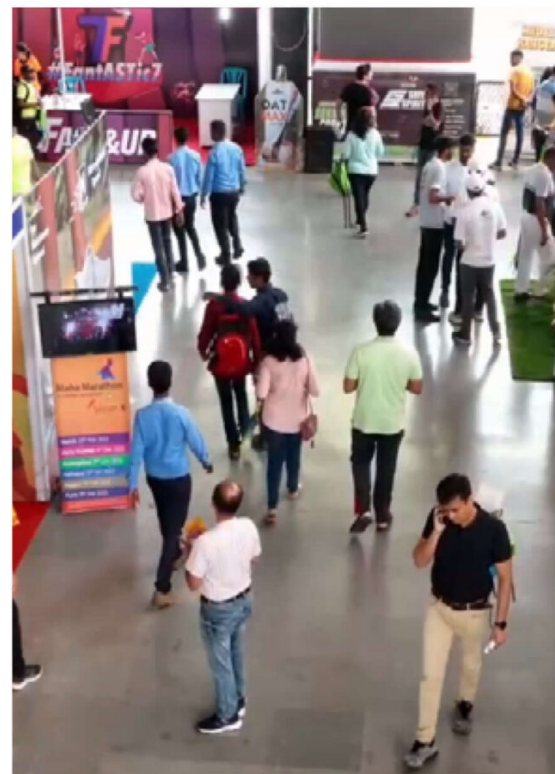


EXPO GUIDE

JBG SHHM 2023



DAY 1: September 1, 2023 (from 12PM to 7PM)

DAY 2 : September 2, 2023 (from 10AM to 6PM)

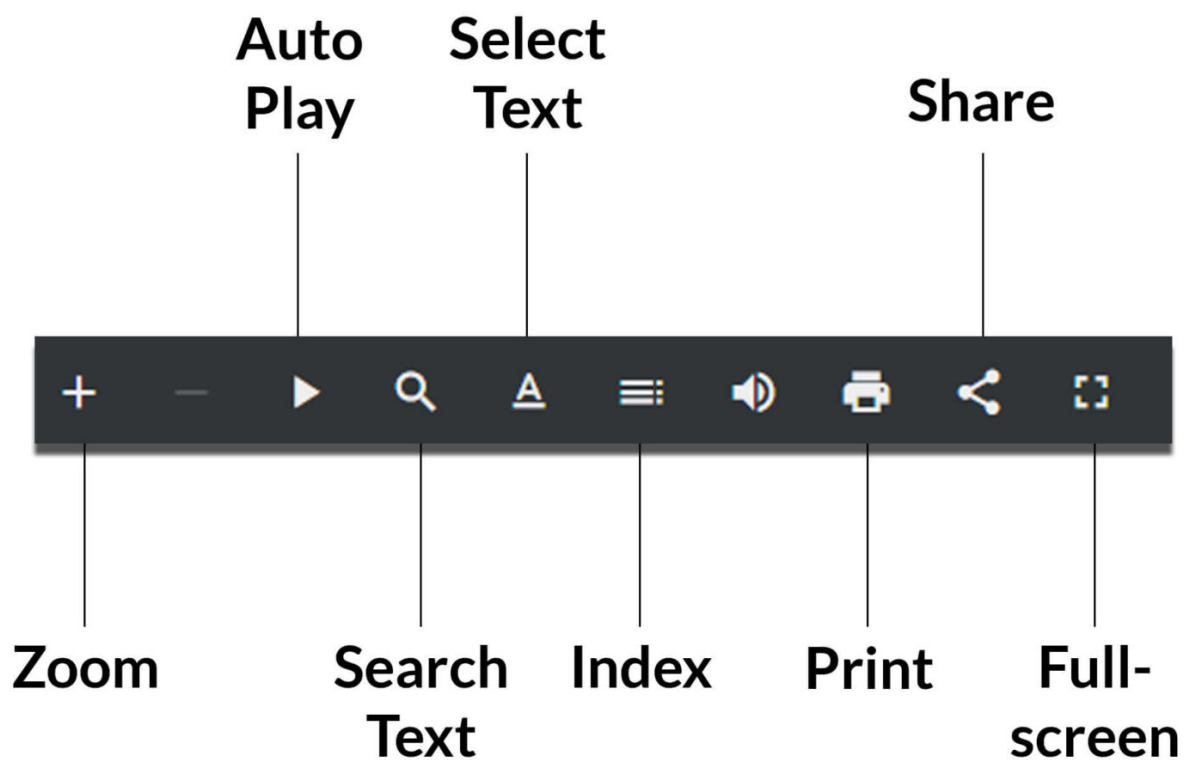


VENUE: Abhaysinhraje Sanskrutik Bhavan,
Ajinkyatara Sahakari Sakhar Karkhana, Shendre, Satara



VIEW THIS GUIDE IN
HORIZONTAL MODE
FOR BETTER EXPERIENCE

HOW TO USE THE NAVIGATION BAR



At the Expo, you'll have the chance to...

