Dear Friends and Runners,

Looking back at 2018, I can only feel proud of the Beirut Marathon achievements in its 16th year of running in Lebanon. A big thank you goes to our runners, supporters, participants, corporate and NGO partners, staff, advocates and board of directors for their continuous support to our mission of moving and uniting Lebanon through running.

In 2018, we filled the heart of Beirut: an impressive number of 48,605 participants took part in the 16th edition of BLOM BANK Beirut Marathon on November 11, 2018. More than 3,815 international runners took part in the different races on that day, representing 109 nationalities. The event claimed title as the most uniting marathon in the world as it keeps growing in number; therefore, proving its conclusive belonging to the nation.

Women, men and families drew their paths and took part in the 5th edition of the Saradar Bank Women’s Race in Beirut. With 4,200 participants in different races, this event is beautifully proving its importance to the nation as it transcends sports and exemplifies support in the form of a hashtag #AnaMaaki (which means: I am with you). Ever since the inception of the Women’s Race in Lebanon, the number of female participation in timed and long distance races increased from 16.3% to 30.2% (year 2018), proving that support goes a long way.

Out of sheer conviction that running is everyone’s sport, our free training programs have expanded to cover new regions in Lebanon. The original “542” training program wrapped up its 5th year with trainings that took place in Beirut, Jounieh, Brummana and Saida. It is our hope to see this program expand further to inspire more people to move and adopt a healthier and happier lifestyle. The Beirut Marathon’s “510” training program inspired 78 women and girls to complete their first 10 KM distance at the Women’s Race in 2018.

The Beirut Marathon’s “510” training program inspired 78 women and girls to complete their first 10 KM distance at the Women’s Race in 2018.

To see the advocacy initiative come to life was a lifelong dream to all of us at the Beirut Marathon Association. Every movement needs advocates to nourish, flourish and grow further. The first advocates meeting took place in August 2018, and, by November, we had around 60 active supporters helping us in our endeavors and sharing ideas on making the sport of running more accessible and sustainable. This is only the beginning, for the Beirut Marathon Association Advocates will hold bigger roles in actively assisting the association with different functions from recruitment to media support and online reach.

Last year, the Beirut Marathon witnessed its highest number of cause runners with 70% of participants dedicating their runs to 223 NGO partners. Marathons all over the world are known to be platforms for NGOs to raise funds and advocate for their causes, people dedicate their runs to a charity and pledge to go the distance for this cause. We wanted people to run and we wanted them to challenge themselves.

We wanted the act of running to become an act of LOVE. Ever since 2009, we have been encouraging runners to adopt causes for 2 reasons: the first is financial since 25% of registration fees go as a direct contribution to support the NGOs’ missions and objectives. The second reason is emotional since runners feel more committed to train and complete their race with a cause on their minds. On the long run, the Beirut Marathon’s Fun Run will fully belong to our NGO partners; hence, spreading the culture of giving through running.

We are running towards 2019 with bigger goals and new projects. “Right 2 Run” (R2R) will take its rightful place as a program with more than 3 races scheduled to take place in different regions of Lebanon.

The “Ability Program” will be witnessing the rise of many superabled athletes who are now competing in regional and international races for the special needs.

The Memorandum of Understandings (MOUs) with our university partners will witness a closer collaboration for we are truly relying on the creative ideas of our youth to help us set more innovative and environmentally friendly plans to apply in our events.

I WISH YOU ALL A GREAT YEAR OF RUNNING,

May El Khalil
President
Beirut Marathon Association
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OVERVIEW 2018
BEIRUT MARATHON ASSOCIATION
THROUGH THE YEARS

2017

BankMed Youth Race (3rd edition)
7,079 runners ran in solidarity with our Lebanese Armed Forces

Romero Britto 3D “RUN” Structure
“RUN” structure on the streets of Beirut, a collaboration with the international artist Romero Britto and the renowned architect Dori Hitti

Saradar Bank Women’s Race
Organized under the message “Let’s Run Forward”; a call to action for all women in Lebanon to keep moving forward

BLOM BANK Beirut Marathon
Celebrating 15 years of running in Beirut, a marathon that gathered 47,859 runners on that day

TRANSMED Marathon Village
An expo dedicated to sports, health, fitness and home to the Beirut Marathon Bib pick up

Beirut Marathon Association’s Museum
A celebration for the association’s 15th anniversary

2018

“Right 2 Run” (R2R)
The Beirut Marathon Association organized the first race of the “Right 2 Run” (R2R) series, a program focused on infusing the running culture in underprivileged areas in Lebanon

“The Beirut Marathon Advocates”
Group was created in an effort to widen its outreach and strengthen its relation with all the Lebanese communities

“IAAF” Silver Label
Maintaining our status as a Silver Label event by the “IAAF” for the 5th consecutive year from December 2018

50th World Military Marathon Championship
Took part in Beirut within the BLOM BANK Beirut Marathon 2018

Team “Blind with Vision”
The first marathon training team in Lebanon for the visually impaired

Saradar Bank Women’s Race 2018
Under the message “Draw Your Path”; calling women to rise to the challenges of every day no matter how big or small

UCI
The BLOM BANK Beirut Marathon 2018 was integrated in the calendar of the “Union Cycliste Internationale” (UCI) for the first time
From its remarkable and relatively humble beginning in 2003 when 6,000 runners joined to run the streets, the 2018 BLOM BANK Beirut Marathon attracted 48,605 runners representing 109 different nationalities.

<table>
<thead>
<tr>
<th>Year</th>
<th>Participants</th>
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<tr>
<td>2003</td>
<td>6,000</td>
</tr>
<tr>
<td>2004</td>
<td>12,000</td>
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<tr>
<td>2005</td>
<td>17,000</td>
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<tr>
<td>2006</td>
<td>22,000</td>
</tr>
<tr>
<td>2007</td>
<td>26,000</td>
</tr>
<tr>
<td>2008</td>
<td>29,000</td>
</tr>
<tr>
<td>2009</td>
<td>30,000</td>
</tr>
<tr>
<td>2010</td>
<td>28,072</td>
</tr>
<tr>
<td>2011</td>
<td>31,136</td>
</tr>
<tr>
<td>2012</td>
<td>33,500</td>
</tr>
<tr>
<td>2013</td>
<td>36,000</td>
</tr>
<tr>
<td>2014</td>
<td>37,153</td>
</tr>
<tr>
<td>2015</td>
<td>37,811</td>
</tr>
<tr>
<td>2016</td>
<td>47,518</td>
</tr>
<tr>
<td>2017</td>
<td>47,859</td>
</tr>
<tr>
<td>2018</td>
<td>48,605</td>
</tr>
</tbody>
</table>
KEY ACTIVITIES
2018 CALENDAR

FEB. 27
Saradar Bank Women’s Race Launching Ceremony

MAR. 18
Welcome Run of the “542” Training Program (2nd Edition)

APR. 22
Saradar Bank Women’s Race Day

JUN. 20
“542” Training Program Launching Ceremony

JUL. 04
Partner NGO’s Conference

JUL. 18
“542” Training Program Health & Sports Seminar

AUG. 08
BLOM BANK Beirut Marathon Launching Ceremony

SEP. 12
“542” Training Program Coaches’ Dinner

SEP. 23
First “Right 2 Run” (R2R) Race in Burj El Barajneh

OCT. 01
Elderly Race with “Vieillir Avec Plaisir” (VAP)

OCT. 24
Visit to H.E. The President Michel Aoun

NOV. 07
Marathon Village Opening Ceremony

NOV. 09
BLOM BANK Beirut Marathon Elite Athletes Press Conference
BLOM BANK Beirut Marathon Flag Ceremony

NOV. 11
BLOM BANK Beirut Marathon Race Day
50th World Military Marathon Championship
BLOM BANK Beirut Marathon Awards Ceremony (Category Winners)

NOV. 27
BLOM BANK Beirut Marathon Thank You Ceremony
The communication with the international running community started back in 2008 in alignment with the Beirut Marathon Association’s international outreach plan and strategy. After receiving the Silver Label accreditation from the “International Association of Athletics Federations” (IAAF) in December 2014, the interest of the international running community started growing steadily.

The International Affairs Unit was created in 2018 to enhance and nurture our relationship with our international stakeholders, starting from the international runners’ recruitment, international runners’ hospitality, international media targeting and potentially organizing international marathons abroad.

Beirut marathon is a perfect case study of excellence in race organization, one that can only be achieved with great leadership and by creating high levels of passion, commitment and cooperation amongst the Beirut Marathon Association’s team members in order to deliver a top-level event.

Professionalism is a key feature of the Beirut Marathon. This is, perhaps, why this Silver Label event has the qualities of a Gold Label one. Some of its aspects, such as hospitality, guest area, volunteers’ engagement and others, go even far beyond that.

Finally, we cannot but take into account a very positive and continued transformational effect on the Lebanese society. The Beirut Marathon is successfully changing people’s way of thinking and behavioural patterns to a more positive approach that is bringing people together. I am certain that every race director and road race event manager can only dream to have such an event because it is much more than a beautiful race.

Erol Mujanovic
Director “Marathon” Sarajevo
In 2018, the Beirut Marathon Association expanded their roadshow with the help of their coordinators, friends, and advocates from diverse areas. In their quest to promote the BLOM BANK Beirut Marathon and spread the running culture in Lebanon, the staff conducted presentations in schools, universities, municipalities and public libraries. They engaged more than 22 areas in the country; some of these areas were:

- Abra
- Achrafieh
- Ain El Remmaneh
- Aley
- Antelias - Naccache
- Baabda Palace
- Baakline
- Bauchrieh
- Beit El Wasat
- Bourj Hammoud
- Burj El Barajneh
- Byblos
- Furn El Chebbak
- Jal El Dib
- Jdeideh
- Jib Jennine
- Jounieh
- Kadik
- Koura
- Lebanese Parliament
- Rashaya Al Wadi

The "IAAF" Gender Leadership Taskforce Committee held a meeting in Beirut on Saturday, November 10, 2018 and attended the 16th edition of BLOM BANK Beirut Marathon the following day as per the invitation of committee member Mrs. May El Khalil, president of the Beirut Marathon Association.

The committee was founded in 2017 under the leadership of "IAAF" president Lord Sebastian Coe. The mission of the taskforce is to develop global and regional specific programs to ensure a robust pipeline of eligible female candidates for upcoming "IAAF" elections.

Chaired by "IAAF" Council Member and former US champion hurdler Stephanie Hightower, the working group agrees that encouraging advocacy, using the power of voice at all levels of the sport, identifying bias and selecting process changes are what is needed to ensure parity in pay, play and positions at the "IAAF".

Gender Leadership Working Group members:

<table>
<thead>
<tr>
<th>Nationality</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>🇺🇸</td>
<td>Stephanie Hightower</td>
</tr>
<tr>
<td>🇺🇸</td>
<td>Sebastian Coe</td>
</tr>
<tr>
<td>🇬🇧</td>
<td>Annette Purvis</td>
</tr>
<tr>
<td>🇬🇧</td>
<td>Kelly Sotherton</td>
</tr>
<tr>
<td>🇿🇦</td>
<td>Ximena Restrepo</td>
</tr>
<tr>
<td>🇨🇱</td>
<td>May El Khalil</td>
</tr>
<tr>
<td>🇮🇪</td>
<td>Beatrice Ayikoru</td>
</tr>
<tr>
<td>🇮🇪</td>
<td>Nuala Walsh</td>
</tr>
<tr>
<td>🇮🇹</td>
<td>Evelyn Lopez</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairperson</td>
</tr>
<tr>
<td>&quot;IAAF&quot; President</td>
</tr>
<tr>
<td>Member</td>
</tr>
<tr>
<td>Member</td>
</tr>
<tr>
<td>Member</td>
</tr>
<tr>
<td>Member</td>
</tr>
<tr>
<td>President/Founder of the Beirut Marathon Association</td>
</tr>
<tr>
<td>Member</td>
</tr>
<tr>
<td>Member</td>
</tr>
<tr>
<td>Guest</td>
</tr>
</tbody>
</table>
In an effort to widen our outreach and strengthen relations with all the Lebanese community, the Beirut Marathon initiated “The Beirut Marathon Association Advocates Committee”.

An advocate is someone who shares the association’s values and supports its mission to move and unite Lebanon through running. We, at the Beirut Marathon, passionately organize running events that inspire unity, positively change lifestyles, promote wellness, and provide an experience of challenge, achievement, joy, and glory; for the benefit of Lebanon, both now and for generations to come.

The advocates’ committee was launched with 45 energetic and passionate women who showed tremendous excitement and goodwill by promoting the marathon registration online and offline, through organizing roadshows and visits to regions, as well as building bridges between the association and a big number of schools, universities, municipalities, syndicates and other Lebanese corporations.

With the super advocates committee, we will keep running forward towards a better Lebanon.

Beirut Marathon organizes the first Elderly Race in Lebanon.

In celebration of the international day for older people, the Beirut Marathon Association supported “Vieillir Avec Plaisir” (VAP) in organizing the first race for the elderly in Lebanon. The 1.5 KM race took place in Beirut Waterfront with the participation of 52 runners (65 years and older).

The event’s highlight was the presence of professional Athlete Mr. Fadi El Khatib who gave the start signal of the race along with Père Nicolas Abou Smayra and the president of the Beirut Marathon Association Mrs. May El Khalil. All 52 participants finished the race, and had plenty of energy to dance to the rhythms of familiar Lebanese songs, they even showed their Dabké talents. Speaking on the importance of sports, Mr. El Khatib said that willpower knows no age limits.

