



RUNNER'S GUIDE

October 11TH
2026

AGENDA

8th THURSDAY

10 am – 08 pm

BIBs & Participation kits delivery

Pavilion 3, Feira
Internacional de Lisboa

9th FRIDAY

10 am – 08 pm

BIBs & Participation kits delivery

Pavilion 3, Feira
Internacional de Lisboa

10th SATURDAY

10 am – 08 pm

BIBs & Participation kits delivery

Pavilion 3, Feira
Internacional de Lisboa

08 am

EDP Lisbon Marathon Start

Carcavelos

04 pm

EDP New Generation Start

Rossio dos Olivais

11th SUNDAY

09:20 am

Hyundai Half Marathon Start

Vasco da Gama Bridge

09:20 am

EDP 8K Start

Vasco da Gama Bridge

HIGHLIGHTS



DATE: October 11TH

RACE START TIME: 09:20 am



CUT OFF: 2h30m

PARTICIPANTS: 8.000



SPORT EXPO

IMPORTANT

NO BIBS OR KITS WILL BE DELIVERED ON RACE DAY.

The **Sport Expo** will take place at Pavilion 3 – FIL (Feira Internacional de Lisboa), Rua do Bojador, Parque das Nações, in Lisboa, and will be open from:

8th THURSDAY

10 am – 08 pm

BIBs & Participation kits delivery

Pavilion 3, Feira Internacional de Lisboa

9th FRIDAY

10 am – 08 pm

BIBs & Participation kits delivery

Pavilion 3, Feira Internacional de Lisboa

10th SATURDAY

10 am – 08 pm

BIBs & Participation kits delivery

Pavilion 3, Feira Internacional de Lisboa



HYUNDAI

A energia de quem dá tudo

Do you have running gear you no longer use?

EDP and Hyundai invite all event participants to join this initiative. When collecting your bib at SportExpo between October 8th and 10th, consider bringing any running gear you no longer need and drop it off for donation to those who need it most.



BANCO
DE BENS DOADOS

clube
RUNNERS



BIB & 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)**.



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 participant’s registration document.

INFORMATION

Where: Sport Expo at Pavilion 3, Feira Internacional de Lisboa (FIL).

When: 8th, 9th and 10th 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 participant or by another person presenting their registration documents.

What: participants 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.



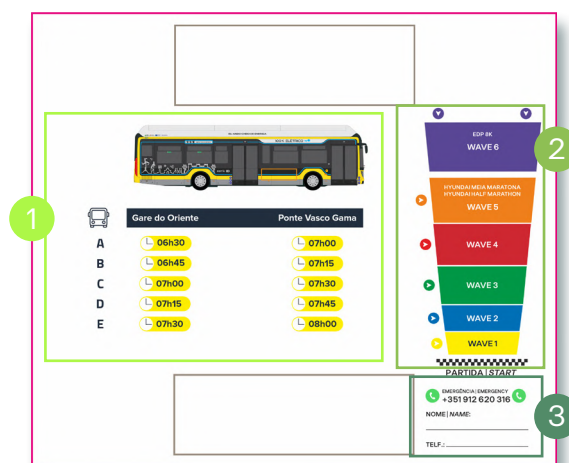
BIB & PARTICIPATION KIT

FRONT OF THE BIB



- 1 Runner's starting wave
- 2 Recommend shuttle
- 3 Race year
- 4 Gear check bag service

BACK OF THE BIB



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



GIFTS

All participants are intitle to an OYSHO official race t-shirt, which must be picked up at the desk at the t-shirts' desks. The T-shirt size is chosen when picking it up. There will be **six sizes available** (XS, S, M, L, XL and XXL).

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

GIFTS



START AREA

THE START OF THE EDP 8K IS SCHEDULED FOR OCTOBER 11TH 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 shuttles provided by the organization.** These shuttles 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 bib.

Participants 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 shuttles. 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 participants use the designated shuttles.

