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NMDC

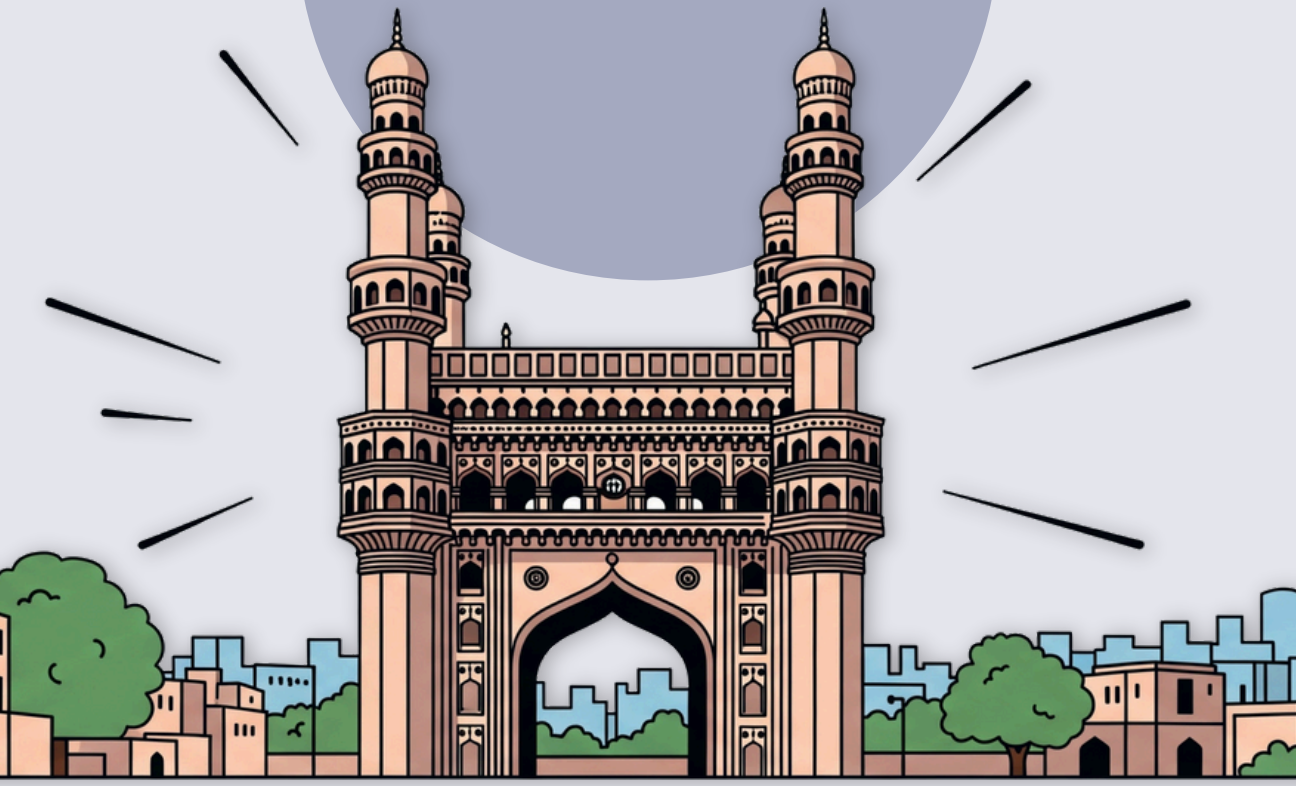
**HYDERABAD
MARATHON**



Flagship Event Of



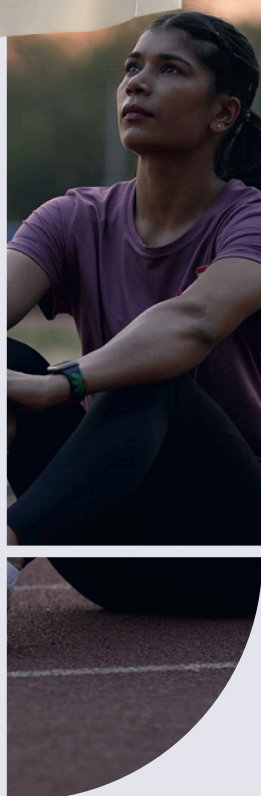
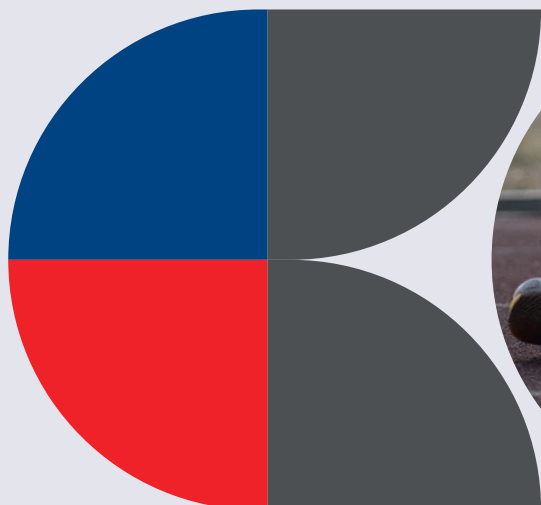
GRIT. GLORY. OUR STORY.



Face Of The Event

Nikhat Zareen

Two Time World Boxing Champion



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Welcome

We can't wait to see you at the 2025 NDMC Hyderabad Marathon powered by IDFC FIRST Bank on 23rd & 24th August as We Run Together at the 14th edition of the event! Please read this guide very carefully – it contains all the information you need for an amazing race day.

Message from the Race Director

Welcome to the 14th edition of the NMDC Hyderabad Marathon 2025 powered by IDFC FIRST Bank!

Dear Runners,

It gives me immense pride and joy to welcome you to the 14th edition of the NMDC Hyderabad Marathon powered by IDFC FIRST Bank ! This year, we are thrilled to host over 28,000 runners

across the Marathon, Half Marathon, 10K, and 5K categories, representing the passion and spirit of our vibrant community. Beyond the miles, the Hyderabad Marathon is a celebration of fitness, community, and impact. We are proud to see our sustainability initiatives gaining momentum — with nearly 30% of participants choosing to opt out of the event T-shirt, contributing to a greener, more conscious marathon. Our zero-waste efforts, recycling drives, and eco-friendly practices reflect our commitment to leaving a positive footprint on the city we love.

We are privileged to share the information that "In 2024, the marathon distance is recognized as a World Athletics Label Race."

Equally close to our hearts are the charity initiatives that run alongside the marathon. Through our partnerships with local NGOs, we continue to support 29 charity organisations , causes that create meaningful change in health, education, and community development. Your participation helps make this impact possible — every step you take is a step toward a stronger, more compassionate society.

