

Jamaica becoming a running destination

Jamaica is known around the world for success in sprinting, but now the island is also becoming increasingly popular for a series of running longer-distance road races.

Three signature running race events take place annually: the Reggae Marathon in Negril, Kingston City Run and MoBay City Run. These races are attended by both visitors and locals and offer a true "sense of place" for those wanting to explore the destination on the move. "The popularity of destination races in Jamaica continues to grow among U.S. travelers," said Paul Pennicook, Jamaica's Director of Tourism. "Almost 600 American runners participated in the Reggae Marathon in 2014. All three destination races staged in Jamaica offer scenic routes as well as the chance to experience the race with locals and share in their excitement for running."

Upcoming Running Events In Jamaica

The Reggae Marathon, Negril Date: Saturday, December 5, 2015 Race Options: 10k, half marathon, full marathon Overview: Reggae beats pulsate at each mile marker along Negril's coast and finishers get coconut water in the shell and a Red Stripe before taking a plunge in the waters off Seven Mile Beach. A "Rasta Pasta" party kicks off the race weekend the night before race day. www.reggaemarathon.com

Kingston City Run, Kingston Date: March 13, 2016 Race Options: 5k, 10k, half marathon Overview: The race route takes visitors past many of Kingston's tourist highlights, including the Bob Marley Museum, Devon House, King's House and Emancipation Park. The event features a weekend of festivities and several charities benefit from the race. www.kingstoncityrun.com

MoBay City Run, Montego Bay Date: Sunday, May 1, 2016 Race Options: 5k walk, 5k run, 10k run Overview: The MoBay City Run route takes runners through a scenic tour of historic Montego Bay. This charity road race provides funding and scholarships for students attending schools in Montego Bay. www.mobaycityrun.com