

Nakheel Palm Run

On your mark, get set, run.

Nov 9, 2025



Welcome and Intro

Welcome to the Nakheel Palm Run 2025.

We must thank the Dubai Sports Council, Dubai Police, RTA and Nakheel for their help and support in pulling this race together.

We ask that you read all the details outlined in this Race Info Pack prior to the race and familiarise yourself with the course and the rules.

Please note that the Race Info Pack will be updated in case changes occur. Please also follow our updates on RaceME website and instagram pages.

Best of luck for the Nakheel Palm Run on November 9, 2025!

Race Categories

The 2025 edition offers the following distances:

3km, 5km and 10km

All take place on the stunning run track of the Palm Jumeirah East Crescent!

The routes are simple:

3km runners will do 1,5km out and run back to the finish line.

5km runners will run 2,5km and turn back and run to the finish line,

10km runners will run 5km out, turn around and run back to the finish line!

Along the route there will be multiple aid-stations, where you are able to hydrate and get a chance to experience some motivation from our marshals!

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Start Times/Schedule

Race Village opens: 04:30

Welcoming: 05:30

10KM start: 06:30

5KM start: 07:30

3KM start: 08:00

Prize Giving: 08:30

Closing Remarks: 11:00

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Directions & Parking

It is mandatory for the participants to park at the Nakheel Mall and make use of the Monorail to get you and your spectators to the venue. When you register you will notice the purchasing of the Monorail tickets is mandatory and this needs to be purchased for yourself and for the spectators.

To reach the monorail:

Park anywhere in B1 Parking – enter through ‘Golden Mile’

Make your way to Lobby 5 - look for the marshal with the traffic stick

Go up to Level 2 (Second Floor)

The Monorail will be at your end of the mall, on L2

Please arrive **30 minutes** prior to the monorail timing according to your distance timing and wristband colour below.

Group	Capacity	Departure/Arrival		Site Arrival	Wristband
10K - 1	175	4:15	4:25	4:30-4:40	Yellow
10K - 2	175	4:25	4:35	4:40-4:50	Dark pink
10k - 3	175	4:35	4:45	4:50-5:00	Light pink
10k - 4	175	4:45	4:55	5:00-5:10	Light blue
5k - 1	217	5:05	5:15	5:20-5:30	Dark blue
5k - 2	217	5:15	5:25	5:30-5:40	White
5k - 3	217	5:25	5:35	5:40-5:50	Silver
3K -1	217	5:55	6:05	6:10-6:20	Black
3K - 2	217	6:05	6:10	6:20-6:30	Orange
3K - 3	217	6:15	6:25	6:30-6:40	Gold

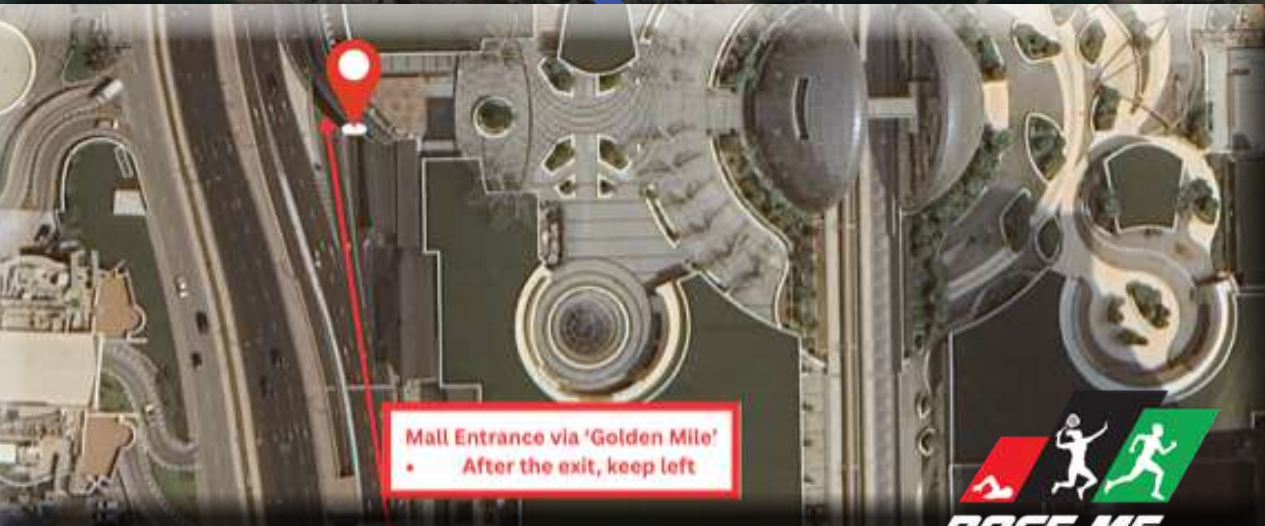


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Park at Nakheel Mall B1 Parking – there is NO PARKING at the venue.

Nakheel Mall B1 Parking - <https://maps.app.goo.gl/mjuHYqMHvqkyDHUc9>



Race Bag Collection

Once you have completed your registration, you will receive a confirmation email with a QR code. This will come within a few days of the race.

Use this QR code to collect your race bag. Race bag collections are on 5, 6 and 7 November, from 16:00 to 22:00 PM at Nakheel Mall Monorail Station.

When you collect your race bag, you will be given a specific wristband colour. Please ensure to collect the same colour wristband for all your spectators.

