

AL AIN DUATHLON

4TH EDITION

NOVEMBER 30, 2025, SUNDAY

RACE BRIEFING



The background of the image shows a clear, bright blue sky. In the lower-left corner, there is a white building with a prominent red horizontal stripe. A tall, slender black lamppost stands next to the building. In the lower-right corner, a white wall runs across the frame, with a yellow and white striped bollard and a red park bench visible. The text is centered in the upper half of the image.

**THANK YOU FOR JOINING THE 4TH EDITION
OF THE AL AIN DUATHLON.**

**KINDY READ ALL THE DETAILS OUTLINED IN
THE FOLLOWING PAGES.**

ENJOY AND HAVE A SAFE RACE!

DISTANCES & CATEGORIES

STANDARD (AGE: 17-99 YO)

RUN: 7.5 KM

BIKE: 40 KM

RUN: 7.5 KM

SPRINT (AGE: 12-99 YO)

RUN: 3.5 KM

BIKE: 20 KM

RUN: 3.5 KM

SUPER SPRINT (AGE: 8-99 YO)

RUN: 2 KM

BIKE: 10 KM

RUN: 2 KM

TRISTART 1 (AGE: 12-17 YO)

RUN: 1 KM

BIKE: 2 KM

RUN: 1 KM

TRISTART 2 (AGE: 6-11 YO)

RUN: 300 M

BIKE: 500 M

RUN: 300 M

DIRECTIONS to Al Ain Cycling Track

[CLICK HERE](#) for Google Maps link.

PARKING

Please follow signs at the venue as well as Marshals instructions.

RACE DAY PROGRAM

Please be checked in at least 30 minutes before the start of the race. There is NO registration on the day.

4:00 AM

Race Pack Collection & Transition Opens

6:00 AM

Closing Race Pack Collection and Transition Area

6:30 AM

Start time of Standard distance

6:35 AM

Start time of Sprint distance

6:40 AM

Start time of Supersprint distance

7:30 AM

Start time of Tristart 1 distance

7:35 AM

Start time of Tristart 2 distance

9:00 AM

Awarding Ceremony

RACE PACK COLLECTION

- When you register you will received a confirmation email from the registration platform (Premieronline/Hopasports)
- On this email you will find a QR code. Please show this QR code or give your BIB number at the race pack collection booth.
- If you did not receive and email, kindly check your junk or spam folders.
- If you still cannot find the email, please send an email to info@assuae.com.
- Please note, one to 2 days before the event you will also receive an email containing the details of the event including the start list.

Race packs can be collected on behalf of friends or relatives, but a copy of their ID must be shown.

You must have checked in the given time and schedule.

Bag drop will be available at the registration booth.

Schedule of Race Pack Collection @ Al Ain cycling Track
NOVEMBER 29, 2025 - 5:00 PM to 7:00 PM
NOVEMBER 30, 2025 - 4:00 AM to 6:00 AM

Invoice address

Romeo III Puncia
Abu Dhabi
Abu Dhabi, United Arab Emirates

Delivery address


apexenduranceuae@gmail.com

Order number: 152224

Order date/time: Fri 29 Nov 21:54 (GMT+4)

Description	Price	Qty
Garmin Fitness Festival - 1 mile (1.6km). 03:00PM Participant: Guillermo Flores. Category: M/F 19-99	AED 0.00	1
Subtotal:	AED 0.00	
Shipping:	AED 0.00	
Total:	AED 0.00	

Registration confirmation



Participation confirmed!

Event: **Garmin Fitness Festival**
Race: **1 mile (1.6km). | 03:00PM**
Date: **Sat. 30 Nov. 2024**
Participant: **Guillermo Flores**

[Manage registration](#)

[Find accommodation nearby](#)

YOUR BIB

The diagram illustrates the placement of race bibs for a triathlon. It features a red silhouette of a runner with a bib pinned to the front. A red helmet with a bib is shown above the runner. A red bicycle with a bib on the seat post is shown to the right. A red wristband with a bib is shown at the bottom right. Arrows point from the text labels to the corresponding bib locations.

