicated Relationship Manager

COMPLIMENTARY BENEFITS FOR MEMBERS*

- Five OPD Consultations
- Second Opinion with Super-Specialists
- Home Sample Collection & Medicine Delivery (Santacruz to Andheri)
- Ambulance upto 5 km radius (in case of admission)
- Bed Side Admission & Discharge
- Meal Coupon for one attendant
- Dedicated Relationship Manager



NANAVATI

MAX Super Speciality Hospital



24x7 EMERGENCY READY

**RIGHT CARE,
RIGHT AWAY.**



24x7 heart, stroke and trauma experts



Advanced life support ambulances



Fast diagnosis and treatment



022 6134 7777



**SCAN TO SAVE THE
EMERGENCY NUMBER**

INFORMATION FOR THE RUNNERS

HOLDING AREA

Holding Area for all Race Categories is Bhailal Patel Maidan (**Jamnabai Narsee School Ground**), JVPD Scheme, Vile Parle(West), Mumbai-400 049.

Entry to Holding Area for the participants will only be through the gate opposite Jamnabai Narsee School. Entry will be restricted **only for the participants with valid running BIBS**, members of Get Fit, Rotary Club, JHM Partners and Associates.

PARKING RESTRICTION

Parking will **strictly not be allowed** near the periphery of the holding area and adjoining roads from morning 3:30 a.m. to 11:00 a.m. on the day of the event.

BAGGAGE STORAGE

Limited capacity of temporary baggage storage will be available at the holding area. Runners are advised **not to keep any valuables** including mobile phones, wallets etc in the baggage. The **organisers will not be responsible** for any damage or loss of the baggage. The baggage should be retrieved before 9.30 a.m. on the day of the event.

EVENT INFORMATION

Start & Finish Point :

All races for men & women will be flagged off & concluded at 'Bhailal Patel Maidan' (Jamnabai Narsee School Ground) JVPD Scheme, Vile Parle (West) on 9th Feb Sunday 2025. Gates for the Holding Area **will open at 5:00 am**.

Start Time:

- * The Half Marathon will start at 5:30 am;
- * The 10K Run will start at 6:00 am;
- * The 4K Run will start at 7:00 am.

Reporting Time on the day of the event not later than:

For Half Marathon & 10k run is **5:00 a.m.** & for 4k run **6:15 a.m.**

INFORMATION FOR THE RUNNERS

FACILITIES AT THE VENUE & ENROUTE



MEDICAL FACILITY

There will be cardiac ambulances and regular ambulances with doctors enroute, please look for the sign (left).

There will be medical stations at the venue with qualified doctors and other medical aids.

Look for emergency helpline banners enroute. In case of emergency mention the location number mentioned on the banner when contacting the helpline for quick response.

Medical Helpline no: 022 6134 7777

WATER STATIONS

There will be water stations available at every 2 kms (approx) enroute. Water will also be available at the venue before and at the start of the race. However, runners are advised to carry their own water.

ENERGY DRINKS

Energy drinks will be available at every 4 kms (approx). The same would also be available at the venue.

FACILITIES AT THE VENUE (ONLY)

RECOVERY FACILITY

Trained physiotherapists and assistants by **The Nanavati Hospital Sports Physio Team** will be available at the recovery area at the **VENUE ONLY**.

INFORMATION FOR THE RUNNERS



POST RUN ACTIVITIES & INFORMATION



FINISHER'S MEDAL FOR ALL RUNNERS

After the finish line immediately proceed toward's "**Finishers Medal Kiosk**" and get your finishers medal.



REFRESHMENTS

Post run **HOT BREAKFAST** will be available for the participants against valid Running BIBS.



TIMING & PARTICIPATION CERTIFICATES

Timing certificates for half marathon and 10k and participant certificates for 4k runners can be downloaded from the website after 48 hours.



RACE DAY PHOTOGRAPHS

Race day photographs can be downloaded from www.juhuhalfmarathon.org after 48 hours of the race day.



CASH PRIZES

Winners will be sent cash prizes after due verification of all the records within **6 -8 weeks** of the event.

