



Hello runners,

You can download this document from the Event documents section on the event page [click here](#).

This is our 3rd and final email to help you get the most out of your participation:

### 2.1 Getting To the Start

It is preferred that you use a Taxi/Careem/Uber to help you get to the start and home again. There will be a taxi drop off point near the start/finish area.

You can use either Garhoud or Maktoum Bridges to get to the race start. Please note that Floating Bridge is closed all day on Fridays. Parking in the Club is extremely limited and once this is full we will spillover into Deira City Centre car park.

### 2.2 Parking

Plan your journey to arrive early and enjoy the atmosphere and attractions at the Athletes' Village. Allow enough time to arrive, park, walk from your parking area and prepare for the race, well before the 6.00 a.m. start time. If you do drive to the race venue and don't plan to arrive very early, please make use of the Deira City Centre P4 car park.

### 2.3 COVID-19 Protocols

As per precautionary measures issued by the authorities, all athletes and spectators over the age of 16 should have fully completed both COVID-19 vaccination doses 14 days before taking part in the event. Race participants will be asked to show evidence of vaccination at bib collection, on ALHOSN app or similar. Runners and guests may also be asked to show evidence of their vaccination at the race venue and so should have their the ALHOSN app or similar with them. Participants are requested to refrain from coming to the venue if they are feeling unwell on race day.

Furthermore, it is a requirement to adhere to social distancing rules and wear a mask at all times (unless engaged in a sports activity). Race participants must wear a mask at the venue at all times, including while waiting in the pens. Masks can be discarded in designated bins once the participant has started the race. Masks will be provided to all runners at the finish line to wear post-race.

### 2.4 Start Time: 6.00 a.m.

The first wave of the Half Marathon will start at 6.00 a.m., once official police clearance is received, with subsequent waves being released one at a time to assist with social distancing. Please be at the start area at least 45 minutes before the start time and ready to line up 15 minutes before the race is due to begin. Last minute instructions will be announced over the PA system. 10km runners will start after all half marathon waves have been released, but all 10km runners must be on site well before the 6.00 a.m. race start time.

## 2.5 Baggage

Baggage drop facilities are limited so we encourage you to leave belongings in your locked vehicle where possible. Bag drop containers, for the storage of baggage and other non-valuable items, are located at the far end of the Athletes' Village, opposite the toilet block. Please refer to the start/finish area map for the exact location. Your baggage will be tagged against your bib number, so please ensure you have your bib with you when you arrive at the bag drop. You will also need to show your bib again to collect your bag. Race officials will oversee the container, but any item placed in the container is at the owner's risk. Important: The race organisers, sponsors, administrators and other officials cannot be held responsible for any lost, misplaced or stolen belongings.

## 2.6 Warm Up

Trainers from ASICS, our Official Fitness Partner, will lead runners through a series of gentle warm up and stretching exercises to prepare for the race ahead. The warm up starts at approximately 5:25 a.m. and will last 10 minutes. It's a free session, so get there early to make sure of a place!

## 2.7 Toilets

Toilets are available in the Boardwalk & QDs restaurants, next to the Chandlery shop (opposite the starting pens) and in the temporary toilet block at the far end of the Athletes' Village. Public toilets are also situated along the course. Toilet locations are indicated on the course map, which can be viewed near the entrance to QDs on race day.

## 2.8 Pre-Start Procedures

The line-up for any mass-participation event is always a bit tense, and even more so since COVID joined us, so we have made a few changes to our usual procedure to ensure you have a stress-free start to your race! All runners are expected to follow the instructions of marshals, who will direct you to your correct pen, to ensure a smooth and safe start to the race for everyone. Please remember these simple arrangements. Also, please remember that you are required to wear your masks at all times before starting the race.

### IF YOU HAVE A COMPLETELY WHITE BIB AND A NUMBER BETWEEN 1-99

When the MC announces the start of the line-up procedure, please go directly to the start line DO NOT go to one of the coloured starting pens. Please line up BEHIND the timing mats.

### IF YOU HAVE A RED STRIP ON YOUR BIB AND A NUMBER BETWEEN 100-499

On the MC's announcement, please proceed to the RED starting pen and await the marshals' instructions.

### IF YOU HAVE A GREEN STRIP ON YOUR BIB AND A NUMBER BETWEEN 500-999

On the MC's announcement, please proceed to the GREEN starting pen and await the marshals' instructions.

