

FINAL RACE INSTRUCTIONS FOR PARTICIPANTS

IMPORTANT POINTS & TIMELINES

- Your **Bib Number** will be emailed to you by Hopasports – keep it handy for Race Pack collection
- **Collection of Race Pack** (Race Bib, Race Bag, T-shirt and Breakfast Tickets)
 - Thursday 25th January: Meydan Spinneys - 3.00pm to 8.00pm**
Location: <https://maps.app.goo.gl/oXsGGMGvkYfwJA6p8>
 - Friday 26th January: Mercato Spinneys - 1.00pm to 6.00pm**
Location: <https://maps.app.goo.gl/mtq2PXcgd5sSrPiX6>
 - Saturday 27th – Car park outside QD's Restaurant, Dubai Creek Resort - 2.00pm to 7.00pm**
Location:(race venue): <https://goo.gl/maps/4ZhV9d2CEgB8RZcX7>
- **Late Entry (Delayed Merchandise) participants will get only the Race Bib on Race Pack collection day. They will be notified regarding the collection of other items after the race.**
- **NO BIB OR RACE PACK COLLECTION ON RACE DAY. NO BIB NO RACE. NO TAG NO TIME**
- **Race Day Arrival: reach site before 5.15 am on January 28, 2024.** Keep buffer for parking and traffic
Location Pin: <https://goo.gl/maps/4ZhV9d2CEgB8RZcX7>
- **Parking:** Available at Deira City Centre P4 (10mins walk) and limited parking available at the venue
- **Start Time: 6.00 am for Half Marathon; 6.15 am for 10km.**
- **Bag drop facility** will be available on race day (5:45 am deadline) - however, do not bring valuables
- **Drink Stations:** Water will be available approximately every 3km and Pocari isotonic drink will be available approximately every 6km.
- **Toilets** are available in Athletes' Village. Public toilets are also situated along the course
- **Pacers:** We have 10 pace groups for Half Marathon and 2 pace groups for 10KM.
- **Post Race BREAKFAST: Doors open at 8.30 am.** You will need to hand over your pre-purchased breakfast ticket to Park Hyatt at the breakfast entrance. **NO TICKET NO ENTRY**
- **Race Timing and Photos:** Will be available after the race on Hopasports website

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MARINA HOME DUBAI CREEK STRIDERS HALF MARATHON & 10km 2024

6.00 am Sunday 28th January, Dubai Creek Resort

Location Pin: <https://goo.gl/maps/4ZhV9d2CEgB8RZcX7>

1. Assignment of pens and bib number

Your bib number will be emailed to you by Hopasports, please keep it handy for bib collection. As an athlete, you will appreciate the importance of being placed in the appropriate starting pen – whatever your pace, **there is no advantage in starting off in the wrong pen.** Based on available information, we have assigned the appropriate start wave for you.

2. Collection of Race Pack* (Race Bib, Race Bag, T-shirt and Breakfast Tickets)

Thursday 25th January: Meydan Spinneys - 3.00 pm to 8.00 pm

Location: <https://maps.app.goo.gl/oXsGGMGvkYfwJA6p8>

Friday 26th January: Mercato Spinneys - 1.00 pm to 6.00 pm

Location: <https://maps.app.goo.gl/mtq2PXcgd5sSrPiX6>

Saturday 27th – Car park outside QD's Restaurant, Dubai Creek Resort - 2.00 pm to 7.00 pm

Location:(race venue): <https://goo.gl/maps/4ZhV9d2CEgB8RZcX7>

NO BIB OR RACE PACK COLLECTION ON RACE DAY.

***Late Entry (Delayed Merchandise) participants will get only the Race Bib on Race Pack collection day. They will be notified regarding the collection of other items after the race.**

Important:

- You are responsible for getting your Race Pack. You will need to show your photo identification to collect the race pack. **NO SPARES. NO BIB NO RACE.**
- **Remember to collect your pre-purchased breakfast tickets** if you have ordered these on the Hopasports registration portal. Additional breakfast tickets can also be purchased at race pack collection.
- Race bibs, race bags, pre-purchased breakfast tickets, and t-shirts will NOT be handed out on race day. Overseas entrants who may need special pick-up arrangements should contact the race organisers at info@dubaicreekstriders.com

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- If you are unable to personally collect your race number and bag you may give the Official RECEIPT INVOICE (you can print this directly from your Hopasports account) to your partner/friend who can then pick it up on your behalf. They must also have a copy of your identification.

3. Your Race Number and Timing

Race Number:

Attach your number to the FRONT of your vest. Do not cut, fold or modify the number in any way as this is contrary to the rules and may lead to your disqualification. If your number is not visible at all times during the race you may be stopped, or even disqualified from the race and you will not get any race photos!

Important: You must NOT use someone else's number and must not let anyone else use yours. Your number is unique to you and is matched through our computer database and timing system to ensure safety, provide accurate times and eliminate cheating.

Timing:

Official race timing will be provided by Hopatec Sports Services using the MyLaps BiBTag technology. Your timing tag is uniquely registered to you and will be fixed on your running bib. Please remember to wear your bib ONLY on your FRONT. Remember – **NO TAG NO TIME!**

The following people will NOT be allowed to run on the route, will NOT be timed and will NOT receive photos:

- Those wearing their number on their back, under clothing or not at all!
- Those who remove, bend or tear the timing tag on the reverse of the number!

