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TATA ULTRA MARATHON 2025

Runner's Handbook

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23RD FEB | LONAVALA



(C) @tataultramarathon

www.tataultra.com





Welcome to the 8th edition of the Tata Ultra Marathon!

This handbook provides essential details for race day, Sunday, 23rd February 2025.

Please read the information carefully to prepare for your participation in the Tata Ultra Marathon 2025. Regular updates will be posted on the event website at www.tataultra.com.

With the countdown to race day underway, we wish you a safe and successful Tata Ultra Marathon 2025.

Striders Miles Private Limited Organizers, Tata Ultra Marathon



IN PREPARATION FOR RACE DAY

Please read this handbook carefully.

- \checkmark Ensure that your medical or health insurance is current and valid.
- Confirm that your designated emergency contact person, as provided in your application form, is available and easily reachable on race day in case of any emergency.
- Check the weather forecast and plan accordingly by wearing appropriate running clothing and ensuring you have the necessary equipment.
- ✓ Take the time to familiarize yourself with the marathon course. While there will be adequate route markings and route marshals to guide you, it remains your responsibility to know the course on race day.

YOUR RUNNING BIB

Upon receiving your running bib as part of your kit, it is crucial that you take care not to misplace it, as we are unable to issue duplicate bibs. The number on your running bib is synchronized with the data provided in your application form. It is essential that you carry your bib with you at all times during the Ultra Marathon event.

The colour of your running number bib signifies the race category you are participating in, with the race distance clearly indicated on your bib. For The Tata Ultra Marathon 75 Km flag off will be at 12:30 AM, For Tata Ultra Marathon 50 KM flag off will be at 01:00 AM and for Tata Challenge Run 35 Km flag off will be at 02:00 AM. Please note that results and certificates will not be issued if you do not commence the run at the specified timings mentioned above.

A few important points before you report for your run on race day (23rd February 2025)

In the space provided at the back of your Bib:

- 1. Write Your Name: In capital letters.
- 2. Emergency Contact: Provide the name and number of a person we can contact in case of an emergency. Ensure that your emergency contact is not a participant in the Tata Ultra Marathon 2025.
- **3. Medical Information:** In the specified box, list any medical conditions you have. Also, include details of any prescription medications you are taking and any known allergies to medications.
- **Bib Placement:** Secure your running number bib on your chest using the safety pins at all four corners.
- **Visibility:** Do not cut, fold, or alter the Bib in any way. It must be fully visible at all times during the race.
- **Headlight:** Wearing a functional headlight is mandatory for this event. You will not be allowed to participate without it.
- Please note you have to carry your own headlight

IMPORTANT:

Your running bib is nontransferable, and exchanging it with another runner is strictly prohibited. Participating in the 2025 edition of the Tata Ultra Marathon will be cancelled if such an exchange occurs, and you will be barred from participating in future editions of the Tata Ultra Marathon if found in violation of this rule.

MEDICAL PRECAUTIONS

Are you ready to run the marathon?

Long-distance running, particularly in an extreme endurance event like the Ultra Marathon, demands significant physical exertion, especially for amateur athletes. While we trust that you have diligently prepared for this challenge, we strongly advise undergoing a comprehensive medical examination before your participation. Many medical emergencies during races occur due to inadequate training or underlying health issues exacerbated on race day. If you experience symptoms such as fever, vomiting, diarrhea, chest pain, or general feelings of unwellness, we highly recommend refraining from participating. Pushing through such conditions not only poses a risk of serious illness or medical emergencies but also places both you and your family in an

uncomfortable and potentially hazardous situation. Your well-being is paramount, and we encourage you to prioritize your health above all else.

Regardless of your age or duration of training, it is our sincere recommendation that you obtain medical clearance from a registered medical practitioner or doctor before participating in the event. This clearance ensures that you are physically prepared and medically fit to take part in the run safely. Your health and well-being are of utmost importance to us, and we encourage you to prioritize your safety by seeking professional medical approval before the event.

Please review the following questions before race day:

 Have you ever been advised by your doctor that you have a heart condition and should only engage in physical activities recommended by a medical professional?