The top 3 women and men were celebrated on the podium:

**Women:**
1. Ikhlas Rouphael
2. Ramzieh Shanaa
3. Salwa Saad

**Men:**
1. Elias Abou Haydar
2. Charbel Hayek
3. Sami Asaad

**This race was fully supported by the Beirut Marathon Association.**
On April 22, 2018, Lebanon celebrated the 5th edition of Saradar Bank Women’s Race. This event was born with the objective to encourage female participation in outdoor running events. With a race dedicated to them and their causes, women can experience running in an accepting and empowering way, making it a unique opportunity for women to come together within an atmosphere of "sisterhood". Other races within the event invited men and children to join the fun runs, while celebrating women in their lives and in the community.

Thousands of women, girls, fathers, mothers, babies, friends and colleagues filled the streets of Beirut city with ample reasons to run for. Be it for a cause, health, the country, fitness, more women in politics, challenge or competition, this event had it all. We, at the Beirut Marathon Association, are proud to see this race grow year after year and to witness how female participation is significantly increasing in other races organized by the Beirut Marathon Association.

#AnaMaaki

FROM ALL OF US AT THE BEIRUT MARATHON ASSOCIATION, WE THANK YOU FOR BEING PART OF THE SARADAR BANK WOMEN’S RACE. IT WOULDN’T HAVE BEEN POSSIBLE WITHOUT THE SUPPORT OF OUR PARTNERS, VOLUNTEERS, NGOs, MEDIA, RUNNERS, OFFICIALS AND BOARD MEMBERS.
“It started when a runner, Andy, saw a lady struggling through a 6-mile run. She’d all but given up at 5.7 miles, so he offered to run with her. He knew he couldn’t take away the pain she was going through, but he could support her until the end. Andy started supporting runners who were struggling or needed an extra bit of love, motivation or reassurance that someone out there cared. The idea was to raise awareness and to show anyone that needed someone, that someone is, in fact, out there rooting for them.”

We, at the Beirut Marathon Association, are on a mission to move and unite people through running. Sport might not be perceived as a priority in our country, but the benefits of running transcend the physical and help alleviate challenges.

Numerous studies, dating back more than 30 years have shown that regular exercise can help relieve symptoms of mental challenges, as well as lowering the risk of illnesses and obesity.

With the Women’s Race approaching, we felt that support was needed to get more girls and women to commit to train and run the full 10 KM in a race dedicated to them. That’s when the work started. The Beirut Marathon team approached influencers, sports figures and celebrities and asked them to show their support to the Saradar Bank Women’s Race by either posting a photo with #AnaMaaki or by sharing words of encouragement through videos.

The results were overwhelming. #AnaMaaki (which means: I am with you) went viral as friends and family joined in to encourage their loved ones to complete the distance.

#ANAMAAKI IS AN ACTIVATION INTRODUCED BY THE BEIRUT MARATHON ASSOCIATION FOR THE SARADAR BANK WOMEN’S RACE, INSPIRED BY A MOVEMENT BORN IN THE UK #WHATIFIRUNWITHYOU.
### NUMBER OF RUNNERS

<table>
<thead>
<tr>
<th>Event</th>
<th>Number</th>
</tr>
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<tbody>
<tr>
<td>5 KM Fun Run</td>
<td>3,202</td>
</tr>
<tr>
<td>10 KM Race</td>
<td>708</td>
</tr>
<tr>
<td>2 KM Run with Parents</td>
<td>155</td>
</tr>
<tr>
<td>2 KM Run with Parents Guide</td>
<td>165</td>
</tr>
<tr>
<td>10 KM Relay Race</td>
<td>54</td>
</tr>
<tr>
<td>2 KM Race</td>
<td>47</td>
</tr>
<tr>
<td>10 KM Para-Athletes Race</td>
<td>9</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>4,340</td>
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### AGE CATEGORIES

**10 KM RACE**

<table>
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<tr>
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<th>Number of Runners</th>
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<tbody>
<tr>
<td>14-20 Years Old</td>
<td>57</td>
</tr>
<tr>
<td>21-30 Years Old</td>
<td>253</td>
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<tr>
<td>31-40 Years Old</td>
<td>219</td>
</tr>
<tr>
<td>41-50 Years Old</td>
<td>122</td>
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<tr>
<td>51-60 Years Old</td>
<td>43</td>
</tr>
<tr>
<td>61 Years Old &amp; Above</td>
<td>14</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>708</td>
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**2 KM RACE**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Number of Runners</th>
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<tbody>
<tr>
<td>10-11 Years Old</td>
<td>23</td>
</tr>
<tr>
<td>12-13 Years Old</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>47</td>
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### SARADAR BANK WOMEN’S RACE 2018 WINNERS

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<th>Rank</th>
<th>Name</th>
<th>Nationality</th>
<th>Time</th>
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<tbody>
<tr>
<td>1st</td>
<td>Lea Iskandar</td>
<td>Lebanese</td>
<td>00:38:41</td>
</tr>
<tr>
<td>2nd</td>
<td>Nesrine Njeim</td>
<td>Lebanese</td>
<td>00:39:20</td>
</tr>
<tr>
<td>3rd</td>
<td>Zeinab Bazzi</td>
<td>Lebanese</td>
<td>00:40:58</td>
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</table>

**77 Groups**

**26 Nationalities**
### SARADAR BANK

#### WOMEN’S RACE

##### IN NUMBERS

<table>
<thead>
<tr>
<th>Category</th>
<th>Quantity/Details</th>
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<tbody>
<tr>
<td>Race Branding</td>
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<tr>
<td>Partners Branding</td>
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<tr>
<td>Communication Branding</td>
<td>120.2 sqm</td>
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<tr>
<td>Lebanese Red Cross Paramedics</td>
<td>45</td>
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<tr>
<td>Security</td>
<td>47</td>
</tr>
<tr>
<td>Transportation</td>
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<tr>
<td>Electricity Usage</td>
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<td>Scaffolding</td>
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<tr>
<td>Carpet</td>
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<td>Flags</td>
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<td>Walkie Talkies</td>
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<td>Tents</td>
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<tr>
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<td>Vehicle Passes</td>
<td>130</td>
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<td>Parking Passes</td>
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<tr>
<td>Police</td>
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<tr>
<td>Vests</td>
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<tr>
<td>Municipal Staff</td>
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<tr>
<td>Ambulances</td>
<td>9</td>
</tr>
<tr>
<td>Medical Tents</td>
<td>2</td>
</tr>
<tr>
<td>Medical Staff</td>
<td>56</td>
</tr>
</tbody>
</table>
"In many countries, it has been recognized that sport can be a force to amplify women’s voices and tear down gender barriers and discrimination. Women in sport defy the misperception that they are weak or incapable. Every time they clear a hurdle, kick a ball or run a marathon, demonstrating not only physical strength, but also leadership and strategic thinking, they take a step towards gender equality.

Women have broken the chains that bond them to the home and have emerged into all sorts of male dominated arenas, including sports. Women have become athletes in their own right.

We want to see more women and girls living a life free from any form of violence; more women and girls with decision-making control over their bodies, their health and their futures, and with access to reproductive health services; more women and girls contributing to sustainable peace and resilience and benefiting equally from crisis prevention and humanitarian action.

In the last 6 years, there has been validation for the female athletes in Lebanon because of the Women’s Race organized by Beirut Marathon Association in partnership with the Lebanese Athletics Federation. A strong partnership is essential throughout our goals. I can never overemphasize this. The role of the Athletics Federation is pre-eminent in that relationship, also, essential is our extraordinary target with civil society.

I thank you, Beirut Marathon Association, for your support mission, as we shape the road ahead for this organization.

Together with our partners in every part of Lebanon, we will continue to deliver for women and girls, seeking equality for all.”

Roland Saade
President
Lebanese Athletics Federation
For one day a year, the world runs for a different Beirut, a Beirut that celebrates all good things. It celebrates health, bonds and causes. It celebrates challenge, perseverance and commitment. It celebrates support and encouragement. It celebrates good vibes and endless cheers. It celebrates the sound of pounding feet on its pavements. It celebrates a culture of running and peace. It celebrates love, community and most of all, it celebrates achievements, joy and accomplishments.

On November 11, 2018, we filled the heart of Beirut with the support of our partners, cheerers, runners, volunteers and friends. The 16th edition of BLOM BANK Beirut Marathon was the best one yet.

Together, we continue to move the nation and #RunBeirut

WE FILL THE HEART OF BEIRUT

LIVE THE SPIRIT OF RUNNING THE STREETS OF BEIRUT.
In 2018, we wanted to show the joy of running, a joy portrayed best as
An experience
A platform for good
A culture
A vibe in this one of a kind city
A rewarding challenge
A bonding activity
An antidepressant
A caring community
A celebration of life.

Beirut is the heart of Lebanon and on marathon day, with the influx of people from all regions of Lebanon coming together to run and celebrate the joys of running, Beirut comes to life. The runners become its heartbeat, the streets become the pathways that provide its livelihood and the running feet become the sound of its pulse.

We give tribute to Beirut, to the Lebanese and to those running; for the causes they hold dear, for the hurdles that are overcome through perseverance and commitment, for the sense of belonging that comes with love and joy and for the euphoria that comes with accomplishment. For all those that come from the heart, the slogan “We Fill the Heart of Beirut” was created

بيروت بيكبر قلبها فينا

That’s how we perceived 2018, by making every race a different experience, one where cultures are combined, where memories are made, where challenges are accepted, where a sense of community is shared and where stories are told. On marathon day, thousands of people gather at the start line, celebrating togetherness and unity in a healthy way. On this one day, we make Beirut proud and we truly fill its heart with peace, love and running.
50th World Military Marathon Championship

The 50th World Military Marathon Championship took place in Beirut within the BLOM BANK Beirut Marathon 2018.

With the mission of fostering confidence and cohesion amongst soldiers, the “International Military Sports Council” (CISM) elected the BLOM BANK Beirut Marathon 2018.

The Beirut Marathon Association, in collaboration with the Lebanese Army planned, controlled and organized this competition, and the participant countries were:

- Algeria
- Belgium
- Brazil
- Canada
- Chile
- China
- Colombia
- Ecuador
- Lebanon
- Lithuania
- Morocco
- Poland
- Serbia
- Slovenia
- Spain
- Sweden
- Tunisia
“IAAF” SILVER LABEL

ROAD RACES

The 2018 BLOM BANK Beirut Marathon was classified, for the 5th consecutive year from December, 2018, as a Silver Label Road Running Event by the “International Association of Athletics Federations” (IAAF) for its excellence in organizing a world class marathon up to the highest international standards from all race management aspects.

The BLOM BANK Beirut Marathon is one of 18 Silver accredited races that take place annually around the world:

- Acea Maratona di Roma, Italy
- BLOM BANK Beirut Marathon, Lebanon
- Chevron Houston Marathon, United States of America
- Daegu International Marathon, Korea
- EDP Maratona de Lisboa, Portugal
- EA7 Emporio Armani Milano Marathon, Italy
- HAJ Hannover Marathon, Germany
- Hangzhou Marathon, China
- Hengshui Lake International Marathon, China
- Košice Peace Marathon, Slovakia
- Maratón TELCEL Ciudad de México, Mexico
- New Taipei City Wan Jin Shi Marathon, Taipei
- Orlen Warsaw Marathon, Poland
- Saitama International Marathon, Japan
- Shenzhen Marathon, China
- Standard Chartered Mumbai Marathon, India
- Taiyuan International Marathon, China
- Volkswagen Ljubljana Marathon, Slovenia
ASIAN PREMIER MARATHONS (APM)

As the first ever continental marathons league in the world, the “Asian Premier Marathons” (APM) was jointly established in 2017 by Beijing Marathon, Beirut Marathon, Seoul Marathon and Infront China under the leadership of the “Asian Athletics Association” (AAA). The new league aims to raise the competition level and international appeal of marathons events in Asia. It is also geared towards attracting more high-level Asian Athletes to participate in top-tier “APM” Events.

The first “APM” edition was successfully completed at the Beijing Marathon 2018. The first season’s winners, Li Zicheng from China and Eunice Chumba from Bahrain ran the BLOM BANK Beirut Marathon 2017. After finishing the season, Li Zicheng gathered 38 points, and Eunice Chumba gathered 38 points. It is worth noting that our Lebanese Elite Athletes Hussein Awada, Zaher Zeineddine, Nicolas Marta, Bilal Awada, Chinne Njeim, Nisrine Njeim and Nadine Kalot were among the top 20 in Asia in both categories from one single participation.

UNION CYCLISTE INTERNATIONALE (UCI)

The “Union Cycliste Internationale” (UCI) is the world governing body for sports of cycling, and oversees international competitive cycling events.

This year, and for the first time ever, the BLOM BANK Beirut Marathon 2018 was integrated in the calendar of the “UCI” with the fruitful collaboration of the “Lebanese Cyclists Federation” (LCF). This means that all National and International hand-cyclists of the BLOM BANK Beirut Marathon 2018 were enabled to collect points, based on the “UCI” rules and regulations, to hopefully qualify and take part in the Tokyo 2020 Summer Paralympics.
PACERS

The Beirut Marathon Association is proud to have provided pacers for the first time for each of its half and full marathons. This free of charge program is an added benefit for marathon runners, to help them reach their time goals.

Our pacers are avid runners who volunteered their time, efforts and know-how to assist our marathon runners to reach the finish line and are very familiar with the race course and Beirut streets.

On race day, we had 13 marathon pacers and 6 half marathon pacers. Runners were able to meet and talk to them, learn more about the plan and ask any questions they might have had. Our pacers were wearing t-shirts with their designated finish time at the back and were carrying a balloon where their finish time was written, so they could be easily identified by all runners from a distance.

The program was supported by Gatorade.

TAPPING & RECOVERY SERVICES

This Beirut Marathon service is a part of an educational program before and after the start of the runs. By doing so, the athletes get a benefit for the actual race and professional education at the same time. By that, the Beirut Marathon Association creates even more value for the athletes.

This service is in collaboration with “Beirut Fitness Private”.

