

RUNNER'S GUIDE

Oct. 06th
2024

WEEKEND AGENDA

03

Thursday

BIBs & participation kits delivery



📍 Seaside Sport Expo

🕒 10 am – 08 pm

04

Friday

BIBs & participation kits delivery



📍 Seaside Sport Expo

🕒 10 am – 08 pm

05

Saturday

BIBs & participation kits delivery

📍 Seaside Sport Expo

🕒 10 am – 08 pm

EDP New Generation

📍 Seaside Sport Expo

🕒 11:00 am

Mimosa Family Walk

📍 Seaside Sport Expo

🕒 03:00 pm



06

Sunday

EDP Lisbon Marathon

📍 Av. da República, Cascais

🕒 08:00 am

Hyundai Half Marathon

📍 Vasco da Gama bridge

🕒 10:30 am

EDP 8K

📍 Vasco da Gama bridge

🕒 10:30 am



SUNDAY RACES

**HYUNDAI
HALF
MARATHON**

Highlights

Date:	Sunday 06 th
Start shot:	10:30 am
Time limit:	03h00
Participants:	9.500



BIBS and Participation Kits

At the Seaside Sport Expo, you can pick up your **BIB and participation kit** and get all the information about the race such as how to reach the start line, the course details, and any extra information you may need.



Important!

Presenting the registration document (PDF)



Information

- **Where:** Seaside Sport Expo at Sala Tejo – MEO Arena, in Lisboa (EXPO area).
- **When:** 3rd, 4th and 5th of October, from 10:00 am to 08:00 pm. (No BIBs or participation kits will be delivered at the race day).
- **How:** presenting the **registration document** (PDF sent by email to all participants). The PDF can be presented directly from a mobile phone.
- **Who:** BIBs and participation kits can be picked up **by the runner or by another person** presenting their registration document (PDF sent by email).
- **What:** runners will receive one **personalized BIB**, one **official t-shirt**, one **official bag**, and other offers from the sponsors. Please don't forget to pick up the **safety pins** available for you, to pin your BIB to your t-shirt.



Gifts

The t-shirt size is requested when picking it up. After opening the t-shirt package it's not possible to change it.



Extras

Bag drop service

Runners who have subscribed to the bag drop service will receive a specific bag to leave at the start line (please check the start plan on **page 6**). Runners who haven't subscribed to the bag drop service won't be allowed to drop their bags at the start.

Medal engraving service:

Runners that have subscribed to the medal engraving service, just need to present their BIBs at the medal engraving tent at the finish line (please check the finish plan on **page 9**). Runners who haven't subscribed to the medal engraving service can subscribe to the service at the tent.



Start line

The start shot of the Hyundai Half Marathon is scheduled for Sunday, **October 6th at 10:30 am**. The time limit to finish the Half Marathon is 3h00 (three hours).

