



## THE NATIONAL MARATHON



**22 FEB 2026**

**JLN STADIUM, NEW DELHI**



# Progress is powered by people who keep moving forward—just like the runners of the Cognizant New Delhi Marathon

Every day, our teams across India and around the world turn ambition into action, building technology that improves how people live, work and connect. If you're driven by purpose, resilience and the desire to make a meaningful difference, you'll find your pace at Cognizant.



Make your impact.  
We're hiring.





**Ravi Kumar S.**  
**CEO, Cognizant**

**Dear Participants,**

As you gather for this year's marathon, you're stepping into a moment that reflects the very best of human spirit. A race like this isn't defined only by distance it's shaped by resilience, preparation, and the mindset to keep moving forward one stride at a time.

What makes a marathon extraordinary is the blend of individual commitment and collective energy. Every runner brings a unique story, a personal goal, and a reason for showing up. Yet together, you create something larger, a community moving forward with purpose.

Along the course, there will be stretches that feel effortless and others that challenge you. In both moments, trust the work you've put in. Let the rhythm of your steps, the encouragement around you, and the determination within you carry you forward.

Crossing the finish line is a milestone, but the real achievement lies in the commitment to begin, to keep going, and to push beyond what you thought possible.

On behalf of Cognizant, we're proud to sponsor this event and the community and spirit it represents. We're all wishing you a safe, inspiring, and unforgettable race.

Run strong and enjoy every moment of the journey.



**Mr. Rajat Khurana**

**Executive Officer, ASICS Corporation**

**ASICS India and South ASIA**

It gives me immense pleasure to welcome you to the Cognizant New Delhi Marathon 2026.

To everyone at the start line, whether it is your first race or your tenth, this moment belongs to you. Getting here takes months of early mornings, disciplined training and an unwavering belief in yourself. That is something worth acknowledging.

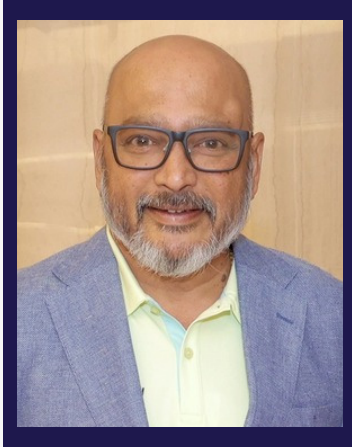
At ASICS, we have always believed that running does more than strengthen the body. It sharpens focus, builds resilience, and creates a sense of clarity that carries into every part of life. This is the philosophy behind Anima Sana In Corpore Sano, a Sound Mind in a Sound Body, and it is as relevant on the streets of Delhi today as it was when our founder set it as our guiding principle over seven decades ago.

Innovation has always been central to how ASICS supports runners, driven by science, athlete insight and a constant focus on comfort and performance. That spirit comes alive this Cognizant race day through our curated race day look, led by the GEL-CUMULUS™ 28 and complemented by high-performance apparel.

We are delighted to be in our third year as Official Sports Goods Partner of this marathon, and proud to see India's running community grow in both scale and seriousness. Runners here are training smarter, thinking about recovery, and approaching the sport with a long-term mindset. That shift inspires everything we do, and it is why partnerships like this one matter to us deeply.

As you run the New Delhi Marathon, I wish you strength, clarity and confidence. Trust your preparation, listen to your body and take pride in every step you take.

Keep on running!



**Nagaraj Adiga**  
**Race Director,**  
CMD, NEB Sports

Dear Participants,

It gives me immense pleasure to welcome you to the 2026 edition of the New Delhi Marathon.

Each year, this event brings together runners from across the country and beyond, united by passion, perseverance, and the spirit of endurance. Whether you are chasing a personal best, running your first race, or simply embracing the joy of the sport, you are part of something truly special.

The New Delhi Marathon is more than a race – it is a celebration of resilience, discipline, and community. Your dedication to training and your commitment to the starting line inspire us all.

As you prepare for race day, run with confidence, respect your fellow runners, and most importantly, enjoy every stride of the journey.

We look forward to witnessing your determination and celebrating your achievement at the finish line.

Wishing you a strong and memorable race.



The guide to running your Cognizant New Delhi Marathon 2026 like clockwork!