Services Offered:
• Roll-In Area with Blackroll Master Trainers
• Athletic Taping for back-pain, knee-pain and the calves
• Roll Out Area with Blackroll Master Trainers

Roll-in and Roll-Out Area before and after the race including:
Myofascial Stretching in a 20-minute routine where athletes are either led through a warm-up routine with self-myofascial-release techniques on Blackroll products and myofascial stretches, and/or after the race through a recovery technique by increasing full body roll-out and stretching regime that is not isolating but integrating all the tissues that were exhausted through the process of the race.

Athletic Taping Athletes:
Athletes could encounter discomfort and pain that need attending to prior to the race. The assigned trainers usually take care of these issues with Athletic-Taping, which normalizes muscle tension to make movement more efficient and pain free.
On Sunday November 11, 2018 we filled the streets of Beirut with colors, causes, perseverance, joy, determination and new records.

Here are some of BLOM BANK Beirut Marathon 2018 highlights:

48,605 PARTICIPANTS REGISTERED IN THE 16TH EDITION OF BLOM BANK BEIRUT MARATHON.

02:10:41 A NEW BEIRUT MARATHON COURSE RECORD OF 02:10:41 WAS SET BY THE MOROCCAN ELITE ATHLETE MOHAMED REDA EL ARABY.

01:20:09 THE HALF MARATHON COURSE RECORD FOR WOMEN WAS SET BY THE LEBANESE ELITE ATHLETE CHIRINE NJEIM AT 01:20:09.

01:06:58 THE HALF MARATHON FOR MEN WAS SET BY THE IRANIAN ATHLETE MOHAMMAD JAAFAR MORADI AT 01:06:58 BREAKING THE EVENT RECORD.

05:09:00 THE OLDEST MARATHON RUNNER, ABDALLAH BITAR, COMPLETED THE MARATHON IN 05:09:00 AT 78 YEARS OF AGE.

With the new and improved course, the Beirut Marathon team was keen on providing the best runner experience to date. Entertainment stations were amplified and cheers filled the streets of the city, adding a great vibe and a much-needed boost to the participants who rated the track as one of the best they’ve ran to date.
NEW EVENT RECORD

42.195 KM MARATHON
OVERALL
NAME: MOHAMED REDA EL ARABY
NATIONALITY: MOROCCAN
TIME: 02:10:41

NEW EVENT RECORD
NEW EVENT RECORD
21.1 KM HALF MARATHON
MALE
NAME: MOHAMMAD JAAFAR MORADI
NATIONALITY: IRANIAN
TIME: 01:06:58

21.1 KM HALF MARATHON
FEMALE
NAME: CHIRINE NJEIM
NATIONALITY: LEBANESE
TIME: 01:20:07

NEW EVENT RECORD
### BLOM BANK BEIRUT MARATHON FACTS & FIGURES

<table>
<thead>
<tr>
<th>Event</th>
<th>MALE</th>
<th>FEMALE</th>
<th>GUIDES</th>
<th>TOTAL</th>
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<tr>
<td>1 KM RUN WITH PARENTS</td>
<td>1,095</td>
<td>1,105</td>
<td>3,000</td>
<td>5,200</td>
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<tr>
<td>1 KM RUN WITH PARENTS (PARA-ATHLETES)</td>
<td>67</td>
<td>133</td>
<td>400</td>
<td>600</td>
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<tr>
<td>5 KM YOUTH RACE</td>
<td>2,771</td>
<td>2,515</td>
<td>1,250</td>
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<tr>
<td>5 KM PARA-ATHLETES RACE</td>
<td>96</td>
<td>50</td>
<td>292</td>
<td>438</td>
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<tr>
<td>8 KM FUN RUN</td>
<td>14,147</td>
<td>15,884</td>
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<tr>
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<td>1,027</td>
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<td>2,250</td>
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<tr>
<td>8 KM PARA-ATHLETES RACE</td>
<td>43</td>
<td>12</td>
<td>110</td>
<td>165</td>
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<tr>
<td>21.1 KM HALF MARATHON</td>
<td>1,138</td>
<td>534</td>
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<td>1,672</td>
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<tr>
<td>42.195 KM MARATHON</td>
<td>821</td>
<td>318</td>
<td>0</td>
<td>1,139</td>
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<tr>
<td>42.195 KM JUNIOR RELAY MARATHON</td>
<td>138</td>
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<td>150</td>
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<td>42.195 KM MARATHON RELAY RACE</td>
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<td>88</td>
<td>0</td>
<td>378</td>
</tr>
<tr>
<td>42.195 KM PARA-ATHLETES RACE</td>
<td>39</td>
<td>7</td>
<td>0</td>
<td>46</td>
</tr>
</tbody>
</table>

**Total Participants:**
- Male: 21,868
- Female: 21,685
- Guides: 5,052
- Total: 48,605
WINNERS

42.195 KM MARATHON

MALE

NAME | MOHAMED REDA EL ARABY (Record Holder) | FELIX CHEMONGES | DERESA GELETA ULFATA
NATIONALITY | MOROCCAN | UGANDAN | ETHIOPIAN
TIME | 02:10:41 | 02:11:54 | 02:12:31

21.1 KM HALF MARATHON

MALE

NAME | MOHAMMAD JAFAF MORADI (Record Holder) | ISMAIL SSENYANGE | BAGHDAD RACHEM
NATIONALITY | IRANIAN | UGANDAN | CANADIAN
TIME | 01:06:58 | 01:07:10 | 01:10:56

42.195 KM MARATHON

FEMALE

NAME | MEDINE DEMA ARMING (Record Holder) | NAZRET WELDU GEBREHGWET | SELAMAWIT GETNET TSEGAW
NATIONALITY | ETHIOPIAN | ERITREAN | ETHIOPIAN
TIME | 02:29:30 | 02:29:48 | 02:31:40

21.1 KM HALF MARATHON

FEMALE

NAME | CHIRINE NJEIM (Record Holder) | JAGODA KHATRI | ZEINAB BAZZI
NATIONALITY | LEBANESE | SWISS | LEBANESE
TIME | 01:20:07 | 01:27:46 | 01:28:28

AGE CATEGORIES

AGE GROUP | NUMBER OF RUNNERS
17 YEARS OLD & UNDER | 16,570
18-30 YEARS OLD | 17,183
31-40 YEARS OLD | 6,126
41 YEARS OLD & ABOVE | 8,726
TOTAL | 48,605

ELITE ATHLETES

GOLD LABEL RUNNERS | 2
SILVER LABEL RUNNERS | 11
BRONZE LABEL RUNNERS | 5
Every year, we are honored to have with us the Ambassadors’ Relay Team who diligently run for a different cause each time. In 2018, the team ran for Heartbeat, a charity that treats infants and children with heart problems.

The participating Ambassadors were:

European Union  H.E. Ambassador Christina Lassen
Sweden        H.E. Ambassador Jörgen Lindström and his spouse Sandra Lindström
Netherlands   H.E. Ambassador Jan Waltmans and his spouse Hedwig Waltman
Switzerland   H.E. Ambassador Monika Schmutz Kingöz
Canada        H.E. Ambassador Emmanuelle Lamoureux and her spouse Sebastian Beaulieu
United Kingdom  H.E. Ambassador Chris Rampling
Algeria       H.E. Ambassador Ahmed Bouziane
Germany       H.E. Ambassador Martin Huth
United States of America  H.E. Deputy Ambassador Edward White
Belgium        H.E. Consul Ambassador Jean-François Parmentier

We were also happy to welcome the Governor of Beirut H.E. Ziad Chbib to the team, who was energetically training at Horsh Beirut twice a week until the marathon day. Lead Human Development Specialist at the World Bank, Mrs. Haneen Sayed, was also among the team members. The program was coordinated with the help of Marathon Board Members Mona Shour and Maxime Chaya, a national Lebanese sports hero who does us all proud and who runs the Marathon alongside the Ambassadors. Maxime Chaya is the master trainer of this program leading to race day. A number of the Ambassadors’ spouses were great supporters to our cause and also chose to run with us. Each week, rain or shine, everyone was at the gathering area with full energy to run.

It is always a pleasure to organize and cheer on this fantastic team who support us with their embassies and their hearts.

LOOKING FORWARD TO THE NEXT MARATHON. THANK YOU AMBASSADORS TEAM!
The Marathon Village 2018 opened its doors from the 7th to the 10th of November, welcoming more than 55 exhibitors who featured the latest merchandise and developments in sports, fitness, nutrition, startup companies, gyms and health related products. In addition, the Marathon Village was the home of the BLOM BANK Beirut Marathon BIB Pick Up for 48,605 registered runners. Held at the Train Station, the four-day expo was open to the public and entrance was free of charge.

The Marathon Village was the perfect spot to soak in the marathon energy, get into the momentum of Marathon Day and hang out with friends, families and running buddies.

We welcomed more than 20,000 visitors over four days where they participated in panel talks, activations, sports activities, seminars, technical sessions as well as entertaining slots on the stage that featured gym classes, yoga sessions, full-body workouts and running techniques.

Mr. James Thie, Performance Director of Athletics at Cardiff Metropolitan University, conducted a two-day workshop which attracted 80 gym coaches and trainers who discussed running techniques, methods and approach. Also, Mr. Thie conducted a two-hour session where he addressed the BLOM BANK Beirut Marathon pacers team on the approach and techniques to use on race day.

As part of our activations, the event welcomed Ms. Tracy Harmoush who came from Dubai to participate in a two-day workshop on Callisthenics and Inversions.

Taqa Talks, a sports forum conducted by Ms. Soumaya Merhi, hosted two sessions over two days that featured our Lebanese heroes and athletes where they shared their stories, visions, experiences and had a Q&A with the audience. The panels featured names like; Maxime Chaya, Fadi El Khatib, Silvio Chiha, Team Lebanon, Tracy Harmoush, Mohammad Al Ali, Wissam Kheir who are leaders in their own respective sports field.

This event wouldn’t have been a success without the support of many partners, sponsors and affiliates.
<table>
<thead>
<tr>
<th>EXHIBITORS’ LIST</th>
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<tbody>
<tr>
<td>BLACK SLEEVE</td>
</tr>
<tr>
<td>NUTRAHEALTH</td>
</tr>
<tr>
<td>Kiehl’s</td>
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<tr>
<td>PROBLEMO</td>
</tr>
<tr>
<td>NUDGE LEARNING</td>
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<tr>
<td>Batiste</td>
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<tr>
<td>Fitbit</td>
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<td>Kunhadi</td>
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<td>GLAM</td>
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<tr>
<td>DSC</td>
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<tr>
<td>VIBE</td>
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<tr>
<td>STRONG BEIRUT</td>
</tr>
<tr>
<td>BLACK ZONE</td>
</tr>
<tr>
<td>Mercury Club</td>
</tr>
<tr>
<td>Baskin Robbins</td>
</tr>
<tr>
<td>Dafa</td>
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</tbody>
</table>
“Planning and organizing a marathon takes a lot of physical effort from all the team; however, we always have the best at heart for our runners who train for months to come and be with us that one day. We try to give them a memorable experience, an enjoyable course and, of course, a fast one where they can break records and have new personal bests.

We also try to show the best of what Beirut has to offer, its people cheering the runners, our volunteers giving all they have for one day to make Beirut great again, our coaches pushing their runners to the max to give their best, and our para-athletes who, against all odds, train, push, work hard, give all that they can and they deliver. Combined with all the other races we organize, assist with, and deliver, I could not be more proud of what the Beirut Marathon Association has become and contributed to the community. Together, we hope to give more, work harder and achieve better.”

Wissam Terro
Race Director
PROGRAMS & SOCIALLY RESPONSIBLE INITIATIVES
“542” is a free of charge training program created by the Beirut Marathon Association in 2014 to help non-runners and first-time runners become marathoners through a 5-month structured training program.

The name of the program, “542”, stands for “5” months of training for the “42.195” KM distance. In its 5th edition, “542” witnessed its most successful year yet with 199 marathon finishers who filled the heart of Beirut with happy faces and shiny medals.

As a community-based program, “542” relies on its experienced coaches who dedicate their time to train runners in different areas of Lebanon. In 2018, trainings took place in Beirut, Jounieh and in two new locations: Brummana and Saida. Team “Blind with Vision” was welcomed to the “542” family, and visually impaired runners took part in the famous and exciting Sunday runs alongside hundreds of runners on the streets of Beirut.

“542” is more than an initiative, it’s a culture that shows to non-runners and wannabe runners that 42.195 KM is a feasible and achievable distance given the correct training and the right support.

What “542” created will forever be remembered by the finishers and everyone who got to experience everything about the journey to 42.195 KM. Once a marathoner, always a marathoner.

“542” TRAINING PROGRAM

“542” VISION

• TO HAVE RUNNING BECOME A LIFESTYLE
• EXPANDING TO A NATIONAL LEVEL

“542” MISSION

• WE OFFER HOPEFUL RUNNERS THE TRAINING NECESSARY TO ACCOMPLISH A MARATHON FOR THE 1ST TIME
“542” FIGURES PER YEAR

“542” COACHES AND ASSISTANT COACHES’ EVOLUTION

% OF FINISHERS WILLING TO RUN ANOTHER MARATHON

41,280 WATER BOTTLES CONSUMPTION

1.032 Tons ICE CONSUMPTION

30 Volunteers

OF THE WOMEN’S PROGRAM ASSOCIATION (WPA) HELPED WITH THE SUNDAY TRAININGS’ OPERATIONS IN MANAGING REFRESHMENT STATIONS AND DIRECTING RUNNERS ALONG THE COURSE.

COMMIT TO CHANGE, LACE UP YOUR RUNNING SHOES AND JOIN THE TRIBE OF PEACE RUNNERS IN LEBANON.

