

The logo for the Kuwait Marathon features a stylized blue icon of a runner on the left, followed by the words "KUWAIT" and "MARATHON" stacked vertically in a bold, blue, sans-serif font.

**KUWAIT
MARATHON**

Powered by

CIRCUIT+

Are you ready to 'Run With It'?

Please read this document for all upcoming details regarding the Kuwait Marathon.

Dear Runners,

You will find below the full event timetable. We recommend you arrive earlier before Kuwait Marathon official start time.

Bring your friends and family to support you, we will be accommodating guests at the 'Race Village' next to the bridge location.

The Race Village is free and open to all, it includes a lounging area, music, booths, food and pop-up stores. We hope you enjoy the first annual Kuwait Marathon!

If you have any questions, please contact us at:

info@thekwaitmarathon.com

-The Kuwait Marathon Team

RACE KIT

Runners Kit Collection Race kits (inclusive of run number and timing tracker) will be collected at AlShaheed Park Phase 2 – inside Multipurpose Hall at the following dates:

December 17, 2019 @ 2pm-9pm

December 18, 2019 @ 2pm-9pm

You must present your confirmed registration credentials to receive your Runners kit.

RUN NUMBER

Your unique run number has to be attached or worn to the front of your T-shirt/running vest. Please do not exchange, copy or change this number.

Run numbers are color-coded, therefore, must be visible at all times:

Blue - 5K runners

Yellow - 10K runners

Green - 21K runners

Red - 42K runners

KUWAIT MARATHON TIMETABLE

6:00 am: Sheikh Jaber AlAhmad AlSabah Causeway closure

6:15 am: Arrive to the venue location

7:00 am: Warm-up starts with Circuit+ at the stage area

7:30 am: Kuwait Marathon race starts

8:00 am: Cool down/stretching at stage area screens brought to you by 'HotLife App'

12:00 pm: Closing ceremony and Awards at the main stage in Kuwait Marathon 'Village'

All athletes must assemble at the start line during their respective time given per category. We recommend runners are in their start zones at least **20 minutes prior** to the race start time.

For any questions, Circuit+ (Kuwait Marathon) information booth is based in The Village area.

Restrooms will be available beside the entrance.

There will also be restrooms available on course for 21k and 42k runners.

Warm Up with our CP+ coaches will be available before the Kuwait Marathon begins. Make sure that you are at the start assembly area in time to take part.

Make sure to double check that you have your run number and tracker attached to your clothes at all times.

TIMING CHIP

Your timing chip is attached to the back of your race bib number. It is important that athletes do not remove or fold the timing chip as it will affect the accuracy of your time.

The timing chip will automatically record your time, so you don't need to do anything.

Your timing chip does not need to be returned at the end of the run.

SPEED AND CUT-OFF TIMES

Race distances will be set off separately to help regulate the flow of runners through the course. The athlete must be able to complete their respective running category within the below timeframes:

5K – 90 Minutes

10K – 2 ½ Hours

21K – 3 Hours 15 Minutes

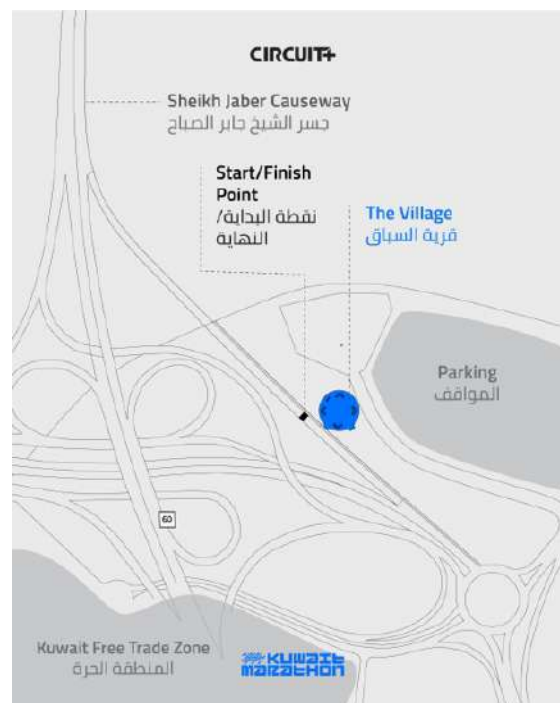
42K – 6 Hours

If you cannot finish within the timeframe given, we will have transportation to pick you up and bring you back to the finish line.

All participants who are walking/jogging at a slower pace are advised to start at the rear of their allocated start zones and requested to keep to the right-hand side of the road in the first few KM to allow faster runners to pass by safely.

PARKING

Please refer to the below map to guide you through the allocated parking area:



PARAMEDICS

Medical facilities will be available near the start and finish line and will be positioned around the course. Volunteers will also be on the course if you require assistance.

WATER STATIONS

Water Stations are located throughout the course. Please remember to put your rubbish in the waste bin.

PHOTOGRAPHS

In the upcoming days after Kuwait Marathon, please visit www.thekuwaitmarathon.com to view the photo gallery.

You will receive an email notifying of any photos taken of you while taking part in Kuwait Marathon.

Make sure your run number is clearly visible on the front of your T-shirt or running vest.

BAGGAGE

There is no baggage facility at Kuwait Marathon, therefore please leave any valuables or belongings locked in your car or with friends and family at the event.

Please do not leave any bags unattended around the event site.

RIDE WITH DRAEWIL

On behalf of our official Transportation Sponsor Draewil, Kuwait's leading 24/7 luxury chauffeur service, we are happy to announce that all athletes and spectators will enjoy an automatic special rate on Executive cars when booking their ride to and from The Kuwait Marathon via the Draewil app.

[Download app here](#)

RECOVER WITH DISC

We're proud to have DISC as Kuwait Marathon's Medical Partner.

DISC will also be available throughout The Kuwait Marathon to assist in medical or physical injuries, as well as help athletes recover.

[Learn more about DISC here](#)

THE KUWAIT MARATHON VILLAGE

The Village is open to everyone and features a range of activities and booths for runners and their family/friends to enjoy.

THE FINISH LINE

1. Don't stop immediately after you cross the line, you will have to continue a short distance further to collect your medal and bottled water.
2. Runners should follow the signage and marshals directions to the Race Village where they can rest-up and lounge in preparation for the closing ceremony.
3. Try to drink a little water after you finish the Kuwait marathon as you will need to stay hydrated. We will have stands kept at the end of the Finish Line.

TOP TIPS

1. Make sure you are healthy enough to run the distance you have signed up for.
2. Running can put you at risk of serious illness. If you experience heart palpitations, dizziness, chest pain or tightness, shortness of breath, or severe joint and muscle pain, please consult with our medical crew available.
3. Stay hydrated. Water will be available at the beginning, end and during the course of your race. Try not to gulp water as you could put yourself in a condition called hyponatremia where your body salts become diluted, possibly causing confusion and vomiting.
4. Try to eat a carb-loaded breakfast within two hours after finishing the event – your muscles can replace energy most efficiently during this time. We will have a variety of restaurant booths available at the Village.

5. Stay comfortable and make sure you have trained in the clothes you intend to run in. Don't use new trainers for the first time, ideally, you should in shoes you have worn multiple times.
6. Use weather resistant sunscreen, but not too much – you don't want it running into your eyes as you sweat.
7. Try to maintain a steady, even pace when running the Kuwait Marathon and focus on enjoying the event... remember you're running on one of the longest bridges in the world!

**A SPECIAL THANKS TO ALL OUR SPONSORS AND PARTNERS IN TAKING PART AT THE FIRST
ANNUAL KUWAIT MARATHON**

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