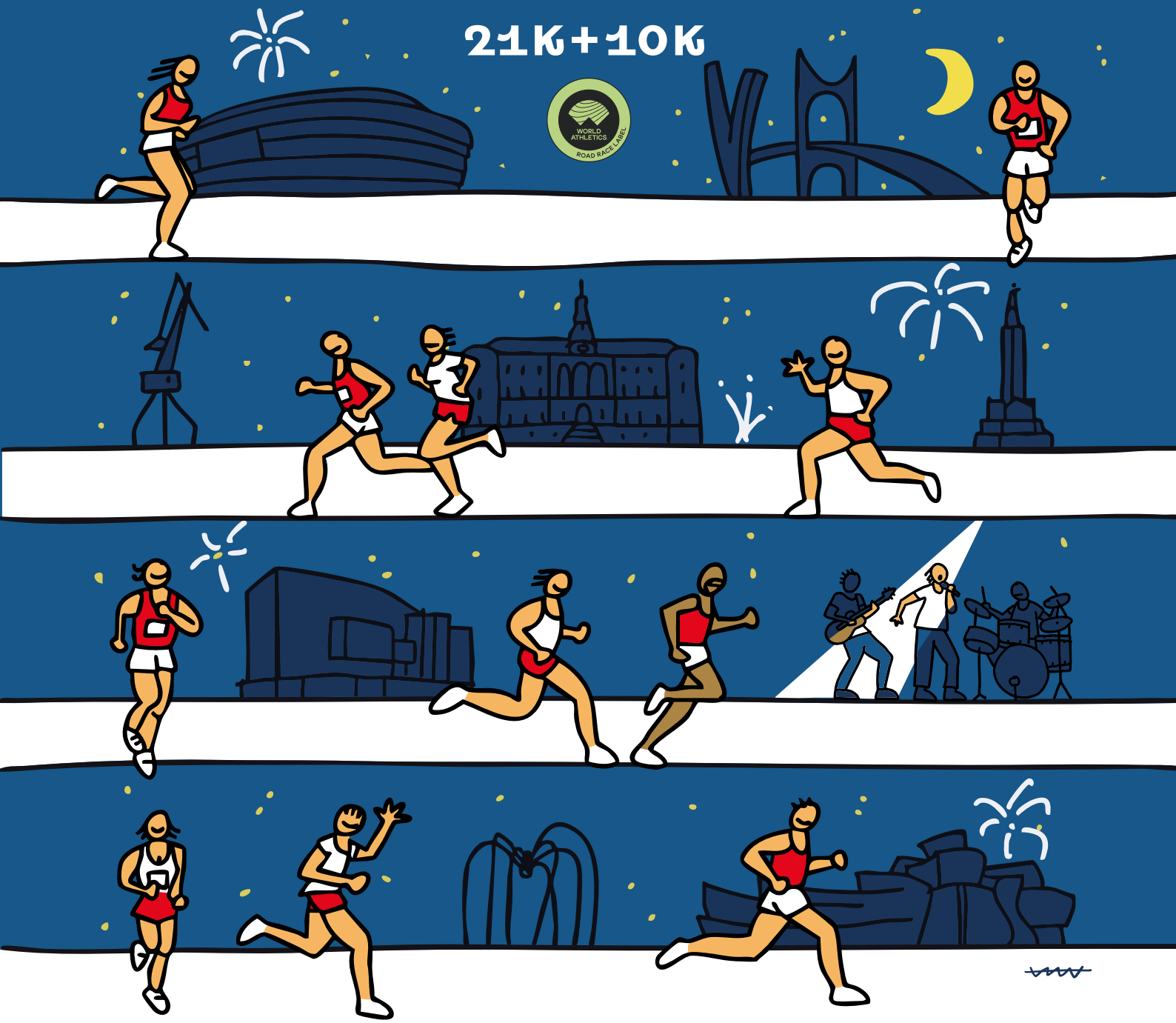
* RACEBOOK *

BILBAO NIGHT RUN FEST

17 OCTOBER 2026

21K+10K



LABORAL kutxa

MIZUNO

Bilbao · EUSKADI BASQUE COUNTRY · Forum sport · Deloitte. · GOLDCAR · ENERVIT

Leloa Wagen Audi · EL CORREO · BM supermercados · Coca-Cola Real Magic · io Institutos Odontológicos · GOYA

¿DAR LA LATA EN PLAZAS Y PARQUES?

¡NO!



POR RESPETO Y RESPONSABILIDAD

NO DEJES RASTRO, DEJA HUELLA

MEJOREMOS BILBAO

Bilbao

21K / 10K BILBAO NIGHT RUNNING FEST

WELCOME



18TH BILBAO NIGHT RUN FEST

Here we are together once again, celebrating our shared passion for running for the **18th time**.

Over the years, more than **153,000 runners from 80 countries** have become part of this extraordinary family. This year, we are welcoming **27,000 participants** – a figure that confirms Bilbao Night Running Fest's place among the major events on both the Spanish and international running calendars.

As we celebrate our 18th edition, we are more excited than ever. And what better way to mark this milestone than by turning the whole city into one huge running celebration?

The event once again features two official distances, the **21K** and **10K**, both certified by the Royal Spanish Athletics Federation (RFEA) and included on the national race calendar. We also retain the prestigious **World Athletics** Label, a mark of quality awarded to some of the world's leading races, firmly placing Bilbao on the international road-running circuit.

Every year, our race brings together elite athletes and thousands of recreational runners, all pursuing different but equally meaningful goals: setting a personal best, taking on a new challenge or simply sharing an unforgettable evening with family and friends.

To make your experience even better, we have expanded the starting pens and introduced staggered starts from **San Mamés**. This will help everyone get away smoothly and enjoy the spectacular route through Bilbao's illuminated streets, all the way to the finish beside the **Guggenheim**.

As always, a dedicated team of volunteers and professionals will be on hand to help you throughout the event. Along the course, **12 entertainment points** will fill the night with music, rhythm and energy, carrying you towards a finish-line celebration featuring live music.

We remain committed to protecting the environment and making our event more sustainable. We invite you to do your part by using the recycling bins provided and choosing sustainable transport whenever possible as you travel around our city.

Once again, Bilbao will come out in force to support you. Its streets, residents and thousands of spectators will make this a truly special night. Because, for a few unforgettable hours, you will be the star of the show.

Thank you for putting your trust in us once again. Savour every kilometre, every cheer and every emotion.

Welcome to the 18th Bilbao Night Running Fest.
See you on the start line.

OFFICIAL T-SHIRT

BILBAO NIGHT RUN FEST

18TH EDITION



Get ready to stand out! You won't just run... you'll be part of history!

A unique design that combines **Mizuno's high-performance technology** with the vibrant spirit of one of Europe's most iconic races.

Run under the **stars of Bilbao,** illuminated by a design that reflects the **energy and excitement** of the city on a magical night.



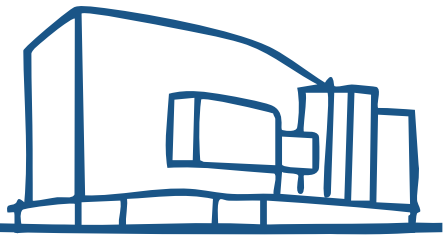


MIZUNO


WAVE
RIDER 30
TRUST THE FLOW,
RIDE THE NEXT WAVE.
MIZUNO RUNNING

BIB NUMBER COLLECTION

& RUNNER'S EXPO

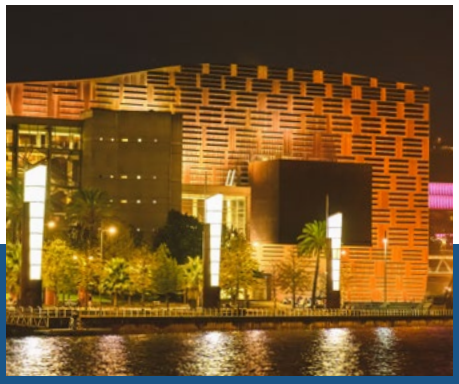


WHEN
Friday, October 16: 3:30 PM - 8:30 PM
Saturday, October 17: 10:00 AM - 6:30 PM

WHERE
EUSKALDUNA PALACE

You can collect your bib number, timing chip, T-shirt, and runner's bag for the TotalEnergies Bilbao Night Running Fest at the Euskalduna Palace.







PASOS PARA RECOGER TU DORSAL



1. Race number
You must know the RACE NUMBER that we have assigned you. You can check it the same week of the race on this WEBSITE.



2. Pick up your race number
You will have to place yourself in the corridor corresponding to your race number. And it will be essential that you present your ID or identification document. *If you cannot pick up your number on the indicated days, ANOTHER PERSON CAN DO IT for you, presenting a photo of your ID or identification document in digital or printed format.*



3. Pick up your t-shirt
You will have to place yourself in the corridor corresponding to your shirt size and you will have to present the envelope of the number you took in the previous step.

<< FIND YOUR BIB NUMBER HERE



Colaborar





Albaola Itsas Kultur Faktoria

Somos 1.200.000 personas que creen que hay otra forma de hacer comunidad, empresa, cultura, territorio, progreso y banca.

Nuestra forma en el siglo XXI de construir comunidades más igualitarias, prósperas y sostenibles.

LABORAL kutxa

Hay otra forma

WORLD ATHLETICS

BILBAO ON THE WORLD CIRCUIT FOR THE 4TH CONSECUTIVE YEAR



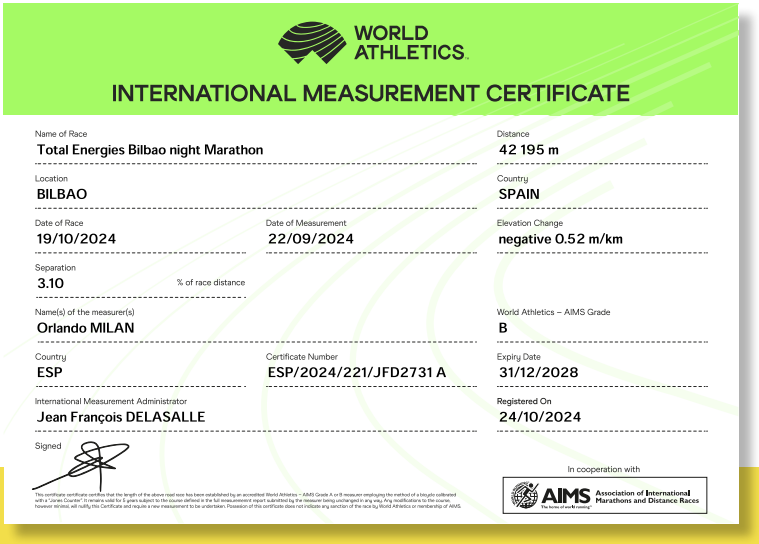
This distinction is a quality label awarded by World Athletics to the best races in the world, granting entry into an exclusive international schedule.

The main requirements to obtain a World Athletics label include, among others:

- **At least 3 years of history.**
- **Inclusion in the National Calendar.**
- **An internationally certified course.**
- **Anti-doping controls.**
- **Participation of World Athletics elite athletes.**

All these requirements, along with other organizational standards — such as course signage, proper refreshment stations, chip timing, live race broadcast, pacers, and start corrals — are services currently provided by the event.