- Collect your race bib and timing chip
- Explore the latest running gear and accessories
- Meet fellow runners and share your excitement
- Get expert advice from fitness & nutrition specialists



Scan / Tap
to get directions
to the expo venue

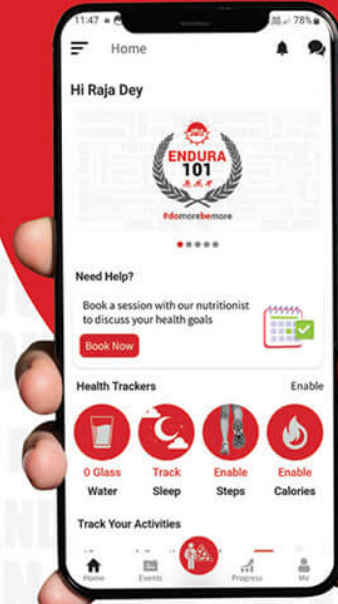


Only for JBG SHHM 2023 Participants



DOWNLOAD THE APP NOW & GET SPECIAL DISCOUNT ON ALL FEATURES OF THE APP

YOUR CODE **JBGSHHM**



Couch to 5k

12 weeks running plan



#domorebmore
www.jbgendura101.in

Physiotherapy



#domorebmore
www.jbgendura101.in

What should I eat ? One time consultation for correct nutrition

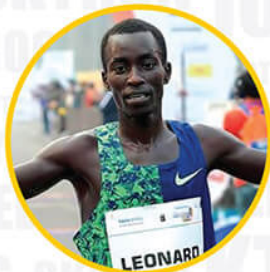


#domorebmore
www.jbgendura101.in

Event Registrations



#domorebmore
www.jbgendura101.in



LEONARD BARSOTON

Head Coach - Running

- He is a Kenyan long-distance runner.
- Represented Kenya twice in IAAF World Cross Country Championships
- Silver medallist in 10,000 metres African Games
- 2 times podium winner of TSK25K



AYESHA BILLIMORIA

Rehab & Mobility Coach

- Popularly known as the FITGIRL INDIA
- 3 time national champion in the 200mtrs from the year 2001 to 2003
- Represented the state of Maharashtra for 17 consecutive years
- Held several national and state titles along with being the Fastest Girl in India



