

# District one 5 mile race

## Friday 5th January 2018

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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/district\\_one\\_5\\_mile/](http://www.desertroadrunners.club/district_one_5_mile/)

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

### Directions to the venue

**Car parking is limited and we will be sharing the facility with cyclists so please pool cars and aim to arrive in plenty of time**

A map to the venue is on the Desert Road Runners event website (Same link as above).

- From Sheikh Zayed Road take Safa Park exit and take direction to Meydan Race course.
- Cross over Al Khail Road taking directions to Meydan Road.
- At traffic island 1 km from Al Khail Road do a U turn.
- After 200m take the first exit on the right into District one.
- Turn right at the small traffic Island and follow the road round.
- Follow signs to Cycle track.
- Registration will be at the far end of the car park

For full directions go to and a map go to :

[http://www.desertroadrunners.club/district\\_one\\_5\\_mile/](http://www.desertroadrunners.club/district_one_5_mile/)

### Number collection

Bibs with timing tags attached are to be collected from 5:30 am at the venue on the morning of the race. Do not remove the timing tag from the bib. Collect from the far end of the car park close to the running track.

## Toilet / Changing facilities.

There are limited toilet and changing facilities close to the registration area.

## Race Briefing

There will be no pre-race briefing.

## Race Timings

The 5 mile race will start at 7:00 am

The 2 mile race will start at 8:00 am

The start is very close to the registration area,

## Course

The course has been measured using IAAF certified equipment.

The start for both races is on the running track just to the right of the entrance to the track. **Please use the track to the left of the start for warming up.**

The 5 mile race proceeds in a clockwise direction round the track for 2.5 miles then returns along the same route back to the start.

The 2 mile race proceeds in a clockwise direction round the track for one mile then returns along the same route back to the start.

There is a mile marker at each mile.

## Timing Mats

There will be timing mats at the start, 1 mile, 2.5 miles, 4 miles and the finish.

## Finish

The finish line is the same as the start line.

## Water

There is water at 1.67 miles, 3.33 miles and at the finish. This will be in plastic cups.

## 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

Expected to be cool, 15c – 20c. 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 registration are as soon as we have the results available for both events. Expected to be no later than 8:30 am.

Results will be posted on Hopasports web site.

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