WORLD ATHLETICS

INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race: Total Energies Bilbao night Marathon		Distance: 42 195 m
Location: BILBAO		Country: SPAIN
Date of Race: 19/10/2024	Date of Measurement: 22/09/2024	Elevation Change: negative 0.52 m/km
Separation: 3.10 % of race distance		
Name(s) of the measurer(s): Orlando MILAN		World Athletics – AIMS Grade: B
Country: ESP	Certificate Number: ESP/2024/221/JFD2731 A	Expiry Date: 31/12/2028
International Measurement Administrator: Jean François DELASALLE		Registered On: 24/10/2024

Signed

In cooperation with AIMS Association of International Marathons and Distance Races

RUN X™

The new global running competition from Technogym and World Athletics

TECHNOGYM

WORLD ATHLETICS



COMPETE IN THE WORLD'S FIRST 5K WORLD TREADMILL CHAMPIONSHIP

Whether you're chasing a PB or taking on a new challenge, RUN X is open to runners of all abilities. Run your fastest 5K, compete against runners from around the world and climb the global leaderboard for the chance to win a share of the $100,000 prize pool and become the world's first 5K World Treadmill Champion.

SCAN TO ENTER

"Drink, enjoy and recycle. Bilbao thanks you.."

Bilbao Night Running Fest remains firmly committed to *environmental protection and sustainability.*

As in previous years, our aim is to raise awareness among everyone attending the event and, as organisers, minimise the environmental impact associated with a large-scale public event.

Making an event more sustainable means taking practical steps to improve those aspects of its organisation most likely to affect the surrounding environment.

At Bilbao Night Running Fest, we are determined to turn that commitment into action and reduce our environmental footprint as far as possible.

MEASURES WE ARE INTRODUCING INCLUDE:

- Promoting **public transport** to avoid private vehicle use.
- Facilitating **walking routes** to key event points for participants and staff.
- Using **recycled and recyclable advertising materials.**
- Using **compostable cups** at refreshment stations.
- Using **electric vehicles** such as the lead car and electric motorbikes.
- Using **bicycles** for staff and as support for runners during the race.
- Implementing **waste collection measures** at the start, along the route, and at the finish, with the invaluable collaboration of the **Bilbao City Council,** followed by proper treatment of each waste type.
- **Donating surplus food** from the event to the **Food Bank.**



SHOOT YOUR BOTTLE

This year, we are introducing a new way for you to help us collect PET plastic bottles from the refreshment stations so that as many as possible can be recycled.

Special collection points will be set up approximately 100 metres beyond the water stations. Simply aim your empty bottle into one of them! This will make collection and subsequent recycling easier.

Together, runners, sponsors, suppliers and staff can enjoy a **more environmentally sustainable event** – one that benefits us all.

JOIN US & HELP MAKE IT HAPPEN!





COCA-COLA y REAL MAGIC son marcas registradas de The Coca-Cola Company.



CONSIGUE EL **MERCHANDISING OFICIAL** DE LA CARRERA

DE VENTA EXCLUSIVA EN

forum sport

DESCUBRE TODA LA COLECCIÓN ESCANEANDO ESTE CÓDIGO



Sudadera Training Gris
Mujer y hombre.
46’99 €



Sudadera Training Azul
Mujer y hombre.
46’99 €



Camiseta Blanca
Mujer y hombre.
13’99 €



Camiseta Azul
Mujer y hombre.
13’99 €



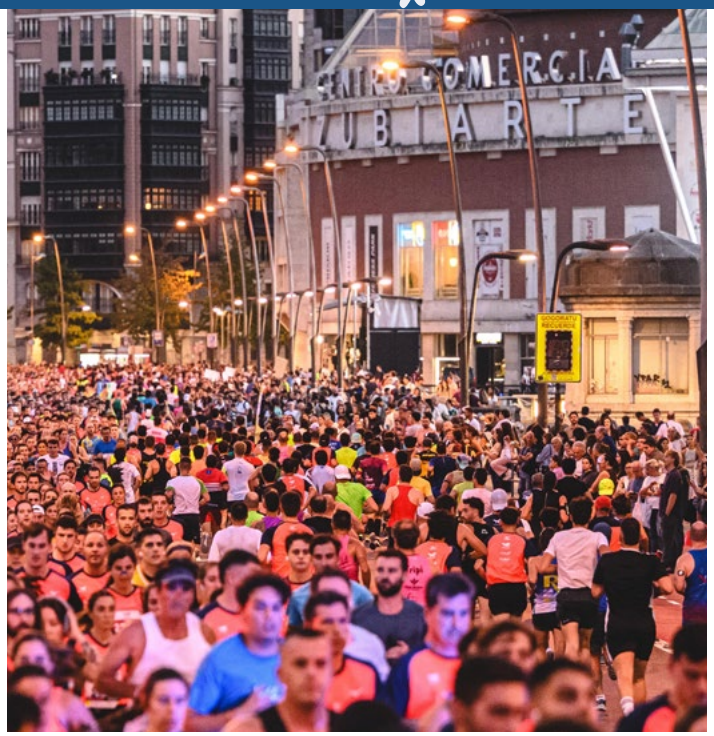
Chubasquero Running
Mujer.
56’99 €



Chubasquero Running
Hombre.
56’99 €

WARDROBE

There will be a **baggage service** available for participants of both distances **from 5:00 p.m. to 11:00 p.m.**, located on **Level -1 of Zubiarte Shopping Center.**



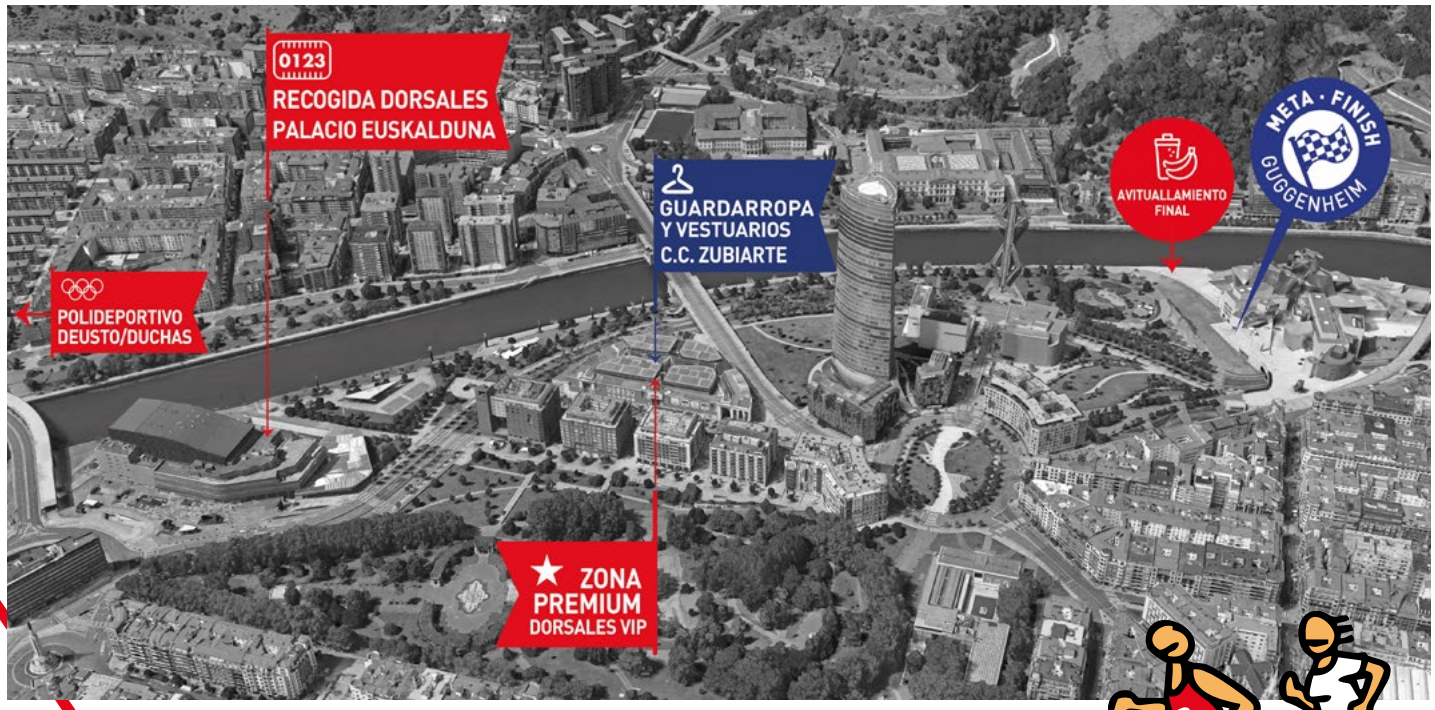
You must place your personal belongings inside the **official gymsac**, provided together with your bib and chip. To identify your bag, attach the **official numbered tag** included in your bib envelope.

ONLY OFFICIAL EVENT BAGS WITH THE OFFICIAL NUMBERING WILL BE ACCEPTED.

CHANGING ROOMS

Separate changing rooms for **men and women** will be available **from 5:00 p.m. to 11:00 p.m.**, also located in **Zubiarte Shopping Center**.

YOU'LL NEED TO SHOW YOUR BIB NUMBER TO ACCESS THIS SERVICE AND LATER RETRIEVE YOUR BELONGINGS.



DO NOT RUN WITH TWO EARPHONES

If you want to listen to music, wear only one earphone — otherwise, you won't hear other runners or volunteers who may be giving you important instructions.

