



**Desert Road Runners
Autodrome 10km Race
March 12th 2016
Event Handbook
The UAE's oldest running event**





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About Desert Road Runners

Desert Road Runners is the oldest running club in the UAE. It was founded in 1990. The club has no formal membership but the current listing on the e-mail circulation is over 1000.

The Club aims to promote running for all ages and abilities. Training sessions are designed with everyone in mind.

The club meets 5 times a week as follows.

Saturday evenings, 6:30 pm on the beach track behind Sunset Mall for a time trial over 5 km (Juniors 2.5 km).

Sunday evenings, 6:00 pm inside the main gate of Al Barsha Park for short interval training geared to your target 10k race speed.

Tuesday evenings, 6:00 pm inside the main gate of Al Barsha Park for long interval training geared to your target marathon race speed.

Friday mornings at 6:00 am in the car park of the village shopping mall adjacent to Emirates International School for Long Slow Distance training.

Saturday mornings at 6:00 am on the beach track opposite Umm Sequeem park 800 m from Jumerah Beach Hotel for Long Slow Distance training.

In the above sessions runners are split into groups according to ability.

The Club is run entirely by volunteers and is financed through donations.

For more information and to sign up for the news letter go to:

www.desertroadrunners.club

Event History

The first Desert Road Runners 10k race was held in 1990. In the early days the event was held from the Chicago Beach hotel Club which was on the site now occupied by the Jumerah Beach hotel. The event was small, of the order of 100 runners. Prizes were only awarded to the first 3 male and female finishers. There were no junior events.

Despite the small number of participants the quality was very high. The Ukrainian national athletics team used Dubai as a base for their winter training and regularly entered the event. Winning times for the men's race were generally around 30 minutes.

Redevelopment of the Chicago Beach Hotel to the Jumeirah Beach Hotel forced the event to be relocated in 1998 to the Radisson Hotel (Now Sheraton Hotel) at what is now the southern end of Dubai Marina. Age categories were introduced and a junior event. The roads in the area were quiet and the location served well until the development of Dubai Marina.

From 2004 until 2007 the event relocated to Nad Al Sheba race course. The race was held on the roads surrounding the race course and passed through the stables area. The post race breakfast was held in the Grandstand restaurant and we had the facilities of the Golf Club for changing. By now technology had started to creep into the event with on line race registration and use of a lap top computer for event time keeping and processing of results. This saved a lot of time enabling the presentation of prizes to take place straight after the finish of the race. With the setting up of the Dubai Road Runners Web site results were posted on line within hours of the event. With the attraction of running extending to older generations, more age categories were introduced extending to age 60 plus.

The development of Nad Al Sheba race course into what is now the Meydan forced yet another change of location. For two years the event was held around Safa Park. This was not ideal as participant numbers were increasing to 200.

In 2010 the event moved to its current home at Dubai Autodrome. With ever increasing numbers of participants it was becoming impractical to use manual timing for the event. Chip timing was introduced. In 2012 the number of entries exceeded 750.



Event date and timings

The event will take place on Saturday 12th March 2016.

10k event start: 7:00 am

Junior 2.5 k event start: 7:05 am

Check your race entry

A list of entries received can be seen on the Desert Road Runners web site. Please check this list to make sure that your details are correct. Check your **bib number** as this will save time in collecting your race number and chip on the day. Go to

<http://www.desertroadrunners.club/autodrome-10k/>

E-mail katrina@desertroadrunners.club if you think that there has been an error.

Collection of Bib numbers and Chips

To save administration on our part and an extra journey for you we will again be issuing bib numbers and chips at the event from 6:00 am. From the event car park go to the function room 1 at the top of the staircase marked 4. If you have a yellow champion chip then you must wear this. If are issued with a white chip on the day then this will be collected off you at the finish of the event.

Each finisher will receive a Puma dry fit T shirt. This can be collected from the refreshments area after the race.

Directions to the event

It is strongly recommended that you take time to study the instructions and associated map. Familiarise yourself with the route. Many runners have got lost attempting to use SatNav systems.

The directions to the venue are on the Desert Road Runners website. The venue is best reached by exiting the 311, Sheik Mohammed Bin Zayed Road (formally known as the Emirates Road) at the Hessa Street exit taking the direction of Motor city. Turn left at first round about and again left at the traffic lights.



Follow the sign posts to the Race Pitts area on the other side of the Autodrome.

If you are arriving by Taxi, the driver will need direction to the Pitts area. Take these instructions with you.

If you are using public transport then you will need to use a taxi from mtor city to get to the far side of the Autodrome where the Pitts area is.

For full directions and a map go to :

<https://www.google.com/maps/d/edit?mid&usp=sharing>

Toilet / Changing facilities

There are no changing facilities as such but there are toilet facilities at the event function room where you collect your number.

Race Briefing

There will be no pre-race briefing.

Race Start

The race start will be a line across the full width of the track. There will not be a timing mat at the start.

Course

The course is hilly.

The 10 km race is just under 2 laps of the main Autodrome circuit. The event will start on the main track at the car race finish line and proceed in an anti-clockwise direction. On entering the finishing straight on the first lap runners will be directed through the pits lane. On the second lap runners will stay on the main track to the finish arch.

The full course follows the race track. **Do not cut corners on the bends.**

The 2.5 km race is 1 lap of the small autodrome circuit in an anti-clockwise direction starting by the finish arch. There are several points on the course where the track diverges. In all cases the route takes the **Left hand fork.**



There will be a number of adults running with the juniors to keep an eye on them.

A map of the course is shown below:



Finish

The finish of both races is at the Puma finish arch midway through the finish straight.

Water

There is water every 2.5km of the 10 km course and at the finish. Water will be in small cups with foil tops. The best way to take the water is to punch a hole in the lid with your finger.

Water is only available at the finish of the junior event.

After you finish

After crossing the finish line you may collect your **medal**. You must then hand back in your **race chip** (unless you have a yellow champion chip). These must be returned as they are only on hire for the event.

We are required to be clear of the pits area and race track by 9:00 am latest.

Heat / Conditions

Runners are reminded of the risks of running in the hot / humid conditions. Temperatures and the humidity have been rising. Please watch out for runners around you who may be in difficulty. 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.**

Refreshments

In order to keep costs down and to accommodate more runners there will be light refreshments only at the finish in the function room 1 and 2. You may also collect your Puma T shirt from here after the race.

Results / Prizes

The presentations will take place as soon as we have the results available in the refreshment area. Prizes will be awarded to the first 3 finishers in each age category, as follows.

10K. M18, M, M40, M45, M50, M55, M60, F18, F, F40, F45, F50, F55.

There will be a separate prize for first male and female over all.

2.5K. M/F U18, U14, U10.