

Your Ultimate Guide to The Ultimate Human Race

You go for gold. We've got your exercise goals.

If you're competing in the 2025 Comrades Marathon, we'll reduce your Vitality Active Rewards exercise goal to 300 points for the following goal cycles:

- Before Comrades: Saturday, 31 May, to Friday, 6 June
- During Comrades week: Saturday, 7 June, to Friday, 13 June
- After Comrades: Saturday, 14 June, to Friday, 20 June

Your goal will return to normal on Saturday, 21 June 2025. You can view your updated goal in the Discovery app each Monday during this period.

Your Vitality points are waiting at the finish line

You can earn **3,000 Vitality points** for completing the 2025 Comrades Marathon. **Upload your results** through the [self-capture option on the Discovery website](#). Complete the online form and upload a copy of your race certificate or proof of your results for us to award your points.

Team Vitality shake-out run and social

Join us for a fun 5 km run with legendary Comrades winner Bruce Fordyce at the North Beach parkrun on Saturday, 7 June, at 08:00. Then, join Bruce, our club manager Peteni Kuzwayo, and your Team Vitality Champions for a chat on all things Comrades at Beach Café on the north beach promenade

1. Registration for social: 07:00 – 07:45
2. Social: 09:00 – 10:30

Your Comrades seconding table

You can collect your food and supplements from our seconding tables located between the 28 km and 32 km mark and between the 58 km and 64 km mark.

You can drop off your belongings at the Discovery Store in the Oceans Mall, Umhlanga on:

- Friday, 6 June, 9:00 – 19:00
- Saturday, 7 June, 9:00 – 13:00

Please mark your packs clearly with your name, surname, race number, preferred seconding distance and cellphone number. Please do not hand over any valuables.

You can collect your belongings from Monday to Friday at the Discovery Store in Oceans Mall between 09:00 and 17:00.

Distances communicated are correct at time of publishing. However, slight variations in distance and positioning may occur on the day.

Coach Peteni's race-day tips

Before	After
<ul style="list-style-type: none"> ➤ Pack warm clothes and a post-race recovery drink into a bag and leave it at the official Comrades bag drop area. ➤ Look out for manholes and uneven paving in the morning to avoid any injuries. ➤ Wear a warm top in the morning that you're happy to discard once the race has started and you've warmed up. ➤ In addition to your ICE contact, write down the name and phone number of another contact who'll be at Comrades on the back of your race number. 	<ul style="list-style-type: none"> ➤ Head to the Comrades bag drop area after the race and change into dry, warm clothes. ➤ Have your post-race recovery drink. ➤ Head towards the Team Vitality VIP hospitality area where you can refuel with a hot meal, fruit and drinks as a Team Vitality member.