WAVE RIDER 30

ZAPATILLA OFICIAL BILBAO NIGHT RUNNING FEST

NIGHT IS NOT MADE FOR REST



forum sport

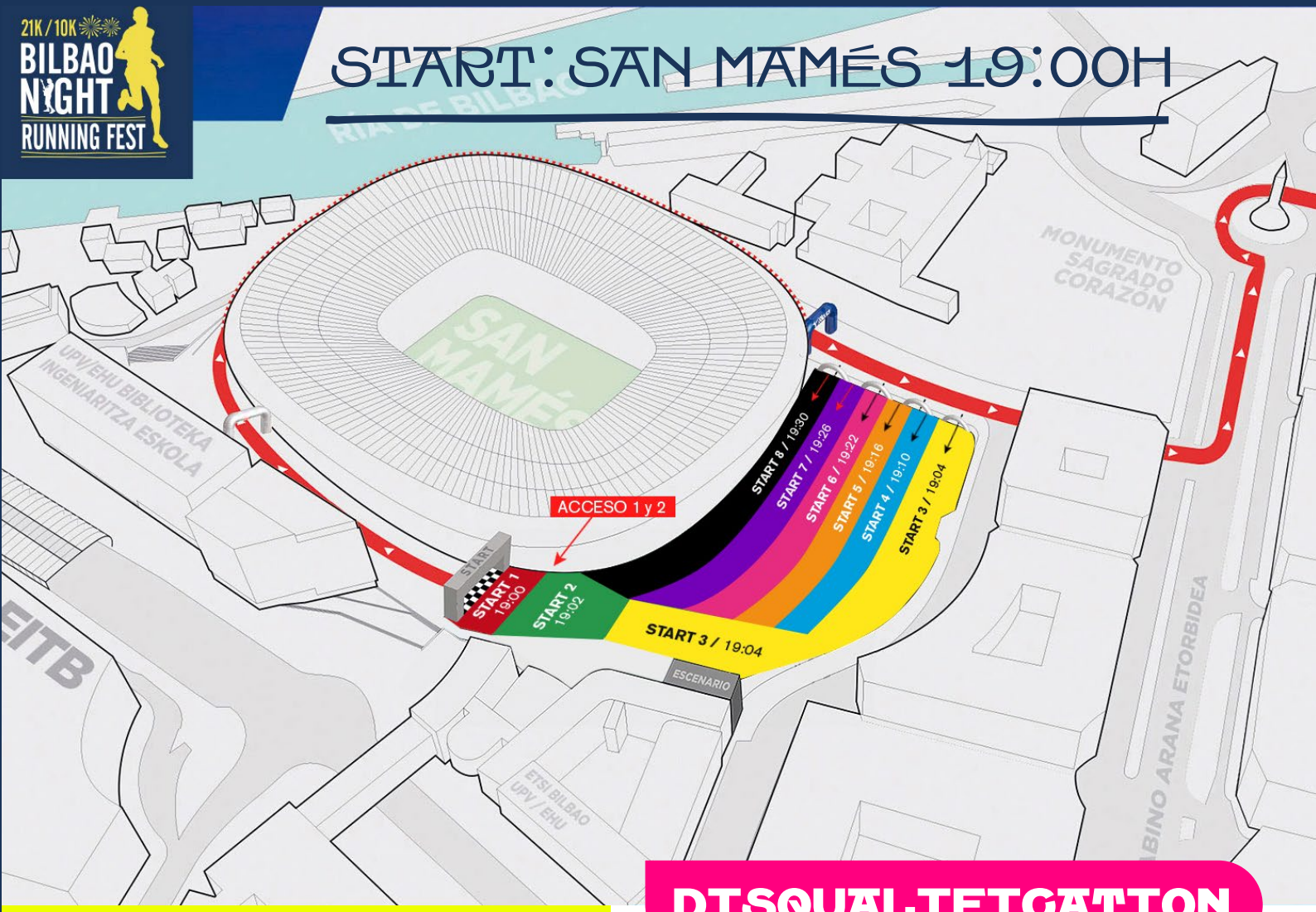
Kirolak batzen_gaitu


WORLD ATHLETICS
18:59:54
ENERVIT
START
SCHEDULE
START 1 19:00 H.
START 2 19:02 H.
START 3 19:08 H.
START 4 19:18 H.
START 5 19:30 H.
START 6 19:42 H.
START 7 19:54 H.
START 8 20:04 H.

STARTING BOXES

21K / 10K BILBAO NIGHT RUNNING FEST

START: SAN MAMÉS 19:00H



DISQUALIFICATION

YOU MUST LINE UP IN THE BOX INDICATED ON YOUR BIB AND NOT IN ANY OTHER!

Starting from a different box than the one assigned will result in disqualification





Deloitte.

Together makes progress



Cada paso cuenta.
Cada paso juntos, cuenta más

Deloitte.

ESPAÑA

Colaborador Oficial

PRE SHOW

6:00PM at *San Mamés*



Enjoy live performances that will energize runners during the warm-up.

THE RACE STARTS AT 7:00 P.M.
FOR ALL 2 DISTANCES.

We recommend arriving early to avoid congestion at the changing rooms, baggage area, or access to corrals, and to have enough time to warm up properly during the PRE-SHOW.

PACERS

The organization will provide official pacers to set the right pace for participants. They'll be easy to identify — carrying flags attached to their backs.

Half Marathon **21K:**
1:25h. / 1:30h. / 1:35h. / 1:40h. / 1.45h.
1:50h. / 2:00h.

Pirate Race **10K:**
40' / 45' / 50' / 55' / 60'.





THE PARTY NEVER STOPS

and music will be with us every step of the way tonight.





NEWS

This year, music is running alongside us at Bilbao Night Running Fest. And we've got some exciting surprises for you, runners!

DJ Alekos Rubio will accompany the field on a **mobile music cart**, bringing beats and energy to the streets of Bilbao.

Another new feature is our **musical pacers**. Yes, you read that right! These pacers **will run with speakers**, keeping the beat going and cheering runners on throughout the course.

The excitement won't stop until the very last runner crosses the line. A **DJ float will follow the back of the field, bringing music and entertainment all the way to the finish.**

DANCE

For the first time, **Ohana Dance School will join the celebrations**, with a high-energy performance full of rhythm and dance to give runners an extra boost as they pass.





Keep the beat going!

After you cross the finish line at the Guggenheim, music will remain centre stage, with a **new stage and a live DJ performance** to round off the night with a huge party.

A veces, la mejor elección es la que no tienes que hacer.



Nueva gama e-hybrid de Audi.

¿Eléctrico o combustión? ¿Deportividad o eficiencia? ¿Tecnología o diseño? No son dilemas fáciles. Aunque tampoco tienes que afrontarlos, porque la última generación de híbridos enchufables de Audi nace para maximizar las posibilidades, no para reducirlas. Avanzados vehículos que te ofrecen una extraordinaria autonomía eléctrica de hasta 119 km y carga de 10 a 80% en solo 26 minutos. Modelos que se convierten en los referentes de su categoría por sus revolucionarias innovaciones y su dinamismo. Por una vez, elegir no implica renunciar a nada.

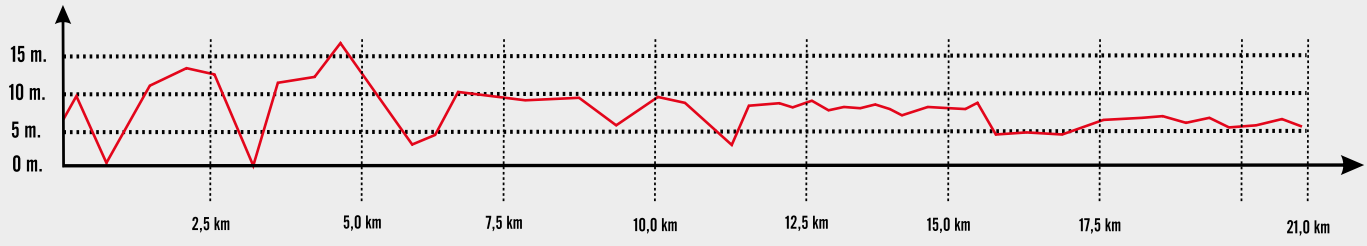
Audi A la vanguardia de la técnica.

Leioa Wagen
Av. Iparraguirre, 92
48940 Leioa
Tel. 94 481 90 02
www.leioawagen.es

Audi Q3 e-hybrid, Consumo de combustible: 1,7-2,1 l/100 km | Corriente: 14,9–13,9 kWh/100 km; Emisiones combinadas de CO_2: 49–39 g/km. Audi Q5 e-hybrid, consumo de combustible: 2,5-3,4 l/100 km | Corriente: 16,9-15,5 kWh/100 km; Emisiones combinadas de CO_2: 77-56 g/km. Audi A5 Avant e-hybrid, consumo de combustible: 2,1-2,6 l/100 km Corriente: 15,9-15,1 kWh/100 km; Emisiones combinadas de CO_2: 60-47 g/km. Las cifras de consumo de combustible y emisiones de CO_2 se facilitan en intervalos porque dependen del juego de ruedas y neumáticos que se utilice.

CIRCUIT


Donostia, Vitoria, Madrid
Entrada por Zablalburu
Barakaldo, Santander
A-8
ZABALBURU
0123
RECOGIDA DORSALES
Puente de San Antón
La Merced
CASCO VIEJO
Teatro Arriaga
Plaza Circular
El Arenal
Plaza Moyua
Parque Doña Casilda
META · FINISH GUGGENHEIM
Puente del Ayuntamiento
RÍA
Uribitarte
Campo Volantín
DESVÍO CARRERA PIRATA 10K A META
Torre Iberdrola
ABANDOIBARRA
Zubiarte
Puente de Deusto
Puente de La Salve
Entrada a Bilbao
AVITUALLAMIENTO FINAL
GUARDARROPA VESTUARIOS
ZONA PREMIUM DORSALES VIP


15 m.
10 m.
5 m.
0 m.
2,5 km
5,0 km
7,5 km
10,0 km
12,5 km
15,0 km
17,5 km
21,0 km



Desvío de la carrera pirata
(Coincide hasta el kilómetro 9)

Pirata lasterketaren desbideratzea
(9.km-ra arte bat-dator)

El esfuerzo durante la carrera y esa sensación al cruzar la meta...



Tan fresco como nuestros frescos

BM

Muy fresco, muy nuestro.

BIB & CHIP

Timing will be managed through the bib-chip system, which you'll receive with your runner's bag.

IF YOU DON'T WEAR YOUR BIB, YOU WON'T BE ALLOWED INTO THE START OR FINISH AREAS AND YOUR TIME WON'T BE RECORDED.

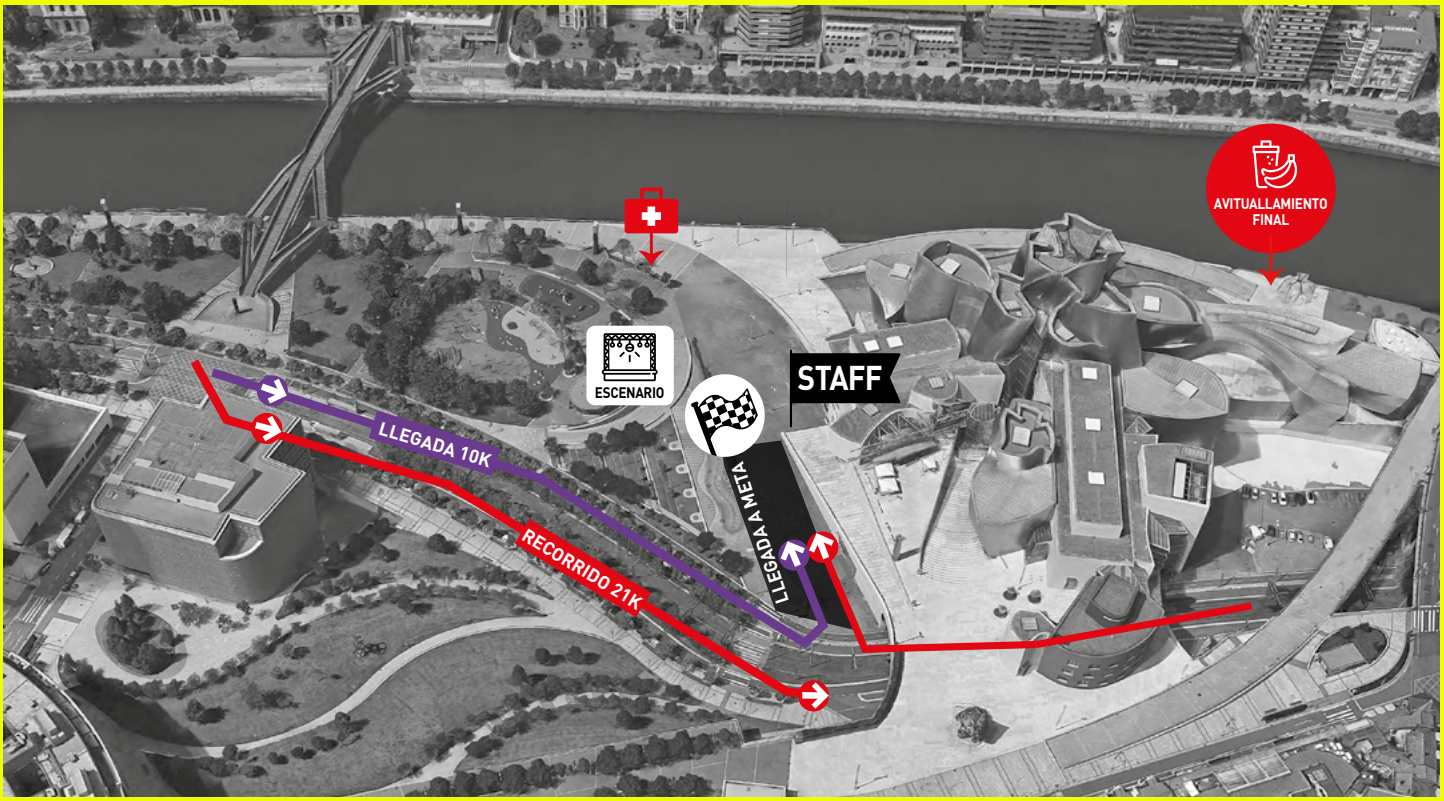
ATTENTION 10K

Participants in the 10K Pirate Race will run together with the 21K Half Marathon runners for the first 9 kilometres, before **splitting off about 200 metres later**, between the University and Pedro Arrupe Bridge, to head into the finish line.

