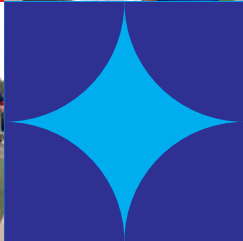




wondr  
JAKARTA  
RUNNING  
FEST 2024



# 2024 EVENT GUIDE



klab



Standard



Safe



Sustainable



Festive



Inclusive

# About wondr Jakarta Running Festival

Building on the success of last year's Jakarta Marathon 2023, Kelompok Lari Anak Bangsa (KLAB) is proud to introduce wondr Jakarta Running Festival (JRF), a broader vision for running and the city of Jakarta. JRF aims to unite runners and the community in a vibrant, city-wide celebration that goes beyond the race.

This year, wondr Jakarta Running Festival offers a variety of events for all ages and abilities, ensuring inclusivity and excitement. With strict safety and medical standards aligned with international guidelines, the event guarantees a secure experience for participants. Continuing KLAB's commitment to sustainability, JRF will also become a carbon-neutral running event.

More than just road races, wondr Jakarta Running Festival 2024 is also about celebrating progress, community, and the spirit of **#LangkahBersama**. Together, we'll create lasting memories and a shared journey through every step.



Table of Content

# 01

## Greetings



Dickie Widjaja  
Luhut Binsar Pandjaitan

- Race Pack collection
- Race Expo
- Health & Safety

# 02

## Expo

# 03

## Race Day



How to get to the venue  
Road Closures  
Runners Entry and Arrival

- Race Start Area
- Race Time Table
- Race Course Map
- Junior Dash Guide

# 04

## Race Info

# Greetings

## Dickie Widjaja

Project Director, wondr Jakarta Running Festival 2024  
CEO, Kelompok Lari Anak Bangsa

Dear Runners, Sponsors,  
Partners, and Supporters,

Welcome to wondr Jakarta Running Festival 2024! This event marks an exciting chapter for us at Kelompok Lari Anak Bangsa (KLAB) as we expand beyond road races to create a vibrant celebration of running, our city and our community. JRF is not just a race—it's a running festival where every participant, spectator, and supporter plays a vital role.

Organizing this project has been a labor of love for our team, and it's your continued support, passion and enthusiasm that make it all worthwhile. I would like to extend my heartfelt thanks to every runner, volunteer, partner, and spectator for your support, ideas, suggestions, hardwork and dedication to JRF.

Together, we are not only making strides toward achieving our individual goals but also strengthening the bonds within our community. Together, let's create beautiful memories we can cherish forever and embody the spirit of #LangkahBersama.



# Greetings



## Luhut Binsar Pandjaitan

Chairman, PASI (Persatuan Atletik Seluruh Indonesia)

Dear Athletes, Spectators,  
and Esteemed Guests,

As Chairman of **PASI (Persatuan Atletik Seluruh Indonesia)**, I am incredibly proud to see how this event has evolved into not only a competitive athletic event but also a festival that brings together the spirit of Jakarta.

This festival is a powerful reminder of the role that sport plays in uniting communities and inspiring individuals to pursue their personal bests. Running, in particular, embodies the qualities of determination, endurance, and resilience—qualities that I see reflected in every one of you here today.

PASI is fully committed to supporting events such as JRF, which promotes not only physical health but also a sense of national and city pride.

To all the participants, I encourage you to savor every moment of this race. Every step you take, every goal you reach, contributes to the larger story of sportsmanship and achievement. Best of luck to each of you, and I look forward to witnessing your incredible performances on the streets of Jakarta today.

# EXPO

**Race Pack  
Collection and  
So Much More!**



02 - EVENT GUIDE - EXPO

Date	RPC	EXPO
Thursday, 10 Oct 2024	10.00-19.00	10.00-21.00
Friday, 11 Oct 2024*	10.00-19.00	10.00-21.00
Saturday, 12 Oct 2024	10.00-18.00	06.00-21.00
Sunday, 13 Oct 2024	-	06.00-12.00

*\*Friday, 11 October 2024, is the last day for race pack collection for 5K, 10K, and Junior Dash participants. There will be no race pack collection on race day.*

wondr Jakarta Running Festival 2024 Expo is more than just a race pack collection event. It's a vibrant running festival—open to the public with free entry! Over the course of four days, explore more than 100 booths consisting of global sports brands, emerging local sports brands and food & beverage brands alongside the event's official sponsors and partners. Enjoy a lively atmosphere filled with music and entertainment. Whether you're picking up your race pack or simply enjoying the festivities, the Expo promises something for everyone!



Periode 10 - 13 Oktober 2024

# #jadiinmaumu dengan wondr by BNI

Cashback hingga  
**Rp 790 Ribu**  
& Bebas Biaya Admin

Buka Tabungan BNI

Cashback  
**Rp 780 Ribu**  
& Annual Fee Rewards

Apply Kartu Kredit BNI

Transaksi dengan **wondr** by BNI

Shopping Voucher  
hingga  
**Rp 500 Ribu**

**FLASH SALE!**  
Shopping  
Voucher **Rp 1 Juta**



# Race Pack Collection

To ensure a smooth process, please have these items ready:

- A confirmation email containing a QR code. The email is sent from Indo.Run with the subject: Payment Confirmation or Registration Confirmation.
- ID (KTP/Passport/etc.)
- Completed Self-Health Assessment Form provided by Siloam Hospitals



## Key Information and Regulations:

- **1+1 Policy:** We strongly encourage runners to pick up their race pack in person. However, if you need someone to collect it on your behalf, you may do so under our 1+1 policy, which allows one person to collect for one additional runner. The person collecting must bring a Power of Attorney (Surat Kuasa).
- **Untransferable Bib:** Please note that our bibs are non-transferable. Any violation of this regulation may result in the cancellation of your participation in the event.
- **No Changes:** Runners cannot request changes to their race category or shirt size.
- **Health Assessment Form:** All participants must fill out the **Self-Health Assessment** Form provided by Siloam Hospitals as a prerequisite for race pack collection. The deadline for submission is 9 October 2024.



