



2020 Race Entry FAQ's

It's been a difficult time for everyone during the pandemic and we are delighted to be able to provide runners of all ages and ability with the opportunity to participate in a positive shared experience in the heart of Dubai. The Mai Dubai City Half Marathon team would like to take this opportunity to thank Dubai Sports Council, Dubai Supreme Committee, Dubai Police, Dubai Road Traffic Authority, DIFC, Mai Dubai and all of our sponsors, partners and suppliers for their support and assistance to stage the 2020 event.

We know that many of you will have questions about how the race will look in 2020, so we hope that this information and the accompanying videos that we have shared on social media and our website will provide you with some answers as well as a degree of comfort that the safety of runners, staff and contractors is our top priority.

Entries are open and there is still lots of time to train for the 5k, 10k event or to step up to a 21km run if you already have a good level of fitness. So why not join us on 23rd October? Go to www.promosevensports.com and click on the 'events' page to register.

What distances can I run?

There are 5km, 10km and 21km (half marathon) events within the 2020 Mai Dubai City Half Marathon.

Do I have to be able to run the whole distance?

The Mai Dubai City Half Marathon is open to participants of all abilities. If you are new to running or returning to exercise, we suggest you enter the 5km or 10km events.

How fast do I have to run?

The Mai Dubai City Half Marathon is organised with the support of Dubai Police and RTA but we must open the roads in line with agreed timings. As such, entrants in the 21km event must be able to complete the full distance within 2 hours and 45 minutes – or an average pace of around 8 minutes per mile/5 minutes per KM. If you cannot achieve this time you should consider moving to the 10km distance.

Anyone walking or part walking/running the event should start at the rear of their assembly area. When out on the route, please keep to the left-hand side of the road when not overtaking to allow faster runners to pass safely.



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What time do the races start?

The safety of all our participants, staff and contractors is of the utmost importance to us. So we are staggering the start times to ensure everyone has plenty of space and we can implement social distancing guidance and Covid-19 mitigation.

21km start time 0600hrs
10km start time 0610hrs
5km start time 0620hrs

Can I change distance on the day?

No. You must start in the distance that you have entered. Please contact the organisers by 1700hrs on 16 October if you would like to change the distance that you have entered.

Where does the race start?

The Mai Dubai City Half Marathon will start and finish in front of the Gate Building within the Dubai International Financial Centre (DIFC).

How do I get to the start?

If you are coming by car, the best place to park is at Gate Avenue ground level car park. It is around 300m walk from there to the start area.

If you are coming by taxi or uber please ask to be taken to the Emirates Towers Metro station. This is a round 200m from the start area.

Unfortunately, the Metro system does not operate early enough on a Friday morning to allow runners to use it to get to the start on time.

What is the route?

All distances within the Mai Dubai City Half Marathon will follow a route around DIFC. Due to ongoing construction work within DIFC, we have had to make some changes to the route from 2019. The route will be clearly marked and like in 2019 will be traffic-free with Dubai Police, Dubai Road Traffic Authority and our own event marshals managing traffic, helping motorists cross the course at designated points and ensuring your safety when running.



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Is there water available?

Yes, Mai Dubai Water will be available for all runners at the start area, on the race route at approx. 3km on the 5km loop – so 10k and 21k runners will pass on each lap – and when you have crossed the finish line. Water will be served in paper cups, but you can bring your own water or use a hydration pack if you wish to.

Do I get a medal and T-shirt?

Yes, everyone who finishes their race distance will receive a Mai Dubai City Half Marathon medal and an official souvenir T-shirt.

In line with our social distancing protocols, medals and T-shirts will be collected from self-serve points in the secondary finish area. Please take the T-shirt size that you requested when you registered for the event.

Is there food at the event?

There are no food concessions on the event site. The shops and concessions within DIFC will open as normal.

Are there toilets at the event?

Yes, toilets will be available in the start assembly area. Our toilet provider will be delivering an enhancing cleaning programme during the event.

Can spectators attend?

As part of our Covid-19 mitigation plans, we are not encouraging spectators to attend this event. There will not be facilities provided for spectators, so we strongly suggest only runners attend the event.

Where do I collect my race pack?

Race pack collection will be from the 'Elephant in the Room' shop unit at Gate Avenue DIFC – around 50m from the doors at Gate Avenue car park. Parking here is free of charge.

Race pack collection will be open from 1300hrs – 1700hrs on 16, 17 and 21 October. Due to Covid-19 restrictions it will not be possible to collect your race pack on the day of the race.

Athletes who have registered after 14th October can only collect race pack on 21st of October.

Please contact sports@promosevensports.com if you cannot collect your race pack during these times.