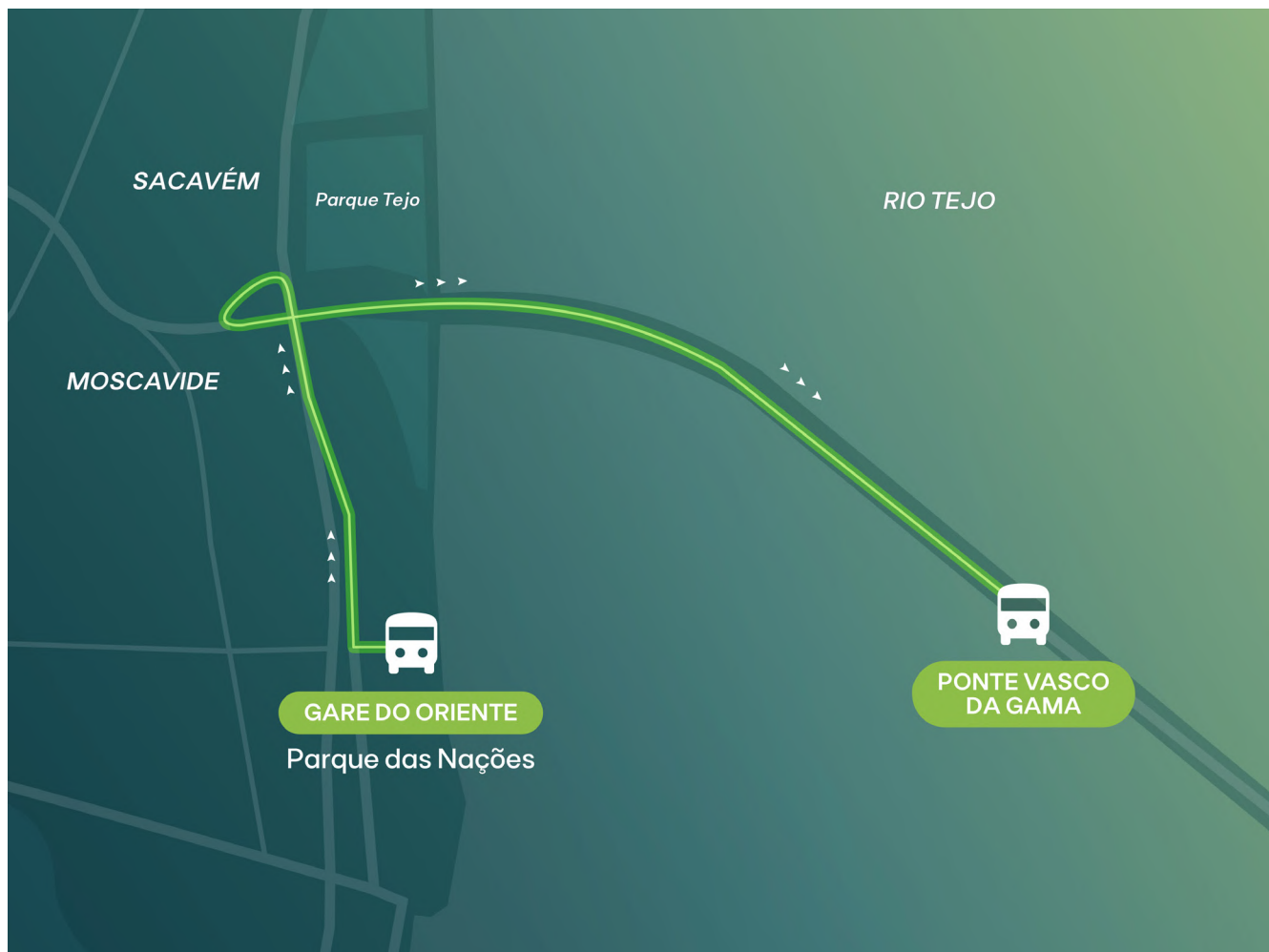
Please check the shuttles timetable on page 8 >>>

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

SHUTTLE TIMETABLE

Gare de Oriente departures

Gare do Oriente	> > >	Vasco da Gama Bridge
06:30 am		07:00 am
06:45 am		07:15 am
07:00 am		07:30 am
07:15 am		07:45 am
07:30 am		08:00 am



START AREA

AT THE START AREA, PARTICIPANTS WILL FIND SEVERAL WCS, THE EDP 8K STARTING 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