□YES □NO

- Do you feel pain in your chest when you do physical activity? $\hfill YES \hfill NO$
- In the past month, have you had chest pain when you were not doing physical activity?

□YES □NO

• Do you lose your balance because of dizziness or do you ever lose consciousness?



 Do you have a bone or joint problem that could be made worse by a change in your physical activity?

□YES □NO

• Have you been suffering from any sort of virus or fever in the 2 weeks prior to race day?

□YES □NO

Is your doctor currently prescribing drugs for your blood pressure or heart condition?

□YES □NO

• Do have any difficulty in breathing, especially in cold and dry conditions?

□YES □NO

- Are you pregnant?
 YES INO
- Are you diabetic?



Do you know of any other reason why you should not do physical activity?

□ YES □ NO

If you have answered YES to even one of the earlier questions, we strongly recommend that you seek advice from your doctor before you run the race.

For any medical assistance or to report a medical emergency , please reach out to the event volunteer closest to you or call on the following numbers 9136621845 / 9137021596.

The Event Organizer and Event Sponsors/Partners will not assume responsibility for any injuries, illnesses, or untoward incidents, of any kind, that may occur on race day or thereafter due to your participation in the event.

RACE DAY

Event Venue

The Tata Ultra Marathon will commence from the Dawoodi Bohara Sanatorium in Lonavala. On race day, Sunday, 23rd February 2025, please assemble at the holding area near the Dawoodi Bohara Sanatorium, located close to Lonavala Station, at least 30 minutes before the race start time.

IMPORTANT: Your running number bib is uniquely assigned to you and synchronized with the personal details, including your photograph, provided in the Event's application form. Any runner without a bib, wearing an incorrect or invalid bib number, or with a photograph that does not match the individual attempting to enter the venue/holding area, WILL NOT be granted entry. We kindly request your cooperation with the security personnel in this matter, as it is essential for the safety of all participants on race day. Additionally, participants are urged to arrange meetings with friends, family, or supporters strictly outside the venue, both before and after the run. Thank you for your understanding and adherence to these guidelines.

Getting There

Limited parking is available at the venue on a first-come, first-served basis. You can also reach Lonavala by train. The venue is approximately 1.5 km from Lonavala railway station.

Car Parking

Parking on event day is at your own risk. The organizers are not responsible for any theft or damage to vehicles or their contents.

Baggage Counters

Please note that all participants are allowed to store ONE BAG only at the designated Baggage Counters. **Bags cannot be stored inside the holding area.** Upon drop-off, you will receive a baggage tag that must be securely attached to your bag. This tag will be **linked to your bib number** for identification purposes. During bag retrieval, please provide your bib number to claim your bag. We strongly advise against leaving any valuables in the bag stored at the designated baggage counter. Thank you for your cooperation and understanding.

The Event Organizer bears no responsibility for any loss, theft, or misplacement of your bag or its contents. Please be mindful of items that are not recommended to leave inside your bag (non-exhaustive). Kindly ensure that you do not leave any of these items in your stored bag.



Baggage counters will be open for collection after the race till **12 noon** on race day. In case you are unable to collect your bag by **12 noon on the 23rd of February,** you may contact the baggage helpline **Mr. Vaishnav Ambre (9819445862).**

Holding Area

The holding area is the Dawoodi Bohara Sanatorium Ground. Please note the following requirements to participate:

- Arrival Times:
- 1. For the 75 Km race : Arrive by 11:45 PM on 22nd February 2025.
- 2. For the 50 km race: Arrive by 12:15 AM on 23rd February 2025.
- 3. For the 35 km race: Arrive by 01:15 AM on 23rd February 2025.
- **Bib Requirement:** You must be wearing your valid running number bib to participate.
- **Runners** arriving later than the specified times or without a valid bib will not be allowed to join the Tata Ultra Marathon 2025.

Facilities at event venue:

The following facilities will be provided at the Event Venue.

