



THE CAPITAL RUN



2.5K | 5K | 10K | 21K

RUNNING TOWARDS INNOVATION



01 MARCH 2026



JAWAHAR LAL NEHRU STADIUM



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RUN FOR BHARAT

FOR HEALTH, TECHNOLOGY & CHANGE



Health & Fitness

Encouraging mindful, active lifestyles across urban and rural India – because well-being is the foundation of progress. A healthier Bharat begins with every step we take together..

Tech for Impact

Promoting open-source innovation and digital equity. With Utho, we're showing India that world-class cloud tech can be built at home – for India, by India.

Movement for Stronger Nation

This isn't just about running. It's about rallying people around a shared mission – to build a healthier, more connected, and more inclusive Bharat.

Step by step, we move Bharat forward

RACE CATEGORIES

SOMETHING FOR EVERYONE

21K

HALF MARATHON

- **For :** Serious runners
- **Age :** 16+

PRIZES

Cash awards +
finisher medal

Timing : 5:45 am

10K

IMPACT RUN

- **For :** Serious runners
- **Age :** 16+

PRIZES

Cash awards +
finisher medal

Timing : 6:15 am

5K

COMPETITIVE RUN

- **For :** Fitness enthusiasts
- **Age :** 14+

PRIZES

Cash awards +
finisher medal

Timing : 6:45 am

2.5K

FUN RUN

- **For :** Beginners
- **Age :** Open to All

PRIZES

Finisher medal

Timing : 7:15 am

Race-Day Tech & Support

- RFID-enabled bibs for accurate timing
- Emergency support throughout the route
- Hydration zones every 2 KM



SAFETY, MEDICAL & SUPPORT

Your safety is our top priority throughout the run. We've partnered with a trusted **hospital** and will have **ambulances** available at the event to assist if needed. On race day, follow guidelines, stay hydrated, and alert officials if you need assistance. A dedicated **emergency helpline** and professional security personnel will be available at all times to ensure a safe and secure event for every runner.

Race day do's & don'ts

Before you come, please carefully review your health and medical conditions to ensure you're fit to run. If you have any concerns, consult a doctor beforehand. On race day, please follow these do's and don'ts to ensure a safe and smooth experience: stay hydrated, pace yourself, and follow all instructions from event staff. Let's keep the race safe and enjoyable for everyone!



An emergency helpline is available throughout the race at **+91 0000000000**. If you or a fellow runner needs help, please contact medical teams on the course or call this number immediately. Stay alert and follow instructions from race officials and security staff to keep everyone safe.



Finish Line Glory

Finisher Medal & Timing Certificate

Every runner receives a custom-designed Utho Impact Run medal and a digital timing certificate – shared via SMS and email.

Live Results & Updates

Real-time finish times will be available via SMS and on digital screens at the venue.

Refresh & Recover

Hydrate and recharge at our post-race refreshment booths with water, energy drinks, and healthy snacks.

Recovery Zone

Soothe tired muscles at the Recovery Zone featuring foam rollers, assisted stretching, and wellness partners to help you bounce back.

Respect the Finish Line

Please don't stop or crowd the finish line – keep moving ahead so every runner can enjoy their moment of glory!

Pre-Race Support & Start Line Facilities

Before you even take your first stride, we've got you covered with smooth logistics and thoughtful preparation:

Bag Collection

Store one bag per runner in our baggage vans. Keep your tag for easy pickup. Avoid valuables—organizers aren't liable. Collect bags by 11:00 a.m. or call the helpline before 2:00 p.m. if delayed.

Meet Your Pacers

We've got experienced pacers ready to help you finish strong and on time! Each pacer will carry a visible flag with their target finish time. You'll find them in their designated start zones based on your chosen race

Water Stations & Toilets

Bisleri hydration booths and clean toilets (men & women) are placed near the start line and across the route for your comfort.

Warm-Up & Energy Boost

Join our professional trainers for a dynamic warm-up and Zumba session to kickstart your energy levels and race spirit!

GREEN & SUSTAINABLE EVENT

Let's run with responsibility – because impact isn't just what we do, it's how we do it.

BYOB – Bring Your Own Bottle

We're cutting down single-use plastics. Bring your own bottle or hydration belt – refills available across the route.

Smart Waste Disposal

Use the color-coded bins placed across the venue for proper waste segregation.

Eco-Friendly Packaging

Our race kits are designed with sustainability in mind – minimal plastic, and smart packaging.

Leave Only Footprints

Together, we can show that progress and care for the planet can go hand in hand.



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For bulk registrations write to:
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