





Hello and welcome to the 6th edition of Tata Ultra Marathon.

This handbook contains important details with respect to race day, i.e. **Sunday, 26th February 2023**, and with respect to results and timing certificates. Please carefully go through the content prior to your race. Regular updates will be uploaded on the event website – www.tataultra.com. Keep visiting the same.

The countdown to race day has begun. We wish you a safe and sporting day on **Sunday, 26th February 2023.**

Striders Miles Private Limited Organizers, Tata Ultra Marathon



IN PREPARATION FOR RACE DAY

A Quick Checklist

- ✓ Read this handbook carefully.
- ✓ Confirm that your medical/health insurance is up to date and valid.
- Confirm that your emergency contact person (as given by you in the application form) is available and easily reachable on race day in case of any emergency.
- ✓ Check the weather forecast to plan on appropriate running clothing and equipment.
- √ Familiarize yourself with the marathon course it is your responsibility to know it on race day.

YOUR RUNNING BIB

Once you receive your running bib number, please ensure you do not misplace it - we will not issue you another one. The number on your running bib has been synched to the data submitted by you in the Event's application form, and is vital for all purposes on race day, including entry into the event venue for your run.

The colour of your running number bib indicates the race category you are participating in. The race distance has been mentioned on your bib. You must start your race, Tata Ultra Marathon (50 km), at 1:30~AM / Tata Challenge Run (35 km) and Tata Corporate Challenge (35Km) at 3:00~AM. Results and certificates will not be issued to you if you start at another start time.

A few important points before you report for your run on race day (26th February 2023)

- In the space provided at the back of your bib:
 - 1. Write your name in capital letters.
 - 2. Name and number of a person we can contact in case of an emergency. Your emergency contact person cannot be a participant of Tata Ultra Marathon 2023.
 - 3. Write your medical condition/s, if any, within the specified box. Also mention any prescription medicines you are consuming and any medications you may be allergic to.
- Your running number bib must be pinned only on your chest, secured at all corners with safety pins provided to you.
- You cannot cut or alter the bib in any way. The entire bib must be clearly visible to all.
- Carrying headlights for the run is compulsory and you can
 participate in the run only if you run with headlights. You will not
 be allowed to participate without headlights.
- Please note: You have to carry your own headlight.

IMPORTANT:

Do not exchange your bib with any other runner – your participation in the 2023 edition will stand disqualified. You will also not be allowed to participate in the subsequent editions of the Tata Ultra Marathon.

MEDICAL PRECAUTIONS

Are you ready to run the marathon?

Distance running is an endurance sport, and as an amateur athlete attempting the marathon, you are pushing your body out of your comfort zone. While we hope that you have been training for your run, we urge you to take a complete medical test before turning up at the start line. Most medical emergencies during the race occur to people who have not adequately trained or are unwell and push themselves on race day. If you feel feverish, or have been vomiting, have had diarrhea or chest pain, or generally are feeling unwell, it is unfair to you and your family to risk serious illness and a medical emergency.

have from	poective of whatever may be your age or for how long you may be trained, we sincerely advise you to obtain a medical clearance a registered medical practitioner/doctor allowing you to run in event.
Plea	se review the following questions before race day:
У	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
	Do you feel pain in your chest when you do physical activity? \square YES \square NO
р	n the past month, have you had chest pain when you were not doing obysical activity? YES \(\subseteq \mathbb{NO} \)
С	Do you lose your balance because of dizziness or do you ever lose consciousness? YES \(\sum \mathbb{NO} \)

•	Do you have a bone or joint problem that could be made worse by a change in your physical activity?
•	Have you been suffering from any sort of virus or fever in the 2 weeks prior to race day? $ \Box {\it YES} \ \Box {\it NO} $
•	Is your doctor currently prescribing drugs for your blood pressure or heart condition?
•	Do have any difficulty in breathing, especially in cold and dry conditions?
•	Are you pregnant? ☐ YES ☐ NO
•	Are you diabetic?
•	Do you know of any other reason why you should not do physical activity? $ \hfill {\tt YES} \hfill {\tt 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.