FINISH AREA

IMPORTANT

WHEN YOU CROSS THE FINISH LINE, DO NOT STOP – KEEP MOVING TO AVOID CONGESTION AND BLOCKING OTHER RUNNERS. CONTINUE FORWARD TO COLLECT YOUR MEDAL AND POST-RACE REFRESHMENTS.




GOYA
HIDRATACIÓN
NATURAL
¡LLÉNATE DE ENERGÍA!
GOYA
100%
Agua de
COCO
330ml (11.15 fl oz)
GOYA
Agua de
COCO
CON TROCITOS
HIDRATANTE
NATURAL

RUTOMETER



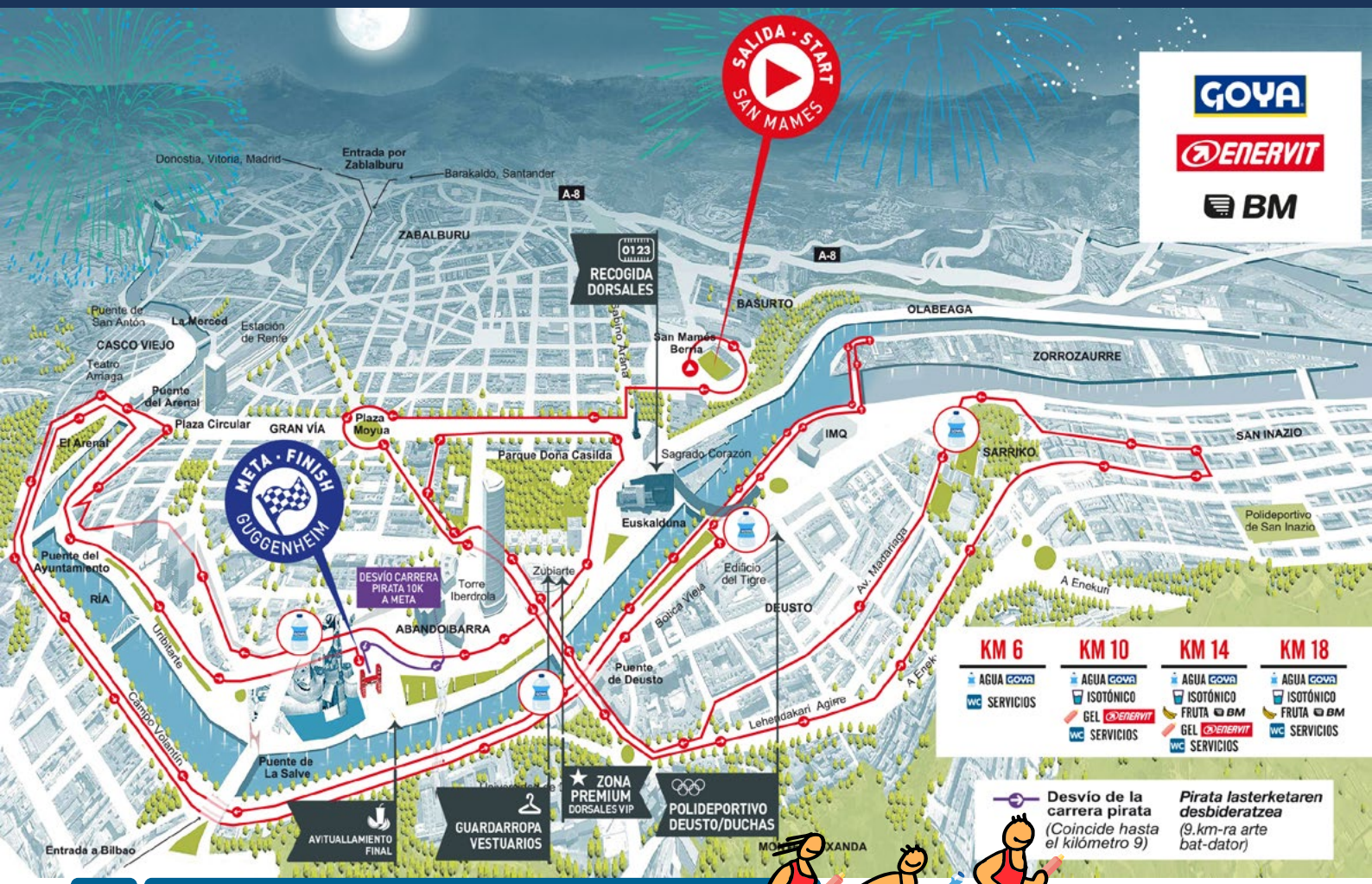
KM	LOCATION	INITIAL	FINAL
0	**SAN MAMÉS**	19:00	20:04
	Felipe Serrate		
	Sagrada Familia		
1	**GRAN VIA**	19:03	20:12
	Plaza Moyua		
2	**CALLE ELKANO**	19:06	20:20
3	**PLAZA PIO XII (IDA)**	19:09	20:28
	Plaza Euskadi		
	Puente Deusto (IDA)		
4	**LEHENDAKARI AGIRRE (IDA)**	19:12	20:32
	Islas Baleares		
5	**LARRAKOTORRE**	19:15	20:44
	Luis Braile		
	Islas Canarias		
	Morgan		
6	**AVENIDA MADARIAGA**	19:18	20:52
7	**AVENIDA MADARIAGA**	19:21	21:00
	Lehendakari Agirre (VUELTA)		
	Puente Deusto (VUELTA)		
	Plaza Euskadi		
8	**MAXIMO AGUIRRE**	19:24	21:08
	Gran Vía		
	Sagrado Corazón		
9	**ABANDOIBARRA FRENTE A EUSKALDUNA (IDA)**	19:27	21:16
10	**ABANDOIBARRA – PARKING BUS GUGGENHEIM**	19:30	21:23
	Uribitarte		
11	**ACEBAL IDIGORAS**	19:33	21:30
	Plaza Venezuela		
	Buenos Aires		
	Plaza Circular		
	Navarra		
	Puente Arenal		
12	**VIUDA DE EPALZA**	19:36	21:37
	Sendeja		
	Plaza Ernesto Erkoreka		
13	**CAMPO VOLANTIN (IDA)**	19:39	21:44
14	**AVENIDA UNIVERSIDADES (IDA)**	19:42	21:51
	Botica Vieja (IDA)		
	Paseo Botica Vieja		
15	**BALLETS OLAETA**	19:45	21:58
	Puente Frank Gehry (IDA)		
	Avenida Galleteras		
	Cargueras		
	Avenida Galleteras		
16	**PUENTE FRANK GEHRY (VUELTA)**	19:48	22:05
	Ballets Olaeta		
17	**PASEOBOTICA VIEJA (VUELTA)**	19:51	22:12
	Avenida Universidades		
18	**UNIVERSIDADES BAJO PUENTE LA SALVE (VUELTA)**	19:54	22:19
	Campo Volantin		
	Plaza Ernesto Erkoreka		
19	**SENDEJA (VUELTA)**	19:57	22:26
	Viuda de Epalza		
	Arenal		
	Puente Arenal		
	Ripa		
	Plaza Venezuela		
20	**Pº URIBITARTE – PZA. PÍO BAROJA**	20:00	22:33
	Abandoibarra		
21	**GUGGENHEIM ACCESO RECTA META**	20:03	22:40

ENERVIT®

ANTES, DURANTE Y DESPUÉS DEL DEPORTE



PROVISIONING



WC WC-RESISTANCE POINTS ALONG THE ROUTE





In accordance with RFEA and World Athletics regulations, the organization will provide refreshment zones with water, isotonic drinks, and energy gels at kilometres 6, 10, 14 and 18.



The energy gels, made from natural ingredients and flavours, provide a high supply of carbohydrates to meet energy demands during periods of maximum physical effort — in triathlon, cycling, athletics, trail running, and more.

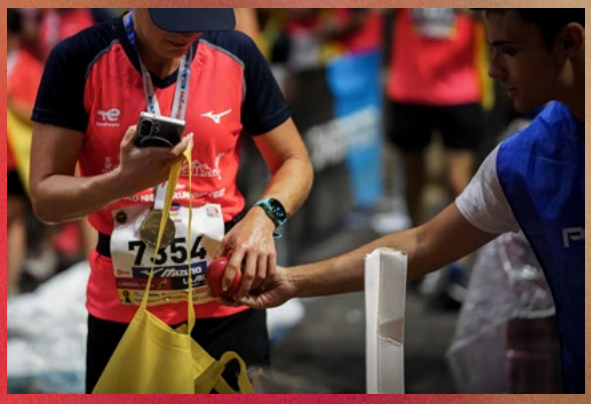
APROVECHA TU DÍA MORDISCO A MORDISCO.

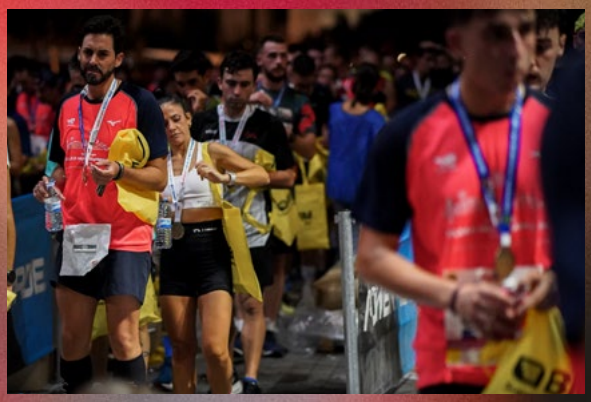
POWER TO GO!



TASTING AT FINISH LINE







At the finish line, participants will receive an individual bag containing water, isotonic drink, and solid food, provided by our sponsors.