Please don't fold or damage the BIB as the timing might get damaged and will no longer work. BIB must be worn on the front, No BIB = No time

Will winners be awarded a trophy or prize?

The overall male and female winners of the 21km race will each receive a complimentary night's stay in the Crowne Plaza Hotel, SZR, as well as a commemorative trophy. Second and third place runners will receive a commemorative trophy each.



Result will be preliminary published, any concerns must be raised before Sunday, 25th October 12noon when results are final. The Race Director's decision is final.

The overall male and female winners, second and third place athletes in the 5km and 10km races will each receive a commemorative trophy.

Due to the controlled start system that will be used in order to maintain social distancing, in 2020 the winners of each race will be determined by individual chip times, rather than by who crosses the finish line first. This means there is no need to be at the front of your assembly area when the race starts.

Unfortunately, social distancing restrictions mean that we cannot present the trophies and prizes at the event. Organizers will be in contact with prize winners in each race to confirm details of the trophy presentation and media opportunity in the week following the event.

We know that lots of you will have questions regarding the steps that we have taken to ensure that that Social Distancing guidelines are followed, and your safety is safeguarded.

Will it be safe?

The safety of runners, staff and contractors is our top priority. We are working closely with relevant partners during the planning of the Mai Dubai City Half Marathon to make sure that all necessary procedures are in place. There will be Covid-19 protocols in place for the event and we thank you in advance for your understanding as these new steps are implemented.

It hopefully goes without saying that you should not attend the event if you are experiencing Covid symptoms or have been in contact with anyone who is showing symptoms or have contracted the virus in the seven days before the event.

What time should you arrive?

Please aim to arrive 30 minutes before your race distance starts. While we don't want runners to be standing around for long periods, you should allow some time to move through the heat screening point and assemble for your race start.

When you get to the start...

There will be lots of signage as you approach the start area as well as some of our friendly event staff to remind you to maintain social distancing, wear your face covering and use the sanitizer stations provided. Please follow instruction provided

Temperature Checks:

Before entering the start area your temperature will be taken at the automated screening machines – provided by our partners at Lomas. Please be patient, observe social distancing in the queue and listen to instructions from our marshals.

Your temperature can be taken while you are wearing your mask, but we ask that you lower your mask or face covering slightly so that your nose is exposed. This helps the camera quickly and accurately locate your forehead and conduct the test.

If your temperature is too high you will be escorted to our Covid isolation tent for further tests.



In the assembly areas:

Having moved through the temperature checks you will be directed to the assembly area for your race distance. The 21km runners will start first so they will be assembled on the road behind the start arch. The 10k and 5k runners will be assembled off the road initially. Please follow instructions from our race officials.

In your assembly area you will see coloured spots on the floor. Please stand on a spot. The spots help us to ensure that we don't exceed our maximum capacity for each area of the event site and make sure that all runners are socially distant when they assemble.

Unfortunately, this year we will not be able to stage a mass warm-up at the start line.

When the race starts:

The start of the race will be slightly different to what you may be used to as we need to control the release of runners onto the route.

Please be patient and follow instruction from race officials as we bring each line of runners to the start line.

Please keep your mask or face covering on until you cross the start line.

Out on the race route:

Once you cross the start line you can remove your face mask, but please try to continue social distancing as you make your way around the race route.

The route will be traffic-free and will be very well signed to ensure that you can have the most enjoyable run possible.

There will be event staff located across the race route. If you need any assistance while on the route, please alert one of the race staff members.

Mai Dubai Water Station:

Mai Dubai Water will be available at approx. 3km on the 5km loop. Runners will pass the Mai Dubai Water station on each lap.

For your safety, water will be served in paper cups that have been filled by event staff wearing gloves, masks and using the contactless water dispensers.

Please take a cup from the tables at the water station and ensure you dispose of your cup in the waste bins provided.

Toilets and hand sanitizer will also be available at this point.

When you finish:

I know that the temptation will be to stop and celebrate or collapse in a heap – but please keep moving after you have crossed the finish line as there will be other runners finishing behind you.



Mai Dubai Water will be available after you finish, and our staff will also be handing out Mai Dubai face masks. Please take a new mask or replace your own face mask after you have crossed the finish line.

Unfortunately, we are not able to deliver a race village this year, but our event staff will direct you through the finish system to collect your well-deserved medal and souvenir T-shirts.

In line with our social distancing protocols, medals and T-shirts will be collected from self-serve points in the secondary finish area. Please take the T-shirt size that you requested when you registered for the event.

Your temperature will be checked as you leave the finish system and exit the event site but please remember to follow the social distancing guidance throughout DIFC and in the individual retail and food outlets.

Good luck with your training over the next few weeks. We look forward to seeing you on October 23rd.



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