INFORMATION FOR THE RUNNERS

OTHER IMPORTANT INFORMATION

- Only those confirmed participants wearing the current JHM running number BIBS will be allowed on the route. Any person found wearing the incorrect BIB or no BIB will be disqualified and removed by the course security.
- You are to participate only in the race category for which you have applied and for which your entry has been confirmed. Your entry and running number BIB is not transferable to any other person under any circumstance.
- Every runner must wear his/her running number BIB on the front of the vest. Any fold, alteration or damage to the BIB will amount to disqualification of the runner from the event.
- Runners found to have interchanged their running number BIB and/or timing BIB tag with another individual, will be disqualified.
- Event Promoters, Juhu Half Marathon Organising Committee reserves the right to disqualify or exclude any person from competition who gives incorrect personal data/details on the form.

INFORMATION FOR THE RUNNERS

OTHER IMPORTANT INFORMATION

- Please note if you don't wear your timing BIB tag as instructed, the timing mats may not record your time and may not print it on the official records.
- No result or certificate will be given to runners of the Half Marathon or 10K Timed Run who do not start their run at the respective start times of the race categories they have been confirmed in.
- There will be specific finish cut-off timings for each category intimated to runners closer to race day, where after, normal vehicular traffic will resume on the road.
- Runners who have not yet finished the run by that time must stick to the pavements there after in order to complete their race.
- Organizers reserve the right to stop any participant from participating in the event who is found to be medically unfit in the opinion of the medical personnel.
- Organizers reserve the right to use photographs taken of runners during race day for the purpose of promoting the event.