Thank you for being part of this journey, for trusting us with your race experience, and for supporting the values that make the Hyderabad Marathon truly special. We can't wait to see you at the start line and celebrate your finish line moment!

Run Strong. Run Proud. Run Hyderabad.

Best wishes for a fantastic race!



Rajesh Vetcha
Race Director

About Hyderabad Runners

Hyderabad Runners Society is a community-driven organization dedicated to promoting active lifestyles and long-distance running culture in Hyderabad. Since its inception, we have:

- Built a vibrant running community
- Conduct training programs and events catering to the people from all the walks of life.
- Inspired thousands to adopt running to lead an active lifestyle.

History of the Hyderabad Marathon

Inception: 2011

Growth: From 1250 runners to over 28,000 participants in 2025

Legacy: Known for its challenging course, and by the runners for the runners.

The marathon showcases Hyderabad's spirit, energy, and iconic landmarks.

For more information, visit our website or connect with us on social media. Run with us, and be part of a movement that makes a difference.

Connect with us www.nmdchyderabadmarathon.com

Follow us for regular updates on



Collecting Your Race Kit From The Sportexpo

- You'll need to collect your race kit from the SportExpo at Hitex Exhibition Centre Hall no#1 For more details refer to the schedule below.
- We'll send your Bib number via email and WhatsApp message .
- This will include your unique QR code that you'll need to collect your race kit.
- Your bib collection email will also tell you all your important information bib collection and race day schedule, so please go through the email.
- No Bibs will be issued after closing hours
- Do check your personal details (spelling of your name, gender and date of birth) while collecting bib. This is important in order to generate timing results post the race.
- Your bib is colour-coded. The colour strip of your bib indicates your run category and for easy identification, all mile markers and pacer flags will have the same colour as is on your bib, indicating your run category.

