BANK OF AMERICA

great ethiopian run

Presenting Partner of the Great Ethiopian Run 10km

GUIDEBOOK

FOR INTERNATIONAL PARTICIPANTS



Africa's biggest street party on the run

SUNDAY 22 NOVEMBER 2026

ADDIS ABABA · ETHIOPIA


ONE CITY.
ONE HEARTBEAT.
THOUSANDS OF RUNNERS.

WELCOME
to Addis Ababa

You are about to join one of the most joyous of mornings in Addis Ababa. Founded in 2001 by Ethiopia's double Olympic champion Haile Gebrselassie, the Great Ethiopian Run 10km is now a World Athletics Label event and the biggest road race in Africa with more than 60,000 registrants in 2026.

This year, Bank of America is the Presenting Partner of the 10km and the Children's Races and the 2027 Women First 5Km.

A WORD FROM THE ORGANISERS

" We are very excited about the next stage of our journey and about new opportunities ahead as we partner with Bank of America and our other fantastic race partners."

— Dagmawit Amare, Managing Director, Great Ethiopian Run

This short guidebook brings together the essential information you need to get the most out of your experience in Addis Ababa including race-day essentials, a guest guide, the course map, practical travel essentials, and a few of our favorite reasons for falling in love with Addis Ababa.

26th edition
60,000 registrants

The largest total registration in the race's history, led by many of Ethiopia's world-famous distance runners.

WORLD ATHLETICS ROAD RACE LABEL 2026

An internationally certified, road race recognized on the global athletics calendar.

Since 2001
A Big Street Party

Expect music, dancing, fancy-dress, singing and noise: the running is just a small part of the experience.



ESSENTIALS
Before You Travel

A few details to help you prepare for your trip to Ethiopia:

Visas for Ethiopia

All foreign visitors are required to obtain an entry visa to enter Ethiopia. Tourist visas can be obtained online. Applications require an address of where you will stay in Ethiopia.

Vaccinations

You must be up-to-date with your vaccinations. We advise you to check now what is required. If you are travelling from a country with a risk of yellow fever, you will need to show proof of a yellow fever vaccination.

Language

Amharic is the official national language. However, English is widely spoken in hotels and restaurants in the capital. Information given at the race will be in both English and Amharic.

Altitude

The race starts and finishes in Meskel Square lying at an altitude of 2,355m (7,726ft) above sea level. The thin oxygen-deprived air will slow your running pace!

Time zone

East Africa Time, GMT+3, year-round (no daylight saving)

Weather in November

Dry season: sunny, mild days (around 20–24°C / 68–75°F) and cool nights (8–12°C / 46–54°F). The sun can feel hot in the middle of the day, so sun block is advisable!

Currency

Ethiopian Birr (ETB). Cards are increasingly accepted in hotels.

Insurance and liability

As an event registrant, you are responsible for arranging your own medical and travel insurance for your visit to Ethiopia. Great Ethiopian Run is not obligated to verify that your insurance coverage is adequate or that you are in compliance with the policies of your medical or travel insurance. Participants must acknowledge that they will participate in an event entirely at their own risk and that they will always be responsible for their own actions. Great Ethiopian Run will not be held liable.

TRAVEL ADVISORY

Safety & Security

All international travel presents its own questions and challenges around safety and security. Below are a few pointers regarding your safety and security during your stay in Addis Ababa. We advise you to check the advice of your own country's government.

Personal belongings

Instances of theft of phones, cameras and valuable personal items are not uncommon in Addis Ababa. Our advice is to be careful and sensible with your belongings and ensure that any valuable items are not ostentatiously on display as you walk around in public and that you avoid going out in the dark to unknown parts of the city. Generally, it is safer to leave your passport and other valuable belongings in your hotel room, especially if you will be mixing closely with the public. On race day, it would be normal to have your mobile phone with you, but not your passport. At the end of the race as you depart from the event and leave behind the security support which we provide around Meskel Square you should be on your guard against petty theft of mobile phones.

