



IDFC FIRST Bank Mangaluru Triathlon and IDFC FIRST Bank Mangaluru Marathon 2025

"Frequently Asked Questions"

Q1: What is a Triathlon?

A triathlon is a multi-stage endurance event comprising three continuous and sequential activities: swimming, cycling, and running. The most popular formats include the Olympic Distance (1500 meters swim, 40 kilometers cycling, 10 kilometers run).

Sprint Triathlon Distance, which is half the Olympic Distance (750 meters swim, 20 kilometers cycling, 5 kilometers run)

A Triathlon Relay involves three participants, each completing one segment of the race course. The relay is divided into three categories: Male, Female, and Mixed (a combination of male and female participants). Participants can belong to any age group. The total distance covered in the relay corresponds to the Olympic triathlon distance.

Q2: What is a Duathlon?

A duathlon is a multi-sport event that includes a 40-kilometer cycling leg followed by a 10-kilometer running leg, resembling the structure of triathlons but without the swimming segment.

Q3: What is a Marathon?

A marathon is a long-distance running race covering a standardized distance of 42.195 kilometres (26.2 miles). It is typically conducted on roads and is a test of physical endurance, mental strength, and stamina. **The running event includes Half marathon, 10km and 5km timed run**

- a) All marathon races are conducted on roads and not on the beach.
 - b) Start times will be strictly adhered to.
 - c) The route is traffic-free and pollution-free.
 - d) Hydration and medical support will be available along the route and at the start/finish points.
 - e) Post-race breakfast will be arranged, and participants will receive food coupons equivalent to their registration fee and it can be redeemable in the beach festival.
 - f) BIB collection dates are January 31st and February 1st, from 11:00 AM to 5:30 PM at the venue. No BIBs will be distributed on race day.
 - g) The route map will be updated. Enclosed herewith and same will be updated in the website also
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Q4: How to Reach Start Point on Race Day?

A) All Participants can reach the start point from Mangalore city / Udupi via below two ways

- I. **From NH 66 -Via Tannirbhavi Road** (Car Route) through your vehicle and also shuttle buses are available near NH 66 Sailors Club parking area. Volunteers will be guiding you. Please use car pool to avoid conjunction.
- II. **From Sulthan Bathri ferry point** Volunteers will assist with parking. Shuttle services are available from Lady Hill church → Sulthan Bathri ferry point to Tannirbhavi via ferry and Shuttle services to the start point. Enough volunteers/Direction marks will be available to guide you

Q5) How to Fill the form and registration process?

Step 1: Browse <https://mangalurutriathlon.com/>

Step2: Click Register now Tab (Last Tab)

Step 3 and onwards: Please refer enclosed Form Filling process

Q6) How to avail 50% Discount for students between 15 to 25 years/Defence Personal?

Please choose the students/defence option under dropdown in registration form

Please refer enclosed Form Filling process (Page -2)

Q7) How to avail free entry for students below 15 Years?

Please contact Ankita at 9321722092 for discount coupons

Q8) What will route Map and T1 & T2?

Please refer annexure for Swimming, Cycling and Running.



Q9) What are the Cut-Off Timings of Triathlon?

- Olympic Distance Triathlon: 6 hours
- Sprint Distance: 3 hours 30 minutes
- No cut-off timing for Triathlete participants under 15 years
- Triathlon Relay: 6 hours

Q10) What are the Event Prizes?

Details on event prizes can be found at mangalurutriathlon.com/Event Prizes. The total prize pool is ₹25 lakhs.

Q11) What are the Age Categories?

Age categories are listed at mangalurutriathlon.com/Event Prizes.



Q12) What are the Unique Selling Points (USPs) and Facilities for Participants?

1. Time chip technology with a strap chip for Triathletes. Time chip for all participants except 2km walk and untimed BIB will be provided for 2km walk. .
2. Open sea swimming with safety measures Guided by the Coast Guard and Expert coaches.
3. Open to participants aged 10 years and above for Sprint Triathlon category (distance defined in point no 1), 500M Swimming category and 5 km Running category and rest of the all event categories will be above 16 Year of age.
4. Dedicated bicycle storage a day before the event.
5. One of the few open sea triathlons in India.
6. Conducted to international standards.
7. On-course and finish-line medical facilities.
8. Physiotherapy sessions post-race.
9. Proper hydration and nutrition stations along the course.
10. Scenic, traffic-free, and pollution-free route.
11. High-quality participant T-shirts.
12. Finisher medals for all participants.
13. Trophies/medals and cash prizes for winners in each age category.
14. Post-race refreshments for all participants.
15. Supported by over 100 volunteers and NCC cadets.
16. Flat, road bike-friendly race routes for cyclist and runners .
17. Participants must bring their bikes However rentals are available on a best-effort basis. For rental they have to fill it on the google form and submit it before 15th of Jan 2025.
18. Food coupons equal to the registration fee are redeemable at beach festival food counters.