### IF YOU HAVE A BLUE STRIP ON YOUR BIB AND A NUMBER BETWEEN 1000-1250

On the MC's announcement, please proceed to the 1st BLUE starting pen and await the marshals' instructions.

IF YOU HAVE A BLUE STRIP ON YOUR BIB AND A NUMBER BETWEEN 1251-1999

On the MC's announcement, please proceed to the 2nd BLUE starting pen and await the marshals' instructions.

IF YOU ARE A 10km RUNNER YOU WILL HAVE A YELLOW BACKGROUND ON YOUR BIB AND A NUMBER 2000 OR GREATER

On the MC's announcement, please remain in the athletes village and await further instructions. DO NOT move to the pens until YELLOW runners are called for the 10km start.

The 4 colour starting pens will be clearly marked with coloured flags and marshals will direct you to the correct pen. All runners should be assembled in the correct pen no later than 10 minutes before the start of the race. The PA system will keep you informed in the lead-up to the start of the race. Please ensure your race number is clearly visible and securely fastened to the FRONT of your vest/t-shirt and that you are in the correct pen corresponding to your uploaded predicted finishing time. If you wish to run with a pacer in your timing pen please move to your pen as soon as you are called to ensure you can be near them in your pen.

### 2.9 On the Start Line

When called forward by the marshals, please move slowly towards the start line-up with your allocated start wave. To ensure safety, runners will be released in 5 waves, one for each pen. The race and clock will start at the sound of the starting gun but your individual finish time will be based on your personal chip time, which will start as you cross the start line.

### 2.10 The Course

The race follows a scenic route along, under and over the Dubai Creek. There may be roadworks on some sections of the route. Race Instructions will be updated closer to the race to allow for these. The course will be well marked by orange cones, where required. Marshals are in attendance at all junctions and other critical areas. Please follow the marked route and do not attempt to short-cut any section – offenders will be immediately disqualified. Timing mats are placed en-route to ensure all runners complete the full course.

The race is run primarily on pavements. When it is necessary to run on, or across, roads, runners must take full responsibility for their own safety. Important: You must run on the designated course and comply with marshals' instructions at all times. Always be aware of traffic when on, or crossing, roads.

### 3.1 Official Pace Groups

The race will feature ten Pace Groups to help you achieve a predicted finish time. Pace Group Leader are easily identifiable by their special ASICS PACER shirts and the pacer flags they will carry with their predicted finish time. We have pacers planning to run the following race times: 1hr 30, 1hr 35m, 1hr 40m 1hr 45m, 1h 50m, 2h, 2hr 15m, 2hr 30m, 2hr 45min, and 3hr. The pacers will be introduced on stage approximately 30 minutes before the race so be sure to join the correct pacer if you want to 'get on the bus' for your chosen time. Please note that the pace runners are human and although every effort will be made to finish in the predicted time, no responsibility can be attached to the pace runners or the organisers if you fail to finish in the predicted time.

### 3.2 Start & Finish Times

Hopasports/Premier Timing will provide the official timing and results. Your timing tags will be detected as you cross over the timing mats at the start and finish, and at certain points along the course, and will provide split and finish timings. Full results will be posted on [Hopasports.com](http://Hopasports.com) at the end of the race, after consultation with race officials and referees whose decision is final. All results will be based upon your own personal, net chip time.

### 3.3 Closure of the Floating Bridge All Day on Friday

Please note that the Floating Bridge is now closed ALL DAY on Friday. As vehicles still use this junction to perform a U- turn, please continue to exercise caution in this area. Marshals have been instructed by the Dubai Police to enforce strict safety procedures to ensure you safely cross the intersection.

### 3.4 Areas for Extra Care on the Course

There are a number of sections of the course that will require your full attention

0.50K – DCGYC driveway – Take care when running over the speed humps along the drive. (outbound & return)

1K – Exiting the Club - Turn right and watch out for traffic as you join a busy road. Please use the pavements whenever possible and keep inside the designated course (marked by orange cones).

6.6K – Dubai Courts - Due to construction of a new building for Dubai courts, the route will be going parallel to construction work, please run along the pavement and area marked for the race.

7K & 18K – As you pass under Maktoum Bridge We have instructed no fishing here on race day, but the area may still be busy with fishermen so look out for anyone casting their line and be careful underfoot as the ground will be wet and slippery. (outbound and return).

7K – Maktoum Bridge - The course splits here between 21.1K and 10K routes. Please look out for the signs and follow the directions of the marshals to your correct routing.

