



# RUNNER'S GUIDE

Oct. 06<sup>th</sup>  
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

# EDP

# 8K

### Highlights

Date: Sunday 06<sup>th</sup>

Start shot: 10:30 am

Time limit: 02h30

Participants: 8.000



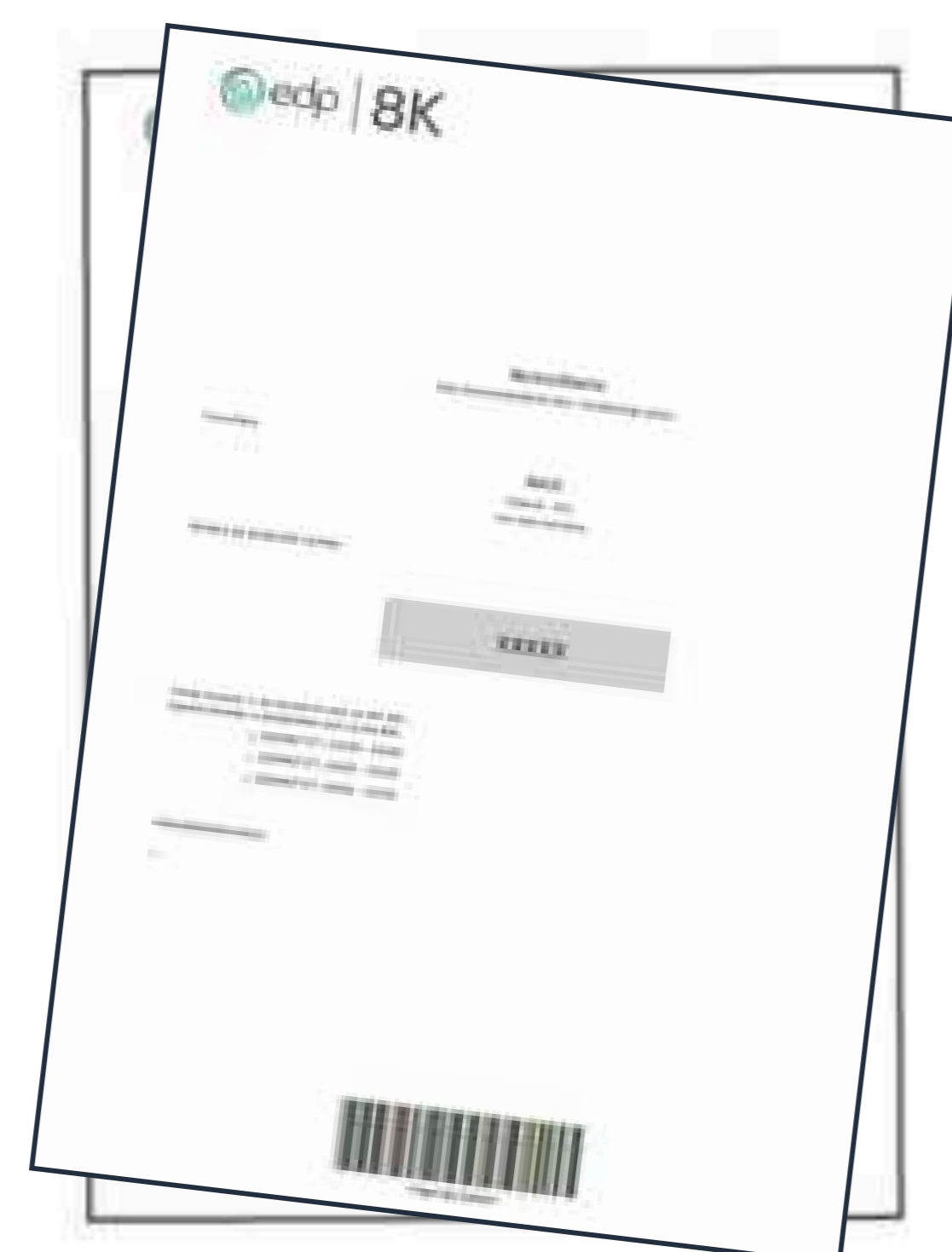
## BIBS and Participation Kits

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:** **3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> 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 **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.



