



MANGALURU TRIATHLON

MANGALURU BEACH FESTIVAL MARATHON

WHERE PASSION MEETS COMPASSION

FINISH

EVENT HANDBOOK

10TH & 11TH OF
JANUARY 2026

TANNIRBHAVI BEACH,
MANGALORE SURF CLUB

FOR QUERIES

+91 7676726299, +91 9820279448, +91 9481751267

WWW.MANGALURUTRIATHLON.COM

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Welcome

Welcome to Mangaluru Triathlon & Mangaluru Beach Festival

It is with great pleasure that we extend a warm welcome to all participants, esteemed guests, and supporters to this momentous event, which embodies the spirit of sportsmanship, community, and resilience. This occasion transcends a mere competition, as it brings together individuals who share a common passion for pushing boundaries, fostering camaraderie, and creating lasting memories. Set against the picturesque landscape of Mangaluru, we are confident that this event will not only challenge you but also leave an indelible mark on your journey.

Each participant embodies the values of dedication, courage, and perseverance, and we are honored to have you be a part of this celebration.

We express our sincere gratitude to our athletes, volunteers, partners, and supporters, whose unwavering commitment and enthusiasm have made this event possible.

We wish each of you a safe, rewarding, and memorable experience, and look forward to witnessing your achievements.

With Love,

TAPASYA FOUNDATION



FOREWORD

It is with great pleasure that we, at Tapasya Foundation, present this handbook for the Mangaluru Triathlon, scheduled to take place on January 10, 2026, and the Mangaluru Beach Festival Marathon, scheduled to take place on January 11, 2026, organised under the banner of our esteemed foundation.

These landmark sporting events transcend mere competition, embodying the values of human endurance, discipline, and the unifying spirit of sport. Mangaluru, with its pristine coastline, vibrant culture, and warm hospitality, provides an ideal setting for athletes and fitness enthusiasts from across the country and beyond to converge.

The triathlon and marathon are designed to inspire participation across diverse age groups and abilities, promoting a healthier lifestyle while showcasing Mangaluru as a premier destination for sports tourism.

At Tapasya Foundation, our commitment extends beyond the organisation of events. This event is a movement of compassion, wherein every registration contributes to our palliative care initiative, aimed at providing comfort, dignity, and peace to those in their most vulnerable moments. Your participation becomes a source of strength and hope for those in need.

Through these events, we aim to raise funds for the establishment of a palliative and hospice care centre at Mudipu for terminally ill cancer patients, free of cost, while creating awareness about the importance of such initiatives.

This handbook has been meticulously prepared to provide participants, officials, volunteers, and partners with comprehensive guidance on every aspect of the events, including race formats, schedules, safety protocols, and support services. We encourage all stakeholders to familiarise themselves with its contents to ensure a safe, enjoyable, and memorable experience.

We extend our sincere gratitude to the district administration, law enforcement agencies, sponsors, partners, volunteers, medical teams, and the citizens of Mangaluru for their unwavering support. Above all, we salute the athletes, whose dedication and determination are the true essence of these events.

We wish all participants the very best and look forward to welcoming you to Mangaluru for an inspiring and unforgettable Mangaluru Triathlon & Mangaluru Marathon 2026.

With warm regards,

Tapasya Foundation
Organising Committee
Mangaluru Triathlon & Marathon 2026



MANGALURU TRIATHLON

MANGALURU BEACH FESTIVAL MARATHON

The Mangaluru Triathlon and Beach Festival is happening from January 9-11, 2026, at Tannirbhavi Beach, Mangaluru! It's a 3-day extravaganza of sports, culture, and entertainment, featuring various events like:

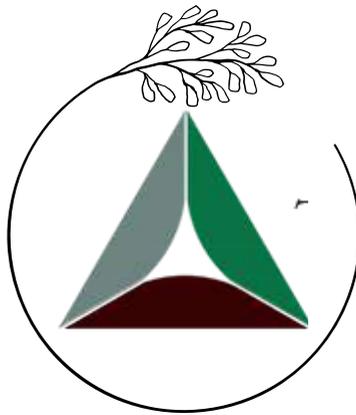
- **Triathlon:** Olympic-level triathlon, duathlon, aquathlon, and more
- **Marathon:** Full marathon, half marathon, 10K dream run, and 5K fun run
- **Beach Activities:** Beach Wrestling, Throwball, Kite flying, and Surfing
- **Cultural Events:** Music, dance, and fashion shows
- **Food Festival:** Savoring Mangaluru's cuisine
- **Emerge Conclave:** Start-up & Innovation festival

The event aims to raise funds for Tapasya Foundation's Palliative Cancer Care Centre, providing free care to terminally ill cancer patients.

The event is a beautiful amalgamation of sports, culture and entertainment and has seen wide media coverage. With its rich cultural heritage, serene beaches and stunning coastal views, the event aims to establish Mangaluru as the most sought after hub for sports tourism in India thereby boosting Mangaluru's economy.

We believe that these events will provide a unique experience for athletes not only pan-India but globally too.





ABOUT TAPASYA FOUNDATION

Tapasya Foundation is a Mangaluru-based charitable trust providing holistic care to cancer patients, focusing on palliative and hospice care. Founded by Sabitha R Shetty, it supports underprivileged patients, especially children, with medical and emotional aid. Their core project offers free care to terminally ill cancer patients, enhancing quality of life. Tapasya Foundation care extends to providing free accommodation, food, rehabilitation, recreational facilities and other essentials that define dignity and quality of life.

Tapasya works towards providing :

- Palliative care for pain management and symptom relief
- Emotional and spiritual support
- Medical aid and counseling
- Support for families

Tapasya Foundation has been instrumental in organizing the Mangaluru Beach Festival and Triathlon with an aim to raise funds for its core initiative

- Palliative & Hospice Care Project and create a model centre that raises standards of Palliative and hospice care in developing countries.

FREE FERRY SERVICE

FREE FERRY SERVICES WILL BE AVAILABLE FROM 4:00 AM TO 11:00 AM.

(Ferry passes will be provided at the time of BIB distribution.)

SHUTTLE BUS SERVICES:

- Shuttle buses will operate from Fatima Church Ground (near the Ferry Station) to the start point.
- Shuttle buses will also operate from KIOCL Junction to Tannirbhavi Ferry Station.

VEHICLE ENTRY & TRAFFIC REGULATIONS:

- Strictly one-way vehicle entry to the Tannirbhavi location via NH 66 will be permitted only on presentation of a valid BIB and vehicle pass at the KIOCL Junction entry point.
- One-way traffic to Tannirbhavi will be in force from 4:00 AM to 10:00 AM.
- Those dropping participants are requested to drop them at KIOCL Junction. We have arranged our shuttle buses from KIOCL junction.

NOTE : *FERRY SERVICES HAVE BEEN ARRANGED TO ENSURE SMOOTH AND CONVENIENT ACCESS TO THE VENUE

CO-ORDINATOR CONTACT NUMBER : +91 7019692205



BIB DISTRIBUTION

DATE AND TIME OF EACH EVENT

LOCATION : TANNIRBHAVI BEACH, NEAR MANGALORE SURF CLUB

CO-ORDINATOR CONTACT NUMBER : +91 7676726299

DUATHLON	9 TH JANUARY	11.00 AM - 06.30 PM
40K DREAM CYCLING	9 TH JANUARY	11.00 AM - 06.30 PM
OLYMPIC DISTANCE TRIATHLON	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
SPRINT TRIATHLON	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
TEAM RELAY TRIATHLON	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
1000M DREAM SWIM	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
500M FUN SWIM	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
AQUATHLON	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
FULL MARATHON	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
HALF MARATHON	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
10K DREAM RUN	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
5K FUN RUN	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM
2K CHARITY WALK	9 TH & 10 TH JANUARY	11.00 AM - 06.30 PM



RACE CATEGORIES AND PRIZE MONEY

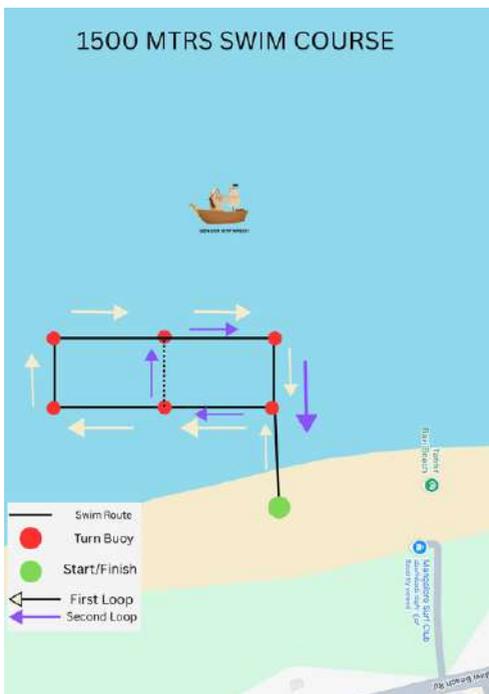
OLYMPIC DISTANCE TRIATHLON	16-30 50,000 30,000 20,000	31-45 40,000 25,000 15,000	46-60 40,000 25,000 15,000	61-Above 40,000 25,000 15,000	
SPRINT TRIATHLON	10-12 15,000 10,000 7,000	13-15 15,000 10,000 7,000	16-40 15,000 10,000 7,000	41-55 15,000 10,000 7,000	56-Above 15,000 10,000 7,000
TEAM RELAY TRIATHLON	MALE 24,000 18,000 15,000	FEMALE 24,000 18,000 15,000	MIXED 24,000 18,000 15,000		
1000M DREAM SWIM	10-15 10,000 5,000 3,000	16-40 12,000 8,000 5,000	41-55 10,000 5,000 3,000	56-Above 10,000 5,000 3,000	
500M DREAM SWIM	10-15 5,000 3,000 2,000	16-40 5,000 3,000 2,000	41-55 5,000 3,000 2,000	56-Above 5,000 3,000 2,000	
AQUATHLON	16-40 15,000 10,000 8,000	41-55 10,000 8,000 5,000	56-Above 10,000 8,000 5,000		
FULL MARATHON	18-30 20,000 15,000 10,000	31-44 15,000 10,000 7,000	45-54 15,000 10,000 7,000	55-Above 15,000 10,000 7,000	
HALF MARATHON	18-30 15,000 10,000 7,000	31-44 12,000 8,000 6,000	45-54 12,000 8,000 6,000	55-Above 12,000 8,000 6,000	
10K DREAM RUN	16-30 12,000 10,000 7,000	31-44 10,000 7,000 4,000	45-54 10,000 7,000 4,000	55-Above 10,000 7,000 4,000	
5K FUN RUN	8-15 12,000 10,000 7,000	16-30 10,000 7,000 4,000	31-54 10,000 7,000 4,000	55-Above 10,000 7,000 4,000	
DUATHLON	16-40 10,000 8,000 5,000	41-55 10,000 8,000 5,000	56-Above 10,000 8,000 5,000		
40K DREAM CYCLING	16-30 10,000 8,000 6,000	31-44 8,000 6,000 4,000	45-54 8,000 6,000 4,000	55-Above 8,000 6,000 4,000	



ROUTE MAPS

OLYMPIC DISTANCE TRIATHLON

SWIMMING COURSE



RUNNING & BIKE COURSE



REPORTING TIME : FLAG OFF TIME

06:15 AM

07:00 AM

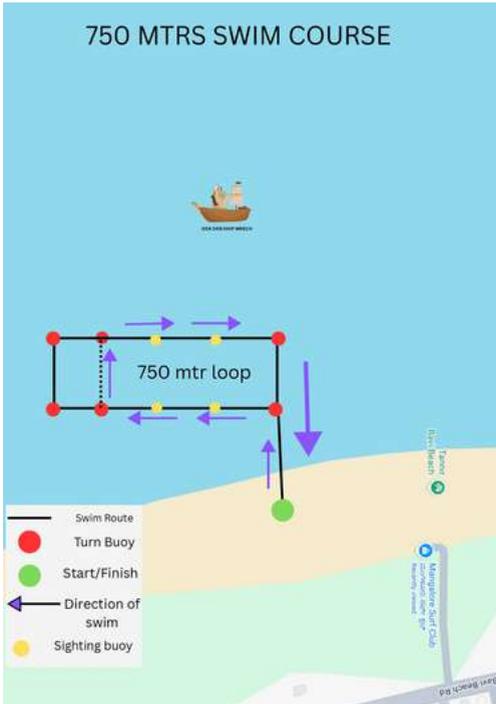
DATE OF THE EVENT

11-01-2026

ROUTE MAPS

SPRINT TRIATHLON

SWIMMING COURSE



RUNNING & BIKE COURSE



REPORTING TIME :