The Event Organizer and Event Sponsors/Partners will not be responsible for any injury or illness or any untoward happening, of whatsoever nature, that may be caused on race day or thereafter because of your participation in the event.

HEALTH & SAFETY MESAURES

Safety Measures for COVID-19 Environment

The COVID-19 pandemic has created a truly unprecedented situation which affects us all and, in this scenario, our top priority continues to be the health and safety of all our participants. Keeping in mind the present circumstances we have refreshed the event design to ensure the highest levels of safety. Our processes have been designed in line with the standard operating procedure issued by the state government. While every effort is being taken to ensure a safe run, 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 / their associates will not be responsible or liable for any sort of bodily injury, illness or death sustained to or by you whatsoever and howsoever this is caused.

The following measures will be implemented to ensure the safety of all those participating in the Tata Ultra Marathon 2023.

Runners in the holding area

- Holding area will be sanitized 30 mins before the reporting time of each race category.
- Sanitizer will be kept at the entrance of the holding area for the participants.

Runners on the course

 Port-a-loos (at the venue and on route) will be sanitized as and when used by the participants.

Water station precautions

Structural material like (Gazebo tent/Chairs/Table/Cloth/Light) will be sanitized before the deployment.

- · Sanitizer will be kept at all the water stations on route.
- Volunteers at the Start/Finish and on the route will be wearing the face mask and gloves to serve the consumables to the participants.
- Volunteers will keep the consumables on the counter to maintain social distancing. Volunteers will not serve anything to the participants.

Finishing Area

- Recovery and finishing area will be sanitized before the participants reach to the finish line.
- Volunteers will be wearing the mask and hand-gloves at the time of distributing the finisher medals.
- Physio teams will be wearing the Face mask and hand gloves to support the participants.
- Volunteers, wearing mask and gloves, will serve water and refreshments to participants. Please do not help yourselves to the refreshments at finish point, you will be served.
- All the government guidelines (use of sanitizer, mask, social distancing) will be followed strictly before and after the event.
- Ambulance with medical team will be available at the Start/on the course/Finish point to take the participant to the nearest hospital in case of any emergency.

Transportation

Participants will not be allowed to stay back at the finish point.

Communication

 Pre-event communication regarding SOPs and protocols will be sent to all participants.

Note: All the participants will have to follow all the instructions given by the organizers/volunteers.

RACE DAY

Event Venue

The Tata Ultra Marathon will start from Dawoodi Bohara Sanatorium, Lonavala. On race day (Sunday, 26th Feb, 2023) you need to assemble at the holding area Dawoodi Bohara Sanatorium, near Lonavala Station, at least 30 minutes prior to start time of the race.

IMPORTANT: Your running number bib has a unique number affixed to it. This number is synched to your personal details, including photograph, submitted by you in the Event's application form. Persons without a bib or wearing an incorrect or invalid number bib, or where the photograph submitted along with the form does not match with the person wanting to enter the venue / holding area, WILL NOT be allowed entry. You are requested to cooperate with the police and security personnel. This is in the interest of safety of all on race day. Participants are requested to make necessary arrangements to meet their friends / family / supporters, before and after the run, strictly outside venue.

Getting There

There is a limited parking available. Parking is available on first come first serve basis. You can also reach Lonavala by train as the venue is just approx 1.5Km away from the Lonavala railway station. Security officials stationed at the various entry gates are authorized to check your belongings whilst entering the ground.

Car Parking

Parking is at your own risk on the event day. Organizers are not responsible in any manner for theft or damage to vehicles or their contents.

Baggage Counters

All marathon runners can store ONE BAG only at the designated Baggage Counters – you cannot store your bag inside the holding area. You will be given a baggage tag which needs to be attached to your bag. The tag will be linked to your bib number. Please provide your bib number at the time of bag retrieval. DO NOT leave any valuables in the bag stored at the designated baggage counter.