ARVIND PANWAR

Head Coach - Cycling

- 3-time National ITT Champion

#domorebmore



BIGGEST FITNESS EXPO

In South Maharashtra



BUY



SKECHERS GORUN RAZOR 4™



FEATURES

ARCHFIT

HYPERARC

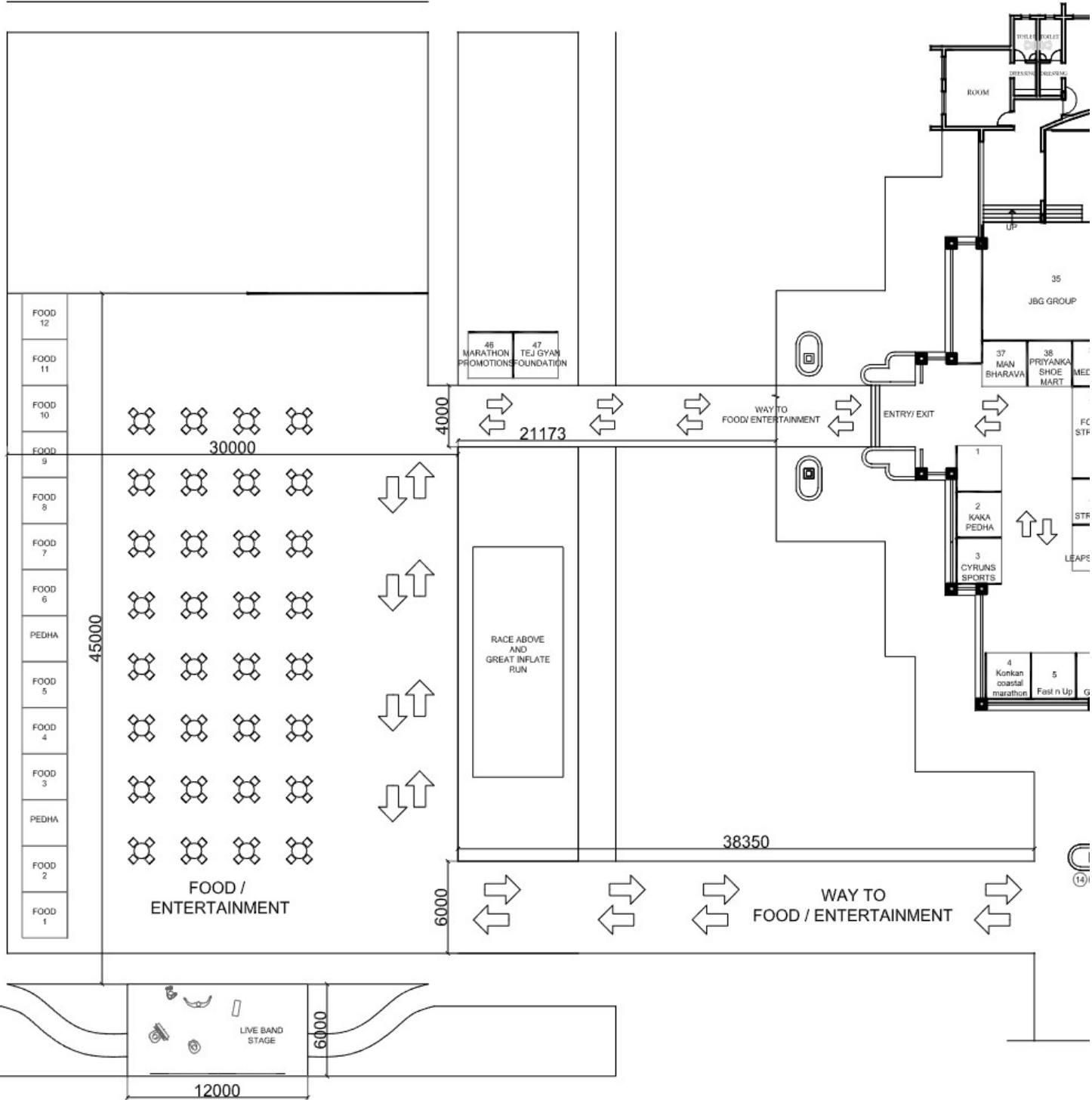
SKECHERS
HYPER BURST PRO

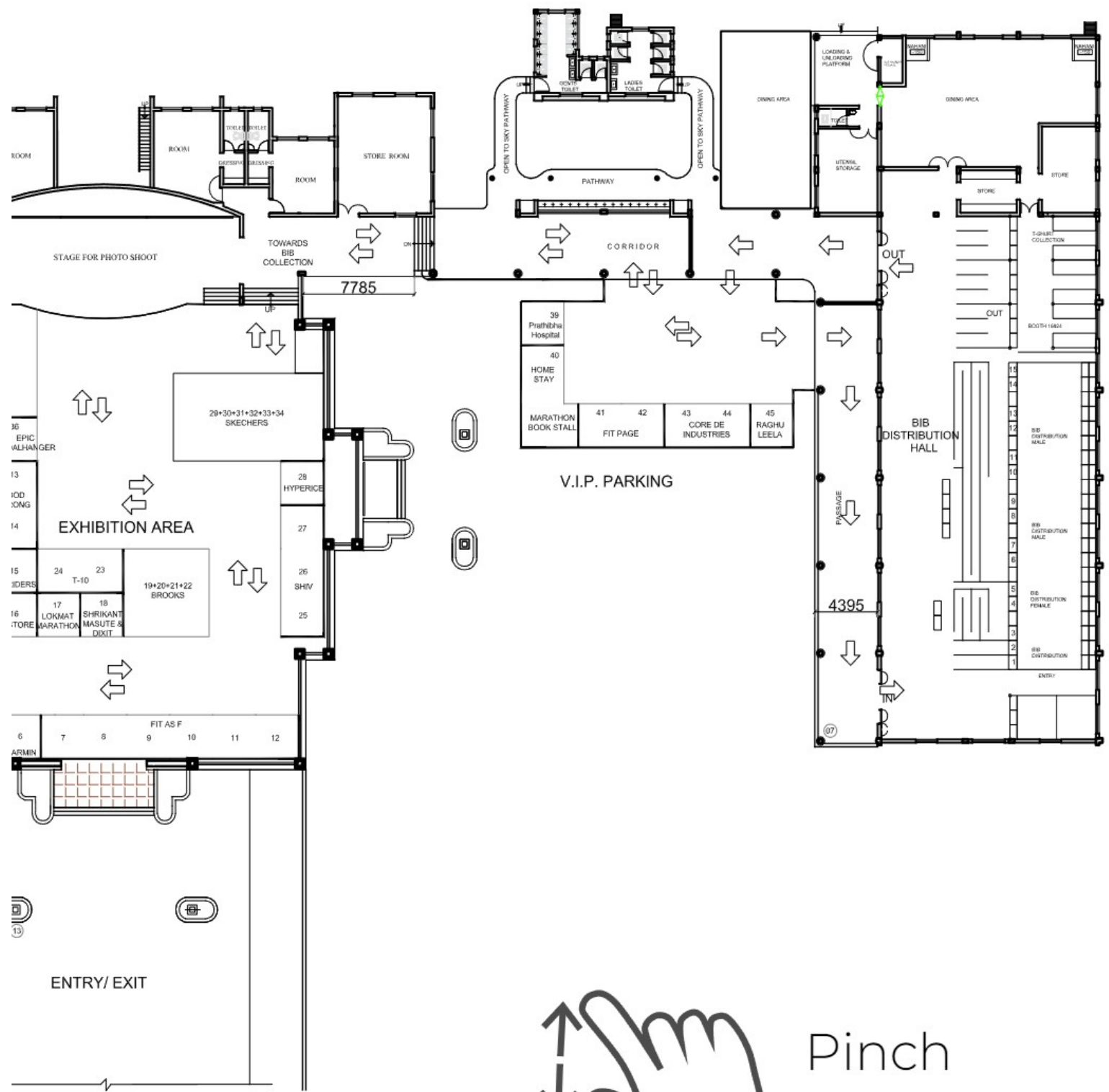
GOODYEAR
PERFORMANCE OUTSOLES

SPEED FUELED BY
TECHNOLOGY

GOODYEAR (AND WINGED FOOT DESIGN) AND BLIMP DESIGN ARE TRADEMARKS OF THE GOODYEAR TIRE & RUBBER COMPANY USED UNDER LICENSE BY SKECHERS USA, INC. MANHATTAN BEACH, CA. COPYRIGHT 2022 THE GOODYEAR TIRE & RUBBER COMPANY. THIS OR ANY FOOTWEAR CANNOT COMPLETELY ELIMINATE THE RISK OF SLIPPING.

EXPO LAYOUT





Pinch & Zoom

food
strong

RE

VITAMIN C INFUSED
HYDRATION TABLETS

FRESH



- Instant Replenishment
- Accelerate Recovery
- Beat Exhaustion
- Prevent Dehydration

www.foodstrong.co



is India's first health and fitness platform that regards cardiovascular fitness as a marker of overall health and wellbeing. With **"MOVE BETTER, LIVE FITTER"** as its motto, all training plans, content and nutrition plans are curated and delivered keeping this very ideology at its heart.



EASILY ACCESS YOUR PROGRESS AND GAIN INSIGHTS



PACE AND NUTRITION RECOMMENDATIONS, JUST A FEW CLICKS AWAY

Scan here to download



Follow us on



Available on



MAHA MARATHON MAHARASHTRA'S

ultimate Running Festival is back!

