



RUNNER'S GUIDE

October 26th
2025

AGENDA

23 THURSDAY

10am – 08pm

BIBs & Participation kits delivery

Centro de Congressos de Lisboa

24 FRIDAY

10am – 08pm

BIBs & Participation kits delivery

Centro de Congressos de Lisboa

25 SATURDAY

10am – 08pm

BIBs & Participation kits delivery

Centro de Congressos de Lisboa

08am

EDP Lisbon Marathon Start

Carcavelos

04pm

EDP New Generation Start

Rossio dos Olivais

26 SUNDAY

09h20am

Hyundai Half Marathon Start

Vasco da Gama Bridge

09h20am

EDP 8K Start

Vasco da Gama Bridge

HIGH LIGHTS



DATE: October 26th

RACE START TIME: 09:20am

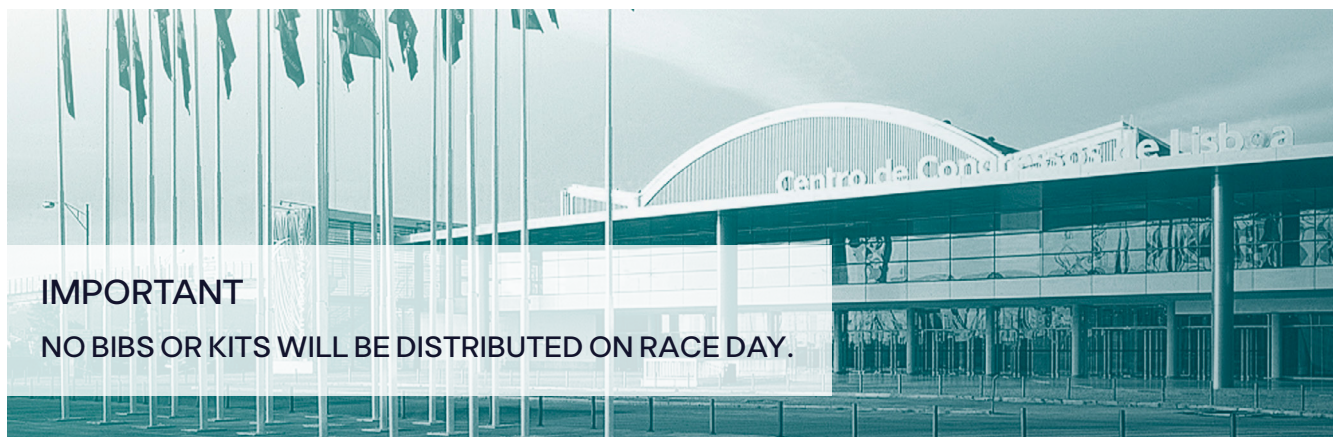


TIME LIMIT OF THE RACE: 2H30M

PARTICIPANTS: 8.000 People



SPORT EXPO



IMPORTANT

NO BIBS OR KITS WILL BE DISTRIBUTED ON RACE DAY.

The **Sport Expo** will take place at the **Centro de Congressos de Lisboa** (Praça das Indústrias 1, Lisbon) and will be open from:

23 THURSDAY

10am – 08pm

BIBs & Participation kits delivery

Centro de Congressos de Lisboa

24 FRIDAY

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Centro de Congressos de Lisboa

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Centro de Congressos de Lisboa





