

## FAQs

### BEFORE THE RACE

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

**A:** The EDP Lisbon Marathon is a 42km competition, included in the World Athletics calendar with the "World Athletics Elite Label" seal. It takes place on October 8th, organized by the MARATONA CLUB OF PORTUGAL and has the support of the City Halls of Lisbon, Oeiras and Almada, as well as other official entities.

#### 2. What is the Luso Half Marathon?

**A:** The Luso Half Marathon is a 21km competition, included in the World Athletics calendar with the "World Athletics Elite Label" seal. It takes place on October 8th, organized by MARATONA CLUBE DE PORTUGAL and has the support of the Lisbon City Hall, as well as other official entities. On the day of the race, the Lisbon Athletics Association's Regional Road Half Marathon Championship will also take place.

#### 3. What is the EDP 8K?

**A:** The EDP 8K is a non-competitive, non-chrono metered, 8km fun run. It takes place on October 8th with the support of the Lisbon municipalities, as well as other official entities.

#### 4. What is the distance of the EDP Lisbon Marathon race?

**A:** The race will be over 42,195 meters.

#### 5. What is the distance of the Luso Half Marathon?

**A:** The race will be over 21.097 meters.

#### 6. What is the distance of the EDP 8K race?

**A:** The race will be over 8.000 meters.

#### 7. What is the course of the EDP Lisbon Marathon?

**A:** The start of the EDP Lisbon Marathon will be in Hipodromo de Cascais. The course is 100% by the sea/river and the finish line will be at Praça do Comércio, in Lisbon.

#### **8. What is the course of the Luso Half Marathon?**

**A:** The start of the Luso Half Marathon will be on the board of Vasco da Gama Bridge, in Lisbon. The finish line will be at Praça do Comércio, in Lisbon.

#### **9. What is the route of the EDP 8K?**

**A:** The EDP 8K will start at Vasco da Gama Bridge, in Lisbon, and the route will be identical to the Luso Half Marathon, up to Km 7. The finish line will be at Parque das Nações.

#### **10. How can I access the routes of the EDP Lisbon Marathon? Luso Half Marathon and EDP 8K?**

**A:** You can access the routes on the official site of the race:

<https://www.maratonaclubedeportugal.com/>

#### **11. What time does the EDP Lisbon Marathon race start?**

**A:** The race will start at 08:00am.

#### **12. What time will the Luso Half Marathon/ EDP 8K race start?**

**A:** The race will start at 10:30am.

#### **13. When do the entries close?**

**A:** Entries for the EDP Lisbon Marathon will close on October 8th, at 19:59pm, unless the limit number of entries stipulated by the organization is reached before the date indicated.

#### **14. Where can I register?**

**A:** Registration is open on the official site of the race:

<https://www.maratonaclubedeportugal.com/>

**15. I am a disabled person, I use a wheelchair to move around, can I sign up for an event?**

**A:** Yes, starting with the 2023 edition you can register, but you must use the email [inscricoes.pdvmr@maratonaportugal.com](mailto:inscricoes.pdvmr@maratonaportugal.com). You can register for the EDP Lisbon Marathon (max. 5 places) or the EDP 8K (max. 20 places). The registration implies the reading and acceptance of Article 7 of the respective Race Regulations.

**16. After registering in a race, how do I pick up my participation kit?**

**A:** After registering and up to one week before the race, you will receive, via email, a proof of registration. With this proof, you will have to go to SEASIDE SPORTEXPO, at SALA TEJO – ALTICE ARENA, between 05, 06 and 07 October, from 10:00am to 20:00pm, to pick up your "race kit".

**17. I lost my proof of registration... How can I pick up my participation kit?**

**A:** You can retrieve your registration voucher by sending an email to [info@maratonaportugal.com](mailto:info@maratonaportugal.com), or by going to the "Solutions" desk at SEASIDE SPORTEXPO.

**18. What if I can't participate in the EDP Lisbon Marathon after I registered?**

**A:** You can transfer your registration to another participant, nominated by you, at no additional cost, by sending an e-mail to [info@maratonaportugal.com](mailto:info@maratonaportugal.com)

**19. I didn't choose my t-shirt size on the registration form...What should I do?**

**A:** The t-shirt size will be chosen during the "race kit" pick up. There will be 5 sizes available, being the stock of sizes limited. The distribution is made upon availability. If the desired size is out of stock, an alternative size will be suggested.

