

RUNNERS' HANDBOOK

DCB BANK



HALF MARATHON

4th October 2026 || GITAM UNIVERSITY

21.1K | 10K | 5K | 3K

ORGANISED BY



WELCOME TO THE STARTING LINE

Dear Runner,

Welcome to the 5th edition of the DCB Bank Vizag Half Marathon, powered by the Visakha Trail Running Association (VTRA)!

On Sunday, 4 October 2026, the city of Visakhapatnam wakes up to the sound of running shoes. Starting from GITAM University at Rushikonda, you will run beside the Bay of Bengal, with the sea breeze on one side and the Eastern Ghats on the other. Whether you are lining up for your first 3K Family Dash or chasing a personal best over the 21.1K, this is your day.

The Vizag Half Marathon is more than a race. It is a celebration of a running community that has grown edition after edition, built around VTRA's belief in being "one with nature, run with nature." Every distance is designed so that runners of all levels can run, jog or walk their way to the finish.

Coastal running has its own challenges. Expect warm, humid conditions, possible showers and a long stretch in the open. Hydrate early, start conservatively, and respect your body and the people around you.

Thank you for being part of this edition. Run responsibly, keep the beach and roads clean, thank the volunteers, and enjoy every kilometre.

We wish you a safe, strong and memorable race. See you at the start line!

Best Regards,

Race Management Team, VTRA · DCB Bank Vizag Half Marathon

EVENT AT A GLANCE

Event	5th Edition of DCB Bank Vizag Half Marathon, powered by VTRA
Date	Sunday, 4 October 2026
Venue / Start–Finish	GITAM University, Gandhi Nagar, Rushikonda, Visakhapatnam, Andhra Pradesh 530045
Distances	21.1K Half Marathon · 10K “Run for Glory” · 5K “Speed Run” · 3K “Family Dash” (non-timed)
Race-day timings	Gates open 3:00 AM · Warm-up 4:30 AM · First flag-off 5:00 AM · All cut-offs 9:00 AM
Expo (bib collection)	Saturday, 3 rd October 2026. Decathlon, Murali Nagar, Visakhapatnam · 10:00 AM – 6:00 PM ·
Route	Along the Vizag beach coastline. GPX files for all four distances are available on vtra.run
Timing	Timed bib for 21.1K, 10K and 5K (timing partner: iFinish). The 3K is non-timed
Race Director	Dr. Krishna
Race-day emergency contact	8500576325 / 9962071007
Contact	irun@vtra.run · vizagtrailrunners@gmail.com
Website	www.vtra.run

EVENT SCHEDULE

Expo: Bib Collection, Race Briefing & Spot Registration

Item	Details	Venue
Bib collection and race briefing	Saturday, 3 rd October 2026 10:00 AM – 6:00 PM ·	Decathlon, Murali Nagar, Visakhapatnam
Spot registrations	Saturday, 3 rd October 2026 10:00 AM – 1:00 PM ·	Decathlon, Murali Nagar, Visakhapatnam

Race Day: Sunday, 4 October 2026

Milestone	Time	Notes
Gates open / reporting time	3:00 AM onwards	GITAM University
Warm-up	4:30 AM	
Flag-off: 21.1K	5:00 AM	
Flag-off: 10K	5:30 AM	
Flag-off: 5K	6:00 AM	
Flag-off: 3K Family Dash	6:30 AM	
Course cut-off: all categories	9:00 AM	
Prize distribution	7:00 AM onwards	Top 3 finishers

Flag-off times are 5:00 AM for the first category, followed by the other categories every 30 minutes. The flag-off time is subject to change depending on weather and visibility conditions to ensure the safety of all participants.

Weather outlook: October in Visakhapatnam is typically warm and humid, with a chance of rain.

Source: AccuWeather, forecast as on 23 September.

OCTOBER 4			
Morning		10/4	
	31°	RealFeel™ 39°	RealFeel Shade™ 33°
Partly sunny with a shower in spots			
Wind	SW 9 km/h	Precipitation	0.4 mm
Wind Gusts	24 km/h	Rain Amount	0.4 mm
Humidity	74%	Cloud Cover	41%
Dew Point	23°	Visibility	6 km
Probability of Precipitation	55%		

Get Your Bib Number

Find your bib number at <https://www.vtra.run/vhmframe>

Keep your registration confirmation handy and carry a valid photo ID to the expo.

RACE CATEGORIES & ENTITLEMENTS

Category	Timing	Age categories
21.1K Half Marathon	Timed	Open · Veteran · Super Veteran
10K – Run for Glory	Timed	Open · Veteran · Super Veteran
5K – Speed Run	Timed	Open category only (no age categories)
3K – Family Dash	Non-timed	None (fun run, no ranking)

Spot registrations are open from 10:00 AM to 1:00 PM at the expo. For age categories and cash prizes, see the next page.