12K – Shindagha Tunnel - Take care at the entrance to the tunnel as there is construction work in the area.

16K – 17K - Al Seef Area - There are tight turns and some steps in this area so please take care and follow the arrows.

19K – Exiting Maktoum Bridge – Road works are in progress and there is a sharp right turn to access the footpath.

20K – Near Club Entrance - You will exit the footpath from the construction entrance, please keep an eye out for traffic on the right and remain inside the marked cones.

### 3.5 Drink Stations

Keeping cool and regularly replacing lost fluids is a must for all runners. Please make use of the drink stations situated along the course. Emirates Water will be available approximately every 3K, as well as at the start and finish lines and Pocari isotonic drink will be available approximately every 6K. Due to COVID protocols we have had to return to single use bottles for Pocari and water; please dispose of your used bottles carefully in the nearby bins to avoid risks to other runners and to support our recycling efforts.

### 3.6 Medical Aid

Ambulances will be located at certain points around the course, as well as at the finish area. If you start to feel unwell please stop running immediately and wait for the medical officers to attend to you. If possible, please alert the nearest marshal who will assist you. If you feel unwell at the end of the race, please consult with the Medical Doctor located at the start/finish area.

### 3.7 At the Finish

10km runners and 21.1km runners will be funneled separately on the approach to the finish line. Please look out for signs and follow directions of the marshals. Upon crossing the finish line, 21.1km finishers will be presented with a unique commemorative medal. There will be gold medals for the first 10 male and 10 female finishers. Silver medals will be given to the next 20 male and 20 female finishers and all other finishers will receive bronze medals.

10km runners will also receive dedicated gold, silver and bronze 10km medals. After receiving your medal, please follow the marshals' instructions and keep moving forward to the Athletes' Village to clear the finish area for runners behind you. Please do not pass again near the timing mats while still wearing or carrying your bib/timing tag as this may invalidate your time.

### 3.8 Cheating

Cheating is against the spirit of the event, so please do not be tempted to cheat. There will be monitoring stations on the course and any participant found to be cheating will be immediately disqualified from the race. Runners entered for the Half Marathon distance will be considered as disqualified if they do not complete the full distance. It is not longer possible to switch to the 10km distance once the race has started.

### 3.9 Spectators

Being a spectator is a fun way to spend the morning and provides great support for runners who may need a little extra encouragement. However, please be aware of the following simple rules:

- Please follow all COVID safety protocols.
- Please keep all children well clear of the route and finish area.
- Do not enter the official course at any time, particularly the start and finish area.
- Do not obstruct, or get in the way of the runners.
- Do not move barriers or tapes installed along the course.
- Please support all runners with a clap and a cheer – it may help them set a new personal best, or just make it to the finish line!

#### 4.1 Meeting Area

Please meet friends and family in the meeting area of the Athletes' Village to the right of the finish area, outside QD's Restaurant. Do not congregate in the finish area as this blocks access for other runners' who are completing their run.

#### 4.2 Post-Race Recovery Stations

Sponsors, Athletes' Junction and Elite Sports Performance will be providing complimentary advice and recovery services in the Athletes' Village.

#### 4.3 Toilets and Post-Race Shower Facilities

Pre-race toilets are available in the Boardwalk & QDs restaurants, next to the Chandlery shop (opposite the starting pens) and in the temporary toilet block at the far end of the Athletes' Village. Race route toilet locations are indicated on the map which can be viewed near the entrance to QDs.

Excellent post-race shower facilities are available at the Golf Club House just a 5-minute walk from the finish area. For those with tired legs, complimentary golf buggies will pick up at the Chandlery to take you there. Please bring your own towel if you plan to use the shower facilities.

Drinks, including Emirates Water and Pocari, and other refreshments, will be available in the finish area and Athletes' Village along with products, services and entertainment from our valuable sponsors.

#### 4.4 Snack box

Due to COVID-19 protocols, we unfortunately cannot offer the usual, amazing buffet breakfast this year. Instead, all runners can pick up a yummy breakfast snack-pack from the Athletes' Village. You must present your run number to avail of the breakfast pack so please be sure to hang on to this and bring it with you to collect your pack. Seating will be available in QDs if you wish to eat your breakfast on site. Please be sure to use the sanitiser provided before eating.

#### 4.5 Trophy Presentation and Raffle Draw

At approximately 9.15 a.m. the MC will announce the names and bib numbers of the winners in each age category, who will be invited to come up to the stage to receive their trophy. Winners who are not there to collect their prize in person will be contacted after the race.

