



2018 GREAT ETHIOPIAN RUN

18 November 2018

BE PART OF AFRICA'S BIGGEST ROAD RACE

The Great Ethiopian Run International 10km was founded by Ethiopia's double Olympic champion Haile Gebrselassie and is Africa's biggest road race with over 40,000 participants. This year the race takes place on Sunday 18th November 2018. This briefing has been prepared for international participants wanting more information about how to start planning their trip to Ethiopia to take part in the race.



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WHY BOOK WITH TADELE TRAVEL?



One of the directors of Tadele Travel is Richard Nerurkar and Richard has responsibility for Tadele Travel's running tours. Richard was the former Race Director of the Great Ethiopian Run 10km and today still works closely with the race organisers in Addis Ababa. As well as having years of experience looking after international race participants, Richard has unprecedented access to information and services that will make your trip special, including the chance to meet Haile Gebrselassie, train alongside top Ethiopian athletes; and get a preferred race starting position. For those of you looking to tour in Ethiopia his Ethiopia-specialist travel company can also offer some of the best guides to look after you throughout your time in Ethiopia.



Richard competed for Britain as an international marathon runner in the 1990s, winning the World Cup Marathon in 1993 and finishing 5th in the 1996 Olympic Marathon. At the end of his competitive career he moved with his family to Addis Ababa and working closely with Haile Gebrselassie became one of the prime movers behind the introduction of mass-participation running events in Ethiopia.



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REGISTERING FOR THE RACE

As an individual, there are two ways of registering for the race. Either you can do this yourself on the Q-buster online registration page: <https://q-buster.co.uk> Or, if you wish, we can do this for you as part of other arrangements for your tour. If we do this for you, we will need some information from you such as t-shirt size and estimated finishing time. The race entry fee is £50 which includes entry to the pre-race pasta party on the evening of 17th November.

If you represent an organisation or a group of runners (6 or more runners) and would like to register and pay for the group in one go, please email Richard and he will send you a group registration form and group payment instructions.

Meskel Square, Addis Ababa: race start & finish



FLYING TO ETHIOPIA

The quickest and easiest way of flying to Ethiopia, whether you are coming from Europe, North America or another African country, is on Ethiopian Airlines (ET). From London, it's just a 7-hour direct non-stop flight, with the flight departing Heathrow at 8.15pm and (with a 3-hour time difference) arriving in Addis at 6.50am just as the sun is rising. ET also has one of the youngest fleets in the airline industry, so you're likely to fly on an aircraft (either a Boeing 787 or Airbus A-350) less than 5 years old. Economy baggage allowance (2 x 23kg checked-in) is the best for any airline. Also, if you fly ET into Ethiopia, any domestic flights you make in Ethiopia will be heavily discounted.

When it comes to booking your flights to Ethiopia, you can do this yourself, or alternatively we would be happy to quote for you. We are ATOL-protected and get some good deals with the airline, particularly for group bookings.

Participants having fun -it's not just about running!



PLANNING YOUR TIME IN ADDIS ABABA

Taking part in the race isn't the only fun part of your experience as an international participant. There's a lot happening in race week including children's and mobility cycle races, the pasta party and other get-togethers for international participants at restaurants in town. Some participants like to visit the city's famous museums and churches; while others enjoy visiting craft and textile centres, or going on Ethiopia's coffee trail. There's certainly lots to do! If you'd like us to suggest an itinerary for you or your group for race week, please speak with us.



THINKING ABOUT TOURING IN ETHIOPIA?

We have a number of tour packages for international participants, all of which can be customised to the needs and preferences of individuals and groups. Please see our website <https://tadeletravel.com/holiday/the-great-ethiopian-run-running-holidays> for more details. We will also give you other useful information about visas, currency exchange and the high altitude!

BOOKING YOUR HOTEL IN ETHIOPIA

As the HQ of the African Union, Addis Ababa has a bewildering range of hotels scattered over the city, with new hotels being opened every year and barely managing to keep up with ever increasing demand for rooms. At Tadele Travel we have identified a select number of hotels in Addis Ababa which we believe offer a good fit for international participants coming to the Great Ethiopian Run 10km. Not only are they within easy reach of both the airport and Meskel Square where the run starts and finishes, they also have a proven record of delivering friendly, reliable and high-quality service to international guests. Our job is to match your needs to the best hotel. Below are three of the hotels where we have particularly good deals for international participants. Please feel free to ask if you would like further suggestions.



GOLDEN TULIP 5-star Addis Ababa - city centre

The Golden Tulip Addis Ababa is an upscale 5 star hotel, located in Bole, less than 10 minutes' drive from the airport and on the doorstep of many international organizations and embassies. Its interior is inspired by a mix of African and modern which offers a warm and welcoming feel from the moment you enter the lobby. There is an all-day restaurant situated off the main lobby plus a takeaway corner with a large selection of the baked goods. If you enjoy watching sports events on the big screen, you should head for the Lemon Bar and Grill located on the mezzanine floor. Guests staying at the hotel always talk about the high standard of fittings and features of the bedrooms and the extreme comfort of the beds!

Distance from city centre & Meskel Square: 5km

Transfer time from the airport: 10 minutes



"Super-comfortable beds and plenty of room!"

Fiona, January 2018

BEER GARDEN INN 3-star Addis Ababa - city centre

Beer Garden Inn is the first of its kind, an Ethio-German hotel in Ethiopia, offering special home-brewed German beer in its bar and one of the best continental breakfasts in town. It is situated just two kilometres from Bole International Airport. Guests regularly comment about the relaxed feel of the hotel and the friendliness of the staff. The hotel is also environmentally friendly, using locally produced products as much as possible, solar power and water-saving measures in its room cleaning policies. The hotel has a long history of involvement with the Great Ethiopian Run for the event team and its international guests.

Distance from city centre & Meskel Square: 4.5km

Transfer time from the airport: 10 minutes



Reception area at Beer Garden

YAYA VILLAGE 4-star 15km from Addis Ababa

Yaya Village is a popular resort hotel on the outskirts of Addis Ababa owned by Haile Gebrselassie. The hotel has seen a massive expansion in recent years as demand for its rooms and facilities has increased, with the addition of more hotel rooms, bigger dining areas and additional leisure facilities which now include a swimming pool and fitness centre. Not surprisingly, the hotel has become one of Ethiopia's most popular places for runners on short and long training trips - and a favourite hotel for the great Mo Farah who spends many weeks of the winter here. From the hotel you can run directly into the forests. It's also just a 30-40 minute drive into the city.

Distance from city centre & Meskel Square: 15km

Transfer time from the airport: 45 minutes depending on traffic!

"Great location. Good food. Very helpful and friendly staff."
Jan and Glyn, November 2017





BOOKING WITH TADELE TRAVEL

"The way you managed the itinerary was perfect and gave me so much more than I could have expected."

Steve, November 2017

"Richard's personal links with the Great Ethiopian Run hugely enhanced the experience."

Janet, November 2017

"We felt you put together a great personalised itinerary for us, and were always available via email or phone to answer questions - that meant so much."

Ceri and Craig, November 2017

"Thanks again for one of the most remarkable weeks and challenges of my life!"

Peter, December 2017



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