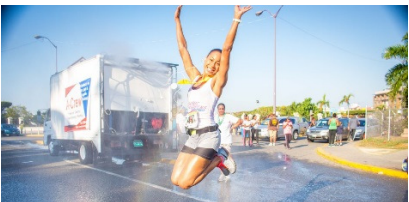


The 7th Annual Kingston City Run on Sunday March 17, 2019 will this year feature four race events: A ½ Marathon, 10K and 5K race/walk and ***the newly introduced KINGSTON CITY MARATHON.***

- The event has seen runners coming from the Caribbean, Ireland, the UK, Denmark, Japan, Canada, China the USA and of course, Jamaica to name a few. Bart Yasso, the “Chief Running Officer” of Runners World participated in the ½ Marathon in the inaugural staging. In 2017, the event continued to raise its level of participation with just under 5000 persons.
- The Kingston City Run utilizes the scenic, cultural and mystical assets of Kingston and St. Andrew. The race route is configured to highlight the best of Kingston and allow spectators ample opportunities to line up and cheer on the runners.
- The Kingston City Run: Marathon, ½ Marathon and 10K routes are IAAF/AIMS Certified courses
- A great focus is placed on running spirit, and this year will again incorporate four (4) fan zones: The Fashion Zone, The Devon House Historic Zone, The Kings House Zone and the Reggae Zone. Supporters, fans and onlookers can come out and line the streets to support the runners at these exclusive fan zones all against the backdrop of the majestic Blue & John Crow Mountains, a UNESCO World Heritage site.
- The event takes place in the scenic capital city of Kingston, Jamaica. Kingston is a UNESCO designated City of Music. The birthplace of 5 musical genres: Ska, Rock Steady, Dub, Reggae and Dancehall.
- **Highlights:**
 - Event route passes some of Kingston’s most iconic attractions including the majestic Devon House mansion, the historic Kings House, the Peter Tosh and Bob Marley Museums and the largest botanical garden in the Caribbean – Hope Gardens.
 - **Age Group Prizes, Trophies and Medals:** Prizes in each race will be by age range ensuring the possibility of going home with a little something extra is shared amongst not only the top runners. Trophies are given in various categories as well as the 10K, ½ Marathon and Marathon finishers all receive commemorative medals. There are in total over 70 prize categories.
 - **Donate Online or Pack for a Purpose:** Whether you are running the race or not, you can still participate. Just go to www.kingstoncityrun.com under Charities Tab and select the Charity you would like to support and DONATE. If you are travelling from overseas, you can also pack-for-a-purpose and bring much needed items to any of the charities listed. For more information, please also visit the main website.
- **Events: Friday, March 15 – Sunday, March 17, 2019**
 - Friday: Welcome Party
 - Saturday: Lifestyle and Fitness Expo: Jamaica Pegasus
 - Saturday: Pre-race Pasta Party: Jamaica Pegasus

- Sunday: Race Day, Race Village, Awards Ceremony and Finish Line Reggae Party: Emancipation Park

Optional Events: While in Kingston enjoy a wealth of exciting optional tours for a real “RUNCATION” experience. Whether you choose to go on a **City Tours**, **Friday Club Hopping**, **journey over 7000 ft above sea level to the majestic Blue Mountains**, enjoy a **Coffee Plantation Tour** or escape to the **Beach Escape** or maybe a day trip to **Ocho Rios to Dunn’s River Falls**, **Dolphin Cove** or **Mystic Ridge**.



THE CAUSE

KINGSTON CITY RUN is being organized to raise funds for the **HOMELESS of the City of Kingston**. The main Charities to be supported will include Open Arms Drop-in Centre, Marie Atkins Night Shelter and Alpha Boys School.

COURSE INFORMATION

- **START and FINISH at Emancipation Park**
- **Start time 5:00 a.m. for the Marathon and course remains open for 6 hours, Marathoners must reach the half way point in 3 hours.**
- **Aid stations are along the route and medical post fully equipped, with ambulances along the course**
- **Cooling stations with misters**
- **Certified IAAF and AIMS course meeting international standards**
- **Event is sanctioned by the Jamaica Athletics Administrative Association (JAAA)**

Results and Timing: The event using Bib chip timing system and has both gun and chip time results

5K Walk/Run Starting Point:

Knutsford Boulevard for start, turn left on Trafalgar Road, then right on Hope road, Turn left into Devon House – through Devon House main ceremonial gate- and head out towards Devon Road. Take left on Kingsway. Right on West Kings House Road to entrance into Kings House grounds – through Kings House exiting at the corner of Hope Road and Lady Musgrave. Continue on Lady Musgrave Road. Turn left at end, on to Trafalgar Road. Left at Knutsford Blvd and back to Emancipation Park.

10K Run Starting Point: The route is same as above but after exiting Kings House, head up Hope Road pass Bob Marley Museum. Turn left on Marley Road. Continue around back to East Kings House Road. Right on East Kings House Road pass Barbican Beach City. Turn right on Paddington. At end of Paddington turn around and retrace course to Hope & Lady Musgrave Roads, turning left on Lady Musgrave and down to Trafalgar, then left to Knutsford Blvd.

Marathon and ½ Marathon Starting Point: The route is same as above but after exiting Kings House, head up Hope Road pass Bob Marley Museum

Turn left on Marley Road. Continue around back to East Kings House Road. Right on East Kings House Road pass Barbican Beach City. Turn right on Paddington. At end of Paddington go right onto Barbican Road

Turn left on Charlemont Drive head towards Gibson Drive. Turn right on Gibson Drive then Turn left on Hart Blvd. Continue into Hope Gardens. Follow route in Hope Gardens until turnaround point, then re-trace steps to Lady Musgrave Road. Turn left at end of on to Trafalgar Road. Left at Knutsford Blvd and back to Emancipation Park.

For Marathon: Repeat the above route and finish at Emancipation Park. For more information, contact:

**Kingston City Run c/o The Jamaica Hotel & Tourist Association: Kingston
2 Ardenne Road, Kingston**

Tel: 876-926-3635-6

REGISTRATION: GO TO www.kingstoncityrun.com

Email: info@jhata.org, info@kingstoncityrun.com