

#KEEP THE RUNS ON RACE

Lace up your shoes and get ready for an exhilarating event that combines athleticism, community spirit, and the chance to make a meaningful difference in the lives of children battling cancer.

JOIN US:

@530_RUN @530_YOGA @530_CYCLE

#KeepTheRunsOn Race will be held on 7th of October 2023.

- Location: City Centre Me'aisem (OUTDOOR) - Dubai.
- Distances: 10km, 5km, and 1mile(Kids).

This event is more than just a run, We believe in the power of giving back, therefore for every ticket purchased, 10% of the fees will be donated to Al Jalila Foundation to support children fighting cancer.

RACE DAY PROGRAM

- **Bib Collection:**
 - Location: City Centre Me'aisem - management office's - reception area (Entrance B, Near H&M)
 - Date: 6-10-2023
 - Time: 5pm to 10pm
 - Runners living out of Dubai can collect their bib number on the race day
 - Time: 5:00am – 5:30am
- **Warmup** ➡ 5:30am
- **Race Start Time:**
 - 10km - Timing 6:00am
 - 5km - Timing 6:10am
 - 1mile - Timing 6:15am
- **Race Cut-off Time 8:00am**
- **Plank Challenge for Male/Female Categories** ➡ 8:15am
- **Yoga Session by @530_yoga** ➡ 8:30am
- **Bib Number Raffle and Podium Ceremony Celebration** ➡ 9:00am

TICKET FEES TO INCLUDE:

- T-shirt
- E-Certificate
- 10% discount on running training programs (using your bib number, reach out to @530_run on Instagram to avail)
- Automated timing result
- Iconic finisher medal
- Free running sessions
- Discount codes on specific brands
- Race photos
- Energy gel
- Refreshments
- Bib number raffle

OVER ALL

CASH PRIZES

10km	Male - (AED)	Female - (AED)
1	1500 + ASICS MetaSpeed Shoes	1500 + ASICS MetaSpeed Shoes
2	1000 + ASICS MetaSpeed Shoes	1000 + ASICS MetaSpeed Shoes
3	750 + ASICS MetaSpeed Shoes	750 + ASICS MetaSpeed Shoes
5km	Male	Female
1	1000 + ASICS MetaSpeed Shoes	1000 + ASICS MetaSpeed Shoes
2	750 + ASICS MetaSpeed Shoes	750 + ASICS MetaSpeed Shoes
3	500 + ASICS MetaSpeed Shoes	500 + ASICS MetaSpeed Shoes
1Mile	Male	Female
1	400 + ASICS Shoes	400 + ASICS Shoes
2	300 + ASICS Shoes	300 + ASICS Shoes
3	200 + ASICS Shoes	200 + ASICS Shoes

@530_RUN @530_YOGA @530_CYCLE



AGE CATEGORY PRIZES

Worth AED 50,000+

- **ASICS** running shoes.
- **COROS** watches.
- **RIGHT BITE** meal plans.
- **Vitamin Well** drinks.
- **Recovery Pro** massage gun.
- **Gift vouchers.**
- **Yoga sessions.**
- **Running training programs.**
- **Dubai active show tickets**
- **Sports bags and MUCH MORE**