Your Race Kit Will Include:

Your bib number, with timing chip attached (timing chip for Marathon, Half Marathon and 10K Run), and safety pins to fix it to your tshirt

An official goodie bag with official race t-shirt (applicable if you have opted for tshirt)

You must bring photographic identification, such as aadhar card or driving licence, with you when you collect your bib and race kit.

Unable To Collect In **Person?**

- If you're not able to collect your race kit in person, you can nominate someone to do it for you.
- They'll need to bring your QR code and an email, authorising them – by name – to collect your race kit, along with a soft photocopy of your identification card.

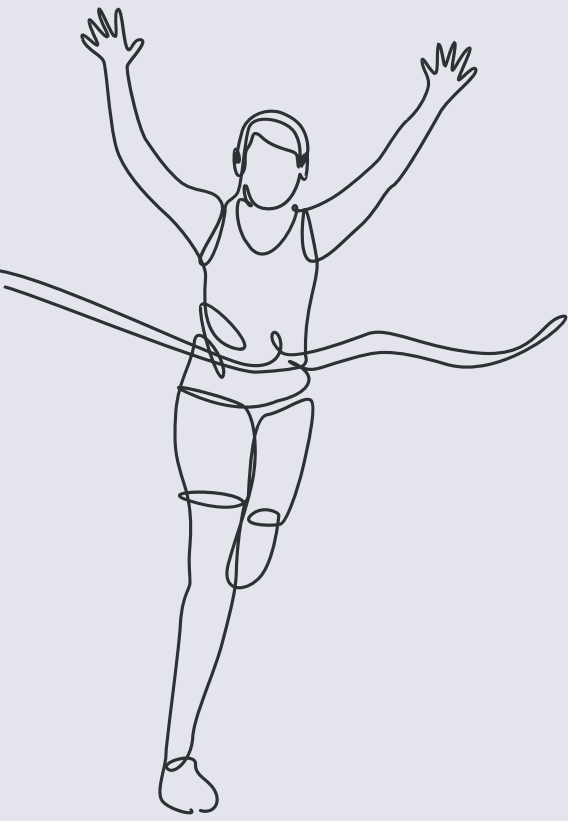
Where And When To **Pick Up**

- Hitex Exhibition Center, Hitex Hall 01, Izzathnagar, Kothaguda, Hyderabad.

<https://goo.gl/maps/c2MS8SAKkMe6HXmL9>

Bib Collection & SportExpo Schedule

| Date | Timings |
|---------------------------|---------------|
| Friday, August 22, 2025 | 10 am to 6 pm |
| Saturday, August 23, 2025 | 9 am to 6 pm |



5K Runners must collect their bib on friday 22nd August only

No Bibs will be issued after closing hours

No Bibs will be issued on race day morning

AVOID BUSY TIMES Saturday will be incredibly busy, with queues, so if you live in or around Hyderabad, try to collect your race kit on friday only.

Your **Bib Number**

- Please look after your bib number you won't be able to take part in the race without it.
- We can't issue duplicates and there won't be any spares.
- Please fill in your medical information on the back of your bib number before race day – this could save your life in an emergency.
- After collecting your race kit, we invite you, your family and friends, to look around the rest of the SportExpo– soak up the inspiring atmosphere and maybe do some shopping
- Your bib is colour-coded. The colour strip of your bib indicates your run category and for easy identification, all mile markers and pacer flags will have the same colour as is on your bib, indicating your run category.

Here are a few Don'ts to make a note of. This is to make sure that the effectiveness of the tag does not reduce

- X** Don't fold or crumple or pierce your number bib or timing/ RFID tag.
- X** Don't remove the timing tag from the bib.
- X** Don't place your bib near television or near any electronic gadget.
- X** Ensure your bib and timing tag do not get exchanged with another runner's or handed to anyone else. Each bib and timing tag are assigned specifically to you. Any exchange will result in disqualification from this race and future editions.



Looking After **Your Health**

- You must be fit and well to run the race.
- Please do not take any chances with your health
- If you're ill or injured you must withdraw.
- This is because severe exertion during or soon after any kind of injury or illness is dangerous.