SHOWERS

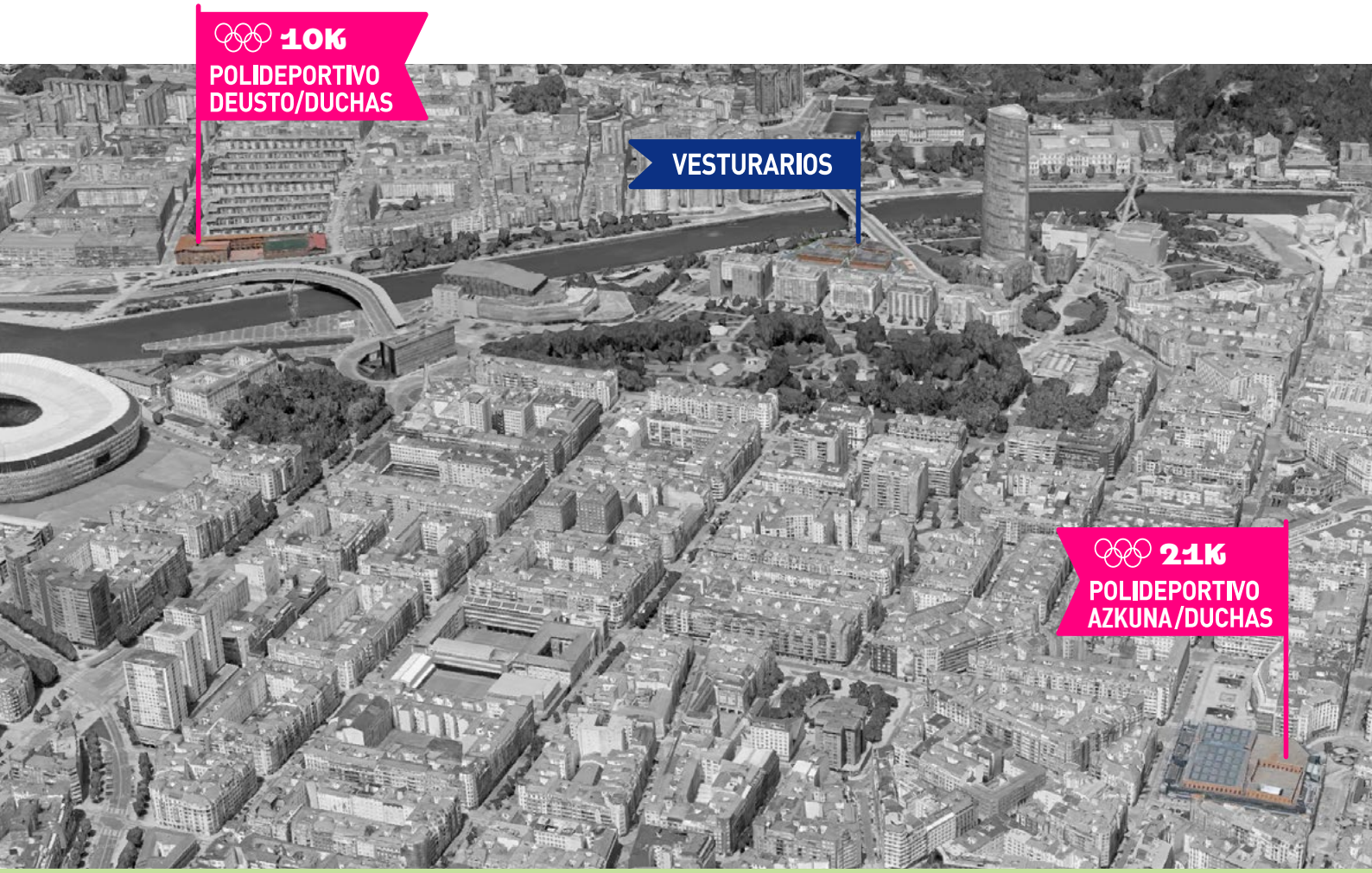
IMPORTANT

This year, shower facilities will be available at 2 locations!

If you are running the **10K**, please use the **Deusto Sports Centre** on **Jon Arrospide Street**. Showers will be available from **7.30 pm to 11.00 pm**.

If you are running the **21K**, please use **Azkuna Zentroa – Alhóndiga Bilbao** on **Iparraguirre Street**. Showers will be available from **7.30 pm to 11.30 pm**.

YOU'LL NEED TO SHOW YOUR BIB TO ACCESS THIS SERVICE.



Recycling

Separate containers will be provided for each type of waste so you can dispose of your post-race bag materials properly.
Thank you for your co-operation!



10TH ANNIVERSARY

Music band contest

Bilbao Night Run Fest
17 October 2026



PRE SHOW
PRE SHOW
6:00AM
San Mamés



Through initiatives like the Emerging Bands Contest, we aim to promote culture and link it to sport.

Goldcar will once again sponsor the race's iconic music-band contest, giving a major stage to local bands.

Four winning groups will be selected and given a unique opportunity to showcase their music live in front of more than 27,000 runners and spectators, performing across four stages along the course:
Moyua Square, Euskadi Square, Deusto and Arenal-Town Hall.

21K / 10K BILBAO NIGHT RUNNING FEST

GOLDCAR
Global Partner

21K / 10K BILBAO NIGHT RUNNING FEST

Music band contest

PRESENTED BY GOLDCAR

Winners



"DARKOLD"

MOYUA STAGE



DARKOLD is an independent music and art project formed by Arka Devbil (audiovisual identity, lyrics and vocals) and Koldo Iglesias (music production, synthesisers and vocals).

The name DARKOLD is a play on "Arka" and "Koldo" and reflects the musical world we inhabit: **darkwave, synthpop and post-punk**. What began as a vocal exercise grew into a powerful need to write and perform our own stories.

The project is entirely independent. We write, produce, record and design everything ourselves, including our music videos.

Our lyrics are a form of art therapy, exploring personal experiences, contradictions and real emotional journeys. Our new single, *Cake of (F)lies*, is about living inside a lie created by someone else: something that looks perfect on the outside but reveals its true decay when you look more closely.

DARKOLD brings together music, emotional storytelling and visual identity.

/// @darkold_official



"GRAFITI TALDEA"

PLAZA EUSKADI STAGE

We are Grafiti Taldea, a seven-piece band from the Left Bank of the Bilbao estuary, featuring drums, guitar, bass, two trumpets and two vocalists.

We formed two years ago. Ska is our main style, but we also play reggae, cumbia, punk and more.

We've had the chance to perform at major venues and events, including Bilbao's Kafe Antzokia and Aste Nagusia festival.

We haven't released an album yet, but we're working on our debut, which is due out next year.

Our live shows are guaranteed to get people moving.

Our aim is to promote the Basque language through our songs and reach more people in more towns and cities.

/// @grafiti_taldea



"EXPLOSIVE BEERS"

ARENAL STAGE



Explosive Beers grew out of an obsession with the melodic punk that defined a generation. Fronted by Uxue's vocals, they bring the true spirit of the 2000s to the stage.

Expect a fast, hard-hitting, visceral live show, with loud guitars and irresistible choruses that audiences can't help singing at the top of their lungs.

Drawing inspiration from Blink-182, Green Day, The Offspring and the American punk-rock bands they grew up with, Explosive Beers promise a shot of pure energy, attitude and an all-out party at every gig.

/// @explosivebeers

"LPG"

EUSKALDUNA STAGE



DBased in Getxo, with members from the USA, Australia, Argentina and the Basque Country, Los Putos Guiris (LPG) are an international band with a local soul.

They're a group of dads determined to dodge their parenting duties at all costs – masters of juggling jobs, schedules and targets, and surviving the school parents' WhatsApp groups.

Talented musicians worn down by working life and parental responsibilities

They come from very different corners of the world, but have managed to bring together the best of each: music, humour, attitude and a gloriously irresponsible desire to play rock.

More delicious than a New York pizza, more ripped than Crocodile Dundee, tougher than Argentina's national football team and with the heart of the Basque Country.

They are Los Putos Guiris and they will BLOW YOUR MIND! Music, fun and great vibes.

/// @lpgrock

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To enjoy our night race to the fullest:



1. **Know the route.** Finding your way is easier when you know what to expect after dark. If possible, try a few evening training runs to get used to running at this time.
2. **Don't wear brand-new running shoes.** Comfort is essential in a night race.
3. **Ideally**, eat your main meal **three to four hours before the event**. We've put together a list of restaurants extending their kitchen opening hours so you can treat yourself after the race (but don't overdo it!).
4. **Arrive early,** especially if you need to use the toilets, changing rooms or bag drop, or find your starting pen.
5. **Warm up properly.** Ten to fifteen minutes of mobility exercises and easy jogging will get your muscles ready for the starting gun.
6. **Remember** to drink every 20–30 minutes. Just because the sun isn't shining doesn't mean you don't need to hydrate. **Keep drinking:** staying hydrated helps you perform at your best
7. **Please don't drop cups or bottles on the ground.** There are plenty of bins, and both the environment and your fellow runners will thank you. Remember: compostable cups go in the brown bins and plastic bottles in the yellow bins.
8. **Thank the volunteers.** They deserve it!
9. **Give the crowds** a wave when they cheer you on. The atmosphere on Bilbao's streets can give you an extra lift when tiredness starts to kick in
10. **Dedicate** your race to someone special.
11. **Wear your race T-shirt** proudly on your next training run.
12. **Share your experience on social media**. Let everyone know you're running our night race in Bilbao and tag us: **#RunJoyBilbao.**
13. **Ask for help** if you feel unwell. We're ready to help if anything happens. Don't try to tough it out – **your wellbeing comes first.**
14. **Move to the music!** Live bands, DJs and announcers will be cheering you on all along the route.
15. **Enjoy Bilbao.** This beautiful city looks even more spectacular at night, especially its iconic buildings.
16. **Don't forget your finisher photo with your medal.** You can also arrange to have **your finishing time engraved on your medal** at the Running Expo. You've earned it!
17. **Refuel** with your **runner's bag and come along to the party** we've organised for you!
18. **We're sure you'll want to do it all again, so save the date for 2027.**







Enjoy every moment of this exciting race. You've put in the training, and you know you can do it.

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GOLDCAR

INTERVIEW





Two outstanding professionals who bring together culture and sport:

Imanol Loizaga, coach and Haizea López, writer.



This year, we have two incredible people who have collaborated with us on the official presentation of our official t-shirt.

This year we are joined by prolific author Haizea López,

a young writer from Biscay with more than 100 published novels to her name, including Los crímenes de Getxo, Hija de la lluvia, Pacto de silencio and Alianza de sangre.
We also had the pleasure of having her unveil our official race T-shirt alongside Imanol Loizaga. We talk to her about discipline, the creative process and the fine line between crossing a marathon finish line and bringing a great story to its conclusion.



Q: Writing thrillers and suspense fiction means making every piece of the puzzle fit perfectly. Do you let the story unfold as you write, or do you plan every twist in meticulous detail?
HA. I'm a mixture of both. Before I begin, I need to know the main structure and everything surrounding it: what happened, who's responsible, what motivates the characters and where I want the story to end up. In a suspense novel you can't improvise absolutely everything, because every clue has to make sense when the reader looks back. So I generally start with an outline to guide me. But within that framework I like to leave room for the characters to surprise me. When that happens, I'm perfectly happy to change direction, even if it means going back and rebuilding part of the puzzle.

Q: Suspense is all about timing. How do you keep readers on edge without revealing your hand too soon?
HA. For me, suspense is about deciding what the reader knows, when they know it and what they think it means. I like to give them clues but place them in a context that allows for another interpretation, so that when the truth comes out they're genuinely surprised because they didn't see it coming. I also favour short chapters, which keep the pace lively and build tension.



Q: Your novels grip readers from the very first pages. When you start a new story, what comes first: the central mystery, a character's psychology or a particular atmosphere?
HA. Usually it starts with a very specific image: a scene, a place or a situation that unsettles me and that I can't get out of my head. From there I begin asking the key questions that will drive the plot: what happened, what came before and what should happen next? The characters come afterwards. Over the years I've learnt that the best thriller characters are people with something to lose. The mystery can be incredibly compelling, but if readers don't care what happens to the characters, the story feels hollow and the atmosphere ends up swallowing the plot.

