



INTERNATIONAL CIVIL AVIATION ORGANIZATION (ICAO) EASTERN AND SOUTHERN AFRICAN (ESAF) REGIONAL OFFICE

80th Anniversary of the Signing of the Convention on International Civil Aviation

KARURA FOREST FUN RUN

Nairobi, Kenya:

| 22 November 2024 | |
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| 07:30- 08:00 | Registration and Warm-Up • Arrival • Pick up of Race Numbers (Bibs) • Warm-up session |
| 08:00- 08:05 | Overview of the day's schedule |
| 08:05- 08:10 | Start Line Assembly Participants gather at the start line according to their race category (21km, 15km, 3km) |
| 08:15 | Races Start: • 21km Run: Flag-off for the 21km runners • 15km Run: Flag-off for the 15km runners • 3km Walk: Flag-off for the 3km runners |
| 08:15- 11:45 | Races in Progress • Water stations available along the routes • Medical support available |
| 11:00-11:30 | Finish Line Celebrations: Early finishers begin to arrive. Music and entertainment |
| 11:30-12:00 | Award Ceremony: Speeches Presentation of medals and awards to the top finishers in each category. |
| 12:00- 12:15 | Closing Remarks Vote of thanks Closing |
| 12:15-12:30 | Tree Planting Ceremony: VIPs are invited to plant trees to commemorate the event and promote environmental sustainability. |
| 13:00 | Event Conclusion |
| | -End- |