Getting To The Start & Race Day **Schedule**

- After months of training and preparation, D-Day has finally arrived – you'll need to travel to the race start venue, an hour before the race flag off time.
- The race schedule sent to your email will contain information about your Assembly Area & Flag off time see table below.

Race Schedule

| Event | Date | Reporting Time | Flag Off | Race Start Location | Finish |
|------------------|---------------------------|----------------|----------|-------------------------------|-------------------------|
| 5K Run | Saturday, August 23, 2025 | 6:00 AM | 7:00 AM | Hitex Exhibition Ground | Hitex Exhibition Ground |
| Elite (Marathon) | Sunday, August 24, 2025 | 3:30 AM | 4:30 AM | People's Plaza, Necklace Road | Gachibowli Stadium |
| Marathon | Sunday, August 24, 2025 | 3:30 AM | 4:35 AM | People's Plaza, Necklace Road | Gachibowli Stadium |
| Half Marathon | Sunday, August 24, 2025 | 4:30 AM | 5:30 AM | People's Plaza, Necklace Road | Gachibowli Stadium |
| 10K Run | Sunday, August 24, 2025 | 6:00 AM | 7:00 AM | Hitex Exhibition Ground | Gachibowli Stadium |

Parking Location

| Date | Event | Parking Location |
|---------------------------|---------------|-----------------------------------|
| Saturday, August 23, 2025 | 5K | Hitex Parking Ground |
| Sunday, August 24, 2025 | Marathon | Imax/Prasads Near Ambedkar Statue |
| Sunday, August 24, 2025 | Half Marathon | Imax/Prasads Near Ambedkar Statue |
| Sunday, August 24, 2025 | 10K | Hitex Parking Ground |

Please Note

5k & 10k Participants

Free parking is available inside Hitex at P1, P2 & P3 before 6:00 AM. After 6:00 AM **Please use paid parking at:**

Shilpakalavedika, Cloud 9, Meydan Expo (near Hitex Metal Charminar)

Note: These locations are approximately 10–15 minutes walking distance from the start point.

Race Morning

- The bib should be securely attached to clothing (we suggest 4 x safety pins). Please ensure that the bib is fastened in front of your running shirt so that the number is clearly visible to all. Remember – no bib, no race!
- Ensure weather-appropriate equipment e.g. sun cream, cap, jacket and more
- Do carry a small amount of cash for emergencies.
- It is advisable to carry a copy of your photo ID on you.
- Check your Pre-race hydration & nutrition.
- Energy gels for the race (if you use these).
- Anti-chafing gel or lotion (if you use this).
- Ensure you leave home as early as possible, to avoid any unforeseen delays.
- Security screening will begin at 3.00 am (for Full/ Half Marathon) and at 5.00 am (for 10K Race). Arrive early to avoid delays.
- Travel light as all bags will be screened. Please ensure that bags do not contain any valuables, the organisers will not be responsible for any loss.

Parking At Start

- The available parking will be open from 3 AM on the race day. Do note that there will be traffic restrictions on the day. Plan for some walking time from the parking to the start area.
- We would request you to plan your transport properly, given the limited parking available at the start and finish points. We recommend that you get yourself dropped off or use public transport, whichever suits best for you.
- Parking Places are available near Prasad Imax/Dr. Ambedkar Statue (Start location for Marathon & Half Marathon).
Marathon & Half Marathon Parking
- Those availing cab services to the start point should get drop off at Prasads Imax Theatre (for Marathon & Half Marathon).
- For the 10k Race, cabs drop off at HITEX Main gate. Self driven cars will be allowed to park at the Hitex parking ground.
- Please adhere to the guidelines for parking and DO NOT park alongside roads. Cars can be randomly towed by the authorities, should they be found parked in “No Parking” zones and the marathon organisers are not responsible for the impounded vehicles.

When You Arrive At The Start

- Head to your holding area, ensuring your bib number is clearly displayed on your chest before arriving.
- Only participants with bib numbers can enter the holding area
- Areas – spectators are welcome to watch from elsewhere on the course, visit our website for the race course and best spots.