**Important Race Information:** We are happy to present the Apollo Tyres New Delhi Marathon to be held at JLN Stadium on the **22nd of February 2026**. We assure you that we aim to keep your faith in us and hope to deliver this event with all our sincerity and passion.

**VENUE ENTRY FOR ALL THE PARTICIPANTS ONLY THROUGH GATE NO: 13 & 14, JLN STADIUM**

**SCAN FOR LOCATION**



**Parking:** There is limited parking space available on Race Day. We would encourage you to car pool or use cab service to reach the venue.

Marathon – Scope Complex  
Half Marathon – Sunehri Pulla Bus Depot  
10KM & 5KM – Barapullah Bus Depot

**SCAN FOR LOCATION**



**SCOPE COMPLEX**



**SUNEHRI PULLAH  
BUS DEPOT**



**KUSHAK NALLAH  
(BARAPULLAH)  
BUS DEPOT**

**Race Day Kit:** Your BIB- This is the unique number that identifies you and hence nontransferable. Please do not misplace your bib, (We can neither replace nor re issue a new bib) Bib Tag, Event T-shirt.



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SUFFERING IS OPTIONAL.

RECOVER AT  
**VOLINI<sup>®</sup>**  
ZONE

OFFICIAL PAIN RELIEF PARTNER AT



**VOLINI<sup>®</sup>** NO TIME FOR PAIN



Scan to Register

### Traffic restrictions:

Below mentioned roads closed between 3:15AM TO 10:30AM

1. Lodhi Road ( From Sri Arobindho Marg to Mathura Road Junction )
2. Mathura Road ( From Lodhi Road to Sbramania Bharti Marg )
3. Subramania Bharti Marg ( From Mathura Road to Khan Market )
4. Rajesh Pilot Marg (from Khan Market to Dr. Zakir Hussain Marg Junction)
5. Dr. Zakir Hussain Marg (Sabzburja to C- Hexagon Marg)
6. C- Hexagon to Karthavya path

Please wear your bibs before you reach the venue for easy access.

**Entry for all the participants to JLN Stadium will be only through Gate number-13 & 14.**

### Arrival & Race preparation:

#### Reporting time:

Please report 1 hour prior to your race. Your race start times are as below:

- |                  |           |
|------------------|-----------|
| ■ Marathon Elite | - 4:00 AM |
| ■ Marathon Open  | - 4:05 AM |
| ■ Half Marathon  | - 6:15 AM |
| ■ 10KM           | - 7:45 AM |
| ■ 5KM            | - 8:30 AM |

### Baggage counter:

Baggage counter is available at **Gate-13 & 14 for Marathon, Half Marathon & 10K participants only**. Please do not leave any valuables like phones, camera, jewelry or original identification in your bag. The organizers will not be responsible for any loss, misplacement or theft of items in the baggage counter. The baggage counter will close at 10:30 am. Please collect your baggage before closure time.

### Restrooms:

Portable Male & Female toilets will be available for participants in the stadium and at select locations along the route.

### Timing Tag & Splits points:

Timing tag is placed at the back of the bib. The Bib must be clearly visible on the front of the participants t-shirt at all times during the race(Affix pins on all 4 sides of the Bib). Without the timing tag you will not get your timing. If we don't have your reading at any one of the timing splits on the route, you will not be receiving your timing immediately.



# A New Chapter in India's Healthcare

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"We care, treat, and heal, ensuring quality services at an affordable price."

**Dr. P. N. Arora**  
Chairman & Managing Director,  
Yashoda Medicity, Indirapuram



"You are in safe hands, where patient safety comes first."

**Dr. Upasana Arora**  
Managing Director,  
Yashoda Medicity, Indirapuram



"Leveraging Robotics and AI-based surgeries to break new ground in the surgical healthcare landscape."

**Mr. Shubhang Arora**  
Executive Director,  
Yashoda Medicity, Indirapuram

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Elekta Unity MR-Linac | EDGE with HyperArc and ExacTrac ETHOS with HyperSight | BRAVOS Brachy Therapy
- Yashoda Institute of Nuclear Medicine with SPECT-CT & Digital PET Scan
- Yashoda Institute of Cardiac Sciences with Philips Azurion 7 Series Cath Lab with 12th flat detector
- Robotics & AI for precision diagnostics and treatment with Da Vinci, MAKO & Medtronic System

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## On the course:

### Aid stations:

Well Equipped aid stations every kilometer all along the route

### Medical aid:

Medical assistance is available at the start/finish as well as multiple points on the race route. Our medical partners **Yashoda Medicity** completely understand your requirements as a runner and are ready to handle anything from a twisted ankle to runner specific condition like dehydration and hypernatremia. Besides ambulance enroute there are bike paramedics patrolling the route.

