20 CELEBRATING YEARS

STRIDERS®

We help ***you*** run better.



We ***run*** better marathons, too.

Today's Biggest Challenge!

What people want from life





Listen to What the World is Saying...

"Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives"

Govt. of India's Fit India Movement

"We are embedding health & well-being at the heart of our business strategy because our people are our greatest asset, and we recognize that a healthy, happy and committed workforce is vital to our business success."

ALEX GOURLAY, COO, Walgreens Boots Alliance, Inc.

"Bringing in a Fitness Program improves the quality of life, & increases creativity & energy in employees' existing work schedule."

Harvard Business Review



"Take care of yourself: When you don't sleep, eat crap, don't exercise, and are living off adrenaline for too long, your performance suffers. Your decisions suffer. Your company suffers."

E.V. WILLIAMS, Co-Founder, Twitter

Employees who believe that management is concerned about them as a whole person – not just an employee – are more productive, more satisfied, more fulfilled. Satisfied employees mean satisfied customers, which leads to profitability.

ANNE M. MULCAHY, Former Chairman & CEO, Xerox Corp

"I wish I had invested more in my health."

RAKESH JHUNJHUNWALA, Investor





"When people are your greatest asset, investments in human capital should be considered in the same way a company might invest significantly in product R&D."

CATHY ENGELBERT, Former CEO, Deloitte

"Caring about employee wellness pays off. It is the key to a healthy, engaged and more productive workforce."

SAMUEL LISSE, CEO, Switzerland, Mercer



Our Identity

STRIDERS

BE LIMITLESS

The Striders logo reflects the dual advantage: that fitness benefits both the body and the mind.

It also signifies strength and flexibility.

The infinity-shaped “S” symbolizes the long-term benefits of being a part of Striders.



Our Vision

To be the company of first choice in the field of wellness & fitness for individuals & corporates, by providing constant value-adds, both on and off the field.

Our Mission

To make the Striders brand synonymous with wellness & fitness, by providing innovative and safe on-field and online training packages and solutions, to enable individuals to achieve personal glory in their individual health pursuits.

CELEBRATING 20 YEARS

Striders Fitness: Two decades of transforming lives. 1,500+active trainees across India. 35,000+ trainees trained over 20 years of excellence.

1,500+ Active trainees

35,000+ trainees in 20 years

100+ Brand Collaborations



The Growth Saga Continues

20 years... and counting...