Bike stickers go on your helmet and seat post

Run bibs should be pinned on the front of your outermost layer

Wristbands go on either wrist



NAPA VALLEY TRIATHLON Spring

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Alpha 70.3

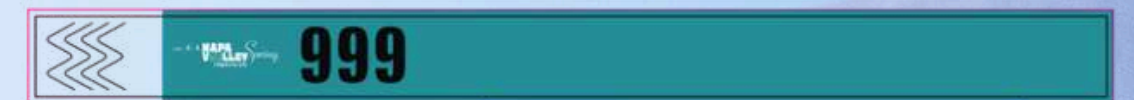
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Run bibs should be pinned on the front of your outermost layer

Wristbands go on either wrist

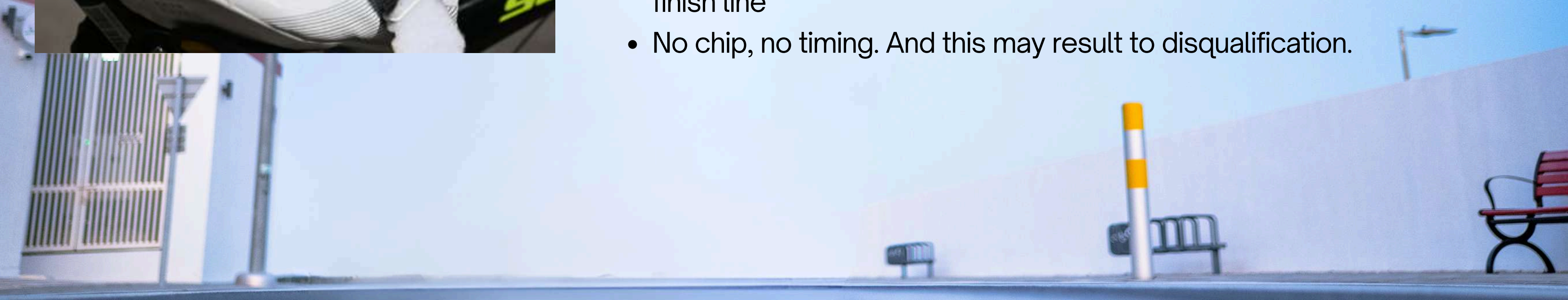


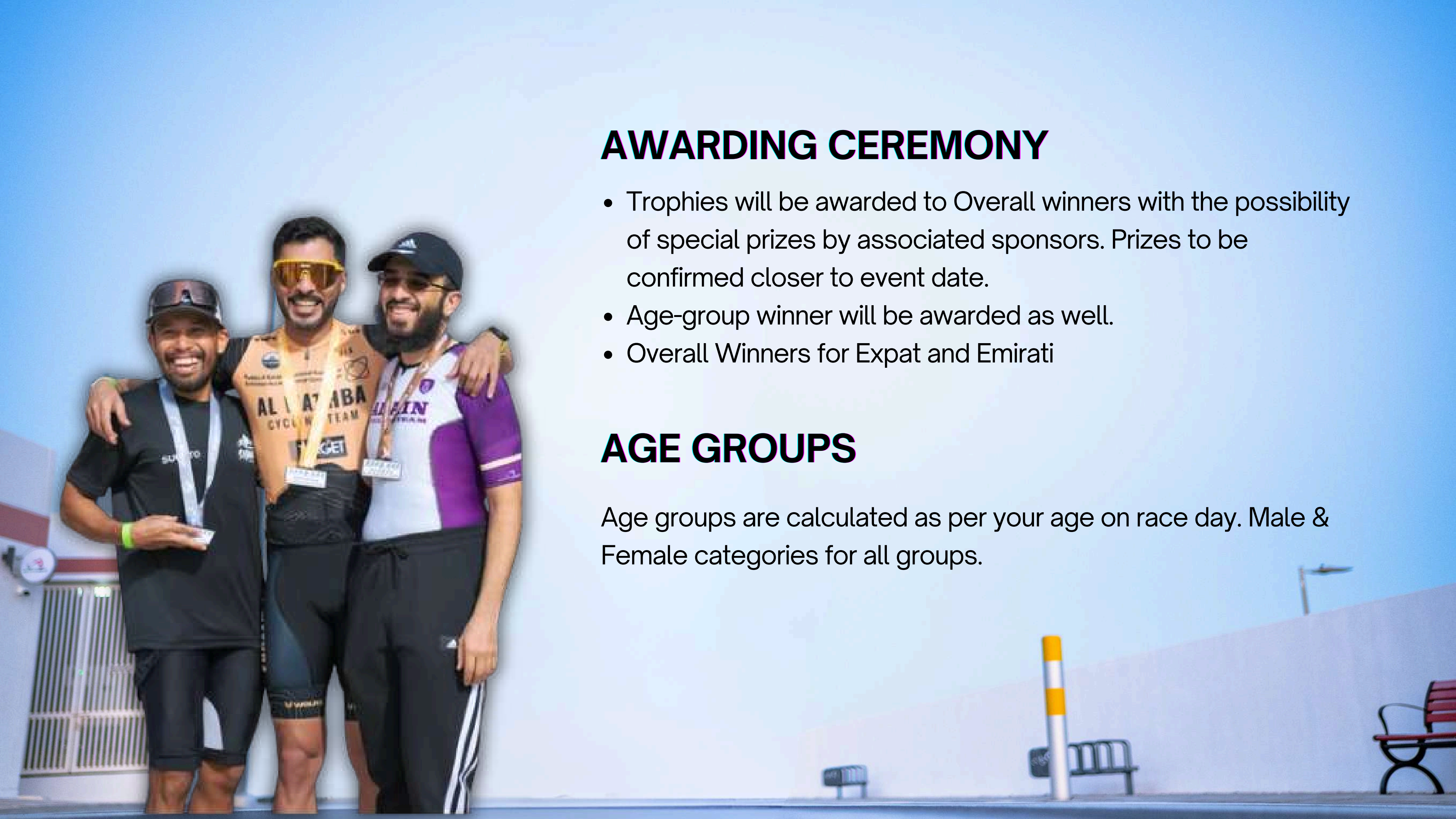
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TIMING CHIP