INSTRUCTIONS

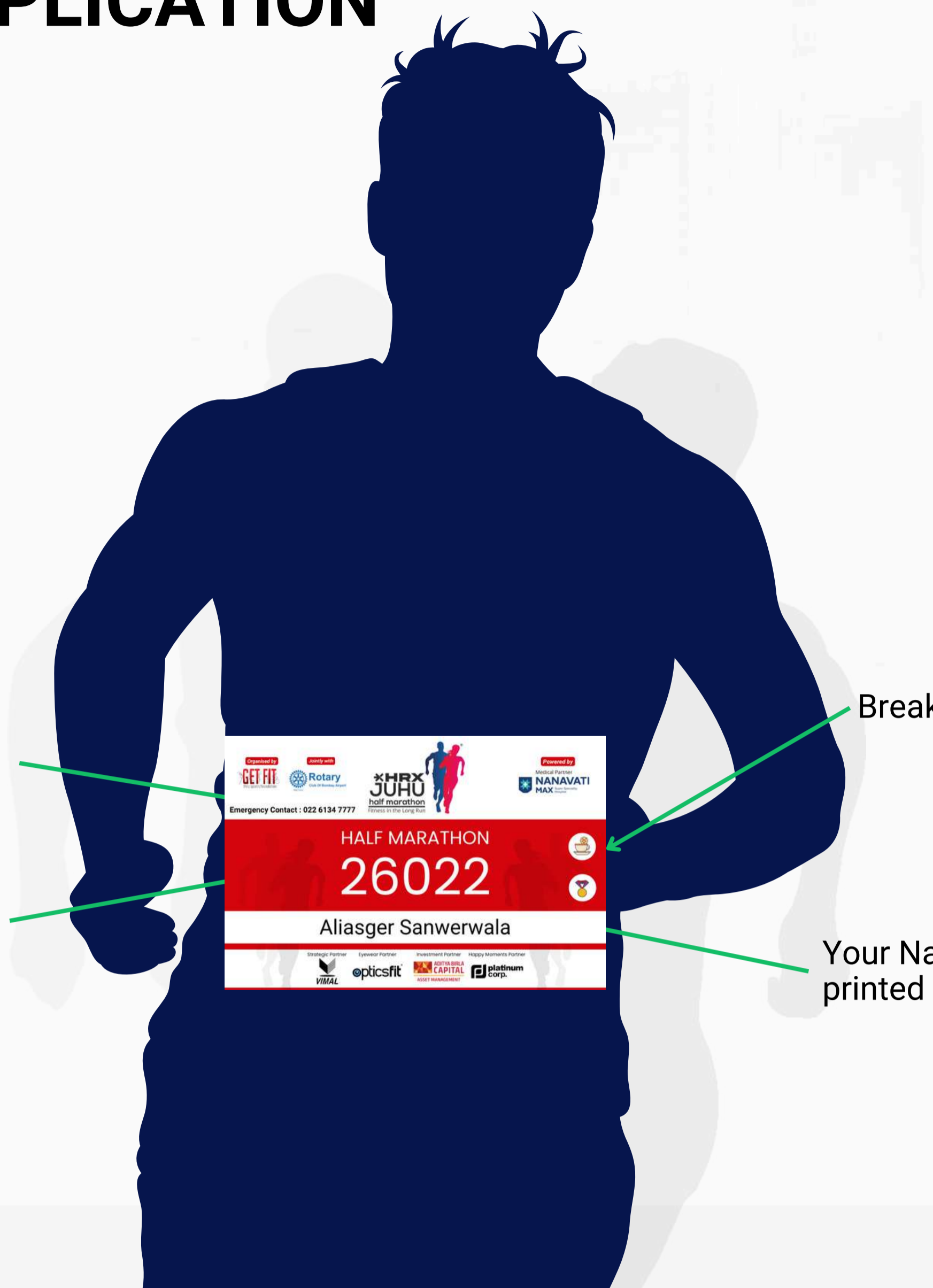
BIB TAG APPLICATION

Please enter you Emergency Contact number here

Your BIB number will be printed here

Breakfast / Medal Check box

Your Name will be printed here



BIB Application Instructions

In order to receive an accurate time, please confirm your BIB is:

- Clearly visible on the front of the torso
- Unaltered and unmodified (Do not fold or wrinkle)
- Pinned in all four corners
- Not covered (Jackets, runner belts, water bottles, etc.)
- Please write emergency contact number on reverse side of the Bib to enable organiser to contact your family if need so arises