Toilets	Refreshment stations	Baggage storage	Medical base camp (post finish)

Important Timings

TATA ULTRA MARATHON 75 KM	TATA ULTRA MARATHON- 50 KMS	TATA CHALLENGE RUN- 35 KMS
From 11.45 PM	From 12.15 AM	From 1.15 AM
Tata Pavilion	Tata Pavilion	Tata Pavilion
at Event Venue	at Event Venue	at Event Venue
12 :30 AM	01:00 AM	02:00 AM
RACE START	RACE START	RACE START

Race Day Emergencies

- **Medical Aid:** Emergency medical aid will be available during the event. Runners are advised to carry their own specific prescribed medications.
- **Compliance:** If a member of the medical crew instructs you to stop running, you must do so immediately for your health and safety.
- Emergency Reporting: For any assistance or to report a medical or other emergency on race day, contact the nearest event volunteer or call the Event Helpline at +91-9004670655 / Mr. Sushil Inamdar at +91-8097520109.

We appreciate your cooperation in ensuring a safe and enjoyable event for everyone.

After Your Run

Please refer to event venue map for location of facilities.

Upon crossing the finish line, please continue moving forward towards the holding area. Avoid covering your running number bib with your arms, as race officials, television cameras, and photographers may find it challenging to identify you. Keep walking steadily after crossing the finish line; sudden stops can obstruct the flow of movement.

Friends and family members, including children, are not permitted in the finish area. Runners are requested to respect the finish line area and ensure that celebrations do not disrupt other runner's finish experiences.

Slow Finishers

- There is no time limit for completing the Ultra Marathon distance.
- Participants unable to finish the race will be transported to the finish line by a sweeping bus.
- Maximum Time Allowance -
 - For 50 km: Maximum 8 hours to complete.
 - For 35 km: Maximum 6 hours to complete.
- After 8 hours for 50 km and 6 hours for 35 km, the timing mat will be removed, and no timing will be recorded on the certificate.
- All finishers will receive medals regardless of their completion time.

Finish Area

Refreshments will be provided to you after your run. Please present your running bib and number to the volunteers for them to hand over the refreshment packet to you.

Finisher Medal

You will receive your medal from the organizers immediately after crossing the finish line on foot. Please collect your finisher medal promptly and vacate the area for safety reasons.

Finish Timings And Race Results

Your finish timings will be updated on the official event website after 2-3 days http://tataultra.com/results.html

POST RACE DAY

Prize Money Structure & Rules

*Terms and conditions apply. All prizes subject to tax deduction at source and can only be collected post submission of PAN and Aadhar details.

Tata Ultra Marathon(50Km)

Age: Below 45 Years Men/Women

18 years - Below 45 years (Date of Birth should be between 22/02/1980 to 22/02/2007)**

Finish –	Amount in Indian Rupees*		
	MEN	WOMEN	
1 st	1.50.000 INR	1.50,000 INR	
2 nd	1,00,000 INR	1,00,000 INR	
3 rd	50,000 INR	50,000 INR	
4 th	30,000 INR	30,000 INR	
5 th	25,000 INR	25,000 INR	
6 th	20,000 INR	20,000 INR	

Age: Above 45 Years Men/Women

45 years & above, Veteran (Date of Birth should be on or before 22/02/1980)**

Amount in Indian Rupees*	
MEN	WOMEN
1,00,000 INR	1,00,000 INR
50.000 INR	50,000 INR
40,000 INR	40,000 INR
30,000 INR	30,000 INR
25,000 INR	25,000 INR
20.000 INR	20,000 INR
	MEN 1,00,000 INR 50,000 INR 40,000 INR 30,000 INR 25,000 INR

*Terms and conditions apply. All prizes subject to tax deduction at source and can only be collected post submission of PAN Card and Aadhar Card details.

Tata Challenge Run (35Km)

Age: Below 45 Years Men/Women

18 years - Below 45 years (Date of Birth should be between 22/02/1980 to 22/02/2007)**

Finish	Amount in Indian Rupees*	
		WOMEN
1 st	50,000 INR	50,000 INR
2 nd	30,000 INR	30,000 INR
3 rd	20,000 INR	20,000 INR

Age: Above 45 Years Men/Women

45 years & above, Veteran (Date of Birth should be on or before 22/02/1980)**

Finish		
FIIIBII		WOMEN
1 st	40.000 INR	40,000 INR
2 nd	30,000 INR	30,000 INR
3 rd	20,000 INR	20,000 INR

*Terms and conditions apply. All prizes subject to tax deduction at source and can only be collected post submission of PAN Card and Aadhar Card details.

