



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri

Race Day Handbook



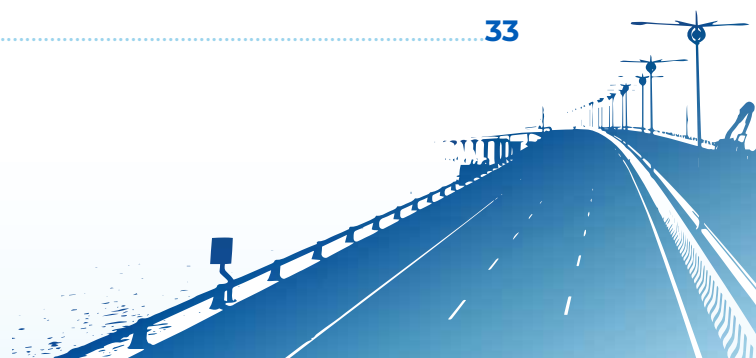
Table Of Content

Pg.No.

♦ About MMRDA Atal Setu L&T Marathon.....	3
♦ About Larsen & Toubro.....	4
♦ About Times Of India.....	5
♦ About Mumbai Metropolitan Region Development Authority (MMRDA).....	6
♦ About YouTooCanRun.....	7
♦ About the Race Director.....	9
♦ Mumbai Trans Harbour Link – A Marvel By L&T India.....	11
♦ About this RaceDay Handbook.....	12
♦ BIB Collection Details.....	13
♦ In Your Race Kit, You Will Find.....	14
♦ Harbour Train Timings.....	15
♦ MMRDA Atal Setu L&T Marathon Race Day Facilities.....	16
♦ Pre Race.....	18
♦ The Race.....	19
♦ On the course.....	20
♦ Route Map - 42.195 Km.....	21
♦ Route Map - 21.0975 Km.....	22
♦ Route Map - 10 Km.....	23
♦ Route Map - 5 Km.....	24
♦ 42.195 Km Pacers.....	25
♦ 21.097 Km Pacers.....	26
♦ 10 Km Pacers.....	27
♦ Post Race.....	28
♦ Prizes.....	29
♦ Do's and Don'ts.....	30
♦ RaceDay Checklist.....	31
♦ Result Authentication Services.....	32
♦ Our Partners.....	33

Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



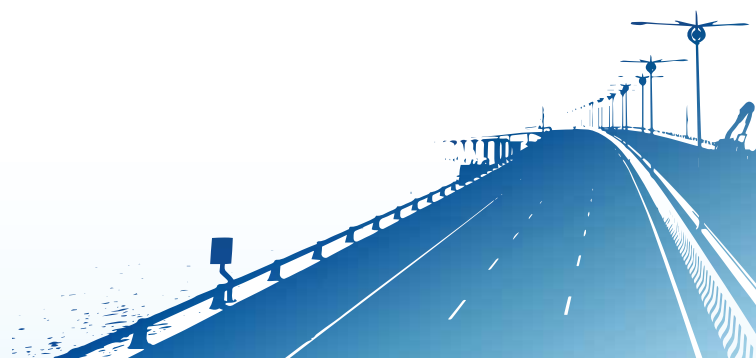


About the MMRDA Atal Setu L&T Marathon

The second edition of the MMRDA Atal Setu L&T Marathon, presented by Larsen & Toubro in association with MMRDA and Times Of India, is a unique running event set against the backdrop of the newly constructed Shri Atal Bihari Vajpayee Trans Harbour Link. Anticipating 6500 avid runners, this event promises a picturesque journey on 16th February 2025, where the stunning Arabian Sea converges with the captivating cityscape. Participants will receive a beautifully designed dry-fit T-shirt and an intricately crafted finisher's medallion as part of their memorable experience.

There are 4 categories of races in the MMRDA Atal Setu L&T Marathon 2025:

- ◆ Full Marathon (42.2 Km)
- ◆ Half Marathon (21.1 Km)
- ◆ 10 Km Run
- ◆ 5 Km Run



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



About Larsen & Toubro

Larsen & Toubro is an Indian multinational engaged in EPC Projects, Hi-Tech Manufacturing and Services. It operates in over 50 countries worldwide. A strong, customer-focused approach and the constant quest for top-class quality have enabled L&T to attain and sustain leadership in its major lines of business for over eight decades. Every aspect of L&T's business is characterised by professionalism and high standards of corporate governance. Sustainability is embedded into the Company's long-term strategy for growth.

L&T has built the Atal Bihari Vajpayee Sewri-Nhava Sheva Atal Setu (Mumbai Trans Harbour Link), the country's longest sea bridge. It is a crucial infrastructure upgrade enhancing connectivity between key economic zones such as the airport, port, and expressways. This development is poised to stimulate economic and investment activities in the region.