- You can find this timing chip inside of your race pack envelope.
- During the race day, you have to wear it either in your right or left ankle. After the race, please make sure to return this ankle chip at the finish line to avoid paying 150 AED.
- Race results will be taken on GUN Time, this means all runners' times start when you hear the start horn. You will also receive your CHIP time, this will show you the time when YOU passed over the timing mats. Timing mats will be located in the start line, checkpoints in the run and cycling course, transition area, and finish line.
- No chip, no timing. And this may result in disqualification.





AWARDING CEREMONY

- Trophies will be awarded to Overall winners with the possibility of special prizes by associated sponsors. Prizes to be confirmed closer to event date.
- Age-group winner will be awarded as well.
- Overall Winners for Expat and Emirati

AGE GROUPS

Age groups are calculated as per your age on race day. Male & Female categories for all groups.

RACE RULES

- All participants must be in the start line 15 minutes before their start time for the final race briefing.
- All participants must wear the race bib and timing chip provided. Failure to do either or both will result in disqualification
- All participants must be in their selected distance category and designated route. Failure to do so will result in disqualification.
- All participants must follow the event signages that can found in the race course.
- All participants must cross the timing points along the course
- It is not permitted to wear another person's bib and/or chip. This will result in disqualification
- All participants must not intentionally impede the progress of another person.
- no chip, no timing



TRANSITION AREA RULES

- Only participants and volunteers are allowed in the transition area during the allowed timeline.
- When you enter the transition area for the first, the transition volunteers or marshall will check you helmet and bicycle for your safety.
- You are only allowed to place your equipment in the designated areas.
- There will be an assigned waiting area for the team relay participants.
- Once the transition area is closed, no one is allowed to enter the transition area unless you are transitioning to your next discipline.
- For team relay, you have to pass your ankle timing chip in the designated waiting area ONLY.
- Walk in/out of transition . You cannot ride your bike into transition; you need to walk your bike in and out of the transition area until you reach the mount/dismount area.