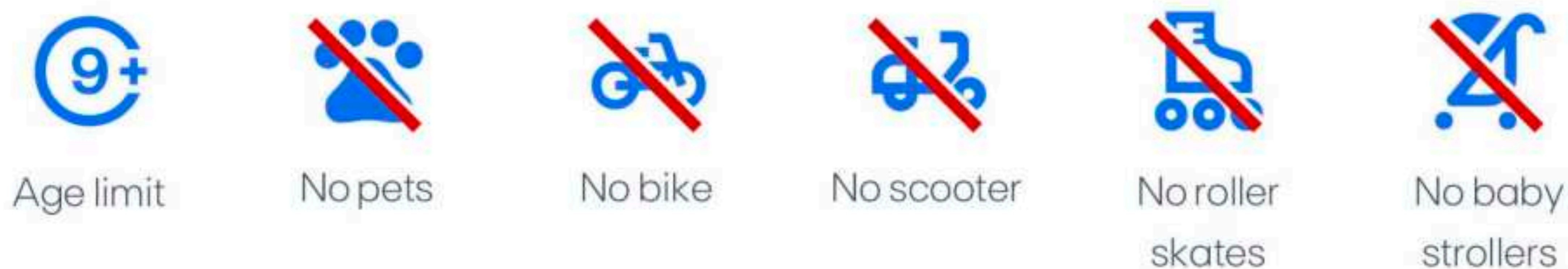
## Gifts

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



## Limitations

Please comply with the race of the race. Runners who don't comply with the rules will be prevented from participating.



## Start line

The starting shot of the EDP 8K is scheduled for Sunday, **October 6th at 10:30 am**. The time limit to finish the course is 2h30 (two hours and thirty minutes).

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 EDP 8K 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 09h30 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.**

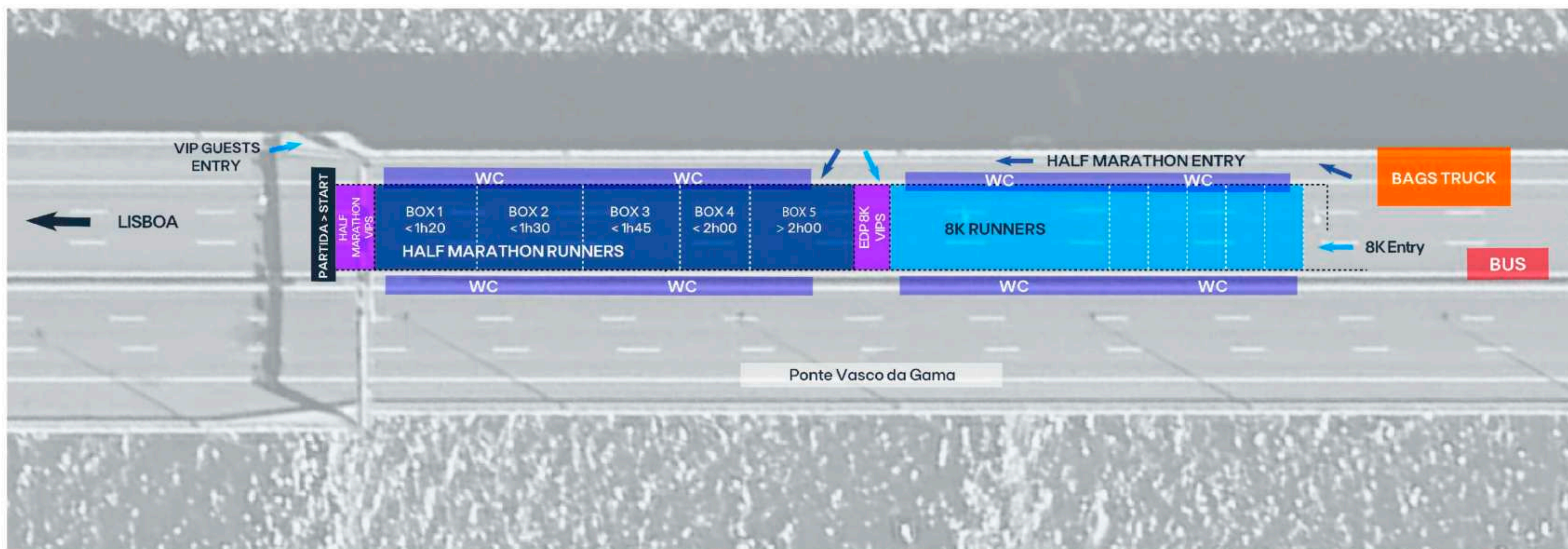


## Start area

At the starting area, the runners will find **WCs** and the **start line**.

For the EDP 8K race there's no start boxes or pacers. There's also no bag drop or medal graving service.

VIP guests have a specific starting box available.



## Race

The **EDP 8K** 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. The finish line is located at Expo area, next to the **MEO Arena**.

As a mini marathon, the EDP 8K is the perfect race for beginners or for curious that wish experience the race environment, cross the Vasco da Gama bridge (the race day is the only day when it is possible to cross the bridge on foot) and receive a finisher medal as a real runner!