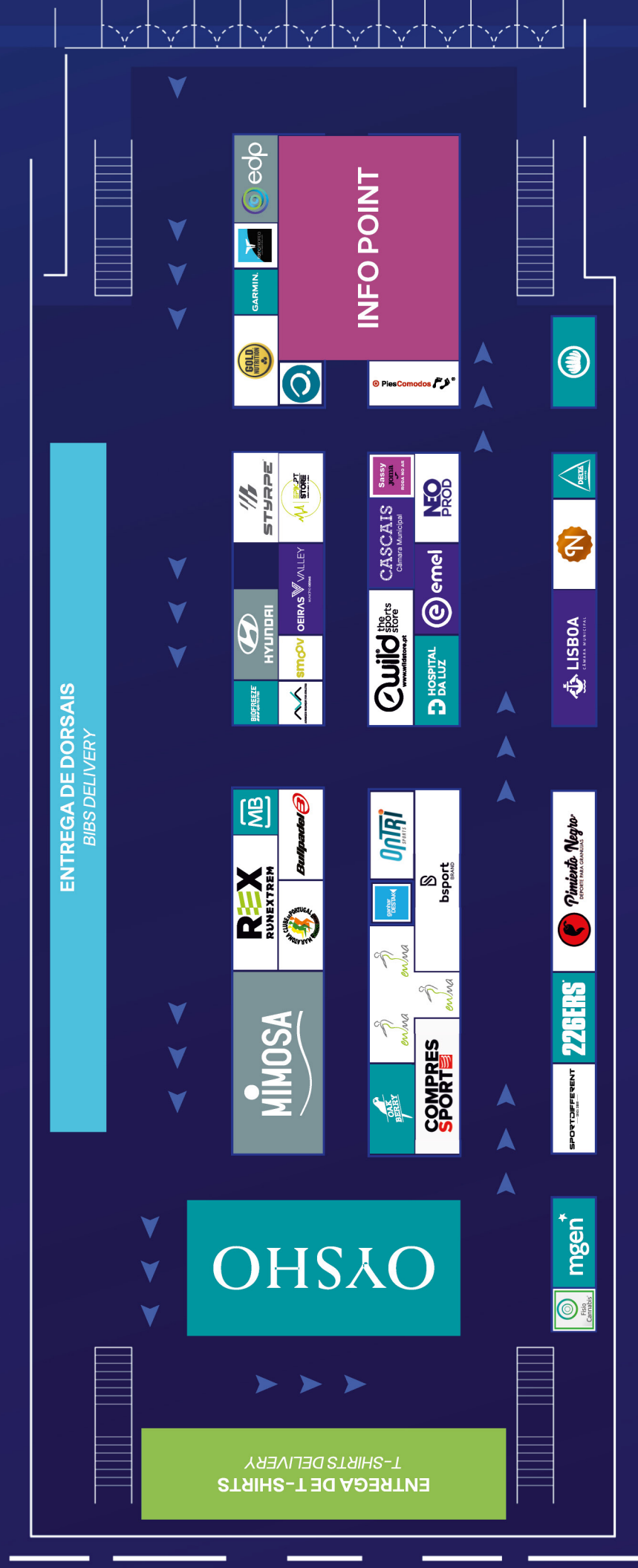
Maratona
de Lisboa



HYUNDAI
Meia Maratona
PONTE VASCO DA GAMA



edp | New
Generation



LEGENDA / KEY

Entrega de dorsais
BIBs delivery



Entrega de T-Shirts
T-Shirts delivery



Ponto de informação
Information point



Escadas
Stairs



Stands Patrocinadores
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Stands Institucionais
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Stands Parceiros
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Gold Nutrition
Loja Sassy Roda no Ar
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Pinheiro Negro
REX Run Extrem
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Advanced Recovery for Athletes
Associação Salvador
Bullpadel
BSPORT
Compresport
EMMA
Epikore
Fábrica da Nata
Fisiocamabis
Ganhar Destak

226ers
Bananas da Madeira
Balfreeze
Delta
Garmin
Hospital da Luz
MBWAY
MGEN
Oakberry
Oysho

Câmara Municipal de Cascais
Câmara Municipal de Oeiras
Câmara Municipal de Lisboa
EMEL

EDP
Hyundai
Mimosa

Entrega de dorsais
BIBs delivery



Entrega de T-Shirts
T-Shirts delivery



Ponto de informação
Information point



Escadas
Stairs



BIBs & PARTICIPATION KITS

At the Sport Expo, you can collect your BIB and participation kit, and get all the information about the race, including how to reach the start line, course details, and any other important information you may need.

IMPORTANT

To pick up your BIB and Participation Kit you must present your **registration document (PDF)**.

 [Link to the PDF](#)



Participants who do not have their registration document must go to the “Solutions” desk and request a copy. Participants may appoint another person to collect their bib. In this case, the representative must present the registered athlete’s registration document.

INFORMATION

Where: Sport Expo at **Centro de Congressos de Lisboa**, in Lisbon (Junqueira Area).