# Race Expo

The Expo will run from the moment Race Pack Collection (RPC) opens on Thursday, 10 October 2024 through to the last day of the race on Sunday, 13 October 2024. After crossing the finish line, runners will be directed to the expo area in Istora GBK to relax, refuel, rejuvenate and explore. During race days, the expo will be open to the public from 6 AM, making it a perfect spot for friends and families to gather, enjoy the activities, and wait for their loved ones to finish the run in a festive environment.

## What to Expect at This Year's JRF Expo

This year's Expo is moving to a new, much larger location at Istora GBK, offering a combination of indoor and outdoor settings, a significant upgrade and expansion from last year's all-outdoor venue. Expect an immersive experience that brings together the best of sports, food, and entertainment.



## wondrsports

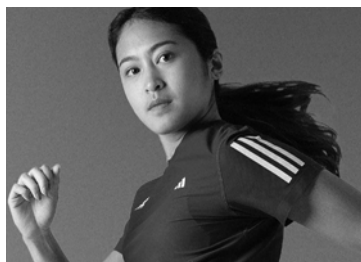
Explore over 15 global sports brands, from apparel and shoes to accessories and recovery products.

adidas, our official sponsor, will showcase its newest collections, while ONPOINT will launch their exciting new products.



## Exhibitions from Official Sponsors and Partners

Featuring over 30 sponsors and partners showcasing their latest innovations and offerings.





## LokaHOOD by RUNHOOD

A curated space highlighting over 25 emerging local sports brands, brought to you by RUNHOOD, showcasing the best of Indonesia's growing sports scene.



## Food Rumble by Tworubber

Enjoy a culinary journey with over 30 emerging food & beverage brands, perfect for enjoying with friends and family during your visit to the Expo or for refuelling after the race.

## Entertainment Stage

The stage will feature more than 20 artists performing during 4 days of live music and entertainment, with headlining acts like Diskoria, Dikta, Donne Maula, Potret, and Sheryl Sheinafia, alongside a lineup of additional performances throughout the festival.



# Health & Safety



JRF puts safety first to make sure all runners and team members have a safe and positive experience.

Protection Against Hot Weather: We know the weather in Jakarta is hot and humid. We've set early start times, short marathon cut-off time, added more water stations, and set up a special medical area at the race center to help everyone stay safe.

**2** Medical Stations  
Finish Line | Race Village

**13** Advanced Ambulance  
10 Route | 3 Finish Line

**19** Medical Stations  
Medical station at every hydration station

**11** Mobile Medic

# Medical Personnel



**5**  \_\_\_\_\_ Sports Medicine Specialist

**40**  \_\_\_\_\_ General Practitioner

**2**  \_\_\_\_\_ Emergency Specialist or Anesthesiologist

**80**  \_\_\_\_\_ Sports Therapist

**40**  \_\_\_\_\_ Paramedic

**58**  \_\_\_\_\_ Medical Student

**80**  \_\_\_\_\_ Sport student

**JRF Medical Hotline: +62 813 1428 0796**

**“Ngefek banget,  
badan jadi  
lebih enteng”**

- Kevin -



Kebaikan Mineral Terlindungi



## Recharge and Get **FREE** Health Check at Our Booth

### ✓ **Physiotherapy**

Soothe your muscles and joints post-race

### ✓ **ECG Screening**

Get a glimpse of your heart's performance

### ✓ **Mini MCU**

A quick health check for your well-being

### ✓ **Scoliosis Screening**

Detect spinal issues early

### ✓ **Holographic Photo Booth**

Snap and capture your race-day memories!



Don't miss your chance, visit our booth  
on **October 12-13, 2024**. See you!

**Siloam Hospitals**

Ambulance  
1-500-911

Outpatient  
1-500-181

[www.siloamhospitals.com](http://www.siloamhospitals.com)