**Medical Emergency: +91 9606987564**

### Post Run Aid:

**Volini** our recovery partner is equipped with experienced physios to help you stretch and recover from your tired, aching muscles post the run.

### PRIZES:

#### MEN/WOMEN

Marathon Elite – 5 Fastest (Gun time)

Marathon Open – 3 Fastest in each Age category

Half Marathon Open – 3 Fastest Finisher & 3 Fastest in each Age category

10KM – 3 Fastest Finisher & 3 Fastest in each Age category

### Prize Money:

- Prizes money will be given within 60 days of the event.
- Prize winners must necessarily provide details of bank accounts in India.

For more details please visit our webpage

[www.newdelhimarathon.com](http://www.newdelhimarathon.com)

### Post race:

- Collect your finisher medal
- Recover, stretch, rehydrate
- Prize distribution
- Relax and talk about the race
- Medical tent for any medical issues
- Take pictures
- Hot Breakfast.





# 100% Clean Nutrition

## BACKED BY SCIENCE

Vegan Protein

Hydrasalt

Skin Fuel

Whey Protein

Triple  
Magnesium  
Complex

Korean Marine  
Collagen

Creatine

Available on [wellbeingnutrition.com](https://www.wellbeingnutrition.com)

amazon.in x **amazon**  
**now**

blinkit Flipkart



Swiggy  
Instamart

NYKAA

tira

zepto

### Checklist for the race:

- Inform your emergency contacts about run schedule
- Bib with timing chip attached with 4 safety pins
- Running shoes (unless you are running barefoot!)
- Running gear
- Shorts/ pants/ tights (worn before)
- T-shirt
- Running socks (worn before)
- Sunglasses
- Sunscreen
- Cap
- Blister bandages / chafe guards – if you use them
- Bottle – if you carry them for a run, (a good green practice)
- Jacket – for before/ after the race
- Heart-rate monitor – if you use one
- Identification
- Cash
- Food & drink (energy gels/ bars)
- Comfortable open-toed footwear for after the race
- Post-race change of clothes
- A bag to keep all this

### For any more information:

Event website: <http://www.newdelhimarathon.com/>

Event helpline: +91 9206265087

Email: [support@newdelhimarathon.com](mailto:support@newdelhimarathon.com)