The bridge holds immense significance for citizens, offering a substantial reduction in travel time between Mumbai and Navi Mumbai from two hours to just 20 minutes. With its ground-breaking technical features and a focus on speed and scale, the Mumbai Trans Harbour Link stands as a landmark project, marking a significant achievement for India.

Learn more about L&T - <https://www.larsentoubro.com/>



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



About Times Of India

Founded in 1838, the Times of India (TOI) has emerged as a stalwart in the realm of Indian journalism, standing as a testament to its rich history and enduring commitment to delivering accurate, insightful, and comprehensive news coverage. As one of the oldest and most widely circulated English-language newspapers in India, TOI has played a pivotal role in shaping public discourse and reflecting the evolving socio-political landscape of the nation.

Published by Bennett, Coleman & Co. Ltd., the Times of India has consistently upheld its reputation for journalistic excellence, setting high standards for reporting, analysis, and editorial content. Over the years, it has evolved to meet the changing needs of its diverse readership, adapting to the digital era with an online presence that extends its influence globally.

Beyond its role as a reliable source of news, the Times of India has also been a catalyst for social change, championing causes that resonate with the ethos of a progressive and democratic India. Its editorial stance reflects a commitment to objective reporting, facilitating informed public discourse and contributing to the nation's democratic fabric.

With a wide-ranging readership that spans across demographics, the Times of India continues to be a trusted source for news, opinions, and features. From political developments to cultural trends, business insights to sports coverage, TOI remains at the forefront of delivering a holistic and balanced view of the world to its discerning audience. As it navigates the ever-evolving media landscape, the Times of India stands firm in its dedication to journalistic integrity and the pursuit of truth, embodying the essence of responsible journalism in the 21st century.



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



About Mumbai Metropolitan Region Development Authority (MMRDA)

Established on January 26, 1975, under the Mumbai Metropolitan Development Act, 1974, the Mumbai Metropolitan Region Development Authority (MMRDA) has been a pivotal force in shaping the growth and infrastructure of the Mumbai Metropolitan Region (MMR). Since its inception, MMRDA has been dedicated to long-term planning, the promotion of new growth centres, strategic project implementation, and infrastructure development financing. The Regional Plan devised by MMRDA outlines a strategic framework for the sustainable growth of MMR, with the overarching goal of transforming it into a thriving hub for economic activities and enhancing the overall quality of life.

At the core of its mandate, MMRDA undertakes the preparation of Regional Development Plans, extending financial assistance for significant regional projects, supporting local authorities and their infrastructure initiatives, coordinating project execution within MMR, and safeguarding against activities that could hinder appropriate development in the region. With a focus on conceiving, promoting, and monitoring key projects, MMRDA plays a pivotal role in developing new growth centres and fostering improvements in critical sectors such as transport, housing, water supply, and the environment.

Covering an expansive area of 6,328 square kilometers, MMR includes 9 Municipal Corporations and 9 Municipal Councils, along with over 1,000 villages in Thane, Raigad, and Palghar Districts. These encompass Greater Mumbai, Thane, Kalyan-Dombivli, Navi Mumbai, Ulhasnagar, Bhiwandi-Nizampur, Vasai-Virar, Mira-Bhayandar, Panvel, Ambarnath, Kulgaon-Badalapur, Matheran, Karjat, Khopoli, Pen, Uran, Alibaug, and Palghar. MMRDA shoulders the responsibility of ensuring the balanced development of this diverse and dynamic region, driving progress and prosperity.



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



About YouTooCanRun

YouTooCanRun is India's leading full-suite endurance sports management entity. We are a one-stop-shop for everything in running, that provides an array of solutions for racing events. YouTooCanRun's deep community engagement and domain expertise, bundled with a suite of offerings, helps brands leverage and unlock their potential in the areas of mass participation endurance events, be it running, cycling or variations of these such as duathlons, triathlons, etc. YouTooCanRun has a proven track record of establishing and growing sports IP over a several-year engagement cycle.

Having evolved into India's foremost Race Management company, YouTooCanRun consistently delivers exceptional value to brands, sponsors, and running event organizers. Through a comprehensive suite of products and services, it offers tailored solutions for Brands, Corporates, NGOs, Public bodies, Educational Institutions, and public running events.