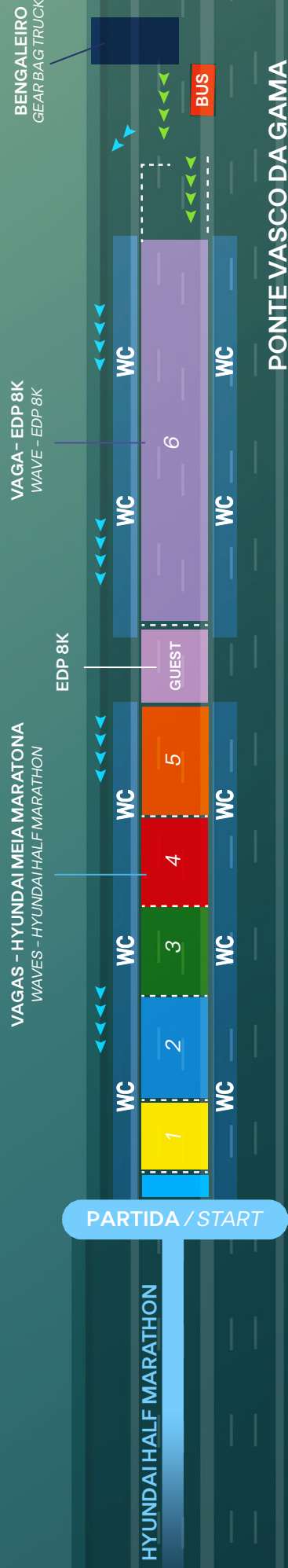




PARTIDA / START LINE

11.10.2026

RIO TEJO / TEJO RIVER



PARTIDA / START

HYUNDAI HALF MARATHON

PONTE VASCO DA GAMA

RIO TEJO / TEJO RIVER

VAGAS / WAVES

- ELITE
- VAGA 1 / WAVE 1: < 1h40
- VAGA 2 / WAVE 2: < 01h55
- VAGA 3 / WAVE 3: < 02h05
- VAGA 4 / WAVE 4: < 02h20
- VAGA 5 / WAVE 5: > 02h20
- VAGA 6 / WAVE 6: > EDP 8K

LEGENDA / KEY

- Guests EDP 8K
- Hyundai Meia Maratona
- EDP 8K
- WC
- BUS
- Bengaleiro Gear Bag Truck
- Percorso Race course
- Entrada EDP 8K
- Entrada Hyundai Meia Maratona

RACE COURSE

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 | SERVICES

	Vitalis Water
	Music bands
	WC
	Medical station
	Mimosa Protein
	Banana da Madeira
	La Menorquina ice cream

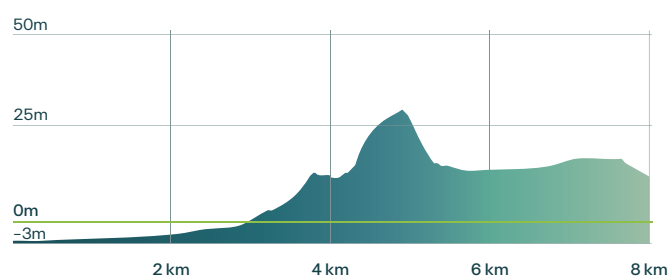
LINKS

 Course Maps	 Course Video
 Transports	 Elevation

AID STATIONS

KM	SUPPLIES SERVICES
START	
KM 6	   
KM 7	
FINISH	      

ELEVATION



PONTOS DE INTERESSE / POI

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

LEGENDA / KEY

-  Água Vitalis
Vitalis Water
-  Banana da Madeira
Madeira bananas
-  Gelado La Menorquina
La Menorquina ice cream
-  WC
-  Posto Médico
Medical station
-  Bandas
Music bands

Parque Tejo

SACAVÉM

05

04

06

07

08

09

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

56

57

58

59

60

61

62

63

64

65

66

67

68

69

70

71

72

73

74

75

76

77

78

79

80

81

82

83

84

85

86

87

88

89

90

91

92

93

94

95

96

97

98

99

100

101

102

103

104

105

106

107

108

109

110

111

112

113

114

115

116

117

118

119

120

121

122

123

124

125

126

127

128

129

130

131

132

133

134

135

136

137

138

139

140

141

142

143

144

145

146

147

148

149

150

151

152

153

154

155

156

157

158

159

160

161

162

163

164

165

166

167

168

169

170

171

172

173

174

175

176

177

178

179

180

181

182

183

184

185

186

187

188

189

190

191

192

193

194

195

196

197

198

199

200

201

202

203

204

205

206

207

208

209

210

211

212

213

214

215

216

217

218

219

220

221

222

223

224

225

226

227

228

229

230

231

232

233

234

235

236

237

238

239

240

241

242

243

244

245

246

247

248

249

250

251

252

253

254

255

256

257

258

259

260

261

262

263

264

265

266

267

268

269

270

271

272

273

274

275

276

277

278

279

280

281

282

283

284

285

286

287

288

289

290

291

292

293

294

295

296

297

298

299

300

FINISH LINE AREA

At the finish line, all finishers will receive an exclusive medal, Vitalis water, a Banana da Madeira, a La Menorquina ice cream, and a Mimosa Protein milk.