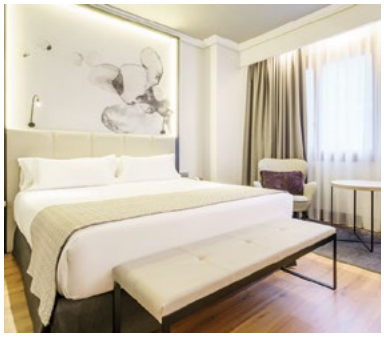
Q: You also write for younger readers, including your Maia series. How do you connect with that age group?
HA. They're the toughest audience! They don't let you get away with anything!
With Maia I've tried to create the story I would have loved to read as a child. Mystery, suspense, our own mythology, local landscapes… We have Basajaun in our forests, yet we spend our lives talking about the Yeti. The same goes for Inguma, Zenzegorri… In Maia I try to write from the emotions and curiosity of that age, you know? Fear, friendship, secrets and the courage to explore the unknown. So far I think the younger readers are giving me a pass mark (laughs), but they're definitely the hardest to win over.

Q: Many writers find physical activity is their best source of ideas. When you go running, do you switch off from writing completely, or use training to work through plot twists and creative blocks?
HA. Both. There are sessions when I need to switch off, but running is also when I do some of my best thinking. Perhaps that's why I like long distances: the more kilometres I run, the more time I have to argue things through with myself. On interval days I try to focus on the session. But when I lace up my shoes knowing I've got a long run ahead, it's completely different. I've solved plot twists, scenes and character problems while running. Once the noise of everyday life disappears, ideas seem to fall into place by themselves.

Q: How long have you been running, and how did you get started? We understand ours was your first race. What do you remember about it?
HA. That's right, my first race was the Bilbao Night Marathon last October, so it's my running anniversary! (laughs).
To be honest, it all happened rather suddenly. Writing is a very solitary profession. I spend a lot of time at home and, above all, inside my own head. I needed to get outside, switch off and find something that had nothing to do with a computer, so I put on some trainers and started running shortly before the Night. And I made the classic mistake: skipping all the stages and going straight into a half marathon without ever racing shorter distances. I knew absolutely nothing. No watch, no Strava (lots of laughter); I just wanted to run. I remember that day with enormous affection. I was completely lost. I didn't know what a starting pen or a pacer was, where I was supposed to stand or where to collect my race bib. Juantxu, one of the Beer Runners and now a great friend — we met that day — was the pacer for my starting pen. He told me not to worry, that he wouldn't leave me on my own or let me fall behind. Neither of us expected that I'd end up leaving that pen behind myself. I didn't know what an

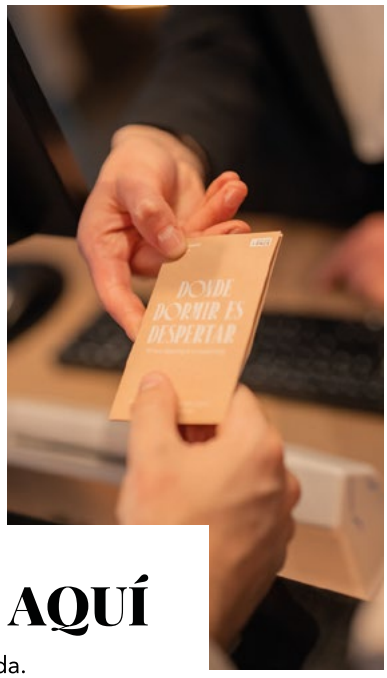












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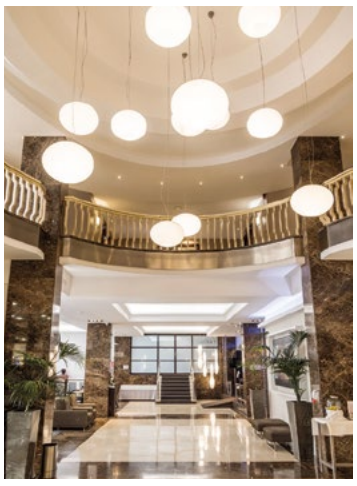
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energy gel was or what salt tablets were for, either. I was just there, amazed to see San Mamés packed with people and swept up in the atmosphere. It was an entirely new and incredibly exciting experience, unlike anything I'd ever known, and it definitely got me hooked.

A year ago I pinned on my first race bib at your event wearing Mizuno Wave Riders. This year I'm coming back in the same shoes, but with seven half marathons and one marathon under my belt. Everything has changed in just twelve months, except my desire to keep running.

Q: Writing a novel and preparing for a long-distance race are both endurance challenges requiring consistency, resilience and the ability to cope with frustration and solitude. Has running made you a more disciplined writer, or was that discipline already there?

HA. I think I've always been very disciplined. I've been writing all my life, since I was a little girl, and I've made my living from literature since 2016. It's easy to say, but when I started I was just a 23-year-old who had barely finished her studies. Writing is about much more than simply finding inspiration. I think I've transferred that persistence I have whenever something really matters to me into athletics. When you sit down to write, there are good, productive days, average days and truly awful days. Training is exactly the same: not every day is going to be extraordinary and not every session will go perfectly. What I do find difficult, and what I'm still learning, is dealing with frustration (laughs). One bad training session doesn't ruin your preparation, just as one bad page doesn't ruin a novel... But convincing your mind of that is so hard!

Q: How do you divide your day between writing, training and your personal life? Do you prefer exercising before work or using it to clear your head after hours of writing?

HA. My schedule is a bit like a puzzle, and no two days are exactly alike. I generally prefer training in the morning, when my energy reserves still feel full. It wakes me up, helps me organise my thoughts and lets me sit down to work with fresh energy. But often I have to juggle everything and fit training into whatever gaps I can find.

It's not always easy and I certainly don't manage everything perfectly. The key is setting priorities and accepting that balance doesn't mean giving everything equal time every single day. Sometimes a novel takes precedence, sometimes a race does, and sometimes family needs to come first.



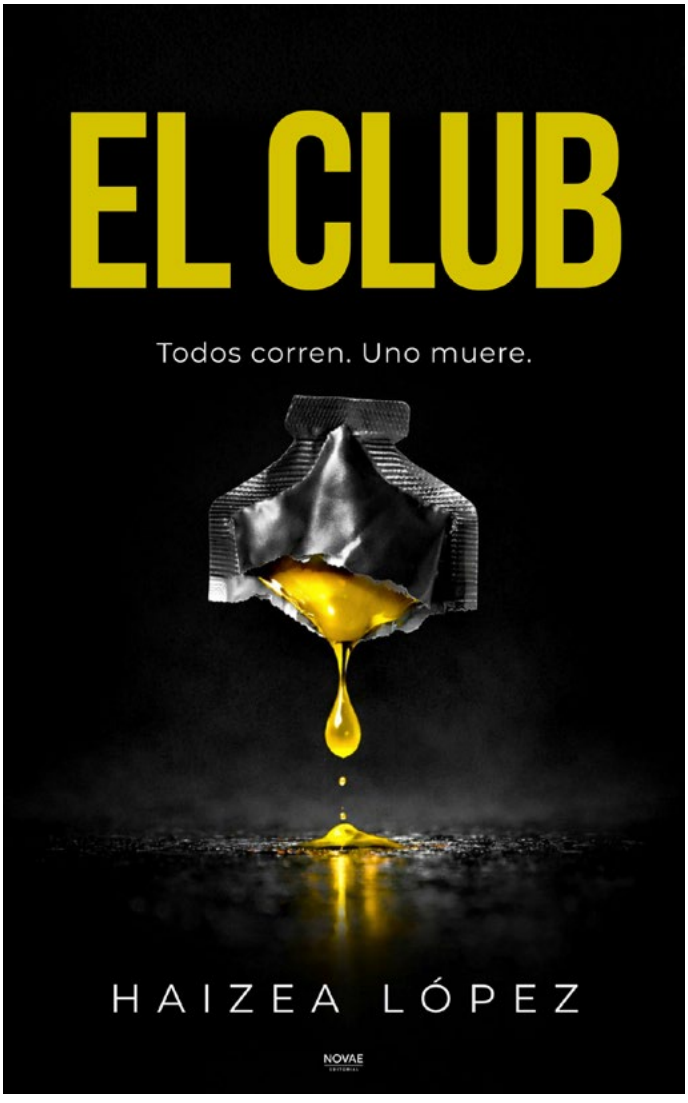
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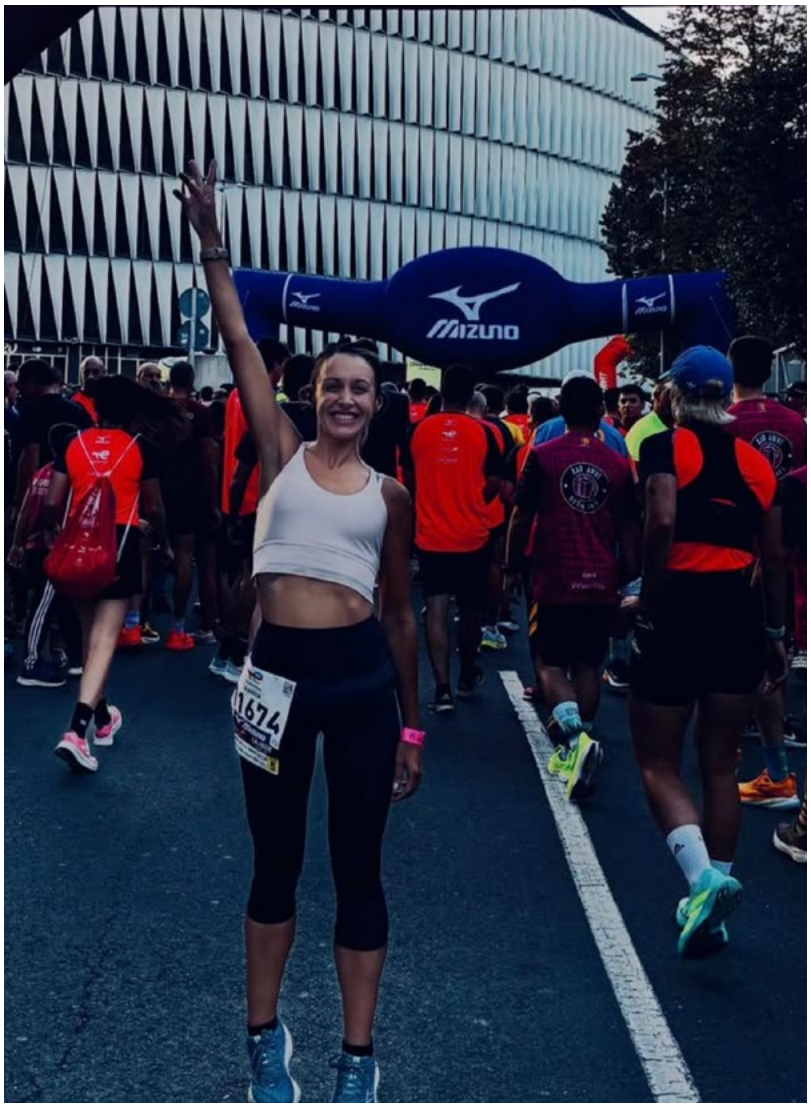
Q: The editing, publishing and promotional stages can be exhausting. How does the final stretch before a book launch compare with the last kilometres of a major race?
HA. I'd never really thought about it, but… they're incredibly similar!
In both cases you've spent months working towards that moment, and as the finish line approaches you feel a mixture of exhaustion, excitement, nerves and fear that something might go wrong. In the closing kilometres of a race you have to concentrate on moving forward rather than feeling overwhelmed by what's left. A book launch is exactly the same: last-minute corrections, printing, distribution, bookshops, interviews, social media content and hundreds of tiny but important decisions before the novel reaches readers. Looking at it all at once is overwhelming. I try to focus on the next task, much as I count down the kilometres in a marathon. I'd say the only significant difference is that when you cross a race finish line, you can stop. When you publish a book, its arrival in bookshops is really the start of another, even more intense race (laughs).