<https://nmdchyderabadmarathon.com/cheers>

Drop Off **Your Kitbag**

- Make sure your bib number sticker is on your kitbag
- Place any items you don't want to run with in your kitbag, closing the drawstring tight or zipped or locked
- Go to the baggage drop tent and hand over your kitbag
- Only participants with Bib number will be accepted and no other bags or belongings should be attached to your bag.
- You'll be able to retrieve your kitbag in the Finish Area by looking for the same bib number.

Valuable Items

- Please do not put any expensive items, such as a mobile phone, in your kitbag. We recommend leaving these types of items at home or with your supporters or carrying them with you.

Your **Start Corral**

- From the flag off time a sequence of start corral will take place, with short gaps in between to allow the course ahead to clear – providing everyone with more space and an enjoyable experience.
- We've allocated your start corral and time based on your predicted finish time.
- Please note: even if you entered the same predicted finish time as another participant, that doesn't guarantee you'll be in the same corral.
- You cannot change your Start Line or move to an earlier start corral.



Look Out For **Pacers**

- Our pacers complete the course at a managed pace and finish within a predesignated time.
- Their aim is to help participants around them know their speed and – if they can maintain the pace – finish within the same time.
- If you'd like to follow a pacer they should be easy to spot – each one will have a tall, bright flag attached to their back, which will clearly display their finish time.
- Visit our website for more on this year's Pace Team.
<https://nmdchyderabadmarathon.com/pacers>

After Crossing **The Start Line**

Important: Toilets

- Toilets are available at the Start, after crossing a few meters in the first km and thereafter near every hydration station on the course, and at the Finish. Please use the toilets on the course.
- Remember – we've worked hard to provide these facilities to you and expect you to use them. Besides, you do want to respect the local environment, don't you?

Route Maps

- [Marathon Route Map](#)
- [Half Marathon Route Map](#)
- [10K Run](#)
- [5K Run](#)

All route maps are reference purpose only, distance may not look accurate since they are plotted on maps also subject to approvals.

[Route Preview by Geeks On Feet](#)



Aid Stations

For runners' refueling & hydration, an aid station will be available every 2km (approximately) along the route. All aid & water stations are stocked with Tata Copper + Water, Energy Drinks, Biscuits and Salt & fruit like bananas at limited stations only.

Runners must pick up the required items, consume and dispose of any trash safely in the trash bins after the support station.

Medical Assistance

- The medical support stations by Apollo Hospitals are planned before every aid station on the route.
- The medical aid stations are managed by our medical partner "Apollo Hospitals". There will be ambulances & bike ambulances on route, present at all times, in case any emergency medical help is required. There are also two fully equipped Field Hospitals - one along the route and one at the finish point.
- If you wake up feeling unwell on the race day, we request you abstain from participating in the marathon. If you experience any flu or cold-like symptoms or feel feverish, please stay home for your and other runners' safety.
- At any point in the race, should you feel any sort of discomfort, we recommend that you consult the nearest medical assistance centre or volunteer. We want you to enjoy this race and more importantly, stay safe.
- Please remember - your overall well-being is more important - and there is always next year!

Medical Help line
80190 58989 or 1066



Sustainability

- #DrinkDrainDrop – Please help us to recycle/segregate waste by following our simple #DrinkDrainDrop rule
- Drink your water/energy drink served in glasses or bottles at the finish line
- Drain any leftover liquid
- Drop your glass or bottle in the waste bins or bags provided at the side of the road, which will be collected for recycling
- Do not drop glasses on the road for participants behind to trip over

Dedicated Waste Stations On Race Day,

Hand your waste to our team of volunteers from Visva Sustainability and they'll sort it into the correct recycling bin.

Wear A Bottle Belt /Carry Sipper In Hand

Not only does wearing a bottle belt reduce the number of glasses used on the course, it can also enhance your experience as you may not need to pause by Hydration Stations as often (although you can still use them if you need to).