06:45 AM

FLAG OFF TIME

07:30 AM

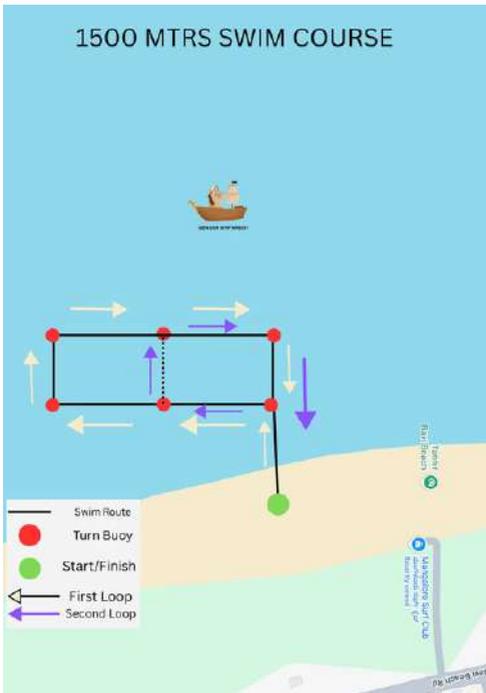
DATE OF THE EVENT

11-01-2026

ROUTE MAPS

TEAM RELAY TRIATHLON

SWIMMING COURSE



RUNNING & BIKE COURSE



REPORTING TIME : **FLAG OFF TIME**

06:30 AM

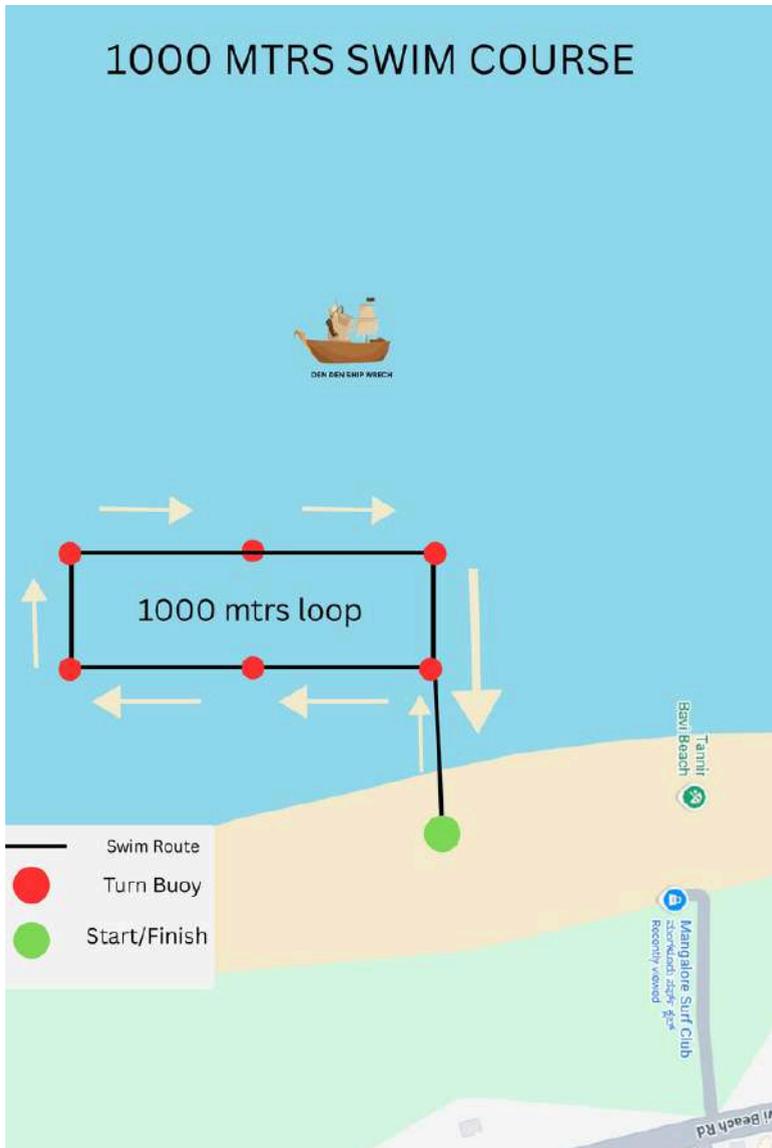
07:15 AM

DATE OF THE EVENT

11-01-2026

ROUTE MAPS

1000M DREAM SWIM



REPORTING TIME : **FLAG OFF TIME**

07:00 AM

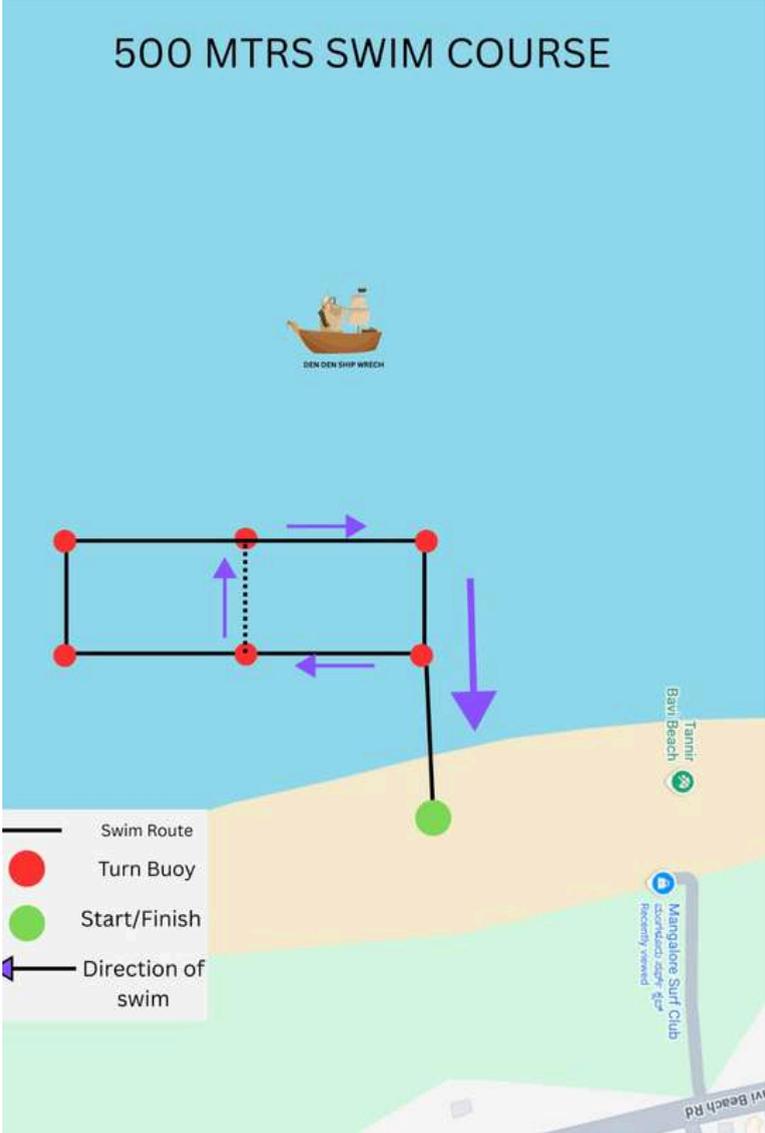
07:30 AM

DATE OF THE EVENT

11-01-2026

ROUTE MAPS

500M DREAM SWIM

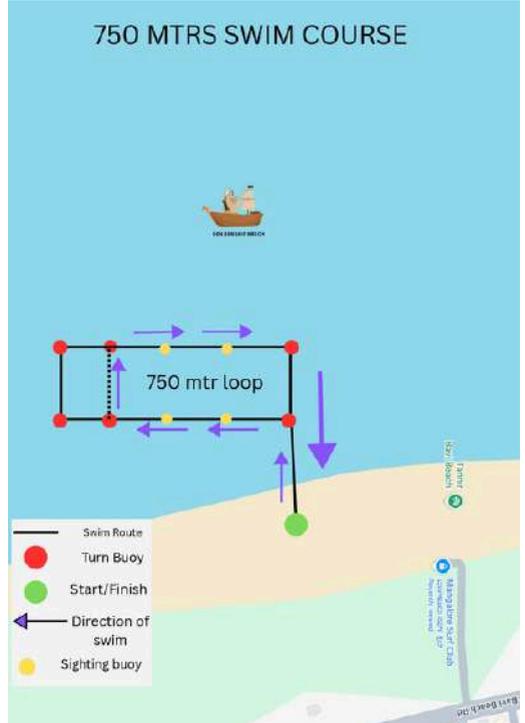


REPORTING TIME : **FLAG OFF TIME**
07:15 AM 07:45 AM

DATE OF THE EVENT
11-01-2026

ROUTE MAPS

AQUATHLON



REPORTING TIME : **FLAG OFF TIME**
 07:15 AM 07:45 AM

DATE OF THE EVENT

11-01-2026

ROUTE MAPS

FULL MARATHON



REPORTING TIME : **FLAG OFF TIME**

03:45 AM

04:15 AM

DATE OF THE EVENT

11-01-2026

ROUTE MAPS

HALF MARATHON