“542” COACHES AND ASSISTANT COACHES’ EVOLUTION

2014 2015 2016 2017 2018

COACHES ASSISTANT COACHES

5 5 9 12 14

% OF FINISHERS WILLING TO RUN ANOTHER MARATHON

12% NO 88% YES

EVOLUTION OF REGISTERED PARTICIPANTS, RUNNERS AND FINISHERS

FINISHERS START LINE RUNNERS REGISTERED PARTICIPANTS

2014 2015 2016 2017 2018

BEIRUT BEIRUT JOUNIEH BEIRUT JOUNIEH BEIRUT JOUNIEH BRUMMANA SAIDA

55 66 120 150 155 158 199 204 270 90 300 120 330 150 360 180 390 210 420 240
The first Marathon training team in Lebanon for the visually impaired.

Following the successful training journey of Mr. Rabih El Jammal, who became the first visually impaired Lebanese runner to cross the Marathon finish line in 2017, team “Blind with Vision” was born with the mission to train other visually impaired runners and help them complete long distances with the assistance of designated guides.

The team is coached by Ms. Mary Kleyany. In 2018, the team had five visually impaired runners and more than ten guides. Each runner trains with two guides. The team trains under the umbrella of “542” program by the Beirut Marathon Association. They undergo two training sessions per week and join their fellow “542” runners on their long Sunday runs.

The team showed beautiful results where most of the team members completed their half marathon distance (21.1 KM) for the first time. Ghina Achkar made it to the podium as the first visually impaired female to complete the full marathon distance (42.195 KM).

IT IS IMPERATIVE FOR THE BEIRUT MARATHON ASSOCIATION TO SUPPORT SUCH INITIATIVES THAT ADD A BEAUTY TO THE SELFLESS, POWERFUL AND BEAUTIFUL SPORT OF RUNNING.
“542” CODE

542 runners persevere
542 runners inspire others
542 runners are always united
542 runners embrace the challenge
542 runners respect the environment
542 runners leave no runners behind
542 runners push their minds & bodies to the limit
542 runners are future marathoners
542 runners commit to change
"542" RUNNERS’ TESTIMONIALS

"542" IS ALL THE GOOD THINGS THIS LIFE HAS TO OFFER. IT’S COMPASSION, LOVE, LAUGHTER, STRENGTH, WILLPOWER AND UNCONDITIONAL SUPPORT. IT’S BROTHERHOOD, SISTERHOOD, RUNNINGHOOD."

"542" IS MORE THAN A PROGRAM, IT’S A COMMUNITY. ONE FILLED WITH LOVE, SUPPORT, AND SHEER MOTIVATION."

"I NEVER THOUGHT I COULD RUN 42.195 KM, UNTIL I DID. THANK YOU “542”."

"MADE LOTS OF NEW FRIENDS AND I ACCOMPLISHED SOMETHING I NEVER KNEW I COULD BEFORE."

"I HAD NO IDEA THAT RUNNING WOULD BE MY SAVIOR. WITH EVERY “542” TRAINING RUN I WAS BECOMING STRONGER, HAPPIER, AND HEALTHIER."

"I LOVED MEETING NEW PEOPLE, DISCIPLINE, COMMITMENT, ENHANCED PERFORMANCE."

"BY COMMITTING TO CHANGE I WAS COMMITTING TO JUDGING MY SHORTCOMINGS LESS, AND LOVING MYSELF MORE."
“542” PARTNERS
& SUPPORTERS

PARTNERS

BLOM BANK

AQUAFINA

COMMERCIAL INSURANCE

BEIRUT DIGITAL DISTRICT

FITNESS ZONE

LOC

Bloom Airways

ZAITUNAY BAY

TREE AD

mix

SUPPORTERS

BEIRUT PHYSIOTHERAPIST
Dr. Jihad Haddad

BEIRUT PHYSIOTHERAPIST
Dr. Khalife Khalife

JOUNIEH PHYSIOTHERAPIST
Dr. Marianne Abou Zeid

INJURY PREVENTION SPEAKER
Dr. Hassan Beydoun

CONSULTANT COACH
James Thie

SAIDA PHYSIOTHERAPIST
Dr. Hazem Ismail

NUTRITIONIST
Dr. Lama Mattar

CARDIAC SCREENING
Dr. Mona Osman
The “510” training program was introduced by the Beirut Marathon Association in 2017 to help women and young girls complete the 10 KM distance at the Women’s Race.

In its second edition, 45% of the program graduates took their commitment further and trained for 5 months with the “542” training program. In one year, they completed a 10 KM Race and a marathon.

The training took place in Beirut and Jounieh, and ran for a total of 5 weeks thanks to amazing coaches who volunteered their time to help non-runners reach their goals of becoming race finishers.

The “510” free training program carries the same tagline as the “542” training program: “COMMIT TO CHANGE”. With that in mind, 78 young girls and women earned their medals by completing the 5th edition of Saradar Bank Women’s Race.

COMMIT TO CHANGE!

PARTNERS

PROGRAM NUTRITIONIST
Dr. Lama Mattar

CARDIAC SCREENING
Dr. Mona Osman

AQUAFINA

COMMERCIAL INSURANCE

BY BEIRUT MARATHON
“510” FIGURES PER YEAR

<table>
<thead>
<tr>
<th>Year</th>
<th>Registration</th>
<th>Finishers</th>
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<tbody>
<tr>
<td>2017</td>
<td>64</td>
<td>78</td>
</tr>
<tr>
<td>2018</td>
<td>44</td>
<td>168</td>
</tr>
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</table>
Meet Our Training Programs’ Coaches

Ali Kedami
Major Races Completed:
- 18 Marathons (14 Beirut Marathons, 3 Paris Marathons, 1 Nice/ Cannes Marathon)
- 14 Ultramarathons (1 Damas to Beirut, 1 Ecotrail Paris, 1 Iznik Ultra Turkey, 1 Cappadocia Ultra Trail, 1 Cro Croatia, 1 Oman by UTMB, 1 Sahara Desert Race, 1 Atacama Desert Race, 1 Gobi March Desert Race, 1 Antarctica South Pole Desert Race, 1 RacingThePlanet (Jordan), 1 RacingThePlanet (Madagascar), 1 Grand To Grand Ultra USA Grand Canyon, 1 The Track Outback Race Australia).
- 2 Running for a Cause Ultramarathons: For SANAD (Non-Stop)
Personal Best: 03:42:00
Hobbies: Arts and Paint

Moustapha Ahmad
Major Races Completed:
- 20 Marathons (13 Beirut Marathons, 3 Paris Marathons, 1 Nice, 1 Rotterdam, 1 RunCzech Prague Marathon, 1 Schneider Electric Marathon de Paris, 1 Telenor Copenhagen Marathon, 2 Jbeil-Beirut Marathon Distances, 1 Maratona di Roma).
- 7 Triathlons
- Many Half Marathons and Races
Personal Best: 03:27:00
Hobbies: Traveling and Running

Jihad El Bourji
Major Races Completed:
- 12 Marathons (6 Beirut Marathons, 1 OPAP Limassol Marathon GSO, 2 Standard Chartered Dubai Marathons, 1 RunCzech Prague Marathon, 1 Schneider Electric Marathon de Paris, 1 BMW Berlin Marathon)
- 1 Iznik Trail Ultramarathon
- Many Half Marathons and Races
Personal Best: 03:09:00
Hobbies: Swimming, Music and Running

Jihad Shoueib
Major Races Completed:
- 9 Marathons (6 Beirut Marathons, 2 Schneider Electric Marathon de Paris, 1 BMW Berlin Marathon)
- 14 (10 KM Races)
- 3 Half Marathons
- 3 (5 KM Races)
- 4 (100 M Races)
Personal Best: 04:09:00
Hobbies: Running, Hiking, Hunting, Rafting, Drawing, Basketball, Music, Rappel and Climbing

Wassim El Kabbani
Major Races Completed:
- 14 Marathons (8 Beirut Marathons, 1 Saida Marathon, 1 NN Marathon Rotterdam, 1 RunCzech Prague Marathon, 1 Schneider Electric Marathon de Paris, 1 Telenor Copenhagen Marathon, 2 Jbeil-Beirut Marathon Distances, 1 Maratona di Roma).
- 7 Triathlons
- Many Half Marathons and Races
Personal Best: 03:19:00
Hobbies: Running

Chukri Nakhoul
Major Races Completed:
- 17 Marathons (15 Beirut Marathons, 1 Rock ‘n Roll Montreal Marathon, 1 Saida Marathon)
- 1 Cedar Green Aquation
- 1 Shore to Summit Triathlon
- 1 Raid Des Cèdres Race
- 1 Barracks to Barracks Terry Fox Run
- Many Half Marathons and Races
Personal Best: 03:15:00
Hobbies: Running, Football, Tennis and Ski

Ghassan Hajjar
Major Races Completed:
- 9 Marathons (6 Beirut Marathons, 2 Schneider Electric Marathon de Paris, 1 BMW Berlin Marathon)
- 20 Half Marathons locally and internationally
Personal Best: 03:49:00
Hobbies: Running, Mountaineering, Road Biking and Rugby

Jihad El Bourji
Major Races Completed:
- 12 Marathons (6 Beirut Marathons, 1 OPAP Limassol Marathon GSO, 2 Standard Chartered Dubai Marathons, 1 RunCzech Prague Marathon, 1 Schneider Electric Marathon de Paris, 1 BMW Berlin Marathon)
- 1 Iznik Trail Ultramarathon
- Many Half Marathons and Races
Personal Best: 03:09:00
Hobbies: Swimming, Music and Running
MEET OUR TRAINING PROGRAMS’ COACHES

WISSAM KHEIR
Major Races Completed:
• 3 Marathons (1 Beirut Marathon, 1 NN Marathon Rotterdam, 1 BMW Berlin Marathon)
• Many Half Marathons and Races
Personal Best: 02:59:00
Hobbies: Photography and Music

MICHEL WAKIL
Major Races Completed:
• 25 Marathons (Beirut, Amman, Paris)
• Many Half Marathons and Races
Personal Best: 03:22:00
Hobbies: Running, Swimming, Ski and Traveling

ROCKY KIBLAWI
Major Races Completed:
• 4 Marathons
• 7 Half Marathons
• 8 OCR Obstacle Course Race
• 5 Trail Races
• 35 Between 10 KM & 5 KM Races
Personal Best: 03:33:00
Hobbies: Running, Muay Thai, Hiking, Football, Diving and Spearfishing

ZOUHEIR NAJI
Major Races Completed:
• 16 Marathons (16 Beirut Marathons)
• Many Half Marathons and Races
Personal Best: 02:47:00
Hobbies: Athletics and Running

MOHAMMAD GHADDAR
Major Races Completed:
• 5 Half Marathons (BLOM BANK Beirut Marathon, ISF, Amsterdam, Barcelona and Cyprus)
• 6 Marathons (1 Logicom Cyprus Marathon, 1 OPAP Limassol Marathon GSO, 1 Schneider Electric Marathon de Paris, 1 Moscow Marathon, 1 Maratona di Roma & 1 Telenor Copenhagen Marathon
Personal Best: 03:23:00
Hobbies: Horseback Riding and Biking

SANDRA GARGOUR
Major Races Completed:
• 3 Marathons (3 Beirut Marathons)
• 12 Half Marathons (1 Beirut Marathon, 1 LAF Jounieh)
• 1 (10 KM Race) (Women’s Race Jbeil)
Personal Best: 03:44:00
Hobbies: Sports

MARY KLEYANY
Major Races Completed:
• 6 Marathons (3 Beirut Marathons, 1 RunCzech Prague Marathon, 1 Logicom Cyprus Marathon, 1 Maratona di Roma)
• 1 Ultramarathon of Four Seasons Mountain Trail
• Many Half Marathons and Races
Personal Best: 04:13:00
Hobbies: Nature and Exploring

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ABILITY PROGRAM

A SALUTE TO THE SUPERABLED

For the third year in a row, the Beirut Marathon Association sustained its commitment to implement the Ability Program, an initiative that aims to enable the special needs category in the sports sector by enhancing their capabilities through training and competing on national, regional and international levels. This initiative was made possible due to the humanitarian support of Mrs. Chahrazad Rizk, a Beirut Marathon Board of Trustees member.

The 3rd edition of the program was organized in accordance with international guidelines, under the supervision of the Beirut Marathon’s Race Director Wissam Terro, who describes the program as “a unique platform in the Arab region, one that gives hope in sports to the special needs category by providing them with the necessary tools to train and compete on national and international levels.” The Ability Program’s team of 22 women and men showed great progress in a short time. The committed members won podiums in Lebanon and abroad. A prominent example in this regard is the distinguished athlete Ahmad Al Ghoul, who won the first place in the overall category between the Lebanese with a time of 01:25:43. The training starts two months before the race and it takes place in Beirut and Tripoli Municipal Stadiums under the leadership of national coach Mohammed Al Ali and his assistant Bilal Al Tabach.

May El Khalil, President of the Beirut Marathon Association, and Board of Trustees member Mrs. Chahrazad Rizk, were both keen on following up the program’s updates through field visits to support the para-athletes in the challenges they face by giving them the right encouragement needed to keep going.

For the very first time this year, the program received a great deal of support and logistic facilities thanks to:
Beirut Municipality / Tripoli Stadium administration / Internal Security Forces / Just Organization / Beirut By Bike / Ahl El Kheir Association for volunteers. The program also receives the support of the “Union Cycliste Internationale” (UCI), who joins the free trainings to the para-athletes provided by the Beirut Marathon.
MRS. CHAHRAZAD RIZK’S WORD

IT IS OUR RIGHT TO BE PROUD OF YOU, AND RAISE OUR FLAGS FOR YOU...

“And so ends another year where I get to share the experience of adopting the Beirut Marathon’s Ability Program, this initiative that caters to the superabled in our community, the heroes who defeat all odds and prove to themselves and their society that they are capable to raise the Lebanese flag high by challenging themselves and winning awards.

2018 was the year of changes in the Ability Program. With its thorough schedule that occupies the priority interest of the Beirut Marathon Association, the results were positively showing on all participants involved. I was happy to witness the positive results we started to reap through this program where a high physical fitness level and a dietary and healthy regimen that reflected on the level of performance of all ability athletes. This professional training program helped the Ability Program participants to cross the finish line of the BLOM BANK Beirut Marathon last year. Even more so, we began to witness record breaking performances and this truly fills my heart with so much love.