## Supplies



Vitalis Water



WC




Music




Medical Station



## Links

 [Course Map](#)

 [Course Video](#)

 [Google Maps](#)

## Aid stations



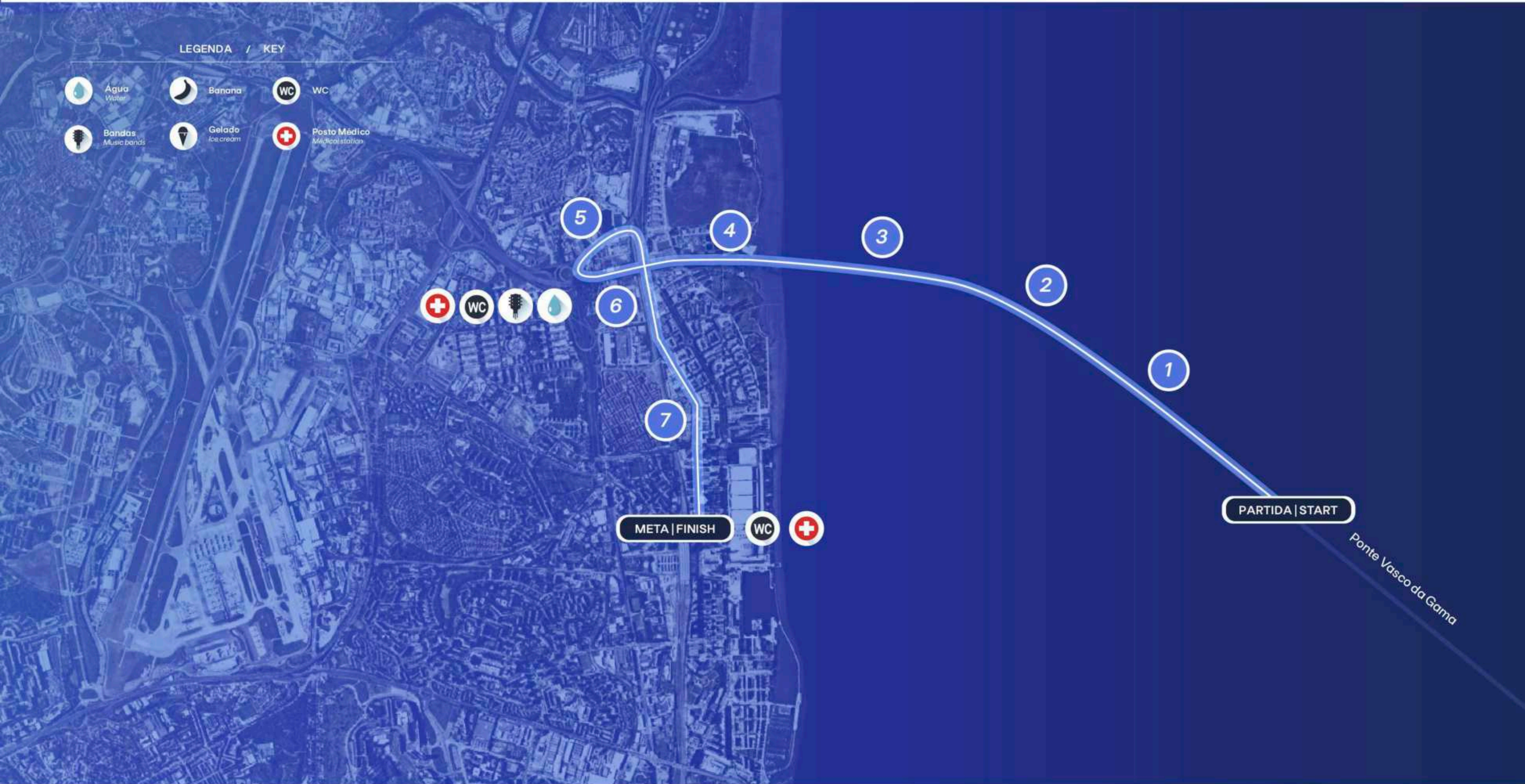
START



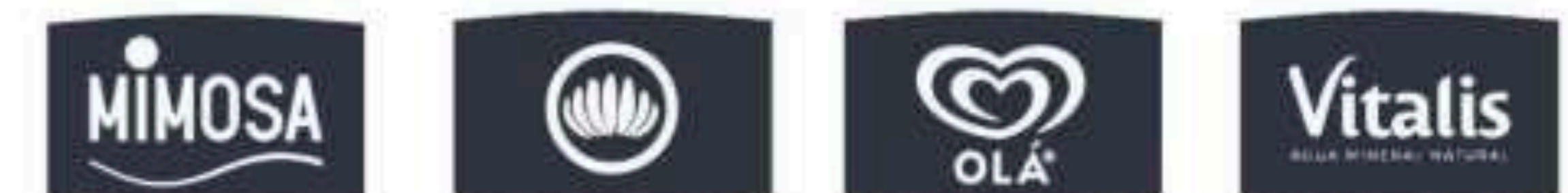
KM 6







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## Finish line

The EDP 8K finish line is located at the Expo area, right next to the MEO Arena.



## Finish line

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

The EDP 8K it's an untimed race, so there's no results available.



## Supplies



Vitalis Water



Banana da Madeira



Mimosa Proteína Milk



Olá Ice Cream



## 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



# SPONSORS

## Naming sponsors



## Official sponsors



## International partners



## Medical services



## Event partners



## Sport partner



## Media partners



## Official transports

