

OFFICIAL
RACE GUIDE
2025

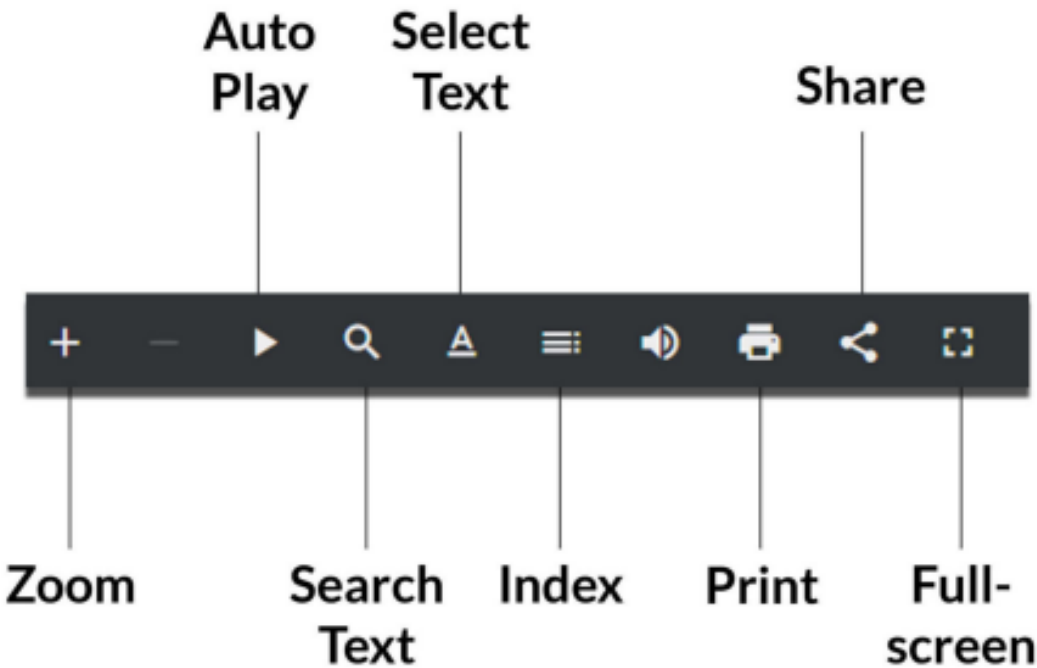


Race Day: 14 September 2025 | Flag Off: 6:30AM

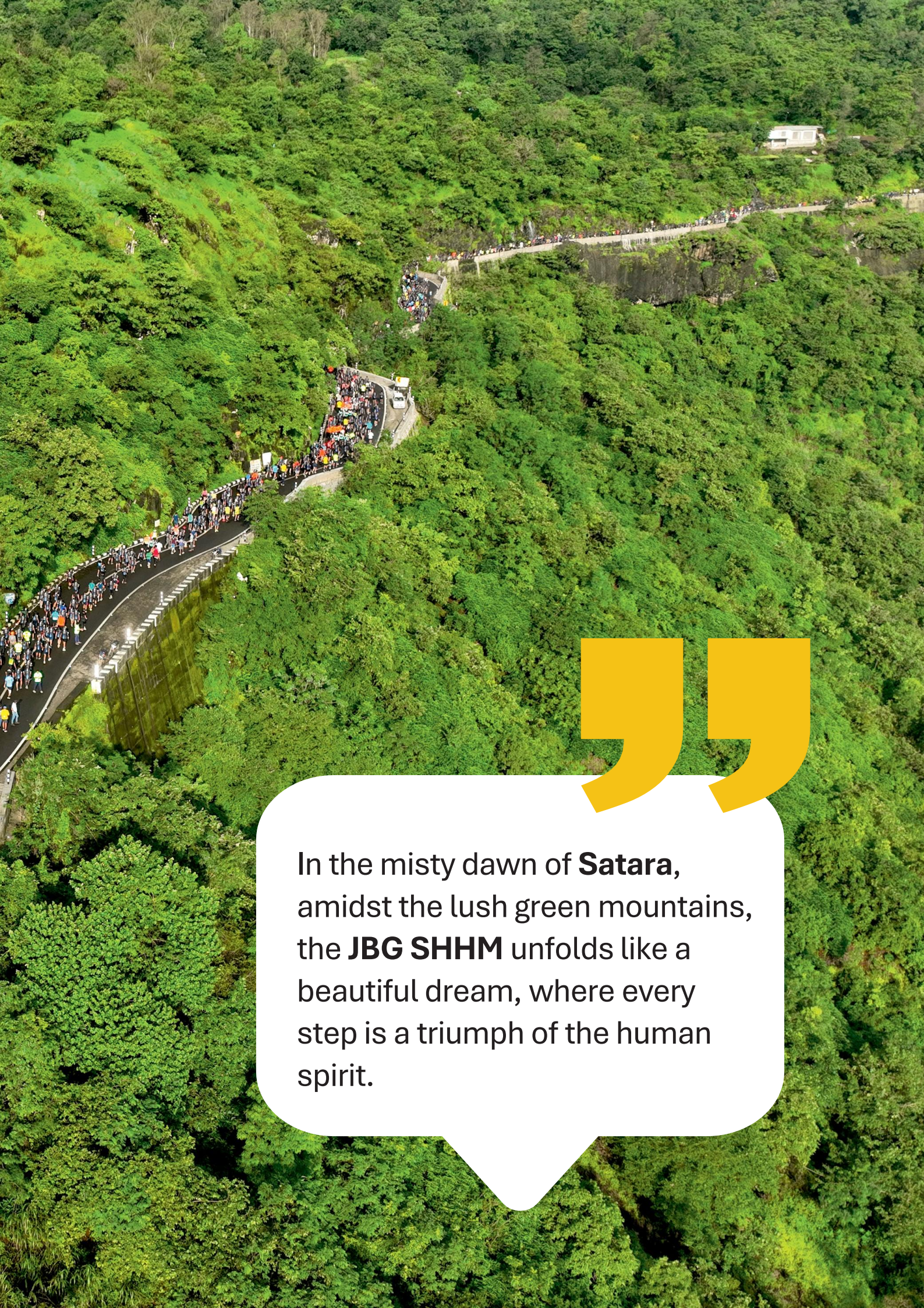


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HORIZONTAL MODE
FOR BETTER EXPERIENCE

HOW TO USE THE NAVIGATION BAR







In the misty dawn of **Satara**, amidst the lush green mountains, the **JBG SHHM** unfolds like a beautiful dream, where every step is a triumph of the human spirit.



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Dr. SANDEEP S. KATE

Founder & Chief Believer,
Satara Runners Foundation





Looking back at another memorable JBG Satara Hill Half Marathon, this year's theme - **Back to Roots** - couldn't be more fitting.

For everyone who stood at the start line, it was more than a race. It was a return to something timeless: the simple act of moving forward, step after step.

Humanity has never survived on strength or speed alone.

Long before machines, our ancestors endured through persistence - running and walking until endurance outlasted force.

Movement was not sport, it was life.

And that spirit lives on in the Tarahumara of Mexico, the tribes of Africa, our own Indian traditions. Running has always tied us to nature, to community, to spirit.

This year, each stride up Satara's hills was both a tribute to our past and a promise for our future. Running is not just about medals or timings. It is about connection, resilience, and celebration.

Thank you for being part of this journey.

We have gone Back to Roots,
