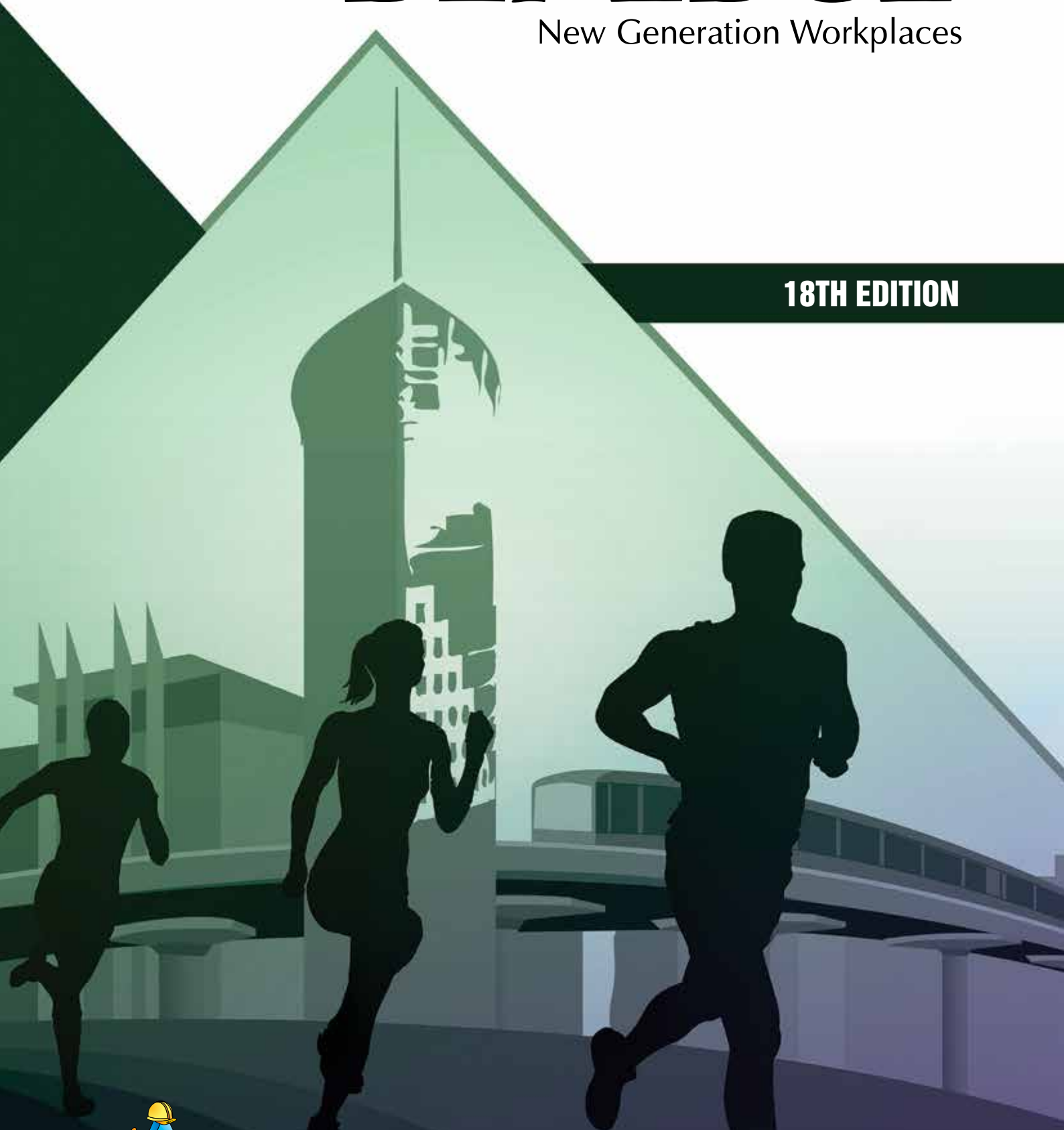




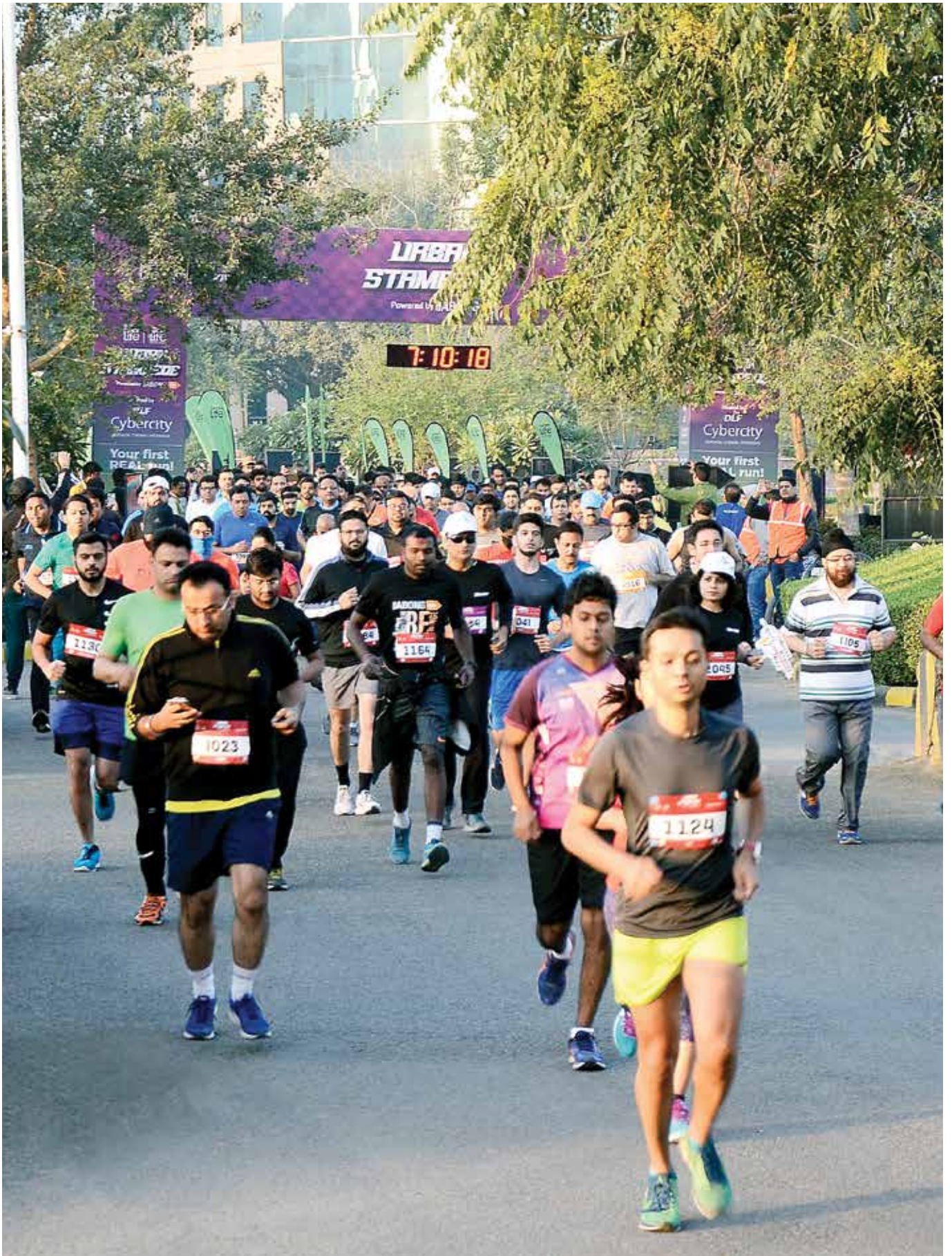
DLF EDGE

New Generation Workplaces

18TH EDITION



URBAN STAMPEDE 2017



On the morning of 5th March, corporate Gurugram woke up and witnessed a first of its kind running initiative. Hundreds of people put on their running shoes pulled and ran through DLF Cybercity-Gurugram's corporate epicentre. DLF Cybercity in association with Runners for Life

organized 'Urban Stampede 2017'- the only national level corporate running event in India.

The marathon aimed at developing the idea of maintaining a fit and active routine and promoting an environment that encourages work-life balance amongst corporate executives.

DLF CYBERCITY HOSTS CORPORATE GURUGRAM'S TRYST WITH FITNESS



In today's world, corporate success is almost taken as a harbinger of poor health. The assumption is that those focused on work tend to ignore their health due to lack of time. A sedentary lifestyle can take a toll on your health if the body is not regularly exercising. Realizing this ever-increasing health deficit that plagues corporate life, DLF Cybercity took the onus of promoting a philosophy-'It's never too late to live healthy!'. Distance running remains the most efficient way to work

out stress, while regulating your bodily systems.