10KM | 5KM MEDAL

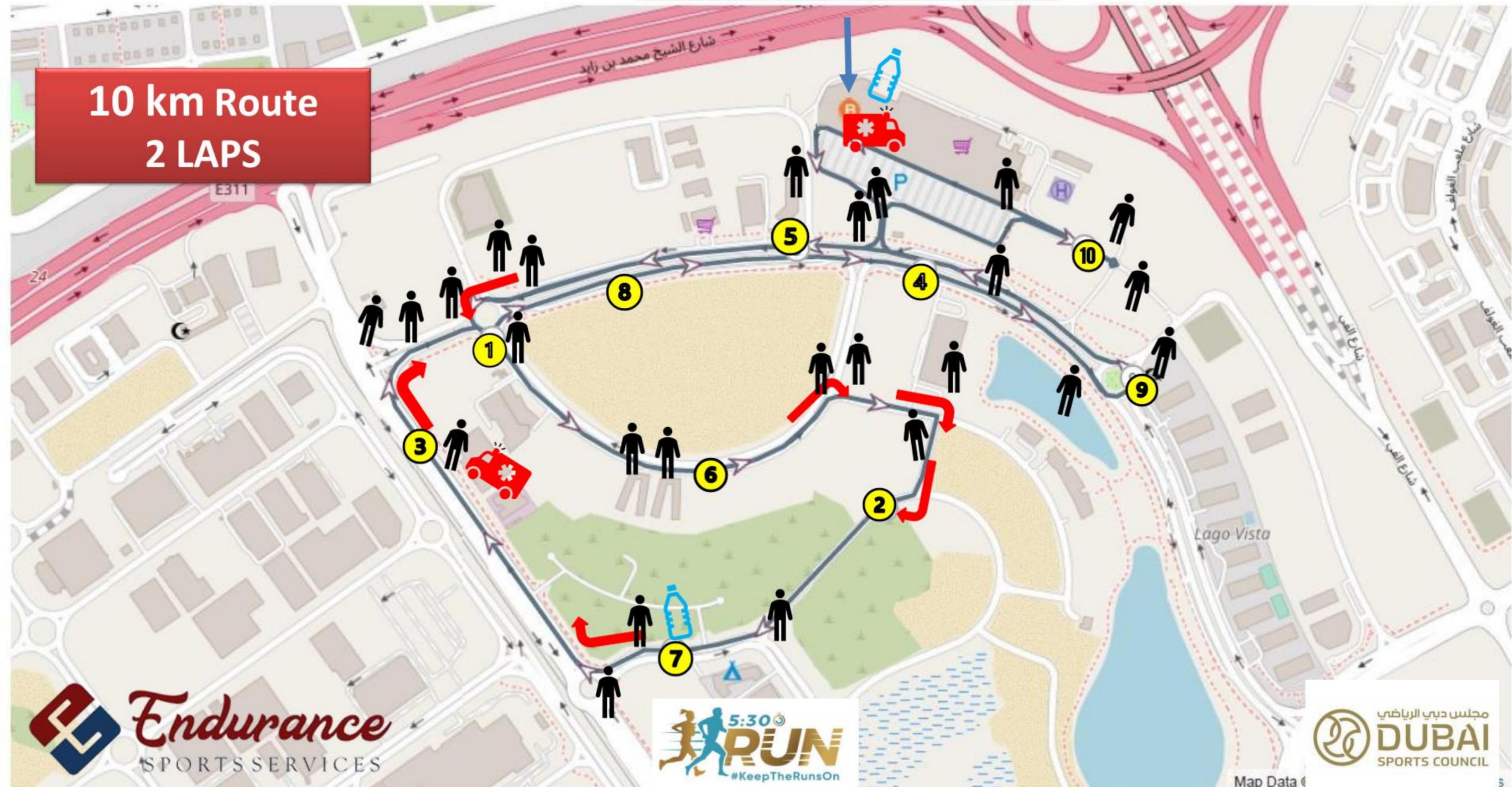


1 MILE MEDAL



START & FINISH LINE

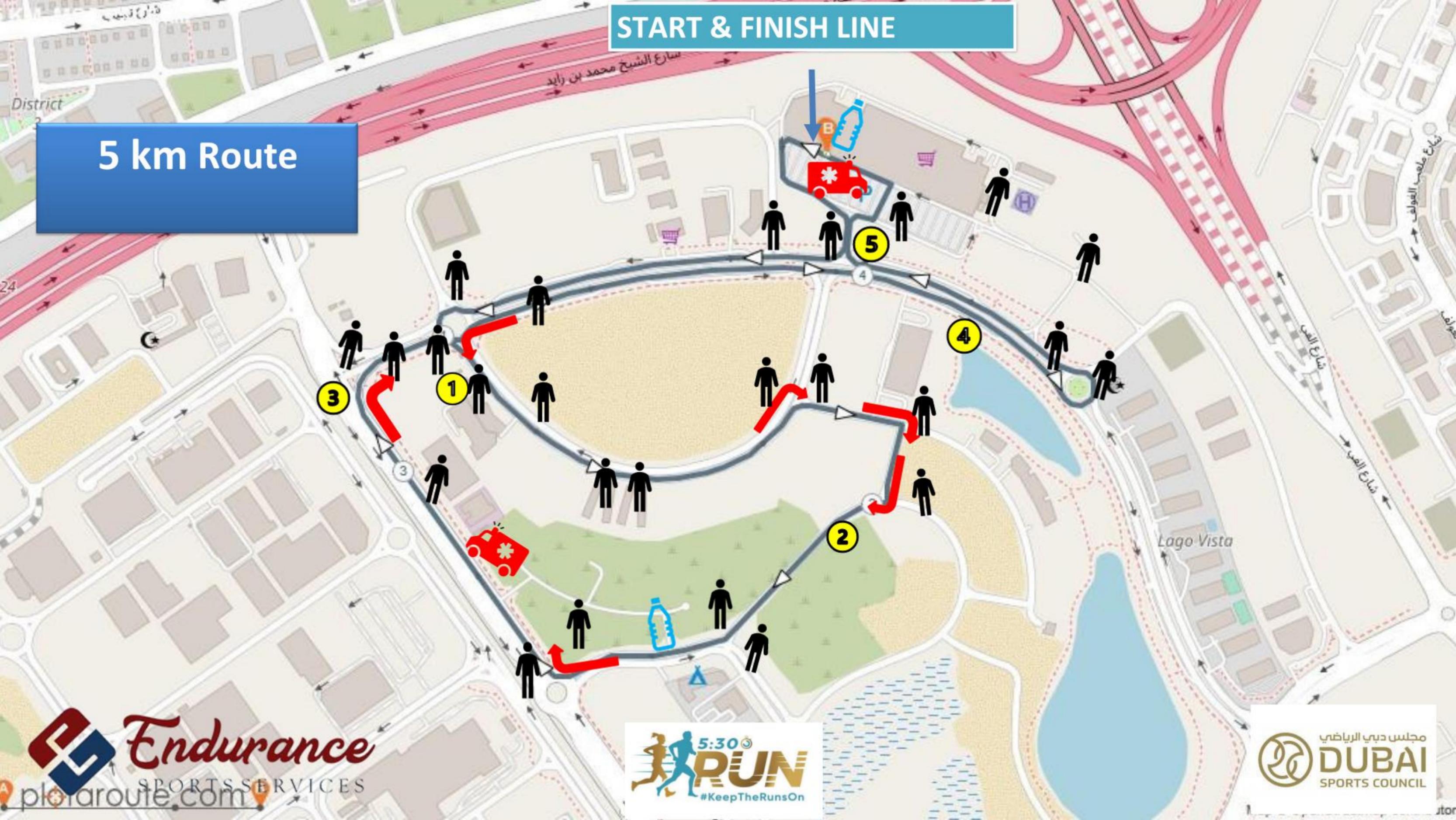
10 km Route
2 LAPS



