



RACE INSTRUCTIONS FOR PARTICIPANTS

MARINA HOME DUBAI CREEK STRIDERS HALF MARATHON & 10km - 11 JANUARY 2026

Key Information Summary

Race Overview

- Half Marathon **Start Time: 6:00 am** (arrive before 5:15 am)
- 10km **Start Time: 6:45 am** (arrive before 6:00 am)
- **New Athletes' Village Venue: Top Car Park, Dubai Creek Resort** ([Location Pin](#))

Race Pack Collection (Race Bib, Race Bag, T-shirt, and Breakfast Tickets)

- **Thursday, 8th January: Garmin UAE Official Store, Al Seef, 12:00 Noon – 7:00 pm** ([Location Pin](#))
- **Friday, 9th January: Spinneys Meydan, 12:00 noon – 7:00 pm** ([Location Pin](#))
- **Saturday, 10th January: Athletes' Village - Top Car Park, Dubai Creek Resort, 12:00 noon – 7:00 pm** ([Location Pin](#))

Important Notes:

- There will be no race pack distribution on race day.
- Photo ID is required for collection.

Cut-Off Times

- **Half Marathon: 3 hours** (must reach 7km mark in 1 hour 10 minutes)
- **10km Race: 1 hour 45 minutes**

Parking

- **There is NO parking at Dubai Creek Resort;** parking at Deira City Centre (P3 and P4 car park). It is around 1.2km walk from Deira City Centre to the start line

Hydration, Fueling and Medical Support

- Hydration Stations: Water every 3km; Pocari Isotonic Drink every 6km.
- Maurten Hydrogel will be included in your race pack for you to use on race day to help you on the course and fuel you for a strong finish. In addition, you can order extra gels from www.maurten.ae, using the email address you registered with for the race and save 10% using the code DCS10%. The offer will apply automatically when you select "Verify my email" at checkout.



RACE INSTRUCTIONS FOR PARTICIPANTS

- Medical Support: Ambulances stationed along the course.

Post-Race Breakfast

- Breakfast doors open at 8:00 am and you will need to present your pre-purchased breakfast ticket to access the breakfast area.

DETAILED INSTRUCTIONS

1. Assignment of Pens and Bib Numbers

- Bib numbers will be emailed by Hopasports. Ensure you have this information handy for race pack collection.
 - Starting pens are assigned based on your registration details to ensure a safe race experience. Adhere to your assigned pen.
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2. Race Pack Collection (Race Bib, Race Bag, T-shirt, and Breakfast Tickets)

Race packs must be collected before race day at the following locations and times:

- **Thursday, 8th January: Garmin, Al Seef**, 12:00 noon – 7:00 pm ([Location Pin](#))
- **Friday, 9th January: Spinneys, Meydan** 12:00 noon – 7:00 pm ([Location Pin](#))
- **Saturday, 10th January: Athletes' Village - Top Car Park, Dubai Creek Resort**, 12:00 noon – 7:00 pm ([Location Pin](#))

Important Notes:

- No race packs will be distributed on race day.
 - Photo ID is mandatory for collection.
 - For those unable to collect personally, a proxy may collect your pack with your **Official Receipt Invoice** from Hopasports, a copy of your ID, and their own ID.
 - Overseas participants requiring special arrangements must email info@dubaicreekstriders.com in advance.
 - **Remember to collect your pre-purchased breakfast tickets**, if you have ordered these on the Hopasports registration portal. You can still pre-purchase breakfast tickets at bib collection. Credit card payments only.
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3. Policy for Participants who can't run on race day

- No Cancellations or Transfers: Entries are non-refundable, non-transferable, and cannot be deferred. Attempting to do so jeopardizes the event's integrity and is strictly prohibited.
 - Virtual Participation Option:
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RACE INSTRUCTIONS FOR PARTICIPANTS

- Collect your race pack during designated times.
 - Run virtually before March 15, 2026.
 - Email info@dubaicreekstriders.com with the subject "Running virtually" to arrange medal collection.
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4. Race Numbers and Timing

- Bibs must be securely attached to the front of your shirt/vest.
 - Timing chips are integrated into the bibs. Do not tamper with or fold your bib.
 - Ensure your bib remains visible throughout the race for proper timing and identification.
 - Fill in emergency contact details and medical conditions on the back of your bib.
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5. Cut-Off Times

To ensure the safety of all participants and meet road reopening deadlines, the following cut-off times apply:

- **Half Marathon Race:**
 - Must be completed **within 3 hours (for official volunteer support and road closures)**. Participants taking slightly longer than 3 hours may continue on a self-supported basis, will be timed, and will receive a finisher medal.
 - **Half-Marathon Participants** must reach **7km within 1 hour 10 minutes** to continue on the half marathon route, if they arrive later than that, they will be directed to the 10km route.
 - **10km Race:** Must be completed within **1 hour and 45 minutes**.
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6. Getting to the Start (Arrive before 5:15 am)

- Use Taxi, Careem, or Uber services to avoid parking delays.
 - **There is NO parking at Dubai Creek Resort. Do not try to enter the resort by car as you will be turned back.**
 - Parking is available at Deira City Centre (P3 and P4 car park). It is around 1.2km walk from Deira City Centre to the start line
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RACE INSTRUCTIONS FOR PARTICIPANTS

- Driving access: Use Garhoud or Maktoum Bridges. Avoid the Floating Bridge (closed).
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7. Start Times

- **Half Marathon Start:** 6:00 am
- **10km Start:** 6:45 am

Arrive early to check in and prepare. Line up in your designated pen 15 minutes before your start time.

8. Pre-Start Procedures

To ensure a smooth start, follow these guidelines:

- **Half Marathon Line Up by Bib Details:**
 - **White Bib (# 1-99):** Go directly to the start line **behind the timing mats.**
 - **Red Band Bib (# 100-499):** Proceed to the **RED pen.**
 - **Green Band Bib (# 500-999):** Proceed to the **GREEN pen.**
 - **Blue Band Bib (# 1000+ Half Marathon under 2h:45m):** Proceed to the **1st BLUE pen.**
 - **Blue Band Bib (# 1000+ Half Marathon Over 2h:45m):** Proceed to the **2nd BLUE pen.**
 - **10km Line up - Yellow Bib (# 3000+):** Stay in the athletes' village until called for the start.
 - Enter your pen as directed by the MC or marshals and be in position **10 minutes before the start.**
 - **Pen Identification:** Pens are marked with **coloured flags.** Marshals will assist you.
 - **Bib Placement:** Secure your bib to the **FRONT** of your vest/t-shirt for clear visibility.
 - **Pacer Coordination:** Move promptly to your pen to join your pacer if desired.
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9. Official Pace Groups

Join our Official Pace Groups to achieve your target finish time! Look for pacers in RED PACER shirts carrying flags with the following times:

- Half Marathon: 1:45, 1:50, 2:00, 2:10, 2:20, 2:30, 2:45, and 3:00
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RACE INSTRUCTIONS FOR PARTICIPANTS

- 10km: 60 mins, 70 mins

Pacers will be introduced 30 minutes before the race—find your pacer early to "get on the bus" for your desired time. Note: Pacers will strive for accuracy, but finish times cannot be guaranteed.

10. Baggage Facilities (deadline 5:45 am for Half Marathon, 6:30 am for 10km)

- Baggage drop is located below the Athletes' Village.
 - Items will be tagged with your bib number.
 - Although officials monitor the area, belongings are left at the owner's risk.
 - When collecting your bag, go to the correct counter for your bib number.
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11. Toilets

- Toilets are available in temporary toilet blocks at the bottom of the steps behind the Athletes' Village. Additional toilets are also available in Boardwalk & QDs restaurants, and next to the Chandlery shop (opposite the starting pens).
 - Public toilets are also situated along the course.
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12. Course Details

- The race features a scenic course along, under, over and around Dubai Creek. While some sections may have roadworks, the route will be marked with orange cones and managed by marshals.
- Timing mats ensure all runners complete the full course — shortcuts will result in disqualification.
- Whilst the route is primarily on pavements, it does include road crossings where runners are responsible for their own and others' safety. Always stay on the designated route and follow marshal instructions.