Prize Money Rules

- Please note that race results announced on race day will be 'provisional'. Final results and eligibility for prize money will be subject to the rules outlined herein and the Race Regulations.
- Only confirmed amateur marathon runners falling within the age groups mentioned in the prize money structure and starting their race at 12:30 AM for Tata Ultra Marathon 75KM, at 1:00 AM for Tata Ultra Marathon 50 km and 2:00 AM for Tata Challenge Run 35 km will be entitled to be considered.

3. Finish positions of amateur marathon runners will be based on respective net finish times only.

4. Runners must cross the start line no later than 12:45 AM for Tata Ultra Marathon 75 KM, 01:15 AM for Tata Ultra Marathon 50 KM and 2:15 AM for 35 km to be eligible for timings, rankings, and thereby prize money (where applicable).

5. In addition to the above, entitlement to finish positions and Prize Money winnings are also subject to –

• Bib tag timing captured across all timing points on the course, including at the start and finish mats, and

• Physical verification by technical officials and anti-cheat cameras.

6. Runners found to have interchanged their running number bib and/ or bib tag with others, will be disqualified from the competition. Such runners shall not be entitled to any timing or prize money.

7. Declared winners may be requested by the organizer to provide additional proof of identity/age for the disbursement of prize money. Failure to provide such proof may result in the organizer, at their sole discretion, withholding disbursement or disqualifying the participant from the competition.

8. Prize Money winnings are subject to applicable Indian Income Tax Rules, and the same would be borne by the winner.

9. Protests and Appeals:

• Any confirmed marathon runner of the Tata Ultra Marathon 2025 can lodge a protest

relation to the age category finish positions declared after the race.

• The Protest Letter, along with a demand draft payable at Mumbai, of Rs. 1,000 in favor of "Striders Miles Pvt. Ltd." (Protest Fee) must be sent to the following address: Race Director, Tata Ultra Marathon 2025, C/o Striders Miles Pvt. Ltd. 12, Satnam Mansion,

190, Dr. B.S. Ambedkar Road, Above Ashirwad hotel, Dadar East 400014.

• Protest letters received on or before Saturday, 1st March 2025 will be entertained.

- The organizers shall deliberate, verify and deliver their decision on the Protest within 7 working days of receiving the Protest Letter.
 The decision will be intimated to the person lodging the protest.
- If the protest is resolved in favor of the complainant, the Protest Fee will be refunded to them without any deductions within one week of the decision. However, if the protest is decided against the complainant, the Protest Fee will be forfeited in full.
- Decision of the organizers shall be final and binding on all.

10. Timing results: If an amateur marathon runner requires an update to their timing result concerning their gender and/or age, they must submit a request not later than 1st March 2025 to tataultramarathon@striders.in. The request should specify the nature of the edit required and include relevant proof of change. Requests received after 1st March 2025 will not be entertained.

Timing Certificates

Certificates will only be issued to those marathon runners who cross the finish line on foot. Timing certificates will be available for download from the event website http://tataultra.com/results.html within 21 working days after race day.

Please note, physical timing certificates will not be posted to you; these will be available only online for download on the event website.

RACE REGULATIONS

Eligibility

- Only individuals aged 18 years and above on the race day will be permitted to compete.
- Carrying headlights for the run is mandatory. Participation in the run is permitted only if you run with the headlights. You will not be allowed to run without headlights.

Terms & Conditions

- You understand the risks involved and requirements of competing in an ultra-long distance running race.
- You have undergone the necessary training to compete in the race. The race will commence in the early morning darkness and will be operational for several hours.
- You are responsible for yourself and should possess the capability to address any problems that may arise during the race.
- You are expected to handle, without assistance, deteriorating weather conditions (such as low temperatures, strong winds, and rain), as well as other challenges anticipated along the route.
- You must be prepared to manage extreme fatigue, internal organ and digestive issues, muscle pain, mild physical injuries, and psychological challenges on your own.
- By registering for the event, you confirm your acceptance that the organizers can send you communication from time to time regarding the Tata Ultra Marathon and other initiatives of Tata Sons. If you decide to withdraw your consent for the use of your personal data shared with us for the Tata Ultra Marathon, please write to notify us at tataultramarathon@striders.in to have it removed from our system.