YouTooCanRun Sports Management has pioneered innovative running products, including:

- ◆ **RACES:** Comprehensive registration back-office service for endurance events
- ◆ **Race Management:** Turnkey solutions for organizing best-in-class running events
- ◆ **Athlete ID Card:** Exclusive Privilege Card Club for participants
- ◆ **RaceMart:** Nationwide directory of running events with extensive content
- ◆ **Treasured Moments:** Photography bib tagging solution
- ◆ **RASE:** Results Authentication Services
- ◆ **TRuMP:** The Runners Medical Profiler
- ◆ **SecuRun:** Bib scanning at event entry to prevent bib swaps
- ◆ **Pace Calculator:** Backtested with high accuracy
- ◆ **Agility:** Racing event Project Management accessible via mobile devices
- ◆ **ActiveAura:** Digital Event Solution catering to event organizers, brands, and corporates



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



The company's notable achievements include:

- ◆ Conducted the first edition of MMRDA Atal Setu L&T Marathon in short notice
- ◆ Conducted 5 city same day event for Association of Mutual Funds of India
- ◆ Served as the registration partner for the Kalaighar Memorial International Marathon, attracting over 73000 participants.
- ◆ Managed three editions of the SBI Green Marathon across 15 cities in India.
- ◆ Overseen six editions of the Aurangabad Heritage Half Marathon.
- ◆ Partnered as the registration partner for over 1800 events and managed a total of 110 races.



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



About the Race Director - P. Venkatraman

Mr P. Venkatraman is India's FIRST RRCA (of USA) qualified Race Director and has successfully directed over 105 events and managed over 1800 running events in several capacities.

He is also a Level II RRCA Qualified Running coach and a Certified Course Measurer with CPR/ AED Certification.

As an athlete, he runs a Half Marathon (21 kms) every month, tallying over 168 Half Marathons with a personal best timing of 2:16 at the Oxford Half Marathon. He has also served as a pacer in more than 30 leading running events.

He is a complete bibliophile and has built a library of running books over the years. This has enabled him to assimilate vast amounts of knowledge on running which he delights in contributing to various running forums. In order to see that the runners are trained better for long-distance running, he has formulated the 'Marathon Training Workshop' which has been conducted at various cities across India.

Mr Venkatraman founded YouTooCanRun Sports Management Company after he underwent an open-heart CABG. Under the name of Zipper's Club, he trains runners to run with complete precautions post CABG. The Zipper's Club initiative has touched lives by making a difference to the lives of his trainees' post they have undergone CABG <https://www.youtube.com/watch?v=DtblWvm10C8>

He has to his credit, Two Guinness World Records in Individual capacity and Five for YouTooCanRun.

Professionally, Mr P. Venkatraman is a qualified CA by profession, who then transitioned into investment banking. Prior to YouTooCanRun, he had founded two BPOs. One International BPO called Vital Link and one Domestic BPO which goes by the name of Shell Transource with 10 offices and over 3000 employees. Both the BPO's are acquired by US and UK investors.



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



Active in various memberships including RRCA, RRM, USATF, IMMADA, NCS4, and TiE Mumbai, P. Venkatraman's commitment extends beyond business. He has authored publications such as "Sofa to 5K – A beginners handbook for running," "The Unstoppables," and "Indian Medical Directors Handbook." Additionally, he has contributed to scientific research with a study on the sweat rate of runners in India.

He is also a guest lecturer at reputed educational institutions, an IIT Mentor and Judge, an IIM Visiting Faculty, a Professor in Symbiosis and KJ Somaiya, Ham Radio Operator and TIE Member. YouTooCanRun Sports Management has grown into India's most accomplished Race Management company. They have a proven track record of delivering outstanding value to brands, sponsors and running event organizers. With a range of products and services they have custom solutions for Brands, Corporates, NGOs, Public bodies, Educational Institutions and public running events.

You can know more about him at:

<https://www.linkedin.com/in/venkatp/>

www.facebook.com/youtoocanrun

www.instagram.com/youtoocanrun



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



Mumbai Trans Harbour Link - A Marvel By L&T India

A marvel that is the Mumbai Trans Harbour Link was inaugurated on January 12th, 2024. The longest sea bridge in India and the 13th longest sea bridge in the world, it is a significant addition to the city of Mumbai.

Here is some trivia behind this engineering marvel.

Design & Engineering:

A new technology called Orthotropic Steel Deck (OSD) was used instead of the most common type of bridge, the cable stay, so that it doesn't interfere with the flying pattern of the flamingos. So instead of solid steel beams, a steel deck is used for strength and steel ribs are used to keep the structure light.

Love from Japan:

Special imported steel sections from Japan were used to build the bridge. The sections were shipped to Mumbai where they were assembled, tested and erected by the L&T project team at site. The specialty of these sections is that they can take large loads, making the bridge extremely safe even under duress.

Earthquake Resistant:

The bridge has been designed to handle 1.5 times the most intense earthquake that is likely to take place in the region. Along with that, MTHL has been designed to stand wind speeds of 150 KMPH making it one of the safest bridges in the world even under adverse weather conditions.