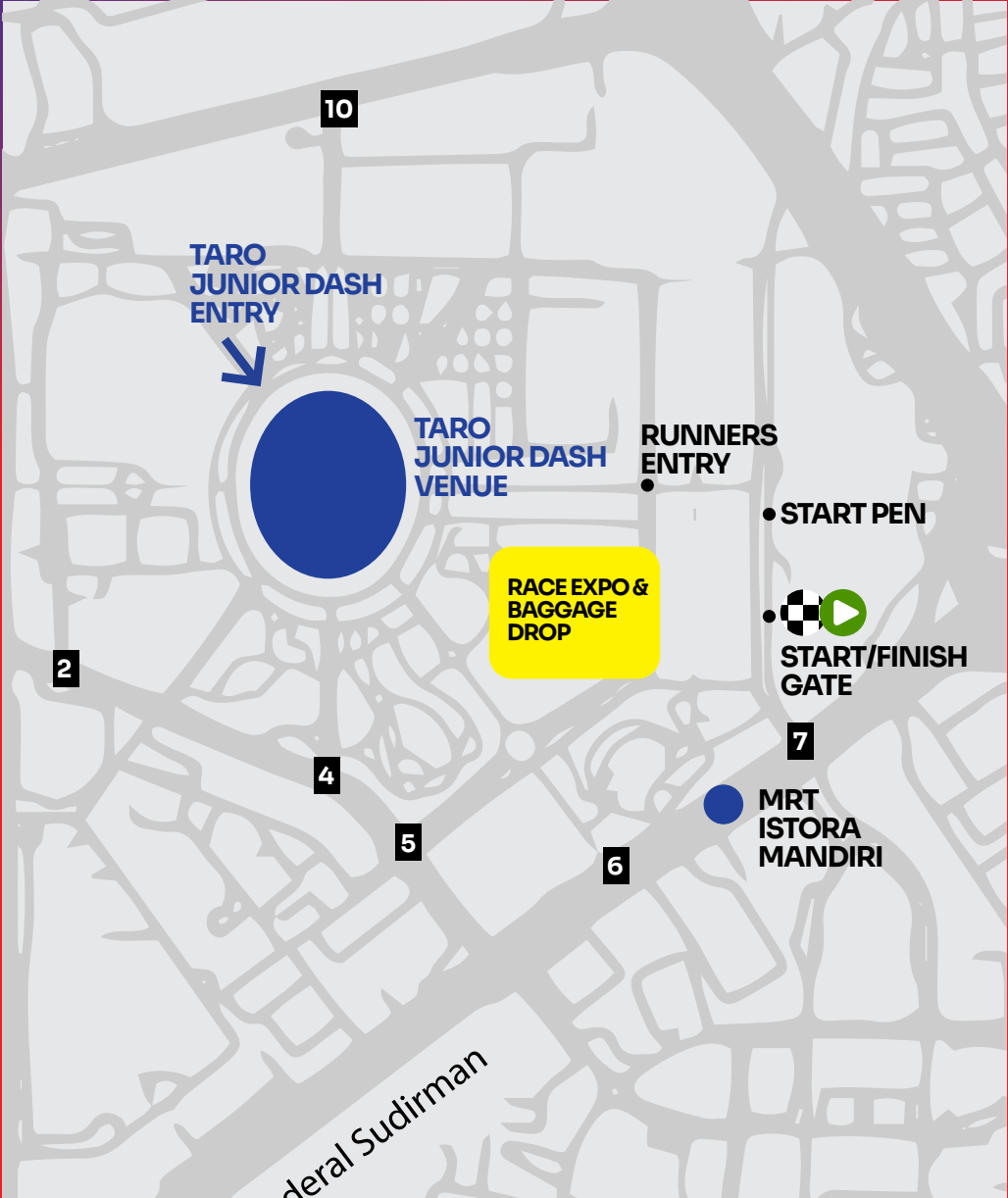


# Race Day Guide



- wondr 5K
- Electrum 10K
- Jakarta Half Marathon
- Le Minerale Marathon

# Race Venue Map



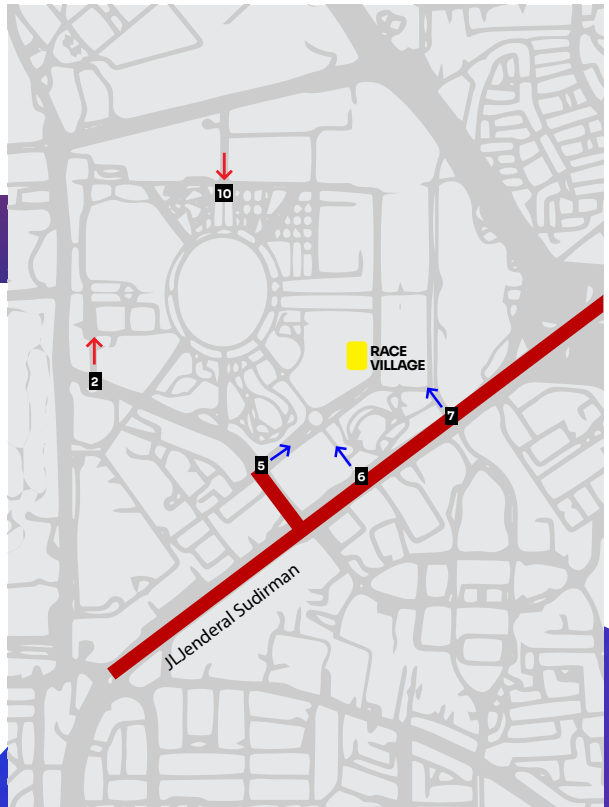
# How to Get to the Venue

Saturday, 12 October 2024

## Entrance to Gelora Bung Karno Sports Complex

For Electrum 10K and wondr 5K participants

- **Pintu 5, 6 & 7** (the nearest access from MRT Istora Mandiri, SCBD, Jalan Pintu Satu Senayan, Plaza Senayan, FX Sudirman. Please note that these gates are inaccessible for vehicle.)
- **Pintu 2 & 10** (Accessible for vehicle. Please be aware that parking space inside GBK will be very limited.)
- **Please be aware that Jalan Sudirman will be closed since 03.00 in the morning.**



# How to Get to the Venue

Sunday, 13 October 2024

## Entrance to Gelora Bung Karno Sports Complex

For Le Minerale and Jakarta Half Marathon

**Sunday, 13 October 2024**

- **Pintu 5, 6 & 7** (the nearest access from MRT Istora Mandiri, SCBD, Jalan Pintu Satu Senayan, Plaza Senayan, FX Sudirman. Please note that these gates are inaccessible for vehicle.)
- **Pintu 2** (Accessible for vehicle. Please be aware that parking space inside GBK will be very limited.)
- **Please be aware that Jalan Asia Afrika, Gerbang Pemuda, Gatot Subroto, Sudirman, and other major roads will be closed since 03.00 in the morning.**

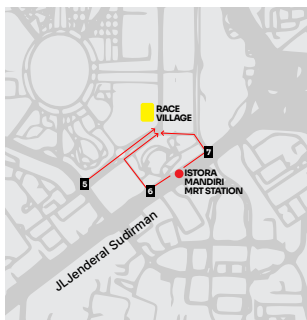




# Transportation Options

## Public Transport

Gelora Bung Karno area is surrounded by multiple public transportation stations. Our main recommendation is to use public transportation, the most convenient way to bypass traffic and road closures.



