



NOVEMBER 24, 2024

Liberia Marathon 2024

RUNNERS BRIEFING

Instructions 10k Footrace



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Welcome to the 2024 Liberia Marathon 10k footrace!

Congratulations, you signed up for a great adventure! With only days away from gathering at the starting line, we can feel the buzz in every corner of the city. We cannot wait for race day on Sunday, November 24, 2024.

And we are so happy that you have decided to join us! You might be a first-timer, or an experienced runner, you may join with friends or colleagues, or you have set your eyes on a new personal best. Any motivation is possible and will carry you – we love to see you all! All participants are united in the eagerness to lace up their shoes and reach the finish at SKD.

As a team, we are thrilled for this year's edition: For the sixth time, the roads of Monrovia and Paynesville will turn into a running party, celebrating the joy of movement, the courage of each and every participant and the joint experience of pushing our limits.

This year, the participants could choose between two different distances – our infamous 10k race from JFK to SKD and the exciting half marathon (21.1k/13.1miles) which will meet the runners with some unexpected up and downs when they find their way from Freeport to SKD. Certainly, the Wheelchair and Crutches Racer will wow us with their performance and grid when they take on the 10k distance.

As always, your safety is our number one concern: Please run with caution and watch yourself and watch others. Listen to our team and volunteers to walk the extra mile to make this day beautiful for you!

Please read and follow the instructions in this briefing very carefully: They will provide you with all necessary information for race day and they will introduce you the main safety principles.



Thanks again for running with us!!

Your 2024 Liberia Marathon Organizing team

THE 10K/6.2 Miles COURSE



THE BASICS

- RACE DAY IS SUNDAY, NOVEMBER 24
- 10K RACE STARTS FROM JFK HOSPITAL /TUBMAN BOULEVARD
- **STARTING TIME FOR THE 10K RACE IS 8:00AM.**
IF YOU MISS THE START, YOU MISS THE RACE!
- **RUNNERS AREA AT JFK HOSPITAL OPENS AT 5:30AM, LATEST CHECK-IN TIME IS 07:00AM. YOU MUST BE ON TIME!**
- **CARRY YOUR RACE NUMBER!**
- YOU WILL RUN FROM JFK HOSPITAL TO SKD SPORTSCOMPLEX
- MAKE SURE THAT YOUR RACE NUMBER IS VISIBLE ALL THE TIME.
- WATCH OUT FOR OTHER RUNNERS. **SAFETY COMES FIRST!**
- STEWARDS WILL HELP YOU TO FIND THE RIGHT WAY.
- THERE IS WATER ALONG THE COURSE.
- THERE IS MEDICAL ASSISTANCE ALONG THE COURSE.
- THERE IS WATER AND SMALL FOOD AT SKD SPORTSCOMPLEX AFTER YOU HAVE FINISHED THE RACE.
- YOU HAVE 3 HOURS TO COMPLETE THE RACE. THE FINISH LINE WILL BE CLOSING BY 11AM

10k RACE START AT JFK HOSPITAL

- The 10k race will start at from the JFK Hospital Area on Tubman Boulevard
- The runners area / check in opens at 5:30 am. You have to be there **by 7.00am the latest to be CHECKED IN for start.**
- **BE ON TIME!** Runners arriving after 07:00am will not be checked in and cannot attend the race.
- There is no other designated parking area. There is limited space for parking along and around the backroad (Airfield Shortcut).
- Tubman Blvd and parts of UN Drive in Central Monrovia and Mamba Point will be closed by around 6:30am. UN Drive on Bushrod Island will be (partially) closed earlier.
- There is no registration or race number pick up possible at race day. You cannot give your race number to another person and you cannot change your number with someone.
- Follow the instructions of the stewards and the security closely.
- Make sure that your race number is visible all the time.
- There will be water available at the starting area.
- Wear your running clothes and running shoes.
- Leave belongings and valuables at home or with your friends! You cannot leave your possessions with us!
- Non-runners are not allowed in the check-in and starting area.

YOUR RACE NUMBER AND ELECTRONIC CHIPTIMING

- The 2024 Liberia Marathon is using an electronic chip timing system: You will find a small attachment on the flipside of your race number. This is the transponder needed to measure your time. **PLEASE DO NOT REMOVE IT!**
- Your race number is personally assigned to you. Do not change with your friends or colleagues!
- Fix the race numbers with all four safety pins on the front of your running shirt.

EATING AND DRINKING

- BEFORE THE RACE: There will be water available at the starting area. Runners may eat a heavy carbohydrate meal (like rice or pasta) on the night before race day, and a normal breakfast on race day morning, 2 hours before the race. It is not recommended to drink alcohol the night before the race.
- DURING THE RACE: There is water along the course! Drink when you are thirsty!
- AFTER THE RACE: Drink water! Eat something small, but eat slowly!

ROUTE AND SAFETY

- Traffic will be controlled by the Liberian National Police (LNP)
- **The roads will be blocked**, traffic cannot go through. But still keep a careful eye on the road!
- Watch out for other runners! Do not run aggressively!

- There will be mile markers on the road from 1-13. The 10k race starts about mile 7 of the half marathon course. The course is aided by Safety Marshals.
- If you get lost, go back to the last place you knew and look for a Safety Marshal.
- There are multiple First Aid and Water Stops along the route! There will be a medical tent and ambulances along the route!
- If you don't feel well ask for help immediately!
- **MAKE SURE YOUR RACE NUMBER IS VISIBLE AT ALL TIMES ON RACE DAY!**

FINISH

- You finish your race **INSIDE** the SKD Stadium on the track. When you enter the Sportscomplex, you have to keep running around the stadium and then you will enter **INTO** the stadium to finish. Stewards will guide the way.
- Every runner will be electronically timed (given the transponder on the race number is not detached or damaged)
- If you are judged to be a Prize winner, you will be taken to the Winner's area for media interview and your race details will be checked
- Every finisher will receive a Finisher's medal immediately after finishing!
- There are cash prizes for the first 3 Male Winners and first 3 Female Winners. The first Liberian will receive a special prize, regardless of overall finishing position.
- Drink water! You will find water, soft drinks and small food in the recovery area.
- Move quickly into the cool-down area to make space for the incoming runners.
- Try not to lay down immediately, but try to walk a bit to keep your system working.
- If you do not feel well, seek assistance from the stewards or medical volunteers (in red T-Shirts)!
- **The finish line will be closed by 11am.** Any runner still being on the road at that time will be helped by the sweep car.

PLEASE NOTE: The football pitch CANNOT be entered under any circumstances!

AFTER THE RACE AND FINAL PROGRAM

- There will be entertainment with music performances at SKD.
- Around 9:30am, the official programme will start
 - VIP remarks, thanks and acknowledgements to our sponsors
 - Prizes given out to the winners
 - Music from Liberian Artists
- All runners are kindly requested to help us to keep the finish area clean. Please do not litter around but use the trash bins.

CONTACT

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Thank you to our wonderful partners and sponsors:

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