

## FAQS

### BEFORE THE RACE

#### 1. What is the EDP Lisbon Half Marathon?

**A:** The EDP Lisbon Half Marathon is a competition on the World Athletics calendar with the "World Athletics Elite Label" and is part of the SUPERHALFS circuit. All the information on the SUPERHALFS circuit can be found at [www.superhalfs.com](http://www.superhalfs.com) It will take place on March 9<sup>th</sup>, 2025, organized by the MARATONA CLUBE DE PORTUGAL and with the support of the municipalities of Lisbon, Oeiras and Almada, as well as other official bodies.

#### 2. What is the VODAFONE 10K?

**A:** The VODAFONE 10K is a timed competition that has replaced the Minimarathon and will be held at the same time as the EDP Lisbon Half Marathon on March 9<sup>th</sup>, 2025. This race is organized by the MARATONA CLUBE DE PORTUGAL and supported by the municipalities of Lisbon, Oeiras and Almada, as well as other official bodies.

#### 3. How far is the EDP Lisbon Half Marathon?

**A:** The race will take place over 21,097 meters.

#### 4. How far is the VODAFONE 10K race?

**A:** The race will take place over 10,000 meters.

#### 5. What is the route of the EDP Lisbon Half Marathon?

**A:** The start of the EDP Lisbon Half Marathon will take place simultaneously in Cruz Quebrada for the Elite athletes and in Almada (on the deck of the 25 de Abril Bridge) for the other athletes. The finish line is common to both races, with the finish line located in front of the CCB, next to the Mosteiro dos Jerónimos.

#### 6. What is the route of the VODAFONE 10K?

**A:** The start will be at the Ponte 25 de Abril Toll Plaza. The route is like that of the EDP Lisbon Half Marathon. When they reach the end of the bridge, participants head north/south, in reverse, until they reach the A5 access viaduct, then turn round and head in reverse until they come down to the Alcântara access road, Rua de Cascais, right onto Avenida da Índia and Praça do Império. The finish line will be in the street in front of the Mosteiro dos Jerónimos, on the large street of Praça do Império.

#### 7. What time does the EDP Lisbon Half Marathon start?

**A:** The race starts at 09:30 a.m.

**8. What time does the VODAFONE 10K start?**

**A:** The race starts at 10.05 a.m.

**9. When does registration close?**

**A:** Entries close on March 5<sup>th</sup> at 7.59pm, unless they reach the maximum limit before that date

**10. Where can I register?**

**A:** Entries are available at the race's official website at [www.maratonclubedeportugal.com](http://www.maratonclubedeportugal.com)

**11. I'm a person with mobility impairment, I use a wheelchair to get around, can I register?**

**A:** Yes, you can runners with mobility impairment can use the email address [inscricoes.pdvmr@maratonaportugal.com](mailto:inscricoes.pdvmr@maratonaportugal.com) to make their registration for the VODAFONE 10K race (max. 10 places). By making their registration, runners with mobility impairment assume that they have read and accepted the Article 7 of the race regulations.

**12. How can I access the course?**

**A:** You can check the course at the race's official web site and social media pages.

**13. After making my registration, how do I collect my Participation Kit?**

**A:** All registered participants will receive, up to a week before the race, a confirmation document (PDF) at their email. You must show this PDF when collecting your BIB and participation kit at the Sport Expo, at the Centro Cultural de Belém, on 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> of March (between 10:00am and 08:00pm).

**14. I can't find my PDF... how can I pick up my BIB and Participation Kit?**

**A:** You can recover your PDF by sending an email to [info@maratonaportugal.com](mailto:info@maratonaportugal.com) or at the "Solutions" Desk in the SportExpo.

**15. What if I can't participate at the race?**

**A:** You can transfer your registration to a person you choose, free of charge, by sending an email to [info@maratonaportugal.com](mailto:info@maratonaportugal.com) until a month from the race date. After this date is not possible to transfer your registration.

**16. What should I do if I lose my bib?**

**A:** You should send an email to [info@maratonaportugal.com](mailto:info@maratonaportugal.com)

**17. Can I pick up my bib for a friend?**

**A:** Yes, you can pick up the BIB and the participation kit for other runners. To pick up the BIB and participation kit of other or other runners, you must present their PDF.

**18. Can I use someone else's bib?**

**A:** No, if a participant uses another athlete's bib without notifying the organization in advance and without their permission, they will be disqualified and the runners insurance won't be valid.

**19. How can I link my SuperHalves passport number to my registration?**

**A:** You can link your SuperHalves passport with the EDP Lisbon Half Marathon at the race registration form or by sending an email to [info@maratonaportugal.com](mailto:info@maratonaportugal.com).

**RACE DAY**

**20. Can I use public transport for free on the day of the race?**

**A:** Yes, on presentation of the bib, the athlete has free transport available from the organization's partners.

**21. Can I collect my bib on the race day?**

**A:** No! No bibs or participation kits are delivered at the race date.

**22. What's the time limit to complete the races?**

**A:** For the EDP Lisbon Half Marathon, the time limit is 03h00. For the Vodafone 10K race the time limit is 2h20.

**23. Are there aid stations during the race?**

**A:** There will be, at least, an official aid station at each 5 KM.

**24. What kind of medical support is available at the race?**

**A:** Farmácia and Hospital da Luz will provide medical support to all participants, during the race and at the finish line.

**25. Is gear check service available?**

**A:** Yes, the organization provides for a fee the gear check service to the runners that subscribed the service when making their registration. **The gear check service is limited to 6.000 runners.** Gear check users must use the bag provided by the organization, at the SPORTEXPO.

**26. Are showers available at the finish line?**

**A:** Sorry, but there are no showers.

**27. Are there pacers in the Half Marathon?**

**A:** Yes, we will have pacers, identified by flags that will indicate the pace at each kilometer:

- 4m/Km flag - corresponds to 1h24m of the race
- 4.30m/Km flag - corresponds to 1h35m of the race
- 5m/Km flag - corresponds to a 1h45m time trial
- 5.30m/Km flag - corresponds to 1h56m of the race

**28. Are there starting boxes?**

**R:** Yes, there will be the following starting boxes;

- **VIP Box;**
- **Box 1 - SUB 1H30;**
- **Box 2 –SUB 1H45;**
- **Box 3 - SUB 2H00;**
- **Box 4 - Box +2H00.**

**AFTER THE RACE**

**29. Do I get a medal if I finish the race?**

**A:** Yes, all finishers will receive a medal at the end of the race.

**30. Is there a medal engraving service?**

**A:** Yes, you can subscribe the engraving medal service when making your registration, at the SportExpo or directly at the finish line zone.

**31. Where and when will the results be announced?**

**A:** The provisional results will be available on the official race website from 07:00pm. The official results will be available two weeks after race date.

**32. I can't find me at the Provisional Results or time my time is not right, what should I do?**

**A:** You can request a review at the form available online on the Provisional Results page.

**33. I was injured during the race and requested medical assistance on the spot, after which I was taken to hospital, how should I proceed?**

**A:** If you had an accident and had medical assistance, please contact the organization by email to [geral@maratonaportugal.com](mailto:geral@maratonaportugal.com).

**34. I was injured during the race but didn't request medical assistance on the spot, how should I proceed?**

**A:** Please contact the organization by email to [geral@maratonaportugal.com](mailto:geral@maratonaportugal.com).