

ZONA SORAK

A COMPLETE WONDR JRF 2025
SPECTATOR'S GUIDE



23-26 OKTOBER 2025

ISTORA GBK, SENAYAN



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What is the Zona Sorak (Cheering Zone)?

The Zona Sorak (Cheering Zone) is a space for Jakarta residents to channel their spirit, positive energy, and creativity along the course of the Jakarta Running Festival. It's more than just a spot to watch, it's a place of togetherness where citizens, communities, and all elements of the city unite to cheer on runners from start to finish.

Vision of the Cheering Zone

To make Jakarta the city with the most festive running atmosphere in Southeast Asia through the active participation of approximately 50,000 residents in the Cheering Zone.

To uphold Jakarta's identity as a lively, inclusive city full of communal energy, ensuring every runner feels the warm support of its people.

Mission of the Cheering Zone

- 1. To deliver the most festive running experience** with cheers, music, creativity, and the positive energy of residents along the race route.
- 2. To invite communities, schools, universities, businesses, and local residents** to compete in creating the most unique Cheering Zones with themes, costumes, music, and creative props.
- 3. To create an inclusive space where anyone can participate** as a supporter, regardless of age, background, or community.
- 4. To drive cross-sector collaboration** (government, private sector, media, communities) in strengthening social bonds and togetherness among Jakarta residents.
- 5. To establish the Cheering Zone as a cultural hallmark** of the Jakarta Running Festival that can be passed down and grow bigger each year.

General Rules for the wondr JRF 2025 Cheering Zone

Community Registration & Coordination

- * Ensure your community is officially registered as a participant of the wondr Jakarta Running Festival 2025 Cheering Zone.
- * Each community must appoint a coordinator to communicate with the committee regarding technical needs, location, and safety.

Use of Equipment & Speakers

- * Microphones and speakers are allowed according to the committee's regulations (a maximum of 2 units with a reasonable sound volume level).
- * Avoid using equipment that could endanger participants or other spectators (e.g., exposed cables or unsafe electrical installations).





Road Use & Location Access

- * Follow traffic officers' directions regarding road closures along the race route.
- * Use public transportation (MRT or ride-hailing services) for easier access. Note: TransJakarta buses will not operate during the race.
- * If using private vehicles, plan alternative routes and avoid parking in areas along the race route.

Safety & Shared Comfort

- * Always take care of your belongings and personal safety.
- * Do not place props or attributes that block the flow of spectators and participants.
- * Please follow all instructions from security officers and event staff on site.

Additional Tips

- * Arrive early to secure the best spot and avoid traffic.
- * Use GPS or map applications to help navigate to the location.
- * Ensure all community members are aware of meeting points and basic rules before the event starts.

How to Be a Great Supporter at wondr JRF 2025

Do's (Recommended)

- 1. Choose strategic spots along the route,** such as uphill areas or crowded points, because runners need extra encouragement there.
- 2. Cheer positively** with claps, motivational words, or creative chants.
- 3. Bring creative props** like unique costumes, funny banners, flags, or even cowbells to add more excitement.
- 4. Give runners enough space** by keeping a safe distance so they feel comfortable.
- 5. Keep the positive vibes alive** by smiling or giving high fives during the race.
- 6. Leave the area clean** before heading home. Take your trash with you to keep the good vibes until the very end.



Don'ts (Things to Avoid)

- 1. Standing too close to runners**, as it may block their path.
- 2. Shouting negative cheers**, such as discouraging comments, jokes that touch on sensitive issues (e.g., race, religion, or ethnicity), or containing political elements.
- 3. Providing alcoholic beverages or illegal substances** that may affect the runners' performance and safety.
- 4. Leaving trash along the route**, let's keep Jakarta clean together.
- 5. Disturbing medical staff or event organizers**, as they need to stay focused on their duties.



At a running event, runners are the main stars, but supporters are the extra energy that keeps them moving toward the finish line. With cheers, creativity, and positive spirit, you can be the reason they keep smiling even when their legs start to feel heavy.

