

ATHLETE GUIDE

2025

vivo 

APRESENTA:

**MEIA
MARATONA
DO CRISTO**

INCENTIVO AO ESPORTE

Secretaria de
Esporte e Lazer



GOVERNO DO ESTADO
RIO DE JANEIRO


OLYMPIKUS

WOW! HERE IT COMES!

The most anticipated race on the calendar is back for its fifth edition.

Christ the Redeemer Half Marathon — a race that's pure Rio — is ready to welcome athletes from twenty-five Brazilian states and twenty-seven nationalities across all six continents with open arms. What a joy it is to share that unique carioca spirit with the world!

This is a one-of-a-kind race, limited to just 1,500 athletes, that winds through the Tijuca Forest and iconic Rio landmarks: from Vista Chinesa to Paineiras, experience Rio de Janeiro like never before — on the run!

Feel the forest air, the cool breeze through the trees, the uphill curves, and the thrill of the starting line. It'll be an unforgettable, mind-blowing experience. In this guide, you'll find everything you need to make your journey even more amazing.

**SEE YOU
ON THE
SUMMIT!**



SCHEDULE

SATURDAY, OCTOBER 18

Participant Packet Pick-up

9:00 A.M. - 9:00 P.M.

Rio Othon Palace Hotel
Rua Xavier da Silveira, 7

SUNDAY, OCTOBER 19

5:00 A.M. – 21K Start

5:30 A.M. – 10K Start

6:30 A.M. – Return trips begin via the Corcovado Train (departing every 15 minutes)

8:00 A.M. - 12:00 P.M. – Village at Largo do Boticário



PARTICIPANT PACKET PICK-UP

RIO OTHON PALACE HOTEL

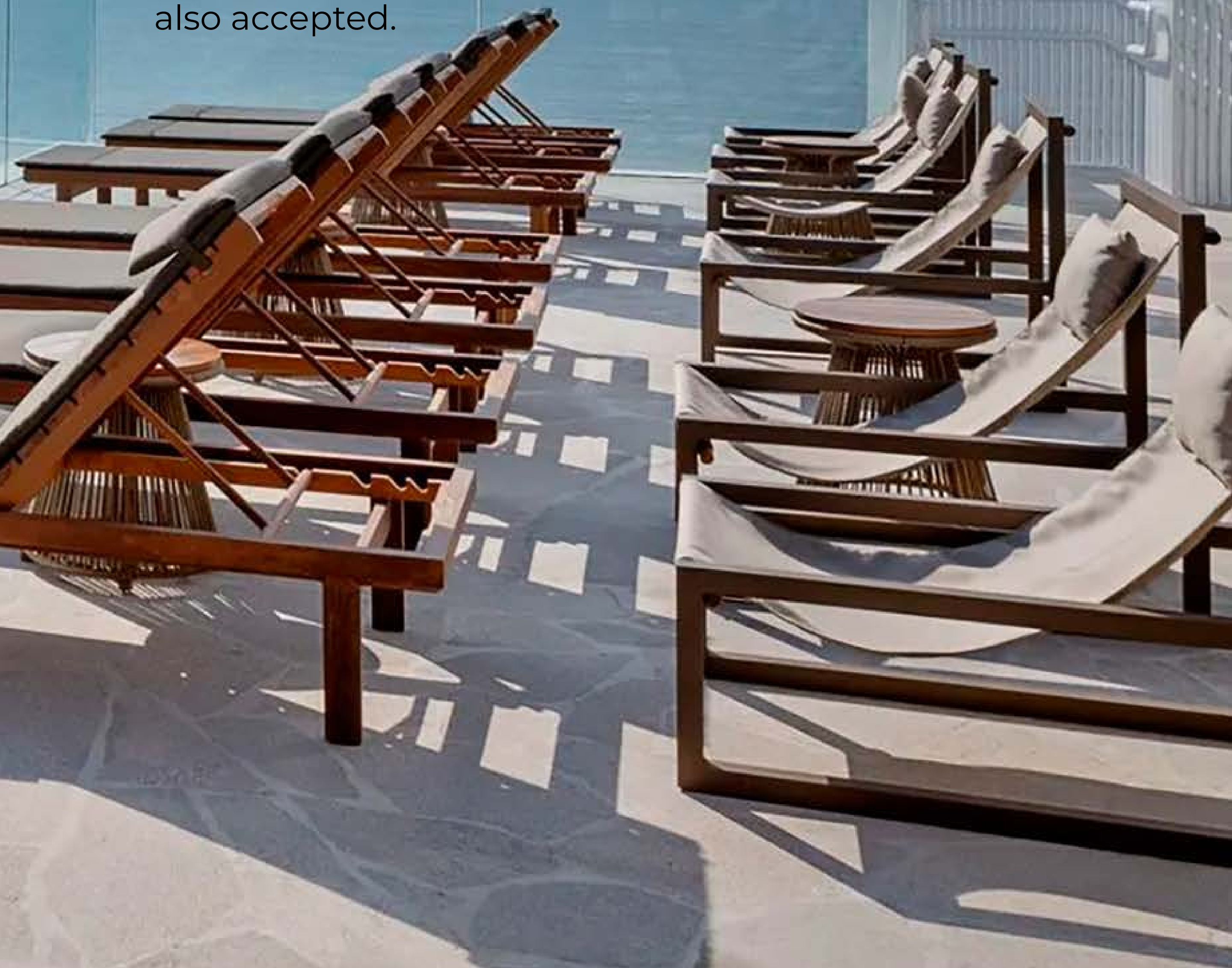
9:00 A.M. – 9:00 P.M.