#### 4.6 Race Photographs

Your race photography is covered by Ojas Moments, an advanced race photo sharing technology. Dubai Creek Striders has partnered with Ojas to launch this unique photography experience at the Johnson Arabia Dubai Creek Striders Half Marathon & 10k 2021.

These are the Ojas benefits you can look forward to on race day:

- Rich, photo gallery experience
- Fast photo tagging and delivery
- Easy social sharing of personal gallery
- Digital finishers' poster
- 3D flythrough map

## **A Big Thank You to our Many Wonderful Sponsors**

The Johnson Arabia Dubai Creek Striders Half Marathon & 10K would not be possible without the generous support of the following wonderful partners:

Johnson Arabia	CML International
ASICS	Spinneys
Pocari Sweat	Emirates Water
HonorFX	Ojas Moments
Dubai Creek Resort	Park Hyatt Dubai
Café Peloton	Moore Stevens
SUUNTO	Dawson Sports
Athletes Junction	Elite Sports Performance
Kula	Funky Pants
Dr. O	Heritage Express
London Dairy	Unikai
Emirates Macaroni	Nivea
American Garden	Mighty Socks
Right Track Advertising	Marina Furniture
Kerala Riders	Meeras
Media One Hotel	McPack Removals
Accent Office Supplies Trading Co.	Blue Axis
Seven Spikes	

And finally, a huge Thank You for the great support from the following Government entities, without whom this event would not be possible:

UAE Athletics Federation  
Roads & Transport Authority  
Dubai Sports Council  
Community Development Authority  
Dubai Police  
Dubai Municipality  
Dubai Courts

The Dubai Creek Striders Team

## **EMAIL 2 of 3 (RACE PACK COLLECTION AND BIB INSTRUCTIONS)**

Dear Athlete,

Those of you who will enjoy the event the most will be the ones who read the below instructions carefully as you prepare for Race Day at 6.00 a.m. on Friday 3rd December. Please help us to ensure a safe and enjoyable running experience for all by following these simple instructions. This email covers the instructions for Race Pack collection and Bib number instruction and you will receive one more email in the next few days covering race day instructions.

Dubai Creek Striders supports the fight against COVID-19 and follows the National Emergency, Crisis and Disaster Management Authority (NCEMA) and Dubai Sports Council (DSC) guidelines to ensure the highest safety standards and relevant preventative measures to protect the health and safety of its community members.

As per precautionary measures issued by the authorities, all athletes and spectators over the age of 16 should have fully completed both COVID-19 vaccination doses 14 days before taking part in the event. Furthermore, it is a requirement to adhere to social distancing rules and wear a mask at all times (unless engaged in a sports activity). Race participants will be asked to show evidence of their vaccination at bib collection, on the ALHOSN app or similar. (Please bear this in mind if collecting a bib for someone else). All athletes and visitors to the race venue should also have their vaccine evidence with them, in case they asked to show it.

### 1.1 Collection of Race Pack (Race Bib, Race Bag and Race T-shirt)

TUESDAY 30th NOVEMBER Time: 3.00 – 8.00 p.m.

WEDNESDAY 1st DECEMBER Time: 9.00 a.m. – 2.00 p.m.

Location: The car park of Spinneys Al Wasl Road, Umm Suqeim 1.

<https://goo.gl/maps/y4qTJZPUW4awovBA8>

THURSDAY 2nd December – Time: 5.00 – 8.00 p.m.

Location: Car park outside QD's Restaurant, Dubai Creek Golf & Yacht Club (i.e. the race venue)

<https://goo.gl/maps/4ZhV9d2CEgB8RZcX7>

Important:

- Race bibs, race bags and race t-shirts will NOT be handed out on race day.
- Overseas entrants who may need special pick-up arrangements should contact the race organisers at [info@dubaicreekstriders.com](mailto:info@dubaicreekstriders.com)
- If you are unable to personally collect your race number and bag you may give the Official RECEIPT INVOICE (you can print this directly from your Hopasports account) to your partner/friend who can then pick it up on your behalf. They must also have a copy of your VACCINATION EVIDENCE.
- It is your responsibility to get your Race Pack; there are NO SPARES. NO BIB NO RACE.

### 1.2 Your Race Number and Timing

The following people will NOT be timed and will NOT receive photos:

- Those wearing their number on their back, under clothing or not at all!
- Those who remove, bend or tear the timing tag on the reverse of the number!