and carry that spirit forward.

Warm regards,

Dr Sandeep Kate

Founder & Chief Believer,
Satara Runners Foundation





Dr. Avinash Shinde
Race Director, JBG SHHM 2025



Dear Runner,

We are very happy to welcome you to Satara and to our Hill Half Marathon. Just like we care for our patients, we have prepared everything with love and attention so that you enjoy your run.

The route here is not easy. In the beginning, the city roads roll up and down, and later there is a steady climb. But once you turn back, the downhill gives you relief and energy to finish strong.

Along the way, don't forget to enjoy the beauty of Satara. The waterfall on the climb will refresh you, the view of the dam backwaters at the turnaround is unforgettable, and the mighty Ajinkyatara Fort will greet you as you run downhill. The music, cheering stations, and the warmth of Satara's people will keep your spirits high.

Please take a look at the route map for hydration points, toilets, and medical facilities. It's always good to be prepared. Keep the map handy during your run.

Like last year, this year as well, we have kept two days for the Expo to make bib collection smoother. We request local runners to collect bibs on Friday, 12th September, so it is easier for everyone.

This event is close to our hearts. Families, social groups, government teams, volunteers, and citizens of Satara all come together to make it special for you.

We wish you a strong, safe run and hope you carry back happy memories of our hills, our city, and our people.