Address: Rua Xavier da Silveira, 7,
Copacabana, Posto 5*

*Look for the numbered lifeguard stations that line
up along the Copacabana Beach.

Closest metro station:
Cantagalo (within a 12-minute walk)

P.S. Don't forget to bring a government issued
photo I.D. You'll need one to pick up your participant
packet. Copies and digital versions of your I.D. are
also accepted.



CAN'T PICK UP YOUR PACKET YOURSELF?

Someone else can do it for you. All they need is a copy of your I.D. and a signed authorization letter.



PARTICIPANT PACKET

All packets include a bib number and a one-way trip Corcovado Train ticket. Check the packet and the bib number right after picking it up. In the absence of any item, please inform the staff.

The tickets to the train will be given by the organization.

ATTENTION: The choice of t-shirt color will be subject to availability at the Packet Pick-up.





IMPORTANT REMINDERS FOR RACE DAY

- We recommend using ride-hailing apps to get to the starting point. There is no parking available on site;
- Pay attention to the drop-off location - it will be a few meters away from the starting point;
- There will be staff available near the starting points;
- Portable restrooms will be available in the pre-race area;
- Arrive race-ready: there will be no gear bag check;
- All athletes are required to wear a race bib;

RECOMMENDATIONS

- Reserve your ride in the app the night before;
- Arrive 1 hour before your start time;
- Due to the high altitude at the starting point, we recommend bringing a windbreaker, a foldable thermal blanket, or an extra layer.
- After enjoying your moment at the Sanctuary of Christ the Redeemer, head to the Corcovado Train to avoid long lines. The train ride takes about 20 minutes, with departures every 15 minutes.