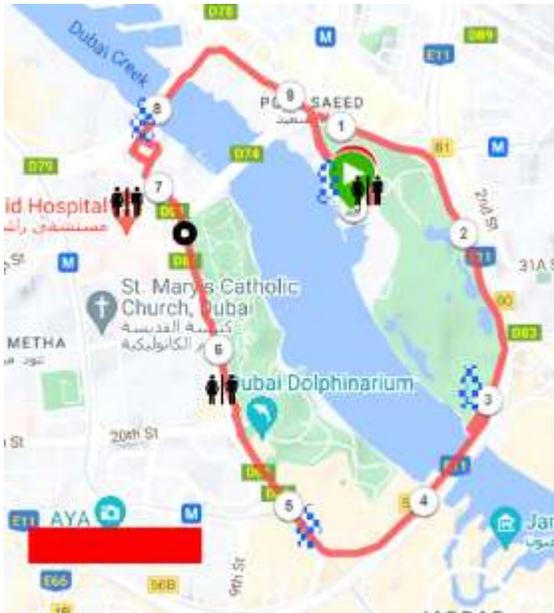
RACE INSTRUCTIONS FOR PARTICIPANTS

HALF MARATHON COURSE MAP



Half Marathon

10km COURSE MAP



13. Areas for Extra Care on the Course

- Several sections of the course will require your full attention. Marshals will be stationed at all critical points along the route to guide you - please follow their instructions diligently.

Key Points Along the Route

- **0.5km – Dubai Creek Resort Driveway**
Watch out for speed humps along the driveway (both outbound and return).
- **0.8km – Exiting the Club**
Right turn onto a busy road. Stay on the pavements whenever possible and keep within the designated course marked by orange cones.
- **2.9km – Stair Climb**
You will encounter a short flight of stairs (10–12 steps).
- **4.1km – Garhoud Bridge Descent**
Be cautious of a low-hanging road sign at the base of the bridge. Watch your head.
- **6.8km – Dubai Courts**
The route passes between the two buildings of Dubai Courts. Although the parking barrier will be open, exercise caution.
 - **10km runners:** At 6.9km, follow the diversion marked for the 10km route.
- **7.1km – Maktoum Bridge**
The course splits here. Look for signs and follow marshal directions to ensure you're on the correct route:
 - **10km runners:** Keep left.
 - **Half Marathon runners:** Keep right.
- **7.3km – Timing Mat for 10km Runners**
10km runners must cross the timing mat here to avoid disqualification. Marshals will assist you in ensuring this is done.

Half Marathon-Specific Details

- **7.2km & 18.7km – Under Maktoum Bridge**
Fishermen have been asked to keep this area clear but nonetheless, please be cautious and look out for fishing lines and for slippery, wet surfaces.

RACE INSTRUCTIONS FOR PARTICIPANTS

- **11.9km - Al Ras Metro Station**
Head back onto the main road up a short, sandy slope.
- **12.0km to 12.7km – Narrow Pedestrian Walkway to Shindagha Tunnel Entrance**
This section has limited space. The road will be closed to traffic and made available for runners. Follow marshal directions.
- **12.7km – Shindaga Tunnel Entrance**
Make a sharp left turn to enter the tunnel.
- **14.3km to 14.7km – Souq Area**
Expect tight turns. Stay alert and follow marshal instructions.
- **15.3km to 17km – Al Seef Area**
This section includes tight turns and steps. Watch your footing and follow the arrows.
- **18km – Roundabout near Maktoum Bridge**
Run around the left side of the roundabout, then cross the grass to access the path leading to Maktoum Bridge.
- **7.3km & 18.9km – Maktoum Bridge Climb**
Be aware of potential e-scooters, cyclists, and pedestrians. Marshals will instruct them to dismount, but stay alert for any stray riders.
- **19.3km – Exiting Maktoum Bridge**
Roadworks are in progress here. Take caution at the sharp right turn leading to the footpath.
- **19.9km – Final Stretch near Marriott and Hilton Hotels**
Do not cross the floating bridge at the signal, turn right and stay on the footpath. Follow the marked U-turn on the road, guarded by cones, and then return to the footpath. Enter the club for the final 800m to the finish line.

14. Hydration, Littering and Medical Support

- Hydration stations every 3km provide water.
- Pocari Isotonic Drink is available every 6km.
- Dispose of litter (water bottles, cups, gel packets, clothing) in designated bins. Avoid littering outside designated areas.
- Ambulances and medical personnel are stationed along the course. Notify marshals for assistance if needed.