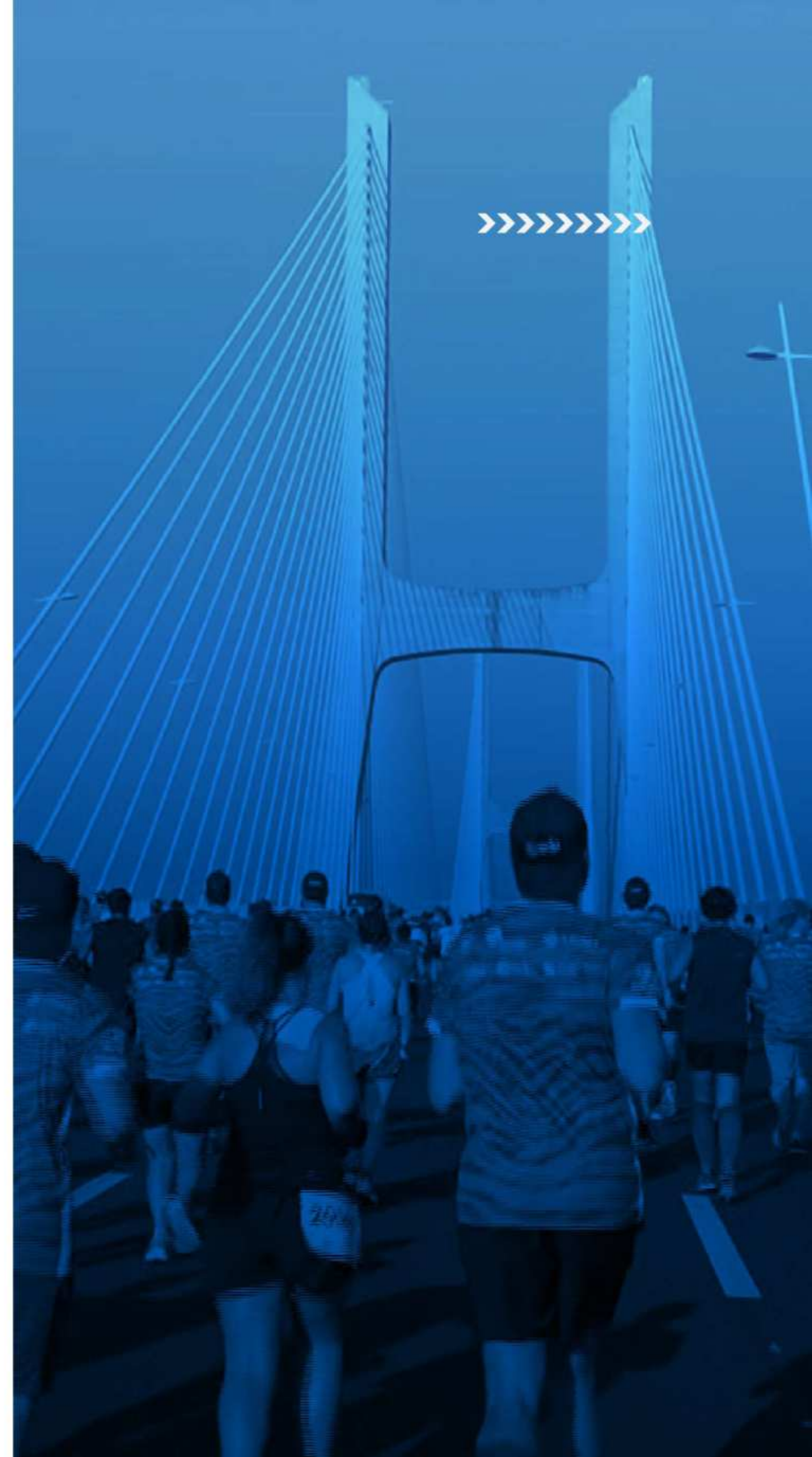
To ensure that each participant has a hassle-free departure, organizers strongly advise participants to arrive at the buses that take the runners to the start line early.

How to reach the start line:

The start line of the 2024 Hyundai Half Marathon is located in the middle of the **Vasco da Gama bridge**. To get to the start runners must use the buses provided by the organization departing from the **Gare do Oriente train station**, next to the **Vasco da Gama Shopping Center**. The buses that take the runners to the start line are available **from 07:30 am to 09:30 am**. **After the 09:30 am, it's not possible to get to the start line**. Runners can use, for free presenting their BIBs, the city buses, subway, or trains to get to the Gare do Oriente station. There are multiple lines from Lisbon center to travel to the Gare do Oriente. Runners should plan their journey to reach the buses that depart for the bridge in time for the race start.

There's no alternative to reach the start line, the organization buses are the unique option.

Runners staying at the south margin of Tejo River must travel to the Gare do Oriente to use the buses that take the runners to the start line. **It's not possible to reach the starting line from the south.**



Start area

At the start area, the runners will find **WCs**, the **bag drop truck** (limited to the runners that have subscribed the bag drop service at their registration), the **start boxes**, and the **start line**. Runners that have subscribed to the bag delivery service, **must use the specific bag** delivered when picking up their BIBs.

There are **five start boxes** available. The start boxes were assigned according to the times registered by the runners on the registration form. VIP guests have a specific start box available.