6 CITIES

Maha Mumbai

3rd Dec 2023

**Chhatrapati
Sambhaji Nagar**

17th Dec 2023

Nashik

7th Jan 2024

Kolhapur

28th Jan 2024

Nagpur

4th Feb 2024

Pune

18th Feb 2024

**Register
now on**

 townscript

**LACE-UP YOUR SHOES
AND EXPLORE THE
BEAUTIFUL ROUTES IN THE
UPCOMING SEASON.**

Endurance Nutrition Performance (Must Have's)

PRE-WORKOUT

- Burns Fat into Energy
- Helps Activate Muscles for a Quick Warm Up
- Caffeine Free, Nitrate Rich Beetroot + MCTs for Sustained & Long-lasting Energy

Orange Flavour

L-CARNITINE 1000 MG

ADVANCED

FAST&UP

L-ARGININE 1500 MG + L-CARNITINE

PRE-TRAINING

plant based pre workout

Beetroot Nitrates + MCT

Unflavoured

INTRA-WORKOUT

Decaffeinated Gels

Caffeinated Gels

Instant Energy Gels

No Water Required

On-the-Go Carbohydrates

30mg Caffeine

Classic Vanilla

Zesty Lemon

Orange Flavour

Lime & Lemon

Strawberry Banana

Chocolate Bourbon

Certified Electrolytes for Hydration & Energy

High Carb Sports Drink for Progressive Energy

Advanced BCAA for Active Muscle Recovery

Cola

Blueberry

Lime & Lemon

Orange

Mango

Berry

Aam Panna

Fizzy Apple

Peach Ice Tea

Forest Fruit

Orange

Lemon

DIGEST

Cola

Watermelon

Orange

Blueberry

Berry Lemonade

Green Apple

Lime & Lemon

Peach Ice Tea

INTEGRATED CHOICE

SPORT

POST WORKOUT

High Quality Protein, Sourced from USA



High Quality Pea + Brown Rice Protein

- 26g Protein
- 4.6g BCAA
- 4.8g Glutamine
- Enzymes + Probiotics



Clinically Tested Protein for Superior Performance

- 33g Protein
- 7g Nitro Blend
- BCAA
- L-Arginine
- L-Citrulline
- Beetroot Extract



Grass-fed Whey Sourced from Europe



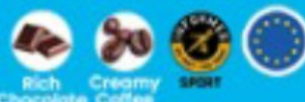
26g Ultra Low Carb Whey Isolate for Unbeatable Performance



Easy on Stomach | Smooth & Creamy Texture
Added Digestive Enzyme | Instant Mixability



24g Hydrolysed + Isolate Whey Protein for Strength & Endurance



20 Amino Acids for Post Workout Recovery



DAILY HEALTH



Magnesium + Zinc
For Restful Sleep & Stress Relief



21 Fast Acting Multivitamins for All Day Energy



Multivitamins + Amino Acid Blend to Boost Energy & Recovery



Complete Bone Health Care Formula



Helps Protect & Strengthen Joint Health



1250mg Omega-3 Rich Fish Oil for Healthy Heart & Brain



500mg of Vegan DHA for Healthy Heart and Joints

Organic, Naturally Derived B-12 for Energy



Scan QR

Log in to www.fastandup.in

Use Code **FUPPERFORM5** to get an additional 5% off



info@aeronutrix.com
toll free 18001209656

amazon.in

Flipkart



blinkit

zepto

Available on

leading retail stores near you

BROOKS | RUN HAPPY



CUSHION

Enjoy smooth, cushioned strides and an effortless, cloud-like ride.



Glycerin 20

From INR, 13,499

Step into your softest run ever. With plenty of super soft DNA LOFT cushioning underfoot, the Glycerin 20 delivers premium comfort mile after mile.



Ghost 15

From INR 12,499

For runners looking for a shoe that provides a smooth ride, the Ghost 15 features DNA LOFT throughout the midsole for a smoother experience from heel-to-toe.



SUPPORT

Experience steady strides with GuideRails® support – designed to keep pronation in check.



Glycerin GTS 20

From INR 13,999

Perfect for runners who like super soft cushion and unstoppable support. With DNA LOFT and GuideRails® support, the Glycerin GTS 20 delivers ultimate comfort for your run.



Adrenaline GTS 22

From INR 13,499

Need support and a soft, stable landing? The Adrenaline GTS 22 offers GuideRails® holistic support plus DNA LOFT, now extended throughout the midsole for smoother transitions.



TRAIL

Become at run with nature in our latest trail-running shoes featuring adaptable protection built for smooth single-track or technical terrain.



Cascadia 16

From INR 12,499

Tackle even the most technical terrain in the Cascadia 16. With our updated construction, the whole shoe adapts, flexes, and protects the foot, no matter how unpredictable the trail gets.