Learn More

<https://nmdchyderabadmarathon.com/initiatives>

Pacers

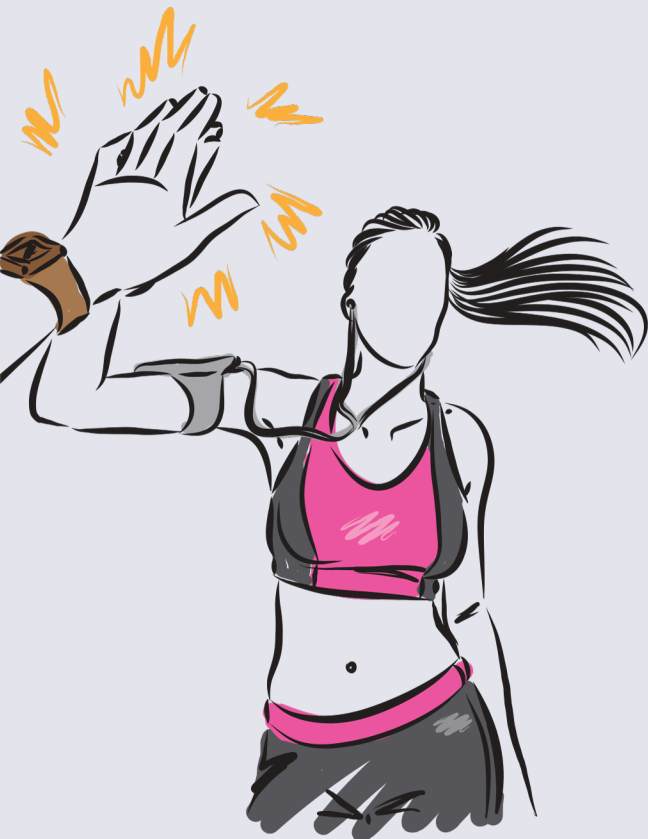
Meet Your Pacers: Your Key to a Perfect Race

- A great team of pace runners are available to help you achieve your goal finish time.
- Pacers are experienced runners who are here to help you achieve your race day goals! They are volunteers dedicated to guiding you to a specific finish time by maintaining a consistent pace throughout the race.
- Look for pacers at the start line carrying a flag with their target finish time clearly displayed
- Check out pacers & join your respective whatsapp group <https://nmdchyderabadmarathon.com/pacers>

How to run with a pacer:

- Find a pacer whose target time matches or is slightly faster than your personal goal.
- Stick with them for as long as you can. They will help you manage your energy and avoid starting too fast.
- Don't be afraid to ask them questions—they are a friendly and knowledgeable resource!

Whether you're aiming for a personal best or simply want to cross the finish line with confidence, our pacers are here to support you every step of the way.



Distance Markers

For all 4 race categories every km will be clearly marked on the route. Also the Km markers are matched with the respective race category bib colors.

Timing Mats

Timing mats will be set up on the course for Marathon, Half Marathon & 10K race categories at strategic locations on the course.

Walking

At some point, perhaps through tiredness, cramp, blisters, etc, you may be forced to walk. If this happens, please move over to the side of the road to allow participants to overtake.

Humans Only

We're proud the NMDC Hyderabad Marathon is an inclusive event for everyone but only humans can take part! No animals are allowed on the course, but your pets are welcome to watch you from the sidelines, if they're accompanied by an adult.

Dropping Out

If you need to drop out, go to the nearest Medical Aid Point by Apollo Hospitals and tell them your bib number & the people at the medical station may help you to reach the finish area if possible. Or you may choose to return back to your home/hotel. Alternatively, you can wait for our sweep vehicle but please note, you may have a long wait depending on your location and time as they will be following the final participants. If you don't need medical assistance, you'll be dropped off at the finish area where you can retrieve your bag if deposited at the start.

Course Cut-Off Times

We are dedicated to supporting every participant from start to finish, ensuring you have the best possible race experience. To make this happen, we have established course cut-off times for each race category (Marathon, Half Marathon, and 10K) that begin when the last participant crosses the start line.

Our aid stations will follow a specific schedule, closing hydration stations and removing timing mats as the cut-off times are reached. They will wait until the sweep vehicle which will be moving at the pace of 7hrs marathon finish time.

These times were carefully coordinated and agreed upon with the traffic police. Once the cut-off time has passed, the roads will reopen to traffic. Any remaining runners will need to move to the sidewalks or arrange for their own transportation to the finish line or home.

Please be prepared to be self-sufficient if you anticipate being on the course for an extended period. We recommend you carry your own energy bars, water, a phone, and some money for your personal support.