So, let's be fun supporters and make the vibes of wondr Jakarta Running Festival 2025 even more festive!

Checklist for Supporters at wondr JRF 2025

Water

Stay hydrated while cheering for runners, especially if the weather is hot.



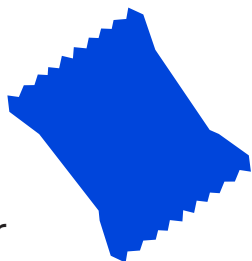
Cheer Boards or Banners

Show your support with creative messages. Short, funny, or energetic words can put a smile on runners' faces.



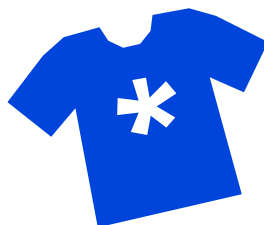
Snacks

Bring light snacks to keep your energy up, such as sliced fruit or your favorite treats.



Fun Costumes

Wear bright or themed outfits to stand out in the crowd. Matching outfits with your supporter group makes it even more fun.



Sunscreen & Hat/Umbrella

Protect yourself from the sun, especially if you'll be cheering for a long time.



Creative Props

Bring balloons, pom-poms, whistles, or small musical instruments (mini drums, maracas) to boost the excitement.



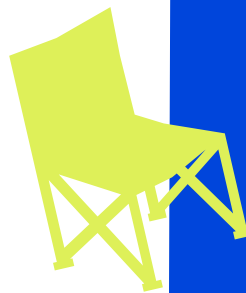
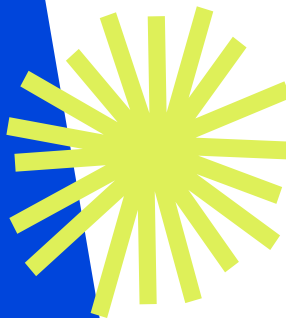
Prepare Chants

Come up with simple, easy-to-follow chants, for example:

“You’ve got this!
You’re amazing!”

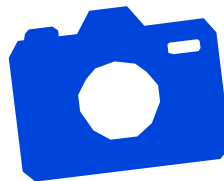
“Let’s go, let’s go, all
the way to the finish!”

Chants help lift the
vibe and spread
energy to the runners.



Folding Chair (Optional)

For resting your feet
if you’ll be cheering
from one spot for a
long time.



Camera (Optional)