Safety on the roads & security checkpoints

Busy roads and high traffic density are common features of life in Addis Ababa, and traffic in and around Addis Ababa typically moves at low speeds. While pedestrian crossings are part of the road traffic system, you should always exercise caution when crossing any large roads and even more so when doing this in the dark, as many roads are not well lit. You may find that security checkpoints are in place on the outskirts of the city for those entering and those departing from Addis Ababa. It is important to travel with personal ID / passports for these journeys.

RUNNING AT ALTITUDE

And a few tips to help you acclimatize

Addis Ababa is situated at 2,300m - 2,400m, or 7,000 - 7,500 feet. This is considered a reasonably high altitude for strenuous physical activity. Additionally, the more scenic areas of the race in the hills and forests surrounding the city can be even higher. For example, the settlement of Entoto Mariam near St. Mary's Church where we stage the Entoto Sunrise 3k lies at around 3,000m."

Need for acclimatization

If you are a serious runner with plans to do some good-quality training in Ethiopia, it is wise to allow yourself at least 4-5 days to acclimatize to the thin air of high altitude before starting any faster running training. You can, however, do plenty of easy and steady running during this initial period. A useful way to monitor that you are not overdoing it is by monitoring your heart-rate during training. You should try to keep your heartrate during your steady runs at roughly the same level as for running at a steady pace at sea-level. At altitude it is easy to be deceived into thinking that you are running too slowly when in fact you are already working hard enough.

Importance of hydrating well at altitude

Because of lower humidity levels at altitude and because of the sunshine, you will sweat more and your sweat will evaporate more quickly. Moreover, lower oxygen levels mean that you will breathe faster and more deeply and this will cause you to lose more water than if you were training at sea-level. There is therefore a greater need to drink more when you are at altitude. This holds true whether you are training a lot or training very little.

Five tips to get you going

1. Expect to run slower when you are at altitude
2. Use a heart-rate monitor, particularly in your first week
3. Take it easy for your first few days of running
4. Drink plenty of water and avoid excessive amounts of caffeine and alcohol
5. Give yourself longer to recover after sessions and for recoveries within one session

ON ARRIVAL

Arriving in Addis off an international flight

On arrival at Bole International Airport in Addis Ababa, you will first pass through the passport and visa control area and then enter the Baggage Hall. Remember to keep your baggage tags from check-in as these will be checked when you exit the Baggage Hall. After your bags pass through the X-ray machines, you will exit into the main Arrivals Hall and from here you should then proceed to the car park outside for taxis and airport pick-ups.

Inside the terminal building there are a couple of currency exchange counters (in the Baggage Hall) and there are a couple of mobile phone desks - Telecom and Safaricom - in the Arrivals Hall if you wish to purchase a local SIM.







GETTING READY FOR THE RACE

Race Pack Collection

Race packs — including your race t-shirt and your number with timing chip (if starting from the Green Start) — must be collected in person **before 6pm on Saturday 21 November**. No packs are issued on race day morning.