Q13) What Does the Registration Fee Include?

1. Race entry.
2. Participation T-shirt.
3. BIB with timing chip.
4. On-course nutrition.
5. Post-race refreshments.
6. E-certificate.
7. Finisher's medal for all participants
8. Special goodie bags for Triathlon participants T1 and T2

Q14) What Are the Weather Conditions?

1. In case of inclement weather, the organizers may delay the race start for participant safety.
2. The use of banned substances to enhance performance or eliminate fatigue is strictly prohibited.
3. Hydration and nutrition must be replenished only at designated aid stations. In total 6 Water stations and Hydration Booth will be available
4. Participants must adhere to race rules and show respect to volunteers, spectators, and organizers.
5. Littering outside designated zones is prohibited.
6. External assistance during the race is not allowed.
7. Athletes must not intentionally assist others to progress during the race unless pre-approved by the Race Director.
8. Race equipment must remain within the transition zone for the Triathlon event.
9. Participants must familiarize themselves with the course and follow the correct route.



Q15) What Are the Race Entry Rules?

1. Open to participants of all nationalities.
 2. No on-the-day entries will be accepted.
 3. Entries are non-transferable.
 4. Providing false information or racing under an assumed name/age will result in disqualification.
 5. No changes to race distances are allowed after registration.
 6. Organizers are not responsible for disputes from incomplete or incorrect entry details.
 7. Timing BIB tags must not be exchanged, or participants will be disqualified.
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Q16) What Are the Athlete Check-In Rules?

1. Participants must complete check-in during allocated times and attend the mandatory race briefing.
 2. Bicycles must be racked during designated times; failing this will prohibit participation for the Triathlon and Cycling Event.
 3. Timing chips must be worn on the left ankle throughout the race for the Triathlon event and for the runners Bibs must be placed on the chest.
 4. Lost or malfunctioning timing chips are the participant's responsibility and may lead to disqualification.
 5. Race numbers must remain visible and unaltered at all times.
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Q17) What Are the Bike Check-In Rules?

1. Check-in bicycles at the transition area during designated times only that i.e Before 5.30pm on 1st Feb 2025.
2. Helmets must be brought for safety inspection for all cyclist, smart helmets are not allowed.
3. Attach bike stickers before racking bicycles in designated areas.
4. Helmets and bike shoes can be left attached to bicycles during check-in. Other gear can be brought on race morning.
5. The T1/T2 bag will be provided by the organizers.



Q18) What Are the Swimming Rules?

1. Proper swim attire is mandatory.
 2. Swim goggles are allowed.
 3. No swimming aids (e.g., fins, snorkels) are permitted.
 4. Wetsuits are allowed.
 5. Assistance during the swim (other than medical aid) will lead to disqualification.
 6. Only participants and officials are allowed on the swim course up art from specially abled participants.
 7. Swimmers in difficulty should signal for assistance by raising an arm. Assistance will result in withdrawal from the race.
 8. For below 15 Years of triathlon and swimming participant tow floats are mandatory for other participants it is not mandatory/optional.
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Q19) What Are the Cycling Rules?

1. No support vehicles or pacers are allowed.
 2. Traffic rules must be followed unless directed otherwise by officials.
 3. Drafting is not allowed; maintain a 14-meter draft zone.
 4. Helmets must be worn from the moment the bike is removed from the rack until it is replaced.
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Q20) What Are the Running Rules?

1. Race numbers must be visible on the front of the runner's apparel.
 2. Support vehicles or pacers are not allowed.
 3. Runners must stick to designated paths throughout the course.
 4. Medical Support will be available throughout the route at the start/finish point .
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Q21) Are There Nearby Hotels and Bicycle Rentals?

For accommodation and bicycle rental queries, contact Smitha Chowta at 9869044845.

Q22) Who Can Provide Bicycle Assembly and Technical Assistance?

Contact Nitin at 8762649621 or Hardik at 9019979847 for assistance.

Q23) Who Can Help with Registration Queries?

Contact Shivam Shinde at 8655470934 or Prateeksha at 9920100262 for registration-related questions. Ankita at 9321722092

Q24) What Is the Start Time of the Race?