Note: 5K run is an open category. There are no age categories in the 5K.

Every registered runner receives

- Timed race bib (non-timed bib for the 3K)
- Premium quality running tee
- Goodie bag
- Free race photos
- Finisher medal
- Hydration support and refreshments on course
- e-Certificate
- Cash prizes for the top 3 finishers in each eligible category (see Cash Prizes & Age Categories)
- Hot breakfast served at GITAM University

CASH PRIZES & AGE CATEGORIES

Age Categories

Category	Age range	What it means
Open	16 – 40	The competitors of today. Built for speed, driven to win.
Veteran	41 – 60	The experienced ones. Strength, strategy, stamina.
Super Veteran	60+	The legends. Inspiring generations. Age is just a number.

Note: 5K run is an open category. There are NO age categories in the 5K, and cash prizes for the 5K are awarded in the Open category only.

Cash Prizes

1st Place

Age category	10K Male	10K Female	21K Male	21K Female	5K Male	5K Female
Open	₹10,000	₹10,000	₹12,000	₹12,000	₹8,000	₹8,000
Veteran	₹8,000	₹8,000	₹10,000	₹10,000	N/A	N/A
Super Veteran	₹6,000	₹6,000	₹8,000	₹8,000	N/A	N/A

2nd Place

Age category	10K Male	10K Female	21K Male	21K Female	5K Male	5K Female
Open	₹8,000	₹8,000	₹10,000	₹10,000	₹6,000	₹6,000
Veteran	₹6,000	₹6,000	₹8,000	₹8,000	N/A	N/A
Super Veteran	₹5,000	₹5,000	₹6,000	₹6,000	N/A	N/A

3rd Place

Age category	10K Male	10K Female	21K Male	21K Female	5K Male	5K Female
Open	₹6,000	₹6,000	₹8,000	₹8,000	₹4,000	₹4,000
Veteran	₹5,000	₹5,000	₹6,000	₹6,000	N/A	N/A
Super Veteran	₹4,000	₹4,000	₹5,000	₹5,000	N/A	N/A

Cash Prize Eligibility

Note: Cash prize winners will be determined strictly based on Gun Time (not Net Time).

Disputes & Timing Appeals

Any dispute regarding race positions or official timing must be brought directly to the Race Director's attention. The final decision rests solely with the Race Director and is binding and non-appealable.

ROUTE MAP & ELEVATION PROFILE

The Vizag Half Marathon is a coastal road course along the beach, starting and finishing at GITAM University, Rushikonda.

Category	Distance	Turnaround / key landmarks
Half Marathon	21.1 km	U-turn at Yoga Village of AU
10K – Run for the Glory	10 km	U-turn near Dr. APJ Abdul Kalam View Point
5K – Open Andhra	5 km	U-turn near APEPDCL office (ISKCON temple)
3K Family Dash	3.0 km	U-turn near Radisson blu

GPX files for all four routes are available on the event page: www.vtra.run/vizaghalfmarathon2026. Insert route maps and elevation profiles here.



Route certified: World Athletics Certified Measured Course, in cooperation with AIMS. This is Vizag's first AIMS certified measured course.

HYDRATION, AID STATIONS & REFRESHMENTS

Hydration support and refreshments are provided on course for all runners. Aid stations are checkpoints where race officials record timings and check on runner welfare. A hot breakfast is served at GITAM University after the race.

Aid station spacing	every 2–2.5 km
Items	Water, electrolyte drink, fruit (bananas / oranges),
Medical support	First aid at start/finish and designated aid stations

Please note

- Coastal humidity increases sweat loss. Start hydrating the day before and sip regularly from the first aid station.
- You are allowed to carry hydration vest / belt if you want more than the aid station can offer.
- Drop wrappers and other waste only in the trash zones at aid stations.

RECOMMENDED RUNNING GEAR

- Comfortable T-shirt (the official event tee is provided) and shorts. Reflective clothing is an advantage for the pre-dawn start.
- Running shoes with good cushioning and a comfortable pair of running socks.
- A cap or visor, sunglasses and sunscreen. The sun rises early on the coast.
- A light rain jacket or poncho you can carry if showers are forecast.
- A personal hydration bottle or belt (optional but recommended for the 10K and 21.1K).
- A fully charged mobile phone.
- A valid government-issued photo ID.
- Personal nutrition such as energy gels, dry fruits or electrolytes for the 21.1K.
- Anti-chafe balm and a change of clothes for after the race.

Bag deposit

Bag deposit / baggage counter available at GITAM University: Yes

If available, label bags with your bib number and name, and do not leave valuables.

Organisers are not responsible for loss or damage.