After Crossing The Finish Line

Crossing the Finish Line of NMDC Hyderabad Marathon 2025 will be one of the most amazing experiences of your life. Enjoy the moment!

In the excitement of achieving your goal, it's easy to get swept up in your emotions and lose your bearings – so make sure you read this section carefully, so you know what to do and where to go...The Finish is at the **G. M. C. Balayogi Athletic Stadium, Gachibowli**

As you cross the line, try to keep moving to make space for other participants behind you. If you feel unwell, seek a member of medical staff immediately – there will be a team of medical staff from Apollo hospitals at the finish line, looking out for any participants who seem unwell or in need of assistance.

After Crossing The Finish Line

The Finish Area is a secure area with no public access. Once you've crossed the Finish Line, you'll be able to collect your finisher's medal and a bottle of Tata Copper+ Water & energy drinks

COLLECTING YOUR BAG

Follow the signs and find the tent our volunteers will handover your bag if you have deposited it at the start line.

BREAKFAST – Our team has thoughtfully made some changes to the finish area plan to make runners experience great and address the operational issues that our participants have reported. We have moved breakfast tents outside the stadium arena into practice tracks, you will be guided with the signages & volunteers.

Help us minimize food wastage by taking only what & how much you'll consume.

MEETING YOUR LOVED ONES If you'd like to meet your family and friends after picking up your bag, you can do so at the Meet and Greet Area. This will be marked with signage & letters. These are located in the breakfast arena.

Do not rely on calling your loved ones in order to find them, as getting a signal might be difficult. Alternatively, you may want to plan a meeting with them outside the stadium gate.

Heading Home

Post Race Transport

Transportation services from Race Finish point – After the event at G.M.C Balayogi stadium, runners may avail of complimentary shuttle buses.

Buses are available outside the stadium gate. Please follow the signs to reach the bus boarding points.

In order to optimize the transportation process and ensure a smooth experience for all participants, buses will depart promptly upon reaching full capacity

A fleet of 65 buses has been allocated for this purpose.

Bus Schedule & Locations

- **First Bus Departure:** 8:15 a.m.
- **Last Bus Departure:** 11:00 a.m.
- **Depends on availability**

Please note between 8:30 am to 9:30 am we anticipate heavy rush at the bus station, hence looking forward to your kind cooperation.

Drop-off points:



- **Raidurgam Metro Station**
- **10K Start Venue (Hitex parking)**
- **Marathon & Half Marathon Start Venue (Peoples Plaza, Necklace Road)**

Buses will depart as they fill up. No guarantee that you will get a bus when you reach. Once they've all departed, no further transportation will be provided. Please cooperate with our transportation team to ensure a smooth and timely departure for everyone.


Please note that For dropping to people's plaza buses will be available at 9am, 10am, 11am and 12noon. The bus will depart only at designated time.

If you also wish to book a bus for your group or taxi for pre race drop to the start point from anywhere in the city please contact our fleet management partner BLUE DRIVE Contact number

Pre Book Your Race Day Photos



CAPTURE
THE HIGH MOMENTS
WITH A SWEET DEAL



SCAN HERE

Prebook your official race photos now and

Get 33% OFF!



MARATHON POLICIES

A. Cancellation of Race

In case of cancellation of the race owing to any unforeseen circumstances (weather, civil disturbance, a directive from local authorities, acts of God, etc.), by the organizers of the NMDC Hyderabad Marathon, there will be no refund of the registration fee. As to the course of action, the decision of the organizers will be final in this matter.

B. Race Day Security/ Traffic

In the interest of runners' safety, there will be various security measures in place on Race Day. Runners are expected to follow and adhere to all rules and instructions from the Police or Race officials. Failure to comply with rules or instructions may lead to disqualification from the Race.

There are various traffic curbs in place along the route during the Race, for the safety of the runners. However, please be aware of traffic around you, especially if you are wearing headphones/earphones. The organisers will not be responsible for untoward incidents arising out of not following traffic advisories or guidelines. Runners are also required to listen to and follow any announcements by the Race Officials regarding security and traffic.





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Support Helpdesk: +91 99851 00008 (Mon to Sat, 10 am to 7 pm)