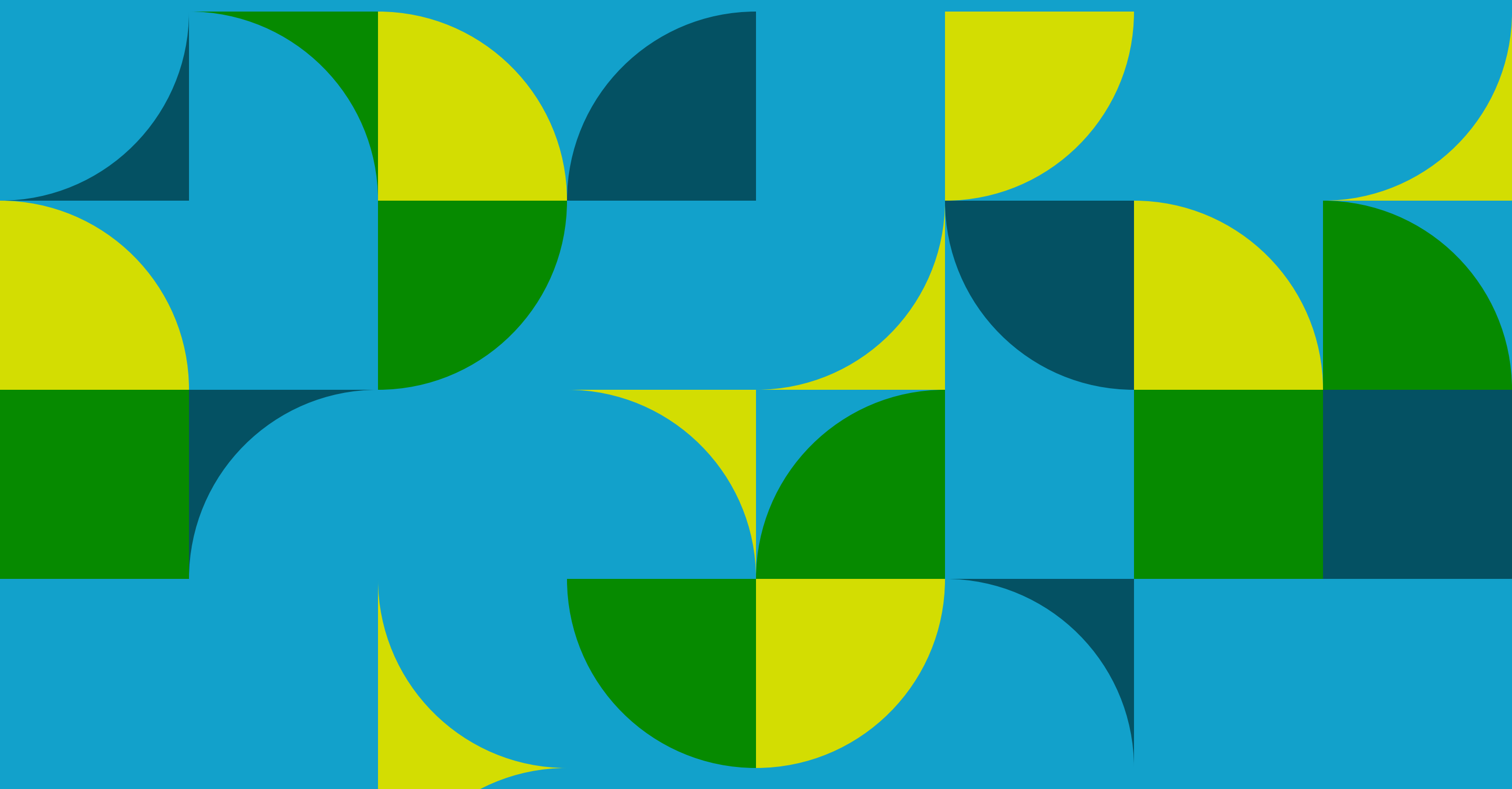
FOR THE 21K ATHLETES

RACE START TIME: 5:00 A.M.

START AREA: Estrada da Vista Chinesa, the Tijuca National Park entrance gate, Jardim Botânico/Horto [go up Rua Pacheco Leão]

DROP-OFF ADDRESS FOR RIDE-HAILING CARS: Rua Pacheco Leão, 1786 (the last stop on the 409 bus route) [500 meters from the Tijuca National Park entrance gate] Access only through Jardim Botânico.

ATTENTION! Due to road closures, athletes can only reach the start area via Horto (Jardim Botânico). Access through Estrada das Canoas (via São Conrado) is closed.



INFORMATION ABOUT THE 21K START

DROP-OF ADDRESS

Rua Pacheco
Leão, 1786

START AREA

Portaria do Parque
Nacional da Tijuca

**DROP-OFF
ADDRESS FOR
RIDE-HAILING
CARS:**

Rua Pacheco Leão, 1786

[500 meters (6 minutes)
from the Tijuca National
Park entrance gate]

21K COURSE

TOTAL ELEVATION GAIN: 935
meters (approximately 3,068 feet)

ICONIC LANDMARKS:

Vista Chinesa, Mesa do Imperador, Alto da Boa Vista, Paineiras Visitor Center and Christ the Redeemer (exclusive access to the monument)

CUT-OFF POINT:

KM 19, with a time limit of 3 hours.



21K

FINISH LINE

PAINEIRAS

START AREA

VISTA CHINESA

MESA DO IMPERADOR

ALTO DA BOA VISTA



FOR THE 10K ATHLETES

START TIME: 5:30 A.M.

START AREA 10K:

Estrada do Redentor, the Tijuca National Park entrance gate, Alto da Boa Vista (entrance through Rua Amado Nervo).