STARTLINE PROCESS

- You will start with the run discipline.
- Please wait outside the start area until your distance is called to the start line.
- Faster runners must be or near the front. and social runners toward the back.
- No pushing in the startline.
- There will be a countdown and a horn as your cue to start running.
- If you start with the wrong distance, you will not receive a time for the race eg: if you entered the 5km and you start with the 10km no start time will be recorded.
- GUN times will be used for this race. Please make sure you you are in the correct start time



RUN RULES

- You'll run into the designated section of the transition area and head to your bike. As soon as you reach your bike, put your helmet on first.
- Walk in/out of transition . You cannot ride your bike into transition; you need to walk your bike in and out of the transition area until you reach the mount/dismount area.
- No drafting . Drafting refers to riding your bike very close behind another cyclist.
- No headphones or music.
- Ride on the correct side of the road . You should ride on the right side of the road and pass on the left (by shouting “on your left”)
- No nudity . There's no nudity in the transition area or on the racecourse.
- As you finish the bike leg, there will be a specific dismount area located outside of the transition area.
- You will only remove your helmet once you finally placed your bicycle in the bike rack.

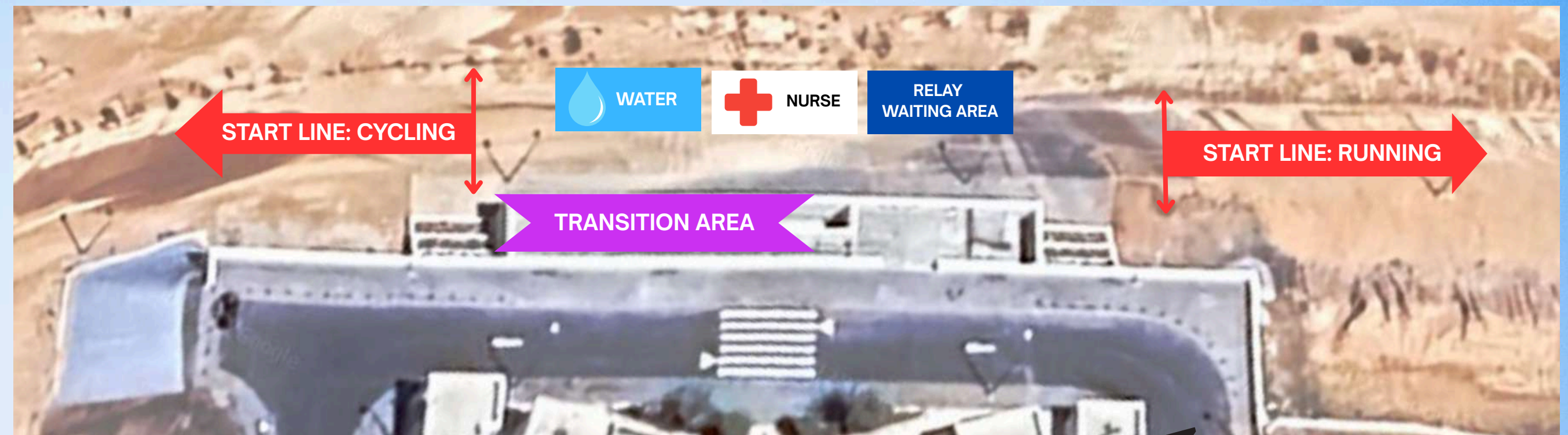


BIKE RULES

- You'll run into the designated section of the transition area and head to your bike. As soon as you reach your bike, put your helmet on first.
- Walk in/out of transition . You cannot ride your bike into transition; you need to walk your bike in and out of the transition area until you reach the mount/dismount area.
- No drafting . Drafting refers to riding your bike very close behind another cyclist.
- No headphones or music.
- Ride on the correct side of the road . You should ride on the right side of the road and pass on the left (by shouting “on your left”)
- No nudity . There's no nudity in the transition area or on the racecourse.
- As you finish the bike leg, there will be a specific dismount area located outside of the transition area.
- You will only remove your helmet once you finally placed your bicycle in the bike rack.