When: 23rd, 24th and 25th of October, from 10 am to 08 pm. No BIBs or participation kits will be delivered on the race day.

How: presenting the registration document (PDF sent by email). The registration document can be directly from a mobile phone.

Who: BIBs and participation kits can be picked up by the runner or by another person presenting their registration documents.

What: runners will receive one BIB, one official T-shirt, one official bag and other offers from sponsors. Please don’t forget to pick up the safety pins available for runners to pin their BIB to the T-shirt.



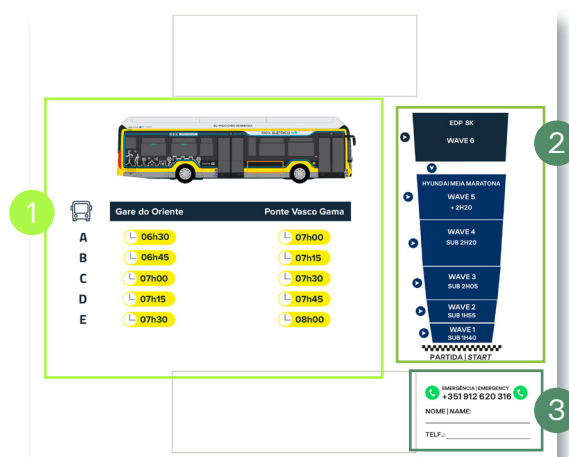
BIBs

FRONT OF BIB



- 1 Runners starting wave
- 2 Start line recommended bus
- 3 Race year

BACK OF BIB



- 1 Bus timetable
- 2 Start map
- 3 Emergency contacts



GIFTS

All runners are intitle to an **official race OYSHO t-shirt** delivered when picking up their BIBs. The T-shirt size is chosen when picking it up. There will be **five sizes available** (S, M, L, XL and XXL).

AFTER PICKING UP THE T-SHIRT IT IS NOT POSSIBLE TO CHANGE.

GIFTS



START LINE

THE START OF THE EDP 8K IS SCHEDULED FOR OCTOBER 26TH AT 09:20 A.M. THE TIME LIMIT TO FINISH THE RACE IS 2H30M (TWO HOURS AND THIRTY MINUTES).

HOW TO GET TO THE START

The start of the EDP 8K is located on the Vasco da Gama Bridge, in Lisbon.

To reach the start, **participants must use the buses provided by the organization.** These buses depart from Gare do Oriente station, right in front of the Vasco da Gama Shopping Center.

Participants may also use Lisbon's public transport free of charge (Carris buses, Metro, and CP trains) to travel to Gare do Oriente station, upon presentation of their race bib.

Runners should plan their journey to ensure they arrive at Gare do Oriente in good time.

The only way to reach the start is by using the organization's buses. There are no alternative options.

Participants living or staying on the south bank of the Tagus must also travel to Gare do Oriente. **It is not possible to access the start directly from the south bank.**

To ensure a smooth and stress-free start, the organizers strongly recommend that runners use the designated buses.

Please check the buses timetable on page 8 >>>



IMPORTANT NOTICE: THE CHANGE TO WINTER TIME TAKES PLACE IN PORTUGAL, ON THE LAST SUNDAY IN OCTOBER. THIS MEANS THAT THE TIME CHANGES ON OCTOBER 26. ON THIS DAY, AT 2:00 A.M., YOU MUST SET YOUR CLOCK BACK ONE HOUR TO 1:00 A.M.

TO AVOID INCONVENIENCE, THE ORGANIZERS URGE PARTICIPANTS TO ARRIVE AT THE START AREA AS EARLY AS POSSIBLE.

BUS TIMETABLE

Gare de Oriente departures

Gare do Oriente	> > >	Vasco da Gama Bridge
06h30 AM		07h00 AM
06h45 AM		07h15 AM
07h00 AM		07h30 AM
07h15 AM		07h45 AM
07h30 AM		08h00 AM



START AREA

AT THE START AREA, RUNNERS WILL FIND WCS, THE EDP 8K START BOX AND THE PACERS.