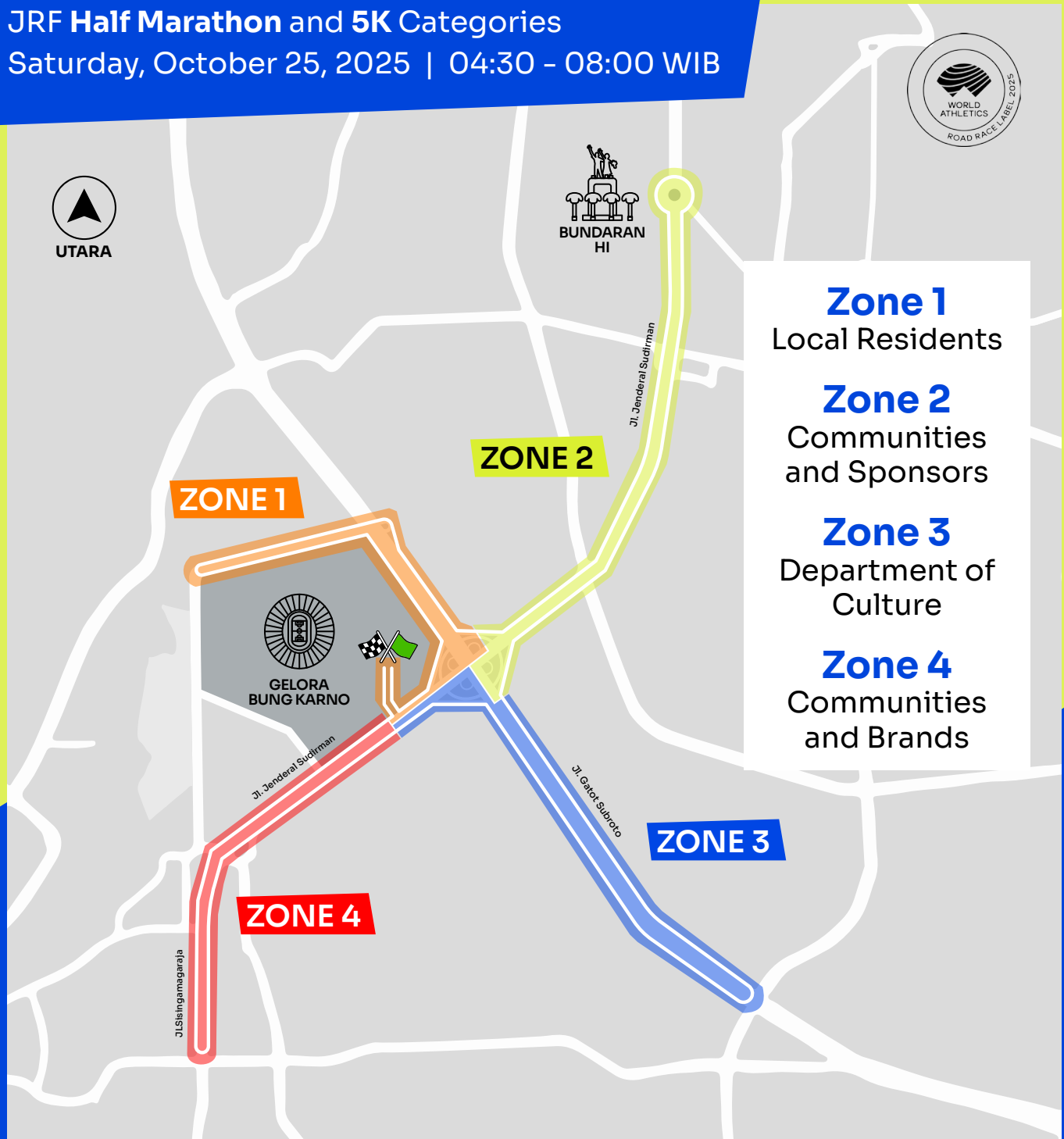
Capture moments
and runners’
expressions with
your camera or phone
as they pass your
Cheering Zone.