The Event Organizer is not responsible for any loss, theft or misplacement of your bag or contents stored therein. Please take note of some of the items (non-exhaustive) not recommended to leave inside your 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 before such time, you may contact the baggage helpline Mr. Umesh Bhople: +91-9664674774 till 26th February 2023.

Holding Area

The holding area is Dawoodi Bohara Sanatorium Ground. Tata Ultra Marathon runners reaching the holding area later than 12:30 AM on 26th February 2023 for 50 km and 02:30 AM on 26th February 2023 for 35 km and/or not wearing the valid running number bib will not be allowed to participate in the Tata Ultra Marathon 2023.

Facilities at event venue:

The following facilities will be provided at the Event Venue.







Refreshment stations



Baggage storage



Medical base camp (post finish)

Important Timings

The following facilities will be provided at the Event Venue.

TATA CHALLENGE RUN- 50 KMS

From 12:30 AM (26th February 2023)
Tata Pavilion at Event Venue

1:30 AM

RACE START

TATA CHALLENGE RUN- 35 KMS

From 2:00 AM

Tata Pavilion at Event Venue

From 3:00 AM

RACE START

Race Day Emergencies

Medical aid will be made available in case of emergencies. Runners are advised to carry their own specific prescribed medicines. You must stop running the race immediately if instructed to do so by a member of the medical crew – this is in the interest of your health and safety. For any assistance or to report a medical or any other emergency you may observe on race day, reach out to the event volunteer closest to you or simply call the Event Helpline Number +91–9004670655 / Mr.Sushil lnamdar +91–8097520109. We look forward to your cooperation and assistance in making this event a safe and enjoyable one for all.

After Your Run

Please refer to event venue map for location of facilities.

As you cross the finish line, please keep moving ahead towards the holding area. Do not obscure your running number bib with your arms as the race officials, television cameras and photographers will find it difficult to identify you. Keep walking as you cross the finish line, do not suddenly stop movement.

Friends and family members, including children, are not permitted in the finish area. We request all runners to respect the finish line area and ensure that celebrations do not interfere with other runners' finish experience.

Slow Finishers

There will be no time limit for completion of the Ultra Marathon distance. Those who are unable to complete the race will be taken to the finish line via a sweeping bus. Maximum time to cover 50 kms as 8 hrs and 6 hrs for 35 kms.

After 8 hrs for 50 kms and 6 hrs for 35 kms the timing mat will be taken out and no timing will be recorded on the certificate. All the finishers will be awarded with medals

Finish Area

Refreshments will be handed over to you post your run. You will need to show your running number bib to the volunteers for them to handover the refreshment packet to you. Volunteers, wearing mask and gloves, will serve water and refreshments to participants.

Finisher Medal

Your medal will be given to you by organisers soon after you cross the finish line on foot. Please collect your finisher medal and vacate the area in the interest of safety.

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 25/02/1978 to 25/02/2005)**

Finish	Amount in Indian Rupees*	
Finish	MEN	WOMEN
1 st	75,000 INR	75,000 INR
2 nd	50,000 INR	50,000 INR
3rd	30,000 INR	30,000 INR
4 th	25,000 INR	25,000 INR
5 th	20,000 INR	20,000 INR
6 th	15,000 INR	15,000 INR

Age: Above 45 Years Men/Women

45 years & above, Veteran (Date of Birth should be on or before 25/02/1978)**

Finish	Amount in Indian Rupees*	
FIIIISII	MEN	WOMEN
1 st	75,000 INR	75,000 INR
2 nd	50,000 INR	50,000 INR
3 rd	30,000 INR	30,000 INR
4 th	25,000 INR	25,000 INR
5 th	20,000 INR	20,000 INR
6 th	15,000 INR	15,000 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 25/02/1978 to 25/02/2005)**

Finish	Amount in Inc	dian Rupees*
FIIISII		WOMEN
1 st	25,000 INR	25,000 INR
2 nd	15,000 INR	15,000 INR
3 rd	10,000 INR	10,000 INR