85 trainers

71 centres

27 cities

35,000+ members



Striders PAN INDIA

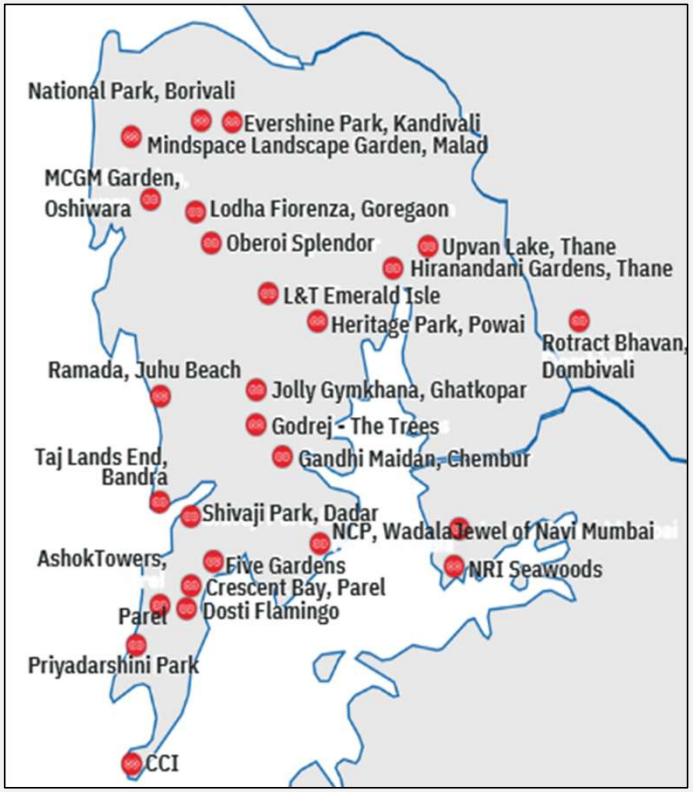
Outdoor Training Locations

Location	Outdoor Center Name
Bangalore (OD)	Cubbon Park-M
	Whitefield -E
Chennai (OD)	Velacherry
	Centerspine
	Serisuri
	Besant Nagar
Delhi (OD)	Leisure valley park
	South City 2
Hyderabad (OD)	Botanical Garden
	Sanjeeviah Park
Kolkata	Across Kolkata
Pune	Megapollis

Location	Outdoor Center Name
Ahmedabad (OD)	Usmanpura Riverfront garden
Gandhinagar(OD)	Sarita Udhyan
Bhubaneswar (OD)	Bhuddho Park
Indore	Online
Kochi(OD)	TCS Campus
Nagpur (OD)	TCS Camapus
	Japnese Garden
Lucknow (OD)	Lohia Park
Trivandrum	TCS Campus
Vadodara	Kamati Baug
Jamshedpur	Jubliee Park
	KS Link Road
	Green Enclave

Striders Mumbai

Striders Training Locations - Mumbai								
Sr. No.	Locations (Assembly Point)	Time		Training Days			Trainer's Name	
1	Ashok Tower (Only for Residents)	7:30 AM	8:30 AM	TUE	THU	SAT	Neha Neharkar / Kalpana Singh	
2	Ashok Tower (Only for Residents) (Senior Citizen Only)	8:00 AM	9:00 AM	TUE	THU	SAT	Neha Neharkar / Kalpana Singh	
3	Bandra (Taj Lands End)	5:43 AM	7:00 AM	TUE	THU	FRI	Virendra Singh	
4	Chembur (Gandhi Maidan)	5:30 AM	6:45 AM	MON	WED	FRI	Ashish Gupta / Umesh Bhople	
5	Crescent Bay (Only for Residents)	5:45 AM	7:00 AM	MON	WED	FRI	Virendra Singh	
6	Dombivali (Rotract Bhavan, Garda Circle)	5:45 AM	7:00 AM	MON	WED	FRI	Sushil Inamdar / Vandana Ahire	
7	Dosti Flamingos (Sewri) (Only for Residents)	5:30 AM	6:45 AM	TUE	THU	SAT	Mangesh Ardalkar	
8	Evershine Park Kandivali	6:00 AM	7:15 AM	TUE	THU	SAT	Abhishek Farad	
9	Five Gardens (Kids Park)	6:00 AM	7:15 AM	TUE	THU	SAT	Ranjit Gharami / Kunal Kajre	
10	Godrej - The Trees (Vikhroli) Batch 1	5:45 AM	7:00 AM	MON	WED	FRI	Kunal Kajare	
11	Godrej - The Trees (Vikhroli) Batch 2	7:00 AM	8:00 AM	MON	WED	FRI	Kunal Kajare	
12	Goregaon West Behind Mindspace (Mindspace Garden)	6:00 AM	7:15 AM	TUE	THU	SAT	Sandip Badade	
13	Jolly Gymkhana (Only for Members)	5:50 AM	7:05 AM	MON	WED	FRI	Ranjit Gharami / Vandana Ahire	
14	Juhu (Juhu Beach - Beside Juhu Police Station)	5:45 AM	7:00 AM	MON	WED	FRI	Prakash Sawant / Swapnali Kijbile	
15	L&T Powai (Only for Residents)	5:45 AM	7:00 AM	MON	WED	FRI	Abhishek Farad	
16	Lodha Fiorenza (Only for Residents)	7:15 AM	8:30 AM	TUE	THU	SAT	Swapnali Kijbile	
17	New Cuff Parade (Wadala Only for Residents)	5:45 AM	7:00 AM	TUE	THU	SAT	Ashish Gupta	
18	NRI Complex Batch 1 (Navi Mumbai) (Only for residents) (Morning)	6:00 AM	7:15 AM	MON	WED	FRI	Vikrant Jagtap	
19	Oberoi Splendor Batch I (Only for Residents)	5:45 AM	7:00 AM	TUE	THU	SAT	Priyesh Yesware	
20	Oberoi Splendor Batch II (Only for Residents)	7:00 AM	8:00 AM	TUE	THU	SAT	Priyesh Yesware	
21	Oberoi Splendor Batch III (Only for Residents)	5:45 AM	7:00 AM	MON	WED	FRI	Ajinkya Ghag	
22	Oberoi Prisma (Only for Residents)	5:45 AM	7:00 AM	MON	WED	FRI	Ajinkya Ghag	
23	Oshiwara (MCGM Gardern)	5:45 AM	7:00 AM	MON	WED	FRI	Sandip Badade	
24	Powai (Main Gate, Heritage Park) Batch 1	5:45 AM	7:00 AM	MON	WED	FRI	Mangesh Ardalkar	
25	Powai (Main gate, Heritage Park) Batch 2	7:00 AM	8:15 AM	MON	WED	FRI	Mangesh Ardalkar	
26	Race course	5:43 AM	7:00 AM	TUE	THU	SAT	Prakash Sawant / Mahendar Singh	
27	Seawoods (Jewel of Navi Mumbai)	6:00 AM	7:15 AM	TUE	THU	SAT	Vikrant Jagtap	
28	Shivaji Park (Dadar Gate No 1)	5:43 AM	7:00 AM	MON	WED	FRI	Prakash Nadar	
29	Thane 1 (Upwan Lake)	5:45 AM	7:00 AM	TUE	THU	SAT	Ramnath Mengal / Prakash Nadar	
30	Thane 2 (The Walk, Hiranandani Estate)	6:30 AM	7:45 AM	TUE	THU	SAT	Sushil Inamdar / Vandana Ahire	
31	JVLR	6:00 AM	7:15 AM	MON	WED	FRI	Robert Dominic	
32	The Cricket Club of India (Only for Members)	6:15 AM	7:30 AM	MON	WED	FRI	Neha Neharkar	