wondr JRF 2025 Cheering Zone Map

Cheering Zone Day 1

JRF Half Marathon and 5K Categories

Saturday, October 25, 2025 | 04:30 - 08:00 WIB



Half Marathon Category

Start **04:30**
Cut Off Time **08:00**

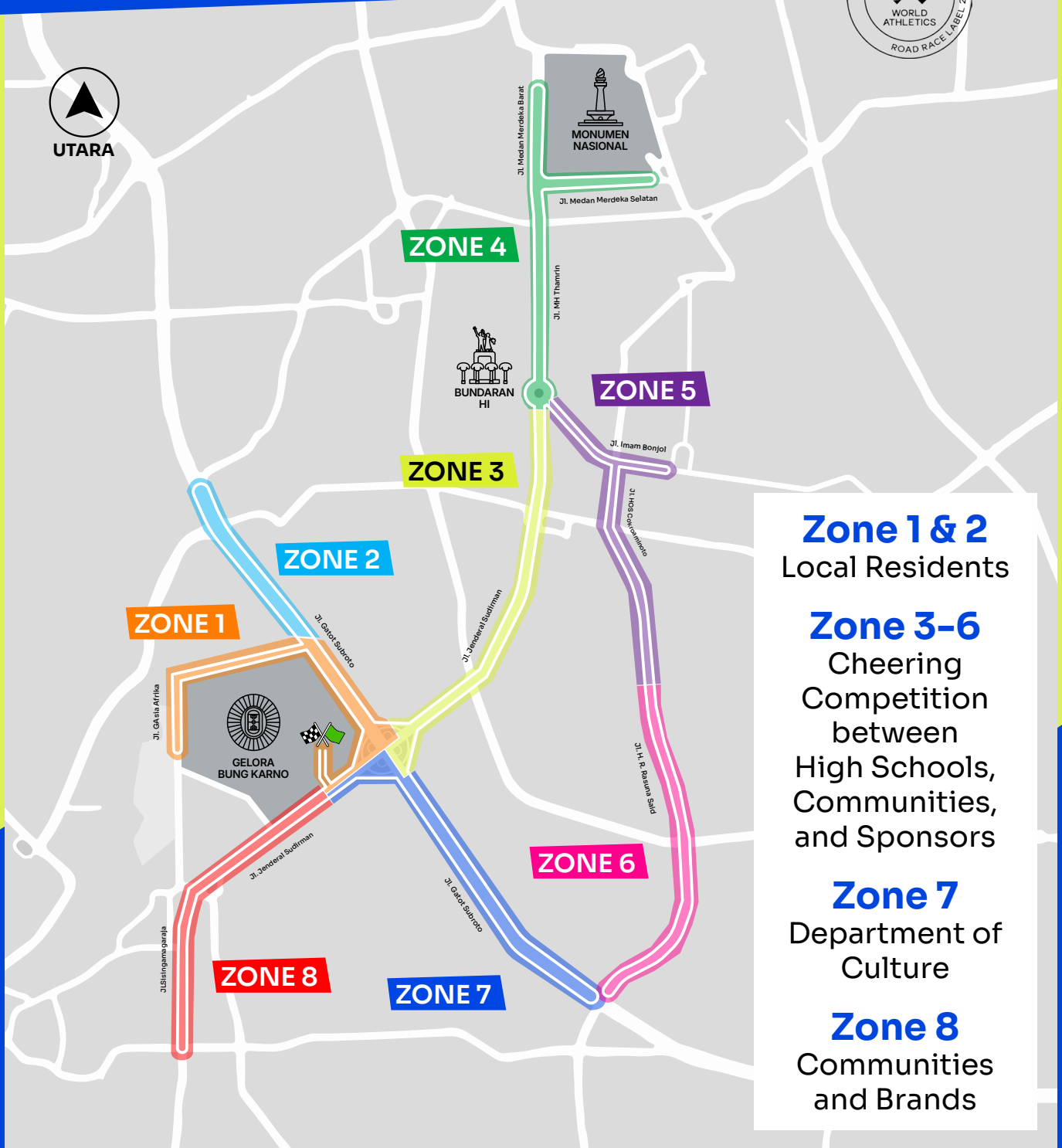
5K Category

Start **05:15**
Cut Off Time **06:15**

Cheering Zone Day 2

JRF Marathon and 10K Categories

Sunday, October 26, 2025 | 04:00 - 09:00 WIB



Zone 1 & 2
Local Residents

Zone 3-6
Cheering Competition between High Schools, Communities, and Sponsors

Zone 7
Department of Culture

Zone 8
Communities and Brands

Marathon Category 10K Category

Start **04:00**
Cut Off Time **09:00**

Start **05:15**
Cut Off Time **07:15**

Estimated Time for Runners to Pass Checkpoints

Saturday, October 25, 2025
Half Marathon (Start 04.30 WIB)

KM	ESTIMATION TIME	C.O.P	TIME
KM 5	04:45 - 05:19 WIB	10.5 KM	06:10 WIB
KM 10	05:00 - 05:59 WIB	15.5 KM	07:00 WIB
KM 15	05:15 - 06:39 WIB	FINISH	08:00 WIB
KM 21.1	05:33 - 08:00 WIB		