## Race Number

- Attach your number to the FRONT of your vest. Do not cut, fold or modify the number in any way as it is contrary to the rules and may lead to your disqualification. If your number is not visible at all times during the race you may be stopped, or even disqualified from the race and you will not get any race photos!
- Important: You must NOT use someone else's number and must not let anyone else use yours. Your number is unique to you and is matched through our computer database and timing system to ensure safety, provide accurate times and eliminate cheating.

## Timing

Official race timing will be provided by Premier Timing using MyLaps BiBTag. Your timing tag is uniquely registered to you and will be fixed on your running bib. Please remember to wear your bib ONLY on your FRONT.

Please write down emergency contact name/number and any medical conditions on the back of the Bib. Please also complete your medical details in your Hopasports account - these details can be accessed immediately by medical staff if required; NOT filling in this info and your emergency contacts correctly is at your own risk; please take 2 minutes of your time for your own benefit.

The event organisers, its sponsors, administrators and anyone involved in the event cannot be held responsible for any medical condition arising from participation in the event.

Remember – no tag, no time!

## 1.3 Race T-Shirt

You will receive an ASICS Technical Official Race T-Shirt as part of the race pack. Those wearing the ASICS T-shirt for the race will be in with a chance of winning a free pair of shoes from ASICS.

## 1.4 No longer able to run?

It is no longer possible to cancel or refund your entry. There is NO option to swap, give, sell, transfer or defer your entry; please do not jeopardise the integrity and safety of the event by attempting to do so! If the participant is unable to run on race day due to any reason, the participant can collect the race pack at the designated times above, run the event virtually (on a later date) and collect their medal from the organisers after informing them in advance.

## 1.5 Remember

- Do arrive in plenty of time
- Do not bring valuables
- Wear running clothes and shoes that you are used to – nothing new that may cause chafing or injury
- If you are planning to use the Official T-Shirt, try it out and wash it before race day
- Don't suddenly stop or change direction, particularly at the drink stations
- Dispose of empty drink containers carefully at the side of the road or in the bins provided
- Hydrate often – before, during and after the race

Happy Running - Be Safe - Be Fair - Have Fun.

The Dubai Creek Striders Team

## **EMAIL 1 of 3 (50K run for UAE's 50th Year of the Union)**

Dear Athlete,

Thank you for registering for Johnson Arabia Dubai Creek Striders Half Marathon & 10km 2021. We look forward to welcoming you on December 3 for the 19th edition of this iconic, top-rated race which winds along, over, and under Dubai Creek. As you prepare for Race Day, over the coming days you will be receiving further instructions to ensure a safe and enjoyable running experience for all.

Meanwhile we are pleased to announce that Dubai Creek Striders will be celebrating the 50th UAE National Day with a commemorative 50KM run challenge. Participants will have an opportunity to show their love, enthusiasm and support towards UAE as we all celebrate UAE's 50th National Day.

**BONUS: All registered participants of the JA Dubai Creek Striders Half Marathon & 10KM will automatically be enrolled in the 50KM run challenge (at no additional cost) and will get the special commemorative medal as well if they run the 50KM distance over the specified period.**

What is the 50KM challenge?

Its simple – challenge yourself and run 50KM (for UAE Year of the 50th) in 7 days (for 7 Emirates). Participants need to run a total of 50KM virtually (indoor or outdoor) over any 7 days anytime between November 26 to December 10, 2021.

DCS Half Marathon & 10KM race/any other race during that period can be included in the tally. Participants need to ensure compliance with local guidelines in light of COVID19 where ever they plan to run.

Fair Play:

The ethos of this event is based on Fair play! Your fellow sportsmanship and honesty in submitting correct and accurate running times guarantee the integrity and success of this run.

Timing & Scoring:

During your runs, you are responsible for capturing your own time via your activity / fitness tracker device. You can submit upto 7 runs totalling 50KM or more, that can be completed indoor or outdoor. You can submit your run information (screenshots of runs) until December 12<sup>th</sup>, 23:59h (in your time zone). Hopasports will be providing a personalised link for submitting the results.

Results & Ranking:

The results will be validated within one week of closing of the event. You will automatically receive a notification with a link to the digital certificate.

Medal Delivery:

All Finishers will get a stunning Commemorative Medal (UAE delivery only) which will be dispatched 4-6 weeks after race result verification.

Happy Running - Be Safe - Be Fair - Have Fun.