



# All You Need to Know!

Friday 8th February 2019

## Race Timings

The 10km race will start at **7:00 am**.

The 5km race will start at **7:10 am**.

The 2.5km Family Fun Run will start at **7:25 am**.

## Timing System & Deposit

To ensure timing and results are as accurate as possible, we are going to be using ProChips for all the Skechers Performance Runs. The ProChips are AED 150 to replace, so to collect your Race Pack and your Timing Chip you will be required to leave a deposit of AED150 or Emirates ID.

## Race Pack Collection

Bibs and timing chips are to be collected from **6.00am** at the venue on the morning of the race. Collection closes at **7.00am**.

**No chip = no time and possible exclusion from prizes**

## The Route

**5km** race is two laps of the Hamdan Sports Complex - clockwise direction.

**10km** race is four laps of the Hamdan Sports Complex - clockwise direction.

**2.5km** Family Fun Run is one lap of the 2.5km course.

Click here for the [map](#)

The barriers are placed to measure a 2.5km loop exactly. **Do not cut corners on the bends.**

**There will be no pre-race briefing.**

## Results / Medals / T-shirts / Prizes

Results will be posted on [www.hopasports.com/](http://www.hopasports.com/)

All runners will receive a medal, complimentary breakfast voucher, and a t-shirt from Skechers. The first

three finishers of each race will receive a prize from Skechers.

## Directions to the Venue

The Hamdan Sports Complex is located on Emirates Road, Exit 611, opposite Global Village.

Click [here](#) for location.

## The Start

The start for all the runs is on the main track approximately 200m down from the main entrance of the Hamdan Sports Complex.



## Water

There are two MonViso water stations on the course placed near the start/finish area.

## Heat / Conditions

Conditions are expected to be warm. Please watch out for runners around you. Throughout the event the course will be patrolled by marshals on bicycles - please call for help if required.



## Toilet / Changing Facilities

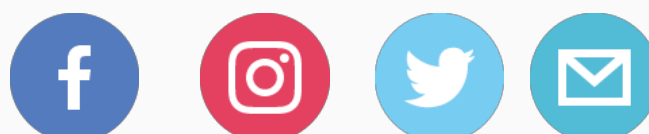
There are no changing facilities. Toilet facilities are available.

## Breakfast

After crossing the finish line, please move to the right and exit through the barriers. Breakfast will be served in the Village

## Medical

Ambulance and medical cover will be present at the event. If you need any assistance please contact a marshal on the course or the Information Desk in the Race Village



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**Our mailing address is:**

Promoseven Sports Marketing, Emarat Atrium Building, Sheikh Zayed Road, Dubai, United Arab Emirates.

P.O Box 11423 | [sports@promosevensports.com](mailto:sports@promosevensports.com) | 04 3210 008

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