SUMMARY OF GENERAL GUIDELINES

We aim to provide every participant with a safe, well-organised and enjoyable running experience. Enrolling in this race means you have agreed to the following:

1. Participation is voluntary and at your own risk. Be honest about your fitness and train for your distance.
2. The organising committee has the final authority on any question that arises during the race.
3. No littering. Use the trash zones provided at aid stations and the start/finish area. Respect the beach, roads and local community.
4. The medical or rescue team may withdraw a runner for medical or safety reasons, even without the runner's consent. This is done for your safety.
5. Finish within the 9:00 AM cut-off and complete the entire course of your registered category, pass through all timing mats and remain on the marked route.
6. Only registered runners may take part. Bibs are not transferable.
7. Follow the instructions of race officials, marshals and volunteers at all times.

SAFETY RULES & COURSE NAVIGATION

Safety Rules

- The use of headphones, earphones or personal audio devices is prohibited / discouraged during the race. Stay alert to officials, volunteers, emergency vehicles, fellow runners and traffic.
- Roads may be fully / partially closed to traffic. Always stay on the designated side of the road and obey marshals.
- Follow the instructions of race officials and volunteers at all times.
- Dispose of waste only at designated litter zones or aid stations.
- If you need medical assistance or see another runner in distress, inform the nearest volunteer or race official immediately.

GITAM University Campus Rules

- **Do not litter anywhere on the GITAM University campus. Use the bins provided.**
- **Portable toilets are provided by the organiser. Refrain from passing urine anywhere on the campus.**
- **Park only at the designated spaces directed by GITAM University security staff. Failing to do so will attract a fine and disqualification.**
- **Do not run with another runner's bib. This will result in automatic disqualification and a ban from participation in future events.**

Route Marking

The route will be marked with directional arrows and distance markers and marshals will be stationed at key turns and U-turns.

- If you are unsure of the route, stop and check with the nearest marshal. Do not assume the direction.
- Shortcuts, deviations or bypassing any part of the route are strictly prohibited and may lead to time penalties or disqualification.
- The route may be modified before or during the event due to weather, road conditions, instructions from authorities or safety concerns. Changes will be announced at the race briefing and by officials on course.

NETWORK, ETIQUETTE & ASSISTANCE

Mobile Network Coverage

Mobile coverage along the coastal route is generally good.

Network may still be congested near the start and finish due to crowds. Plan meeting points with family in advance.

Running Etiquette

Please be courteous to fellow runners, walkers, local residents, marshals and wildlife. Keep to the left/right as instructed do not block the road when walking, and call out when overtaking or stopping. Bad sportsmanship, including any use of prohibited substances, may lead to disqualification from the event and future VTRA events.

Volunteers give up their morning so that you can run. Please thank them.

Pacers & Outside Assistance

We have 2 pacers each for 21.1K and 10K

21.1K:

2hrs: Sanjeev

2.20hrs: Teja

10K:

60 mins: Aravind

75 mins: Sameer

Only registered runners are permitted on the course.

Unregistered pacers, cyclists or support people may not accompany runners.

Refreshment posts are reserved for registered runners.

3K Family Dash

The 3K is a non-timed fun run for families. Children must be accompanied by a registered adult participant.

MEDICAL ASSISTANCE, DNF & INSURANCE

The safety of every participant is our highest priority. Qualified medical personnel, ambulances and first-aid support will be available at the start/finish area and at designated points along the route, supported by our medical partner, RK Hospital. Participation is at the runner's own risk. Please consult your physician before running, particularly for the 10K and 21.1K.

If You Need Help

- Inform the nearest volunteer, marshal or aid station immediately if you feel unwell or injured.
- If you see a runner in distress, stop, help where reasonable, and alert the nearest official or medical team. Do not leave an injured runner alone until help arrives.
- If a runner is unconscious or only partly conscious, call for medical help at once. Do not give food or drink, keep the runner protected, and do not move them unless there is immediate danger.

Authority of the Medical Team

The official medical team can stop or withdraw any participant considered unfit to continue and can arrange transport to a medical facility. Their decisions are final and binding.

Dropping Out (DNF)

- If you cannot continue, tell the nearest aid station, volunteer or official. You will be recorded as DNF.
- Withdraw at an aid station where possible. Do not leave the course without informing officials.
- Surrender your bib upon withdrawal. Transport back to the start/finish will be arranged where possible, and you may have to wait for a vehicle.

Emergency Expenses & Insurance

The Race Management Team will coordinate emergency medical assistance. Costs for hospital treatment or ambulance services beyond the event's arrangements are the participant's responsibility. We strongly recommend personal health and accident insurance that covers endurance events.

Emergency contact on race day: 8500576325 / 9962071007. Medical partner: RK Hospital.

