Marathoners!

PLEASE READ THIS.
IT'S REALLY IMPORTANT!

To help you have the best experience possible on race day, we need to make sure you understand our marathon course time limit and rules.

Six Hour Time Limit

Although Negril is a laid-back town, you only have **six hours** to complete the Reggae Marathon double-loop course. A six-hour pace is 13:45 minutes-per-mile (8:32 per km).

Choose the Right Event for Your Pace

If there is a chance you may struggle to maintain a 13:45 per-mile pace, we strongly suggest you switch, at no additional cost, to the Reggae Half Marathon. You'll have a lot more time to finish and still get an awesome medal at the finish line. The Half Marathon is the certified boomshot for power walkers.

What Happens if You Fall Behind the Pace in the Full Marathon

If you are not able to maintain a 13:45 pace, never mind. There's still a good reason to feel alright!

On this double loop course, marathoners must complete the first loop or 13.1 miles by 8:15am (3 hours after the race start). The 'Marathon Miggle' is at the start and finish at Long Bay Beach Park.

A marathoner, who does not make the 8:15am time check, will be guided into the finish chute, awarded a Half Marathon medal and stepped down to the half marathon results, rather than be disqualified.

Step Down Before Race Day

Reggae Marathon encourages all runners to make their race changes before the race at the Registration booth located at the Couples Swept Away Sports Complex. Changes on Race Day or during the race are not accepted.

A Few Other Things to Consider

There is **NO** early-start option. All three Reggae races begin at 5:15am sharp. Aid Stations and runner support services will be available only within the 6-hour course limit.

The Norman Manley Boulevard is the only access for 6-miles of a resort coastline and our permit requires us to fully reopen the road at 11:15am for tourist, resident and business access.

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Jamaican patios reference: Never mind: don't trouble yourself
Miggle: the middle
Boomshot : number one song or hit song