### MRT Jakarta

- The most convenient way to reach the venue is via MRT Jakarta.
- Nearest Station: **Istora Mandiri**
- From Istora Mandiri Station, enter the GBK area via Pintu 6 or 7.
- It's a 10-minute walk from the MRT station to Istora.
- From Istora, it's another 5-minute walk to the runners' entry point at Plaza Parkir Timur.

**During race days, MRT Jakarta will operate earlier:**

Saturday, 12 October 2024, starts at 04:00  
Sunday, 13 October 2024, starts at 03:00

## Taxi or Online Transportation

For a more direct route, taxis (like Blue Bird) or online transportation services (like Gojek or Grab) can be convenient. Set your destination to Pintu 5 Gelora Bung Karno. Remember to account for traffic and road closure. Order your ride in advance to ensure timely arrival.



## Transjakarta delayed operation hour

Road closure and traffic engineering will affect Transjakarta (Jakarta's bus rapid transit system) operation. Transjakarta will start operating after the road is opened to the public.

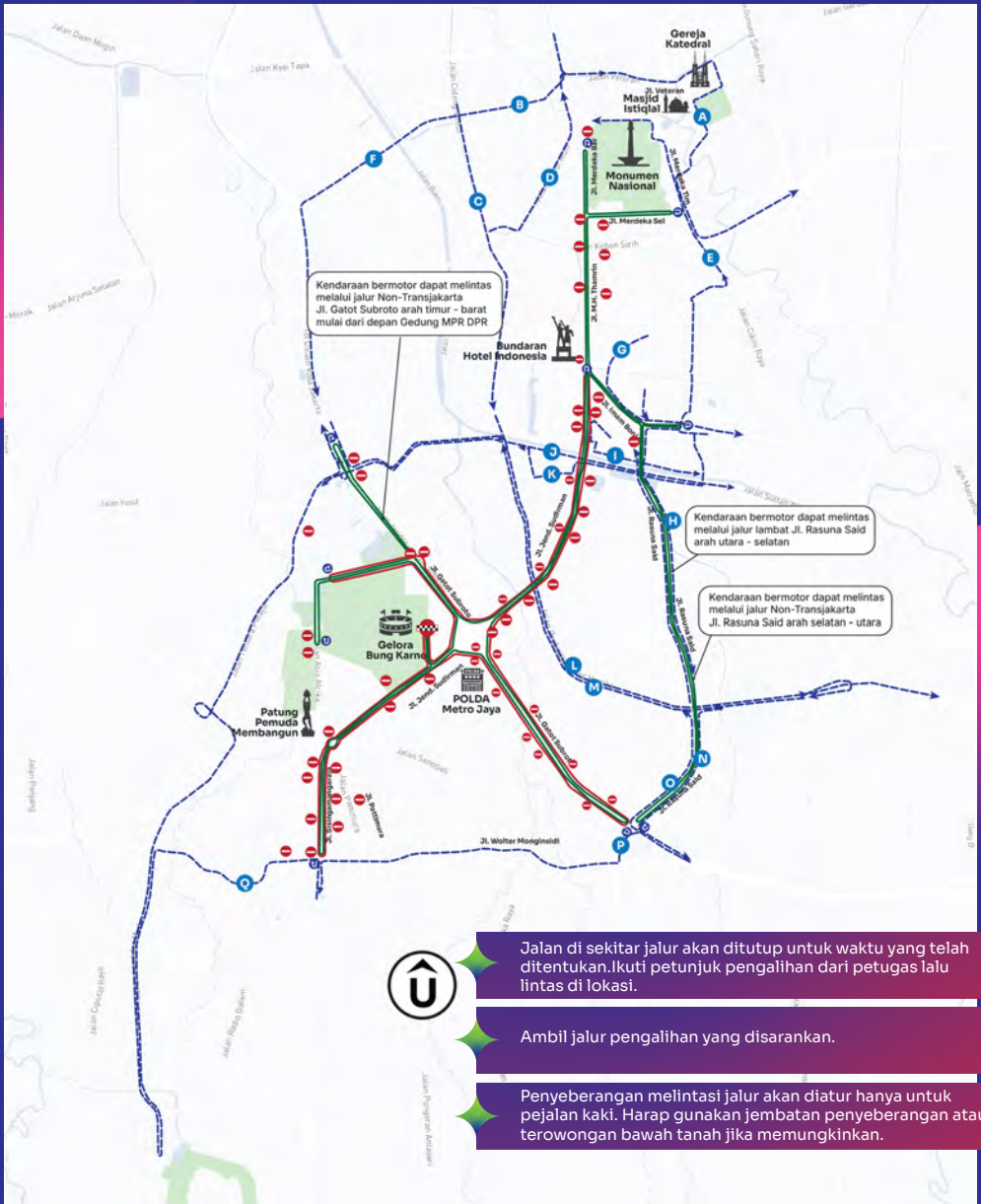
## Private Vehicle

- If you prefer to drive, please be informed that parking spaces are very limited and might be far from the event entrance point. Here are the available parking areas:
- Parking lots around the GBK area
- Parking lots around MRT stations and continue your journey with MRT.