Your Race Director,
Dr. Avinash Shinde
Team JBG SHHM 2025



Dr PRATAPRAO GOLE
Medical Director, JBG SHHM 2025



Dear Runner,

The team at Satara Hill Half Marathon believes that your health & safety is of prime importance and wishes to ensure that you always find yourself safe & healthy.

Keeping this in mind, we have come up with following measures to keep you safe throughout the race.

We have partnered with Pratibha Hospital & Heart Care Center, Satara, who will provide Medical Support in case you need any.

We have dedicated phone lines for medical emergencies that will be active throughout from 06.30 am to 10.30 am on race day. The numbers you can get in touch with are 9970 133 337 & 9765401931

Please save these mobile numbers for all medical emergencies during the race. If you see someone uncomfortable during the race, stop them, call the medical hotline shared above and spot a volunteer to attend to them.

Please save these mobile numbers for all medical emergencies during the race. If you see someone uncomfortable during the race, stop them, call the medical hotline shared above and spot a volunteer to attend to them.

In last 500 meters of the race we have 3 intensive care physicians equipped with AED to care for sudden cardiac arrest.

We also have medical spotters along the Route to help in case of emergency. Please do not hesitate to approach a spotter if you or any other fellow runner seems to be in medical distress.

Long distance running can add stress to your body, therefore it is important to know that you are prepared to run the distance. You might have trained yourself for the run, but you may have an underlying health condition that you are not aware of.

Additionally, please know that certain cardiovascular health situations arise from endurance exercises such as running, so it becomes even more important for you to be absolutely healthy before and at the time of running the race.

We request you to refer to the MEDICAL CHECKLIST below, as a precautionary measure before you set off on your run.

- / Do you experience chest pain while running / walking / climbing stairs or during any other form of physical exertion?
- / Have you ever felt dizzy, or had blackouts during any form of exercises?
- / Do you get short of breath while walking short distances or climbing a flight of stairs?
- / Do you experience pain in joints or have backaches while walking?
- / Are you on any regular medication for diabetes, or high blood pressure, or heart condition?
- / Have you suffered any viral illness or fever in the last 2 weeks? Did you suffer from an upset stomach in the last 2 weeks?
- / Have you had any prolonged illness in the last 3 months?
- / Do you suffer from epilepsy?
- / Do you have chronic stress and have not been sleeping well for a long period of time?
- / Have you been advised to undergo coronary angiography &/or have you undergone any revascularisation procedure in the past ?

You must not participate in the race before getting a clearance from your treating Doctor if you are feeling unwell or/and if answer to any of the questions above is a **'YES'**.

Your Safety Is also Your Responsibility : We are fully prepared to support you through the race but only you know how you are feeling and how ready you are. While we would love to have you at the start line, and celebrate your success together, ensuring your health readiness is over and above everything else.

Often, taking a step back is a better strategy to be able to keep going forward later. Please be absolutely certain of your health before for the race.

Since we are very close to the race day, we advise you to take it easy. Try to stay on your feet a little less until the race day.

Try to avoid training on Friday to avoid any injuries and exhaustion. Use Saturday to do a shake off run, which basically means getting your body used to what it will be in for on Sunday.

Last but not the least, it is your pre-race warm up that could make all the difference. We advise you to arrive at the venue early and complete a good warm up which will get your body primed and ready for action.

On the Route:

This is a hilly route with lots of inclines & declines that'll test your endurance & challenge you, especially if you've not trained sufficiently & specifically for such a route.

We recommend a Walk and Run strategy, with frequent walking breaks. Try not to get out of breath at any point of time, and make sure you are at a comfortable pace, wherein you're able to speak a few words with a fellow runner.

DO NOT PUSH yourself too hard. Remember, nothing is more important than safety.

Do not try anything new on Race Day. Try to stick to whatever you did during your practice runs, especially your clothing, hydration, food/energy & shoes.

Make sure to stay hydrated by stopping at our Energy & Water Stations, placed frequently at distances of approx 1 to 1.5 km all along the route. Use these Aid Stations to take frequent walking breaks and grab a drink, especially during your uphill climb.

If you or any of your fellow runners are in any kind of discomfort or pain, do not hesitate to call out to our Volunteers and/or Spotters along the Route. They will make sure that you get the help you need.