- By entering the event venue and/or participating in the race, attendees grant permission to be photographed/recorded by electronic and print media for telecast, publication, and other display usage by the organizers.
- By registering for the event, you confirm and consent that the information provided by you – including name, address, email ID, contact number, blood group, timing certificate, etc. – is correct and has been provided by you willingly.
- Participants are responsible for their own health and safety and are participating in the event at their own risk. The Event promoters, their employees, Event Sponsors, Event Partners, and their associates will not be held responsible or liable for any bodily injury, illness, or death sustained by participants, regardless of the cause.

You acknowledge that you are solely responsible for overcoming the conditions outlined in points 1 to 5 on your own, and that the race organizers are not responsible for addressing these conditions on your behalf.

You acknowledge that your safety during participation in this outdoor activity depends on your own skills and abilities. Video/television footage, photos, articles, race results, etc., may be used and/or displayed in newspapers, television, magazines, internet, pamphlets, etc. You understand and agree that these rights belong to the race organizers and title sponsor, and may be utilized for these purposes by them or entities authorized by them.

Changes To The Route, And Cancellation Of The Race

- Route and Checkpoints/Water Stations: The organizers reserve the right to make changes to the route and locations of checkpoints/water stations at any time without prior notice.
- Adverse Weather Conditions: In the event of adverse weather conditions, the race may be postponed or delayed.

Image Rights

Each participant explicitly waives their image rights for photos taken during the race and agrees not to take any legal action against the organizers and sponsors.

Force Majeure

In case of adverse weather conditions and/or safety concerns, the organizers reserve the right to either suspend the race or modify the race course at their discretion

Note: Organizers will follow the government rules and regulation (disaster management) in COVID-19 environment.

Protest

Complaints, particularly regarding podium finishers, must be submitted in writing with adequate evidence to the race organizers before the awarding ceremony. Post-race feedback or complaints can be emailed to tataultramarathon@striders.in with sufficient proof. Online or social media protests will not be considered.

Rules Of Participation

Participants may face disqualification or penalties at any point during the race for the following reasons:

- Not carrying mandatory equipment.
- Taking shortcuts and/or running off the trails.
- Disposing of garbage on the course (applies to both racers and their supporters).
- Accepting outside support outside of designated aid stations.

- Running with people who are not officially registered in the race as racers.
- Engaging in cheating, such as using alternative transportation or substitute runners.
- Not abiding by the instructions given by official race staff including doctors, nurses and emergency staff.
- Using prohibited drugs or doping

Engaging in activities not permitted, including:

- Using trekking poles.
- Having pacers.
- Carrying other runners' stuff or gear while the race is in progress.
- Receiving personal support vehicles.
- Any other actions deemed unlawful or against race regulations.

Additionally, runners must wear their running bib at all times during the race, with the number clearly visible on the chest.

RUNNERS RESPONSIBILITIES

- Runners must comprehend the distinctive characteristics and demands of participating in an ultra-long distance road race. They should have completed the requisite training to adequately prepare for such a challenge.
- Runners are expected to be self-reliant and are responsible for their own safety. This includes possessing the ability and skills to self-diagnose and manage any problems that may arise during a race of this nature.
- Runners must be capable of self-care without relying on external assistance, even in adverse weather conditions such as rain, strong winds, hot, dry, and humid weather, as well as other unforeseen circumstances that may occur during the race.
- Runners are expected to manage extreme fatigue, digestive issues, muscle pain, minor injuries, and other discomforts independently during the race.
- Runners who accept assistance and support from any individual not affiliated with the official race organizers may face disqualification.
- Runners are expected to stay on the official race course. If a runner becomes lost, they must return to the correct course. Any distance covered outside the designated race course will not be considered valid under any circumstances.