It is advisable to arrive early to secure parking and account for potential traffic delays and road closures.

# Road Closures



Jalan di sekitar jalur akan ditutup untuk waktu yang telah ditentukan. Ikuti petunjuk pengalihan dari petugas lalu lintas di lokasi.

Ambil jalur pengalihan yang disarankan.

Penyeberangan melintasi jalur akan diatur hanya untuk pejalan kaki. Harap gunakan jembatan penyeberangan atau terowongan bawah tanah jika memungkinkan.

**Penutupan jalan akan ditutup mulai pukul 03.00 - 09.00 WIB**

Jl. Jenderal Sudirman | Jalan dan Persimpangan Semanggi | Jl. Gelora Bung Karno  
 Jl. Asia Afrika | Bundaran HI | Jl. Gerbang Pemuda | Jl. Sisingamaharja

# Runners Entry and Arrival Time



**Baggage Drop Location:**  
Istora Gelora Bung  
Karno, Jakarta



**Runners Entry:**  
Plaza Parkir Timur  
Gelora Bung Karno,  
Jakarta



## ATTENTION!

Baggage drop is located 250 meters (5 minutes walk) from the Entry.  
Runners Entry is located 300 meters (5 minutes walk) from the Start Pen.



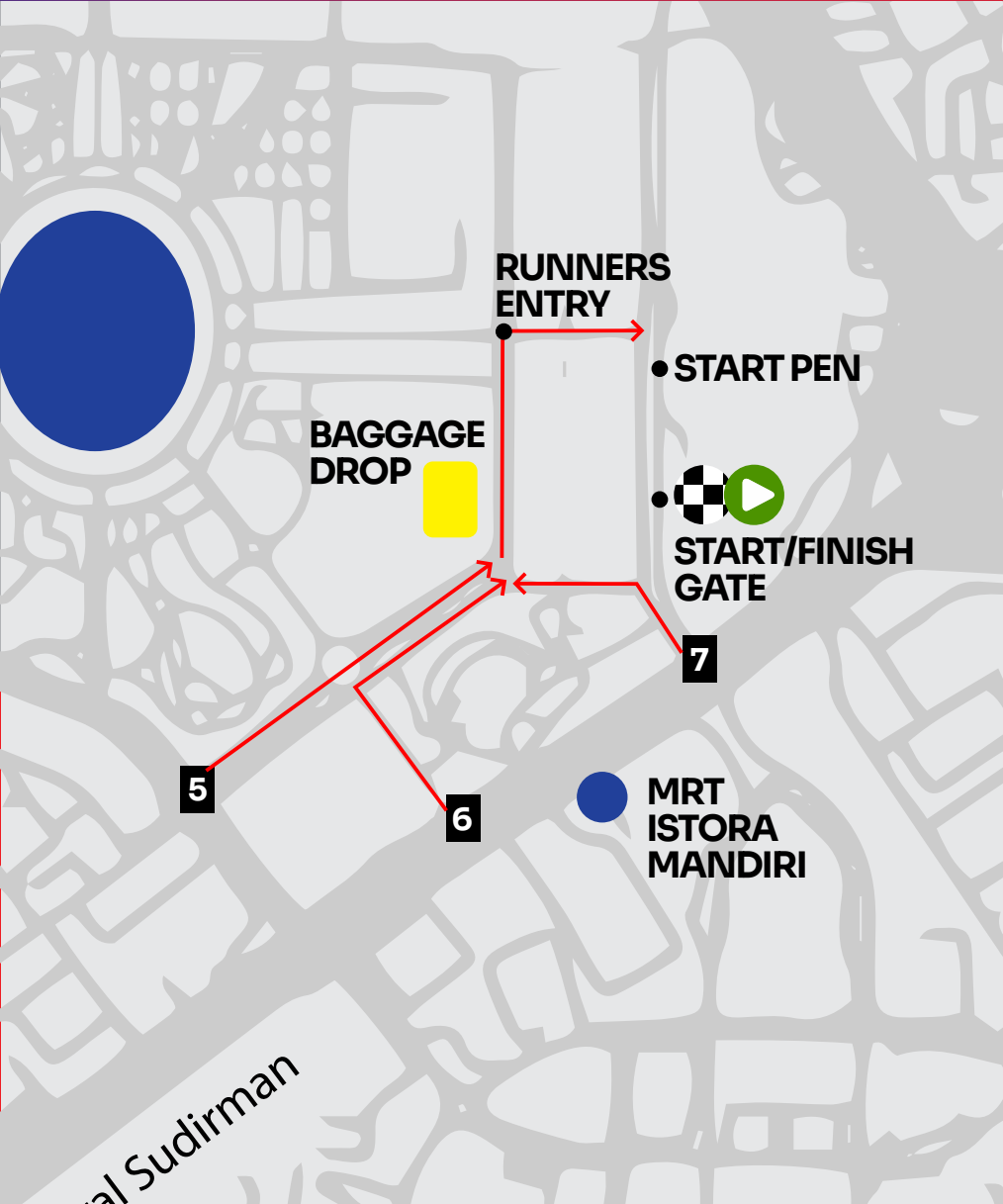
## Arrival Time

At least **1 hour** before your  
respective race start time  
(gun time).