JBG Satara Hill Half Marathon is known for its natural beauty, drizzling rains, waterfalls & pleasant climate. However, if it happens to get hot or humid due to lack of rains, make sure to visit one of our cooling stations along the route and dunk yourself in iced water. This will make sure you don't suffer from heatstroke or exhaustion.

Finally, we wish you a safe run & strong Finish on Race Day.

All the Best,

Dr Prataprao Gole
Medical Director
JBG SHHM 2024

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 **SATARA
RUNNERS**
FOUNDATION

FROM HUMBLE BEGINNINGS TO A NATIONAL EVENT

The **SATARA HILL HALF MARATHON (SHHM)** is an event organized by the **SATARA RUNNERS FOUNDATION**, a *non-profit group* created by a diverse group of individuals who share a passion for running. Their collective effort began in 2012 when they organized a small run in their hometown of Satara, India.

Since then, the group has achieved tremendous growth, transforming the event into one of the most beloved running events in India. The success of SHHM can be attributed to the commitment and dedication of its volunteers, many of whom are members of the **SATARA HILL RUNNERS**. This group of enthusiastic runners are a tight-knit community, who work tirelessly to create a runner-friendly, world-class event that is both fun and adventurous.

MISSION

The mission of Satara Runner's Foundation is to promote a healthy and active lifestyle through running, by organizing world-class running events, providing training and support to runners of all levels, and fostering a community of like-minded individuals who are passionate about running.

VISION

The mission of Satara Runner's Foundation is to promote a healthy and active lifestyle through running, by organizing world-class running events, providing training and support to runners of all levels, and fostering a community of like-minded individuals who are passionate about running. Our vision at Satara Runner's Foundation is to inspire and empower people to embrace running as a way of life, and to create a culture where running is accessible, inclusive, and celebrated. We aim to be recognized as a leading organization in the running community, dedicated to improving the health and well-being of individuals and communities through running.

ONE FAMILY ONE COMMUNITY ONE TEAM

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Dr. Sandeep Kate

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A QUICK CHECKLIST BEFORE THE RACE DAY

Read this handbook thoroughly

Visit the **JBG SHHM Fitness Expo** to collect your running number BIB at **Ajinkyatara Sahakari Sakhar Karkhana, Shendre, Satara** from Friday, 12th September 2025 - 12 pm to 7 pm to Saturday, 13th September, 2025 - 10 am to 6 pm

Do carry your ticket or QR code (that you download after your registration), and your photo identity proof at the Expo for a smoother process.

At the Expo, while collecting your running number bib from the counters, **check all your personal details** (spelling of your name, gender and date of birth). This is important to generate correct results post the race.

Do check 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.



ELEVATE YOUR RUN

We invite you to discover the remarkable and challenging character of the JBG SHHM Course. With a total elevation gain of 420m, this iconic route has become legendary among seasoned runners who crave a truly unique and exhilarating race experience. You'll conquer steep hills, traverse winding paths, and push yourself to the limit on this incredible journey through Satara's breathtaking landscapes.

Whether you're a seasoned pro or a first-time marathoner, the JBG SHHM Marathon Route offers a thrilling challenge that will test your physical and mental endurance. So lace up your running shoes, take a deep breath, and prepare to embark on a journey that will stay with you long after you cross the finish line.





