

# run for pride

## PARTICIPANT INFORMATION

### WARM WELCOME TO RUN FOR PRIDE 2025!

**Sweden's most colorful running celebration on May 8 th at Djurgården in Stockholm.**

The event area with warm-up and DJ Pedro opens at 4:00 PM.

Pets Run starts at 4:30 PM. Other races (5 km and 10 km) start at 5:30 PM.  
Winners will be announced around 6:30 PM.

Please make sure to arrive at the starting area well in advance of the race.

### RACE BIB (running number)

Collect your race bib at Barry´s Studio, Jakobsbergsgatan 21.  
May 5th and May 6th between 5-7 PM.

### THE RACE 8TH MAY

The race starts behind the Maritime Museum (starting and finishing area),  
Djurgårdsbrunnsvägen 24, 115 27 Stockholm.  
Here you'll also find the event area with stage and food trucks.

During the race, you can choose your distance, either 5 km or 10 km (meaning if you're registered for 5 km, you can decide to run 10 km instead, and vice versa).

There will be a water station at the starting and finishing area.

### PARKING

We recommend using public transportation, cycling, or walking to the starting point since parking spaces in the area are limited. We do not sell parking tickets.

### BAG DROP

At the starting area, you'll be able to drop off a bag (there's a tag at the bottom of your bib number that you'll use when dropping off your bag).

It's best to arrive ready to run. Change before arriving as the space for bag drop is limited, and there are no changing rooms. Do not leave valuables. Run For Pride is not responsible for them. Note that there are no showers available.

### MEDICAL ASSISTANCE/HEALTHCARE

Participation in the Run For Pride race, like any other race, is at your own risk. Medical assistance is available in the starting and finishing area. If you need medical help during the race, contact one of the officials. If you do not complete the race (withdraw), inform one of our officials so they can pass on the information. NOTE! If you suffer from a serious injury or pain, call 112 immediately.

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## RESTROOMS

*There will be portable toilets (porta-potties) available in the starting and finishing areas. Please be aware that there may be queues, so arrive early.*

## COURSE MAP

*(See attached map) The route will be marked with pink ribbons and officials along the course.*

## CUTOFF TIME

*The cutoff time is 1.5 hours for both the 5 km and 10 km races. The last finish time is 7:00 PM.*

*CAN I WALK? Yes, you are allowed to walk. Remember that the cutoff time is 1.5 hours.*

*CAN I RUN WITH HEADPHONES? No, you must be able to hear traffic. Be mindful and aware of traffic.*

*FOOD & DRINKS Available for purchase at food trucks located in the starting and finishing areas.*

## MEDAL & PRIZES

*Upon finishing, you will receive a medal. The top three fastest runners in the 5 km and 10 km races in both men's and women's categories, the fastest in Pets Run, and the participant with the best costume will receive something extra and will be specially acknowledged from the stage.*

## TIMING & RESULTS

*Each participant will receive a bib with a chip used to record your start and finish times. Therefore, you do not need a separate chip. To ensure accurate timing, please make sure that during the race your bib: - Is clearly visible on the front of your shirt, tank top, or shorts. - Is securely attached at all four corners. - Is not covered by a jacket, running belt, water bottle, etc. - Is intact and not folded. Handle your bib with care! Do not fold or bend it. The chip cannot be reused. You do not need to return it after the race.*

*Results will be available on [www.racetimer.se](http://www.racetimer.se) on the same day and on [www.runforpride.se](http://www.runforpride.se) a few days later.*

## WHEN IS THE LATEST I CAN REGISTER FOR THE RACE?

*May 7th. You can register at [www.runforpride.se](http://www.runforpride.se). Remember, by participating, you support the RFSL Fundraising Foundation, which supports initiatives in Sweden and around the world to promote the rights of LGBTQIA+ individuals.*

*See you on Thursday, May 8th.*

*For further questions: [info@runforpride.se](mailto:info@runforpride.se)*

*Best regards, The Team behind Run for Pride 2025*



Norra Djurgården

**2 VARV 10KM**