Q: On 23 October you're publishing El club, a novel in which running plays a central role. What inspired you to bring one of your greatest passions into a suspense plot? Was there a particular training session or race that sparked the idea?
HA. I think my everyday life and everything around me always find a way into my word processor.
Shortly after running your half marathon, I joined Club Atlético Getxo and met my teammates, so I took some of them and landed them in a rather nasty fictional predicament (sorry, team). It all began when I saw Artabe, one of my teammates, collapse as he crossed the finish line of a race. The story really came together while I was running along the Urola greenway, passing tunnel after tunnel. I thought, 'Wow, this would be the perfect place to put a dead body.' Then came the question that set the novel in motion: what if an athlete died during a race and the death wasn't an accident? From then on, I couldn't stop thinking about it.

Q: Seeing a finished novel in bookshops must feel rather like crossing the finish line after months of training. What do you feel when you hand over the final manuscript?
HA. Relief is the first thing, but it doesn't last long because then the nerves and doubts set in. It's a strange feeling because suddenly you have to accept that the story no longer belongs only to you. It will reach readers and each of them will form their own interpretation. Some will love it, others less so… You always hope you've done it justice and won't disappoint your readers.

Q: You're very active on social media, which also takes time and dedication. Has it helped promote your books, connect with readers and secure sporting partnerships? @haizealopezoficial
HA. Very much so. Social media lets me stay in direct contact with readers, show them everything that goes into a novel and involve them in the process. Contrary to what people might think, it doesn't take as much time as you'd imagine because I'm quite spontaneous. I don't invent a persona or meticulously plan every post. Not at all. I try to show my everyday life as it really is: the hours at my computer, my training… Just my life, really.





Ultimately, I'd say those are the two sides that define me best: writer and runner. That natural approach has led to collaborations in both literature and sport. And, to be honest, I'm very selective about them. I don't want to recommend something simply because there's a commercial partnership behind it. It's essential that the product genuinely fits into my life and that my community can trust what I share. For example, I now work with Mizuno, but they made my very first running shoes and I kept choosing them long before I had any relationship with the brand. That's why the partnership feels so natural and special. It's the same with the Uno Crono team. I met them by chance at a race and remember saying goodbye by telling them I'd follow them wherever they went, because they're brilliant.
Social media offers incredible opportunities, but that closeness also brings a degree of responsibility.

Q:What literary projects are on the horizon, and what's the next sporting challenge you'd love to conquer?

HA. Right now all my creative energy is focused on the launch of El club, which reaches bookshops on 23 October, and the book-signing tour that follows.
In sport, my big goal is to run a sub-three-hour marathon at some point in 2027. After completing my first marathon in Madrid in 3 hours and 21 minutes, I want to keep improving step by step. It's an ambitious, long-term challenge, but that's exactly what makes it exciting. As both a writer and a runner, I still feel I have plenty of pages and kilometres ahead of me. Of course, I never forget that the main goal is always to enjoy both pursuits that I love so much, regardless of times or results.
In a way, they're both essential parts of my life.



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INTERVIEW · IMANOL LOIZAGA



This year we welcome a great athlete and an even better person: a coach who supports people, not just runners. He has an outstanding track record as an athlete, coach, consultant and specialist in workplace wellbeing programmes and group training.

He is Imanol Loizaga, Spanish over-35 marathon champion, nationally qualified athletics coach and founder of QTENTA, Bilbao's longest-established active running club.

Q: Imanol, tell our readers who don't know you a little more about your work.
IMA. I've spent more than ten years coaching runners of every ability, in groups, individually and online. I also coach two Forum Sport running clubs. In the corporate world, I design and deliver physical activity, health and wellbeing programmes to improve people's lives and, in turn, their organisations.

Q: When did you first discover our race?
IMA. A significant part of my journey as a runner and coach is undoubtedly intertwined with the history of this race.
I first heard about BNRF in March 2009, at the Barcelona Marathon expo, months before its official launch. I was on the start line for the inaugural edition, and over the years I've run every distance, sometimes chasing personal bests and sometimes accompanying runners of every pace.

Q: You've experienced running as an athlete, coach, consultant and founder of training groups. What keeps your passion alive after all these years?
Seeing what running can do for people, supporting them through that transformation and sharing their joy when they achieve something they once thought impossible.
I've competed as an athlete, gritting my teeth to shave seconds off the clock and reach my own goals. But helping other people achieve theirs is even more rewarding.
I'm incredibly fortunate to do something that fulfils me professionally and, above all, personally. Yes, my passion for running is as strong as ever.

Q: Your motto is "If I achieved my dream, you can achieve yours too." What's the story behind it, and what does it mean to the people you coach today?
IMA. We should dream big, aim high and set ambitious challenges that push us to give our best and grow as athletes and people. But we must keep our feet on the ground, set realistic goals and work towards them.
I don't believe in "nothing is impossible"; I believe in hard work, commitment and consistency. In being honest with yourself about how far you want to go and being prepared to work for it. Giving your best is always worthwhile.

Q: How has the recreational runner changed since you started?
IMA. Running has evolved alongside technology and social media. We trained without GPS (I set my marathon PB wearing a Casio), looked for advice in magazines, had a much smaller choice of shoes and found out race results in the newspaper the following Tuesday or Wednesday (now we panic if they aren't posted within a minute). Back then, showing off was mostly confined to the tall tales we told each other during a race warm-up.
Technology and social media can be powerful allies, provided we use them rather than become their slaves. We have more information, data and tools than ever, but we also need judgement to filter them and choose our role models wisely.
The tools have changed, but the essentials remain non-negotiable: lace up your trainers and get out there.

Q: Many coaches put together training plans. What do you offer beyond a weekly schedule?
IMA. I try to work from knowledge, science and my training as a coach, while always remembering that I'm dealing with people. Each has their own challenges and dreams, and their route to achieving them must fit around family, work and personal circumstances.
That's what I experienced and learnt while pursuing my sporting dreams. My coach, the unforgettable Dimas Ramos, knew how to demand the best from us at Getxo athletics club without ever losing the human touch.

Q: Your groups include people with very different goals, from first-time racers to runners chasing faster times. How do you make everyone feel they belong?
IMA. That's the magic of the group and the reason QTENTA exists: everyone should find their place naturally from day one, contribute their best and receive far more in return.





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IMANOL LOIZAGA

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My job is to create the conditions for those relationships to develop and, drawing on knowledge and experience, help each person discover what they're capable of — sometimes before they believe it themselves.

Q: Some people feel they're "not ready" to join a training group. What would you say to reassure them?
IMA. That's very common. We tend to underestimate ourselves, and that's precisely where my role comes in: over ten years' experience with training groups, my own experience as an athlete and, of course, my coaching qualifications and knowledge.
I'd tell them to put themselves in the hands of a qualified professional who will put the health of the people who trust them above everything else.

Q: How much does the group atmosphere influence consistency and motivation?
IMA. It's the push you need when you're debating whether to train on a cold, rainy day, and the encouragement that lifts you when you've had a terrible day and sends you home feeling like a different person.



It's also the family you choose to share a part of your life that not everyone understands: the people who understand your doubts and fears before your first marathon and celebrate every small-but-significant achievement with you.
Ultimately, it's finding people who are just as mad as you are and discovering that everything is easier together.

Q: After coaching so many people, what achievement moves you most?
IMA. Seeing someone achieve their dream. It's as simple as that. Watching a person cross the finish line of their first 5K with tears in their eyes is incredibly moving. It's not about distance; it's about what you feel when your own effort and commitment help you overcome your fears and achieve what you thought impossible. Running improves people's lives, and I feel lucky to witness it first-hand.

Q: More and more companies are investing in employee wellbeing. What does running bring to an organisation?
IMA. Much more than physical activity. It builds teams, helps colleagues get to know each other outside their usual setting and creates shared effort, challenges and experiences.
Job titles and hierarchies disappear, and relationships form that carry over into everyday working life. Running also encourages healthy habits, helps manage stress and strengthens a sense of belonging.

Q: When a team starts training together, what changes do you notice beyond physical fitness?
IMA. The relationships between people, without a doubt. Barriers fall and conversations happen that probably never would in the normal workplace. Sharing an effort, helping someone who needs it and celebrating small achievements together creates trust and a different kind of bond.
Best of all, it doesn't stop when training ends: it carries over into the company's everyday life.

Q: Many companies talk about wellbeing but struggle to engage employees. What's the key to making a programme genuinely work?
IMA. The key is sustained participation — what those of us who work professionally in this field want for everyone who places their trust in us. Getting someone involved for a few weeks means little if they then give up. We must put the individual at

the centre, understand their circumstances, needs, fears and motivations, and help them find an activity they enjoy and can sustain. The real success of a wellbeing programme is when someone changes their habits and makes those changes their own.



Q: Can sport improve professional performance?
IMA. Absolutely, and that's not just my opinion: research and scientific projects have demonstrated, with data, the positive impact that physical activity and wellbeing programmes can have on individuals and therefore organisations.
That conviction recently led me to launch a project with other professionals to create science-based corporate health and wellbeing ecosystems, already producing striking results.

Q: Which companies are most surprised when they start a training programme: those new to sport or those already running wellbeing initiatives?
IMA. Those embracing sport for the first time, particularly when we engage people who've never exercised or thought it wasn't for them.
The change can be remarkable: they gain confidence and self-esteem, discover abilities they didn't know they had and begin adopting new habits. That then has a positive impact on their team and company too.

Q: We're seeing more young people taking up sport. Is that reflected in your training groups?
IMA. Yes, there's been a huge change in recent years. When I started, most people were over 40. Now younger and younger people are joining group sessions. At Getxo, we have two 19-year-old women training at 6.15 in the morning before university… I love it.
QTENTA also has every combination imaginable: mothers and daughters, fathers-in-law and sons-in-law, sisters, couples…

Q: Has our understanding of running changed? Are we looking for health and experiences, or are we still obsessed with the stopwatch?
IMA. Good question… I'll always defend everyone's right to get what they want from running. I respect and support people chasing a PB just as much as those who lace up to spend time together without watching the clock. Both, unless they become obsessive, enjoy running. My groups include every type of runner and I have no doubt they all embrace it fully.
I'd also like to speak up for running clubs: clubs that train with a clear methodology but have put social connection and health at their heart from day one. What is now called "social running" was part of their DNA long before anyone coined the phrase.

Q: In a world where everything moves so quickly, how important is consistency compared with talent?
IMA. Consistency is in our hands, as are commitment, effort and fighting for our dreams. I've coached many people and that's what matters most. Without consistency, talent alone won't bring results.
And of course great athletes are the ones who multiply their talent through hard work. Effort is non-negotiable.

Q: Do you work on the mental side of training too? How much does mindset matter when the body starts to struggle?
IMA. Your mind can be your greatest ally or your worst enemy. It can help you give everything you've trained for or hold you back. But mental strength can't take you somewhere you haven't physically prepared to go. "Nothing is impossible" looks great on a coffee mug, but we shouldn't take it to extremes. Heroic messages on social media can sometimes be dangerous, even to our health.

Q: Where should someone who wants to start running from scratch begin?
IMA. With a professional, without a doubt. Coaching someone means taking responsibility for their health, and that requires knowledge, training and



accountability. Today we can access plans, social-media tips and running "gurus", but one size doesn't fit all.
Starting properly, with a plan tailored to your starting point and circumstances, will help you progress, enjoy yourself, avoid mistakes and turn running first into a habit and then into part of your life.