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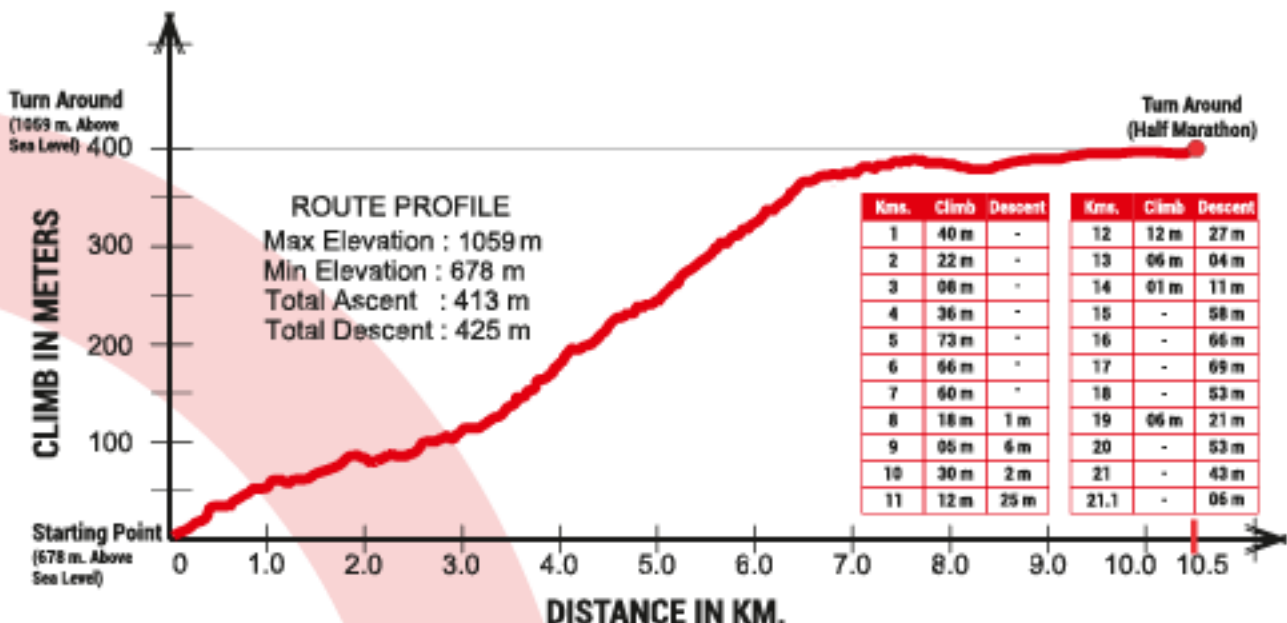
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ROUTE MAP



JBG SHM ROUTE PROFILE

India's Most Challenging & Beautiful Half Marathon Course



POLICE PARADE GROUND

START & FINISH

LEGEND

- ← Start to Turnaround
- Turnaround to Finish
- Ambulance
- Mobile AED Station
- Toilet
- Medical Tent
- Energy / Water Point



Scan this QR Code
For Route Details



Scan this QR Code
For Age Categories & Prize Money details



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KNOW YOUR RUNNING NUMBER BIB

ATTENTION: PLEASE VERIFY YOUR BIB DETAILS BEFORE LEAVING THE EXPO HALL

RACE / BIB NUMBER

Your unique number for results, ranking etc.

AGE CATEGORY / GENDER

For prize and ranking in your age group and gender



SEEDING / LINE UP AREA

It is based on personal best (PB) time provided by you during registration

BIB BACK SIDE

IMPORTANT INSTRUCTIONS FOR JBG SHIM 2025
This is a unique bib number which should be used by the participants during the registration and allocation. This bib is non-transferable and participants who have transferred their bibs with another individual will be disqualified and not allowed from participating in further editions of our event. By registering this number, you are agreeing to abide by the rules and regulations of the event.

SAFETY
(In case of emergency on the Race Day)

Emergency Contact Name (Family/Friend)	Emergency Contact Number		
Kisken Medical Condition (✓ if applicable)			
Diabetes M	Hypertension	Heart Disease	Be Asthma
Any Other:			

PLEASE FILL IN THIS INFORMATION WITH A BOLD PEN/MARKER

Please fill the details on the back side of the BIB.

Marker pens and Volunteers to help you, are available near the Medical Tent on your way out of the Expo Hall.



1. Your Timing Device for the event is a single use B-tag
2. In order to receive an accurate time, please confirm your bib is clearly visible on the front of the chest, NOT on your back / thighs.
3. It should not be covered by jackets, runner belts, water bottles, etc.
4. DO NOT FOLD or wrinkle the bib.
5. The BIB should be fixed to your T shirt in all 4 corners using Safety pins provided in your Race kit. Make sure that the pins don't pierce the B tag at the back side of the BIB.
6. REMEMBER: NO Bib = NO Timings / Prizes
7. Please make sure you do not step on the Timing mat before the start of your race. If you do that, we may not be able to ensure that we record your exact starting time and provide your accurate timings.



CONQUER THE HILLS

COUNTLESS MILES, COUNTLESS SMILES!



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PRE-BOOK YOUR RACE DAY PHOTOS

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KEEP YOUR RACE DAY MEMORIES ALIVE !!!



FINISHER'S MEDALS

We believe that JBG Satara Hill Half Marathon is not merely a race; it's a journey of self-discovery. With each stride, runners strive to achieve their personal best and overcome any obstacles that come their way. And what better way to commemorate this monumental achievement than with a finisher's medal?