A big thank you from the heart to the Beirut Marathon Association team and president, my friend May El Khalil, for her vision that transcends the mere act of running to a more inclusive one that speaks to all. Another thank you goes to all those who work and contribute to the Ability Program in all its aspects.

Congratulations to the heroes and heroines, and if there is one thing I would say to them it would be: “You have the right to dream big, achieve big and win big. You make Lebanon proud by raising its flag in every competition you take part in, and we hereby promise to do our best to support your dreams.”

Keep making us proud, keep making Lebanon proud.”

Chahrazad Rizk

As a child, Mohamad used to always ask for a bicycle, but his wish never came true. Fast-forward today he has participated in the Lebanese Cycling Championship and won for 7 years in a row. Mohamad used to work in a company in Kuwait. One day, he decided to go for the adventure of a lifetime: cycling around the Mediterranean. He quit his job to pursue his dream and planned to travel through 12 countries, 3 continents, and bike 12,000 KM for more than 4 months. He needed to raise funds in order to fund his journey.

Unable to gather support from private companies, he sought out the embassies of the countries he was passing through. In a press conference, his passion and vision got him the support he needed. Starting from Alexandria – Egypt, his journey lasted 7 months and 20 days.

Now, Mohamad is coaching the Ability Program by the Beirut Marathon Association, which consists of 24 Para-Athletes in both Tripoli and Beirut. His passion and love for adventures help him push the athletes harder and make them more eligible to cross the finish line and break their own records. He is a true inspiration.

Mohamad Al Ali
Ability Program Coach
In an effort to grow and nurture the running culture in Lebanon, the Beirut Marathon Association organized a 2 KM road race in Burj El Barajneh on Sunday, September 23, 2018. This race was the first of the Right 2 Run series; a program focused on infusing the running culture in underprivileged areas by organizing free-entry races in different regions of Lebanon. More than 200 girls and boys lined up at the start of the course.

The event was attended by the head of the municipality of Burj El Barajneh, Mr. Atef Mansour, who commended the efforts of the association in organizing such needed events that bring people together under the banner of health, unity and sports.

The 2 KM race was timed and the overall podium winners were:

**Girls:**
1. Roukaya El Monawar - 11:28
2. Farah Mohammed - 12:51
3. Assia Moussa - 12:59

**Boys:**
1. Fahed Shehab - 08:00
2. Yasser Suleiman - 08:30
3. Nassim Isawi - 09:12

All participants received t-shirts and medals, then trophies were handed to the winners. The event was made possible with the support of Burj El Barajneh municipality, the ISF, the Lebanese Red Cross, Women’s Programs Association (Nour International Center) and the Burj El Barajneh civil defense unit.
ADOPT A TEAM

With the support of benefactors, the Beirut Marathon is able to include a good number of underprivileged children within its events.

The preparation starts way before the event to recruit participants from various parts of Lebanon; South, North, Metn, Beirut, and the Bekaa. With the support of volunteers and project managers, the initiative secures registration, transportation, shirts and meals to the adopted teams.

In 2018, more than 1,500 children benefited from this program and returned home carrying medals and beautiful memories for life.

M. Alex Nader
M. Nicolas Garzouzi
Mr. Uthman Arakji
M. David Silver
M. Habib Jaafar
Mrs. Majida Jermakani

PARTNERS

INSTITUTIONS

SUPPORTERS

BECAUSE RUNNING IS AN INCLUSIVE SPORT, THE BEIRUT MARATHON ASSOCIATION INTRODUCED “ADOPT A TEAM” IN 2009.
NGOs

With 223 partner NGOs, the Beirut Marathon Association stresses on the importance of using its platform for collaboration, fundraising, and raising awareness.

70%

OF THE PARTICIPANTS IN THE BLOM BANK BEIRUT MARATHON 2018 RAN TO SUPPORT CAUSES THEY BELIEVE IN.

25%

CONTRIBUTION OF ALL REGISTRATION FEES TO NGOs.

175,000$

TOTAL OF CONTRIBUTION TO NGOs FROM REGISTRATION FEES.

13,595

INDIVIDUALS WERE OFFERED FREE REGISTRATION ACROSS ALL RACES.

IN 2018, THE OUTREACH TEAM WORKED ON A COLLECTIVE AND PARTNERSHIP-BASED MINDSET WITH ALL THE DIFFERENT ENTITIES. THEIR GOAL WAS TO EXPAND THE BEIRUT MARATHON ASSOCIATION-ENTITY RELATIONSHIP INTO POSSIBLY MULTIPLE ENTITY-ENTITY RELATIONSHIPS.

TO ATTAIN THEIR GOAL, THEY HAD:

1,800 PHONE CALLS

892 PRINTED DOCUMENTS

5,100 DISPATCHED EMAILS

11 WEEKS OF DEDICATED VISITS

80 HOURS ENGAGING PRESENTATIONS
24,474
PARTICIPANTS RUNNING FOR DIFFERENT CAUSES - 2,429 RUNNING FOR RECENTLY PARTNERED NGOs.

4,620
VOLUNTEERS.

180
PARTICIPATING NGOs/NGOs - 35 OF WHICH ARE FIRST TIMERS.

223
MULTIPLE YEAR AGREEMENTS SIGNED WITH NGOs.

82%
OF TOTAL VOLUNTEERS WERE RECRUITED FOR THE BLOM BANK BEIRUT MARATHON 2018.

AWARDS

BEST NGO
Kunhadi for recruiting the highest number of runners (2,129) both online and offline.

BEST LONG-TERM PARTNER NGO
Lebanese Red Cross for their commitment to ensure the safety of the participants.

BEST COSTUME
SANOFI / ROTARY METROPOLITAN CLUB for their efforts to eradicate Polio by 99.9% all over the world.

THE MELANIE FREIHA AWARD
A trophy given to the overall Lebanese female winner of the 5 KM Youth Race at the BLOM BANK Beirut Marathon.
AWARDS

**BEST MESSAGE**
ABAAD for always making it a point to use the event as a platform.

**UNIVERSITY SPIRIT AWARD**
AUB with 986 students.

**BEST LONG-TERM PARTNER NGO**
G Living Green for their commitment towards a more eco-friendly marathon.

**BEST FUNDRAISER**
Lebanese Autism Society for collecting more than $55,000 through pledging.

**SCHOOL SPIRIT AWARD**
Melkart with 660 students.

**BEST NEW NGO**
Kids First for recruiting 771 runners within the first few months of their partnership with the Beirut Marathon Association.

**FITNESS CENTER SPIRIT AWARD**
Mercury for their support with “Adopt a Team” and a healthy competition spirit.

**LONG-TERM VOLUNTEERING PARTNERSHIP**
AGBU-Antranik for their dedication towards improving the task they adopted.

**MOST ACTIVE NGO**
SAID for the remarkable activations for this year’s event.

**MOST ACTIVE NGO**
idRAAC for the remarkable activations for this year’s event.

**VOLUNTEERING SPIRIT AWARD**
Lebanese Spotlight for their commitment and passion towards volunteering.

**BEST NEW VOLUNTEERING ENTITY**
Dar Al Aytam Al Islamiyah for their excitement towards joining the Beirut Marathon Association volunteering nucleus.
Every year our races become bigger, so does our need for volunteers. Race after race, our community of volunteers has shown that these members believe in our message, are dedicated to their tasks, and are ready for the challenge. Together, we are a taskforce of constant improvement and positive impact.

**VOLUNTEERS**

825  
**SARADAR BANK WOMEN’S RACE VOLUNTEERS**

3,795  
**BLOM BANK BEIRUT MARATHON VOLUNTEERS**

230  
**“542” TRAINING PROGRAM VOLUNTEERS**

36,468  
**HOURS OF COMMUNITY SERVICE CREDITED BY SCHOOLS AND UNIVERSITIES, SCOUT TROOPS, ORGANIZATIONS’ MEMBERS, HIGH-SCHOOL STUDENTS, UNIVERSITY STUDENTS, AND TECHNICAL INSTITUTES’ STUDENTS.**

**2018 VOLUNTEERS BREAKDOWN**

<table>
<thead>
<tr>
<th>BLOM BANK BEIRUT MARATHON</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>RACE LOGISTICS</td>
<td>1,629</td>
</tr>
<tr>
<td>ENTERTAINMENT &amp; SPECIAL PROGRAMS</td>
<td>578</td>
</tr>
<tr>
<td>COURSE SECURITY</td>
<td>1,378</td>
</tr>
<tr>
<td>GREEN INITIATIVES</td>
<td>410</td>
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<tr>
<td><strong>TOTAL: 3,795</strong></td>
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<table>
<thead>
<tr>
<th>SARADAR BANK WOMEN’S RACE</th>
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</tr>
</thead>
<tbody>
<tr>
<td>RACE LOGISTICS</td>
<td>509</td>
</tr>
<tr>
<td>ENTERTAINMENT &amp; SPECIAL PROGRAMS</td>
<td>53</td>
</tr>
<tr>
<td>COURSE SECURITY</td>
<td>263</td>
</tr>
<tr>
<td><strong>TOTAL: 825</strong></td>
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</tbody>
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<tr>
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</tbody>
</table>
TESTIMONIALS

Our experience in 2018 was one of the most rewarding experiences between the last five years, especially with our #OneMore campaign. To put it in numbers, we had 754 participants running for mental health and we had the international athlete ultramarathoner Ara Khalatshoian and me pledging and training to run the 42,195 KM to be able to raise funds (42,458 $ successfully collected) to treat 1,000 needy patients for their mental health. We also won an award for being the most active NGO.

Our experience was more than #OneMore marathon; it was #OneMore awareness, #OneMore support, #OneMore change & #OneMore success!

Georges Karam
Founder and President

IDRAAC

Kids First had the pleasure to participate in the BLOM BANK Beirut Marathon this year. We are truly grateful for the amazing support and planning provided during the Marathon. We also appreciate the support and award distribution for the participating organizations post Marathon where Kids First was given a trophy for being a young organization participating in the event. The effort and splendid work done by the organizers is highly treasured by Kids First, who aims to keep participating in a Marathon that brings together different organizations and helps them raise money for their diverse causes.

Paul Noun
Founder and President

KIDS FIRST

The Lebanese Autism Society - LAS has been involved in the Beirut Marathon since 2011; this year, 720 participants were running for our NGO. LAS is grateful for this opportunity and benefited from the Beirut Marathon to raise funds and awareness, through its physical presence during the run in terms of cheering stations and through online campaigns sponsoring the run of Seri Beyhum.

Arwa El Amine
Founder and President

LAS

I started small with the Marathon in 2016. In 2018, I decided to expand our involvement through pledging but I did not know anyone personally, so when I heard about the “542” Program, I signed up to meet new people. Not only did I get addicted to running during that period, but also more people were starting to believe in our cause where 799 runners eventually ran for colorectal cancer and the importance of early screening in the prevention of this second most common killer cancer among males and females! (A jump from 190 who registered last year).

Thank you to all the members, staff, volunteers, all the bees of this association and Mrs. May El Khalil who created this culture of running.

Hana Nimr
Founder and President

SAID

We hosted a stand for several days before the race where we were selling reflective bracelets and explaining blood alcohol calculation as per the Lebanese Traffic Law. We were also conducting the drink driving simulation to raise awareness in a fun way.

On the day of the race, Kunhadi broke 2018’s record as the NGO with the highest number of runners, exceeding 2,100 at BLOM BANK Beirut Marathon, running for a cause “Road Safety for All”.

This was a big success and we are hoping for an even bigger number next year.

Lena Gebrane
Co-Founder and Vice President

KUNHADI
WATER, RECYCLING STATIONS & GREEN VOLUNTEERS

For the BLOM BANK Beirut Marathon 2018, 4 entities came together to guarantee that the event generates minimum waste and that all the bottles are recycled. G Living Green took over the aftermath of major water stations with their volunteer masses. Live Love Recycle situated green tuk tuks for easy disposal. Jannat Bladi made sure their volunteers joined forces with the green team and helped people recycle. Froz created a "Rkod w Froz" campaign where a group of individuals came together and participated in plogging; an act of running/jogging while picking up trash. The combination of all these efforts resulted in a mass awareness and appreciation from the other participants who became more conscious and active about recycling and cleanliness.

13 WATER STATIONS ALONG THE COURSE ENSURED THE COLLECTION AND RECYCLING OF A TOTAL OF 150,000 WATER BOTTLES.
“2018 was a year of great positive change. We expanded our reach and partnered with various and diverse entities in the Lebanese society; this inclusive and holistic approach has allowed us to remain true to our vision of spreading the running culture in Lebanon. Furthermore, the Hospitality and Outreach department continues to add depth to the term “fundraising platform” as we concocted a three-year plan at the end of which all participants will be running for a cause.”

Abdallah Abdelnour
Hospitality & Outreach Director
ENTERTAINMENT & CHEERING STATIONS
ENTERTAINMENT & CHEERING STATIONS

This year, entertainment was the highlight of the Beirut Marathon. From the Marathon Village opening to race day, the entertainment schedule included the best acts and activities that added a flavor of fun to the happy vibes and ongoing energy at the BLOM BANK Beirut Marathon.

THE ENTERTAINMENT STAGES FEATURED:

- The Lebanese Army
- The Bersaglieri
- Joseph Attieh
- VAM
- KIDZ MONDO
- Fitness Zone
- Beirut Fitness Private
- LAU Cheerleaders
- Lyne Gandour Dance Academy
- Dar Al Aytam Al Islamiyah
- Dar Al Aytam - Shemlan
- Gandour
- VIIVA Entertainment
- Playtown
- DJ Romy
- DJ Mark
- DJ Yussef K
- DJ Chloe

More than 60 cheering stations and 600 personnel were spotted along the 8 KM and the 42.195 KM course. The most prominent stations on the 42.195 KM course were those of the Russian Culture Center and Good Shepherd Sisters, and most importantly the Mankitail station, which won the award of "Best Cheering Station" at the BLOM BANK Beirut Marathon 2018.