**RESULTS OF ONLY THOSE RUNNERS WHO HAVE CORRECTLY
CROSSED ALL THE TIMING MATS/ZONES WILL BE RECORDED**

INSTRUCTIONS ROUTE SIGNAGE

KILOMETER MARKERS

Half Marathon



RED kms marker
for 21kms run

10 kms



GREEN kms marker
for 10kms run

Fun Run 4 KMS



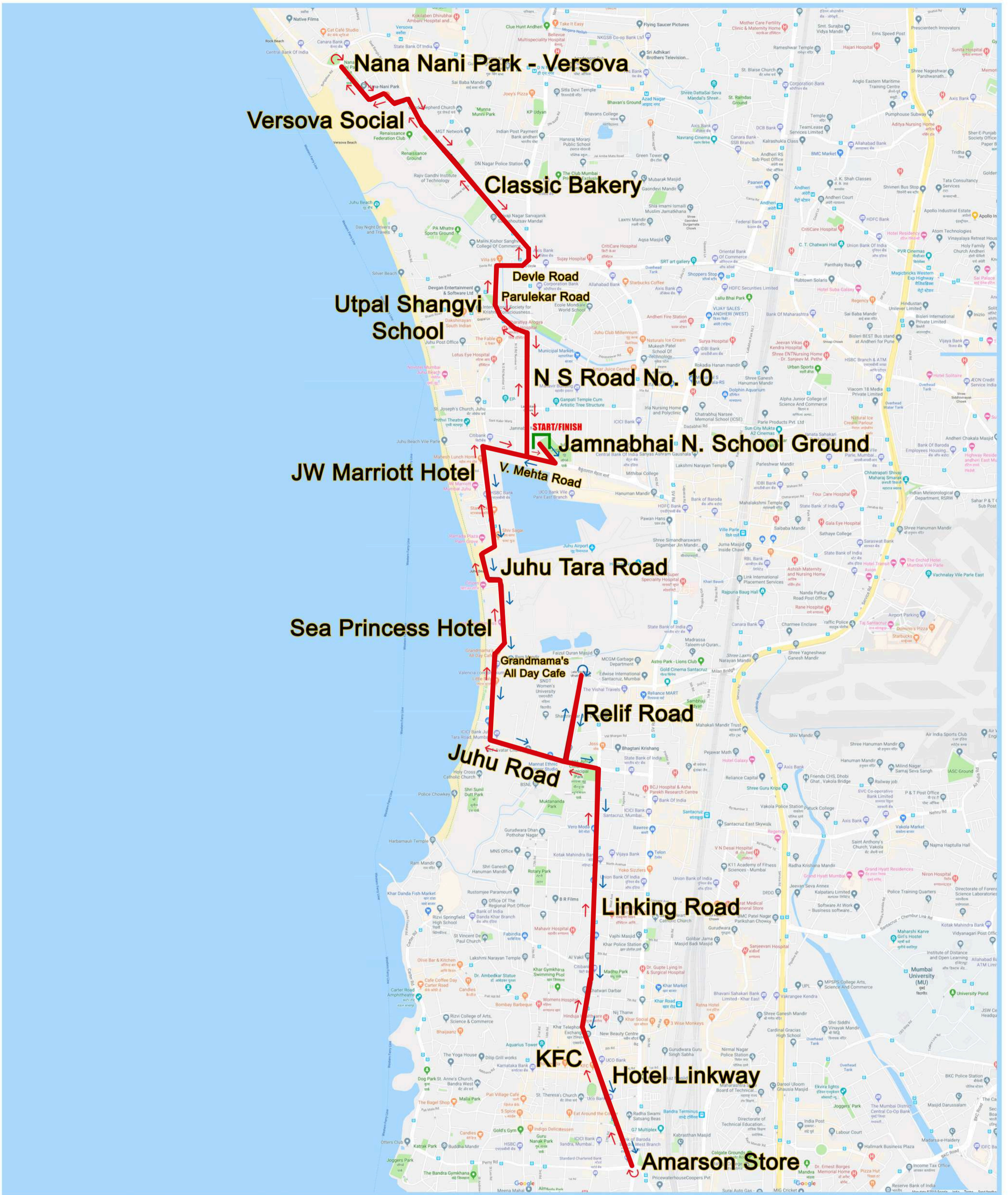
BLUE kms marker
Fun Run 4 kms

**MEDICAL HELPLINE WILL BE AVAILABLE ON ROUTE
SIGNAGES**



Medical Helpline no:
022 6134 7777



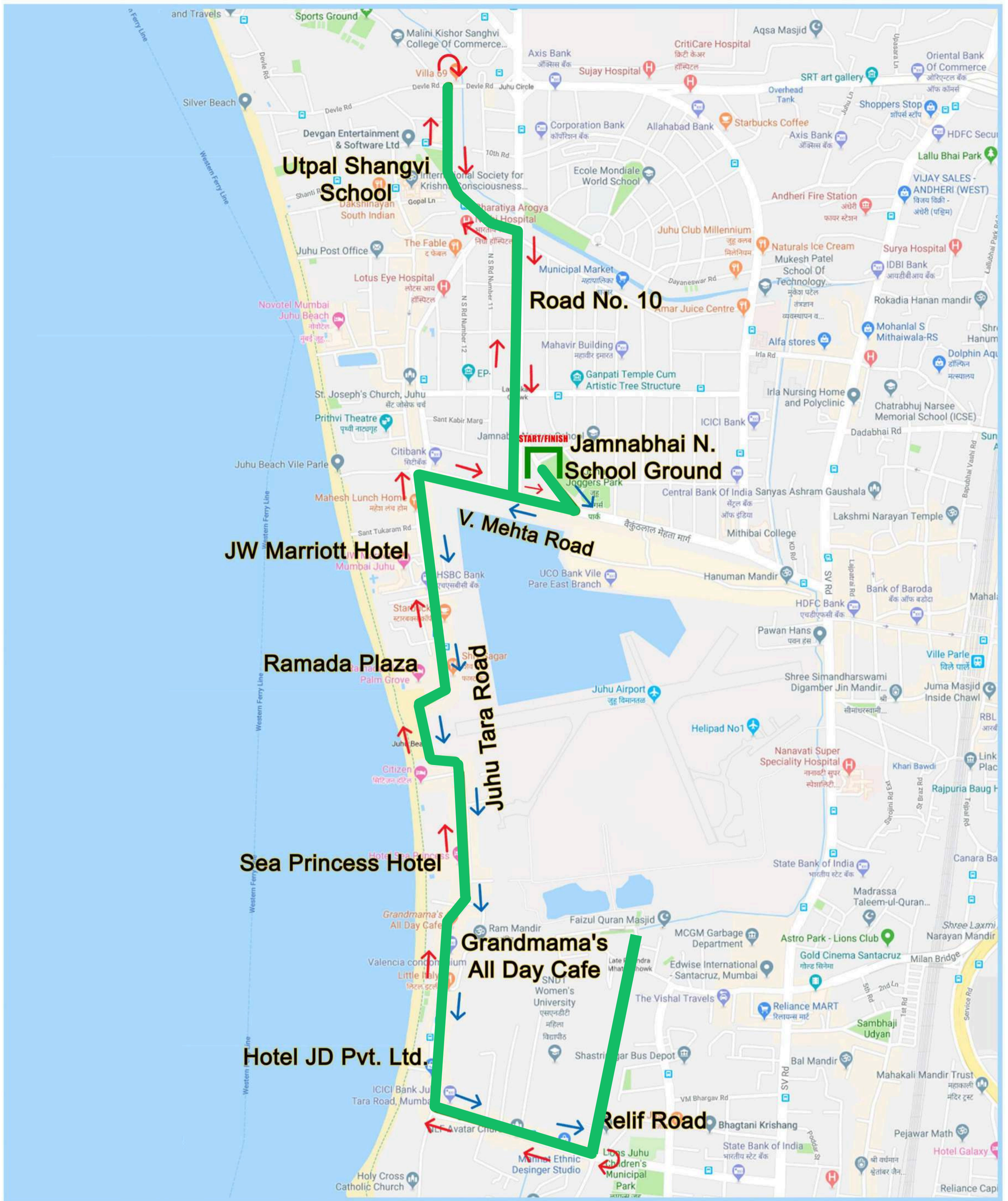


Disclaimer: Subject to change based on final approvals

HRX
JUHU
 half marathon
 Fitness in the Long Run



9th Feb 2025
Route Map
Half Marathon



Disclaimer: Subject to change based on final approvals

HRX
JUHU
 half marathon
 Fitness in the Long Run



9th Feb 2025
Route Map 10 KM



Disclaimer: Subject to change based on final approvals



9th Feb 2025
Route Map 4 KM

HRX JUHU HALF MARATHON

BE RACE READY

Traning for the race

Systematic & well planned training is very important with correct distance & goal in mind. Regular Health check ups & treatment of the chronic conditions like High BP, Diabetes, Heart problems or joint issues have to be diagnosed & treated well in advance. Start tapering from your hard training before a week, proper rest & adequate sleep is very important.

Nutrition before a week

- Hydrate yourself well with lots of water & beetroot juice, coconut water, electrolyte drinks etc.
- Don't try anything new or try to avoid eating outside.
- Replenish yourself with good nutrition with fruits, vegetables, whole grains, nuts & seeds while taking more carbs & moderate amount of proteins.

Before a race day

- Hydration is the key to great race & injury free run.
- Consume more carbohydrates & low fibre food to avoid diarrhea, bloating & cramping. Last meal before the race day should be planned & try to have regular home made food with high carb, low fat meal, so that body has enough time to fully digest the food.