At Satara Runners' Foundation, we believe in rewarding runners based on their performance and dedication. That's why we have created three distinct categories of finisher's medals, each with its own unique design, for runners who achieve specific cut-off times.

With these three categories of finisher's medals mentioned below, we hope to inspire and motivate runners to strive for excellence, push beyond their limits, and achieve their personal best. And when they finally cross that finish line and receive their well-deserved medal, they can proudly hold it up and say, "I did it."

NO MEDAL AFTER 4 HOURS

We would like to inform you that in order to ensure the race is concluded properly and on time, no medals will be awarded after 4 Hours. Please note that the cut-off times will be strictly enforced as per the **recorded Chip time**.

The time considered for the Medal Category will start only when you cross the Timing mat at the Start line. This new change is being implemented from this year (2025) Therefore, you do not have to worry about the time lost in reaching the Start Line. Irrespective of whether you start from Line up section A, B or C you will have an equal chance to earn your medal.

The time considered for the Medal Category will start only when you cross the Timing mat at the Start line. This new change is being implemented from this year (2025).

Please note that the Finisher Medals as well as your Ranking and Official Timing will be as per Chip time, starting when you cross the timing mat at the starting line.



5 TIME FINISHER'S MEDAL

Starting 2016 we have been awarding a special medal for runners who would be finishing their 5th Half Marathon at Satara (having run in any 4 out of the previous editions). This special medal has been dedicated to our very own Mr Shankar Natha Pawar, a 96 year old Veteran Runner from Satara. He is an inspiration to all runners & we are proud to dedicate this medal to his legacy.



PRIZES & AGE CATEGORIES

Please find below the birth date chart to assist you in identifying your age group. We request that you take note of the age category that corresponds with your birth date, as this will be taken into consideration during the prize distribution at the JBG SHHM venue. Thank you for your cooperation.

Age Groups	Date of Birth (D/M/Y)
Open (Min 16 Years Complete)	Born on or before 14/9/2009
30 to 34	15/9/1990 to 14/9/1995
35 to 39	15/9/1985 to 14/9/1990
40 to 44	15/9/1980 to 14/9/1985
45 to 49	15/9/1975 to 14/9/1980
50 to 54	15/9/1970 to 14/9/1975
55 to 59	15/9/1965 to 14/9/1970
60 to 64	15/9/1960 to 14/9/1965
65 to 69	15/9/1955 to 14/9/1960
70 to 74	15/9/1950 to 14/9/1955
75+	Born on or before 14/9/1950

Age groups above are calculated based on the event date for JBG SHHM 2024, i.e. 14 September, 2025

Rules & Regulations

RACE WINNERS

The first 3 Indian Half marathon finishers will be entitled to prize money in Table I (Open Category).

The first three Indian finishers from each of the General Age group categories will be entitled to the prize money in their respective General Age group category (From Table II to Table X)

If a runner from a General Age group category ends up among the First Three winning positions of the Indian Open category, then he/she will be entitled to receive both the prizes; the prize from the Open category as well as the Prize in his / her own age group category.

FINISH POSITIONS OF ALL RUNNERS WILL BE BASED ON CHIP TIME (NOT GUN TIME) THE FINISHER MEDALS WILL BE AWARDED ACCORDING TO GUN TIME

ADDITIONAL RULES

In addition to the above rules, entitlement to Finish/Podium positions and prize money winnings are subject to:

1. Bib tag timing captured across all timing points on the course, including at the start and finish mats,
2. Physical verification by technical officials.
3. Race day images will be screened visually after the race and if any participant is found wearing a running bib not allotted to him/her, the participant registered for that running bib will be disqualified from the race and the Event's subsequent editions.
4. 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 (where applicable).
5. Prize winners declared may be required to submit further proof of identity/age, as may be required by the
6. organizers, for disbursement of prize money.
7. The winners should not remove their bibs before Prize distribution. Their bibs should be clearly visible during the prize distribution, not covered by jackets, etc.

PROTESTS AND APPEALS

1. The athlete and/or his/her representative can appeal to the Race Referee in relation to the Official race results declared, in writing, within 30 minutes of the official announcement of the results of the relevant race category on race day.
2. The protest letter needs to be submitted at the Result Appeals Desk along with a Protest Fee of INR 1,000/-
3. Organiser's decision on rankings and entitlements of prize money will be final and binding on all.