Another reason of conducting this run was to strike a balance between work and play. This was a nice break from regular mundane work and open spaces like the parking area, becoming a running field is a rare view in a hustling and bustling business district. The infrastructure at DLF Cybercity is completely apt for these activities and the obstacle free wide roads are a clear canvas to allow recreational activities.

HOW RUNNING HELPS

“EVERYTHING YOU EVER WANTED TO KNOW ABOUT YOURSELF YOU CAN LEARN IN 26.2 MILES”

LORI CULNANE



In preparation for the marathon, the week leading up to the big run had 2 exciting training programmes being conducted at DLF Cybercity and DLF CyberHub. The Fitness & Yoga challenge helped runners get acclimatized to general fitness and runner specific yoga asanas to help them with pre-race warm ups and post-race limber down. The Relay challenge allowed experiencing the relay mechanics real-time. This preparatory event mimicked the actual four people relay, and participants could practice the transition sequence.

The main event on 5th March started with some fun group warm up exercises that also fostered the spirit of team building and helped harness positive synergy between corporate executives many of whom were interacting with each other for the first time.



The marathon was flagged off by Mr. Ravinder Dang (MD, Baxter) at 7:00 AM on Sunday morning. The run commenced from DLF Gateway Tower surface parking at DLF Cybercity, Gurugram and went around DLF Cybercity past the RBS building to end at the surface parking. The event, which was divided into four categories – 5K Walk, Open 5K Run, Open 10K Run, and Corporate Relay, drew participation from over 500 corporate employees of the top Global MNCs such as Accenture, Genpact, Microsoft and McKinsey to name a few. Baxter had a team of 34 participants that ran for the cause of increasing awareness about “World Kidney Day”. The event saw participation from an eclectic mix of amateurs and seasoned runners who came in groups to represent their organizations.

The serial marathon runners expressed their elation that a running event was finally organized in Gurugram. What was exceptionally motivating was seeing several children, between the age of 6-15 years, not only took part in the run with much fervour but also complete the strenuous course with a smile.



“Running and Walking are ideal to re-energize and promote fitness among corporate employees, who are mostly desk bound due to their work requirement. These events provide the perfect opportunity for business leaders and employees to foster a deeper bond of understanding and inculcate team spirit. We are privileged to host this event and look forward to be associated with more such employee engagement activities in the future.”

Karun Verma
Executive Director - DLF Offices (North)



AT A GLANCE

MOIN KHAN



“Running was something I wanted to pursue professionally but never got the chance. I travel to different cities to take part in marathons. Past year alone I have run 12 marathons”

PARAS BHATIA
IndiaBulls



“IndiaBulls is a health conscious organization and many of us have come here today. This is my second marathon and I appreciate the fact that initiatives are taken to help us beat work stress and remain fit and healthy”

YOGITA SINGH
First Rain



“The first time I ran was for the Airtel Marathon and I got hooked with my son. I would love to see more fun, fitness event like badminton tournaments etc.”

SURAJ CHADDHA
Subros Limited



“This is my 11th event and I am rather glad to have clocked my personal best of 44 minutes in the 10k category. I am rather motivated to take organized races and other mass fitness activities to my hometown in Himachal”

PRIYANKA
Baxter



“Some of us are regular runners and few like me are trying it for the first time. After running the 5k I realized the dire need to look into my fitness”

AMIT & PRATYUSH PANDEY



“I used to run when I was younger and am now back in the circuit as my 7 year old son is serious about it. You prepare a month for a Marathon; if we take part in 3-4 such events per year, I believe the motivation to remain in shape would remain forever”