Sunday, October 26, 2025
Full Marathon (Start 04.00 WIB)

KM	ESTIMATION TIME	C.O.P	TIME
KM 5	04:15 - 04:42 WIB	15 KM	05:45 WIB
KM 10	04:30 - 05:15 WIB	24.4 KM	06:50 WIB
KM 15	04:45 - 05:46 WIB	31.8 KM	07:45 WIB
KM 21	05:03 - 06:37 WIB	36.8 KM	08:20 WIB
KM 25	05:12 - 06:50 WIB	Finish	09:00 WIB
KM 30	05:27 - 07:19 WIB		
KM 35	05:45 - 07:55 WIB		
KM 40	06:00 - 08:44 WIB		
KM 42.2	06:06 - 09:00 WIB		

Safety & First Aid Tips for Supporters at wondr JRF 2025



Being a marathon supporter is not just about cheering and giving encouragement, but also about helping maintain everyone's safety. With a little awareness, you can play a big role in creating a safe, positive, and energetic event.

Here are some guidelines you can follow:

Stay Calm & Alert

If you see a runner fall or appear to need help, don't panic. Observe their condition: are they unconscious, not breathing, struggling to move, or bleeding? Initial support from people nearby is crucial before the medical team arrives.

Seek Help Immediately

Call medical staff nearby. If none are present, ask fellow supporters to contact the Jakarta Running Festival medical hotline at **+62 813-1428-0796** or report to the officer at the nearest Cheering Zone.

Provide Basic First Aid (If Able)

If you have first aid knowledge, take simple steps such as ensuring the runner can breathe, stopping minor bleeding, or calming them down. However, remember not to perform any actions that could endanger the runner or yourself.

Give Complete Information

When medical staff arrive, share important details such as what you saw before the runner collapsed, their condition when you first found them, or any medical history you may know. Even small information can be very helpful for quick treatment.

Don't Leave the Runner Alone

Stay near the runner until medical help comes. Your presence can reassure them and ensure there is a witness who can explain the situation accurately.



Protect Yourself & Others

Don't stand too close to the track to avoid blocking or risking a collision with runners.

Use safe cheering gear. Banners, pom-poms, or cheering props are allowed, but avoid sharp objects, lasers, or extremely loud horns that could harm or distract runners.

Take care of yourself, too: wear a hat, sunscreen, or bring a foldable umbrella in case of hot or rainy weather.

Carry Small Emergency Supplies

Bring wet wipes, band-aids, or extra drinking water. These little things can be useful for yourself or other supporters around you.



Remember!

Runner's safety is the top priority. If you're not sure what to do, it's better to wait for trained medical staff. By following these tips, you won't just be a fun supporter, you'll also be part of the big team keeping the event safe and enjoyable. Let's create a positive atmosphere along the route together and support runners in achieving their best performance. **#LangkahBersama**