TABLE 1

PRIZES	Open Male	Open Female
1st PRIZE	50,000	50,000
2nd PRIZE	30,000	30,000
3rd PRIZE	20,000	20,000
TOTAL	100,000	100,000

TABLE 2

PRIZES	Male (30-34 Years)	Female (30-34 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 3

PRIZES	Male (35-39 Years)	Female (35-39 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 4

PRIZES	Male (40-44 Years)	Female (40-44 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 5

PRIZES	Male (45-49 Years)	Female (45-49 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 6

PRIZES	Male (50-54 Years)	Female (50-54 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 7

PRIZES	Male (55-59 Years)	Female (55-59 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 8

PRIZES	Male (60-64 Years)	Female (60-64 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 9

PRIZES	Male (65-69 Years)	Female (65-69 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 10

PRIZES	Male (70-74 Years)	Female (70-74 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 11

PRIZES	Male (75+ Years)	Female (75+ Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

LINE UP SECTION

What are the Line-Up sections at SHHM? Is there any Qualifying criteria to participate in SHHM 2024?

There are four Line-Up sections at JBG SHHM.

LINE UP - E (Elite), A, B & C.

Section E (Elite) is right upfront at the Starting line. It is for the ELITE category of runners, the ones who've submitted the fastest qualifying times/are contenders for a podium finish.

Section A is just behind section E, for the relatively fast runners expected to finish the run in approx 2 hours.

It is followed by the intermediate runners in **Section B** & the last section is **Section C**, which is farthest from the Start Point/Timing Mat.

The Qualifying criteria for participation in JBG SHHM & Seeding /Line Up section allotment for JBG SHHM 2025 are as follows:

It is not compulsory to have a Timing Certificate from a previous event to participate, however, we strongly advise you to train well for the event, especially if this is your first event. Follow one of our training programs to make sure you reach the Starting line fully prepared.

Those who do not have / cannot provide any Timing Certificate from a previous event will be automatically allotted Line-Up section C.

If you wish to have a better seeding/Line Up section (E, A or B), then please provide your Finish Time certificate or Results link from a Half or Full Marathon event held on or after 1 April 2023. Timing certificate submitted once cannot be changed or upgraded.

**The cutoff times for the qualifying / allocation
for Line-Up sections are as follows :**

Full marathon qualifying cut off time in hh:mm:ss

JBG SHHM CORRAL /LINE UP SECTION	E	03:30:00
	A	4:15:00
	B	5:29:59
	C	5:30:00 AND ABOVE

Half marathon qualifying cut off time in hh:mm:ss

JBG SHHM CORRAL /LINE UP SECTION	E	01:30:00
	A	2:00:00
	B	2:29:59
	C	2:30:00 AND ABOVE

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KALYAN HALF MARATHON

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INDIAN MEDICAL ASSOCIATION KALYAN & KALYAN RUNNERS IMATHON 6 21 DEC'2025



Prizes worth ₹13 Lakhs to be won

REGISTRATION CHARGES



21KM | 10KM
₹ 900/-^{+GST}

05KM | 03KM
₹ 700/-^{+GST}



📍 DURGADI FORT, KALYAN WEST ⌚ 5:00 AM ONWARDS
FREE ACCOMMODATION TO FIRST 100 OUT STATION RUNNERS

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RUNNING PARTNER:



RECOVERY PARTNER:



ROUTE PARTNER:



PROMOTION PARTNER:



RACE VENUE

**JBG SHHM 2024 will be held on
Sunday, 1st September 2024
At Police Parade Ground, Satara City**

Flag off time for JBG SHHM 2025 is: 6:30 am

Reporting time is: 5:30 am



**Scan this
QR code to
reach Race
Venue**

BAGGAGE

There will be a Baggage counter near the Holding area. Please ensure that you provide locked/sealed baggage only. No loose items like mobiles/keys etc will be accepted. It is compulsory to attach the baggage tag (provided in your race kit) to your baggage. This is a service provided to help the runners. The organizers cannot be held responsible for any damage to or loss of valuables/money. The baggage counter will be closed at 11.00AM sharp

AFTER THE RACE

All finishers will get a Finishers medal and a Post-race brunch. Participation / Finishers certificates will NOT be given out at the venue. You will be able to download the e-certificate, with your Timings, from our Website in about 7 days time after the event.

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COLLECTORATE**



सातारा पोलीस



**SATARA DISTRICT
AMATEUR ATHLETIC ASSOCIATION**





Have a
**SAFE RUN &
STRONG FINISH**





THANK YOU