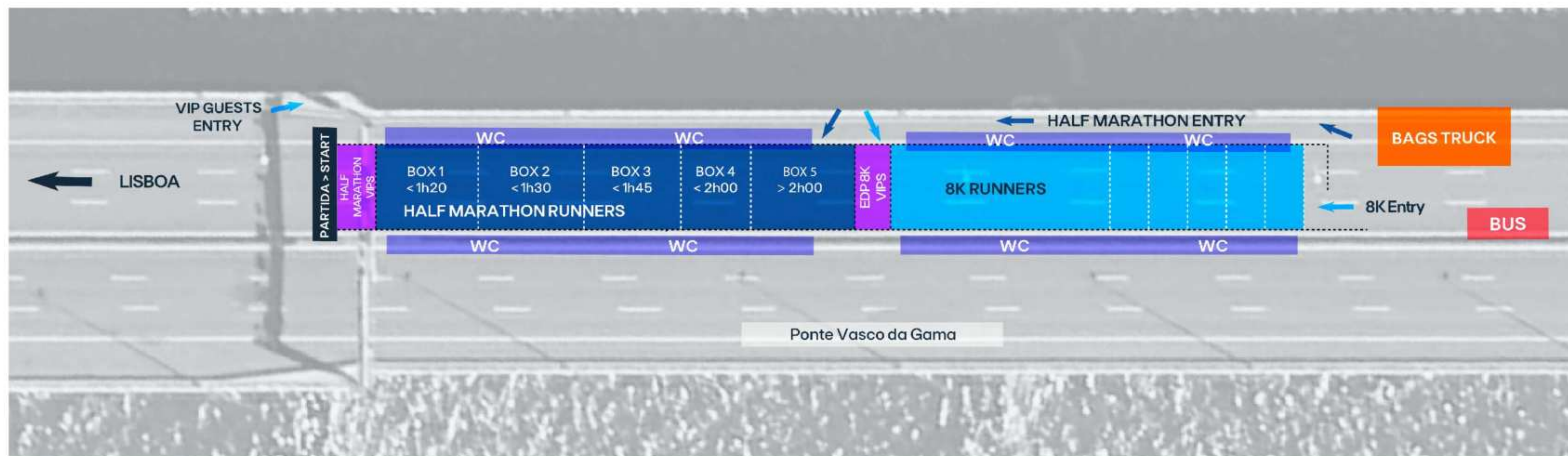
There will be **four different pacers** that runners can follow.

Time Boxes

- BOX 1 – SUB 1h20
- BOX 2 – SUB 1h30
- BOX 3 – SUB 1h45
- BOX 4 – SUB 2h00
- BOX 5 – PLUS 2h00

Pacers

- <4:00 min/km
- <4:30 min/km
- <5:00 min/km
- <5:30 min/km



Race

The Hyundai Half Marathon course starts right over the Tejo River at the Vasco da Gama bridge, offering an opportunity to run over the longest bridge in Europe and see Lisbon from an exclusive point of view. It shares the finish line with the EDP Lisbon Marathon, joining thousands of runners from both races at the iconic **Praça do Comércio**.

With a **race record of 01h00m12s**, the Hyundai Half Marathon is quite plain and ideal for all types of runners, from the fastest to the least experienced, any runner has a place in this race.

Supporters can follow their favorite runners at this [link](#).



Supplies

Vitalis water	Powerade	Banana da Madeira	Gel	Mimosa Proteína Milk	Olá Ice cream	Medical Station	WC	Music



Links

Course Map	Course Video	Google Maps
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Aid stations