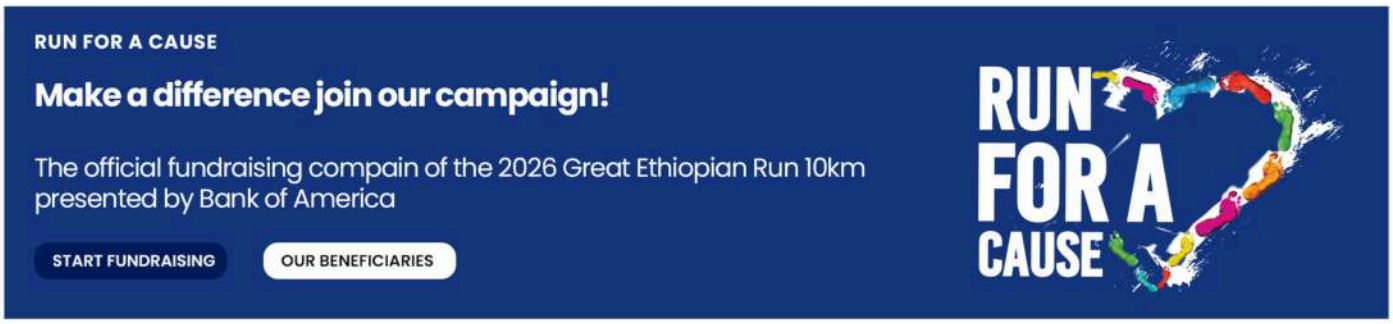
- Pick-Up Location: Hyatt Regency Welcome Desk
- Must Bring: Registration confirmation and a photo ID
- Green Start Participants Only:
  Pin your race number to the front of your race t-shirt

MAKING YOUR RACE COUNT

Supporting our fundraising campaign

Thank you to those who are running to raise money for a cause!
If you are not, it's not too late to join the campaign.

- Create your fundraising page before you travel and share the link with friends and family
- Post your training and race-day photos and tag @GreatEthiopianRun so we can help share your story
- Tell your friends and family what their donation will help to fund



RACE DAY

Race Day Essentials

GREEN START · 8:00am

Opposite Ghion Hotel Main Entrance
For runners aiming to finish inside 60 minutes.

RED START · 8:10am

Meskel Square
For those wanting to have fun. Come and make some noise!

YELLOW START · 8:45am

Outside St. Joseph School
This year we will be operating a 3rd Start - the Yellow Start – for high-school students.

For both the GREEN START and RED START

Arrive by 7am.

Please note that there will be a security check as you enter into the start assembly area. Please refer to the map below for GETTING TO THE START

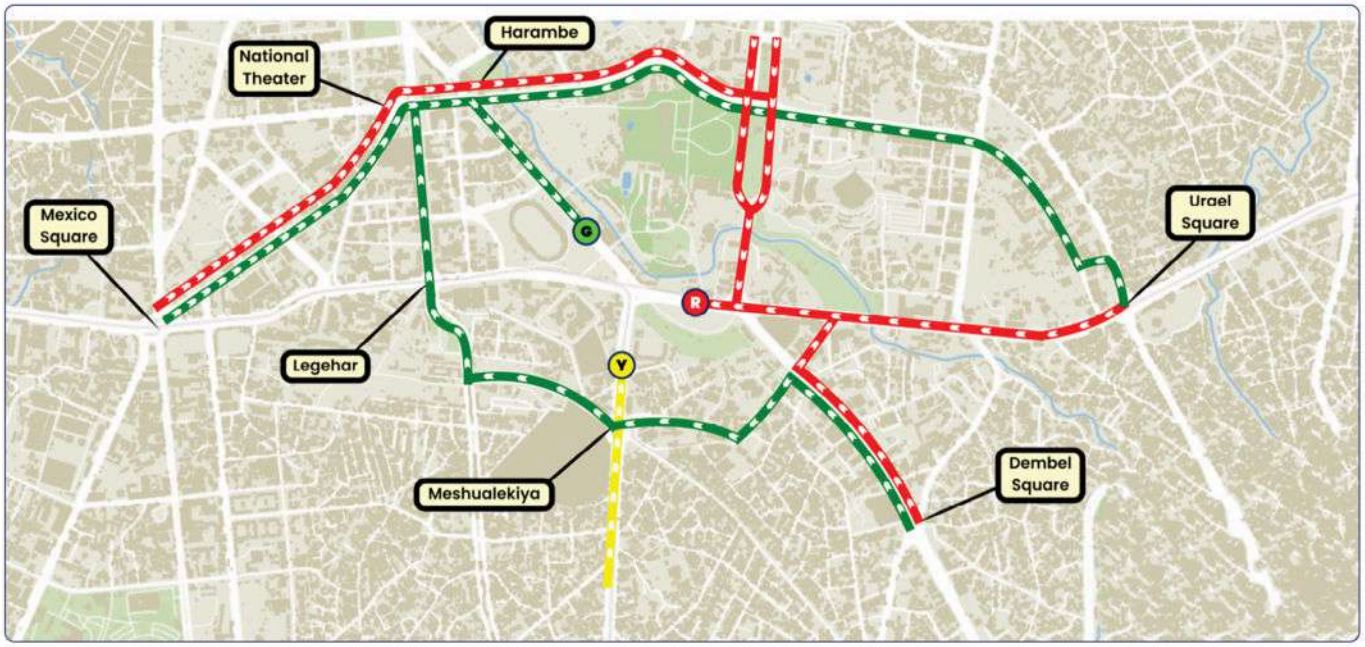
To arrive at the GREEN START follow one of the green lines below
To arrive at the RED START follow one of the red lines below