Official Medical Hotline wondr JRF 2025

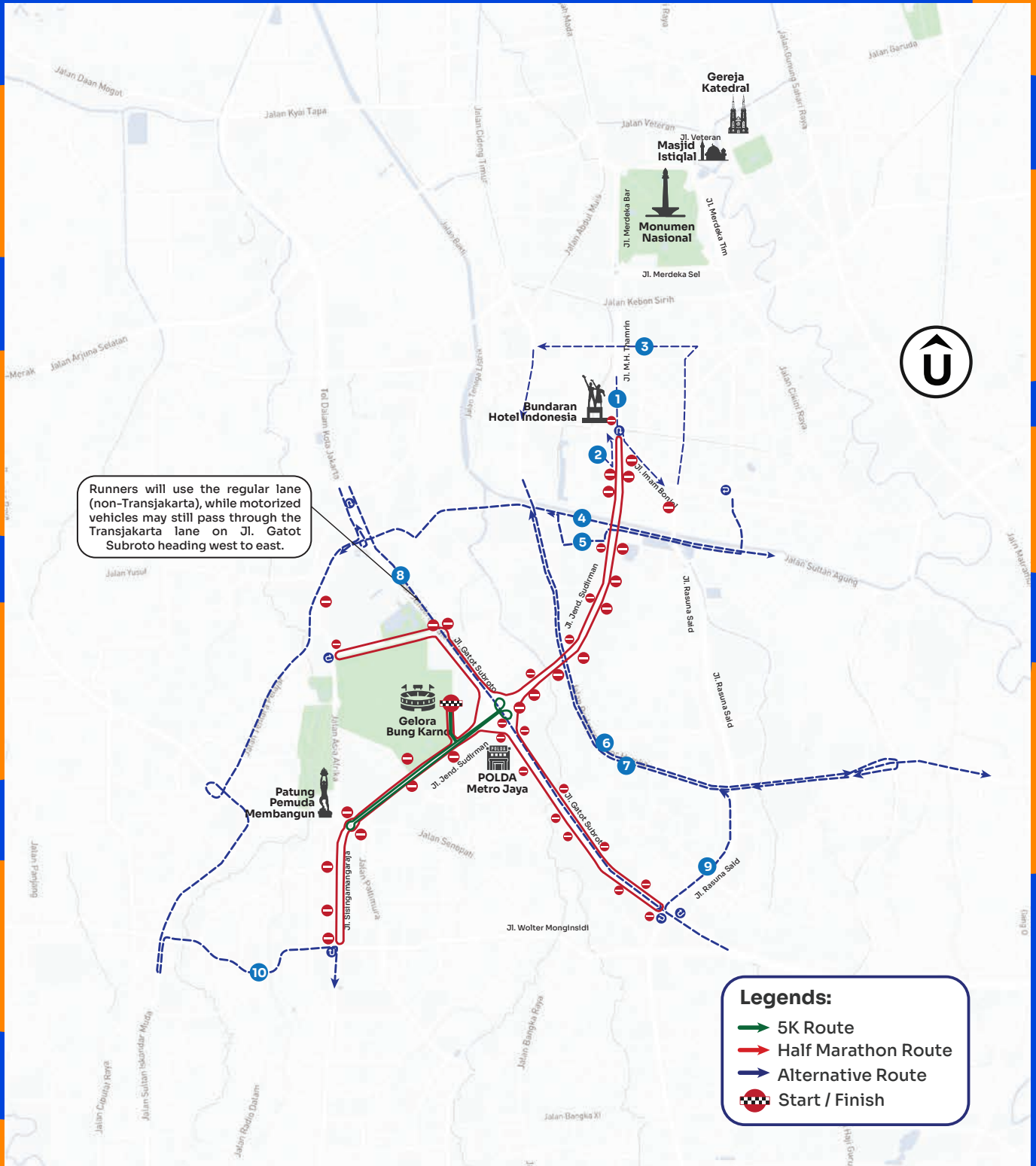
At a marathon as large as the **wondr Jakarta Running Festival 2025**, quick coordination is crucial. That's why every point along the route has a **Medical Post** and officers ready to assist in case of emergencies.

As a supporter, you are advised to:

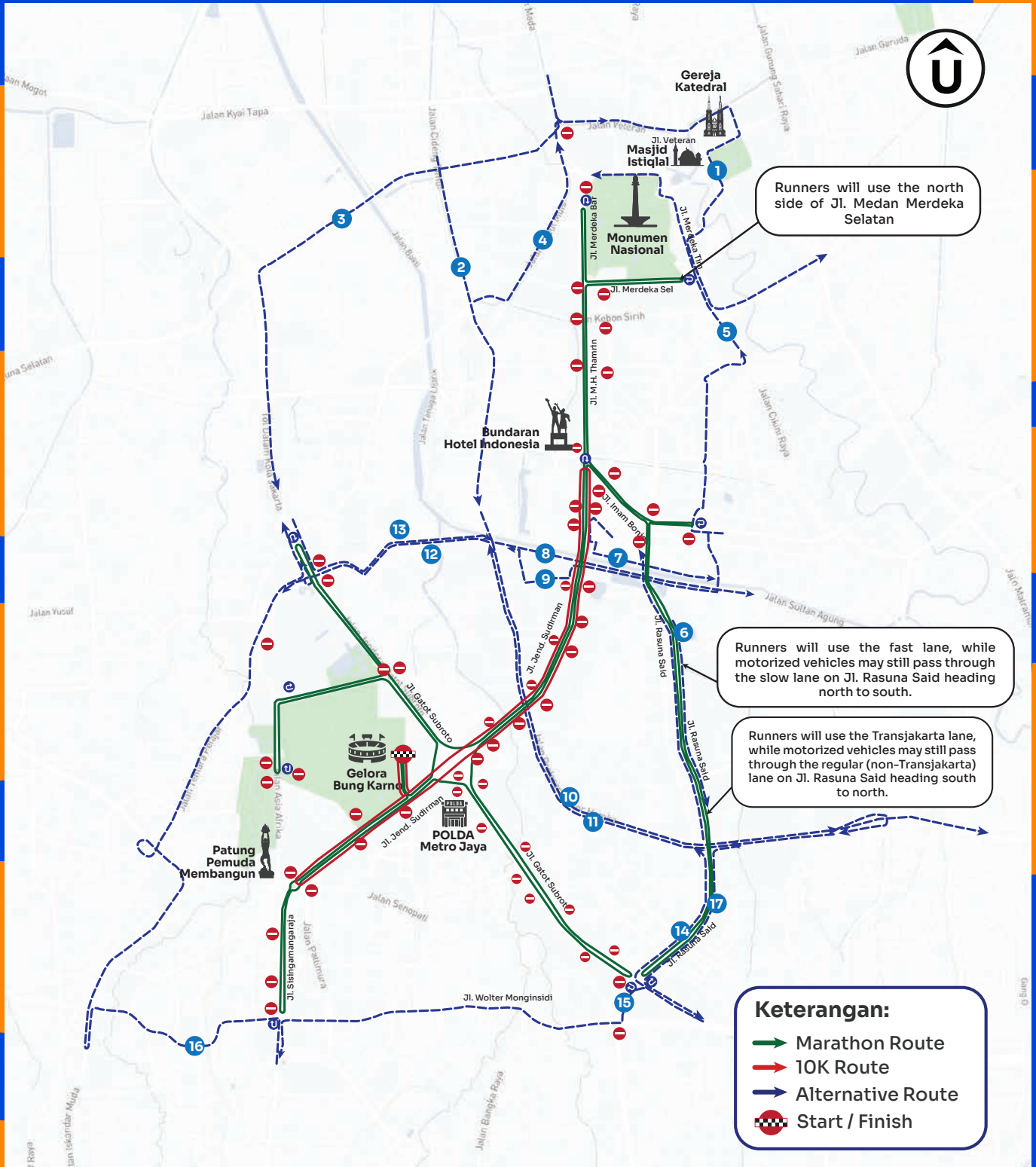
- Save or take a photo of this contact on your phone.
- Remember the nearest medical post to where you are standing.
- Don't hesitate to immediately contact an officer or the medical hotline if you see a runner or another spectator in need of help.

Hotline Medic
Jakarta Running Festival
+62 813-1428-0796

Alternative Route Map for Traffic Diversion Saturday, October 25, 2025



Alternative Route Map for Traffic Diversion Sunday, October 26, 2025



CELEBRATE YOUR WHATEVER AT OUR JRF EXPO 2025!

Get ready for 4 days full of fun! From shopping the latest running products, enjoying Jakarta's culinary delights, to rocking out together!