REPORTING TIME : FLAG OFF TIME

04:00 AM

04:30 AM

DATE OF THE EVENT

11-01-2026

ROUTE MAPS

10K DREAM RUN



REPORTING TIME : **FLAG OFF TIME**

05:30 AM

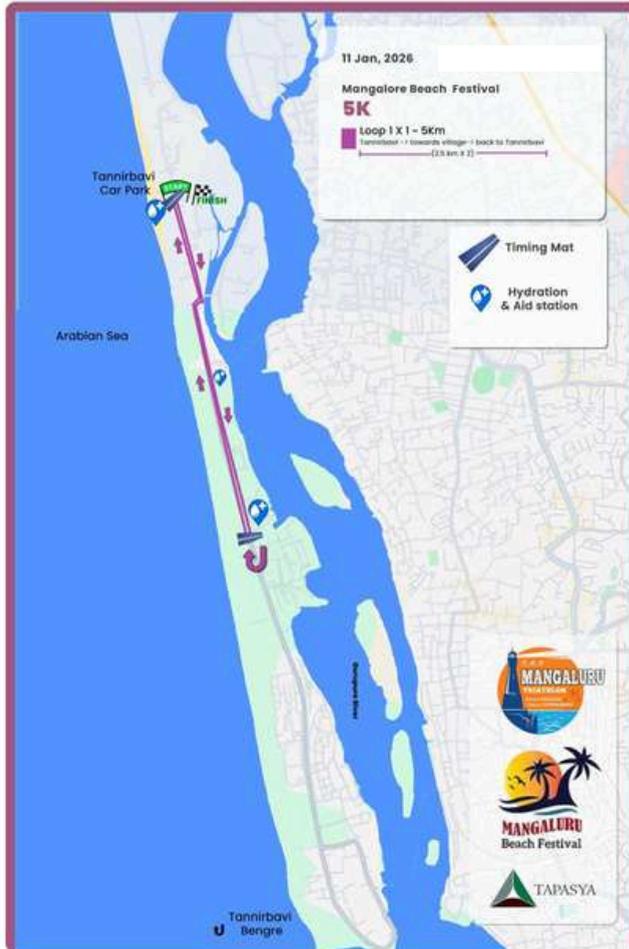
06:15 AM

DATE OF THE EVENT

11-01-2026

ROUTE MAPS

5K FUN RUN



REPORTING TIME : **FLAG OFF TIME**

06:30 AM

07:15 AM

DATE OF THE EVENT

11-01-2026

ROUTE MAPS

40K DREAM CYCLING



REPORTING TIME : FLAG OFF TIME

05:15 AM

06:00 AM

DATE OF THE EVENT

10-01-2026

ROUTE MAPS

DUATHLON



REPORTING TIME : **FLAG OFF TIME**

05:15 AM

06:00 AM

DATE OF THE EVENT

10-01-2026

ROUTE MAPS

2K CHARITY WALK



TANNIRBHAVI BEACH

REPORTING TIME : **FLAG OFF TIME**

07:00 AM

07:30 AM

DATE OF THE EVENT

11-01-2026

RACE INFORMATION

ALL CATEGORIES, WITH THE EXCEPTION OF THE 2 KM WALK, ARE TIMED RACES THAT QUALIFY PARTICIPANTS FOR MAJOR TRIATHLON AND MARATHON EVENTS.