Your race bag contains:

- T-shirt
- Wristbands
- Race Bibs
- Some goodies from our vendors

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Race Start Area

Once you arrive at the venue from the Monorail trip, you will meet some of our race marshals

They will guide you to the entrance of the race village

Meet the team, the vendors, and get to spend time with your fellow runners, before doing exciting warm-ups led by Chalk Training Ground!

Please ensure to be at the starting line by the time your race distance starts

If you enter the wrong starting pen (incorrect distance), you will not be timed.

10 minutes after your race distance has started, the starting line will close and you will not be allowed to run

*Please note that the return markers are for 10km only

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Terms & Conditions

Terms and Conditions of entry

Terms and conditions are set out on our website at
<http://www.raceme.ae/race-waiver/>

In entering this event, competitors have agreed to abide with these terms and conditions.

Transfer of entries is not permitted

Withdrawal policy

Our online registration is done through www.raceme.ae. We allow athletes to withdraw from an event. However, if you decide to do so we give you the option to have your race registration fee 'credited' to your RaceME profile. This must be done no later than 10 days prior to info@raceme.ae

Start zone

Please make sure you transfer to the starting zone of your race at least 10min prior to starting time. There will be sign boards clearly indicating the respective zones. Kindly follow the instructions of the race officials.

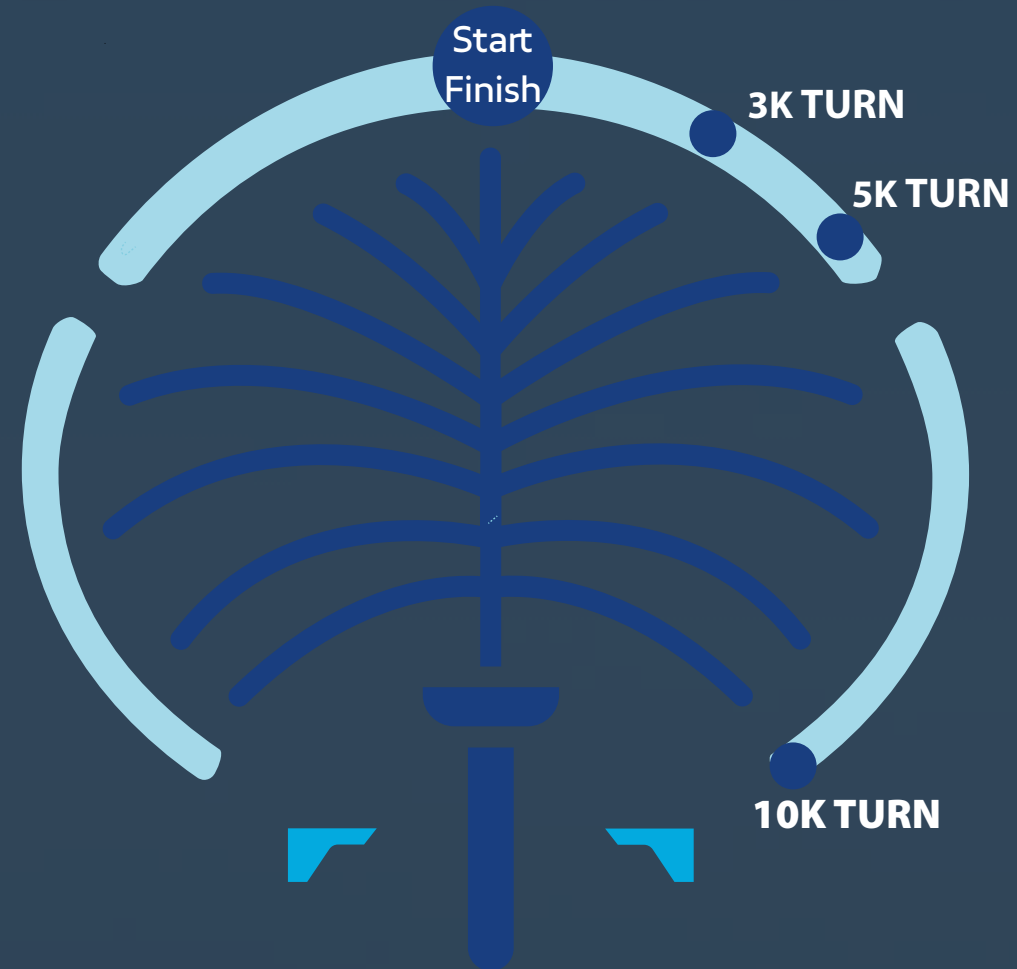
Run zone

A shirt must be worn at all times. No ipods or similar head-phone devices allowed. Race numbers must be worn on your front during the run.

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Medical Advice

UAE Climate

It is essential that you are aware of the weather conditions during the race. It is expected to be hot with very little, if any, shade. We will have ambulances on standby throughout the duration of the race but you must take care to race sensibly in such conditions. If you start to get headaches, feel dizzy and nauseous then you may be suffering from heat exhaustion and need to seek medical advice. Listen to your body. Talk to the nearest volunteer who will be able to help you get attention. The common symptoms of heat exhaustion include: confusion, muscle cramps, heavy sweating, headaches, nausea/vomiting and dizziness. If you become aware of these symptoms then seek medical help.

Sufficient Hydration

Please stay hydrated and drink plenty of fluids in the days leading up to the race and remember to continue to take on fluids on the morning before the run start. There will be water available from aid stations but please make sure you had sufficient fluids before starting your run.

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Special Thanks to



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Good Luck!

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