# Why Arrive Early?

- **Baggage Drop:** Anticipate a line in our baggage drop tents and ensure your belongings are safe and secured.
- **Toilet Facilities:** **Considering the number of participants, toilet facilities will likely be crowded. Ensure you have ample time for any pre-race bathroom stops.**
- **Praying Room:** For those wishing to perform prayer rituals, providing enough time will ensure you can do so peacefully without feeling rushed. For Marathon category runners, praying room will be available at the race course, near Water Station 2.
- **Starting Pen:** Be mindful of the queuing system and follow instructions from the signages and Official Marshalls to maintain a structured and orderly start to your race.

# Race Start Area





# Race Day Time Table

## Saturday, 12 October 2024

Race	Arrival time	Start time (gun time)	Start line cut-off*
<b>Electrum 10K</b>	<b>04.30</b>	<b>05.30</b>	<b>05.40</b>
<b>wondr 5K</b>	<b>04.30</b>	<b>05.45</b>	<b>05.55</b>

## Sunday, 13 October 2024

Race	Arrival time	Start time (gun time)	Start line cut-off*
<b>Le Minerale Marathon</b>	<b>03.00</b>	<b>04.00</b>	<b>04.15</b>
<b>Jakarta Half Marathon</b>	<b>03.45</b>	<b>05.00</b>	<b>05.15</b>

\*Runners are not allowed to cross the start gate after the start line cut-off time.

# Electrum H3i

## It's a Smart Move

Lebih dari transportasi, ini partner lifestyle tanpa emisi



[www.electrum.id](http://www.electrum.id)

@electrum.id

@electrum.indonesia

0851-9001-3535



Scan di Sini  
Untuk Info Detail



## Partner Terdepan Untuk Solusi Penanganan Sampah Anda

**Ecofren** hadir sebagai mitra andalan dalam pengelolaan sampah di aktivitas operasional sehari-hari Anda.  
**Gunakan layanan kami:**

### Eco Waste Management:

- Waste Collection
- Waste Segregation • Waste Recycle
- Comprehensive Waste Management Report

### Eco Consultacy:

- CSR and Sustainability Campaign & Event
- Brand Protection
- Comprehensive Waste Management Report

[@ecofren.id](https://www.instagram.com/ecofren.id)

[www.ecofren.com](http://www.ecofren.com)

[ecofrenid](https://www.facebook.com/ecofrenid)

[info@ecofren.com](mailto:info@ecofren.com)

0813-8777-7559





# wondr 5K Race Course



UTARA



GELORA BUNG KARNO



## RACE INFORMATION

**Entrance Point**  
Istora GBK,  
Senayan

**Start Time (Gun Time)**  
05.45 WIB

**Finish Line Cut-off**  
07.30 WIB

**Arrival Time**  
Please Arrive  
1-Hour Before  
Gun Time

**Start Line Cut-off**  
05.55 WIB

## Legends



— 5K Course

⊕ Medic

● Kilometers

💧 Hydration

▶ Start

⊞ Finish

Langkah Bersama



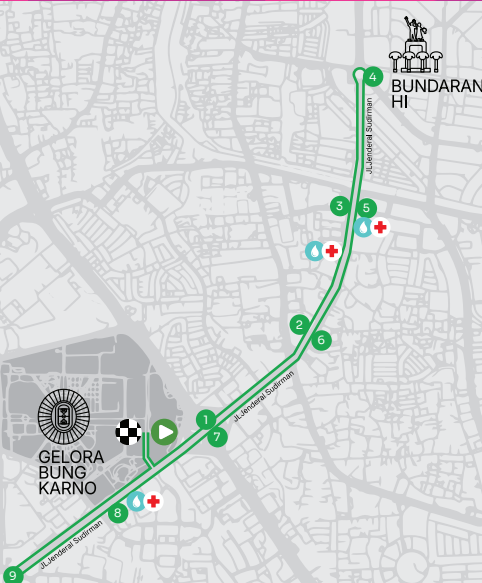
# Electrum 10K Race Course



UTARA



GELORA BUNG KARNO



## RACE INFORMATION

**Entrance Point**  
Istora GBK,  
Senayan

**Start Time (Gun Time)**  
05.30 WIB

**Finish Line Cut-off**  
07.30 WIB

**Arrival Time**  
Please Arrive  
1-Hour Before  
Gun Time

**Start Line Cut-off**  
05.40 WIB

## Legends



— 10K Course

⊕ Medic

● Kilometers

💧 Hydration

▶ Start

⊞ Finish

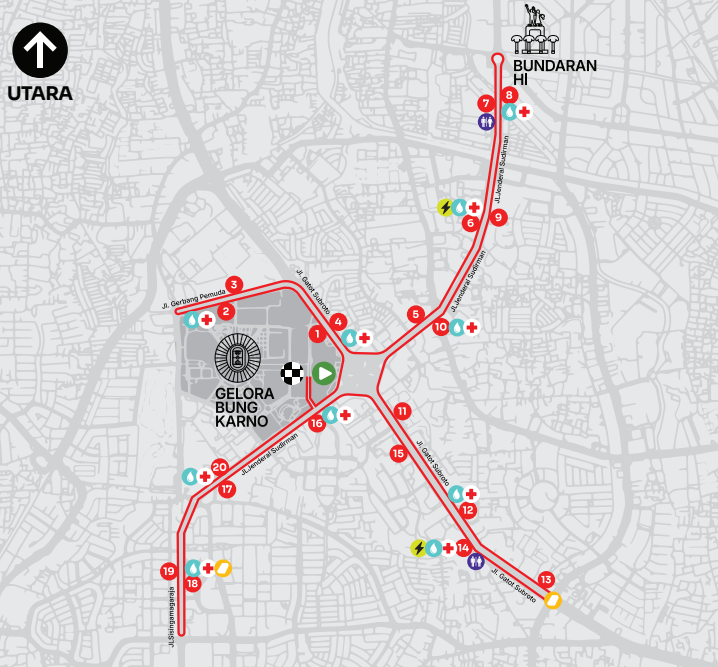
Langkah Bersama



# Jakarta Half Marathon Race Course



UTARA



## RACE INFORMATION

<b>Entrance Point</b> Istora GBK, Senayan	<b>Start Time (Gun Time)</b> 05.00 WIB	<b>Finish Line Cut-off</b> 08.30 WIB
<b>Arrival Time</b> Please Arrive 1-Hour Before Gun Time	<b>Start Line Cut-off</b> 05.15 WIB	<b>Cut-off point KM 13</b> 08:00 WIB

