

22 DE MARÇO 2015

FINAL INFORMATION

EDP LISBON HALF MARATHON & VODAFONE MINI MARATHON

22 March 2015

Weekend Schedule of Events

Sport Expo & Packet Pick-up, 19th – 21st March

The Sports Expo is held for three days, Thursday through Saturday from 10 am-8 pm
Pick up your race number, T-shirt and goodie bag at the Expo.

The Half Marathon is a timed event and uses the MyLaps bibtag system which is attached to the bib number. There is absolutely no race number pick up on race day.

Sport Expo location:

19, 20 and 21 March

10:00 H - 20:00 H

Avenida Brasília, Belém, Lisbon

(Next to the Museum of Electricity, beside the River Station in Belem).

Saturday, 21st March

Vitalis 7k Jamor-Lisboa, 09:30 am

Starting at the National Stadium (Estádio Nacional), Oeiras, and finishing in front of the Jeronimos Monastery, in Belém. All participants are entitled to a technical T-shirt, and those who finish receive a commemorative medal. Registration is available at the Expo for €5. Limit of 2,000 participants.

Mimosa Grandparents and Grandchildren Walk, 11:00 am

The event starts and finishes near the Sport Expo, Av. Brasília, Next to the Museum of Electricity,

beside the River Station in Belem. Registration free at the Expo (if available).

Mini Champions, Kids Runs, 4:00 pm

Starts and finishes near the Museum of Electricity near the Expo.

There are races for children ages 6-8 years old, 9-10 and 11-13

Registration is available at the Expo for €2

Race Day, Sunday 22nd March

Half Marathon and Mini Marathon

Start Line

25th of April Bridge, Pragal

Start time: 10:30 am

Transportation to the start line 7:00 am - 9:30 am

There is free transportation in Lisbon on Sunday for athletes with a race number. Runners can use the following transportation sources.

- Train – CP* (Lines Sintra, Cascais, Azambuja and Sado - (www.cp.pt); *For free use of CP trains please present your race number + Viva Viagem card at a CP train station, until the day before of the race, to load the free ticket round trip. Also available at the Sport Expo.
- Buses - CARRIS (www.carris.pt);
- METRO - Lisbon (www.metrolisboa.pt);

The race start is in Pragal located across the 25th of April Bridge from Lisbon.

The only way to reach the Pragal Station from Lisbon is on the FERTAGUS train.

It is the only train that crosses the bridge. There are no busses across the bridge on race day. Free transportation.

www.fertagus.pt

You can catch Fertagus trains from the following four stations: **Roma-Areeiro, Entre Campos, Sete-**

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Rios or Campolide. Get off train in Pragal. It is the stop after the bridge.

Important: The walk from the Pragal station to the Start Line on the Bridge takes about 15 minutes. The train brings all 35,000 runners, so please arrive early. Remember there is no baggage check.

If you are on the south bank of the River Tagus, you can use the transportation listed below. It is free on race day (7:00-9:30am) with your race number.

- MTS - Metro Transportes do Sul (www.mts.pt);
- TST - Transportes Sul do Tejo (buses) (www.tsuldotejo.pt);
- Train-the FERTAGUS from Setúbal, Palmela, Alcaide of Venda, Pinhal Novo, Penalva, Coina, Fogueteiro, Forum Amora and Corroios. - To the train station Pragal - (www.fertagus.pt);

IMPORTANT INFORMATION

Remember ...

- Bring the receipt from the bank or confirmation sheet pdf with race number if you registered online
- Bring your photo ID.
- Fill your medical information on the back of the race number.
- Pin your race number prominently on your chest, so that members of the organization are able to see, at the entrance of the bus and during the race.
- There is absolutely no race number delivery on Sunday, race day.
- It is imperative to visit the SportExpo to pick up your number, t-shirt and goodie bag.
- There is no gear check or baggage storage.
- The course time limit is 3 hours (from the starting gun). If you are running slower than the 3 hour pace you may be asked to move to the sidewalk.

Course Support

There are 6 Vitalis water stations along the Half Marathon course;

4 - Powerade (various flavors);

1 – Banana;

1- HI5 gel;

Course Water Stations Locations

5.0 km Water Vitalis

7.5 km Water Vitalis Powerade

10.0 km Water Vitalis gel HIGH5

13.5 km Water Vitalis Powerade

16.0 km Water Vitalis Powerade

18.0 km Water Vitalis Powerade

18.5 km Bananas

Finish Water Vitalis Bananas OLÁ Ice Cream

Finish Refreshments include: Vitalis Water, Bananas from Madeira and OLÁ Ice Cream.

MarathonFoto® - Official Photographer

As the official event photographer, MarathonFoto® will be there to capture the race for you and all of your supporting friends and family. You can purchase your photos online after the event starting Monday afternoon. Visit: www.marathonfoto.com
Good luck and remember to do two things to make sure you get the very best photos:

1. Smile when you see the photographers!
2. Make sure your race number is centered and visible so we can identify you after the event.

Official Results

Provisional results of the race will be available online on race day by 17:00pm:

www.meiamaratonadelisboa.com

The results are official two weeks after the event.

Only participants in the Half Marathon who complete the race will have official time. To submit any complaint regarding your time or place, you must use the online form by 5 April. This form is located on the results page. All results are final two weeks following the race.

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Finisher Certificate | Diploma

Participants in the Half Marathon can download a finisher certificate from the race website after the event, go to www.meiamaratonadelisboa.com

Hotels

The **Lisbon Half Marathon EDP** is pleased to offer a choice of two official hotels. Please visit:

<http://www.meiamaratonadelisboa.com/en/prova/hoteis/>

TAP Air Discounts

Hello, TAP fans!

We have a new code for the 2015 Meia Maratona de Lisboa: IT15TPCG17

- Good 10 days before to 10 days after the event (March 12 to April 1)
- Must book through TAP website www.flytap.com

The discounts offered are the following:

- 10% in economy class
- 20% on Executive class

To make the booking, the participant should follow these steps:

1. Enter the site www.flytap.com
2. Select the flights and dates
3. Insert the event code in the

Promotion/Congress Code Box, located on the left side of the webpage.

If you have any questions, please contact TAP

Portugal by the following e-mail: congressos@tap.pt

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