



Lisbon Marathon

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

EDP LISBON MARATHON

Highlights

Date:	Sunday 06 th
Start shot:	08:00 am
Time limit:	06h00
Participants:	8.000



BIBS and participation kits pick up

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.

The drop bag service subscription was included with the registration for the EDP Lisbon Marathon, so all the marathon participants are entitled to this service. To benefit from the bag delivery service, **runners must use the specific bag delivered when picking up their BIBs.**



Extras

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 10**). 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 EDP Lisbon Marathon is scheduled for Sunday, **October 6th at 08:00 am**. The time limit to finish the Marathon is 6h00 (six hours).

To ensure that each participant has a hassle-free departure, organizers strongly advise participants to arrive at the start zone 30 to 45 minutes before the starting shot.

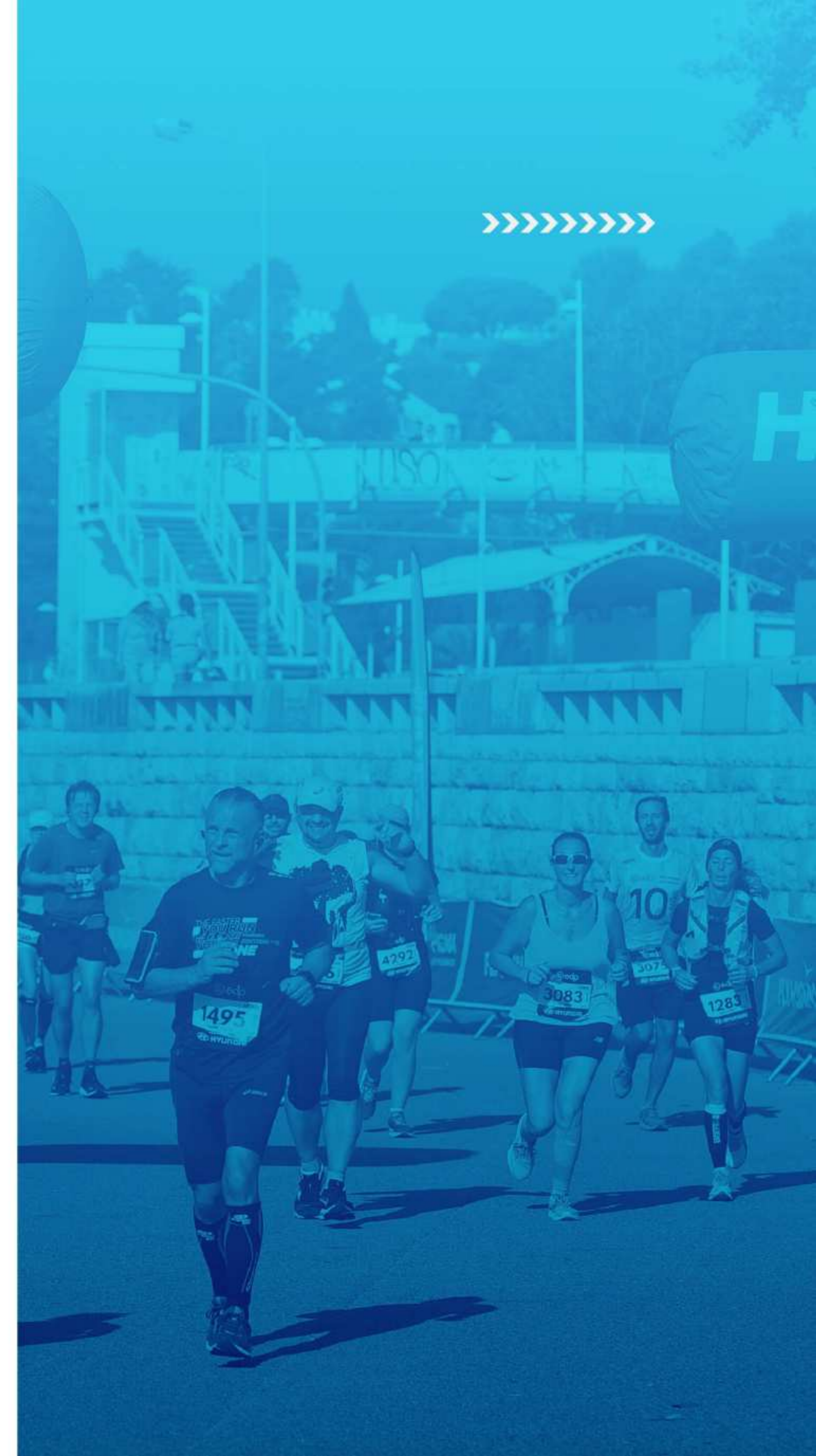
How to reach the start line:

The start line is in Cascais Vila at **Avenida da República**, about 30 km from Lisbon center. Runners staying in Lisbon can use, for free, the train to get to Cascais (the start line is about 1 km from the train station).