Minimizing Environmental Impact:

To minimize the environmental impact of the bridge, the government set aside a Rs 330 crore to deal with the changes. This includes plantation of mangroves, the relocation of the trees, air pollution monitoring, water pollution monitoring and monitoring of flamingos for 10 years. Along with that, a fisherman compensation policy was worked out to minimize the effect on their livelihood.



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



About this RaceDay Handbook:

We consider reading this handbook in detail, with attention, as critical for your race day experience as are the months of training preparation preceding it. The event has a design and scope and this handbook is the place to communicate that to you.

Pay particular attention to portions marked in bold. They require your special consideration.

- ◆ Read this RaceDay handbook completely.
- ◆ Read and follow all signages
- ◆ Volunteers are for general guidance.

It is important now to fix yourself a brew and switch off that phone!



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



BIB Collection Details:

Expo will be conducted on:

Date: Friday, 14th February 2025

Timings: 11:00 am to 07:00 pm

Date: Saturday, 15th February 2025

Timings: 10:00 am to 05:00 pm

Venue: Times of India Building

Address: Ground floor, Opp CST station, Dr. DN Road, Fort, Mumbai 400001.

Google Map Link: <https://maps.app.goo.gl/QCJpWFrFluwRs9Bw7>

If you cannot come to collect the BIB then you can send someone on your behalf with a soft copy or a hard copy of your Confirmation Email/ SMS along with any of the following Government ID Proof:

- ◆ Aadhar Card
- ◆ Pan Card
- ◆ Driving License
- ◆ Passport

Please Note:

During the Expo, there will be **NO CHANGES** in categories, **NO SPOT** registrations, and **NO BIB TRANSFERS** allowed.

There will be **NO BIB DISTRIBUTION ON RACE DAY** morning.



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



In Your Race Kit, You Will Find:

Your Running BIB. This is the unique number that identifies you and is hence non-transferable. (Please do not misplace your BIB, we can neither replace nor reissue a new bib)

BIB and Timing Chip (Attached on the BIB)

- ◆ Safety Pins
- ◆ MMRDA Atal Setu L&T Marathon - Running T-shirt
- ◆ L&T Brochures
- ◆ A Goodie Bag





Harbour Line Train Timings

Runners can refer to the following train schedules for their travel needs on the race day.

<i>From CSMT</i>	<i>To Sewri</i>
04:28	04:43
04:32	04:47
04:52	05:07
04:56	05:11

<i>From Bandra</i>	<i>To Sewri</i>
04:10	04:24
04:30	04:44
04:54	05:08
05:20	05:34

<i>From Vashi</i>	<i>To Sewri</i>
04:00	04:24
04:04	04:33
04:16	04:37
04:20	04:44



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri

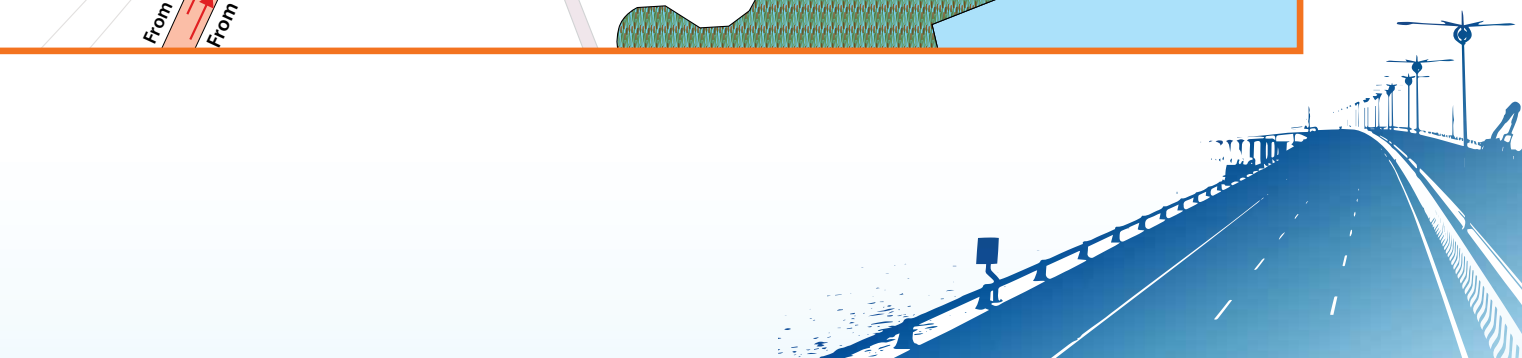


MMRDA Atal Setu L&T Marathon Race Day Facilities:

The facilities available to the participants are all usual.. The usual facilities runners get are as under

Arrival: There are two distinct start areas for **Route A - Full Marathon (42 Kms) and 10 Kms** and **Route B - Half Marathon (21 Kms) and 5 kms** that are interconnected physically. Please enter the respective start area as per your race distance.