THE WINNERS

5K WALK

MIXED
AMIT MANGAL
TIME: 31:28 MINUTES

5K RUN

MALE
RAKESH KUMAR
TIME: 22:10 MINUTES

5K RUN

FEMALE
GARIMA GAKHAR
TIME: 28:29 MINUTES

10K RUN

MALE
AJAY PRATAP
TIME: 35:46 MINUTES

10K RUN

FEMALE
RATNA NEGI
TIME: 46:51 MINUTES

CORPORATE RELAY

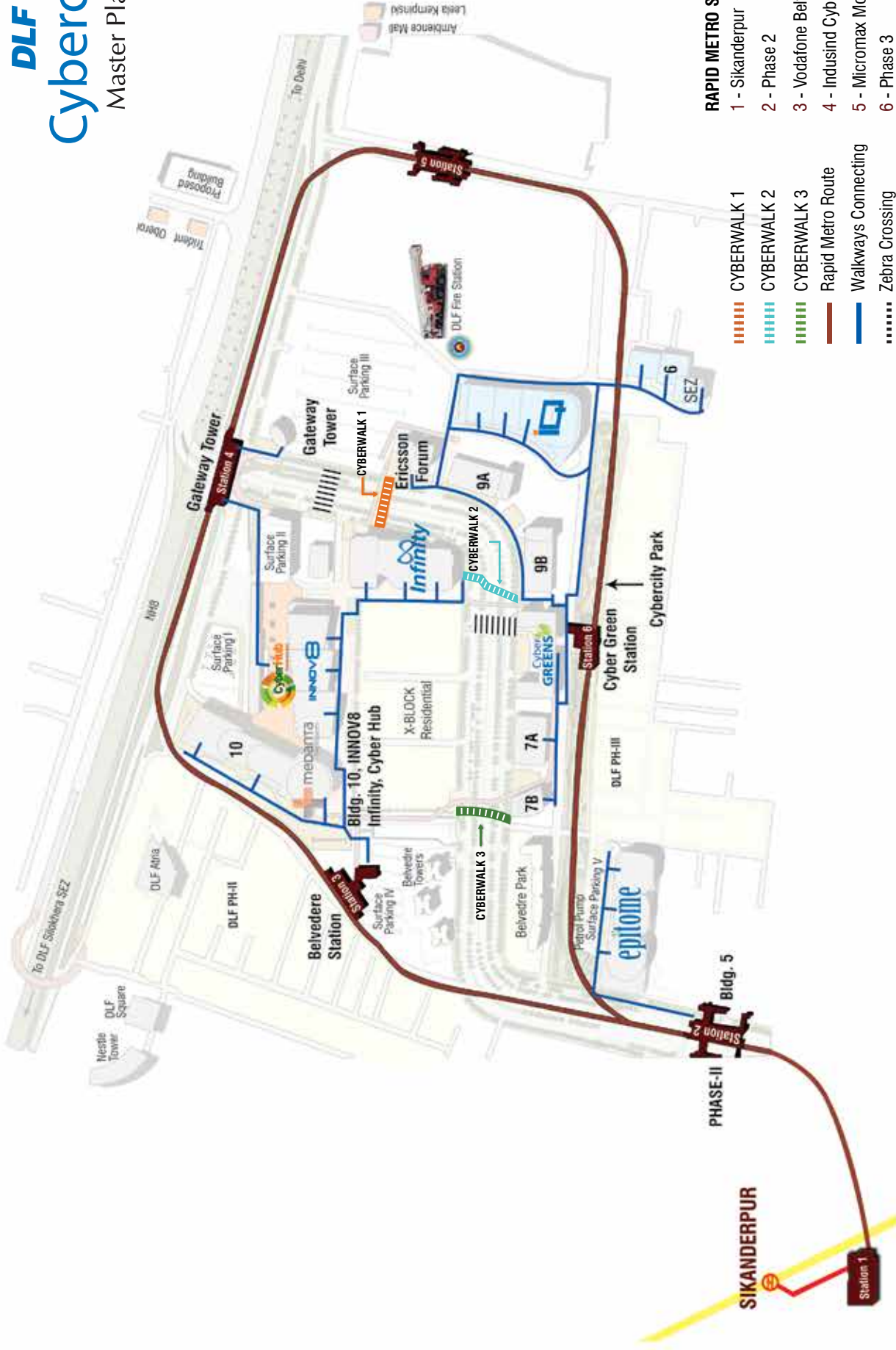
MIXED
AES
TIME: 82:49 MINUTES



DLF Cybercity

Master Plan

Map not to scale



RAPID METRO STATIONS

- CYBERWALK 1
 - CYBERWALK 2
 - CYBERWALK 3
 - Rapid Metro Route
 - Walkways Connecting
 - ⋯ Zebra Crossing
- 1 - Sikanderpur
 - 2 - Phase 2
 - 3 - Vodafone Belvedere Towers
 - 4 - Indusind Cybercity
 - 5 - Micromax Mousari Avenue
 - 6 - Phase 3

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Experience DLF Cybercity at www.dlfcybercity.com and [YouTube /dlfcybercity](https://www.youtube.com/dlfcybercity)

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With effect from 1st April, 2013, DLF has outsourced the general maintenance to "Jones Lang LaSalle" and "Cashman & Wakefield" for our leased office buildings portfolio pan India.

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