Event category	Reporting Time	StartTime (Flag off)
Full Marathon	4.10Am	4.30Am
Half marathon	4.45Am	5.00Am
CyclingAnd duathlon	6.00Am	6.15Am
Solo triathlon – Olympic distance	6.00Am	6.45Am
Triathlon Relay	6.15Am	7.00Am
Sprint	6.15Am	6.45Am
Swimming(1km)	6.30Am	7.15Am
Walkathon 2km	6.45Am	7.00Am
Running 10km	7.15Am	7.30Am
Running 5km	7.30Am	7.45Am
Swimming 500M	7.20Am	8.00Am



Q25) Total Price Money?

IDFC FIRST Bank Mangaluru Triathlon & IDFC FIRST Bank Mangaluru Marathon Prize Money 2025		
Event Categories	Amount	Total Prizes Count
Solo Triathlon, Sprint & Relay	11,35,000	60
Swimming	1,88,000	42
Cycling	1,08,000	18
Running	8,48,000	102
Duathlon	2,10,000	18
Total Prizes and no of Prize	24,89,000	240

For more info on Age Categories and Prize Money. Please visit [Mangalurutriathlon.com](https://mangalurutriathlon.com) (under Event prize Tab)

For Further details on price Money and Age Category please click here; <https://mangalurutriathlon.com>

Q26) Whether baggage counter, Shower, Washroom and changing room is available?

- Baggage counter is available near start point
- Shower and changing room (Gents and Ladies Sperate) available for Triathletes
- Enough washroom will available at the start and finishing point

Q27) Start point location

Tannirbhavi Beach, Mangalore Surfing Club/ Holding Area for runner – Tannirbhavi Parking.

Location: <https://g.co/kgs/VdYZwya>

Q28) Parking Location

Tannirbhavi Cricket ground. Volunteer will guide you for the parking.

Q29) Registration confirmation message, BIB confirmation message not received and Registration Page issue and queries?

Please contact Mr Shivam Shinde : 8655470934, 9920100262, 9820142195 or Email to support@youtoocanrun.com



Mangaluru Triathlon - Registration Process

Olympic Level Triathlon	4,000
Sprint Triathlon	3,500
Triathlon Team Relay	7,500
Duathlon with 40km Cycling & 10km Running	3,000
Full Marathon	1,500
Half Marathon	1,000
10K Dream Run	500
5K Fun Run	400
2K Charity Walk	500
1000 Mtrs Dream Swim	400
500 Mtrs Fun Swim	400
40K Dream Cycling	1,000
Wheel Chair Race	Free

Select your category

- Olympic Level Triathlon (₹4000.00)
- Sprint Triathlon (₹3500.00)
- Triathlon Relay (₹6000.00)
- Dream Swim 1000 MTRS (₹400.00)
- Dream Cycling 40 K (₹1000.00)
- Dream Run 10K (₹400.00)
- Open Sea Fun Swim - 500 Mtrs (₹400.00)
- Fun Run 5K (₹400.00)
- Half Marathon - 21.097 Km (₹1000.00)
- Full Marathon (₹1500.00)
- Duathlon - Cycling And Running (₹3000.00)
- 2K Charity Walk (₹500.00)
- 2 Km Wheel Chair Race - Physically Challenged (₹0.00)

Registration Details

1. Personal Information

IDFC First Bank Mangaluru Triathlon - 2025

Select the appropriate category for the Event.
Choose a Category: Olympic Level Triathlon (₹4000.00)

Registration Details

1. Personal Information

Please note:- The proof of service number should be produced at the time of Bib Collection

Are you from? *

First Name *

Last Name *

Email Id *

Mobile Number *



Verify Registration

Event Name:	IDFC First Bank Mangaluru Triathlon - 2025
Price Option:	Olympic Level Triathlon
Price per attendee:	₹4,000.00
Attendee Name:	Vino Mohandas (vino.mohandas@youtoocanrun.com)
Total Price:	₹4000.00

Vino Mohandas

Are you from?	None
First Name	Vino
Last Name	Mohandas
Email Id	vino.mohandas@youtoocanrun.com



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'Select Your Category:

1. Armed Forces

- Registration is free.
- Defence ID must be presented during bib collection.

2. Students

- Registration is available at a 50% discount.
- A valid Student ID must be shown during the expo.

3. None

- If you don't fall under the above categories, select "None" and proceed with regular registration.

4. Participant Details

- Fill in all the required details and click **Submit**.
- On the next page, review your registration details and click **Confirm Registration**.
- Once confirmed, proceed to make the payment online.
- After successful payment, you will see a success page confirming that your registration is complete.
- You will also receive an email confirmation with your registration details.

Thank You, See you on Expo