Caldera 6

From INR 13,499

Born to go far and keep you comfortable on the trails, the Caldera 6 has our super soft cushioning, nitrogen-infused DNA LOFT v3, and a reconfigured outsole. The updates provide maximum comfort and a stable ride so runners forget their shoes and focus on their miles.



SPEED

Your go-to for speed day, with bouncy energy return for a fast run.



Hyperion Elite 3

From INR 22,999

Get the most out of yourself on race day in the ultra light, fast Hyperion Elite 3. Designed to keep you running efficiently at race effort and includes a carbon plate that propels you forward.



Hyperion Max

From INR 16,999

When speed work calls, the Hyperion Max answers. This trainer is ideal for long, fast workouts. Featuring extra nitrogen-infused DNA FLASH cushioning for protection in a strategically constructed midsole.



26 + RETAIL OUTLETS

OFFICIAL SPORTSWEAR PARTNERS



SCHOOL CLIENTS



CORPORATE CLIENTS



WEAR YOUR PASSION

FI Hyperice



Hypervolt

Percussion

Our innovative Hypervolt line delivers targeted pulses of pressure that reach both the superficial and deep muscle fibers. It is relied on worldwide as a comprehensive way to care for muscles, relieve tension, enjoy a relaxing massage, accelerate warmup and recovery, and help maintain flexibility and range of motion.



Vyper

Vibration

Our innovative Hypervolt line delivers targeted pulses of pressure that reach both the superficial and deep muscle fibers. It is relied on worldwide as a comprehensive way to care for muscles, relieve tension, enjoy a relaxing massage, accelerate warmup and recovery, and help maintain flexibility and range of motion.



Hypersphere

Vibration

The Hypersphere line provides a targeted vibration massage to unlock the body and help you move better. Activate your muscles as a pre-workout warm up, recover strong after training, and relax and release tension at any time. The Hypersphere is designed to pinpoint problem areas, leaving you limber and revived.



Venom

Heat

The Venom line enhances the soothing relief of a heating pad with compression and vibration. This therapeutic combination creates a heated massage that alleviates sore muscles and relaxes stiff joints, helps to support range of motion, and melts away tension, aches, and pains. Ideal for warmup and recovery, the combination of warmth and vibration is unparalleled.



Venom

Vibration

The Venom line enhances the soothing relief of a heating pad with compression and vibration. This therapeutic combination creates a heated massage that alleviates sore muscles and relaxes stiff joints, helps to support range of motion, and melts away tension, aches, and pains. Ideal for warmup and recovery, the combination of warmth and vibration is unparalleled.



Normatec

Dynamic air compression

Our patented Normatec line replicates and amplifies the body's natural circulation for a therapeutic and rejuvenating massage experience. Whether you work out hard, are training for a race, experience swollen legs from traveling, stand for long hours at work, or suffer from inflammation or sore muscles, it is a proven way to increase circulation, and reduce pain and soreness.

Available at **SHIVSPIRIT TRADING**

SHIVSPIRIT CTS NO.523/VI, Plot No. 11-12/2, Sardar Bazar, Vijay Height, Satara, 415001

+91 93738 96399

THE GREAT INFLATE RUN



REGISTRATION OPEN AT
WWW.RACEABOVE.COM

**THE EPIC
INFLATE
ADVENTURE
LANDS IN INDIA**

INDIA'S FIRST INFLATABLE 5K

COMING TO

20 CITIES



PRESENTED BY

RACEABOVE
.COM

RUN THE FUN WAY

TWIST, TURN, FLOAT: THE INFLATE EXPERIENCE

GARMIN®



VENU 2 PLUS

BATTERY	GPS WATCH MODE	WATCH MODE
	8 HRS	11 DAYS

- PHONE CALLS & SEND TEXT MESSAGES*
- ALL-DAY HEALTH MONITORING
- 25+ BUILT-IN SPORTS APPS



FORERUNNER 265

BATTERY	GPS WATCH MODE	WATCH MODE
	20 HRS	13 DAYS

- 1.3" COLORFUL AMOLED DISPLAY
- TRAINING METRICS AND RECOVERY INSIGHTS
- HRV STATUS
- MUSIC



FORERUNNER 965

BATTERY	GPS WATCH MODE	WATCH MODE
	31 HRS	23 DAYS

- 1.4" COLORFUL AMOLED DISPLAY
- LIGHTWEIGHT TITANIUM BEZEL
- TRAINING METRICS AND RECOVERY INSIGHTS
- SATIQ AND MULTI-BAND GNSS



