



FINAL RACE INSTRUCTIONS FOR PARTICIPANTS

Dear Runners,

Established in 1995, Dubai Creek Striders is the oldest and biggest registered non-profit running club in Dubai. We are a vibrant and active running community and have a following of 5000+ members through our Social Media portals, most of whom have run with the club in the past 28 years of our establishment. The administration of DCS is done on a pro bono basis by a group of passionate runners and volunteers who believe in promoting active and joyful living in the community. We have no employees and operate on minimum overheads with the support of our members.

Over the last 20 years, the DCS Half Marathon has consistently received highest ratings among similar events in the region, and unofficially titled as the most scenic Half Marathon in the world. **We are as excited as you are for Race Day, to celebrate the 20th edition with record participation of 2500 runners, 2500 spectators, 250 volunteers/marshals and make it the best one ever!**

In order to execute such a world class race, we selectively build long-term partnerships with companies, which hold the same values of promoting health & wellbeing. The popularity of our club as well as the race is credited to our partners who have supported us with generous contributions and extended their support/logistics to ensure a successful event year after year. This edition, in addition to **Marina Home as the title sponsor**, DCS is proud to have Johnson Arabia & Optimum Nutrition as Gold Sponsors, ASICS as the technical partner, Dubai Creek Resort as the Host Venue, Medcare Hospitals as the Healthcare Partner, and Spinneys as the Event Partner. The full list of our sponsors is provided below.

On behalf of the Committee and Dubai Creek Striders please accept our sincere thanks for your participation and your support in making the 20th edition of the Marina Home Dubai Creek Striders Half Marathon & 10km a truly memorable and enjoyable event!

Please carefully go through the final instructions provided below. Enjoy the race and we look forward to seeing you on Sunday 22nd January 2023.

Happy Running - All the best!

Chirag Shah

Chairman, Dubai Creek Striders

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FINAL RACE INSTRUCTIONS FOR PARTICIPANTS

MARINA HOME DUBAI CREEK STRIDERS HALF MARATHON & 10km 2023

6.00 a.m. Sunday 22nd January, Dubai Creek Golf & Yacht Club

Location Pin: <https://goo.gl/maps/4ZhV9d2CEgB8RZcX7>

1.1 Post-Race Breakfast Buffet at QD's/Boardwalk, Park Hyatt

Park Hyatt is providing the buffet breakfast at an excellent value price of AED 80. To celebrate the 20th Edition of DCS Half Marathon & 10KM race, Marina Home and DCS are subsidising the cost of breakfast and the first 500 tickets were sold out in less than 24 hours at the amazingly low price of AED 40! Due to overwhelming demand, we are offering an additional limited number of subsidised breakfast tickets at AED 50, available at race pack collection. It will also be possible to buy breakfast tickets on race day from Park Hyatt, but they will be at the full price of AED 80.

1.2 Assignment of pens and bib number

As an athlete, you will appreciate the importance of being placed in the appropriate starting pen – whatever your pace, there is no advantage in starting off in the wrong pen. Based on available information, we have assigned the appropriate start wave for you. **Your bib will be emailed to you by Hopasports.**

2.1 Collection of Race Pack (Race Bib, Race T-shirt, Goodie Bag and Breakfast Tickets)

THURSDAY 19th JANUARY Time: 4.00 p.m. – 9.00 p.m.

FRIDAY 20th JANUARY Time: 1.00 p.m. – 6.00 p.m.

Location: The car park of Spinneys Al Wasl Road, Umm Suqeim 1.

<https://goo.gl/maps/y4qTJZPUW4awovBA8>

SATURDAY 21st JANUARY– Time: 4.00 p.m. – 7.00 p.m.