WE WILL KEEP FILLING THE HEART OF BEIRUT WITH MORE ENTERTAINMENT AND MORE CHEERERS TO BOOST OUR RUNNERS AND HELP THEM GET TO THE FINISH LINE WITH A BIG SMILE.
PARTNERSHIP
PARTNERSHIP

The Beirut Marathon Association counts largely on the contribution of the corporate world to maintain its activity and events.

Despite the difficult economic context and now more than ever, the platforms that the Beirut Marathon Association offers are able to attract a large number of companies who leverage on the large participation level to engage with the audience through branding opportunities and activations. Moreover, our platforms are a great way for our partners to bridge among themselves.

Whether for visibility or for support, partners show a lot of positive reciprocity and interactivity with the Beirut Marathon Association’s events.

In-kind support still contributes at large to the events’ continuity as the logistics’ requirements are increasing with the events’ growth.

2018 PARTNERSHIP HIGHLIGHTS

51

NEW PARTNERS JOINED IN 2018 WHETHER THROUGH THE MARATHON VILLAGE, IN-KIND CONTRIBUTION, OR THROUGH THE BRANDING OPPORTUNITIES OFFERED WITHIN OUR EVENTS.

95% OF THE PARTNERS RENEWED THEIR COMMITMENT FROM 2017.

In 2018, we have signed many Memorandum of Understanding (MOUs) to exchange mutual support with:

• The “RDCL World” (Association of Lebanese Business People in the World – Rassemblement de Dirigeants et Chefs d’Entreprises Libanais au Monde)
• The “BDD” (Beirut Digital District)
• The “Global Compact” where we are now part of the “Global Network” (Lebanon Chapter) committing to the sustainable development goals 3 (healthy lifestyle) and 12 (responsible consumption).
OFFICIAL SUPPORTING PARTNERS

Ministry of Youth & Sports
Ministry of Tourism
Ministry of Interior & Municipalities
Ministry of Public Works & Transportation / CDR
Ministry of Public Health
Ministry of Education & Higher Education
Ministry of Social Affairs / Higher Council for Childhood
Ministry of Foreign Affairs
Ministry of Telecommunications
Ministry of Culture
Lebanese Armed Forces
Internal Security Forces
General Security
National Security
Airport Management
Lebanese Athletics Federation
Association of Certified Public Translators

SUPPORTING MUNICIPALITIES ON RACE COURSE
Beirut
Antelias-Naccache
Beirut
Hammoud
Furn El Chebbak-Ain El Remmaneh
Jdeideh-Bauchrieh-Sed
Jal El Dib-Blenaya
Zalka-Amaret Chalhoub

OTHER SUPPORTING MUNICIPALITIES
Aley
Batroun
Chiyah
Damour
Dbayeh
Dekwanah
Hazmieh
Jbeil
Jounieh-Haret Sakher
Sin El Fil

THANK YOU FOR YOUR CONTRIBUTION TO THE BEIRUT MARATHON ASSOCIATION’S SUCCESS.
Beirut Marathon, a national event with high distinction. Each year, the Beirut Marathon proves to surpass the sporting event status to reach the level of a national event that the Lebanese eagerly await and look forward to.

I still remember the first time I took part in the Beirut Marathon as a runner. It was in 2009 and I was genuinely surprised to see not only the great number of participants, but also the enthusiasm of everyone, no matter what’s their age, where they’re from and their different backgrounds. In the world of today, the Beirut Marathon is considered a platform of expression and openness among all Lebanese.

In addition to sports enthusiasts, race day gathers causes, associations, organizations and cultural clubs that are heavily involved in this event, as it is an opportunity to defend many causes such as women, youth, people with special needs and other socially vulnerable groups. All these entities help make the Beirut Marathon a big arena where the Lebanese express their aspirations, hopes and dreams.

Runners and participants in the Beirut Marathon, who Fill the Heart of Beirut and its streets with the message of love, solidarity, and brotherhood, move their love from the capital’s arteries to the rest of the Lebanese body, so Lebanon feeds every year on the positive energy induced by thousands who experience the beauty of Marathon Day.

I wish the Beirut Marathon Association all the best for the national mission it holds to move and unite the people of Lebanon through Running.

Simon Abi Ramia
Chairman of the Parliamentary Youth and Sports Committee

The tale of the Beirut Marathon,
A Tale of infinite ambition,
A tale that began with a self-defying challenge by Mrs. May El Khalil, one day seventeen years ago, and that, in our present days, turned into a bright spot to look forward to with passion and longing, and eagerly await.

The tale of the Beirut Marathon represents the syndrome of success, the source of smiles on the streets and neighborhoods of Beirut and other cities, the rare recreation space in the darkness of the economic situation, and the podium of heroes, embracing them and caring for them.

Between the grand annual race, the women’s race, the youth race, and other events, the tale of the Beirut Marathon was transformed into a rambling story, starting with growing the Marathon culture in all regions of Lebanon, bringing people together under the umbrella of peace, unity and love.

The tale of the Beirut Marathon is, as all success stories, growing to become a symbol of powerful influence, and its double secret is that its story was written at a time when the winds in our country were blowing from all directions.

Lebanon needed such a story. Congratulations to everyone who wrote the tale’s chapters from organizers to participants, for they helped bringing the dream to life.

And forward we go.

Zeid Khiami
General Director of the Ministry of Youth and Sports
PARnERS’
Testimonials

MR. SAAD AZHARI
BLOM BANK Beirut Marathon, a world-class marathon.
It gives me great pleasure to say that BLOM BANK Beirut Marathon
has become a remarkable tradition in the athletic world thanks to
the efforts deployed by the President of Beirut Marathon Association
Mrs. May El-Khalil and her team. The event has evolved over the years
to become a world-class marathon. No doubt, hosting the 50th World
Military Marathon Championship proved the high standards attained
by the Marathon after the latter reached unprecedented levels of
organization and professionalism.

BLOM BANK Beirut Marathon has always been the most prominent
athletic event in Lebanon. This is not only due to the quality
and quantity of its participants, but also to the social message
the Marathon carries. For the Marathon constitutes a major platform
that supports humanitarian, cultural, and environmental causes in
Lebanon. It also serves to shed light on the role that corporates play
in social responsibility as well as the activities of civil society.

Similar to every year, the Marathon adopts a new slogan that reflects
the message behind this event. This year’s slogan, “We Fill the Heart
of Beirut” conveys utmost appreciation to the participants from all
over Lebanon. All those runners who come to Beirut pump life into
its heart and enrich this authentic and ever-evolving city. In addition,
BLOM BANK Beirut Marathon shall always remain a valuable platform
for the culture of running and healthy living.

We, at BLOM BANK, consider our sponsorship of BLOM BANK Beirut
Marathon one of our most important and most prestigious activities
in Corporate Social Responsibility due to its importance and its ability
to touch various causes and everyday issues. We always strive to take
our support of this Marathon to new heights; and in this regard, it is
also worth mentioning our sponsorship of the “542” Program which
trains first-time runners for 5 months to run the 42.195 KM Marathon.

In closing, I would like to reiterate, once again, that BLOM BANK
is proud of its constructive relationship with the Beirut Marathon
Association as well as the world-class level that the Marathon
has achieved. We look forward to many years of partnership as
we witness the beautiful growth of the running community
in Lebanon.

Mr. Saad Azhari
Chairman & General Manager of BLOM BANK

MR. MARIO SARADAR
For the third consecutive year, Saradar Bank was the proud supporter
of the Saradar Bank Women’s Race. This initiative is in accordance with
our Corporate Social Responsibility strategy, which focuses on women
empowerment and sports.

Our group believes in the importance of sports and its positive impact
on the community. We support young Lebanese athletes to reach
international levels through Fondation Saradar. Moreover, we show
our engagement by promoting running in Lebanon through our
track & field club “Let’s Run”.

The Women’s race is a platform that involves women in competitive
sports, empowering them to run forward towards bigger goals, higher
dreams and wider objectives.

Women play an important role in our society; and it is our duty to give
them the needed support to achieve their objectives.

Finally, I would like to thank again Beirut Marathon Association for
their engagement and commitment to this cause.

Mr. Mario Saradar
Chairman & CEO of Saradar Bank

MR. MOUHAMAD RABAH
Our partnership with the Beirut Marathon Association started last year
with the “542” Training Program and it was just the beginning of what
we foresee as a long and strong partnership. Our involvement with the
Beirut Marathon is aligned with the values and vision of BDD: We share
a commitment to Lebanon, a commitment to unite our communities,
to inspire generations and a commitment to put Lebanon on the global
map. We are also committed to contribute to the economic, social
and environmental framework of society by promoting education,
entrepreneurship, women empowerment and a healthy lifestyle.

I want to thank the Beirut Marathon Association for giving BDD the
opportunity to be associated with a great organization and for the
great work and impact; it continues to create with every race program
and initiative it undertakes. Not only does the Beirut Marathon unite
people from all backgrounds and walks of life, but has also succeeded
in exponentially growing the culture of running in Lebanon and
contributed in developing the Lebanese sports sector by organizing
world-class certified marathons.

We look forward to a long-term collaboration with the Beirut
Marathon Association.

Mr. Mouhamad Rabah
CEO of Beirut Digital District (BDD)
PARTNERS’ TESTIMONIALS

MR. TALAL SHAIR

A beloved and eagerly anticipated annual tradition now in its ninth year, our firm’s involvement in the Beirut Marathon has become characteristic of the identity of Dar Beirut. In 2009, we began this journey with 170 runners, and every year since then, the number of Dar staff running in the Beirut Marathon has grown steadily. This last November, 1,465 Dar-affiliated runners took to the streets of Beirut to participate in the event’s various categories. In my opinion, this fruitful partnership has thrived and prospered primarily because Dar and the Beirut Marathon Association share fundamental values including an unshakeable commitment to the sustainable development of Lebanon and a mission to support non-governmental and charity organizations fighting on the frontlines for the greater good of the Lebanese community.

In its partnership with the Beirut Marathon, Dar is also driven by an invested interest in promoting active, healthy, and fulfilling lifestyles among our employees. With this idea in mind, Dar has launched several initiatives to encourage company-wide engagement with this physically strenuous enterprise. For one, the company has undertaken to cover all registration fees not only for all participating staff but also for those of their spouses and children who are willing to run. Our in-house Beirut Marathon Committee launches preparation for the marathon from the early stages of the year, and through the company’s intranet and email network, we regularly communicate with all our employees, encouraging them to sign up and to practice. On the day, our get-together tent provides a full-fledged support hub for the Dar community, providing care for runners, entertainment for kids, and contributing to the festive atmosphere with various surprises and activities after the race. Afterwards, the results are publicized, and Dar hosts an award ceremony to honor Dar participants who registered exceptional performances: all of its 42.195 KM marathon and 21.1 KM half-marathon runners as well as the top 5 male and female runners in the 8 KM serious run are awarded trophies, medals and rewards for their monumental achievements. These efforts have created a joyful competitive atmosphere within Dar community, one that year after year has encouraged more and more people to sign up and live the experience.

To maximize the social impact of our participation, Dar chooses one non-governmental organization to support every year. In 2018, Dar ran for Kunhadi, to promote a responsible driving culture. In previous years, we have supported the Children’s Cancer Center of Lebanon, Roads for Life, the Lebanese Autism Society, and various others. We welcome the chance to support the efforts of those seeking to improve our community on one of the biggest public stages in Lebanon.

Moving forward, Dar will strive to remain a proud champion of the Beirut Marathon and all it represents, and we hope to stand behind the Association as it continues to make progress towards healthier lifestyles, more socially aware and engaged communities, and a more connected and prosperous Lebanon.

Lastly, I would like to extend my personal salutations to May El Khalil and to her energetic team who have made this international yearly event, second to none in Lebanon and throughout the Middle East.

Mr. Talal Shair
Chairman & CEO of Dar Al-Handasah Consultants (Shair & Partners)
PARTNERSHIP FACTS & FIGURES

26% CASH REVENUES
74% BARTER & IN-KIND CONTRIBUTIONS
209 COMPANIES REGISTERED IN RACES
16,220 RUNNERS REGISTERED THROUGH CORPORATES
9,103 CORPORATE RUNNERS CHOOSING TO RUN FOR A CAUSE

CASH PARTNERS
20% PREMIUM SPONSORS
16% OF LOGISTICS & SERVICES
40% TACTICAL & BRANDING OPPORTUNITIES
19% OF MEDIA
4% OF VENUES
61% OF TV BROADCAST

BARTER PARTNERS
40% RACE TITLE SPONSORS

PARTNERS & SUPPORTERS

RACE TITLE PARTNERS
• BLOM BANK FOR THE BEIRUT MARATHON
• SARADAR BANK FOR THE WOMEN'S RACE

PREMIUM PARTNERS
AQUAFINA, MIDDLE EAST AIRLINES (MEA), SOLIDERE, GRAND CINEMAS, CUISINE EM GEORGES, LE BRISTOL HOTEL, MONROE HOTEL, KURBAN TRAVEL, VOLKSWAGEN, ALLO TAXI, AVIS, SAVEURS DU MONDE, COMMERCIAL INSURANCE, METS ENERGY, DYSKO, MAHKZOUMI FOUNDATION, GRID INTERNATIONAL, CASTANIA, BEIRUT DIGITAL DISTRICT (BDD), NIKE, ALFA.