**20. What should I do if I lose my dorsal?**

**A:** You should contact the organization, sending an email to [info@maratonaportugal.com](mailto:info@maratonaportugal.com)

**21. Can I pick up a dorsal for a friend/relative of mine?**

**A:** Yes, you may pick up a dorsal for another person, if you present the original proof of registration and a copy of your ID document.

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

**A:** No. If any participant uses another athlete's bib, without previously informing the organization, and without the organization's authorization, the organization will disqualify the participant in question. The change of the registration data is mandatory and must be requested in due time, by sending an email to [info@maratonaportugal.com](mailto:info@maratonaportugal.com) or going to the "Solutions" desk of SEASIDE SPORTEXPO.

**DAY OF THE RACE**

**23. On the day of the race, can I use public transportation for free?**

**A:** Yes, by presenting the dorsal the athlete will have free transportation available from the organization's partners, namely Metro, Carris and CP.

**24. How do I have access to the Departure Area of the EDP Lisbon Marathon?**

**A:** There are trains every half hour starting at 5:00 am.

There will be a special train, departing from Cais do Sodré, at 06:15am, which will allow you to be at the starting point at 7:00am (the trip lasts 40 min).

**25. How do I access the Luso Half Marathon/ EDP 8K Start Area?**

**A:** The access to the start area will be made exclusively through the organization buses. The buses will be parked in front of the Vasco da Gama Shopping Center and will transport the athletes with registration badges, between 7:30am and 9:30am.

**26. Can I pick up my bib on race day?**

**A:** No. Bib numbers or any documentation and kit will not be given on the day of the race.

**27. Is there a time limit to finish the EDP Lisbon Marathon?**

**A:** Yes, there will be a time limit of 6 hours, so as of 2:30pm normal road circulation will be restored.

**27. Is there a time limit to finish the Luso Half Marathon?**

**A:** Yes, there will be a time limit of 3h30 hours, so from that moment on, normal road circulation will be restored.

**28. Is there a cut-off in the EDP Lisbon Marathon?**

**A:** Yes, there will be a cut-off at 30km, at 12:10am (local time).

**29. Are there pacers in the EDP Lisbon Marathon?**

**A:** Yes, there will be pacers that will be identified with the following times: 3h00, 3h15, 3h30, 3h45, 4h00, 4h30 and 5h00.

**30. Will there be refueling during the race?**

**A:** The organization will set up several official supply areas, with 5km intervals, which does not invalidate the provision of others in duly marked locations.

In the case of the EDP 8K, the refueling will be at km 6.

**31. Is there medical support throughout the race and at the finish line?**

**A:** Femédica and Hospital da Luz will be in close collaboration to provide the necessary medical support during the race and at the finish line.

**32. Is there a place to keep the EDP Lisbon Marathon athletes' equipment?**

**A:** Yes, there will be equipment collection at the start area and transportation to the finish line area. The equipment can only be delivered in the bag provided by the organization, at SEASIDE SPORTEXPO.

**33. Is there any possibility of bathing after the finish line?**

**A:** We are sorry, but we will not provide showers in this area.

**34. Are there cool stations along the course?**

**A:** Yes, only on the Marathon course. There will be cool stations at Km20 and Km32. And at Km38 there will be firemen to refresh the athletes in case it doesn't rain.

**35. Is there a shuttle to take me back to the start?**

**A:** Sorry, but in this race we will not provide this service.

**POST-RACE****36. Do I receive a medal if I participate in the race?**

**A:** Yes, if you participate and finish the race, you will receive a finisher medal in the post-race area.

**37. Where and when will the results be posted?**

**A:** The first (provisional) results will be available on the official race website, starting at 19:00am. The official results will be available after two weeks, after the race. A link to the provisional results will also be available on the official Facebook page.

**38. My dorsal does not appear on the provisional results. What should I do?**

**A:** You should fill out the form available online, on the Provisional Results page.

**39. I was injured during the race, do I really have to request medical assistance, even if it is not a serious occurrence? How should I proceed?**

**A:** Yes, so that it is possible to later activate the insurance, with the report from the on-site doctor's partner. The insurance is a personal accident insurance, which does not cover injuries before or after the race day.