Location: Car park outside QD's Restaurant, Dubai Creek Golf & Yacht Club (i.e. the race venue)

<https://goo.gl/maps/4ZhV9d2CEgB8RZcX7>



Important:

- You will need to show your photo identification to collect the race pack.
- Remember to collect your pre-purchased breakfast tickets if you have ordered these on the Hopasports registration portal.
- Race bibs, race bags, pre-purchased breakfast tickets, and t-shirts will NOT be handed out on race day.
- Overseas entrants who may need special pick-up arrangements should contact the race organisers at info@dubaicreekstriders.com
- If you are unable to personally collect your race number and bag you may give the Official RECEIPT INVOICE (you can print this directly from your Hopasports account) to your partner/friend who can then pick it up on your behalf. They must also have a copy of your identification.
- You are responsible for getting your Race Pack; there are NO SPARES. NO BIB NO RACE.

2.2 Your Race Number and Timing

The following people will NOT be allowed to run on the route, will NOT be timed and will NOT receive photos:

- Those wearing their number on their back, under clothing or not at all!
- Those who remove, bend or tear the timing tag on the reverse of the number!

Race Number:

- Attach your number to the FRONT of your vest. Do not cut, fold or modify the number in any way as this is contrary to the rules and may lead to your disqualification. If your number is not visible at all times during the race you may be stopped, or even disqualified from the race and you will not get any race photos!

- Important: You must NOT use someone else's number and must not let anyone else use yours.

Your number is unique to you and is matched through our computer database and timing system to ensure safety, provide accurate times and eliminate cheating.

Timing:

Official race timing will be provided by Hopatec Sports Services using the MyLaps BiBTag technology. Your timing tag is uniquely registered to you and will be fixed on your running bib.

Please remember to wear your bib ONLY on your FRONT.

ICE:

Please write down the emergency contact name/number and any medical conditions on the back of the Bib. Please also complete your medical details in your Hopasports account - these details can be



accessed immediately by medical staff if required; NOT filling in this info and your emergency contacts correctly is at your own risk; please take 2 minutes of your time for your own benefit.

The event organisers, its sponsors, administrators, and anyone else involved in the event cannot be held responsible for any medical condition arising from participation in the event.

Remember – no tag, no time!

2.3 Race T-Shirt

You will receive an ASCIS Technical Official Race T-Shirt as part of the race pack. Those wearing the ASICS Official Race T-shirt for the race will be in with a chance of winning special prizes.

2.4 No longer able to run?

It is no longer possible to cancel or refund your entry. There is NO option to swap, give, sell, transfer or defer your entry; please do not jeopardise the integrity and safety of the event by attempting to do so! If the participant is unable to run on race day due to any reason, the participant can collect the race pack at the designated times above, run the event virtually (on a later date but before February 28, 2023) and collect their medal from the organisers after informing them in advance.

2.5 Remember

- Do arrive in plenty of time
- Bag drop facility will be available on race day - however, do not bring valuables
- Wear running clothes and shoes that you are used to – nothing new that may cause chafing or injury
- If you are planning to use the Official T-Shirt, try it out and wash it before race day
- Don't suddenly stop or change direction, particularly at the drink stations
- Dispose of empty drink containers carefully at the side of the road or in the bins provided
- Hydrate often – before, during and after the race

3.1 Getting to the Start

It is preferred that you use a Taxi/Careem/Uber to help you get to the start and home again. There will be a taxi drop off point near the start/finish area.



You can use either Garhoud or Maktoum Bridges to get to the race start. Please note that Floating Bridge is closed all day on Sundays. Parking in the Club is extremely limited and once this is full, we will spill over into Deira City Centre car park.

3.2 Parking

Plan your journey to arrive early and enjoy the atmosphere and attractions at the Athletes' Village. Allow enough time to arrive, park, walk from your parking area and prepare for the race, and reach the Athletes' village well before 5:15 a.m. If you do drive to the race venue and don't plan to arrive very early, please make use of the Deira City Centre P4 car park.

3.3 Start Time: 6.00 a.m. for Half Marathon; 6.15 a.m for 10km

The first wave of the Half Marathon will start at 6.00 a.m., once official police clearance is received, with subsequent waves being released one at a time to allow the safe flow of runners at the start. Please be at the start area at least 45 minutes before the start time and ready to line up 15 minutes before the race is due to begin. Last minute instructions will be announced over the PA system. 10km runners will start after all half marathon waves have been released, but all 10km runners must be on site well before the 6.00 a.m. race start time.