DROP-OFF ADDRESS FOR

RIDE-HAILING CARS: Praça Afonso Viseu [600 meters from the Tijuca National Park entrance gate], access through Tijuca, Barra da Tijuca, or São Conrado (Estrada das Canoas).

ATTENTION! Due to road closures, athletes can only reach the start area via Estrada das Canoas (São Conrado). Access through Horto (Jardim Botânico) is closed.



INFORMATION ABOUT THE 10K START

START AREA

Parque
Nacional da Tijuca
(Estrada das Canoas)

DROP-OFF ADDRESS

Praça
Afonso Viseu

DROP-OFF ADDRESS FOR RIDE-HAILING CARS:

Praça Afonso Viseu

[600 meters (8 minutes)
from the Tijuca National
Park entrance gate]

10K COURSE

TOTAL ELEVATION GAIN: 462 m
(approximately 1,516 feet)

ICONIC LANDMARKS: Alto da Boa Vista, Paineiras Visitor Center and Christ the Redeemer (exclusive access to the monument)

CUT-OFF POINT: KM 8, with a time limit of 2 1/2 hours (two and a half hours)





FINISH LINE

PAINEIRAS

10K

START AREA

FLUID REPLACEMENT

STATIONS AT EVERY 3.5 KM MARK APPROXIMATELY;

21K: 05 Replacement Stations [RS 01, RS02, RS03, RS04, RS04, RS05 + Finish line]

10K: 02 Replacement Stations [RS04, RS05+ Finish Line]

Replacement Station 01: Water

Replacement Station 02: Water

Replacement Station 03: Water and isotonic drinks

Replacement Station 04: Water

Replacement Station 05: Water and isotonic drinks

REMEMBER! These are replacement only stations;

Each athlete is responsible for their own hydration supplies (squeeze bottles, small bottles, hydration belts, or hydration packs).

This helps reduce disposable waste in the Tijuca Forest, which is a protected environmental area.

HERE'S A HEADS-UP: There will be trash bins at the replacement stations for disposing of gel packets, energy bar wrappers, and similar items.

RETURN VIA THE CORCOVADO TRAIN

HEADS-UP!

The trains depart every 20 minutes and have a maximum capacity of 150 people, including race participants and tourists.

So, after snapping your arms-wide-open photo at the foot of Christ the Redeemer, we recommend planning your return in advance to make the trip down as smooth and enjoyable as possible.

Don't miss Largo do Boticário, just 350 meters from the train drop-off point! There you'll find age-group award ceremonies, the official race store, brand exhibitors, and a samba party that's pure Rio.



TIMING

Your time will be recorded using the timing chip attached to your race bib. Wearing the bib is mandatory and it must be clearly visible and securely fastened to the center front of your body.

For the overall podium (top 5 men, women and athletes with disabilities in both the 21K and 10K), **gun time** will be used.

For the top 3 age-group finishers (men, women and athletes with disabilities in both 21K and 10K), **net time** will be considered.



RESULTS

All finish times will be posted on the official timing website and shared through the official channels of Christ the Redeemer Half Marathon.

A QR Code will be available at the post-race Village in Largo do Boticário for quick access to results.

If you need to dispute your result, you can do so directly on the results page by clicking the button next to the athlete's name.



OVERALL AWARDS

Podium at the foot of Christ the Redeemer

Trophies for the top 5 overall finishers

Gun time rankings for men, women, and para athletes (21K & 10K) + packet brands



AGE GROUP DIVISIONS

Check out the official age group divisions for award eligibility.

Medals for the top 3 finishers by age group
21K and 10K races

Medals will be awarded to the top three
male and female finishers in each age group
for both 21K and 10K courses

24 and under

25 to 29 years

30 to 34 year

35 to 39 years

40 to 44 years

45 to 49 years

50 to 54 years

55 to 59 years

60 and above

CORRIDA MARAVILHOSA (MARVELOUS RACE) VILLAGE

Featuring age group results announcements and awards ceremony, official race merchandise store, sponsor booths, live samba music, and Estrella Galicia beer*. The perfect meeting spot for your friends and family!

📍 Largo do Boticário, Cosme Velho – just 350 meters from the Corcovado Train station.

Open to the public from 8:00 AM to 12:00 PM

*Limit of one complimentary beer per athlete.



THE EL PAVUNA BAND IS SO US!