Age: Above 45 Years Men/Women

45 years & above, Veteran (Date of Birth should be on or before 25/02/1978)**

Finish	Amount in Indian Rupees*	
FIIIISII		WOMEN
1 st	25,000 INR	25,000 INR
2 nd	15,000 INR	15,000 INR
3 rd	10,000 INR	10,000 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 Corporate Run (35Km)- Open

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

Prize Money Rules

- Race results announced on race day will be 'provisional'.
 Final results and entitlement to prize money shall be subject to the rules mentioned herein and the Race Regulations.
- 2. Only confirmed amateur marathon runners falling within the age groups mentioned in the prize money structure and starting their race at 1:30 AM for Tata Ultra Marathon 50 km and 3:00 AM for Tata Challenge Run 35 km and Tata Ultra Corporate Challenge 35kmwill be entitled to be considered

for prize money mentioned above in the prize money structure.

- 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 1:45 AM for Tata Ultra Marathon 50 km and 3:15 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 required to submit further proof of identity/age, as may be required by the organizer, for disbursement of prize money, failing which the organizer may, at his sole discretion, withhold disbursement or disqualify the said participant from 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 2023 can lodge a protest in relation to the official race results in relation to the age category finish positions declared after the race.
- The Protest Letter, along with a demand draft payable at Mumbai, of ₹1,000 in favor of "Striders Miles Pvt. Ltd." (Protest Fee) must be sent to the following address: Race Director, Tata Ultra Marathon 2021, C/o Striders Miles Pvt. Ltd. 12, Satnam Mansion, 190, Dr. B.S. Ambedkar Road, Above Ashirwad hotel, Dadar East 400014.
- Only the protest letters received on or before Wednesday, 1st

March 2023 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.
- Where the protest is decided in the favor of the complainant, the Protest Fee will be refunded to such complainant, without any deductions, within one-week of the decision. Where the protest is decided against the complainant, such Protest Fee will be forfeited in full.
- Decision of the organizers shall be final and binding on all.
- 10. Timing results: Where the timing result of an amateur marathon runner with respect to his/her gender and/or age, is required to be updated online, the runner needs to write, no later than 1st March 2023, at tataultramarathon@striders.in, specifying the nature of edit required and attaching the relevant proof of change. Requests received after 1st March 2023 will not be entertained.

Timing Certificates

Certificates will only be issued to those marathon runners who cross the finish line. 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 those 18 years and above on the race day will be allowed to compete.
- Carrying headlights for the run is compulsory and you can participate in the run 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 gone through necessary training to compete in the race.
 Race will begin in the dark of early morning and will be operational for several hours.
 - You will be responsible for yourself and should have the ability to deal with any problems that may be encountered during the race.
- You can deal with, on your own without assistance, deteriorating weather conditions (low temperatures, strong winds, and rain) and other troubles expected on route.
- You can deal with extreme fatigue, internal organ and digestive problems, muscle pain, mild physical injuries, and psychological problems on your own.
- By registering for the event, you confirm your acceptance that the organizers can send you communication from time to time regarding 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 Tata Ultra Marathon, please write in to notify us at tataultramarathon@striders.in to remove the same from our system.

- By entering the event venue and / or participating in the race, the attendees permit themselves to be photographed / recorded by electronic and print mediums for telecast / publication and other display usage by the organizers.
- By registering for the event, you have confirmed and given your consent that the information provided by you - name, address, email id, contact number, blood group, timing certificate etc. are correct and the same 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/ their associates will not be responsible or liable for any sort of bodily injury, illness or death sustained to or by you whatsoever and howsoever this is caused.

You fully understand that you are responsible for overcoming the above conditions 1 to 5 on your own and that it is not the responsibility of the race organizers.

You are fully aware that when participating in an outdoor activity such as this race, your safety depends on your own skills and abilities. Video/television footage, photos, articles, race results, etc. may be used and/or shown 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 used for these purposes by them or entities authorized by them.