- In the event a runner assists another runner who requires emergency aid, they must promptly inform the nearest aid station or race organizers to ensure appropriate medical assistance is provided.
- Runners are accountable for successfully passing all designated time checkpoints. The checkpoint list will be announced during the briefing, and signage will be prominently displayed along the route. Failure to adhere to this requirement may result in time penalties and/or disqualification.
- Participants are solely responsible for their own health and safety and are engaging in the event at their own risk. The Event promoters, their employees, Event Sponsors, Event Partners, and their associates shall not be held responsible or liable for any bodily injury, illness, or death sustained by participants, regardless of the cause.

DNF [DID NOT FINISH] PROCEDURES

- Runners who decide to pull out or discontinue voluntarily must proceed to the nearest checkpoint.
- Runners who fail to notify the organizers immediately, thereby setting in motion a search and rescue operation by the organizers' rescue team will be liable to pay for the entire cost thereof.

CONTACT DETAILS

For Details Contact-

Tel: +91-9004670655

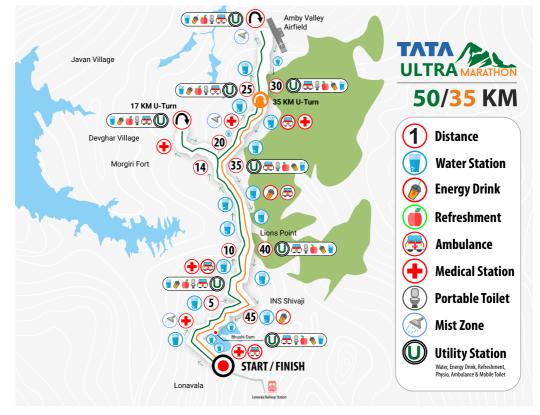
Email: tataultramarathon@striders.in

EVENT ROUTE MAP





TATA ULTRA MARATHON 2025 - ROUTE MAP

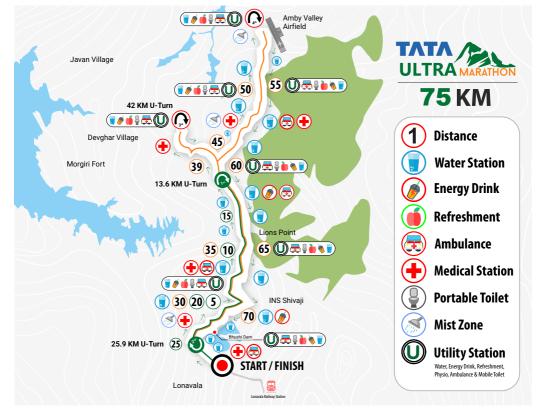


EVENT ROUTE MAP

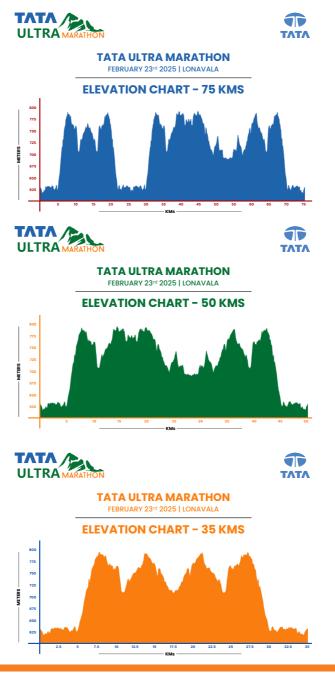




TATA ULTRA MARATHON 2025 - ROUTE MAP



ELEVATION CHARTS





so many features — that's our feature



All India ex-showroom price. *As per Bharat NCAP 2024 score. —Free charging is available only on Tata power chargers on Nexon.ev and Curvv.ev purchased between 1st February 2025 to 28th February 2025 and road registration by 26st February 2025. Free charging offer carries fair usage policy of 1000 units (kWh) per vehicle during the 6 months offer validity. Offer valid on MY24 models till stocks last. ~Equivalent of 75000 worth of service favore source during thou units of charging terms and conditions apply.





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