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GETTING TO THE START

SUNDAY, 22 NOVEMBER 2026



COURSE DESCRIPTION

- G Green Start
- Y Yellow Start
- R Red Start

- Green Start Entry
- Yellow Start Entry
- Red Start Entry

COURSE MAP

The course map shows the three start locations (Green Start, Yellow Start and Red Start) and the finish location for all races in Meskel Square.

Participants should follow the marked race route and directional arrows throughout.



COURSE DESCRIPTION

- **1** **KM Marker**
- **Medical Station**
- **Water Station**
- **Course**

What to wear or have with you on race morning

- Wear your race t-shirt and your race bib on the front of your t-shirt if starting from the Green Start.
- Use sunscreen, a cap or visor, and sunglasses
- Save your hotel's phone number to your mobile phone in case you get separated from your group during the race



RACE DAY
Key timings

By 7:00am
Be at your start location. Security checks will be in place at entry points, so allow extra time.

8:00am: Green Start
Opposite the Ghion Hotel main entrance. Chip-timed, for runners aiming to finish inside one hour.

8:10am: Red Start
Meskel Square. For those who want to have fun and make some noise.

8:45am: Yellow Start
A special race start exclusively for high-school students.

After you finish
Collect your medal and water, then exit from Meskel Square to your reunion point.

11:00am
Medal area closes. You must aim to finish by 11:00am to receive your souvenir medal.

A few extra tips for race morning

- Eat a light, familiar breakfast with some water — at 2,350m you dry out faster than you expect
- Consider bringing a cheap layer of clothing- which you don't mind discarding before the start – it's cool before the sun comes up
- Start easier than you think you need to; the thin air will slow you down



At the finish of the race

After you cross the finish line, collect your finishers' medal and water, then exit the finish from Meskel Square.

Results

We record results for the runners with chip tracking technology. This year that includes the runners in the Green Start and the elite runners. Results for these runners will be available on our website. Other runners will need to track their own finishing time.

Medal cut-off time

For all races the cut-off time is 3 hours after the Green Start (11:00am). You must finish the race by 11:00am to get your souvenir medal.

FOR SPECTATORS

Supporting others

Where to watch

The finish at Meskel Square is the liveliest spot; the entry road into the square from Haile Gebrselassie Avenue will be open to the public. You can also support runners near the start at Addis Ababa Stadium. Another good area is in Kazanchis around the 7.5km-8km point.

Getting there

Roads leading to Meskel Square will close on race morning. Ask your hotel for the best drop-off point and allow extra time; ride-hailing apps (RIDE, Feres) may get you most of the way.

Reunion point

Pick a meeting spot away from Meskel Square. A nearby hotel or restaurant not too far from the square might be a good meeting place.

What to bring

Sunscreen, a cap or visor, a bottle of water and a small bag. Take extra precaution with your mobile phone. Leave your passport where you are staying.

