

# Your Ultimate Guide to The Ultimate Human Race



## Wishing you all the best for the 2026 Comrades Marathon!

If you're taking on the ultimate human race on 14 June, we're here to support you every step of the way. In this guide you'll find everything you need to know to make your Comrades Marathon a smooth and unforgettable experience.

### Your Vitality Active Rewards exercise goal

To support your Comrades Marathon training and recovery, Vitality will lower your weekly exercise goal to 300 Vitality points from 6 June to 26 June 2026.

To request a reduced exercise goal, please email [goaldrop@discovery.co.za](mailto:goaldrop@discovery.co.za) by **4 June 2026** and include your race number as well as your Vitality membership number or ID number.

Team Vitality members whose 2026 Comrades Marathon entry has been verified by the Team Vitality support team will have their goals reduced to 300 Vitality points automatically.

Your exercise goal will be 300 Vitality points during the following dates:

- › 6 June – 12 June 2026
- › 13 June – 19 June 2026
- › 20 June – 26 June 2026

Your goal will return to normal from **Saturday, 27 June 2026**. You can view your updated goal in the Discovery app every Monday during this period.

Send your Comrades registration details to [goaldrop@discovery.co.za](mailto:goaldrop@discovery.co.za) before midnight on 04 June 2026, to get your goal reduced.

## Manual submission for Vitality points



Vitality members will earn **3,000 Vitality points** for completing the 2026 Comrades Marathon. Please **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. Here's how:

- 1) Log in to the [Vitality race events page](#).
- 2) Scroll down to **Manually submit your race results**.
- 3) Select "Yes" on the "Was this a Team Vitality Cash Back event on the Team Vitality Race Calendar"
- 4) Enter your race details and select Comrades Marathon under **Event name**.
- 5) Select "running or walking" under **Race type**
- 6) Enter your **race number, distance and time**
- 7) Click on **Choose file** to upload your race results or race certificate.
- 8) Enter a link to the race results on the official Comrades webpage and click **Agree and submit**.

It may take up to four days for your points to reflect. If you want your results to count towards your weekly Vitality Active Rewards exercise goal, make sure you send us your proof of completion before 17:00 on the Friday after the event.

## Team Vitality shake-out run and social

Join us on Saturday for a shake-out run and a social with Team Vitality and Bruce Fordyce.

 <b>Shake-out run</b>	 <b>Social</b>
<b>Where:</b> Durban Point parkrun	<b>Where:</b> The Point Water Sports Club
<b>When:</b> Saturday, 13 June 2026	<b>When:</b> Saturday, 13 June 2026
<b>Time:</b> 08:00 – 08:40	<b>Time:</b> 08:00 – 10:00
<ul style="list-style-type: none"><li>› Easy 5 km – all paces welcome</li><li>› #FromCouchToComrades energy only</li></ul>	<ul style="list-style-type: none"><li>› Speakers, Comrades tips and community</li></ul>

### Social programme:

<b>07:30 – 08:00</b>	Registration
<b>09:00 – 09:20</b>	Pacing tips from our Team Vitality Champions
<b>09:20 – 09:30</b>	Seconding info and what to pack for race morning

09:30 – 10:00

Bruce Fordyce – The Comrades route

## Your Comrades seconding tables

Team Vitality seconding tables will be available at the **30 km and 60 km** marks on race day.

### Drop-off locations and times

**Friday, 13 June | 09:00 – 17:00**

#### Virgin Active Cascades, Pietermaritzburg

McCarthy Drive, Montrose, Shop G32, Cascades Shopping Centre, Pietermaritzburg, 3201

#### Virgin Active Kings Park, Durban

67 Isaiah Ntshangase Road, Stamford Hill, Durban, 4001

**Saturday, 14 June | 09:00 – 14:00**

#### Virgin Active Cascades, Pietermaritzburg

McCarthy Drive, Montrose, Shop G32, Cascades Shopping Centre, Pietermaritzburg, 3201

#### Virgin Active Kings Park, Durban

67 Isaiah Ntshangase Road, Stamford Hill, Durban, 4001

### How to pack your seconding bag

Each pack must be clearly marked with you name and surname, race number, cellphone number and preferred seconding table (30 km or 60 km) on a sticker.

- ✓ Bottles must be clearly marked if they need to be filled on the water line
- ✗ No fluids inside packs
- ✗ No valuables (chargers, power banks, wallets, etc.)

Please collect your seconding bag on Monday, 15 June, at the Discovery Store Umhlanga inside the Oceans Mall from 09:00 to 17:00.

## Official Comrades Marathon tog bag service

**This is the official Comrades Marathon tog bag service** – not a Team Vitality service. Runners drop bags at the start using the official trucks, and bags are collected at the finish.

### What to pack in your tog bag:

Pietermaritzburg will be cold – especially after your race. We strongly recommend:



- ✓ Warm, dry clothes
- ✓ Fresh socks and comfortable shoes

- ✓ Warm top and jacket
- ✓ Long pants
- ✓ Post-race recovery drink

## Important safety notice and Coach Peteni's race day tips

Before the race	After the race
<ul style="list-style-type: none"> <li>› Pack warm clothes and a post-race recovery drink into your tog bag.</li> <li>› Look out for manholes and uneven paving in the morning.</li> <li>› At the start, be vigilant of cat's eyes before sunrise.</li> <li>› Wear a warm top you're happy to discard once you've warmed up.</li> <li>› Write your ICE details – plus a second contact who'll be at Comrades – on the back of your race number.</li> </ul>	<ul style="list-style-type: none"> <li>› Head to the Comrades bag drop area and change into dry, warm clothes.</li> <li>› Have your post-race recovery drink.</li> <li>› Head to the Team Vitality VIP hospitality area for a hot meal and drinks.</li> </ul>

## After you finish Comrades

<p> <b>What to expect</b></p> <ul style="list-style-type: none"> <li>› Collect your Comrades finisher's medal and tog bag.</li> <li>› Medical staff will be on hand if needed</li> <li>› Consider wearing an ICE (In Case of Emergency) bracelet</li> <li>› Write ICE details on the back of your race number as backup</li> </ul>	<p> <b>Meeting family and friends</b></p> <ul style="list-style-type: none"> <li>› Cellphone service at the finish is often poor</li> <li>› Runner fatigue makes coordination tough</li> <li>› We strongly encourage meeting at the Team Vitality hospitality tent</li> <li>› Your phone battery may also be low after the race. We recommend choosing a meeting point in advance where possible.</li> </ul>
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