

# Rashid and Latifa Kids Duathlon

Expo City Dubai

Friday 1<sup>st</sup> November 2024



# Useful Information



## Date

- Friday 1<sup>st</sup> November 2024

## Bib Number Collection

Race day at Registration

- 

## Venue

Al Forsan Park , Expo City Dubai

## Start Times

1<sup>st</sup> race (3/5 years) starts 04:00pm at the start line at Al Forsan Park.

3/5 years 04:00pm

- 6/8 years 04.30pm

9/12 years 05:00pm

13/15 years 05:30pm

- Arrive 30 minutes before your race start time

## Toilets

Washrooms are available at the venue

# Useful Information

Please ensure that you are in the correct age category

All competitors are expected to heed the directions and instructions of all race official, and public authorities. Failure to do so may result in disqualification



# Bicycle and Runners Safety Rules

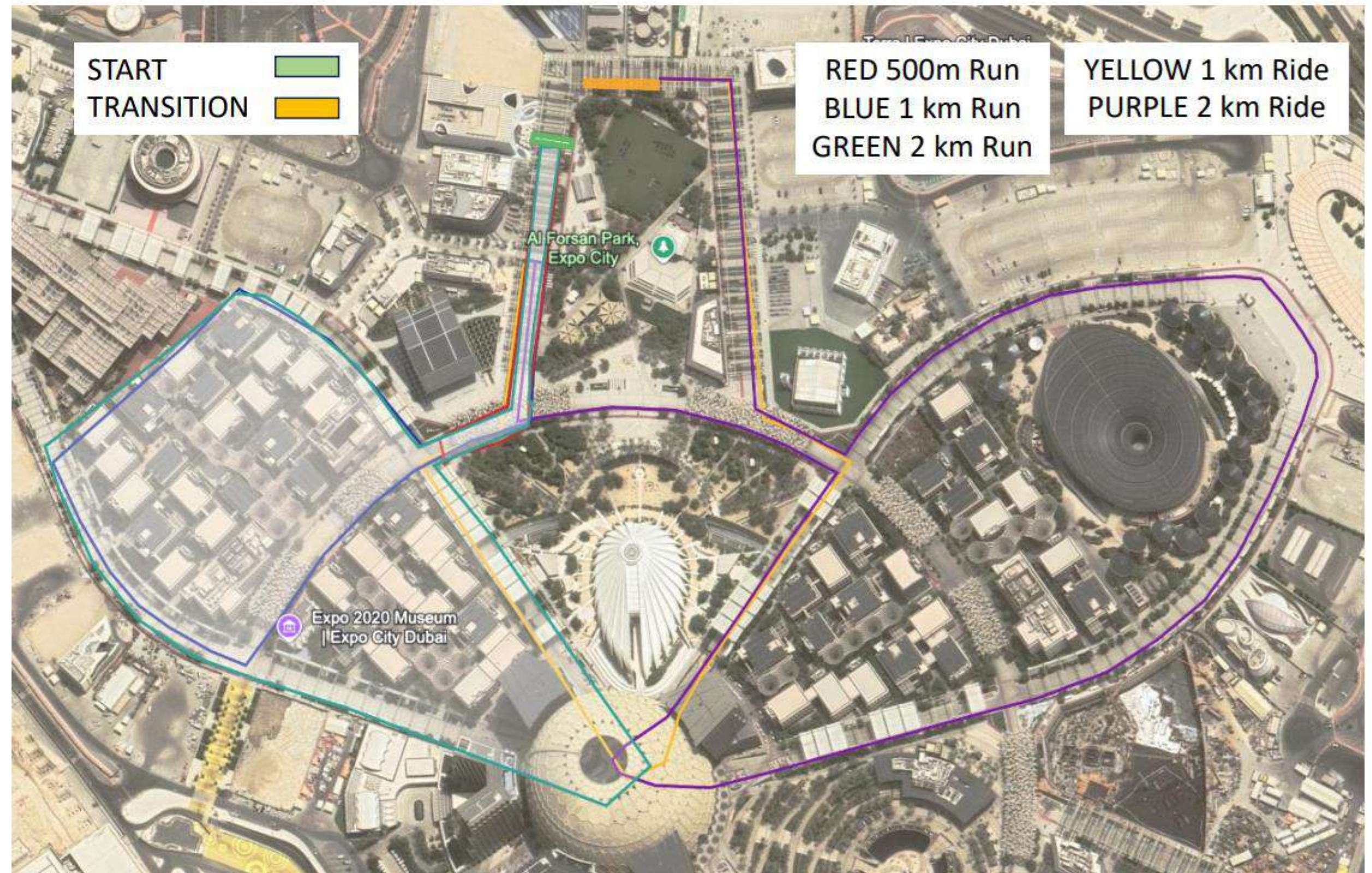


- Only registered participants can take part in the race
- No bike and helmet = No Ride
- Headsets, headphones, or any items which obstruct hearing are not permitted during any section of the event.