RACE NUMBER & PENALTIES

Race Number

- Wear your bib on your chest, fully visible, over any clothing, for the entire race. Do not fold, cut or cover it, or hide sponsor logos.
- Wear the bib on your chest only (not on the back, waist or leg), so that timing and photographers can read it. Timed bibs are issued for 21.1K, 10K and 5K.
- No bib means no access to aid stations, medical support, timing or finisher entitlements.

Penalty – Disqualification

Race officials and marshals may impose the following penalties. Any other breach will be handled at the organisers' discretion.

Breach of rules	Penalty / disqualification
Taking a serious shortcut or skipping any section of the course	Immediate disqualification
Throwing rubbish outside designated trash zones (deliberate)	Immediate disqualification
Rude or abusive behaviour towards marshals, volunteers, other runners or locals	30 minutes to disqualification, depending on gravity
Not helping someone in difficulty	1 hour to disqualification, depending on gravity
Receiving help outside authorised zones	1 hour for the first time; disqualification if repeated
Dangerous behaviour (e.g. carrying sharp objects, riding alongside runners)	1 hour
Harmful behaviour towards others or animals	1 hour for the first time; disqualification if repeated
Refusing an order from race control, an official or medical staff	Immediate disqualification
Accepting unauthorised transport or rejoining after leaving the course	Immediate disqualification
Running with another runner's bib or swapping bibs	Automatic disqualification and ban from future events
Parking outside designated spaces or ignoring GITAM security staff	Fine and disqualification

Penalty table adapted for a road race.

MODIFICATIONS, CANCELLATION & REFUND

The organisers reserve the right to modify the route and the position of aid and medical posts. In case of poor weather or safety concerns, the organisers may delay, stop or modify the event.

Postponement, cancellation and refund policy TBC. Please align this section with the terms published at www.vtra.run.

As a general rule, registration fees are not refunded for non-participation, including failure to collect a bib or being unable to run on race day due to illness.

Individual Sponsors

Runners sponsored individually may display sponsor logos only on their own clothing or equipment. Banners, flags and other publicity material are not permitted on the course or at the finish.

Waste Management

We are committed to keeping Vizag's coastline clean.

- Waste bins will be placed at the start/finish area and aid stations. Use them.
- Littering anywhere on the course may lead to penalties or disqualification.
- Bring your own bottle to reduce single-use plastic wherever possible.
- The Race Management Team will clear event waste from the venue and route after the event.

ABOUT VISAKHAPATNAM

Visakhapatnam (Vizag) is a port city on the Bay of Bengal in Andhra Pradesh, known for its beaches, hills and easy coastal drives. Rushikonda, where the race is based, is one of the city's best-known beach areas.

Things to see if you are staying on

- RK Beach and the Beach Road promenade
- Kailasagiri hilltop park and its viewpoints
- Rushikonda Beach
- Submarine and Aircraft museums on Beach Road
- Simhachalam Temple
- Araku Valley and Borra Caves (day trip, outside the city)

HOW TO REACH VISAKHAPATNAM

By air	Visakhapatnam Airport (VTZ), with flights from major Indian cities
By train	Visakhapatnam Junction, on the South Coast main line
By road	Well connected via NH16 from Vijayawada, Bhubaneswar and Kolkata
Local	Taxis, cabs and auto-rickshaws to Rushikonda. . Parking Details: Parking will be available via the GITAM Yendada Back Gate .

PARTNERS & CONTACT

Organised by	Visakha Trail Running Association (VTRA)
Title sponsor	DCB Bank
Associate partner	GCON
Medical partner	RK Hospital
Running partner	Decathlon
Energy partner	Fast&Up
Apparel partner	T10 Sports
Venue partner	GITAM
Timing partner	iFinish
Medical intelligence partner	Redcliffe Labs
Hygiene partner	PoppiGo
Media partner	YO! VIZAG
Reels partner	ScriptNova
Probiotic partner	Yakult
Marketing partner	LeadRaft
Race Director	Dr. Krishna
Race-day emergency contact	8500576325 / 9962071007
Email	irun@vtra.run · vizagtrailrunners@gmail.com
Website	www.vtra.run
Social	Instagram: @vizag_half_marathon Facebook/Instagram (VTRA): @vtra.runFacebook: @vtra.run

See you at the start line!

Also from VTRA: Ultribe Paderu



If the coast has you curious about the trails, meet Ultribe Paderu, VTRA's flagship trail event and the first trail ultra of its kind in Andhra Pradesh and Telangana. Set around Paderu, a hill town at about 900 metres in the Eastern Ghats of Alluri Sitarama Raju district, roughly 100 km from Visakhapatnam, the race winds through misty Vanjangi ridgelines, tribal footpaths, evergreen forest and coffee estates. It is scheduled for 5–6 December 2026 with 10K, 25K, 50K and 100K categories, and its courses are ITRA-approved. Details and registration are at www.vtra.run.