The post-race celebration for Christ the Redeemer Half Marathon will be something special!

El Pavuna will entertain athletes at Largo do Boticário. Let's celebrate our achievements in true Carioca style — with some samba and a cold beer. We'll see you there! In addition to the band El Pavuna, we'll also have DJ Zé do Roque performing from 8 a.m.



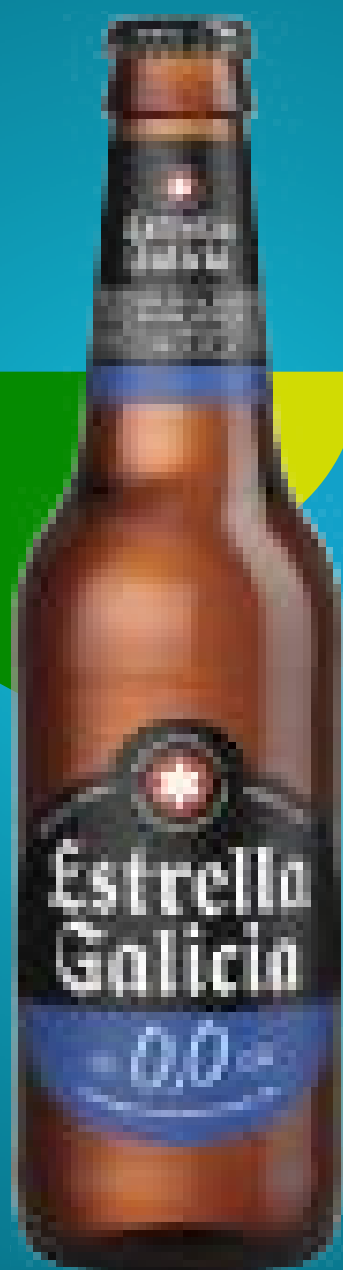
ESTRELLA GALÍCIA TASTES LIKE VICTORY!

The official post-race beer of Christ the Redeemer Half Marathon will be waiting for you at Largo do Boticário. The beer served is 0% alcohol.

Each registered athlete is entitled to one (1) complimentary beer after the race — just show the tear-off tab from your bib to redeem it.

Enjoy your cold one to the sound of El Pavuna and DJ Zé do Roque!

**DOES A POST-RACE
CELEBRATION GET ANY MORE
CARIOCA THAN THIS?**



**MEIA
MARATONA
DO CRISTO**

**EFFECT
STORE**

EFFECT STORE

Grab Your Official Christ the Redeemer Half Marathon Gear at Effect Store.

The official merchandise store will be available both at Packet Pick-up and at Largo do Boticário.



PARTICIPATING BRANDS A MARVELOUS RACE FOR THE PEOPLE

More than just giving you, the athlete, the chance to run through the largest urban forest in the world—with full support, a course that awakens the senses, and an unforgettable finish beneath the Christ the Redeemer statue—Christ the Redeemer Half Marathon also supports the Sanctuary of Christ the Redeemer's social initiatives, which help thousands of people in need.



A MARVELOUS RACE FOR THE CITY

This race showcases some of Rio de Janeiro's most stunning natural landscapes and cultural landmarks—not just for local athletes, but for athletes from all over Brazil and the world. It strengthens Rio's sports calendar and promotes tourism across the city.



A MARVELOUS RACE FOR THE PLANET

Our race takes place inside Tijuca National Park, and we know how important it is to protect this environment. That's why we implement sustainability practices to minimize our impact—like avoiding electronic noise at the start and providing fluid replacement only stations along the course. We also support ICMBio, the organization responsible for protecting the park's native wildlife and ecosystems.



SEE YOU ON THE SUMMIT!

**THE 2025 EDITION IS WAITING
FOR YOU WITH OPEN ARMS!**

Enjoy every second of this incredible experience, already recognized as one of the most sought-after races in Brazil.

@meiadocristo #MeiadoCristo
meiamaratonadocristo.com.br





INCENTIVO AO ESPORTE

Secretaria de
Esporte e Lazer



GOVERNO DO ESTADO
RIO DE JANEIRO



b,drops



ROXY
DINNER SHOW

BIBI
1993

LINUS

NATIKOS

XUNHA P.



Centrum

APOIO INSTITUCIONAL



REALIZAÇÃO



Tribus

PROJETOS APOIADOS