SUPPORTERS
DAR AL-HANDASAH CONSULTANTS (SHAIR & PARTNERS), LUCID INVESTMENT BANK, STRATEGY+ (PART OF PWC NETWORK), CITYMALL, SPINNEYS, ABC, VALET PARKING SERVICES (VPS), LIBANPOST, KEY NURSERY CLAIRE MAASSAB, ZAWARIB, KASSAB STATIONERY, ETS, FERDINAND HOSRI, PIXELMOB, MUNICIPLAITY OF KFARDEBIAN, MEDCO, WI-THINK, TABBARA GENERAL, POLARIS, THE BRIDGE, PANCROP, FUTURE SECURITY, ETHIOPIAN AIRLINES, BIEN, PROMOLINE, PUMA.

“Having a listening ear to your partner’s needs creates trust and credibility. Going the extra mile to deliver more than what is expected is what service is all about. Taking your partners’ best interest at heart is the key to retain them. Believing in what you say and do tops it all. This is our motto, this is how we like to do it.”

Deenah Fakhoury
Partnership Director
COMMUNICATION
COMMUNICATION

We thank all our media partners for helping “Fill the Heart of Beirut”.

Without the support of our media partners, it wouldn’t have been possible to share our core values with our community. This year, with your help, “We Filled the Heart of Beirut”, working hand in hand to communicate all aspects of the Beirut Marathon Association from races, international participation and socio-economic impact.

We, at the Beirut Marathon Association, are honored to have the media as partners in our events and races, and are grateful for the passion and creativity they bring to the coverage of our races and functions.
# 2018 Media Report

## SARADAR Bank Women’s Race 2018
- **28 February - 10 May**
- **450** Spots on 3 TV Stations
- **83** LED Network Locations (Promomedia, M&A, Pikasso)
- **200** Street Signs
- **5,000** SMS

## Blom Bank Beirut Marathon 2018
- **1 September - 5 December**
- **700** Spots on 4 TV Stations
- **100** LED Network Locations (M&A, Pikasso)
- **200** Street Signs
- **110,000** SMS

## Media Impressions

<table>
<thead>
<tr>
<th>Medium</th>
<th>Impressions/Installation</th>
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<tbody>
<tr>
<td>Spots on TV Stations</td>
<td>2,200</td>
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<tr>
<td>Spots on Radio Stations</td>
<td>830</td>
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<td>Magazine Publications</td>
<td>970</td>
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<td>Pre Structures</td>
<td>24</td>
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<td>Towers</td>
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<td>Newspaper Articles</td>
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<tr>
<td>Regional &amp; International Coverage Stations</td>
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## SOCIAL MEDIA FACTS & FIGURES

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<tr>
<th>Social Media</th>
<th>Posts</th>
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<th>Likes</th>
<th>Unique Users</th>
<th>Cinemas</th>
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<td>#BEIRUTMARATHON</td>
<td>40,590</td>
<td>132,586</td>
<td>7,711</td>
<td>19,927</td>
<td>288 (3 THEATERS, 2 LOCATIONS - GRAND CINEMAS)</td>
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<tr>
<td>#RUNBEIRUT</td>
<td>4,810</td>
<td>7,711</td>
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<td>#DRAWYOURPATH</td>
<td>3,215</td>
<td>7,711</td>
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</table>

"Every day is a marathon at the Beirut Marathon Association. The communications team doesn’t rest in between races. We have so many inspiring stories to be told and we use various channels to reach our different audiences locally, regionally and internationally.

The Beirut Marathon Association is growing in size year after year and our campaigns are always well targeted to ensure that the culture of running keeps on growing in Lebanon. In our communication, we always focus on the positive impact the marathon has on the country and the people. We are reinforcing this message by engaging the runners and community through the creation of various activations. It is a life changing experience and an honor to be part of this organization that is bringing together all Lebanese under the message of Peace, Love, Run."

Inès Salloum
Communication Director
2018 BEIRUT MARATHON ASSOCIATION IN NUMBERS

**Total Revenue** $2,729,294

**Total Expenses** $2,503,880

**Surplus** $225,414

### Expenses Distribution
- 64% Beirut Marathon $1,612,501
- 8% Programs & Initiatives $204,513
- 8% Admin & Other Expenses $204,513
- 20% Women’s Race $495,768

### Cash Income Distribution
- 94% Earned Income $2,572,594
- 0.2% Donated Income $7,155
- 5% Government Grants $126,557
- 0.8% Others $22,988

### Earned Income Distribution
- 67% Sponsorship $1,738,311
- 3% Service Contract & Others $64,357
- 30% Registration $769,686
## "IAAF" Road Races

### Marathon Ticket Prices

<table>
<thead>
<tr>
<th>Price</th>
<th>Race Name</th>
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<td>NN Marathon Rotterdam</td>
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<td>Standard Chartered Dubai Marathon</td>
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<td>Schneider Electric Marathon de Paris</td>
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<td>Athens Marathon</td>
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<td>Egyptian Marathon</td>
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<td>Utena Marathon</td>
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</tr>
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</table>

**IAAF Labels**

- **Gold**
- **Silver**
- **Bronze**
- **No Rating**
Socio-economic Impact

For the third consecutive year, the Beirut Marathon Association collaborated with Strategy&, part of the PwC network, a global strategy consulting firm on its impact report to capture and materialize the realized returns of the Beirut Marathon Association events on the Lebanese economy. This comes as a result of holding its major events and programs including – but not limited to – BLOM BANK Beirut Marathon, Saradar Bank Women’s Race, MySchoolPulse Race, “510” and “542” Training Programs and Ability Program.

The report demonstrates how events and programs organized by the Beirut Marathon Association drive economic and social growth. It aims to quantify the total amount of funds spent specifically for events and programs organized by the association, estimating the direct spending in the economy by event and program participants, spectators, the association itself, as well as the indirect and induced impact generated.

The report also aims to highlight and quantify possible key areas of social impact.

The Economic Returns Come from Direct as well as Indirect and Induced Contributions to the GDP

**Direct Impact:**
- Spectators Spend
- Runners Spend
- Volunteers Spend
- Sponsors Spend
- Government Spend
- Beirut Marathon Association Spend

**Indirect and Induced Impact:**
- Indirect Impact: Spend from businesses and suppliers to meet the demand generated from direct spend.
- Induced Impact: Incremental household spending on goods and services as result of changes in income.

The Overall Economic Impact of Beirut Marathon Association Initiatives is $18.5M

2018 Beirut Marathon Association Direct, Indirect and Induced Impact by Initiative (USD MN):

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Direct Impact</th>
<th>Indirect &amp; Induced Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>BLOM BANK Beirut Marathon</td>
<td>$9.16M</td>
<td>$5.96M</td>
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<tr>
<td>Saradar Bank Women’s Race</td>
<td>$0.65M</td>
<td>$0.43M</td>
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<tr>
<td>“542” &amp; “510” Training Programs</td>
<td>$1.13M</td>
<td>$0.74M</td>
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<tr>
<td>MySchoolPulse + Regional Races</td>
<td>$0.12M</td>
<td>$0.08M</td>
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<td>Ability Program</td>
<td>$0.16M</td>
<td>$0.10M</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$11.22M</strong></td>
<td><strong>$7.31M</strong></td>
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</table>

**TOTAL: $18.5M**
## 2018 BEIRUT MARATHON ASSOCIATION

### EMPLOYMENT IMPACT

The Beirut Marathon Association has contributed to the creation of 2,400 job opportunities in the economy in 2018.

<table>
<thead>
<tr>
<th>Category</th>
<th>Total Jobs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Jobs</td>
<td>1,004</td>
</tr>
<tr>
<td>Indirect Jobs</td>
<td>1,406</td>
</tr>
<tr>
<td><strong>Total Jobs</strong></td>
<td><strong>2,410</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contractual Staff</td>
<td>144</td>
</tr>
<tr>
<td>Workers</td>
<td>826</td>
</tr>
<tr>
<td>Full Time Staff</td>
<td>26</td>
</tr>
<tr>
<td>Consultants &amp; Freelancers</td>
<td>6</td>
</tr>
<tr>
<td>Interns</td>
<td>2</td>
</tr>
</tbody>
</table>

### SOCIAL IMPACT DIMENSIONS

In addition to the impact it created in GDP contribution, the Beirut Marathon Association also generates social impact around five dimensions:

1. **Health**
   - Promoting healthy habits that reduce health risk and cost

2. **Social Cohesion**
   - Fostering a sense of belonging and community

3. **Tourism**
   - Tourism stimulation and national brand enhancement

The Beirut Marathon Association’s initiatives can help minimize healthcare costs that are directly associated with physical inactivity.

Physical inactivity incurs high medical costs and is the fourth leading cause of mortality worldwide as it contributes to cardiovascular diseases, cancer, type 2 diabetes, falls resulting in fractures etc.

The cost of inactivity is estimated at \(2\%\) to \(8\%\) of the national healthcare bill according to the “World Health Organization” (WHO). In Lebanon, this potentially amounts to \$150M. By driving more people to sports through running, the Beirut Marathon Association helps reduce this burden on the healthcare bill and the Lebanese economy.

By providing support and resources to organizations that are encouraging healthy habits, communities can reduce the risks and costs of physical inactivity.


"Beirut Marathon Association is a strong, solid and stable organization that withstood and excelled during a tremendous national economic downturn. Always evolving - never resting, always looking for the next innovation to allow us to stand out further from the competition. This means everyone counts, everyone relies on the other for success, everyone invited to join is hired for long-term success, and this means the Beirut Marathon Association’s team is unique and positioned for continued success. Over the past seven years, our mission in the Financial and Accounting Department has been driving the financial planning of the association by analyzing its performance and risks, creating a strong infrastructure with emphasis on quality, performance and efficiency. Last but not least, budgets are a fact of life, and our responsibility is overseeing the budget process of our races, events and programs, collecting inputs, and comparing the company’s actual performance with estimates. It is a challenging process that falls within our area of control.”

Diala Abou Saeed
Accounting Director
THE TEAM
MEET THE TEAM

The Beirut Marathon Association was founded in 2002 by Mrs. May El Khalil with the purpose of promoting the running culture in Lebanon. The mission of the organization is to move and unite people through running. The Beirut Marathon Association is a Lebanese Non-Governmental Non-Profit Organization, independent of all political and religious affiliations, registered under the Ministry of Youth & Sports under number 103/SH.R.

EXECUTIVE BOARD

President
Mrs. May El Khalil
General Retired Hassan Rustom
Mrs. Ilham Hmeidan El Fakih
Mrs. Rose Mary Boulos
Mrs. Najla El Khoury

Vice President
Mr. Micky Chebli
Mr. Maxim Chaya
Dr. Nadine Panayot Haroun
Mr. Pierre Gaspard

General Secretary
Mrs. May El Khalil
Mr. Micky Chebli
Dr. Nadine Panayot Haroun
Mr. Pierre Gaspard

Treasurer
Mrs. Laila Ajam
Mr. Micky Chebli
Dr. Nadine Panayot Haroun
Mr. Pierre Gaspard

Accountant
Mr. Talal Shair
Mr. Thomas Abraham
Dr. Joseph G. Jabbra
Mrs. Joumana Dammous Salame

Members

HONORARY COMMITTEE

• Mr. Antonio Vincenti
• Mr. Faysal El Khalil
• Mr. Ghassan Hajjar
• Mr. Mazen Hanna

• Mrs. May El Khalil
• Mr. Micky Chebli
• Dr. Nadine Panayot Haroun
• Mr. Pierre Gaspard

• Mrs. Laila Ajam
• Mr. Maher Beydoun
• Mr. Marwan Kheireddine
• Mrs. May El Khalil
• Mr. Maxime Chaya
• Mrs. Micheline Chammas Garzouzi
• Mrs. Mona Shour
• Mrs. Mouzayane Ajami
• Mrs. Rose Mary Boulos
• Mrs. Sophia Kassem
• Mr. Talal Shair
• Mr. Thomas Abraham
• Mr. Uthman Arakji
• Mr. Ziyad Baroud

BOARD OF TRUSTEES

• Dr. Amine Daouk
• Mr. Antonio Vincenti
• Mr. Carl Bistany
• Mr. Chadi Massaad
• Mrs. Chahrazad Rizk
• Mrs. Dina Harake
• Mr. Fadi Fawaz
• Mr. Fadi Nahas
• Mr. Faysal El Khalil
• Mrs. Ivonne Abdel Baki
• Mr. Joe Saddi
• Mr. John Akouri
• Dr. Joseph G. Jabbra
• Mrs. Joumana Dammous Salame
because you are moving the country forward through sports, joy, and happiness. As a result, everyone who works and supports the Beirut Marathon Association makes a valuable contribution to the running culture in Lebanon. My heartfelt regards to each and every one of you for all your achievements and hard work.

Dr. May El Khalil, who is always actively involved in all the association’s events and programs, shows in every step the association makes towards growing the sports tourism industry in Lebanon. Her passion clearly demonstrates the Beirut Marathon Association’s commitment to match my happiness and pride to belong to such an esteemed and respected organization.

All members have earned professional organizational and technical skills to manage all aspects of the race, with the coordination and support of the Beirut Marathon Association. We have a professional staff that works tirelessly to make the Beirut Marathon a platform to express everyone’s joy on a sporting day away from politics and select a cause to showcase and defend such as autism, bullying, women’s rights, and others. The security services of the Army, Internal Security Forces, General Security, State Security, Customs, Beirut Municipality, Beirut Fire Brigade, Beirut City Guard Regiment, and the Lebanese Red Cross participate in the race every year, according to the tasks assigned to them. The Beirut Marathon is now included in their annual work calendar, and for that we thank them dearly for supporting this national event that has now become an international event.

As to the foreign countries involved, there are more than 100 countries, as well as distinguished guests from Lebanon and abroad. International interest in the Beirut Marathon has made Lebanon a popular running destination. Attaining and preserving an “IAAF Silver Label” standing is a demanding task that was made possible due to the efforts and year-round work of the team at the Beirut Marathon Association. All members have earned professional organizational and technical skills to manage all aspects of the race, with the coordination and support of the Lebanese Athletics Federation. I truly have no words to match my happiness and pride to belong to such an esteemed organization. I can only pay tribute to the Beirut Marathon’s president, Dr. May El Khalil, who is always actively involved in all the association’s activities and functions. From strategy to execution, her passion clearly shows in every step the association makes towards growing the running culture in Lebanon. My heartfelt regards to each and everyone who works and supports the Beirut Marathon Association because you are moving the country forward through sports, joy, peace, love, and running."

