



22 November 2025



GET READY!



جامعة حمدان بن محمد الذكية
Hamdan Bin Mohammed Smart University

Tomorrow Run & Ride Guide

سوق دبي الحرة
Dubai Duty Free



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Tomorrow Run & Ride – A Race for the Future

As part of the Dubai Fitness Challenge, Hamdan Bin Mohammed Smart University (HBMSU), in coordination with the Dubai Sports Council, proudly presents the third edition of “Tomorrow Run & Ride” – an inspiring community event promoting health, fitness, and active living.

Date: Saturday, 22 November 2025

Time: 6:00 AM – 10:30 AM

Location: HBMSU Campus, Dubai Academic City



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Event Categories:

- **4KM Family Ride** – A fun, flat loop around HBMSU, ideal for families and children of all ages and fitness levels.
- **14KM Ride** – Designed for more experienced cyclists, offering a scenic, flat route through Dubai Academic City with multiple loops permitted until the cut-off time (TBA).
- **Competitive Duathlon (14KM Cycle + 4KM Run)** – Start strong with a 14KM ride followed by a 4KM run, testing your stamina and speed. (Timed Category)
- **4KM Fun Run** – A flat, easy course for everyone to enjoy – perfect for beginners, families, and casual runners.



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اختر تحدّيك:

لضمان تجربة ملهمة للجميع، من العائلات إلى الرياضيين المحترفين، قمنا

بتصميم أربع مسارات مختلفة

1. تحدي الجري الترفيهي (4 كم)

مثالي لـ: الجميع! سباق حيوي وداعم للأفراد، الأصدقاء، والعائلات ٥

2. تحدي الدراجات الترفيهي (4 كم)

مثالي لـ: الأطفال تحت 12 سنة ٥

3. تحدي الدراجات الهوائية (14 كم)

مثالي لـ: عشاق الدراجات الراغبين في اختبار أنفسهم ٥

4. سباق الجري والدراجات (18 كم)

مثالي لـ: الرياضي الذي يبحث عن اختبار شامل للمهارات ٥



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AGENDA	TIME
Registration Opens	5:00 am
Village Open	5:00 am
Transition Open (Duathlon - to place running gear after cycling)	5:30 - 6:00 am
Race Briefing for Duathlon at Start Line	6:20 am
Duathlon Cycle 14km + Run 4.8km	6:30 am
14km Ride	6:45 am
4km Family Fun Ride	7:30 am
Prize Giving Duathlon	8:30 am
4km Fun Run	9:00 am



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PARKING

- Please note that all visitors to park cars in Higher College of Technology (showing in the map)
- Shuttle Service available

مواقف الزوار

- يرجى من جميع الزوار إيقاف سياراتهم في كلية التقنية العليا (كما هو موضح في الخريطة)
- تتوفر خدمات النقل بالحافلات.





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Important Tips

What do you need to bring?

- Your Bike
- Your Helmet and safety gear
- Running shoes

Make sure you arrive 30min before your start time to complete registration and collect your wristband.

For bicycle rental please follow the link:

<https://rcdxb.com/pages/bike-rental>



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Simple Rules for “Duathlon” Category:

Format: The format for this event is cycle, then run, all without a break. Transition times count toward the overall finish time.

Transition Area:

- Helmets are mandatory: Your helmet must remain fastened until after you have re-racked your bike at the end of the cycling leg.
- No Cycling in Transition: You must walk or run with your bike in the transition area. You must dismount before crossing the "dismount line" before entering transition area.

Cycling Leg:

- Drafting: Drafting (riding closely behind another cyclist to gain an aerodynamic advantage) is **prohibited**. Athletes must maintain a specific distance (e.g., 3-bike lengths) unless actively passing.

General Rules:

- No Headphones: Personal music devices and headphones are prohibited during all parts of the race for safety reasons.
- Race Numbers: Your race number must be visible and worn on your front during the run leg and on your back during the bike leg (a number belt is often used for easy switching).
- Sportsmanship: Unsportsmanlike behavior, including nudity or littering on the course, can lead to disqualification.



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