INSTINCT 2X SOLAR

BATTERY	GPS WATCH MODE	WATCH MODE
	60 HRS	40 DAYS

- GARMIN SOLAR
- LED FLASHLIGHT
- MIL-STD-810
- ALL-DAY HEALTH MONITORING



EPIX PRO (GEN 2)

BATTERY	GPS WATCH MODE	WATCH MODE
	28 HRS	10 DAYS

- BRIGHT AMOLED DISPLAY
- LED FLASHLIGHT
- ADVANCED MAPPING
- ADVANCED ALL-DAY HEALTH MONITORING



FENIX 7 PRO

BATTERY	GPS WATCH MODE	WATCH MODE
	136 HRS	18 DAYS

- Power GLASS
- TOUCHSCREEN
- TOPOACTIVE MAPS
- 40+ BUILT-IN SPORTS APPS

Available at **SHIVSPIRIT TRADING**

SHIVSPIRIT CTS NO.523/V1, Plot No. 11 -12/2, Sardar Bazar, Vijay Height, Satara, 415001

+91 93738 96399



ABOUT US

1898 is where it all began. Since then, Saucony has become one of the world's leading running brands. Built on a legacy of performance, Saucony continues to offer best-in-class running shoes, running apparel, and timeless retro footwear that has helped shape who we are today.

ENDORPHIN COLLECTION



ENDORPHIN PRO 3

CARBON-PLATED SPEED SUPERIOR PERFORMANCE ON RACE DAY



ENDORPHIN SHIFT 3

EXTRA SUPPORT AND CUSHIONING GREAT FOR EVERY DAY AND RECOVERY



ENDORPHIN SPEED 3

NYLON-PLATED SPEED FAST TRAINING AND INTERVALS

ENDORPHIN EDGE TRAIL RUNNING SHOES

CARBITEX MONOFLEX CARBON PLATE ASYMMETRICALLY FLEXIBLE FOR A FAST PUSH OFF AND STABLE LANDING

PWRTAC ULTIMATE GRID AND TRACTION FOR A VARIETY OF TERRAINS

DUAL LAYER OF PWRRUN PB OUR MOST DYNAMIC AND RESPONSIVE CUSHIONING



WE EXIST TO INSPIRE AND SERVE ALL HUMANS TO LIVE THEIR BEST LIVES BY PROVIDING ACCESS TO RUNNING, CELEBRATING SELF-EXPRESSION AND CREATING A BETTER WORLD.



KINVARA 14

LIGHTER THAN EVER NEUTRAL RUNNING SHOES



GUIDE 16

PILLOWY SOFT STABILITY RUNNING SHOES



TRIUMPH 20

PREMIUM CUSHIONED NEUTRAL RUNNING SHOES

RUN FOR GOOD

Available at SHIVSPIRIT TRADING

SHIVSPIRIT CTS NO.523/V1, Plot No. 11-12/2, Sardar Bazar, Vijay Height, Satara, 415001

+91 93738 96399

ENERGY GELS

UNLOCK YOUR POTENTIAL FOR EXTREME ENDURANCE



INSTANT ENERGY

REDUCES LACTIC ACID

ACCELERATES RECOVERY

EASY ON THE GUT



12
DELICIOUS
FLAVOURS

BCAA
GINGER
MCT OIL
TAURINE
MALTODEXTRIN

LEAP STORM

HYDRATION POWDER

IMMUNITY BOOST

OPTIMUM ABSORPTION

RAPID HYDRATION



- TOSS IT IN A BOTTLE
- MIX IT WITH WATER
- YOU ARE GOOD TO GO!