SUPPLIES

-  Vitalis water
-  Banana da Madeira
-  Mimosa Protein
-  La Menorquina ice cream



See the finish line map (next page)





edp | 8K

META / FINISH LINE
11.10.2026

VODAFONE

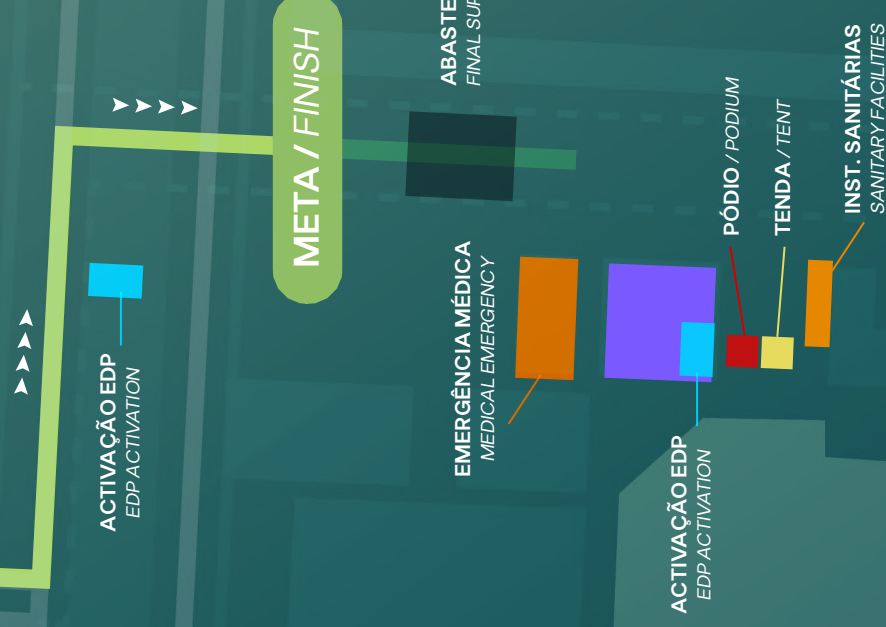
CENTRO COMERCIAL
VASCO DA GAMA

ALAMEDA DOS
OCEANOS

ALAMEDA DOS
OCEANOS

PAVILHÃO DE
PORTUGAL

MEO ARENA



LEGENDA / KEY

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

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

 INSTITUTO PORTUGUÊS DO
DESPORTO E JUVENTUDE

 DESPORTO
PARATODOS
PROGRAMA NACIONAL

 JAMR
JUNTA DE FREGUESIA
ESPACO DE EMOCÖES
ENCONTRO DE GERACÖES

visit Portugal 

 FUNDAÇÃO DO DESPORTO
SPORTS FOUNDATION | PORTUGAL

 LISBOA
CÂMARA MUNICIPAL

 emel

 PARQUE
DAS NAÇÕES
JUNTA DE FREGUESIA - LISBOA

 MISERICÓRDIA
JUNTA DE FREGUESIA

JUNTA DE FREGUESIA
STA. MARIA MAIOR 

NAMING SPONSORS

 edp

 HYUNDAI

OFFICIAL SPONSORS

 cme
Copa procme

 mgen

 Coca-Cola
EUROPACIFIC
PARTNERS

 POWER
ADE

 DELTA
CARDS

 Vitalis
ÁGUA MINERAL NATURAL

 MIMOSA

 MB WAY

 vodafone

 OAK
BERRY

 GOLD CAR

 NTT DATA

INTERNATIONAL PARTNERS



MEDICAL SERVICES



EVENT PARTNERS



TECHNICAL SPONSOR

OYSHO

TIMING PARTNER

GARMIN™

MEDIA PARTNER



OFFICIAL TRANSPORTS