## Legends

- Half Marathon Course
- Kilometers
- ▶ Start
- + Finish
- + Medic
- 💧 Hydration
- 🧽 Sponge Station
- 🚻 Toilet
- ⚡ Energy gel

### Langkah Bersama

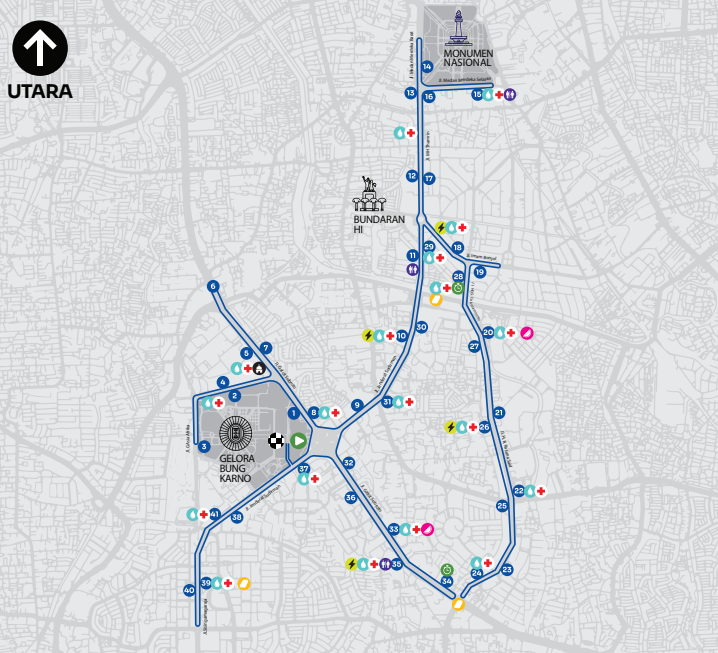


# Le Minerale Marathon Race Course

Race Course



UTARA



## RACE INFORMATION

<b>Entrance Point</b> Istora GBK, Senayan	<b>Start Time (Gun Time)</b> 04.00 WIB	<b>Finish Line Cut-off</b> 09.00 WIB
<b>Arrival Time</b> Please Arrive 1-Hours Before Gun Time	<b>Start Line Cut-off</b> 04.15 WIB	<b>Cut-off point 1 KM 28</b> 07:15 WIB
		<b>Cut-off point 2 KM 34</b> 08:00 WIB

## Legends

- Marathon Course
- Kilometers
- ▶ Start
- + Finish
- 🧽 Sponge Station
- + Musholla
- + Medic
- 💧 Hydration
- 🚻 Toilet
- ⚡ Energy gel
- ⌚ COP
- 🍌 Fruit station

### Langkah Bersama

# Race Course Facilities

## wondr 5K

Station	Position	Facilities
#1	KM 2,3	Hydration, Medic

## Electrum 10K

Station	Position	Facilities
#1	KM 2,5	Hydration, Medic
#2	KM5	Hydration, Medic
#3	KM 7,6	Hydration, Medic

## Jakarta Half Marathon

Station	Position	Facilities
#1	KM 2,2	Hydration, Medic
#2	KM 4	Hydration, Medic
#3	KM 6	Hydration, Medic, Gel
Toilet #1	KM 7	Toilet
#4	KM 7,7	Hydration, Medic
#5	KM 10	Hydration, Medic
#6	KM 12	Hydration, Medic
Sponge station #1	KM 13,1	Cooling sponge
#7	KM 14	Hydration, Medic, Gel, Toilet
#8	KM 16	Hydration, Medic
#9	KM 18	Hydration, Medic, Cooling sponge
#10	KM 20	Hydration, Medic



Station	Position	Facilities
#1	KM 2,2	Hydration, Medic
#2	KM 4,8	Hydration, Medic, Mushola
#3	KM 8	Hydration, Medic,
#4	KM 10	Hydration, Medic, Gel
Toilet	KM 10,9	Toilet
#5	KM 12,5	Hydration, Medic
#6	KM 15	Hydration, Medic, Toilet
#7	KM 17,7	Hydration, Medic, Gel
#8	KM 20	Hydration, Medic, Fruit station
#9	KM 22	Hydration, Medic
#10	KM 24	Hydration, Medic
#11	KM 26	Hydration, Medic, Gel
#12	KM 27,9	Hydration, Medic, Sponge station
#13	KM 28,8	Hydration, Medic
#14	KM 31,1	Hydration, Medic
#15	KM 33	Hydration, Medic, Fruit
Sponge station	KM 34,2	Cooling sponge
#16	KM 35	Hydration, Medic, Gel, Toilet
#17	KM 37	Hydration, Medic
#18	KM 39	Hydration, Medic, Sponge station
#19	KM 41	Hydration, Medic

# S U P E R C O M F O R T



VISIT OUR BOOTH AT  
WS-14 (EXPO) AND SO-03 (RACE VILLAGE)

# S U P E R N O V A



wondr  
JAKARTA  
RUNNING  
FEST 2024



**Air saja tidak cukup, Jaga hidrasi mu dengan isotonik seperti POCARI SWEAT!**

**CUACA PANAS = RESIKO DEHIDRASI = RESIKO KRAM**

70% gangguan medis yang terjadi saat race adalah kram otot\*, risiko tersebut meningkat saat berlari di cuaca panas karena tingginya produksi keringat dan ION terkuras.

