

# Iftar Challenge

## Thursday 15th June 2017

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### Race instructions

Many thanks for your entry. Please take time to read through these instructions carefully as there will be **no pre-race briefing** at the event.

### Race entry

A list of entries received will be posted on the Desert Road Runners web site, 24 hours prior to the race. Please check this list to make sure that your details are correct. Please check your **bib number** as this will save time when you collect your race pack. Go to:

<http://www.desertroadrunners.club/iftar-challenge/>

e-mail [admin2015@desertroadrunners.club](mailto:admin2015@desertroadrunners.club) if you think that there is an error.

### Directions to the venue

During Ramadan traffic is usually light from late afternoon to sunset. However do leave plenty of time to arrive. At least an hour from the the Marina end of Dubai.

A map to the venue is on the Desert Road Runners event website (Same link as above). If you take the Airport road out of Dubai towards Mirdif, cross over the 311, pass Mirdif on your right and the entrance to Mushrif Park is on your right approx 2 km after the 311. Enter via the main gate and drive through the park until you reach the gate at the opposite end of the park. Registration is here.

Alternatively you can reach the park from exit 55 of the 311. Drive up Tripoli Street towards Mirdif. Keep straight on at the traffic lights. Turn left at the roundabout into the road which leads to the park small entrance. Registration is in the car park just inside the entrance.

To gain admission to the park you require a Nol card. You can purchase one at any Metro station. Admission fee is AED 10 / vehicle or AED 3 per pedestrian. For those travelling from out of town we will have marshal at each gate from 5:30 pm with a limited number of Nol cards.

For full directions go to and a map go to :  
<http://www.desertroadrunners.club/iftar-challenge/>

## Number collection

Bibs with timing tags attached are to be collected from 5:30 pm at the venue on the evening of the race. Do not remove the timing tag from the bib. Collect from the car park by the Tripoli road entrance.

## Toilet / Changing facilities.

There are no changing facilities as such but there are toilet facilities at the park.

## Race Briefing

There will be no pre-race briefing.

## Race Timings

The 2.0 km race will start at 6:40 pm

The 5.0 km race will start at:

Men 7:10 pm.

Women 7:15 pm

Allow 15 minutes to get from the registration area to the start line for the 5 km race.

## Course (Also see map at the end)

The course has been measured and certified to IAAF standards.

The 2.0 km race starts at the finish line on the cycle track close to the Tripoli Road park gate and proceeds for 1km in an anti clockwise direction and then returns to the finish.

The 5.0 km start is on the cycle track approx 500 m from the finish line. The course is in a clockwise direction, passing through the finish plus one full lap of the cycle track. Runners stay on the cycle track for the whole race.

## Finish

The finish is on the cycle track just 100m before reaching the small park entrance

## Water

There is water at the finish only.

## After you finish

After crossing the finish line please stay well clear of the finish funnel so that you don't interfere with the marshals. If you want to jog back and cheer others in then please remove your race number first.

## Heat / Conditions

Conditions will be hot and humid. Please watch out for runners around you who may be in difficulty. Throughout the event the course will be patrolled by marshals on bicycles and there will be marshals on the course. They will call for help if needed. There will be an **ambulance and medical cover at the event**.

## Results / Prizes

The presentations will take place on the main track by the finish as soon as we have the results available. Expected to be no later than 8:00 pm.

Results will be posted on Hopasports web site.

<https://www.hopasports.com/>

### Park Main Entrance



Entrance from Tripoli Street