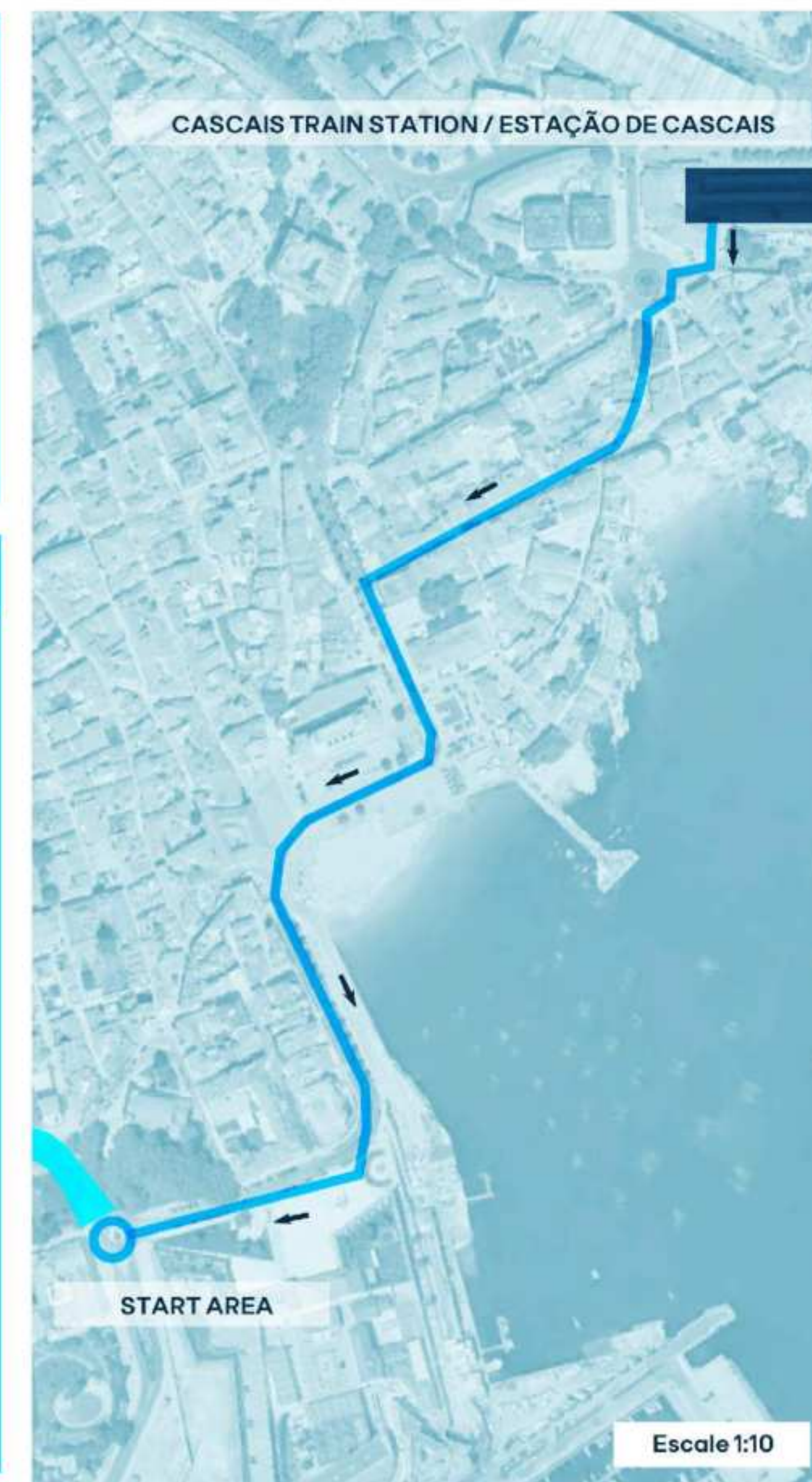
The Lisbon-Cascais train line starts at Cais do Sodré and takes 40 minutes to arrive in Cascais. Besides Cais do Sodré there are **several stations along the train line** that runners can take towards Cascais. From the Cais do Sodré station runners have the following departure times: (Please check the timetable at **page 6**). After 07:00 am, the trains won't arrive in Cascais on time for the start shot.