#### **Kenapa Isotonik Bantu Cegah Kram?**

- Menggantikan cairan tubuh yang hilang dengan cepat dan menjaga keseimbangan cairan tubuh
- Memenuhi kebutuhan elektrolit/ION tubuh yang hilang saat berlari
- Mencegah hyponetremia
- Memberikan energi tambahan



# Taro Junior Dash

## Race Day Guide



# ! Essential informations

<b>Race pack collection*</b>	10 -11 October 2024	10.00 - 18.00	Istora GBK
<b>Race day</b>	12 October 2024	Gate opens 13.00	GBK Main Stadium

\*Friday, 11 October 2024, is the last day for race pack collection for Junior Dash participants. There will be no race pack collection on race day.

## Runners Entry



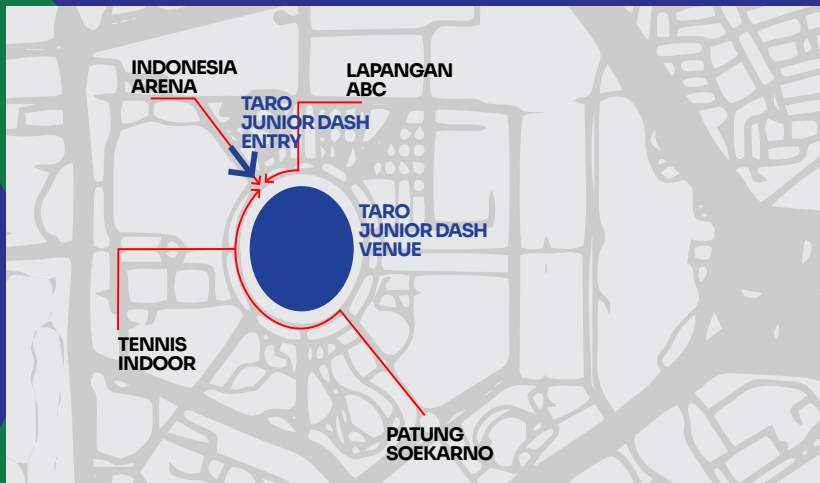
**Runners Entry for Taro Junior Dash:**  
Pintu Kuning Stadion Utama Gelora Bung Karno  
or Gate H Gelora Bung Karno Main Stadium



### Parking Area:

Several parking spaces are available near the Gate. Please be aware that spaces are limited and will be shared with other visitors of the Gelora Bung Karno Complex:

- Parking area at Indonesia Arena (Indoor Multifunction Stadium)
- Parking area at ABC Football Field
- Parking area at Tennis Arena
- Parking area near the Soekarno Statue (across from the softball field)



# Arrival Time

At least 1 hour before your respective race schedule.

Race	Age group	Suggested Arrival time	Lining Up	Start time (gun time)
Taro Junior Dash 100M	4-5 y.o.	13.30	14.45	15.00
Taro Junior Dash 200M	6-8 y.o.	14.00	15.05	15.20
Taro Junior Dash 400M - A	9-10 y.o.	14.30	15.45	16.00
Taro Junior Dash 400M - B	11-12 y.o.	15.30	17.00	17.15

\*Gate opens for all participants at 13:00. Participants who missed their scheduled wave start are not permitted to join the start process in the next race category.

## Why Arrive Early?

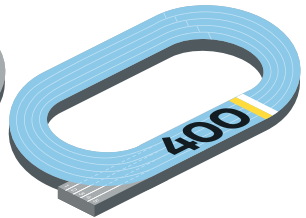
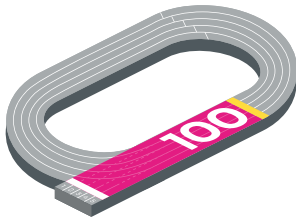
**Pre-race activities:** Arrive early to enjoy a variety of fun activities for kids from our sponsors and partners!

## Race Course Map and Facilities

**Refreshments:** Organizer will provide refreshment stations before the start and after the finish.

**Baggage drop:** Organizer do not provide baggage storage facilities at the event location.

**Medic:** Several medical services consisting of doctors and nursing staff for first aid, equipped with ambulance facilities and medical equipment.



## Race Rules

Full race rules and the winner determination mechanism can be accessed at the following link.

# The City's Soul in Motion

The Jakarta Running Festival is more than just a running event; it's a celebration of life, community, and the human spirit. We believe running is more than just a sport; it's a way to connect and celebrate.

Join us in creating an unforgettable experience where everyone feels welcome and included. Let's fill the streets of Jakarta together with laughter, camaraderie, and the joy of movement.

Whether you're a seasoned runner, a first-time participant, or someone who wants exhilarating experiences out of life, the Jakarta Running Festival is for everyone. Let's create memories that will last a lifetime.

#LangkahBersama



# OFFICIAL SPONSORS



# OFFICIAL PARTNERS



## MEDIA PARTNER





wondr  
JAKARTA  
RUNNING  
FEST 2024

#LangkahBersama