MEET OUR AMBASSADORS

BRAND AMBASSADORS



MAYURA SHIVALKAR



CORINA VAN DAM



GIRISH BINDRA

RACE AMBASSADORS



HARSHITH RAO



HARDIK RAI



DR ANUPAMA RAO



VISHWANATH KOTIAN



MEHWISH HUSSAIN



ADARSH NAIR



RINKU SINGH



DR KARTIK KARKERA



AJAY LALWANI



ATHUL KAKATHKAR



SULATHA KAMAT



SACHIN SHINDE



AJEY KHALDE



POORNIMA SHETTY



**MAHANTESH
CHANDRASHEKAR**



P.A MOHAMMED

SPONSORS / EVENT PARTNERS LOGOS



IMPORTANT CONTACT DETAILS

HELPLINE

SHRADDHA SHETTY GAYATRI HEGDE
+91 8147471501 +91 98862 63124

HOSPITALITY

SMITHA CHOWTA
+91 98690 44845

BIB AND STAGE

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+91 7676726299

REGISTRATION & BIB

NAYANA SHETTY POORNIMA SHETTY
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YOU TOO CAN RUN

PRATIKSHA
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MEDICAL

DR ASHWINI SHETTY
+91 99643 72938

RACE DIRECTOR

DANIEL VAZ
DAN_ZICO@YAHOO.COM

TAPASYA

MAYUR BHANDARI
TRUSTEES@TAPASYAHOSPICE.ORG

JOIN OUR OFFICIAL WHATSAPP GROUP

TO ENSURE YOU DON'T MISS ANY IMPORTANT UPDATES, ALL REGISTERED PARTICIPANTS ARE REQUESTED TO JOIN OUR OFFICIAL WHATSAPP GROUP.



THIS GROUP WILL BE USED TO SHARE:

- Race-day instructions and last-minute updates
- Reporting times, venue access, and logistics
- Important announcements during Expo and race days



RACE RULES & REGULATIONS

CONDUCT OF ATHLETES

EACH ATHLETE MUST:

- Practice good sportsmanship at all times;
- Be responsible for his/her own safety and the safety of others
- Know, understand, and follow all Competition Rules, as stated herein;
- Obey traffic regulations and instructions from Race Officials;
- Treat officials, volunteers and other athletes with respect
- Avoid the use of abusive language
- In the event of a withdrawal from the race, the athlete is responsible for promptly informing a Race Official after withdrawing from the Race.
- Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes
- Not dispose of trash or equipment on the course except at aid stations or other designated trash-disposal points. Intentional or careless littering will result in a penalty or disqualification
- Not use any device that will distract the athlete from paying full attention to their surroundings. Example, do not wear ear phones or pods
- Follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification
- Athletes competing in the same Race may assist each other with incidental items such as, but not restricted to: nutrition and drinks after an aid station, pumps, tires, inner tubes, and puncture repair kits;
- Meet the minimum age requirement as of the date of the Event
- Not commit fraud by entering any Event under an assumed name or age

RACE FINISH TIMING AND RESULTS

Full course cut-off timings shall be as follows:

- Olympic Distance Triathlon / Relay: 5 hours from the start of the race
- Sprint Distance Triathlon: 3½ hours from the start of the race

NOTE: IN CASE AN ATHLETE CROSSES THE MAT (BEFORE IT IS REMOVED) AFTER THE ABOVE CUT OFF TIMES, THE ORGANISERS MAY, AT THEIR SOLE DISCRETION (WITHOUT COMMITMENT) DISPLAY SUCH FINISH TIMES

- A Race will be won by an OPEN CATEGORY athlete who has the shortest time from the applicable start signal to the moment when the athlete finishes the Race ie GUN TIME
- For all age-category athletes, the winning time will be based on CHIP TIME
- If an athlete fails to reach the start line up within thirty (30) minutes of race start, the athlete will be disqualified from the event
- If an athlete fails to finish the event or finishes after course closure, the athlete will be designated as DNF (Did not finish)

RACE RULES & REGULATIONS

PENALTIES

Penalties for the 2026 event will be suspended for the moment; however, athletes shall take note of the following rules that may attract penalty in future events

SWIM:

- Each swimmer must wear a swim cap
- Wearing swim goggles or a face mask is optional
- The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited
- The water temperature at Mangaluru does not warrant the use of wet suit and the same is prohibited
- When the use of wetsuits is prohibited, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal and is not permitted during the swim segment of the Race but may be worn after completion of the swim segment
- It is the sole responsibility of each athlete to know and follow the prescribed swimming course.
- Swim course cut-off times, if applicable, will be stated during briefing

GENERAL INFORMATION ON WET SUIT APPLICABILITY – NOT APPLICABLE FOR MANGALURU TRIATHLON

- For age-group athletes and relay team athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C
- For professional athletes, wetsuits may be worn in water temperatures up to and including 21.9 degrees C
- A wetsuit may cover any part of the body except the face, hands, and feet
- The thickness of the wetsuit may be max 5mm
- A wetsuit is compulsory for all athletes if the water temperature is below 16 degrees C
- Swimwear must be 100% textile material and should not have any rubberized material such as polyurethane or neoprene
- Swimwear may contain a zipper
- Sleeves that extend from shoulder to elbow may be worn
- Wetsuit (neoprene) shorts/bottoms (aka buoyancy shorts) are prohibited
- Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees

RACE RULES & REGULATIONS

BIKE:

- The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance
- Bike course cut-off times, if applicable, will be stated during briefing
- Athletes must not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other athletes
- It is the sole responsibility of each athlete to know and follow the prescribed cycling course
- All athletes must obey all traffic laws while on the cycling course. All athletes must come to a complete stop when required by a traffic sign or race referee.
- No cyclist shall endanger herself/himself or another athlete. Any cyclist who intentionally or recklessly presents a danger to any athlete or who, in the judgment of the race official, appears to present a danger to any athlete will be disqualified
- All athletes are required to maintain control of their bicycle and to operate at a reasonable speed so as not to threaten the safety and well-being of aid station volunteers, other competitors, Race Officials, the public, and/or spectators. Operation of a bicycle in a dangerous or reckless manner will be grounds for disqualification
- All athletes must exercise extreme caution and decrease speed if necessary in passing the site of any cycling or other accident
- Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sporttop/sports bra at all times during the cycling segment of the Race
- A helmet must be worn by athletes who are riding a bike during the Event
- The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike segment of the Race, until after the athlete has placed the athlete's bike on the rack at the finish of the bike segment of the Race
- If an athlete moves the athlete's bike off of the Race course for any reason, the athlete may not unfasten or remove the helmet until after the athlete has moved outside the boundary of the bike course route and has dismounted from the bike. Before returning onto the bike course or before remounting the bike the athlete must fasten the helmet securely on the athlete's head
- Headsets, headphones, or audio-capable eyewear or cycling helmets are prohibited during the bike segment of the Race
- The athletes' bike frame sticker must be securely attached to the bike and must be visible from both sides
- Athletes shall not dispose of trash or equipment (including, but not limited to, water bottles, gel/bar wrappers, broken bike parts, clothing items, etc.) on the course except at aid stations or other designated trash-disposal points. Intentional or careless littering will result in Penalty or disqualification

RACE RULES & REGULATIONS

BIKE SPECIFICATIONS / CONSTRUCTION – SUSPENDED FOR 2026

DRAFTING AND POSITION RULES – SUSPENDED FOR 2026

- “Drafting” means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds.
- Drafting during the Race is prohibited
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete prior to entering the draft zone of another athlete, athletes must move to the side of the athlete being overtaken
- Athletes must ride single file on the far-left side of the bike course road except when passing another athlete (or for reasons of safety). Side-by-side riding is not permitted
- When overtaking an athlete, it may be done by overtaking from the right
- Athletes who impede the forward progress of other athletes will be given a blocking violation

RUN:

- Athletes may run, walk, or crawl
- It is the sole responsibility of each athlete to know and follow the prescribed running course
- Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sporttop/sports bra at all times during the run segment of the Race
- Athletes shall not dispose of trash or equipment (including, but not limited to, water bottles, gel/bar wrappers, broken bike parts, clothing items, etc.), on the course except at aid stations or other designated trash-disposal points
- Athletes must wear their issued bib number in front of the athlete’s person and the bib must be clearly visible at all times on the run course. Bib numbers identify the official athletes in the Race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear the bib number is prohibited and may result in disqualification
- Athletes may not use any device that distracts their attention from the event

TRANSITION AREA:

- Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete’s side of the bike rack
- Each athlete’s equipment must be placed on the athlete’s bike
- Athletes must not interfere with another athlete’s equipment in the transition area
- Athletes must not impede the progress of other athletes in the transition area
- A mount and dismount line will be clearly designated at the entrance and exit of the transition area. Mounting the bike before the designated mount-line is prohibited. Dismounting after the dismount line is prohibited
- Athletes cannot stop in the flow zones of the transition area

RACE RULES & REGULATIONS

MEDICAL INFORMATION

- If you have a known medical condition, we highly advise that you please also write the details of your medical conditions(s) on the back of your athlete bib, which you will receive in your race packet.
- The medical information placed on your bib will provide medical staff or emergency services with essential information.
- Your safety is our primary concern. The medical team will be staffing the medical facilities within the venue. Medical resources will also be available while you are out on course.
- If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide not to start the event, you must inform a race official so we can officially withdraw you from the event.
- If you start to feel unwell at any point during race day, we urge you to seek help rather than continue.

DO NOT HESITATE TO ASK FOR HELP

- You will not receive a penalty or be disqualified for receiving a medical evaluation
- If at any time during the race, you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating, please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. You will not receive a penalty or be disqualified for receiving a medical evaluation or having someone help you get medical assistance
- During the swim: raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddleboard or nearby boat
- During the bike: If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, an event support vehicle, an event moto out on the course; or even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care
- During the run: same as the bike. If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, an event support vehicle or event moto out on course, or even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care
- Helping another athlete – if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help
- After you have finished the race, please do not leave the post-race area until you are able to

RACE RULES & REGULATIONS

GENERAL CHANGES AND UNPLANNED CHANGES IN THE RACE AND RACE ROUTE

- The race organizers may change the race route at their discretion due to unexpected and unforeseen circumstances that might interfere with the race route or that might endanger the runners and the race organizers.
- The race organizers may change the race starting time and the race ending time due to unexpected and unforeseen circumstances that might interfere with the race route or that might endanger the runners and the race organizers.

WINNERS MEDAL

- All winners will be announced at the venue post the event and on our website within three days post the event. They will be provided with their winner's medals with their prize money within 15 days from the finish of the event.

MERIT CERTIFICATE

- All winners of the will receive Merit Certificates certifying their winning positions.

FINISHERS MEDAL

- All runners who have successfully completed the race will get a Finisher's Medal post their run. Medals will not be posted to individual runners.

TIMING CERTIFICATE

- Timing certificates of finishers will be available for download from the event website within 2 days from race day.

APPEALS

- Any appeal relating to the application of rules, organization of the event, imposition of any penalty / charge needs to be made as soon as possible. The appeal can be made only by a Participant and it needs to be made in a discreet and respectful manner. The request for discretion necessarily emphasizes that under no circumstances should a participant indulge in derogatory comments about the race or its organization or its staff on social media. Participants doing so expose themselves to legal action and / or disqualification from this and other events that the organizers are linked to or have an understanding with. The appeal can only be made to the Race Director. Each appeal should explain clearly the reasons for said appeal. The decision of the Race Director for the appeal is final.