Venue Arrival Map



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



All other routes will remain non functional for traffic.

Participants are required to reach the venue 30 mins for Full Marathon and 45 minutes for other race distances before the flag-off time.

There is very limited parking.

Please use Harbour train services as far as possible. The start venue is just outside Sewree Railway station. Remember that you park at your own risk.

Drop off zone:

Participants arriving by private vehicles or cabs will find a designated drop-off zone. We kindly request these participants to proceed to the marked drop-off area, disembark, and then walk to the event.

Baggage Counter: Baggage Counter: Available in both start holding areas.

Please Note:

- ◆ **Do not swap bibs or try to impersonate. It is an offence.**
- ◆ **Entry into the race venue is only for registered participants. Family members and other supporters cannot enter the venue during race time.**
- ◆ **No BiB - No Entry**



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



Pre Race:

- 1. Start area:** The Start area is located on the BPT Road, East of Sewri Railway Station. Please DO NOT confuse it with Zakaria Bunder Road which is the extension of Rafi Ahmed Kidwai Road from the North or P D'Mello Road from the South. On arrival the participants will have access to medical facilities, drinking water and restrooms.
- 2. Zumba sessions:** Keep ready to groove before the start of your run, Zumba Artists will be taking the session pre run.
- 3. Restrooms:** Portable male and female loos (toilets) will be available for all the participants at the race venue.
- 4. Medical and Water:** Our Medical partners will have a medical counter to attend to your pre-race niggles.

Announcements:

The master of ceremonies will make important announcements on:

- ◆ Event Start Time
- ◆ Energy Stations, restrooms and support en route
- ◆ Medical Stations
- ◆ Winning criteria
- ◆ Please do pay attention to the announcements. They will ensure that you enjoy the race



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



The Race

- The start venue for ALL runs is BPT Road just outside Sewri Railway Station on the Harbour Line of Central Railway.
- Atal Setu Sea Bridge has two roads: the one leading to Panvel is referred to as the **'Route A'**, while the route coming into Mumbai is termed the **'Route B'**.
- The holding area is located before the ramps that lead to the respective routes.

Distances for the race are designated for each route as follows:

- Route A (the route on the left of the Start venue going towards Panvel)
42 Kms and 10 Kms
- Route B (the route on the right of the Start venue coming from Panvel)
21 Kms and 5 kms
- ALL race distances will start on the Sewri side, follow its respective route and turn back, returning on the same side of the Atal Setu Sea Bridge.
- The route distances are accurately measured using the 'Jones Counter Calibrated Cycle' Method and are certified by World Athletics / AIMS.
- The race commences at the top of the bridge after ascending the incline of the ramps. The distance from the Start hold area to the flag-off area is approximately 750 meters. It is advisable to allocate sufficient time to reach this point

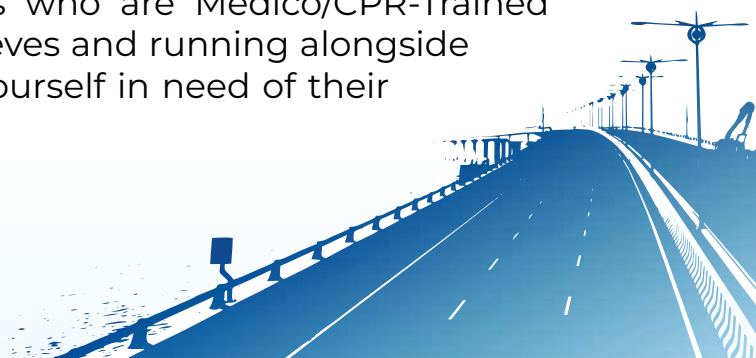
**Please refer to the route maps on pages 21, 22, 23, and 24, for the 42.195 Km, 21.0975 Km, 10Km & 5Km .*