# The Race Routes

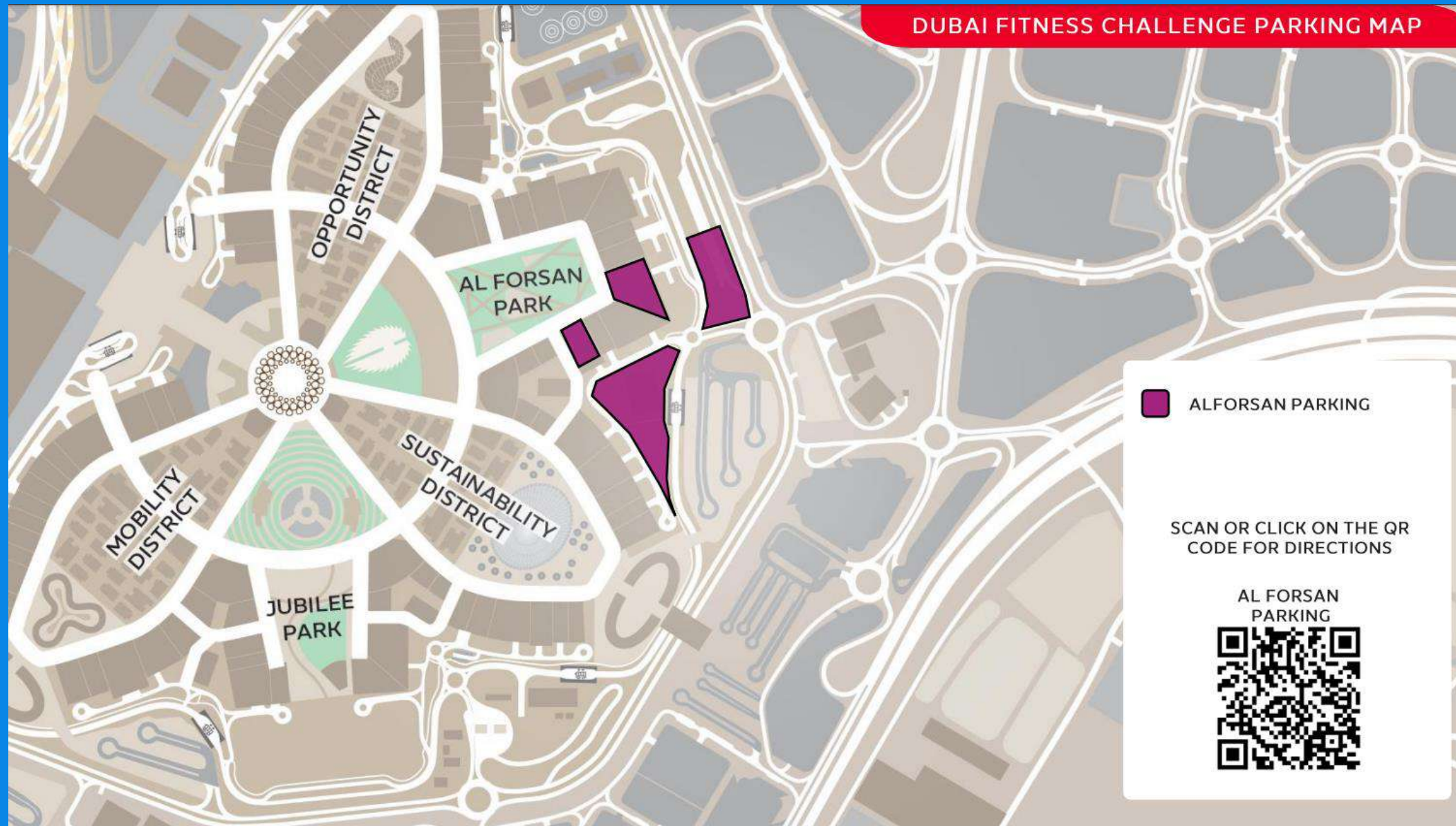
Start/Finish Line at Al Forsan

- 500m run/1km bike
- 1km run/1km bike
- 1km run/2km bike
- 2km run/2km bike



# Parking

- Be sure to allow enough time to to the race venue and setup in transition
- Parking is located at the Al Forsan parking attached
- Scan the QR code for parking directions





There will be a medical provision located at the start and on course.

Make sure you have a copy of our I.C.E in case of emergency number with you

- Please carry a copy of medical and emergency contact details

**I.C.E | In case of emergency number**

# Mechanical Support

Revolution Cycles will be on-site during the event with basic mechanical support







All competitors are expected to heed the directions and instructions of all race official, and public authorities.

Failure to do so may result in disqualification

- Headsets, headphones, or any items which obstruct hearing are not permitted during any section of the event.

If you are involved in an accident with another person, or have a mechanical problem, please ensure that a Race Official notified, and clear the track as soon as possible to allow riders to pass.

Abusive behaviour towards marshals, staff, riders, or any person in the event won't be tolerated. We are here to exercise well-being.