3.4 Baggage

Baggage drop facilities are limited so we encourage you to leave belongings in your locked vehicle where possible. Bag drop containers, for the storage of baggage and other non-valuable items, are located at the far end of the Athletes' Village, opposite the toilet block. Please refer to the start/finish area map for the exact location. Your baggage will be tagged against your bib number, so please ensure you have your bib with you when you arrive at the bag drop. You will also need to show your bib again to collect your bag. Race officials will oversee the container, but any item placed in the container is at the owner's risk. Important: The race organisers, sponsors, administrators and other officials cannot be held responsible for any lost, misplaced or stolen belongings.

3.5 Warm Up

Trainers from ASICS, our Official Technical Partner, will lead runners through a series of gentle warm up and stretching exercises to prepare for the race ahead. The warmup starts at approximately 5:25 a.m. and will last 10 minutes. It's a free session, so get there early to make sure of a place!



3.6 Toilets

Toilets are available in the Boardwalk & QDs restaurants, next to the Chandlery shop (opposite the starting pens) and in the temporary toilet block at the far end of the Athletes' Village. Public toilets are also situated along the course. Toilet locations are indicated on the course map, which can be viewed near the entrance to QDs on race day.

3.7 Pre-Start Procedures

The line-up for any mass-participation event is always a bit tense, but we have procedures in place to ensure you have a stress-free start to your race! All runners are expected to follow the instructions of marshals, who will direct you to your correct pen, to ensure a smooth and safe start to the race for everyone. Please remember these simple arrangements.

IF YOU HAVE A COMPLETELY WHITE BIB AND A NUMBER BETWEEN 1-99

When the MC announces the start of the line-up procedure, please go directly to the start line DO NOT go to one of the coloured starting pens. Please line up BEHIND the timing mats.

IF YOU HAVE A RED STRIP ON YOUR BIB AND A NUMBER BETWEEN 100-499

On the MC's announcement, please proceed to the RED starting pen and await the marshals' instructions.

IF YOU HAVE A GREEN STRIP ON YOUR BIB AND A NUMBER BETWEEN 500-1000

On the MC's announcement, please proceed to the GREEN starting pen and await the marshals' instructions.

IF YOU HAVE A BLUE STRIP ON YOUR BIB AND EXPECT TO FINISH THE RACE IN UNDER 2:45

On the MC's announcement, please proceed to the 1st BLUE starting pen and await the marshals' instructions.

IF YOU HAVE A BLUE STRIP ON YOUR BIB AND EXPECT TO FINISH THE RACE IN OVER 2:45

On the MC's announcement, please proceed to the 2nd BLUE starting pen and await the marshals' instructions.

IF YOU ARE A 10km RUNNER YOU WILL HAVE A YELLOW BACKGROUND ON YOUR BIB AND A NUMBER 2000 OR GREATER



On the MC's announcement, please remain in the athletes village and await further instructions. DO NOT move to the pens until YELLOW runners are called for the 10km start.

The 4 colour starting pens will be clearly marked with coloured flags and marshals will direct you to the correct pen. All runners should be assembled in the correct pen no later than 10 minutes before the start of the race. The PA system will keep you informed in the lead-up to the start of the race. Please ensure your race number is clearly visible and securely fastened to the FRONT of your vest/t-shirt and that you are in the correct pen corresponding to your bib colour. If you wish to run with a pacer in your timing pen please move to your pen as soon as you are called to ensure you can be near them in your pen.

3.8 On the Start Line

When called forward by the marshals, please move slowly towards the start line-up with your allocated start wave. To ensure safety, runners will be released in 5 waves, one for each pen. The race and clock will start at the sound of the starting gun but your individual finish time will be based on your personal chip time, which will start as you cross the start line.