Runners must not wait for the last train, there will be thousands of runners going to Cascais, and the trains have limited capacity.

Runners staying at Cascais or nearby, must plan the best way to reach the start area. There will be streets closed so it's very important to arrive early at Cascais center.



Train stations and timetable



Stations	Lisbon - Cascais CP trains schedules					
Cais do Sodré	05h30 am	06h00 am	06h10 am	06h20 am	06h30 am	07h00 am
Santos	05h32 am	06h02 am	06h12 am	06h22 am	06h32 am	07h02 am
Alcântara - Mar	05h35 am	06h05 am	06h15 am	06h25 am	06h35 am	07h05 am
Belém	05h38 am	06h08 am	06h18 am	06h28 am	06h38 am	07h08 am
Algés	05h41 am	06h11 am	06h21 am	06h31 am	06h41 am	07h11 am
Cruz Quebrada	05h44 am	06h14 am	06h24 am	06h34 am	06h44 am	07h14 am
Coxias	05h47 am	06h17 am	06h27 am	06h37 am	06h47 am	07h17 am
Paço de Arcos	05h49 am	06h19 am	06h29 am	06h39 am	06h49 am	07h19 am
Santo Amaro	05h53 am	06h23 am	06h33 am	06h43 am	06h53 am	07h23 am
Oeiras	05h54 am	06h24 am	06h34 am	06h44 am	06h54 am	07h24 am
Carcavelos	05h57 am	06h27 am	06h37 am	06h47 am	06h47 am	07h27 am
Parede	05h59 am	06h29 am	06h39 am	06h49 am	06h59 am	07h29 am
São Pedro do Estoril	06h02 am	06h32 am	06h42 am	06h52 am	07h02 am	07h32 am
São João do Estoril	06h04 am	06h34 am	06h44 am	06h54 am	07h04 am	07h34 am
Estoril	06h06 am	06h36 am	06h46 am	06h56 am	07h06 am	07h36 am
Monte Estoril	06h08 am	06h38 am	06h48 am	06h58 am	07h08 am	07h38 am
Cascais	06h10 am	06h40 am	06h50 am	07h00 am	07h10 am	07h40 am

Start area

At the start area, besides the start line, runners will find **WCs**, the **drop bag service** (trucks identified), and **six start boxes**. The start boxes were assigned according to the time set in the race registration. There will be also **six pacers** for the following finish times.

The drop bag service subscription was included with the registration for the EDP Lisbon Marathon, so all the marathon participants are entitled to this service. To benefit from the bag delivery service, **runners must use the specific bag** delivered when picking up their BIBs.



Time Boxes

- BOX 1 – SUB 3h00
- BOX 2 – SUB 3h30
- BOX 3 – SUB 4h00
- BOX 4 – SUB 4h30
- BOX 5 – SUB 5h00
- BOX 6 – PLUS 5h00

Pacers

- Finish in 3h00
- Finish in 3h15
- Finish in 3h30
- Finish in 4h00
- Finish in 4h30
- Finish in 5h00



Race

The EDP Lisbon Marathon course is 100% by the sea or river, offering unique and motivational views along the 42 km course. Along the course, runners will find **13 Aid stations** (offering water, gel, fruit, and isotonic drinks), **6 Music stages** (live bands or DJs), **14 WCs** (most of them next to the Aid Stations), **5 Medical stations** (plus a field hospital at the finish line) and **3 Cool station** (21 km, 32 km and 37,5 km).

