

# Athlete CV

## **Profile**

**Name:** Atul Chauhan

**Sport:** Trail Running | Mountain Biking

**Date of Birth:** 28-02-1994

**Current Location:** Shimla (H.P.)

**Permanent Address:** Shakti Sadan, New Winter Field, Dhalli, Shimla, Himachal Pradesh, India (171012)

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+91-9459033240 (WhatsApp)



<b>Height:</b> 185cm
<b>Weight:</b> 78kgs
<b>Resting Heart Rate:</b> 54bpm
<b>Maximum Heart Rate:</b> 190bpm
<b>FTP:</b> 290W
<b>Best VK time : 54mins (trails)</b>
<b>Best 10Km time: 41mins (300m+ elevation gain)</b>

## Introduction:

Hailing from Himachal Pradesh (India), I find my passion in the perfect blend of mountains, nature, and the thrill of racing. Since 2016, I've been fuelled by this triad, and the love for these elements has been the driving force behind mountain running and mountain biking.

My initiation into the world of Adventure Sports began at the Hero MTB Himalaya in 2016, where I not only embraced the challenge of my first-ever MTB race but secured an impressive 10th position in the fiercely competitive open men solo category. The adrenaline of mountain biking soon found its counterpart in trail running, and in 2017, I leaped into The Hell Race, clinching a remarkable 2nd position in my debut trail race at the Solang Sky Ultra in the Mt. Patalsu Challenge.

Balancing the rigors of my athletic pursuits with a career as a Software Business Analyst in the IT industry, I credit my ability to maintain a disciplined training schedule to the supportive work culture I'm fortunate to be a part of.

Going forward, my ambitions include representing my country in mountain biking and trail running events, as well as attempting to set records for the fastest known times and I could also contribute to the growth of these sports in our region where cycling and trail running are still emerging as sports.

Through unwavering hard work and perseverance, I've seen the fruits of my labor materialize. Yet, I recognize the need for support from a forward-thinking brand that shares my vision.

### Education

2019: MBA (Master of Business Administration) from Himachal Pradesh University, India. (72.85 %)
2015: Graduation in Computer Science and Engineering from Lovely Professional University, Punjab, India. (6.25 CGPA)
2011: 12 <sup>th</sup> class (CBSE Board) (non-medical) from D.A.V. Public School, New Shimla, H.P., India. (85.6%)
2009: 10 <sup>th</sup> class (CBSE Board) from D.A.V. Public School, New Shimla, H.P., India. (84%)

### Achievements

**Note\*** Items marked bold in the table below are running events and others are cycling events.

Description	Year
Participated for the state team Himachal Pradesh in 2021 (15 <sup>th</sup> position), 2018 (15 <sup>th</sup> position), and 2017 (20 <sup>th</sup> position) Mountain Biking Nationals, India.	2017, 2018, 2021
Participated for the state team Himachal Pradesh in 2018 and 2019 (23 <sup>rd</sup> in TT) Road Cycling Nationals, India.	2018, 2019
<b>Winner at HASTPA's Run and Bike (duathlon- running category)</b>	<b>2023</b>
<b>Winner at Tuffman Shimla 10K mountain run 2022 &amp; 2024</b>	<b>2022 &amp; 2024</b>
Winner in the team category in 2 day XCM MTB Shimla race, India	2017
<b>Winner in the team of four category in 2<sup>nd</sup> Adventure Racing Championship (Duathlon)</b>	<b>2017</b>
<b>2<sup>nd</sup> position in Silk Route Ultra Trail event (15km category)</b>	<b>2023</b>
<b>2<sup>nd</sup> position in Trail Running event "The Hell Race" VK (Vertical Kilometre)</b>	<b>2019</b>
<b>2<sup>nd</sup> position in the Team category in 2 day MTB Shimla race (India) &amp; 3<sup>rd</sup> overall position</b>	<b>2019</b>
2 <sup>nd</sup> position in XCC race Sunni	2020
3 <sup>rd</sup> position in Summit Run Sethan Dome - Hampta	2025
3 <sup>rd</sup> position in the Tour de Sanawar XCC race held at Sanawar school, India	2019
3 <sup>rd</sup> position in Green Wheelz XCO race held at Gurugram	2019
3 <sup>rd</sup> position in the Battle of Mountain Bikers at Chandigarh	2021
<b>3<sup>rd</sup> position in Tuffman 6hrs relay run at Panchkula</b>	<b>2021</b>
<b>4<sup>th</sup> position in mountain running "Mt. Patalsu Challenge" at Solang Valley</b>	<b>2020</b>
4 <sup>th</sup> position in the Riders of the Storm XCO race held at Chandigarh, India	2020

<b>4<sup>th</sup> position in 2 days Trails and Dust race at Manali, India</b>	<b>2017</b>
<b>4<sup>th</sup> position in Hero MTB Himalaya (8 days xcm race) (Team Category)</b>	<b>2017</b>
<b>5<sup>th</sup> position in Himachal Pradesh State MTB Championship</b>	<b>2019</b>
<b>6<sup>th</sup> position in Hanumangarh Epic (The Hell Race)</b>	<b>2023</b>
<b>7<sup>th</sup> place in Bangalore Mountain Festival (XCO)</b>	<b>2018</b>
<b>8<sup>th</sup> position in Voice Against Drugs Marathon held in Shimla</b>	<b>2016</b>
<b>9th in Shimla Daud: Half marathon</b>	<b>2017</b>
Took part in multiple other competitive events and first ever mountain bike Summits at Chandernahan Lake(4000m), Kuppar Peak(3350m) and Kot Kali peak(3250m).	

### **Future Goals**

Represent India in Trail Running events.

Represent India in Mountain Biking events (XCM).

FKT attempts on foot and peak summits with a mountain bike.

### **Few pictures:**





Social Media Links:

