



Frequently Asked Questions (Q&A)

A. General Information

1. What is MaccabiRun?

MaccabiRun is a unique running challenge consisting of four official races held as part of the Maccabiah Games.

Each race is an independent competition, allowing athletes to compete for medals based on their individual race results.

In addition, participants may compete for the Overall Championship, which is determined by the lowest cumulative time achieved across all four races.

2. Which events are included in MaccabiRun, and in what order are they held?

The MaccabiRun Challenge consists of the following events:

Event Date Start Time Venue 5 km Race July 5, 2026 19:30 Herzliya

Park Jerusalem Half Marathon (21.1

km) July 7, 2026 20:10 Sacher Park, Jerusalem

Mile Race (1.6 km) July 9, 2026 18:30 Eshkol Park 10 km Race July

12, 2026 17:30 Haruvit Forest

3. How many medals can participants earn?

Athletes have the opportunity to earn up to six medals:

- One medal for each of the four races. (in total 4 medals)
- A Finisher Medal awarded to athletes who successfully complete all four races.
- An Overall Medal awarded to the athlete with the best cumulative performance across all four events.

4. If I do not participate in one of the races, can I still compete in the remaining events?

Yes. Each race is an independent competition.

However, only athletes who participate in all four races will be eligible for the Finisher Medal and the Overall Championship ranking.



5. Can I participate in both MaccabiRun and MaccabiMan/MaccabiWoman?

No.

Athletes must choose to compete in only one of these two Maccabiah multi-event competitions.

B. Age Categories and Rankings

6. What are the age categories?

The following age categories apply to both men and women:

- 18–29
- 30–34
- 35–39
- 40–44
- 45–49
- 50–54
- 55–59
- 60+

An athlete's age category is determined according to their year of birth, regardless of their age on the date of the competition.

The Organizing Committee reserves the right to combine age categories if participation numbers are insufficient.

7. Are there separate rankings for men and women?

Yes.

Separate men's and women's rankings will be maintained for all races.

8. When will the official start times be published?

Final start times will be published closer to the competition dates on the official Maccabiah website and the respective event websites.

9. Where will the results be published?

Official race results will be published exclusively through the Maccabiah App.



10. How are race times recorded?

Each athlete will receive an official race bib.

Official timing for every race will be conducted using an electronic chip timing system.

11. Are headphones permitted during the races?

No.

The use of headphones is prohibited in accordance with World Athletics regulations.

12. What happens if an athlete withdraws during one of the races?

An athlete who does not complete a race will receive a DNF (Did Not Finish) result for that specific event.

The athlete may still participate in the remaining races and be eligible for medals awarded in those individual events.

However, the athlete will not be eligible for the Finisher Medal or the Overall Championship classification.

13. Are there official warm-up areas?

No.

Official warm-up areas will not be provided.

14. What type of course surface is used for each event?

- Herzliya 5 km Race – Road course.
- Jerusalem Half Marathon – Road course.
- Haruvit Forest 10 km Race – Road course.
- Mile Race – Compacted trail surface.

15. How do athletes travel to the competitions?

- Transportation to all events will be provided from the official Maccabiah delegation hotels.

• 16. How is athlete safety ensured?

- The Maccabiah operates a dedicated Operations Center under the responsibility of the Maccabiah Operations Division, including an event physician and **Magen David Adom (MDA)** medical teams.
- Weather conditions are continuously monitored, including heat stress and other environmental factors.
- The Organizing Committee reserves the right to modify race courses, schedules, or race distances if deemed necessary for the safety and well-being of the participants.



17. When and where will athletes receive their race participant kit: timing chips, and participant number?

Athletes will receive two participant kits:

Kit 1 includes materials for:

- Herzliya 5 km Race
- Mile Race
- Haruvit Forest 10 km Race

Kit 2 includes materials for:

- Jerusalem Half Marathon

All participant kits will be distributed during the Technical Meeting at the Wingate Institute on:

Date: July 3, 2026

Time: 10:00 AM

18. Is there an official Maccabi training session?

Yes, there is one training session at the Wingate Institute on July 3rd. Departure from the hotel is at 6:00.

19. When will the Opening Ceremony take place?

The Maccabiah Opening Ceremony will be held on:

Date: July 1, 2026

Venue: Teddy Stadium, Jerusalem

Time: Departure from the hotel by organized shuttle at 15:00.

Participants should reserve this day for Opening Ceremony activities beginning at 1:00 PM.

