

CITY GUIDE

MALABO

EQUATORIAL GUINEA

RUN DAY

Monday, October 5

ABOUT EQUATORIAL GUINEA

Equatorial Guinea is a country in two parts: a mainland region (Río Muni), bordered by Cameroon to the north and Gabon to the east and south, and the island of Bioko, sitting out in the Gulf of Guinea east of the mainland. Malabo, the capital, sits on Bioko and anchors the country's political and business life.

QUICK FACTS

CAPITAL	Malabo, on Bioko Island
POPULATION	~1.8 million
LANGUAGES	Spanish (primary); French and Portuguese also official
CURRENCY	Central African CFA Franc

RACE DAY

6:00 AM	Run start
9:45–10:00 AM	Roberto arrives at the finish
10:00–10:30 AM	Press Event and Photo Op



WEATHER IN OCTOBER

Deep in its wet season this time of year — expect a 70% chance of showers or thunderstorms, high humidity, and daily temps between 73–82°F (23–28°C).

GOOD TO KNOW

Equatorial Guinea has been led by President Teodoro Obiang Nguema Mbasogo since 1979, making him Africa's longest-serving head of state. Malabo's culture blends Bubi and Fang traditions with a Spanish colonial legacy still visible in the old town's architecture — and the city runs on island time, so build in a buffer.