Q: What are the most common mistakes beginners make?

IMA. Impatience and trying to progress too quickly: wanting to run farther, faster and for more kilometres before the body is ready.
Everyone needs to progress at their own pace, depending on age, sporting background, fitness and personal circumstances. As the saying goes, "More haste, less speed."

Q: How would you recommend progressing towards a 5K, 10K or longer race?

IMA. Don't skip stages. If you're starting from zero, begin with run-walk intervals, gradually increase the time and distance, then introduce different training stimuli and sessions.
There are no secrets or shortcuts, but the journey is still wonderful.

Q: How do you learn to hold a steady race pace without setting off too fast?

IMA. By getting to know yourself — and yes, that's something you can train. You learn race pace in training until you internalise it and know what each effort level feels like. GPS helps, but listening to your body helps far more.

Q: How important are rest, nutrition and strength work in preparing a recreational runner?

IMA. Rest is part of the training plan itself. Just as we say "I've got 400-metre intervals today", we should say "Today's my rest day". The same applies to strength. But we must also train and run. We often talk so much about the other things — important as they are — that we forget runners are made out on the roads.
Good nutrition is essential in daily life, particularly when we exercise because our nutritional needs change. Individualised supplementation comes into play when dietary adjustments alone cannot meet those needs.

Q: Our race has a very special atmosphere because it takes place at night. What advice would you give first-time night racers?
IMA. Above all, enjoy it. Don't be afraid to chase a good time if that's your goal, but remember to look left and right, into the distance and at the runner beside you. Soak up Bilbao at night, run through the cheers of thousands of people and reach that extraordinary finish straight at the Guggenheim feeling you've experienced something incredible.

Q: Is there anything participants should pay particular attention to in the week before the race?
IMA. A common mistake is to stop training altogether, thinking all the work is done and there's no need to put your trainers on again until Saturday. Stay active and, of course, reduce your training volume. But don't try to make up in a few days for what you haven't done over several weeks.

Q: What should a runner do between arriving at the venue and starting the race?
IMA. First, arrive early enough to get your bearings and avoid unnecessary rushing and nerves. Use the toilet if needed, warm up gradually and reach your starting pen in good time. Those last minutes are also there to enjoy: the atmosphere, the concerts and yes, even the nerves, which are part of racing too.

Q: Many participants will be taking part in their first road race. What's your best advice for enjoying it?
IMA. You only get one first race, so enjoy the atmosphere, the start, the entertainment, running through Bilbao and, of course, crossing that first finish line. The time on the clock matters least. Years from now, what they'll remember is how they felt and the wonderful memory they created, stride by stride.

Q: If you had to sum up a good strategy for completing the Bilbao Night Running Fest, what would it be?
IMA. Start at your planned pace and don't get carried away by the excitement. Be patient, especially in the half marathon; manage your effort and save something for the closing stages. When self-sabotaging thoughts appear, don't fight them head-on: negotiate with them, knowing you've prepared to overcome them. But always put caution and health first.

THE START
Q: What's the most common mistake in the opening metres of a race?
IMA. The classic, entirely understandable mistake



is setting off too fast, swept up in the atmosphere, adrenaline and nerves.
One important warning: if you're wearing headphones, take them off so you can stay aware of everything happening around you in such a large crowd and avoid accidents.

KILOMETRE 1
Q: How can you control your nerves and avoid starting too quickly?
IMA. Keep your race strategy in mind and stick to it. Check your watch but, above all, pay attention to how you feel. The first kilometre will seem easy, but don't get carried away: you've only just begun.

KILOMETRES 2–3
Q: What should your ideal pace be at this stage?
IMA. Now's the time to settle into your rhythm, find your space and really begin your race. Aim for the effort level you've trained for, relax and let the kilometres pass. There's nothing to prove just yet.

KILOMETRES 4–5
Q: When you first start to feel the effort, how do you maintain your pace?
IMA. The effort is beginning to show, and that's perfectly normal. Don't react to every sensation by speeding up or slowing down. Stay calm, run relaxed and focus on what you can control: pace, breathing and technique.
Kilometres... We could include a course map with icons and keywords at each point or every two kilometres, making it highly visual.

FINAL KILOMETRES

Q: Is this the time to increase your pace or keep a cool head?

IMA. If you've managed your pace well and still have something left in your legs, you can start to pick up speed gradually. If you're struggling, stay calm: set small intermediate targets (that lamppost, then that building...) and think positively. Soon you'll see the Guggenheim, sense the finish line approaching and know you've done it.

THE FINISH

Q: What should runners feel as they cross the line, regardless of their finishing time?

IMA. On that spectacular finishing straight, the most important thing is to enjoy the moment and feel like the star of the show. Lift your head, smile and savour those final metres you've imagined so many times in training. And why not cry tears of joy? You've earned it.

Q: After helping so many people achieve their sporting goals, what does running continue to teach you every day?

IMA. That running, especially together, is an incredibly powerful way to improve our lives. I'm still amazed at everything that can begin simply by putting on your trainers: taking care of yourself, pushing your limits, sharing experiences, meeting people and discovering things about yourself you never knew.

It's a gift we give ourselves every time we head out to pound the pavement, a gift that makes our lives better.

Q: If you could give every Bilbao Night Running Fest participant just one piece of advice before they pin on their race bib, what would it be?

IMA. Believe that each and every runner really is a leading character, alongside 27,000 other beating hearts, in a unique event. Enjoy every moment. That night, Bilbao runs, comes alive and shines with them. They're the people who make this extraordinary celebration possible.



TODO PARA TU CARRERA, EN UN SOLO LUGAR

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IF YOU COME TO BILBAO,

Don't miss this

GUGGENHEIM MUSEUM

From **Gran Vía**, walk to **Federico Moyúa Square** (also known as Plaza Elíptica), the city's **main hub**, where you'll find the impressive **Palacio Chávarri** (home of the Civil Government) and the historic **Hotel Carlton**.
From here, continue along **Alameda de Recalde** to reach the **Guggenheim Museum**.

It's one of only **three Guggenheim Foundation** museums worldwide (**New York, Venice, and Bilbao**), designed by **Frank Gehry**.

To think of **Bilbao** is to think of the **Guggenheim** — thanks to it, the city has become a **global cultural landmark**.

A spectacular and striking titanium-and-glass building with curving forms that **change color with the daylight**. Inspired by a **ship run aground,** its silhouette is now **one of the most recognizable in Spain**.
In the square in front of the main entrance stands **Puppy**, a **giant floral sculpture by Jeff Koons** — a massive dog made entirely of **living flowers**, and the museum's beloved **mascot**.



Another iconic outdoor piece is **Louise Bourgeois' Maman**, a **huge spider sculpture** with an abdomen full of eggs — hence the name.

Now all that's left is to discover the exhibitions inside.

BELLAS ARTES MUSEUM



One of Spain's most important museums. The current institution was created in 1945 through the merger of the **1914 Fine Arts Museum** and the **1924 Museum of Modern Art.**
It houses a collection of **over ten thousand works**, ranging from the **13th century to today**, displayed across **33 rooms**.
You can find masterpieces by **El Greco, Ribera, Zurbarán, Van Dyck, Murillo, Picasso, Arellano, Tàpies, and Goya**, among others.
A joint ticket is available to visit both the Guggenheim and Fine Arts Museum, which can be purchased at either museum's ticket office.

ALHONDIGA (Azkuna Zentroa)



Originally built in **1909** as a **wine warehouse**, it was abandoned after a fire. The **City Council**, with architect **Ricardo Bastida**, decided to restore it as a cultural center. Don't miss a visit inside — even just to see its **43 striking columns**, designed by **Philippe Starck**, each one unique and surprising.
The center includes **cinemas, a gym, a glass-bottom swimming pool, libraries, cafés, shops**, and a **rooftop terrace**.

Its cultural program is extensive: festivals, art and design exhibitions, and activities for all audiences.

PLAZA NUEVA (Plaza Barria)



Located in the **Old Town**, Plaza Nueva is a **clear example of Bilbao's social life**.
A **neoclassical square** with **64 porticoed arches**, it's home to bars and restaurants where you can enjoy **some of the best pintxos in Bilbao**, paired with the local wine, **Txakoli**.

HANGING BRIDGE (Portugalete)



Also known as the **Hanging Bridge (Vizcaya Bridge)**, it's a **UNESCO World Heritage Site** connecting **Portugalete** and **Getxo**.
Walk its **50-meter-high walkway** for the best views, and return using the **gondola ferry** — the **oldest transporter bridge in the world.**

BEACHES



Discover our beaches, feel the **sea breeze**, and enjoy the **views of the Cantabrian Sea**.

They're just **30 minutes by metro** from Bilbao city center:
Ereaga Beach (Getxo) – Neguri station.
Arrigunaga Beach (Getxo) – Bidezabal station.
Arriatera-Atxabiribil Beach (Sopelana) – Larrabasterra station.
Plentzia Beach – Plentzia station.
Gorliz Beach (Plentzia) – Plentzia station.

RIBERA MARKET



Dating back to the **14th century**, it was redesigned in **1929 in art-deco style**, with huge colorful stained-glass windows — a modern marvel for its time.
It's a **commercial landmark** and one of Bilbao's **must-see sights**, as it's the **largest covered market in Europe**.
In Bilbao, everything is big!
You'll find the finest **meats, fish, fruits, seafood, legumes, cold cuts, and delicacies** of every kind.

** Closed on Sundays.*



ARTXANDA MOUNTAIN



From here, you can enjoy **spectacular views** of the city's most iconic buildings. It's the perfect spot for **green walks, sports, or traditional Basque dining**.

In Bilbao, it's a tradition to **go up to Artxanda** for a stroll or a meal at one of the local restaurants.
You can take the **historic 1915 Funicular** from the **Funicular Square**, in the **Campo de Volantín** area.



Are you ready to discover Bilbao?



24 Y 25 DE ABRIL DE 2027

MARATÓN DE BIARRITZ

MARATÓN | MARATÓN POR RELEVOS

MEDIA MARATÓN | 14 KM | 10 KM | 5 KM | KIDS

¡VISITANOS LOS DIAS 16 Y 17 DE OCTUBRE
EN EL EVENTO SHAKEOUT RUN
ORGANIZADO POR RUNFIGHTERS EN ZUBIARTE!

MÁS INFORMACIÓN :
WWW.MARATHONBIARRITZ.COM

TROPHIES



ELITE TROPHIES

Ceremony

At 8:30 p.m., the awards ceremony will begin for the top three male and female finishers in both the Half Marathon and Pirate Race distances.



VETERANS TROPHIES 10:00 PM



This year, if you're among the top three veterans (men or women) in the **Half Marathon, please go to the Podium area next to the finish line to collect your award.**

You can check the full list of winners on our official website under race tracking.

Access the Podium area via the Guggenheim stairs, next to Puppy (the floral dog sculpture).

To enter, you must show your bib.

SOCIAL Commitment



Supporting Bizkaia's sporting community

We contribute over €60,000 each year to sports clubs across Bizkaia, helping to promote sport and healthy living in the province.

21K / 10K BILBAO NIGHT RUNNING FEST

On Sunday, October 18,
the official results

RACE RESULTS

DIPLOMA 2026

and downloadable race diploma will be available on our website.

BILBAO NIGHT RUN FEST



See you next year!

el 16.10.2027

21K / 10K

BILBAO NIGHT RUNNING FEST

PREMIUM PARTNERS:

LABORAL kutxa

MIZUNO

OFFICIAL PARTNERS:

Bilbao

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