Map Data ©

START & FINISH LINE

5 km Route



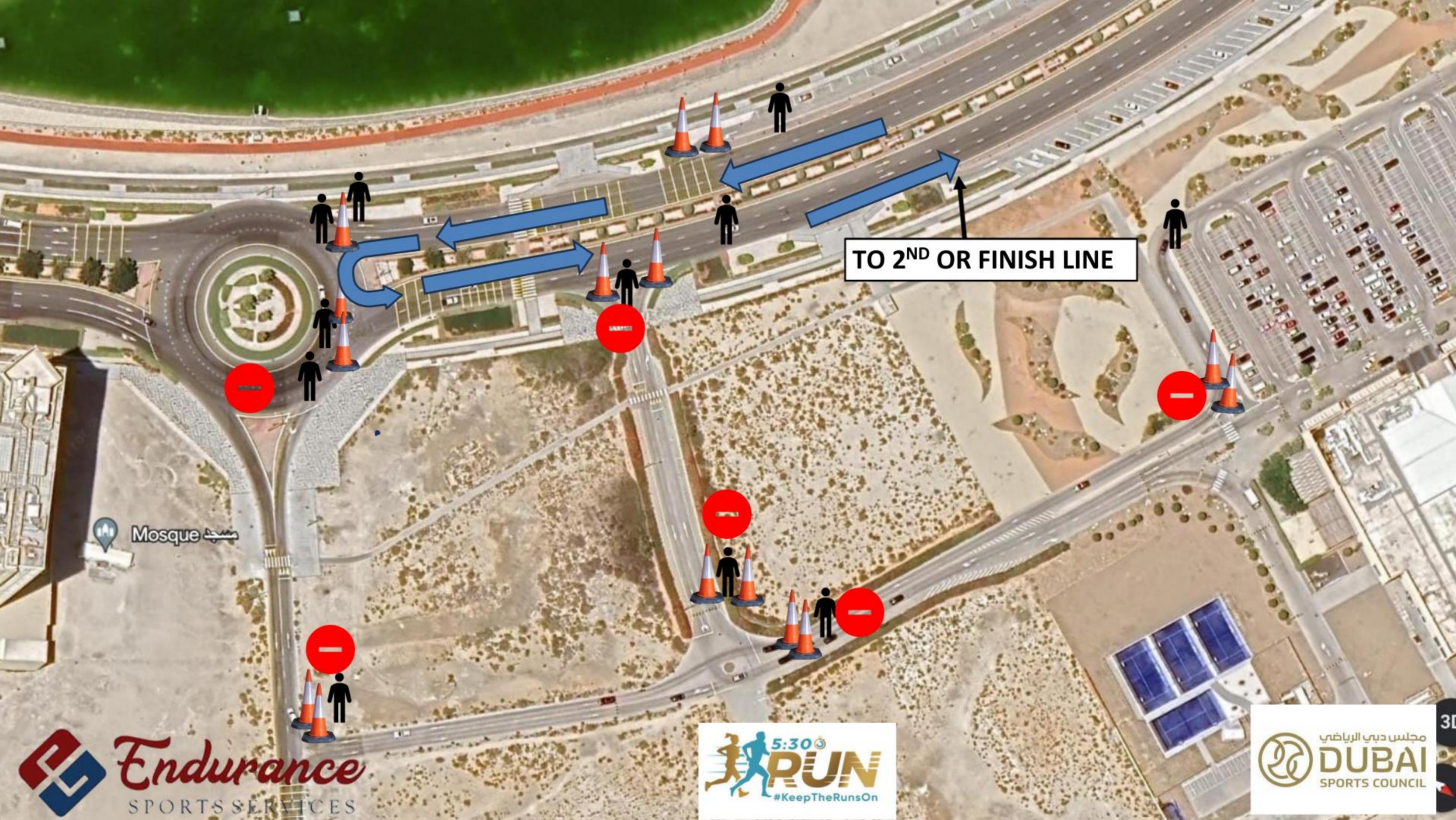


To finish line



TURN RIGHTH

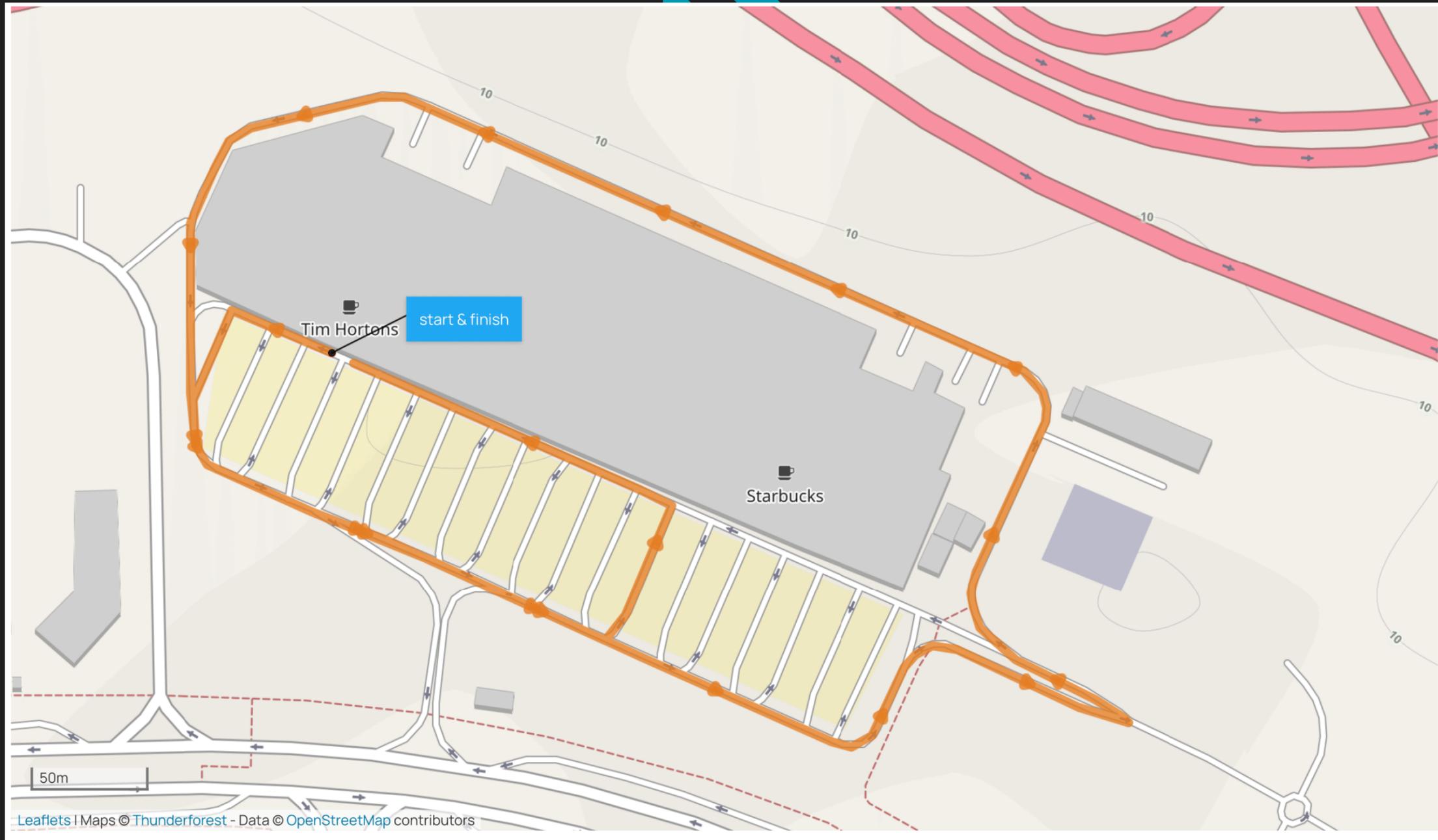




TO 2ND OR FINISH LINE

Mosque مسجد

1 Mile Route



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STRATEGIC PARTNER



ME'AISEM

It's your space

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**#KEEP
THE
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ON**

JOIN US



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