With a race record of **02h05m45s**, the EDP Lisbon 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 5	
KM 10	
KM 12	
KM 15	
KM 20	
KM 22,5	
KM 23,5	
KM 25	
KM 27,5	
KM 28 / 29	
KM 30	
KM 32,5	
KM 33,5	
KM 35	
KM 37,5	
KM 38	
KM 40	

* All stations have WCs available

LEGENDA / KEY

- Água
Water
- Banana
- WC
- Powerade
- Gelado
Ice cream
- Posto Médico
Medical station
- Gel
- Bandas
Music bands
- Pontos de interesse
POI

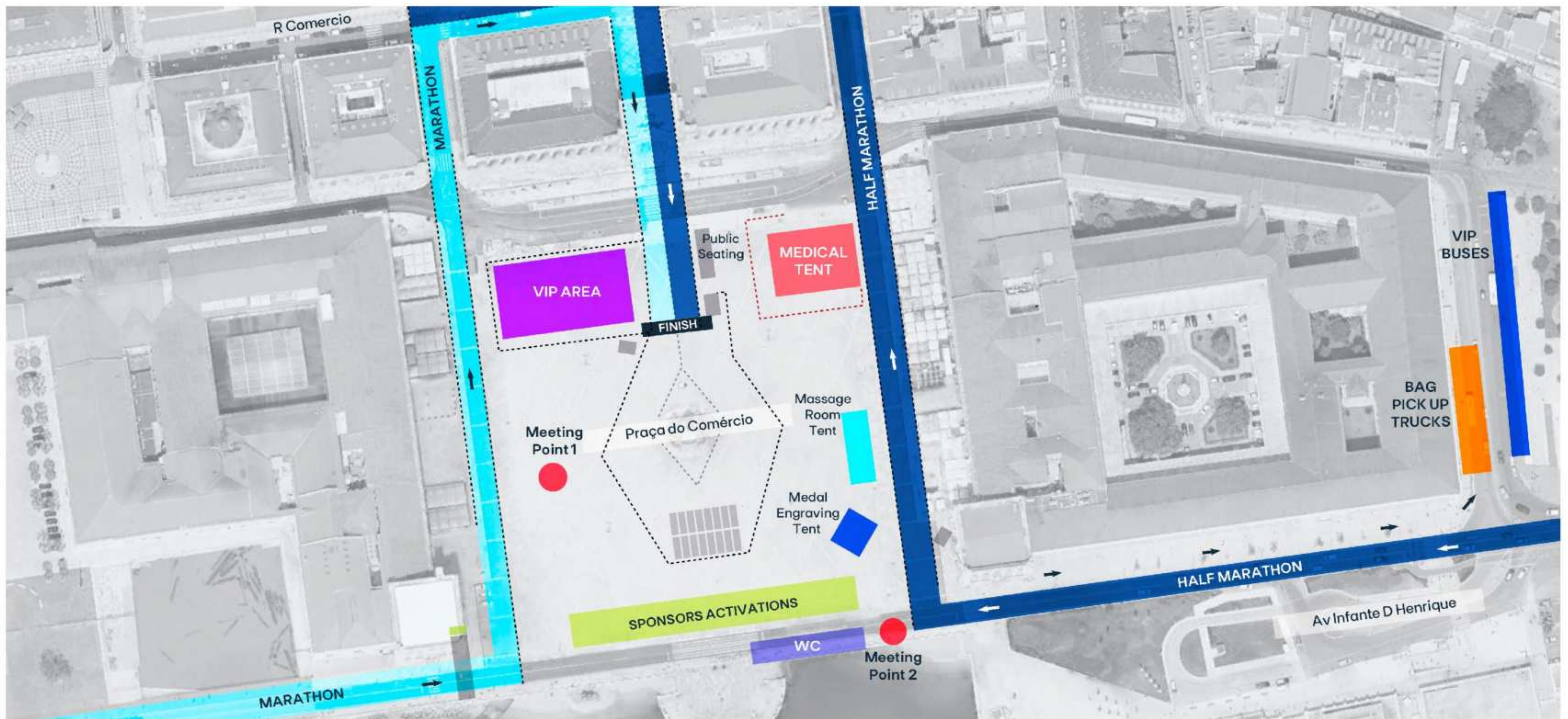


ABASTECIMENTOS FORNECIDOS POR / AID STATIONS BY



Finish line

The EDP Lisbon Marathon finish line is at the historical **Praça do Comércio** and is shared with the Hyundai Half Marathon finishers.



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 entertainment tents.

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 classifications** will be available at the **link**, or at the race site 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



SPONSORS

Naming sponsors



Official sponsors



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Medical services



Event partners



Sport partner



Media partners



Official transports