Security

Keep your mobile phones out of sight when mingling in the crowds, especially once you leave the security which will be in place in Meskel Square.



WHERE TO STAY

Hotels near Meskel Square

Hyatt Regency Addis Ababa

Keep your mobile phones out of sight when mingling in the crowds, especially once you leave the security which will be in place in Meskel Square.

Ghion Hotel

On Ras Desta Damtew Avenue, 500m from Meskel Square and directly opposite the Green Start. A famous hotel with large gardens and a more budget-friendly feel.

Marriott Executive Apartments

Just behind the Hyatt Regency, close to Meskel Square.



Prices increase during race week, so we advise booking early. Ask your hotel about an early breakfast on race day morning.

AFTER YOUR RACE

Discover Addis Ababa

Addis Ababa — which in Amharic means "New Flower" - is Ethiopia's vibrant capital, where ancient traditions meet a modern African city. Coffee ceremonies, mountain views, the bustle of line taxis and warm hospitality give Addis its special feel and might entice you to extend your stay.

Five places worth your time

History	**National Museum**	Meet Lucy, the ancient human ancestor who makes Ethiopia's deep past feel personal.
Nature	**Entoto Mountains**	Rise above the city to take in the forest air and sweeping views over Addis.
Heritage	**Unity Park**	Visit Addis' new open air museum with royal gardens and artifacts conveying stories of Ethiopia's emperors.
Markets	**Shiro Meda**	Experience a traditional cloth market in the northern district of the city and see some of Ethiopia's traditional textiles, clothing, and handicrafts
Memory	**Adwa Victory Memorial**	Situated near to the main university campus, this monument remembers the famous victory by Ethiopian forces in 1896, echoes of which still reach into Ethiopia's current development.



National Museum



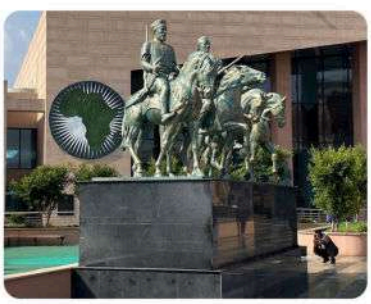
Entoto Mountains



Unity Park



Shiro Meda



Adwa Victory Memorial

TASTE ADDIS

Three restaurants with a difference



- **Yod Abyssinia** — traditional injera and cultural food with live music and dance
- **Kategna Restaurant** — dining Ethiopia-style among the locals in a warm and friendly setting
- **Marcus Addis Restaurant & Sky Bar** — modern Ethiopian cooking enjoyed alongside rooftop city views

Tipping in restaurants

In some restaurants, a 10% service charge may be added to your bill. But if it is not added, it might feel appropriate to add 10% for tipping. But there is no requirement for tipping.

A FEW FINAL TIPS

Useful to know

A few additional practical tips that don't always make the official paperwork!

1 Getting around

The UBER equivalent in Addis is RIDE or FERES. Both apps work well in Addis and are an easy alternative to street taxis.

2 Getting charged up

Power sockets are Type C/E/F (European round-pin), 220V — bring an adaptor if you're travelling from the UK, US or Europe.

3 Getting approved

Keep a photo of your passport and e-visa approval on your phone, separate from the originals.

4 Getting informed

Race organizers and hotel concierge teams are used to international guests — Don't hesitate to ask race organizers and hotel concierge teams for help with directions, bookings, or translation"

5 Getting cash

Carry some small Ethiopian Birr notes for taxis, tips and market stalls — cards are mostly accepted in hotels only

6 Getting connected

Pick up a local SIM at the airport desks, or check that your phone plan covers roaming, so you can use maps and ride apps

7 Getting updated

We give frequent and regular updates about the race on our social media channels




SEE YOU AT
THE START LINE
Addis
Awaits
You
Great Ethiopian Run Race Office
Find us during race week at
Hyatt Regency Addis Ababa
www.ethiopianrun.org