3.9 The Course

The race follows a scenic route along, under and over the Dubai Creek. There may be roadworks on some sections of the route. The course will be well marked by orange cones, where required. Marshals are in attendance at all junctions and other critical areas. Please follow the marked route and do not attempt to short-cut any section – offenders will be immediately disqualified. Timing mats are placed en-route to ensure all runners complete the full course.

The race is run primarily on pavements. When it is necessary to run on, or across, roads, runners must take full responsibility for their own safety. Important: You must run on the designated course and comply with marshals' instructions at all times. Always be aware of traffic when on, or crossing, roads.

4.1 Official Pace Groups

The race will feature multiple Pace Groups to help you achieve a predicted finish time. Pace Group Leaders are easily identifiable by their special ASICS YELLOW PACER shirts and the pacer flags they will carry with their predicted finish time. We have pacers planning to run the following Half



Marathon race times: 1hr 40, 1hr 45m, 1hr 50m, 2h, 2hr 15m, 2hr 30m, 2hr 45min, and 3hr. We also have 10km pacers for runners looking to complete the 10km race in 1hr 15m.

The pacers will be introduced on stage approximately 30 minutes before the race so be sure to join the correct pacer if you want to 'get on the bus' for your chosen time. Please note that the pace runners are human and although every effort will be made to finish in the predicted time, no responsibility can be attached to the pace runners or the organisers if you fail to finish in the predicted time.

4.2 Start & Finish Times

Hopasports will provide the official timing and results. Your timing tags will be detected as you cross over the timing mats at the start and finish, and at certain points along the course, and will provide split and finish timings. Full results will be posted on Hopasports.com at the end of the race, after consultation with race officials and referees whose decision is final. All results will be based upon your own personal, net chip time.

4.3 Closure of the Floating Bridge All Day on Friday

Please note that the Floating Bridge is now closed ALL DAY on Sunday. As vehicles still use this junction to perform a U- turn, please continue to exercise caution in this area. Marshals have been instructed by the Dubai Police to enforce strict safety procedures to ensure you safely cross the intersection.

4.4 Areas for Extra Care on the Course

There are several sections of the course that will require your full attention:

0.50km – DCGYC driveway – Take care when running over the speed humps along the drive. (outbound & return)

1km – Exiting the Club - Turn right and watch out for traffic as you join a busy road. Please use the pavements whenever possible and keep inside the designated course (marked by orange cones).

4.3km – Just as you decent from Garhoud bridge there is a signage which is quite low, please mid your head.



7.2km – Dubai Courts – you will run between the 2 buildings of Dubai courts, the barrier to the parking will be open, but please exercise caution.

7.5km – Maktoum Bridge - The course splits here between Half Marathon and 10km routes. Please look out for the signs and follow the directions of the marshals to your correct routing. 10km keep left and Half Marathon keep right

7.5km & 19km – As you pass under Maktoum Bridge We have instructed no fishing here on race day, but the area may still be busy with fishermen so look out for anyone casting their line and be careful underfoot as the ground will be wet and slippery. (outbound and return).

12km- This year the route after parked abra's and public library the route turns to the right and follows the footpath near Al Ras Metro station

12.3km & 12.4km are 2 small island with green scaping please exercise caution and run around them as guided by marshals with cone as direction

12.8km – Shindaga Tunnel - Take care at the entrance to the tunnel as there is construction work in the area.

14.6km to 15km – The souq area has some tight turns please listen to the marshals

15.3km – 17km - Al Seef Area - There are tight turns and some steps in this area so please take care and follow the arrows.

19.3km – Exiting Maktoum Bridge – Road works are in progress and there is a sharp right turn to access the footpath.

20km – Near Club Entrance - You will exit the footpath from the construction entrance, please keep an eye out for traffic on the right and remain inside the marked cones.

4.5 Drink Stations

Keeping cool and regularly replacing lost fluids is a must for all runners. Please make use of the drink stations situated along the course. Emirates Water will be available approximately every 3km, as well as at the start and finish lines and Pocari isotonic drink will be available approximately every 6km. Please dispose of your used bottles carefully in the nearby bins to avoid risks to other runners and to support our recycling efforts.