Changes To The Route, And Cancellation Of The Race

 The organizers reserve the right, at any time and without prior notice, to make changes to the route and checkpoints/water station points.

In the event of adverse weather conditions, the race may be postponed or delayed.

Image Rights

Each participant expressly foregoes his/her image rights for the photos taken for the duration of the race and undertakes not to take any action against the organizers and sponsors.

Force Majeure

In the event of poor weather conditions and/or for safety reasons, the organizers reserve the right to suspend the race or modify the race course at the discretion of the race organizers.

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

Protest

Complaints, especially on the podium finishers, must be made in writing with sufficient proof and should be submitted to the race organizers before the awarding ceremony. Post-race feedbacks or complaints may be emailed to tataultramarathon@striders.in with sufficient proof. Any online or social media protest will not be entertained.

Rules Of Participation

Participants may be disqualified or penalized at any time during the race for the following reasons:

- Taking shortcuts and/or running off the trails.
- Not carrying the mandatory equipment.
- Throwing garbage onto the course (this applies to both the racers and his/her supporters).
- Receiving outside support at other than the stipulated aid stations.

- Running with people who are not officially registered in the race as racers.
- Cheating (e.g., using other means of transportation, using substitute runners, and other unlawful actions).
- Not abiding by the instructions given by official race staff including doctors, nurses, and emergency staff.
- Doping and the use of prohibited drugs.
- Following activities are Not Allowed:
- 1. Use of Trekking poles
- 2. Pacers
- 3. Carrying other runners' stuff or gear while the race is in progress
- 4. Outside support (except at designated areas)
- 5. Personal Support vehicle

Running bib should always be worn and the number should be visible on the CHEST during the race at all times.

TATA CORPORATE CHALLENGE

Introducing 'Tata Ultra Corporate Challenge' specially for Tata Group Companies.

- There will be five (5) members per team.
- Each member will be running in the 35K category AND is required to complete the 35 kms individually.
- All members must be from the same organization.
- The winner of the challenge would be the team which clocks the lowest cumulative timing. The fastest four timings of the five runners will be considered for this challenge.
- All team runners who are able to successfully complete the 35 km challenge run will be awarded a medal & certificate on an individual level.
- The winning team will be awarded the Tata Ultra Corporate Challenge run winner's trophy on a rolling basis.

RUNNERS RESPONSIBILITIES

- Runners must understand the unique nature and requirements of competing in an ultra-long distance road race. They must have undertaken the necessary training to compete in such a race.
- Runners should be self-reliant and will be responsible for their own safety by having the ability and skills to self-diagnose and deal with any problems that may be encountered during a race of this nature.
- Runners must be able to take care of themselves without any external assistance, under deteriorating weather conditions

(e.g., rain, strong winds, hot, dry and humid weather) and other unforeseen circumstances that may arise while the race is in progress.

- Runners must be able to deal with their extreme fatigue, digestive problems, muscle pain, mild physical injuries, and other discomforts during the race.
- Runners who accept assistance and support from any person who is not an official race organizer may be disqualified.
- Runners should run on the official race course. In case a runner gets lost, he/she should go back to the proper course. In no case shall the distance outside the race course be considered valid.
- In the event of a runner assisting another runner who needs emergency aid, he/she must inform the nearest aid station or race organizers for medical assistance.
- Runners are responsible to ensure they pass all time checkpoints.
 List will be announced during the briefing and signage will
 be in place. Failure to do so would mean time penalty and/or
 disqualification.
- 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 / their associates will not be responsible or liable for any sort of bodily injury, illness or death sustained to or by you whatsoever and howsoever this is caused.

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 VENUE MAP





TATA ULTRA MARATHON 2023 - ROUTE MAP



ELEVATION CHARTS



TATA ULTRA MARATHON FEBRUARY 26th 2023 | LONAVALA



ELEVATION CHART - 50 KMS





TATA CHALLENGE RUN FEBRUARY 26th 2023 | LONAVALA



ELEVATION CHART - 35 KMS







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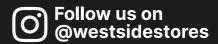
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