"2018 was another consecutive year for all records at the Beirut Marathon Association. We kept progressing on the tracks of ‘Sustainable Growth’ as our number one driver with an inward focus on People while staying the course of our President’s vision to keep growing the culture of running in Lebanon and uniting Lebanese through sports. For the third year in a row we wanted to measure the positive ripple effect that our events and programs contribute to the Lebanese Economy and Communities through the Socio-Economic Impact Report done in collaboration with Strategy & part of the PwC Network, and again it showed that every single Lebanese pound invested in the Beirut Marathon contributes to more than ten folds into the Economy.

And this impact was coupled with the success of the Beirut Marathon’s events & programs on all athletic fronts. Where again, we managed to break all of our records.

Here are some of the highlights I am most proud of:

- 48,605 Highest recorded number of participants to the BLOM BANK Beirut Marathon
- 4,340 Highest recorded number of participants to the Saradar Bank Women’s Race running in support of Women Runners and the causes they fight for
- 02:10:41 New 10 KM Event Record Women (at the Saradar Bank Women’s Race)
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- 3,815 Highest recorded number of international non-residents from 109 different nationalities making the BLOM BANK Beirut Marathon event a significant hub for Sports Tourism in the region
- 4,620 Highest recorded number of volunteers to help stage our events
- 223 Highest number of participating NGOs
- 175,000 USD Highest recorded amount of contribution raised to NGOs from Registrations Fees

"I still remember it as if it was yesterday!"

We, at the Beirut Marathon, have been organizing the marathon since 2003, and each year has shown a distinctive flavor characterizing the race and a great deal of development in the preparation, performance and participation until the event proudly became one of the most anticipated functions in the region. The Beirut Marathon is a platform to express everyone’s joy on a sporting day away from the bitter political, social and economic reality that our country has endured in the past. The race was never limited to the distance of a marathon (42.195 KM), there was also the 8 KM competitive Race and Fun Run, the 5 KM Youth Race and the 1 KM Run with Parents, and of course the special needs races. Thus, the marathon day is one shared by all ages and all segments of society, including social and charitable associations, and it has become a forum for all to express their opinion away from politics and select a cause to showcase and defend such as autism, bullying, women’s rights and others. The security services of the Army, Internal Security Forces, General Security, State Security, Customs, Beirut Municipality, Beirut Fire Brigade, Beirut City Guard Regiment, and the Lebanese Red Cross participate in the race every year, according to the tasks assigned to them. The Beirut Marathon is now included in their annual work calendar, and for that we thank them dearly for supporting this national event that has now become an international event. As to the foreign countries involved, there are more than 100 countries, as well as distinguished guests from Lebanon and abroad. International interest in the Beirut Marathon has made Lebanon a popular running destination. Attaining and preserving an “IAAF Silver Label” standing is a demanding task that was made possible due to the efforts and year-round work of the team at the Beirut Marathon Association. All members have earned professional organizational and technical skills to manage all aspects of the race, with the coordination and support of the Lebanese Athletics Federation. I truly have no words to match my happiness and pride to belong to such an esteemed organization. I can only pay tribute to the Beirut Marathon’s president, Dr. May El Khalil, who is always actively involved in all the association’s activities and functions. From strategy to execution, her passion clearly shows in every step the association makes towards growing the running culture in Lebanon. My heartfelt regards to each and everyone who works and supports the Beirut Marathon Association because you are moving the country forward through sports, joy, peace, love and running."
It has been an honor to witness the growth of the Beirut Marathon Association throughout the years. This association came to life from one woman’s dream and has been organizing the Beirut International Marathon since 2003, as well as running competitions for Women and Youth, alongside many training programs and initiatives to spread the running culture in all regions of Lebanon.

As a coordinator and a friend to the Beirut Marathon Association, I had the pleasure to testify to the rise of the sport of running in Lebanon due to the association’s efforts. The Beirut Marathon is testament to moving the nation through a simple sport that gathers people under the umbrella of peace. I wish nothing but the best to the super team at the Beirut Marathon Association.

HERE’S TO MORE SUCCESS LED BY THE PRESIDENT MAY EL KHALIL, THE ADMINISTRATIVE BOARD, ADVOCATES AND BOARD OF TRUSTEES’ MEMBERS.

BASHIR SAKKA
COORDINATOR & PROTOCOL SUPERVISOR

“I was asked once: “What’s the benefit behind organizing running events?” and my answer was: “It’s the only occasion to gather people in unity, peace, joy and fun, contributing also to their health, away from all the negative vibes that take a toll on our daily challenges, insecurities and sufferings.”

EACH EVENT TURNS TO BE A NATIONAL DAY, AND THOSE WHO LOVE THIS COUNTRY, CARE FOR WELL-BEING, SUPPORT CAUSES AND APPRECIATE THE POWER OF SPORTS, WOULD UNDERSTAND THE IMPORTANCE OF OUR MISSION.”

ILHAM HMEIDAN EL FAKIH
TREASURER - ADMIN & OFFICIAL RELATIONS DIRECTOR

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TREASURER - ADMIN & OFFICIAL RELATIONS DIRECTOR
INÈS SALLOUM
COMMUNICATION DIRECTOR
“We always tell the runners how amazing the feeling of achievement is when they complete the marathon. Imagine when you organize it! It is indeed very rewarding to be part of an association that organizes the biggest national event. The pride is immense.”

MONA SHOUR
FOREIGN EMBASSY AFFAIRS COORDINATOR
“As a longtime ‘office active’ Board of Trustees Member, it is always with immense pride and enthusiasm that I partake in the organization of all events and a most personal rewarding experience to see the positivity that we transmit to our beautiful Lebanon and the whole world!”

MOHAMAD ABILMONA
WAREHOUSE MANAGER
“It feels good to belong to such an amazing team. No matter how tough the tasks can get, we always work hand in hand to fully achieve them.”

JOSEPH ABOU SAAD
LOGISTICS COORDINATOR
“Working within the logistics team requires a lot of dedication, early morning starts, organizational skills and focus. Seeing how much we contribute to the running community makes it all worth-while.”

DEENAH FAKHOURY
PARTNERSHIP DIRECTOR
“When I joined the Beirut Marathon Association in 2013 as a volunteer, little did I know that I will be hooked for the years to come. Knowing that you are making a difference and that you have an impact on people’s lives is what makes you wake up in the morning to hit the road and is the drive behind all the countless hours of work.”

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ALBERT CHEAIB  
RACE OPERATIONS SPECIALIST  
“My purpose here: What I am good at, what I am paid for and what the world needs.”

GEORGES HELOU  
EDITOR & VIDEOGRAPHER  
“Working with Beirut Marathon for the past two years as a director/editor was a life changing experience. It made me realize that making content for the sports field is as challenging as making content for anything else. That experience has added a lot to my career and now I can finally call myself a sports photographer/director.”

MOHAMAD JAAFAR  
OFFICE RUNNER  
“I can guarantee you that organizing a marathon means running thousands of miles for months, day and night, delivering packages, letters, invitations and documents. It’s a non-stop mailing process that requires to stay alert at any moment. Most importantly, it is something that I do with love and care.”

BASSEL EL FAKIH  
TIMING, IT & ARCHIVING MANAGER  
“What makes the Beirut Marathon Association stand out is that every single employee has a stake in the association’s success. We are very team-driven, and we operate in a way that puts collective goals ahead of individual glory. We have grown very quickly, and we continue to succeed because we can rise to any challenge we may face. Everyone at the Beirut Marathon Association is energetic, and fun to work with. We love what we do, and for that we are the Beirut Marathon Association.”

MICHELLE KANAAN  
OFFICE KEEPER  
“Beirut Marathon Association has granted me a fresh start full of positive energy. It’s the best place to learn a new lesson every day.”

RAMZI GEAGEA  
PARTNERSHIP MANAGER  
“After being with the Beirut Marathon Association for 7 years, I feel we are now on the right track of placing Beirut on the international map of sports. With combined efforts and consistency, we will hopefully start organizing running events outside Lebanon. It is so rewarding to see our work expand and reach the regional and international running communities by spreading the culture of running.”

DANIELLA KHALIL  
HOSPITALITY & OUTREACH SPECIALIST  
“Being part of the Beirut Marathon Association staff is more than just organizing races, it is working for various projects that combine physical, moral, economical, and social elements. This rare cycle of learning makes the mere fact of being a Beirut Marathon Association employee an enriching experience.”

LILIANE GHANEM  
ACCOUNTING OFFICER  
“I’m proud to say that this year I will be celebrating my 7th anniversary working at the Beirut Marathon Association. Employing my well-honed interpersonal skills has given me the opportunity to be part of a cause bigger than one’s self. As a coherent team, we try to bring people together, no matter their background, into a unifying sport that will turn out to be a lifestyle.”

RAWAD KOTBAN  
COMMUNICATION SPECIALIST  
“Being part of the biggest national event of the year is something very special, I am proud to be part of an organization that makes dreams come true.”

FATEN DOUGAN  
CASH MANAGER  
“Proud to be working alongside great people who share a deeply rooted loyalty for sports and running culture that will amplify the best qualities in all.”

DANIELLA KHALIL  
HOSPITALITY & OUTREACH SPECIALIST  
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RAJRASHI KOTBAN  
COMMUNICATION SPECIALIST  
“Being part of the biggest national event of the year is something very special, I am proud to be part of an organization that makes dreams come true.”
CARLA MATTA
SOCIAL MEDIA SPECIALIST

“Handling the social media in the Beirut Marathon Association allowed me to experience a different level of strategic thinking in the marketing world. Combining my craft with sports bring a wonderful energy to my work.”

MYRNA MERHEJ
HOSPITALITY & OUTREACH MANAGER

“2018 was an exceptional and fast growing year at all levels. The continuous and ever so ambitious environment pushed my boundaries to deliver and achieve new targets. Being exposed to new learning experiences brought me joy and excitement to always give my best to the team first and to the association in general.”

FRANCOISE NEHME
RACE OPERATIONS MANAGER

“This year was a truly remarkable one where we achieved milestones through running, I can’t be thankful enough to be given an opportunity where I can help our community through the power of sports and change lives when and where we can, especially the young generation and empower them to have a brighter future.”

RIMA NEHME
ADMIN & OUTREACH ADMINISTRATOR

“Working with the Beirut Marathon Association is always a unique experience. Year after year we are becoming more organized as an association and more in-sync as a team, so it is a joy for me to be able to give to this organization as much as I can.”

ROGER JADDO
COO

“For me and the Beirut Marathon Association, 2018 was an exceptional year. We achieved our milestones through running and I’m very thankful to be given an opportunity to help our community through the power of sports and change lives. The continuous and ambitious environment pushed my boundaries to deliver and achieve new targets. Being exposed to new learning experiences brought me joy and excitement to always give my best to the team first and to the association in general.”

YARA SAAD
GRAPHIC DESIGNER

“Working with Beirut Marathon Association has indeed been an enriching experience. Quality work, great environment and learning opportunities are the reasons why I like to work here. The whole experience has been great and I am very happy to be a part of this team.”

SAFA SALEM
CREATIVE CONSULTANT

“Forever proud to belong to all that the Beirut Marathon stands for. 2018 was a year filled with learnings, achievements and breakthroughs. Bearing witness to that on marathon day filled my heart with ample love and gratitude to an event deemed to be so beautiful, healthy and utterly real.”

AYMAN YAACOUB
LOGISTICS MANAGER

“During the race implementation, the team is constantly learning and developing to achieve better results and deliver an international race. This year, the amount of deliverables needed from our department was enormous. The success that followed made my whole experience so rewarding and fulfilling. 2018 was by far the most challenging yet the most successful year.”

PATRICK NICOLAS
REGISTRATION CONSULTANT

“Planning, managing and handling the registration process from A to Z is a big task. It is actually a big load that all the team assists with, and we manage to get to our targets due to the combined efforts, dedication and hard work we put into it. It’s so overwhelming when you see more than 48,000 runners on race day gathered to run for their causes and goals, you just can’t ask for a better day than this.”
THE RUNNER MANTRA

WHEN WE RUN, WE FEEL GOOD.
WE RUN MORE, TO FEEL BETTER.
WHEN WE FEEL BETTER, WE BECOME BETTER PEOPLE.
WE ACHIEVE INNER PEACE.
WE ACCEPT WHO WE ARE.
WE ARE CONFIDENT.
WE ARE TOLERANT.
WE ARE IN TUNE WITH OUR ENVIRONMENT.
WE SMILE MORE.
WE LIVE MORE.
WE SEE THE WORLD DIFFERENTLY.
WE LET GO OF OUR GRUDGES, AND OF ALL THE EXTRA BAGGAGE HOLDING US BACK.
WE MOVE FORWARD, STRONGER.
WE RADIATE MORE POSITIVE VIBES.
WE ADVOCATE RUNNING.
WE ADVOCATE PEACE.

WE ARE PEACE RUNNERS
2019 RACE CALENDAR

MARCH 31, 2019
SARADAR BANK WOMEN’S RACE, 6TH EDITION

NOVEMBER 10, 2019
BLOM BANK BEIRUT MARATHON, 17TH EDITION

WHAT DOES 2020 HOLD?

MARCH 29, 2020
WOMEN’S RACE, 7TH EDITION

NOVEMBER 08, 2020
BLOM BANK BEIRUT MARATHON, 18TH EDITION

CREDITS

DESIGN AGENCY: BRANDEM
OFFICIAL PHOTOGRAPHER: ADNAN HAJJ ALI
SUPERVISED BY: CHARBEL LABA