PACERS

There will also be pacers available with the following race paces:

Pace of 5:00 min/km

Pace of 5:30 min/km

Pace of 6:00 min/km

Pace of 6:30 min/km

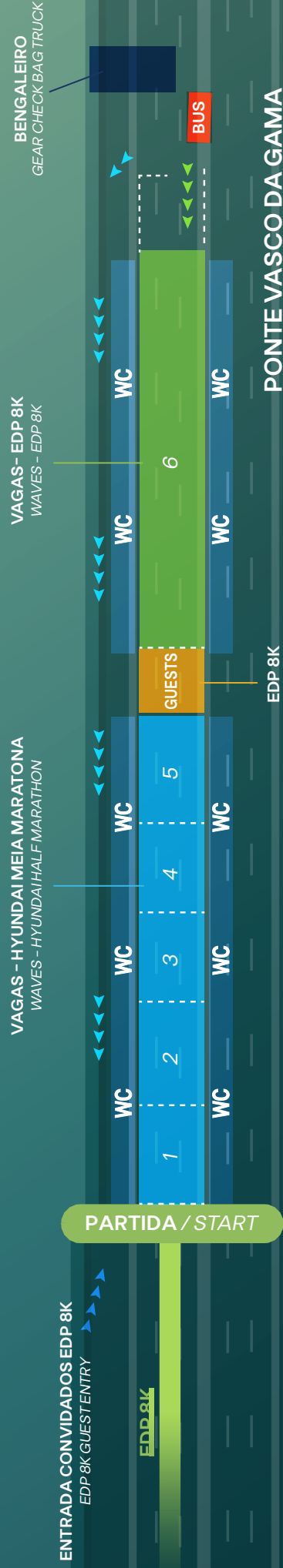




PARTIDA / START LINE

26.10.2025

RIO TEJO / TEJO RIVER



RIO TEJO / TEJO RIVER

LEGENDA / KEY

	Guests EDP 8K		WC		Percorso Race course		Entrada EDP 8K Entry EDP 8K
	Hyundai Meia Maratona Partida por vagas Start waves		BUS		Entrada convidados EDP 8K EDP 8K guest entry		
	EDP 8K Partida por vagas Start waves		Bengaleiro Gear check bag truck		Entrada Hyundai Meia Maratona Entry Hyundai Half Marathon		

RACE

The course of the EDP 8K begins over the Tagus River, on the Vasco da Gama Bridge, giving participants the unique opportunity to cross the longest bridge in Europe on foot. After leaving the bridge, the route follows the riverside area all the way to the finish line, at Parques das Nações, Expo.

Along the course, athletes will find:

- **1 aid stations** (with water)
- **1 music stage** (with a band or DJ)
- **2 WC areas**

Important:

During the race, pay attention to your body. If you feel any discomfort, slow down, cool off, and, if necessary, ask for assistance from the medical teams available along the course. Your health always comes first.

SUPPLIES



Vitalis Water



Music bands



WC



Medical station



Mimosa Protein



Madeira bananas



Olá Ice cream

AID STATIONS

KM	SUPPLIES SERVICES
START	WC
KM 6	Water, WC, Medical station, Music stage
KM 7	Music stage
META	Water, WC, Medical station, Music stage, Madeira bananas, Olá Ice cream

LINKS



[Course Maps](#)



[Course Video](#)

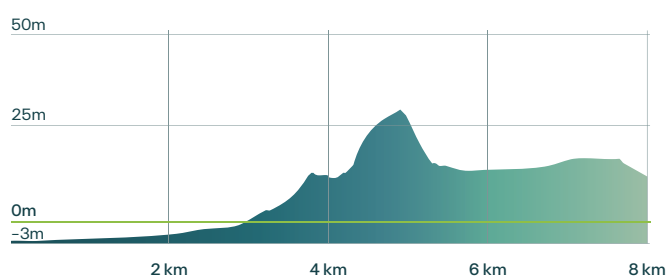


[Google Maps](#)



[Elevation](#)

ELEVATION



PONTOS DE INTERESSE / POI

- A** Ponte Vasco da Gama
- B** Parque Tejo
- C** Parque das Nações

LEGENDA / KEY

- Água Viciada / Dirty Water
- Barreira da Madeira / Acceleration
- Galardo Cita / Call the name
- Mirrors Pretinho
- WC
- Posto Médico / Medical station
- Bandas / Music bands