Striders Corporate Programs... Always ON!

ONfield



We conduct Training Sessions for your employees at any of our existing centers.

Your employees can attend outdoor fitness training at any of our Striders outdoor training centers.

75-minute sessions will be conducted 3 to 4 days a week.

Benefits

- Develop Fitness and Running culture in employees
- Healthy work-life balance
- A group from your reputed corporate will be ready to run all major marathons across the world

ONsite



We conduct Training Sessions at a desired time on your premises.

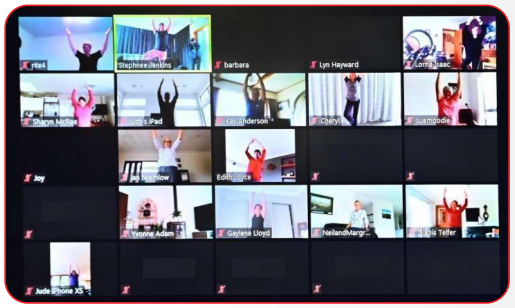
Focused sessions on strengthening, fitness, and workstation stretching.

Sessions will be of 10-15 minutes or 45-60 minutes.

Benefits

- Develop a Fit & Healthy workplace culture.
- More focused employees.
- Better office atmosphere and energy.
- Less absenteeism and medical expenditure
- Fit employees set and achieve higher goals.

ONline



Experienced Trainers conduct online Training Sessions at a desired time, and your employees attend them online from anywhere.

Our Trainers track your offline activities on the Striders WebApp, and provide personalized training plans and feedbacks.

Benefits

- Develop the Fitness culture in employees, especially during WFH.
- Designated fitness training can be scheduled & included during worktime.
- Easy access to expert fitness training

We also offer a Hybrid Model, customized to your specific needs.

Our Corporate Clients

TATA CONSULTANCY SERVICES

TATA SONS LIMITED

Reliance Capital

The Cricket Club of India

Ghatkopar Jolly Gymkhana

TATA STEEL

Reliance Industries Limited

Sterlite Power

JSW Steel

EVONIK POWER TO CREATE

Investec

NSE

JCAPCPL

ASCENT CONSTRUCTION

citibank

TRENT LIMITED A TATA Enterprise

tomtom

ROBINSONS CARGO AND LOGISTICS ON THE MOVE

SKECHERS

Edelweiss Ideas create, values protect

Federal Bank

Union Bank of India

YES SECURITIES

UBS

Striders Business Verticals

Training



- Fitness Training
- Marathon Training
- Kids Training

Corporate Training



- Corporate Training
- Corporate Tie-ups
- Product Partnerships

Events



- Marathons
- Cyclothons
- Annual Sports Days

Athletic Kids Cup



- Kids Athletic Training
- 5 Regional Finale
- 1 Grand Finale

The Striders Journey



tcs Fit4life
Corporate Challenge

10KM Corporate Challenge

The TCS Fit4life Corporate Challenge is in its **14th edition** & is an annual **10K** timed competitive running event for corporate participants, which brings together like-minded organizations to promote physical fitness amongst professionals while contributing to a social cause via charity.









Thane Half Marathon

The **Thane Half Marathon (THM)** is an annual running event. Earlier known as the *Hiranandani Thane Half Marathon*, now- *Union Bank of India Thane Half Marathon*. The event has completed **12 editions** & enables participants to explore their multi-dimensional personalities, helping create better individuals who in turn create better communities.









Tata Ultra Marathon

The Tata Ultra Marathon is an annual event conducted by Striders at Lonavala.

Participants run in **50 KM** & **35 KM** category in this Ultra Marathon.

Striders organised the **9th edition** of the Tata Ultra Marathon on the 22nd February, 2026.









Federal Bank Pune Marathon
22 November 2026
EXECUTION PARTNER STRIDERS

Federal Bank Pune Marathon

The Federal Bank Pune Marathon is now in its **3rd edition.** The 2nd Edition was conducted on 22nd November 2025, which attracted more than 3000 participants.







20 CELEBRATING YEARS STRIDERS

YES SECURITIES CYCLOTHON '25 MUMBAI

Pedal Karo Apne Style Se

YES SECURITIES CYCLOTHON MUMBAI

YES SECURITIES Cyclothon Mumbai is now in its 2nd edition. With over 3000 cyclists participating in its 1st edition, the 2nd edition targets 4000 cyclists.









Annual T-Shirt Run

Striders Annual T-shirt Run is organized in the month of December to Celebrate the anniversary of Striders. Striders completed 19 years in 2025.







SANKAT MOCHAN FOUNDATION
Union Bank of India
RUN FOR CLEAN गंगा
STRIDERS

Union Bank of India
Sankat Mochan Foundation

Run for Clean Ganga- 2026

The 2nd edition of the Run for Clean Ganga was conducted on 22nd March 2026 with a participation of over 2500 participants running through the ghats of River Ganga. As the name say, it is an initiative for keeping the River Ganga clean.







HTC Hiranandani Thane CYCLOTHON 2023

Hiranandani Thane Cyclothon

The Hiranandani Thane Cyclothon (HTC) is an annual mass-participation cycling event that gives participants the opportunity to cycle alongside thousands of like-minded cyclists, helping create environment awareness.









20 CELEBRATING YEARS STRIDERS



Get in touch with us

Striders Miles - Be Limitless

stridersmiles

Striders Miles Private Limited

Striders Miles

Striders

022-24112108

99202 72883