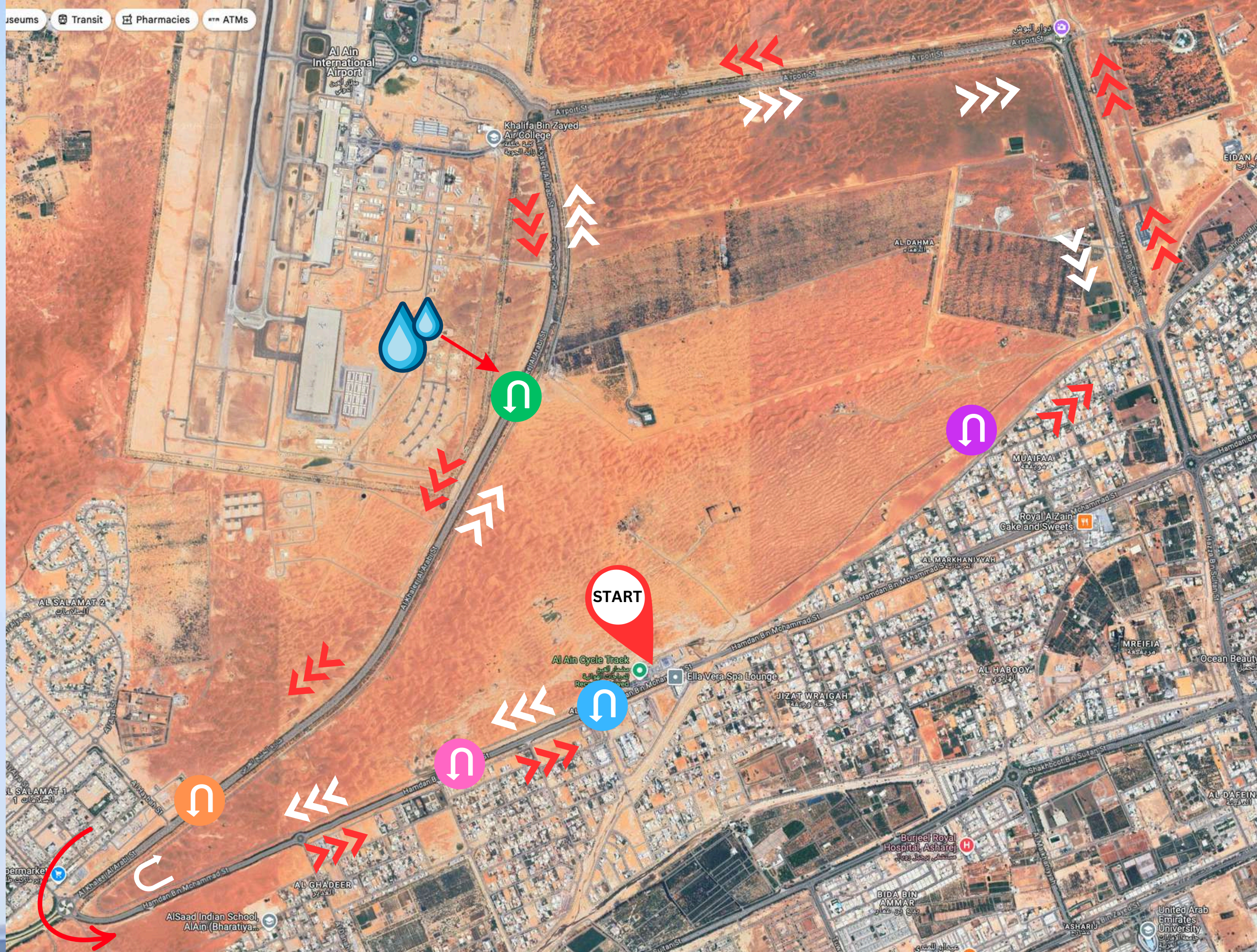


LEGEND / MAP



COURSE MAP: CYCLING

-  STANDARD U-TURN
-  SPRINT U-TURN
-  SUPERSPRINT U-TURN
-  TRISTART 2, U-TURN
-  TRISTART 1, U-TURN
-  START LINE
-  WATER STATION



COURSE MAP: RUNNING

-  STANDARD U-TURN
-  SPRINT U-TURN
-  SUPERSPRINT U-TURN
-  TRISTART 2, U-TURN
-  TRISTART 1, U-TURN
-  START LINE
-  WATER STATION



GENERAL INFORMATION

TOILET

Please follow signs to the toilets.

BAG DROP

Bag drop will be available in the Apex Race Pack collection booth.

WATER STATIONS

Water stations are available in the finish line, race course, transition area, and race village

AMBULANCE

Paramedic and Nurses will be available in the race village and on the race course. If the athlete is in trouble, kindly contact the nearest marshall to call the attention of the medical staff.

VOLUNTEERS / EVENT MARSHAL

Please don't forget to respect, smile, and follow the guidance of our volunteers and marshall, they are dedicated people who just wanted to help you and your safety through out the race