START



KM 6



KM 7,5



KM 9



KM 10



KM 11



KM 12,5



KM 15



KM 16,5



KM 18



KM 18,5



KM 20



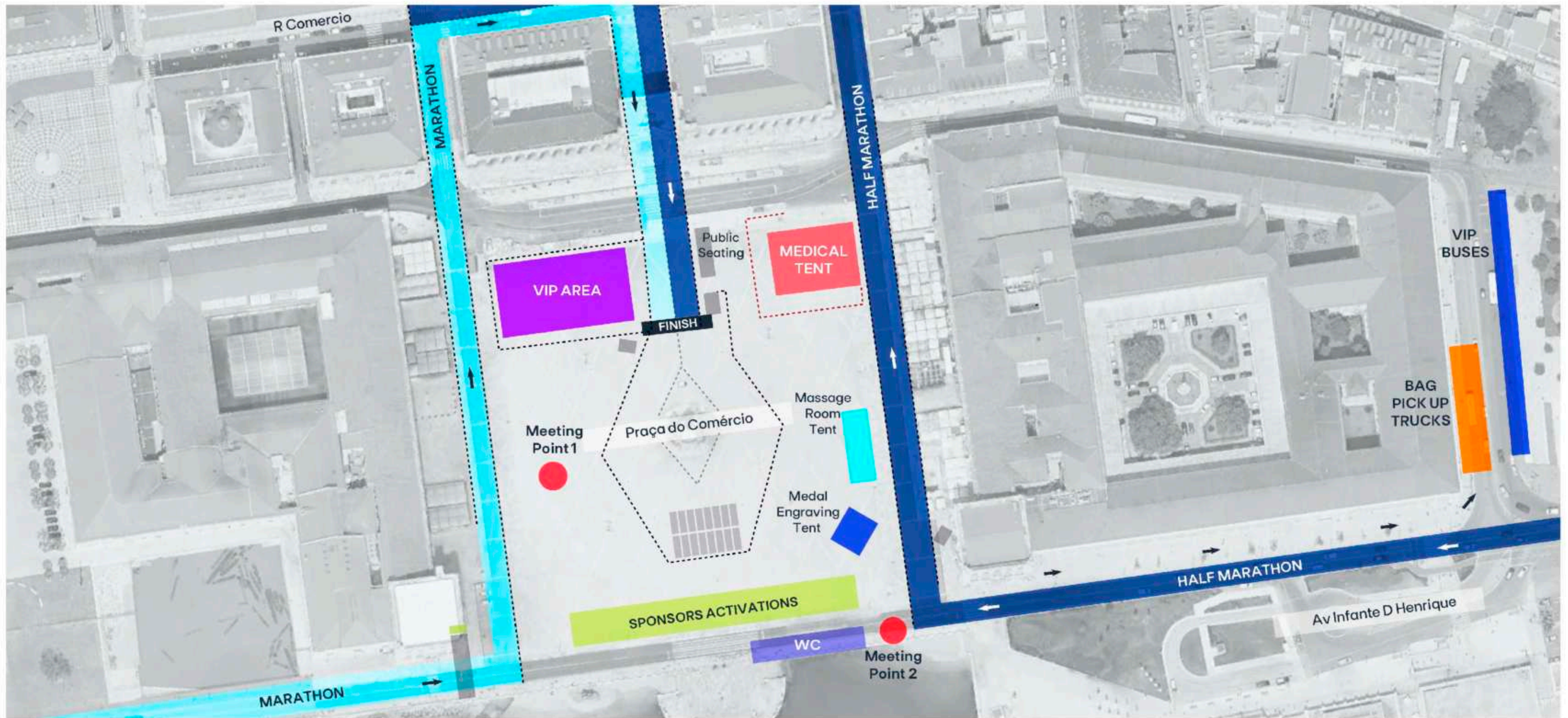


ABASTECIMENTOS FORNECIDOS POR / AID STATIONS BY



Finish line

The finish line is at the Praça do Comércio at the Lisbon historical center in front of the Tejo river.



Finish line

At the finish line, all finishers will receive an **exclusive medal** aside from **Vitalis water**, **Powerade**, **Banana da Madeira**, an **Olá ice cream**, and a **Mimosa Proteína milk**.

There will be available the **drop bag service** to deliver the bags of the runners and the **medal engraving service tent**. Runners that have subscribed the medal engraving service before the race just need to present their BIBs. Runners that didn't subscribe the service, can pay at the tent and engrave its medals.

The **provisional results** will be available at this **link** at the end of the day, 15 days after the race date, the final classifications will be published.



Supplies



Vitalis water



Powerade



Banana da Madeira



Mimosa Proteína Milk



Olá Ice cream



[Live tracking](#)

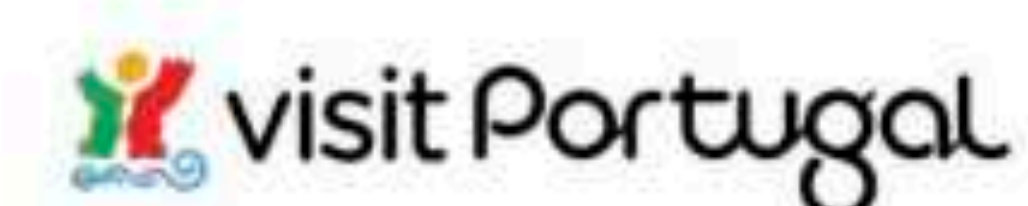
[Results](#)



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!

Institutional partners



Naming sponsors



SPONSORS

Official sponsors



International partners



Medical services



Event partners



Sport partner



Media partners



Official transports

