

All You Need to Know!

Friday 27th September 2019

Race Timings

The 10km race will start at 6:30 am.

The 5km race will start at 6:40 am.

The 2.5km Family Fun Run will start at 6:50 am.

Race Pack Collection

Bibs are to be collected from **5.30 am** at the venue on the morning of the race. Collection closes at **6.30 am**. Your timing chip is on the back of your race bib, no need for a chip on your ankle. The race bib needs to go on the front of your t-shirt/jersey.

No Bib = no time and possible exclusion from prizes

The Route

5km race is two laps of the Dubai Police

Academy - clockwise direction.

10km race is four laps of the Dubai Police

Academy - clockwise direction.

2.5km Family Run is one lap of the 2.5km course.

Click here for the map

The barriers are placed to measure a 2.5km loop exactly. **Do not cut corners on the bends.**

There will be no pre-race briefing.

Results / Medals / T-shirts / Prizes

Results will be posted on www.hopasports.com

All runners will receive a medal, complimentary breakfast voucher, and a t-shirt from Skechers. The first three finishers of each race will receive a prize from Skechers.

Directions to the Venue

The Dubai Police Academy is located on Umm Suqeim Street, opposite Mall of the Emirates.

Click here for location. As you enter the Dubai Police Academy, turn left and follow the signs for the parking.



The Start

The start for all the runs is on the road approximately 100m from the entrance to The Ripe Market. From the car park enter The Ripe Market and walk to the left. You will find registration and access to the start line from that point.

Water

There is one MonViso water station on the course placed near the start/finish area.

Heat / Conditions

Conditions are expected to be warm. Please watch out for runners around you. Throughout the event the course will be patrolled by marshals - please call for help if required.



Toilet / Changing Facilities

There are no changing facilities. Toilet facilities are available.

Breakfast

After crossing the finish line, please move to the right and exit through the barriers. Breakfast will be served in the village

Medical

Ambulance and medical cover will be present at the event. If you need any assistance please contact a marshal on the course or the registration desk next to the start line.



THANKS TO ALL OUR PARTNERS

UNDER THE AUSPICES OF

TITLE PARTNER

OFFICIAL VENUE









SUPPORTED BY





OFFICIAL WATER



ORGANISERS











<u>Facebook</u> <u>Instagram</u>

<u>Twitter</u>

Copyright © 2019 Performance Run. All rights reserved.

Our mailing address is:

Promoseven Sports Marketing, Emarat Atrium Building, Sheikh Zayed Road, Dubai, United Arab Emirates.

P.O Box 11423 | sports@promosevensports.com | 04 3210 008

Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>