October 23–26, 2025

Istora Senayan, GBK Jakarta

wondrsports & Lokalhood

Step into the arena filled with dozens of colorful booths from local and international brands. Discover:

- * The latest running shoes with advanced technology.
- * Stylish & breathable apparel for every running style.
- * Sports gadgets, smartwatches, and the newest recovery tools.
- * Official JRF merchandise, exclusive & limited edition.

FOOD RUMBLE

No need to worry about hunger, Food Rumble has you covered!

- * Jakarta's iconic street food legends.
- * Nutritious, healthy meals for runners.
- * International menus that take your taste buds around the world.
- * A cozy hangout area to recharge and chill with your community.

The wondr Jakarta Running Festival 2025

is more than just a race. It's a weekend of celebration where sport, lifestyle, food, and music come together.

So bring your family, friends, and community to join the fun and ***Celebrate Your Whatever*** at wondr JRF 2025!

#LangkahBersama



Lokal
HOOD
BY RUNHOOD

wondr
sports



Thursday, 23 October 2025 — 10:00 - 21:00 WIB

Friday, 24 October 2025 — 10:00 - 21:00 WIB

Saturday, 25 October 2025 — 06:00 - 21:00 WIB

Sunday, 26 October 2025 — 06:00 - 12:00 WIB



910Nineten ▪ ALL OR NOTHING ▪ Arktiv ▪ Aspro Sportswear
▪ Atalon Activewear ▪ AZA Activewear ▪ CAPSLOCK
DISTORTION MILES ▪ EAGLE ▪ EASYSUNDAY ▪ EIGER ACT ▪
Fieldway ▪ Gumi Sport ▪ KVSL ▪ Made for Women ▪ Manta Liberta ▪
MILLS ▪ Mont Hood ▪ NMBL x LITE ▪ Nocale ▪ NUTANA ▪ O2 ACTIVE
▪ One Step Ahead ▪ ONPOINT ▪ Ortuseight ▪ Plai Sports Club
▪ Porto X ▪ Project Sekar ▪ Pyopp Fledge ▪ Running Addict ▪
RuntoMiles ▪ Scratch Running ▪ Sense of Escape ▪ HEARTSTRIDE
▪ SUVS ▪ TBD ▪ TERREL ▪ trijee ▪ USE YOUR HEAD ▪ VOOLA

wondrsports

180spm ▪ blibli ▪ Ergofit ▪ GCM ▪ Goodr ▪
JRF Official Merchandise ▪ Machina Libera ▪ Prima Fit ▪
Starting Lane

tworubber

FOOD RUMBLE

at  wondr
JAKARTA RUNNING
FESTIVAL 2025

akkar Juice Bar ▪ Babi Tong ▪ Bakmi Han ▪ Bakmi Jagoan
▪ Bakmi Takain ▪ BIG BITE CUANKI ▪ Biggies BBQ ▪
BluJam Kitchen ▪ bon! pasta bar ▪ Booah ▪ Buburin ▪ Bur-
greens ▪ Dapur Koja ▪ DEMIE BAKMIE 69 ▪ Depot Nasi Pajero ▪
Dough Lab ▪ Fat Saigon Boy ▪ FUMO CHICKEN JOINT
▪ Futago ▪ GOCOCO ▪ Green Rebel ▪ HIJOO SALAD BAR ▪
Jatinangor House ▪ Kang Tebu ▪ kopikalyan ▪ Lawless Burgerbar
▪ Little Amsterdam ▪ Mad Bagel ▪ Maru ▪ NASGERO ▪
Nasi Goreng Nagih Mama Gigi ▪ NORINOM ▪ PATATAS
▪ PLATE PALATE ▪ RM Fariz ▪ Shake Wagyu ▪
SLOBBERDAWG HOTDOG ▪ Talenta Bar ▪ Tempura Club
▪ TOKO KOPI TUKU ▪ Wicked Pies



#LANGKAHBERSAMA

CELEBRATE YOUR WHATEVER

@jakartarunningfestival Jakarta Running Festival jakartarunningfestival.id

Info Zona Sorak +62 852-3881-9121 (Firji)