# Route Map

## Half Marathon - 1 Loop

## Marathon - 2 Loops

- Entertainment Station
- Ambulance
- Toilet
- Cartoon Character
- Aid Station



Start/Finish



# PROTEIN IS THE UNSUNG HERO OF EVERY RUNNER'S JOURNEY

**Run Strong. Recover Stronger.**








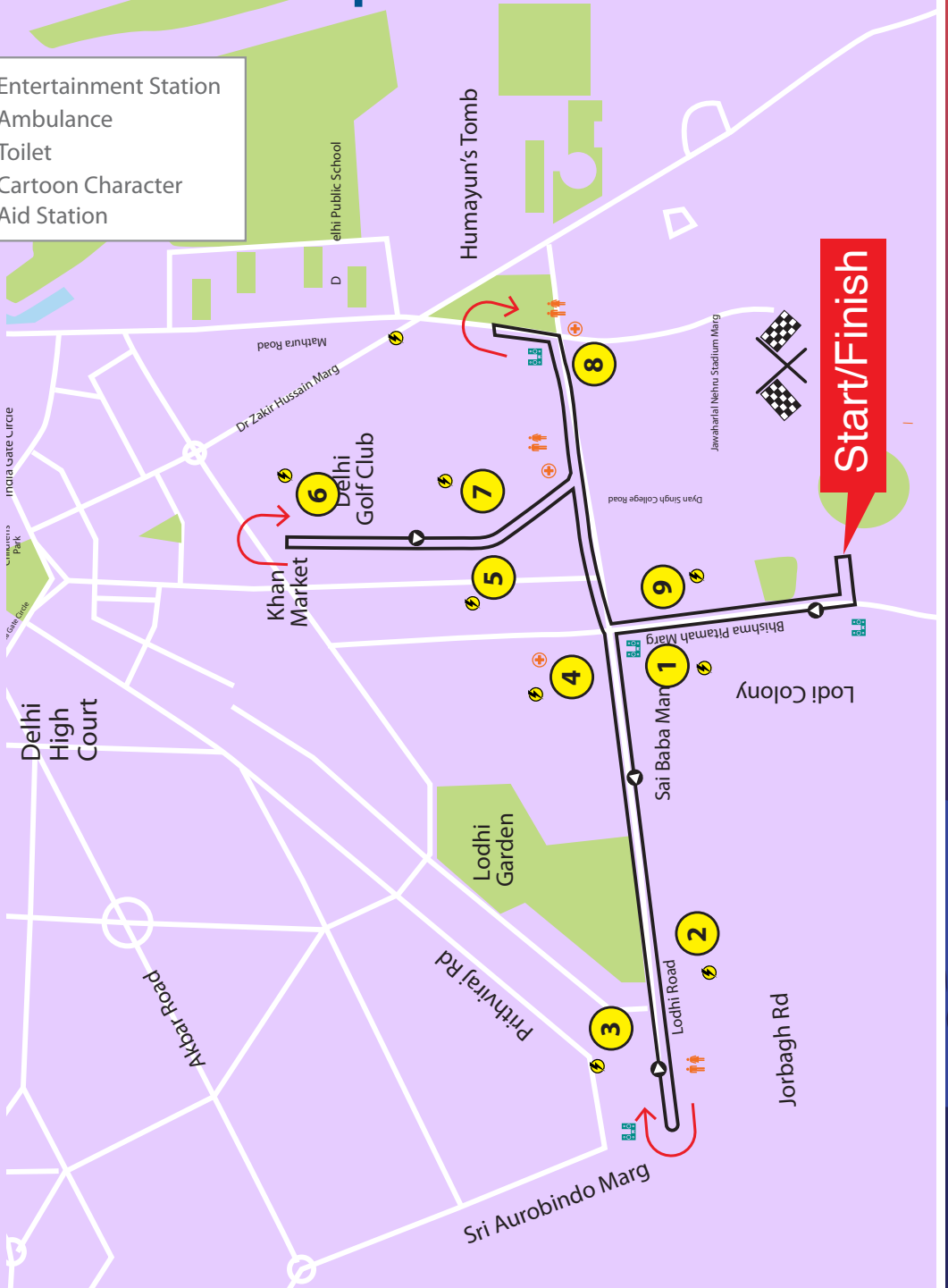
**24<sub>g</sub>**  
OF HIGH  
QUALITY  
PROTEIN

**WHEY  
PROTEIN  
ISOLATE #1  
INGREDIENT**

**BUILD  
MORE  
ATHLETIC  
MUSCLES**

# 10KM Route Map

-  Entertainment Station
-  Ambulance
-  Toilet
-  Cartoon Character
-  Aid Station



GEL-CUMULUS™ 28



The Official Sports Goods Partner.

DELHI



MOVE YOUR BODY,  
MOVE YOUR MIND.

22<sup>ND</sup> FEBRUARY 2026

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A Member

[www.asics.co.in](http://www.asics.co.in)