RACE RULES & REGULATIONS

PARTICIPANT WAIVER

- The Participant hereby waives any and all rights and/or claims they may have against the Organiser, its officers, employees, directors, consultants, agents, Event sponsors and landowners for any damages and/or claims that may arise directly or indirectly from participation in the Event.
- The Participant covenants to take no action against the Organiser, its officers, employees, directors, consultants, agents, Event sponsors and landowners for any damages and/or claims sustained by the Participant arising directly or indirectly from participation in the Event.
- The Participant indemnifies the Organiser, its officers, employees, directors, consultants, agents, Event sponsors and landowners against any claims brought against them by any third party that result directly or indirectly from participation in the Event.

IMAGE RIGHTS

- Photography, film, video and sound recordings of the Participant may be taken during the Event and the Participant consents to be filmed and/or photographed and/or included in sound recordings of the Event.
- The Participant agrees to waive any and all rights to any photography, film, video and sound recordings that features the Participant and hereby grants the Organiser sole and complete permission and authority to utilize in full any photography, film, video and sound recordings that features the Participant in all manners and media worldwide in perpetuity. No further permission from the Participant is required.

PLACES TO VISIT NEAR TANNIRBHAVI BEACH

PANAMBUR BEACH (9.2 km from Tannirbhavi Beach)

A beach that has all kinds of activities available along its waterfront. Come here if you want to dolphin watch, surf, and ride on a horse or a camel. Parasailing and water- scooters are available, and there are quad bikes and bouncy castles on the sand.

SULTAN BATTERY (10.6 km from Tannirbhavi Beach)

The sultan battery was made in 1784 by Tipu Sultan. Although small, the battery still carries the appearance of a fortress. There are arrangements for mounting cannons around the exterior. The purpose of the battery was to prevent the British penetrating the Gurupura river.

KADRI MANJUNATH TEMPLE (11.7 km from Tannirbhavi Beach)

A natural spring feeds water into nine different tanks. Devotees can wash themselves in these tanks before entering the temple. Built in 1068, the temple is beautifully placed at the foot of a hill. There is a pyramid shaped roof and the structure is often lit up at night.

ST. ALOYSIUS CHAPEL (11.9 km from Tannirbhavi Beach)

The St. Aloysius Chapel was built by Italian Antonio Moscheni in the late nineteenth century. The beautiful gold and red interior walls are covered almost entirely with paintings. The row of paintings on the ceiling shows the life of Aloysius Gonzaga. Aloysius Gonzaga was a man born with power and influence who nonetheless chose to give up what he had to help the needy.

SURATHKAL BEACH (12.9 km from Tannirbhavi Beach)

Palm trees sway and green and blue boats rest on the sand at Surathkal Beach. In the day, water laps over the occasional rocks along the sandy coastline. In the evening, the sun plays its light among the waves in the water. The beach is next to the Karnataka Regional Engineering College. There is also a lighthouse nearby.

KATEEL SHREE DURGAPARAMESHWARI TEMPLE (23.7 km from Tannirbhavi Beach)

Located in the little village of Kateel, this temple is dedicated to the Goddess Durga. Hindus and non-hindus alike can come here, as the view around the village inspires peace and tranquility. The temple is set in the middle of the river Nandini.

MILAGRES CHURCH (12.9 km from Tannirbhavi Beach)

The Milagres Church is also known as the Church of our Lady of Miracles. It was built in the seventeenth century by Bishop Thomas de Castro. The church stands tall and pastel colored, its arched doorways leading into the interior, where you can find the French painting of St Monica and St Augustine.

ABOUT RACE DIRECTOR



Daniel Vaz

- Respected Coach & Mentor – A well-known figure in the Indian Running Circuit, admired for his humility, knowledge, and ability to mentor countless runners.
- Educational Background – Engineer from IIT Bombay with a strong analytical and disciplined approach to fitness and coaching.
- Professional Role – Currently serves as CEO at Batliboi, balancing corporate leadership with a passion for running and coaching.
- Running Journey – Began running in 1995; first major exposure at the Pune International Marathon. Though he initially missed the 28K cut-off, his perseverance led him to embrace running fully, with no looking back.
- Nike Run Club (NRC) India – Took on the role of Head Coach, Nike India in 2008, and has since played a key role in shaping the Nike Run Club community in India.
- Training Expertise – Specializes in marathon training, strength, endurance, and functional workouts tailored for runners.

TIMING SOLUTION PARTNER



alpha racing

info@alpharacingsolution.com

FAQ

WHO CAN PARTICIPATE IN THE EVENT?

- Participants must meet the minimum age requirement for their chosen event as on the event date. Age verification may be carried out during bib collection or post-race verification.

CAN I PARTICIPATE UNDER A DIFFERENT NAME OR AGE CATEGORY?

- No. Fraudulent entry under an assumed name or age is strictly prohibited and will result in disqualification.

WHAT SHOULD I DO IF I DECIDE NOT TO START OR WITHDRAW MID-RACE?

- You must inform a Race Official immediately if you choose not to start or withdraw from the race, for your safety and official records.

ARE CHANGES TO RACE ROUTES OR TIMINGS POSSIBLE?

- Yes. The organisers reserve the right to change race routes, start times, or cut-off times due to weather, safety concerns, or unforeseen circumstances.

HOW ARE WINNERS DECIDED?

- Open Category Winners: Gun Time
- Age Group & Relay Categories: Chip Time

WHAT ARE THE CUT-OFF TIMINGS?

- Olympic Distance Triathlon / Relay: 5 hours
- Sprint Distance Triathlon: 3.5 hours
- Athletes finishing after course closure will be marked as DNF (Did Not Finish).

WHAT HAPPENS IF I REACH THE START LATE?

- Athletes who fail to reach the start line within 30 minutes of race start will be disqualified.

WHEN WILL RESULTS BE PUBLISHED?

- Provisional results: On race day
- Final results: On the official website within 3 days
- Timing certificates: Available for download within 2 days

ARE WETSUITS ALLOWED?