RACE INSTRUCTIONS FOR PARTICIPANTS

15. Finish Area and Medals

- Upon crossing the finish line, participants will receive medals for their race (Half Marathon or 10km).
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16. Spectators

- Supporters are encouraged to cheer along the course but must avoid obstructing runners or marshals.
 - Spectators should not enter the official course at any time, particularly the start and finish area.
 - Please keep all children well clear of the route and finish area.
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17. Post-Race Facilities

- Post-race shower facilities are available at the Golf Club House, just a 5-minute walk from the finish area. Please bring your own towel if you plan to use the shower facilities.
 - Drinks, including water, Pocari and other refreshments will be available in the finish area and the Athletes' Village, along with products, recovery services and entertainment from our valuable sponsors.
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18. Post Race Breakfast (doors open at 8:00 am)

- Celebrate your race, soak up the atmosphere and enjoy the hot buffet breakfast at QDs/The Boardwalk, with unparalleled views of the creek and Dubai skyline.
 - Breakfast doors open at 8:00 am and you will need to present your pre-purchased breakfast ticket to access the breakfast area.
 - **No ticket, no breakfast, so don't forget to bring it with you.**
 - Limited breakfast tickets will be available for purchase at bib collection and on race day at AED 80.
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19. Trophy Presentation

- From 8.30 am onwards, the MC will announce the names and bib numbers of the winners in each age category who will be invited to come on stage to receive their trophies.
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RACE INSTRUCTIONS FOR PARTICIPANTS

- Winners who are not there to collect their prize in person will be contacted after the race.

Half Marathon Trophies:

Age	Category	Positions	Category	Positions
16-29	Open Male	1st, 2nd, 3rd	Open Female	1st, 2nd, 3rd
30-39	Sub Veteran Male	1st, 2nd, 3rd	Sub Veteran Female	1st, 2nd, 3rd
40-49	Veteran Male	1st, 2nd, 3rd	Veteran Female	1st, 2nd, 3rd
50-59	Master Male	1st, 2nd, 3rd	Master Female	1st, 2nd, 3rd
60+	Senior Male	1st	Senior Female	1st

10km Trophies:

Age	Category	Positions	Category	Positions
11-19	Junior Male	1st	Junior Female	1st
20-54	Open Male	1st, 2nd, 3rd	Open Female	1st, 2nd, 3rd
55+	Senior Male	1st	Senior Female	1

20. Race Photographs

- Dubai Creek Striders has commissioned an external vendor to provide race photos to participants using an advanced race photo technology.
- The photos will be provided free of cost and each participant will get an email link to download the photos within 2 days of the race.

TERMS AND CONDITIONS

1. Participation and Own Safety

- Participants must be physically fit, adequately trained, and in suitable health to complete their chosen distance.
- It is each runner's responsibility to ensure their fitness and readiness for the event. Consult a medical professional if unsure.
- All participants run at their own risk. The organisers are not responsible for any injuries, health issues, or accidents occurring before, during, or after the event.

2. Organisers' Liability

- The organisers and affiliated entities are not liable for:
 - Personal injury, death, or illness arising from participation in the event.
 - Loss, theft, or damage to personal belongings left at baggage storage or elsewhere.
 - Cancellation, postponement, or alteration of the event due to unforeseen circumstances, including but not limited to extreme weather, government restrictions, or emergencies.
- By registering, participants waive any claims for damages or compensation against the organisers.

3. Consent for Photographs and Data Use

- By registering, participants consent to:
 - The use of their name, bib number, race result, and photographs/videos taken during the event for promotional, marketing, and media purposes, including but not limited to websites, social media, and event materials.
 - The organisers sharing participant data (e.g., name, bib number, and race result) with timing and results companies for operational purposes.
- Participants may contact info@dubaicreekstriders.com if they wish to opt out of promotional use of images or require further clarification.

4. Rules and Disqualifications

- Participants must follow race rules and instructions provided by marshals and officials at all times. Failure to comply may result in disqualification.

RACE INSTRUCTIONS FOR PARTICIPANTS

- Unauthorized bib exchange, tampering with the bib, or deviating from the marked course will lead to immediate disqualification and potential ban from participating in DCS races in the future.

5. Weather and Event Adjustments

- The event will take place regardless of weather conditions unless deemed unsafe by the organisers.
- In such cases, the organisers reserve the right to modify, postpone, or cancel the event without refund.

6. Acknowledgment of Terms

- By registering, participants confirm they have read, understood, and agreed to these terms and conditions.
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RACE INSTRUCTIONS FOR PARTICIPANTS

A Big Thank You to our Many Wonderful Sponsors and Government Authority Partners

The Marina Home Dubai Creek Striders Half Marathon & 10km would not be possible without the generous support of the following awesome partners:



The Dubai Creek Striders Team