20. Who should I contact for additional information?

Nimrod Hanegbi

Production Coordinator – Maccabiah

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MaccabiRun

At every competition, there will be a branded Maccabiah tent available for you. You can store your equipment there, and it will serve as our official gathering point at every event

Event Information

Herzliya 5K Race

General Information

Date: July 5, 2026

Location: Herzliya

Start Time: 19:30

Distance: 5 km

Course Surface: Road

The official course map

Starting point: Herzliya Country Club

For those arriving independently: Parking is available at the Seven Stars Mall, Yosef Nevo Street

Water station: at km 2.5 (water only).

<https://youtu.be/qCBnIrtMJw?si=VFUNZyfTBbHqAenR>

Jerusalem Half Marathon

General Information

Date: July 7, 2026

Location: Jerusalem

Start Time: 20:10

Distance: 21.1 km

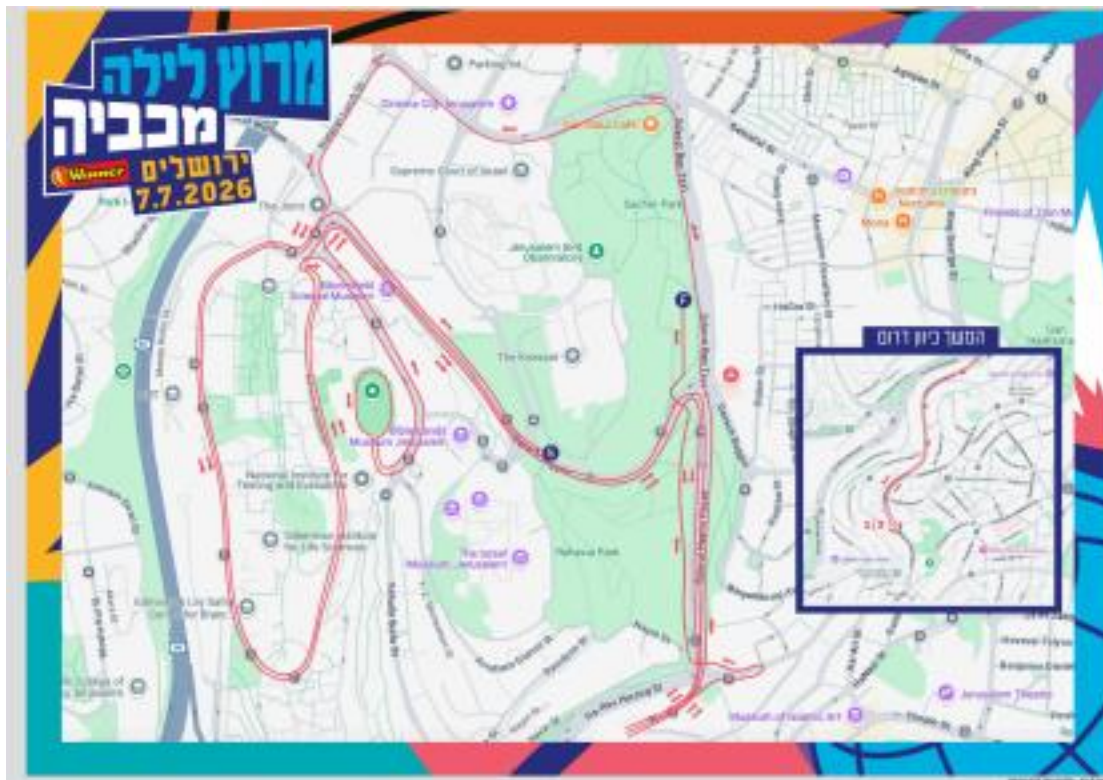
Course Surface: Road

Starting point: Sacher Park, Jerusalem

https://maps.app.goo.gl/Z9th85neRYDkCs9o9?q_st=ic

Water station: every 2.5 km (water only)

The official course map



Mile Eshkol

Date: July 9, 2026

Location: Eshkol Park

Start Time: 18:30

Distance: One Mile (1.6 km)

Course Format: 2 laps of 800 meters each.

Course Surface: Compacted trail.

Starting point:

https://ul.waze.com/ul?venue_id=22610233.226102331.548734&overview=yes&utm_campaign=default&utm_source=waze_website&utm_medium=lm_share_location



Haruvit Forest 10K Race

General Information

Date: July 12, 2026

Location: Haruvit Forest

Start Time: 17:30

Distance: 10 km

Course Format: Four laps of 2.5 km each.

Course Surface: Road.