- Avoid late dinner & try to sleep early.

Race Day Preparation

- The biggest rule of thumb. DON'T TRY ANYTHING NEW !
- You can eat little once you wake up or before 2 hrs of the race which can be milk with oats or granola bar or bread slice with peanut butter with 1.5 to 2.5 cups of fluids to ensure hydration before the race.
- Don't forget to eat a banana or dates or any simple carb of 20 to 30 gms before 30 minutes of your race.
- Do proper warm up before the race to get a better pace & avoid any injury.

During the race

- Start your race with little slower pace than your race pace to avoid burning out in initial phase.
- When you're running for more than one hour, you will need additional energy intake to fuel your run. The best options are isotonic energy drinks, banana or sports gels.
- Try to take few sips of water very 15-20 minutes to stay hydrated. If you feel any discomfort or slight indication of uneasiness, STOP and don't hesitate to ask for medical help.
- Listen to your body & keep up your own pace.
- Never accelerate or sprint towards the finish line.
- Post run Stretches & cool down is must.
- Nourish yourself with fluids & enough high GI carbs & proteins once the race is over.

HEY RUNNER

KEEP RUNNING,

WE'LL KEEP

YOU CLEAR



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Bus Media

Railway Media

Innovation

Events

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Arvind Bhandari
9930 050 050
Founder & Director

MINIMAX ADS PVT. LTD.

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*Good Luck to all
Juhu Half Marathon Runners !*



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A Customized Warehousing Experience



🌐 www.vimalagencies.net