AVAILABLE IN 4 FRUITY FLAVOURS



LEMON



PINEAPPLE



ORANGE



WATERMELON

ALSO AVAILABLE
IN 32G PACKS



LEAP

LET EVERY ATHLETE PERFORM

SHOP NOW AT

www.leapstore.in



THELEAPINDIA



THELEAPINDIA



+91 9958462620



info@leapstore.in

PROTEIN
17.5g
per 100g



PROTEIN DRY FRUIT LADDU

- Protein Soup (Protein Value 22.31g)
- Horse Gram Soup (Protein Value 16.95g)
- Finger Millet Ambil (Protein Value 22.30g)
- Protein Aata (Protein Value 27.86g)
- Finger Millet Malt (Protein Value 22.30g)
- Multi Grain Millet Khichadi (Protein Value 18.59g)
- Multi Grain Millet Daliya (Protein Value 23.12g)
- Natural Protein Kheer (Protein Value 23.19g)
- Protein Rich Mukhwas (Protein Value 18.82g)
- Multi Seed Jawas (Protein Value 18.82g)
- Protein Dry Fruit Drink Powder (Protein Value 18.80g)
- Horse Gram Malt (Protein Value 28.80g)




DIABETIC FRIENDLY PRODUCTS ARE ALSO AVAILABLE

No Chemicals | No Added Colour | No Preservatives



SCAN THIS QR CODE FOR
OUR ALL PRODUCTS

Manufactured by Healthy Instant Food
Contact : +91 9028002626, +91 7020993437

Follow us on:   



SAHYADRI CLASSIC

EDITION-05

SAVE THE DATE

09th DECEMBER 2023

A Ghat climbing event for:

- Elite cyclists to compete for glory, podium & prize money
- Recreational cyclists to earn bragging rights & a sense of achievement after conquering the Ghats

You can participate for :

- 1 GHAT
- 2 GHATS
- 4 GHATS

You can also team up with a partner for two or four ghats challenge

REGISTER NOW AT:

www.sahyadriclassic.com





TAWANG



1st Oct 2023



TABOS WELCOMES

YOU TO
TAWANG MARATHON

JOIN

5KM | 10KM | HM | FM



←
SCAN QR CODE
FOR REGISTRATION

DISCOUNT CODE
INFLUENCERSPECIAL



Managed By
CYRUS



"MAX BENEFITS OF OATS"

THE OAT BASED CLEAN LABEL PREMIUM BRAND



+91-7410016116
+91-7410092192

WWW.OATMAX.COM



OAT SNACKS NAMKEEN

FOR THOSE PEOPLE WHO DO NOT APPRECIATE THE BLAND TASTE OF PLAIN OATS

ALL PRODUCTS ARE SHELF STABLE, PRESERVATIVE FREE, SHELF LIFE OF 12-18 MONTHS AT AMBIENT TEMPERATURE SPECIAL MILITARY GRADE STERILISATION

MASALA OATS

OATS + MASALA



OATS SOUPS

ATM PACK : ANY TIME PACK



SOURCED FROM THE FINEST FARMS

NO ARTIFICIAL COLOUR, ARTIFICIAL FLAVOURS, ARTIFICIAL PRESERVATIVES

Get Your Daily Dose of Nutrition in Just 3 Minutes with Our Ready-to-Cook Oat Soup!

THAT IS SHELF STABLE, FOR CALORIE CONSCIOUS PERSON, DIABETES, PERSON LOOKING FOR WEIGHT LOSS BY TRYING TO REDUCE CALORIE INTAKE BY AVOIDING SUGAR

OAT SMOOTHIES



FIRST OF KIND: HIGH PROTEIN OAT SMOOTHIE SHAKE

Get Your Daily Dose of Oats and NATURAL FLAVOURS in Seconds with Our Ready-to-Make Oat-Based Smoothie Premix!

FIRST IN INDIA FLAVOURED AND PROTEIN ENHANCED SHAKE RANGE OF OAT DRINKS



STEVIA SWEETENED NATURAL

PREMIUM CLASSIC

PROTEIN SHAKES 14.5 GM

BENEFITS OF OATS IN FORM OF READY TO DRINK OAT DRINKS LACTOSE FREE, PRESERVATIVES FREE, AMBIENT STABLE 12 MONTHS



READY TO EAT OATS + CHOCO PROTEIN BARS

PRESERVATIVE FREE OATS BARS WITH LONG SHELF LIFE DATES SWEETENED

OATS, DATES BASED PROTEIN BARS NUTRITION

GARMINTM

TheTriWorld.com
Satara marathon



GARMIN FORERUNNER 55



GARMIN FORERUNNER 255

email Id: dinesh@thanesports.com
website: www.thetriworld.com
cont. no.: 8879888773/7303906510



FIVEFINGERS

**YOU ARE THE
TECHNOLOGY**

**Remember
to bring Your ID
and Registration
Confirmation
to make the
process smooth.**





#JBGSHHM2023