An official medal ceremony for the 10K Race will be held following the completion of all race categories.

Immediately following the awards ceremony, the official MaccabiRun Closing Ceremony will take place.

M25

MACCABIAH 2026
המכביה

10K RUN HARUVIT FOREST

ONE RACE. ONE COMMUNITY. ONE MACCABIAH.



RACE DAY
July 12, 2026
SUNDAY

MORE THAN EVER
MACCABIAH 2026

RACE OVERVIEW

- Distance: 10.0 km
- Lap Distance: 2.5 km
- Elevation Gain: +64 m
- Surface: Forest Roads
- Start/Finish: Same Point
- Start Time: 17:30

DISTANCE
10.0 km

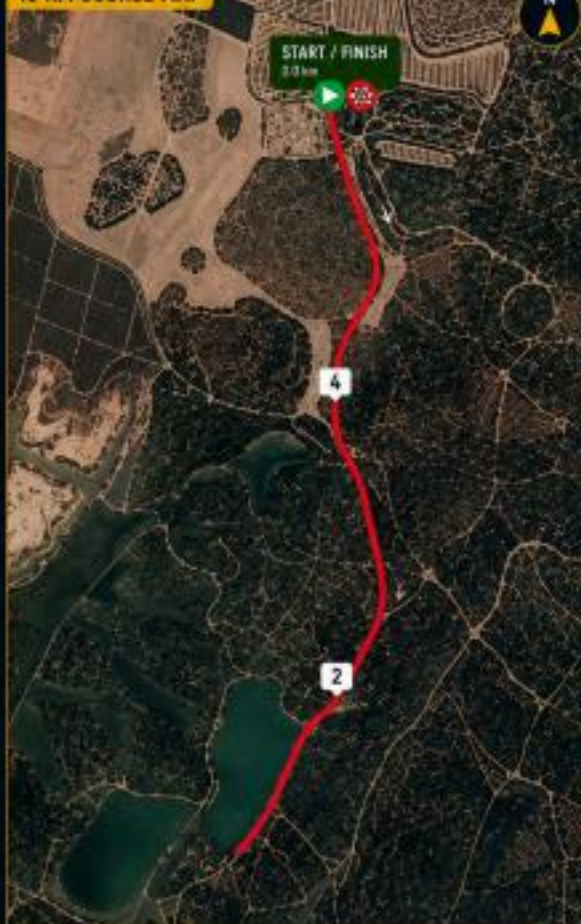
LAP DISTANCE
2.5 km

ELEVATION GAIN
+64 m

START TIME
17:30

SURFACE
Forest Roads

10 KM COURSE MAP



START AREA



WATER STATION



FINISH FESTIVAL



MAP LEGEND

- Start / Finish
- KM Marker
- Water Station
- Medical Point
- Toilets
- Entertainment Zone
- Direction of Travel

RACE HIGHLIGHTS

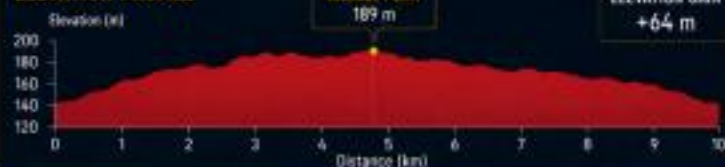
- ✓ Scenic forest trail
- ✓ Rolling terrain
- ✓ Well marked course
- ✓ Aid stations every ~2.5 km
- ✓ Fully supported event
- ✓ Experience the Maccabiah spirit!

יחד מסורג חלק מכביה

RUNNER INFO

- Surface: Forest Roads
- Aid Stations: 2 (Every ~2.5 km)
- Cut Off: 90 min
- Medical: On Course
- Toilets: At Start, 2.5 km, Finish
- Hydration: Water at Aid Stations

ELEVATION PROFILE



POINTS OF INTEREST

- Water Station (2.5 km)
- Water Station (7.5 km)
- Finish Festival (10 km)
- Medical Point (Mid Course)
- Start / Finish Area (0 / 10 km)

INTERNATIONAL PARTICIPATION

Welcoming athletes
from Europe and
around the world
Together in sport,
together in spirit.



SCAN TO EXPLORE THE 10K ROUTE

Scan the QR code to
view the interactive
map, download GPX
and more!



INTERACTIVE MAP
Ride with GPS

GPX DOWNLOAD
Course file

PARKING & ACCESS
Event info & directions

ONE RACE.
ONE COMMUNITY.
ONE MACCABIAH.