- No. Wetsuits are prohibited at Mangaluru Triathlon due to water temperature conditions.

IS A TOW FLOAT MANDATORY DURING THE SWIM?

- No. Tow floats are optional and not mandatory for participants. Athletes may use a tow float if they feel it adds to their comfort or visibility in open water. However, wearing the official swim cap is mandatory for all swimmers. The swim cap helps ensure clear identification and safety visibility in the water and must be worn throughout the swim segment.

WHAT SWIM EQUIPMENT IS ALLOWED?

- ✓ Swim cap (mandatory)
- ✓ Goggles (optional) (Advisable to wear it for good vision)
- ✗ Snorkels, fins, paddles, gloves, flotation devices
- ✗ Neoprene or rubberized swimwear
- Swimwear must be 100% textile material and not extend beyond elbows or knees.

FAQ

WHAT IF I NEED HELP DURING THE SWIM?

- Raise and wave your hand or shout “HELP”. You may hold onto a kayak or safety craft without penalty.

IS HELMET USE MANDATORY?

- Yes. Helmets must be worn and fastened at all times when in possession of your bike

IS DRAFTING ALLOWED?

- Drafting rules are suspended for 2026, but unsafe riding, blocking, or reckless behaviour will result in disqualification.

IS WEARING A BIB MANDATORY?

- Yes. Bib numbers must be worn in front and clearly visible at all times during the run.

IF I BRING MY CYCLE DISMANTLED, WILL ASSISTANCE BE PROVIDED FOR ASSEMBLY?

- There’s a dedicated bike workshop near T-1 Location, Contact : Mr.Nitin - 8762649621

WHERE TO PARK BIKE AFTER CYCLING EVENT IN DUATHLON

- We have dedicated bike stand near start and finish line

HOW SHOULD MY BIKE AND EQUIPMENT BE PLACED?

- Bikes must be racked on your assigned side
- Equipment must remain within your allocated space
- Interfering with another athlete’s gear is prohibited

WHERE CAN I MOUNT AND DISMOUNT MY BIKE?

- Only at the designated mount and dismount lines. Violations may lead to disqualification.

WHAT MEDICAL INFORMATION SHOULD I PROVIDE?

- If you have a known medical condition, write it on the back of your race bib for emergency reference.

WHAT IF I SEE ANOTHER ATHLETE IN DISTRESS?

- Stop and help immediately. You will not be penalised for assisting another participant.

WHAT BEHAVIOUR IS EXPECTED FROM PARTICIPANTS?

All athletes must:

- Follow race rules and traffic instructions
- Treat officials, volunteers, and fellow athletes with respect
- Avoid abusive language
- Maintain sportsmanlike conduct

IS LITTERING ALLOWED ON THE COURSE?

- No. Littering outside designated zones may result in penalty or disqualification.

WILL ALL FINISHERS RECEIVE A MEDAL?

- Yes. All successful finishers will receive a Finisher’s Medal at the venue.

WHEN WILL WINNERS RECEIVE PRIZE MONEY?

- Winner medals and prize money will be distributed within 15 days of the event.

WILL MEDALS OR CERTIFICATES BE COURIERED?

- No. Medals will not be posted. Certificates must be downloaded online.

FAQ

CAN I COLLECT MY BIB ON THE RACE DAY ?

- No. The bib has to be collected on the BIB distribution day itself. No bib will be distributed post the Bib collection date. NO BIB, NO ENTRY

CAN I BRING MY OWN VEHICLE?

- It is advisable to pool car to avoid traffic situation and parking challenges. You may use our whatsapp group to collaborate with other athletes and come to the venue together.

DO YOU HAVE PARKING ARRANGEMENTS AT THE VENUE?

- Yes, we do have limited parking space. Please reach the venue well before time for hassle free parking

DO YOU HAVE LUGGAGE COUNTER ?

- Yes, we do have luggage counter however please avoid keeping any valuables in your luggage

CAN I CLICK MY PHOTOS AT THE FINISH LINE?

- Please do not click at the finish line as other athletes too need to cross the finish line

CAN I TRANSFER MY BIB TO OTHER ALTHETE ?

- Transfer of BIBs are not allowed. Athletes doing so will be disqualified from the race.

CAN I CHANGE MY RACE CATEGORY ?

- Race categories can be changed during the BIB distribution. No changes are allowed post bib distribution.

CAN I CHANGE TEE SHIRT SIZE?

- No. You will get the tee shirt size mentioned during the registration.

CAN YOU COURIER MY BIB?

- Organizers will not be responsible for couriering your bib. You will need to make your own arrangements. The person coming on your behalf needs to carry an authorization letter and some ID proof (soft copy).

WHEN WILL I GET MY OFFICIAL RACE TIMING?

- You will get your provisional official race timing immediately via sms and official race timings 2 days after the event

WHERE CAN I GET MY OFFICIAL RACE PHOTOS FROM?

- We shall share the link to the race day pictures with your official race timing

DO I NEED TO CARRY PHONE OR CAMERA TO CLICK MY PICTURES ?

- We would suggest you to not carry any device for photos as we have ample photographers and videographers to capture your special moments.

DO YOU HAVE WASHROOM FACILITY?

- Yes we do have ample washroom facilities at the holding area and on the route too

DO I GET REFUND IF I DOWNGRADE MY RACE CATEGORY?

- No refund will be provided for downgrade of race category

IF I TRANSFER FROM ONE EVENT CATEGORY TO ANOTHER, WILL I RECEIVE A REFUND?

- No. Once registered, no refund will be provided if a participant transfers from one event category to another. Any category change will be subject to availability and event rules.

HOW DO I UPGRADE MY RACE CATEGORY?

- You need to pay the differential amount at the time of bib distribution and get your category upgraded.

FAQ

CAN SOMEONE ELSE COLLECT MY RACE KIT/BIB ON MY BEHALF?

- Yes. A representative may collect your race kit/BIB on your behalf. A soft copy (photo or PDF) of a valid government-issued ID (Aadhaar / Voter ID / Driving Licence, etc.) is acceptable. However, a clear and valid full Aadhaar soft copy is preferred for faster and smoother verification. Please ensure the ID details are clearly visible and readable.