

CITY GUIDE

WINDHOEK

NAMIBIA

RUN DAY

Thursday, October 8**ABOUT NAMIBIA**

Namibia sits along the Atlantic coast of southern Africa, bordered by Angola and Zambia to the north, Botswana to the east, and South Africa to the south. It's a land of dramatic desert landscapes and one of the least densely populated countries on the continent.

QUICK FACTS

CAPITAL	Windhoek
POPULATION	~3.15 million
LANGUAGES	English (official), plus 8 more incl. Oshiwambo, Afrikaans and German
CURRENCY	Namibian Dollar

RACE DAY

5:30 AM	Run start
9:15–9:30 AM	Roberto arrives at the finish
9:45–10:15 AM	Live webinar

**WEATHER IN OCTOBER**

Windhoek runs warm to hot by day and cool and crisp by night this time of year. Daily highs average 86–87°F (30°C), dropping to 54–56°F (12–13°C) after dark.

GOOD TO KNOW

Windhoek sits at about 1,700 m on the central Namibian plateau, so expect thin, dry air and a real chill before sunrise. The city's German colonial architecture sits alongside Ovambo, Herero and Damara communities, and Namibia is one of the few countries to write environmental protection into its constitution.