**ASICS STORES:** Nexus Select City Walk, Saket, New Delhi • DLF Mall of India, Noida • Ambience Mall Gurugram

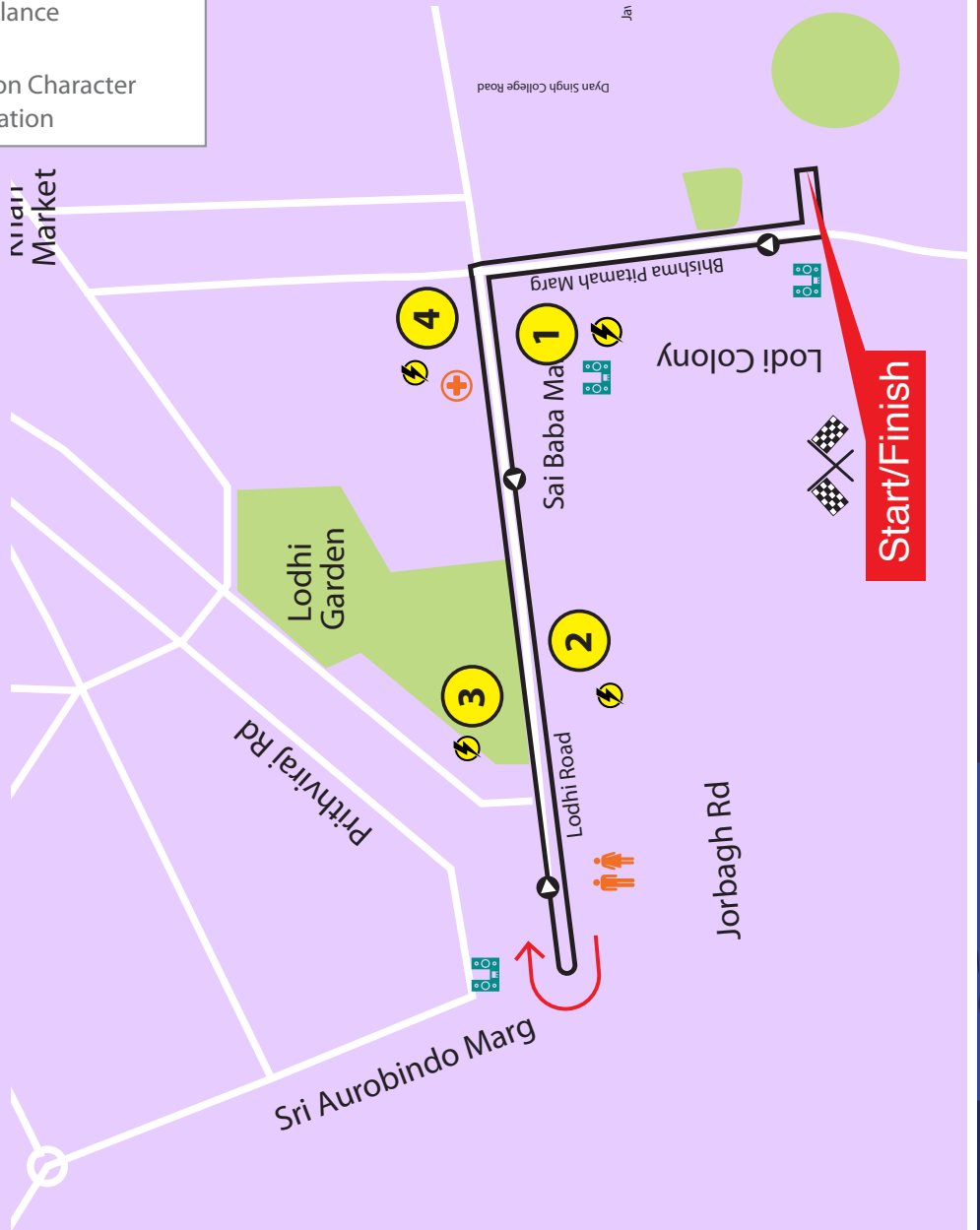
Pacific Mall Tagore Garden, New Delhi • Sector 8, Rohini, New Delhi • Vegas Mall Dwarka, New Delhi • Kamla Nagar, New Delhi

Pacific Mall NSP, New Delhi • Pacific Mall, Faridabad • AIPL Joy Central Mall, Gurugram • DLF Promenade, New Delhi

Elan Epic Mall, Gurugram • Connaught Place, New Delhi

# 5KM Route Map

-  Entertainment Station
-  Ambulance
-  Toilet
-  Cartoon Character
-  Aid Station





11<sup>th</sup> Edition



## National Marathon

### Cognizant New Delhi Marathon

Where Runners  
Converge from

490 Cities

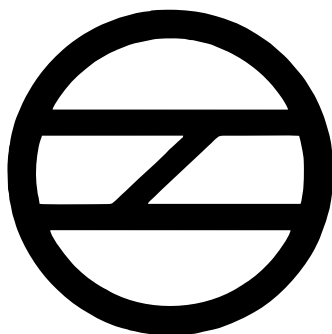
31 Countries

32 States & UT's





# SUSTAINABILITY PARTNER



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**Delhi Metro Rail Corporation Limited**



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