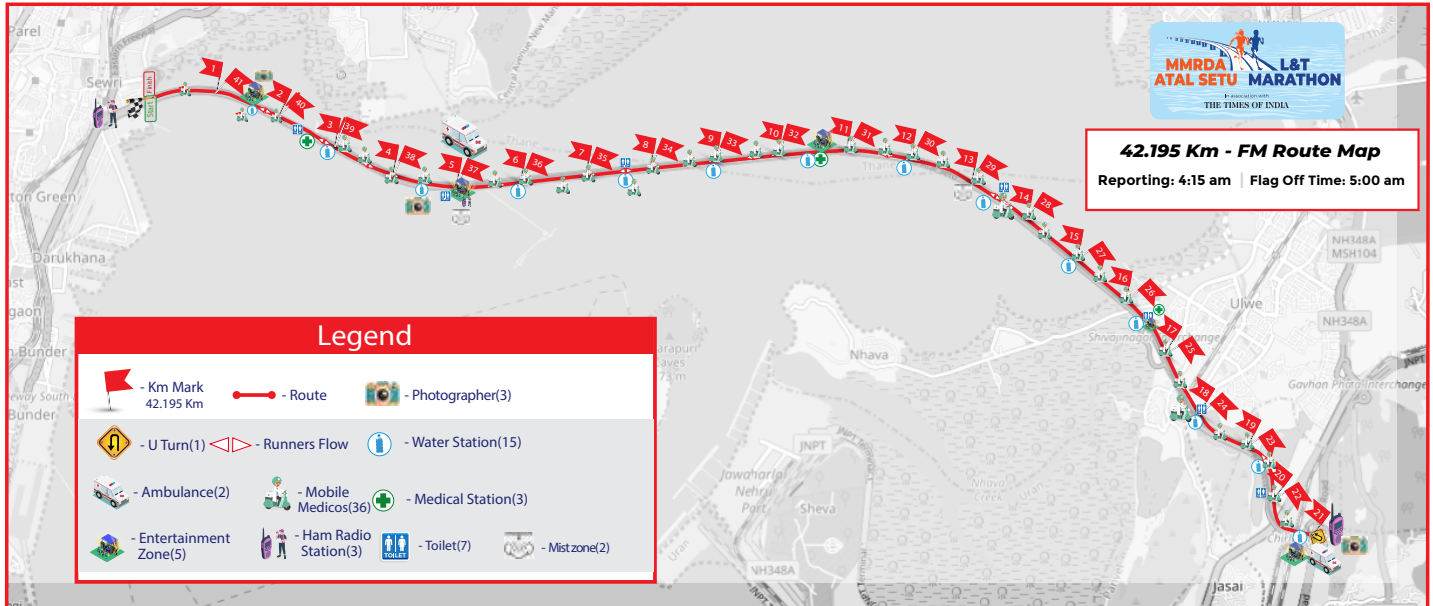
On the course:

- **Water Stations:** They will have everything you need during the race. There are 14 water stations on the Route A and 7 water stations on Route Band. Sufficient water and energy drinks are provided in respective water stations to cater to the needs of the runners.
- **Medical Stations:** Medical help is available at the start/finish and multiple points enroute. Our medical partner Zynova Shalby Hospital completely understand the requirements of runners and are ready to handle anything from a twisted ankle to a runner's specific conditions. There are medical stations along the route, with medical staff, besides ambulances on the route. Do not worry, you are in good hands.
- **Timing Tag and split points:**
 1. Check your timing chip at the back of the BiB one more time.
 2. Make sure it is stuck properly. The bib must be clearly visible on the front of the participants t-shirt at all times during the race. Ensure that you have pinned on the bib on all four sides. Without the timing tag you will not get your timing. If we don't have your reading at any one of the split points on route, it will be deemed that you DNF(did not finish).
- **Rest Rooms:** Clean restrooms are available for both male and female participants and are clearly sign posted.
- **Photographers:** At important locations along the route as well as finish areas, photographers will be stationed to capture you on race day. It will be our endeavor to give all participants a race day photo, but in mass events, sometimes coverage may not be possible for 100% of the participants. We will try but we cannot promise.
- **Medico/CPR-Trained Runners:** Runners who are Medico/CPR-Trained will be wearing a red ribbon on their sleeves and running alongside you. We sincerely hope you never find yourself in need of their expertise!



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



Full Marathon (42.195 Km)

Reporting: 4:15 AM

Flag Of Time: 5:00 AM

Full Marathon Completion Time:

We respectfully request that you complete the full marathon within 5 hours and 30 minutes. This means starting at 5:00 AM and finishing by 10:30 AM. The reason for this timing is to adhere to our permit restrictions, as we are unable to keep the route open for extended periods.

Intermediate Timings for Your Benefit:

To help you manage your marathon journey, we have set the following intermediate timings:

21.1 KM Turnaround Point: by 7:45 AM

30 KM Mark: by 9:00 AM

35 KM Mark: by 9:45 AM

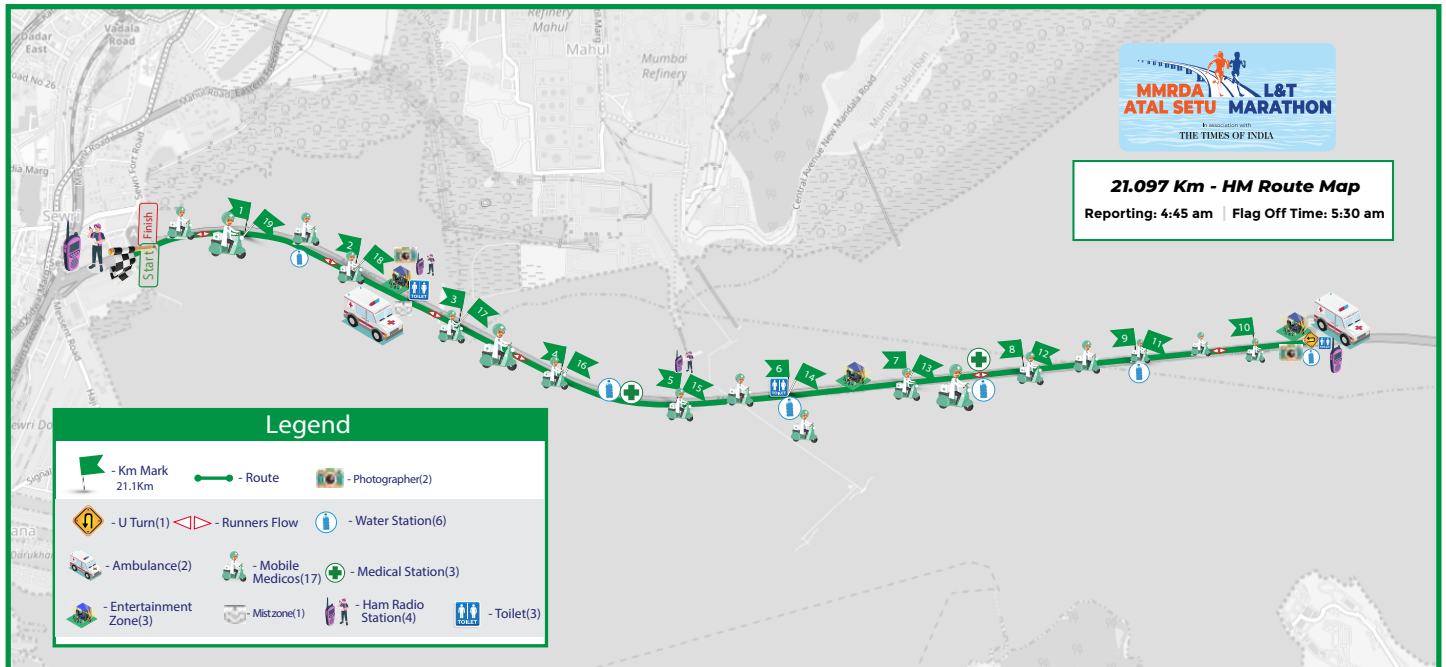
Finish Line: by 10:30 AM

In case you are behind these timings, please do not be concerned. Our trailing vehicle will be available to assist you and ensure your experience concludes smoothly.



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



Half Marathon (21.097 Km)

Reporting: 4:45 AM

Flag Of Time: 5:30 AM



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



10 Km Run

Reporting: 5:15 AM

Flag Of Time: 6:00 AM



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



5 Km Run

Reporting: 5:45 AM

Flag Of Time: 6:30 AM



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



42.195Km-FM, Pacers



42.2KM

Sitaram Nandoskar

4hrs:00mins



42.2KM

Amit Kumar Yadav

4hrs:00mins



42.2KM

Amit Kumar Shukla

4hrs:15mins



42.2KM

Anil Verma

4hrs:15mins



42.2KM

Aamrez Pathan

4hrs:30mins



42.2KM

Danny Nunes

4hrs:30mins



42.2KM

Kamal Tilani

4hrs:45mins



42.2KM

Jai Vinder

4hrs:45mins



42.2KM

Vijayabharathi Bhat

5hrs:00mins



42.2KM

Shakeel Ahmed Shaikh

5hrs:00mins



42.2KM

Avinash Upadhye

5hrs:15mins



42.2KM

Rohit Kumar

5hrs:15mins



42.2KM

Dnyaneshwar Gurav

5hrs:30mins



42.2KM

Rajhans Mahto

5hrs:30mins

21.097Km-HM, Pacers



21.1KM

Shivam Srivastava

2hrs:00mins



21.1KM

Ravindra Sakpal

2hrs:00mins



21.1KM

Dhananjay Athani

2hrs:15mins



21.1KM

Trupti Dalal

2hrs:15mins



21.1KM

Rizwan Maraikar

2hrs:30mins



21.1KM

Sai Sudhir

2hrs:30mins



21.1KM

Sagar Bakshi

2hrs:45mins



21.1KM

Ganesh Bhagwat

2hrs:45mins



21.1KM

Abinesh P

3hrs:00mins



21.1KM

Saurabh Pandit

3hrs:00mins

10Km Run, Pacers



10KM

Sarthak Chaubey

50 mins



10KM

Saish Shirodkar

50 mins



10KM

Deepak Gupta

60 mins



10KM

Narendra Sharma

60 mins



10KM

Sarika Jain

70 mins



10KM

Sivaraman Venkateswaran

70 mins



10KM

Piyush Jain

80 mins



10KM

Shobhit Sethi

80 mins



10KM

Rajnish Rathore

90 mins



10KM

Meet Thakkar

90 mins



Post Race:

After your finish: On top of the ramp, immediately after you finish you will find the following:

1. **Medals, your tribute to your completion**
2. **Physio**
3. **Medical base camp**
4. **Water station**

Post Race Holding area: Down the ramp, you move towards the post-race celebration zone, you will find waiting for you:

1. **Unique Photo-op points**
2. **Breakfast**
3. **Physio**
4. **Water station**
5. **Washrooms**
6. **Sponsor Stalls**

We have planned for most aspects of the post race experience. However, catering to large numbers of participants can result in some variances in the planning process

- **Some queuing is inevitable if a large number of runners come in a short span of time.**
- **Please maintain the order and discipline**
- **Try to be efficient and keep proceeding ahead to make way for later arrivals**





42.195Km - FM Prize Money

Age Grps	18-39 years		40-55 years		56 & Above	
Position	Male	Female	Male	Female	Male	Female
First	60000	60000	17000	17000	17000	17000
Second	30000	30000	15000	15000	15000	15000
Third	20000	20000	10000	10000	10000	10000

21.097Km - HM Prize Money

Age Grps	18-39 years		40-55 years		56 & Above	
Position	Male	Female	Male	Female	Male	Female
First	40000	40000	12000	12000	12000	12000
Second	25000	25000	10000	10000	10000	10000
Third	15000	15000	7500	7500	7500	7500

10Km - Run Prize Money

Age Grps	16-39 years		40-55 years		56 & Above	
Position	Male	Female	Male	Female	Male	Female
First	30000	30000	10000	10000	10000	10000
Second	20000	20000	7000	7000	7000	7000
Third	10000	10000	5000	5000	5000	5000

5Km - Run Prize Money

Age Grps	12-39 years		40-55 years		56 & Above	
Position	Male	Female	Male	Female	Male	Female
First	15000	15000	7000	7000	7000	7000
Second	10000	10000	5000	5000	5000	5000
Third	7500	7500	3250	3250	3250	3250

Rules of Participation that are relevant to bring to your notice:

1. You can win prizes in only one category
2. All prizes are on chip time.
3. The first three finishers from each of the age group categories will be entitled to the prize money in their respective Age group category.



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



Dos & Don'ts

Here are a few common sense tips to follow while running and these will help keep you on track and make the most of your running experience.

DO:

- Drink water before the race.
- Go to the bathroom before starting.
- Be aware of your surroundings.
- Conserve energy, keep a steady pace.
- Carry and drink plenty of water.
- Thank volunteers.
- Have a great time.
- Celebrate once you finish!

DON'T:

- Run with head down.
- Litter, hold on to waste for garbage bins.
- Be rude.
- Let yourself get weak (drink fluids, eat gels/bars).





Race Day Checklist

- Emergency Contacts Informed about the race.
- Bib with timing chip and 4 safety pins.
- Runners water bottle or hydration pack.
- Energy gels or bars.
- Fully charged Cell phone (reception is good throughout the course).
- Headphones.
- Running hat, visor, sunglasses.
- Sunscreen and lip balm.
- Garmin/GPS tracking.
- Recovery drink, we highly recommend coconut water!
- Towel or wipes.
- Change of clothes, socks and shoes.
- Cash.
- Identification.
- Mind of a champion!



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



Results Authentication Services

MMRDA Atal Setu L&T Marathon 2025 believes in clean participation in the sport of running. To this extent is using the Results Authentication Services (RASE) of YouTooCanRun to detect instances inviting disqualification from future events such as:

- Impersonation, running with bibs under which they are not registered
- Proxy running, i.e. running with more than one bib (bib mules)
- False entries, submitting wrong data especially with respect to date of birth
- Initiating a chargeback on the card after having successfully participated in the event
- Deviating from the course
- Cutting the course
- Taking unfair assistance especially for podium finishers, such as personal pacers, individual lead bikes etc
- Has been disqualified by other event organizers in India or national and international bodies
- Registrants found violating any of the above will be barred from participating in any future events on the YouTooCanRun registration platform.

Cheating offends against the ideals of sport and failing to act against it will bring running into disrepute.



Date: Sunday, 16th February 2025

Venue: Atal Bihari Vajpayee Trans Harbour Link, Sewri



Presenting Sponsor



Associate Sponsor



उत्सव
विकासाचा
Celebration
of Development

Associate Sponsor

THE TIMES OF INDIA

Our Partners

NBFC Fintech Partner



Technology Partner



Medical Partner



Race Management Partner