4.6 Medical Aid

Ambulances will be located at certain points around the course, as well as at the finish area. If you start to feel unwell please stop running immediately and wait for the medical officers to attend to you. If possible, please alert the nearest marshal who will assist you. If you feel unwell at the end of the race, please consult with the Ambulance staff located at the start/finish area.

4.7 At the Finish

10km runners and 21.1km runners will be funneled separately on the approach to the finish line. Please look out for signs and follow directions of the marshals. Upon crossing the finish line, 21.1km finishers will be presented with a unique commemorative medal. There will be gold medals for the first 10 male and 10 female finishers. Silver medals will be given to all the other finishers.

10km runners will also receive dedicated gold and silver 10km medals. After receiving your medal, please follow the marshals' instructions and keep moving forward to the Athletes' Village to clear the finish area for runners behind you. Please do not pass again near the timing mats while still wearing or carrying your bib/timing tag as this may invalidate your time.

4.8 Cheating

Cheating is against the spirit of the event, so please do not be tempted to cheat. There will be monitoring stations on the course and any participant found to be cheating will be immediately disqualified from the race. Runners entered for the Half Marathon distance will be considered as disqualified if they do not complete the full distance. It is not possible to switch to the 10km distance once the race has started.

4.9 Spectators

Being a spectator is a fun way to spend the morning and provides great support for runners who may need a little extra encouragement. However, please be aware of the following simple rules:

- Please follow all marshal instructions and safety protocols.
- Please keep all children well clear of the route and finish area.
- Do not enter the official course at any time, particularly the start and finish area.
- Do not obstruct, or get in the way of the runners.
- Do not move barriers or tapes installed along the course.



- Please support all runners with a clap and a cheer – it may help them set a new personal best, or just make it to the finish line!

5.1 Meeting Area

Please meet friends and family in the meeting area of the Athletes' Village to the right of the finish area, outside QD's Restaurant. Do not congregate in the finish area as this blocks access for other runners' who are completing their run.

5.2 Toilets and Post-Race Shower Facilities

Pre-race toilets are available in the Boardwalk & QDs restaurants, next to the Chandlery shop (opposite the starting pens) and in the temporary toilet block at the far end of the Athletes' Village. Race route toilet locations are indicated on the map which can be viewed near the entrance to QDs.

Excellent post-race shower facilities are available at the Golf Club House just a 5-minute walk from the finish area. For those with tired legs, complimentary golf buggies will pick up at the Chandlery to take you there. Please bring your own towel if you plan to use the shower facilities.

Drinks, including Emirates Water and Pocari, and other refreshments, will be available in the finish area and Athletes' Village along with products, services and entertainment from our valuable sponsors.

5.4 Breakfast

Celebrate your race, soak up the atmosphere and enjoy the hot buffet breakfast at QD's/The Boardwalk, with unparalleled views of the creek and Dubai skyline. Pull up a chair on the banks of the creek, so close to the water's edge that you will want to dip your toes in, and watch the passing abras over Dubai Creek.

You will need to hand over your pre-purchased breakfast ticket to Park Hyatt at the breakfast entrance. Limited tickets will be available for sale on race day at AED 80.

5.5 Trophy Presentation and Raffle Draw

At approximately 9.15 a.m. the MC will announce the names and bib numbers of the winners in each age category, who will be invited to come up to the stage to receive their trophy. Winners who are not there to collect their prize in person will be contacted after the race.



5.6 Race Photographs

Dubai Creek Striders has commissioned Hopasports to provide race photos to participants using an advanced race photo technology. The photos will be provided free of cost and each participant will get an email link to download the photos within 2 days of the event completion.

A Big Thank You to our Many Wonderful Sponsors and Partner Government Authorities

The Marina Home Dubai Creek Striders Half Marathon & 10km would not be possible without the generous support of the following wonderful partners:



The Dubai Creek Striders Team