Parque Tejo

SACAVÉM

05

04

03

02

01

- +
- WC
- 🎵
- 💧

MOSCAVIDE

06

07

08

Parque das Nações

META / FINISH

WC

🎵

💧

+

PARTIDA / START

A

Ponte Vasco da Gama

LISBOA

ALTIMETRIA / ELEVATION



FINISH LINE

At the finish line, all finishers will receive an exclusive medal, Vitalis water, Madeira's banana, Olá ice cream, and Mimosa Protein milk.

SUPPLIES



Vitalis water



Madeira bananas



Mimosa Protein



Olá ice cream



See the map of the finish area



VODAFONE

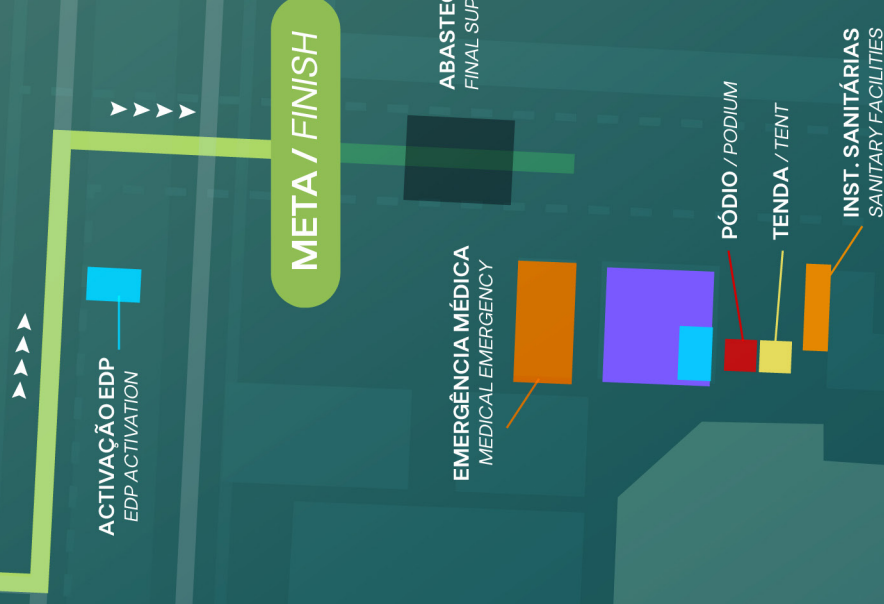
CENTRO COMERCIAL
VASCO DA GAMA

ALAMEDA DOS
OCEANOS

ALAMEDA DOS
OCEANOS

PAVILHÃO DE
PORTUGAL

MEO ARENA



LEGENDA / KEY

- Pódio / Podium
- Serviços médico / Medical services
- Tenda / Tent
- Ativações EDP / EDP activation
- EDP 8K / Percorso / Race course
- Acesso à meta / Access to the finish line
- Zona de concentração EDP New Generation / EDP New Generation concentration zone
- Abastecimento final / Final supply

SUSTAINABILITY

Every race is a moment of overcoming challenges. But it is also an opportunity to care for the environment. Small actions make a difference:

- On race day, before and after, use public transportation or carpool with friends—this way we reduce traffic and pollution.
- Put your trash in the appropriate containers at the start and finish lines and recycle. Don't throw water bottles on the ground, but in the bins located after the refreshment stations;
- Use the portable toilets at the start, along the course, and at the finish line;
- Bring clothes to the start that you can donate to a charity.
- Don't throw away your race number! Keep it so you can remember this experience later!



SPONSORS

THESE WEEKEND'S RACES WERE ONLY POSSIBLE THANKS TO THE CONTRIBUTION AND EFFORTS OF DIFFERENT BRANDS, ORGANIZATIONS AND INDIVIDUALS, TO WHOM WE WOULD LIKE TO SAY A BIG THANK YOU!

INSTITUTIONAL PARTNERS



NAMING SPONSORS



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EVENT PARTNERS



TECHNICAL SPONSOR



TIMING PARTNER



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