

 HYUNDAI 7k

RUNNER'S GUIDE

Mar. 8th
2025



AGENDA

RUNNERS GUIDE

Thursday 06

BIBs & participation kits delivery

📍 Sport Expo

🕒 10am – 8pm

Friday 07

BIBs & participation kits delivery

📍 Sport Expo

🕒 10am – 8pm

Saturday 08

BIBs & participation kits delivery

📍 Sport Expo

🕒 10am – 8pm

Hyundai 7K

📍 Estádio Nacional, Jamor

🕒 9:30am

Mimosa Family Walk

📍 Estação Fluvial de Belém

🕒 10am

EDP New Generation

📍 Mosteiro dos Jerónimos

🕒 4pm

Sunday 09

EDP Lisbon Half Marathon

📍 25 de abril bridge

🕒 9:30am

Vodafone 10K

📍 25 de abril bridge

🕒 10:05am



HIGHLIGHTS

HYUNDAI 7k



DATE:
Sunday 8th



START SHOT:
09:30am



TIME LIMIT:
01h30



PARTICIPANTS:
1.000



BIBS AND PARTICIPATION KITS DELIVERY

Important!

Registration document (PDF) to be presented when picking up the BIB



PDF
Example

At the Sport Expo, runners can pick up their BIBs and Participation kits and visit the sponsors' stands. They can also get all the information about the race, such as how to reach the start line, the course details, and other information.

Information

Where: Sport Expo is located at **Sala Tejo – MEO Arena**, in Lisbon (Parque das Nações).

When: 6th and 7th of March, from 10:00 am to 08:00 pm. **No BIB or participation kits will be delivered at the race day.**

How: to pick up their BIB and participation kit, runners must present their **registration document** (PDF sent by email). The PDF can be presented directly from a mobile phone. Runners who don't have their registration document can ask for it at the "Solutions" booth at the Sport Expo.

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

What: runners will receive a **personalized BIB**, one **official t-shirt**, one **official bag**, and other **offers from sponsors**. Runners must remember to pick up the **safety pins** to attach the BIB to the t-shirt.



GIFTS

All participants of the Hyundai 7K race will receive an official t-shirt, one BIB, one sports bag and other offers from Hyundai. The participants must also pick up the safety pins to attach the BIB to the t-shirt.

1.



2.



3.



4.



Restrictions

Please comply with the rules of the race. Participants who do not comply with the rules will be prevented from participating.



Age limit



No baby strollers



No bike



No scooter



No roller skates



No pets

RACE

The Hyundai 7K race starts at the Estádio Nacional, in Jamor, and ends in front of the Jerónimos Monastery (in the same place where the EDP Lisbon Half Marathon and the Vodafone 10K end).

To get to the start, participants can use the **shuttle** that departs from the Navy Museum (next to the finish line) between 08:00 and 09:00 in the morning, and from the finish line to the National Stadium between 10:00 and 12:00.

With a 7 km course, the Hyundai 7K is the ideal race for those who want to do one last practice before Sunday's races or get started in road races!

Participation medal



SPONSORS

Thank you!

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!

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