In Case of Emergency:

Please write down an emergency contact name/number and any medical conditions on the back of your Bib. Please also complete your medical details in your Hopasports account - these details can be accessed immediately by medical staff if required; NOT filling in this info and your emergency contacts correctly is at your own risk; please take 2 minutes of your time for your own benefit.

The event organisers, its sponsors, administrators and anyone else involved in the event cannot be held responsible for any medical condition arising from participation in the event.

No longer able to run?

It is no longer possible to cancel or refund your entry. There is NO option to swap, give, sell, transfer or defer your entry; please do not jeopardise the integrity and safety of the event by attempting to do so! If the participant is unable to run on race day due to any reason, the participant can collect the race pack at the designated times above, run the event virtually (on a later date but before March 15, 2024) and

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collect their medal from the organisers after informing them in advance on info@dubaicreekstriders.com with the subject “Running virtually”.

4. Getting to the Start (arrive before 5.15 am)

All runners must be on site before 5:15 AM. It is preferred that you use a Taxi/Careem/Uber to help you get to the start and home again. There will be a taxi drop off point near the start/finish area.

You can use either Garhoud or Maktoum Bridges to get to the race start. Please note that Floating Bridge is currently closed. Parking in the Club is extremely limited and once this is full, we will spill over into Deira City Centre car park.

5. Parking

Plan your journey to arrive early and enjoy the atmosphere and attractions at the Athletes’ Village. To allow enough time to arrive, park, walk from your parking area and prepare for the race, you should plan to reach the Athletes’ village well before 5.15 am. If you do drive to the race venue and don’t plan to arrive very early, please make use of the Deira City Centre P4 car park.

6. Start Time (6.00 am for Half Marathon; 6.15 am for 10km)

The first wave of the Half Marathon will start at 6.00 am, once official police clearance is received, with subsequent waves being released one at a time to allow the safe flow of runners. Please be at the start area at least 45 minutes before the start time and ready to line up 15 minutes before the race is due to begin. Last-minute instructions will be announced over the PA system. 10km runners will start after all half marathon waves have been released, but all 10km runners must be on site before 5.30 am.

7. Baggage

Baggage drop facilities are limited so we encourage you to leave belongings in your locked vehicle where possible. Bag drop containers, for the storage of baggage and other non-valuable items, are located at the far end of the Athletes’ Village, opposite the toilet block. Your baggage will be tagged against your bib number, so please ensure you have your bib with you when you arrive at the bag drop (**deadline of 5.45 am**). You will also need to show your bib again to collect your bag. Race officials will oversee the container, but any item placed in the container is at the owner’s risk.

Important: The race organisers, sponsors, administrators and other officials cannot be held responsible for any lost, misplaced or stolen belongings.

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8. Warm Up

Trainers from Fitness First, our Official Fitness Partner, will lead runners through a series of gentle warm up and stretching exercises to prepare for the race ahead. The warmup starts at approximately 5.25 am and will last 10 minutes. It's a free session, so get there early to make sure of a place!

9. Toilets

Toilets are available in the Boardwalk & QDs restaurants, next to the Chandlery shop (opposite the starting pens) and in the temporary toilet block at the far end of the Athletes' Village. Public toilets are also situated along the course.

10. Pre-Start Procedures

The line-up for any mass-participation event is always a bit tense, but we have procedures in place to ensure you have a stress-free start to your race! All runners are expected to follow the instructions of marshals, who will direct you to your correct pen, to ensure a smooth and safe start to the race for everyone. Please remember these simple arrangements.

IF YOU HAVE A COMPLETELY WHITE BIB AND A NUMBER BETWEEN 1-99

When the MC announces the start of the line-up procedure, please go directly to the start line DO NOT go to one of the coloured starting pens. Please line up BEHIND the timing mats.

IF YOU HAVE A RED STRIP ON YOUR BIB AND A NUMBER BETWEEN 100-499

On the MC's announcement, please proceed to the RED starting pen and await the marshals' instructions.

IF YOU HAVE A GREEN STRIP ON YOUR BIB AND A NUMBER BETWEEN 500-999

On the MC's announcement, please proceed to the GREEN starting pen and await the marshals' instructions.

IF YOU HAVE A BLUE STRIP ON YOUR BIB AND EXPECT TO FINISH THE RACE IN UNDER 2:45

On the MC's announcement, please proceed to the 1st BLUE starting pen and await the marshals' instructions.

IF YOU HAVE A BLUE STRIP ON YOUR BIB AND EXPECT TO FINISH THE RACE IN OVER 2:45

On the MC's announcement, please proceed to the 2nd BLUE starting pen and await the marshals' instructions.

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IF YOU ARE A 10km RUNNER YOU WILL HAVE A YELLOW BACKGROUND ON YOUR BIB AND A NUMBER 3000 OR GREATER

On the MC's announcement, please remain in the athletes' village and await further instructions. DO NOT move to the pens until YELLOW runners are called for the 10km start.

The 4 colour starting pens will be clearly marked with coloured flags and marshals will direct you to the correct pen. All runners should be assembled in the correct pen no later than 10 minutes before the start of the race. The PA system will keep you informed in the lead-up to the start of the race. Please ensure your race number is clearly visible and securely fastened to the FRONT of your vest/t-shirt and that you are in the correct pen corresponding to your bib colour. If you wish to run with a pacer in your timing pen please move to your pen as soon as you are called to ensure you can be near them.

11. On the Start Line

When called forward by the marshals, please move slowly towards the start line-up with your allocated start wave. To ensure safety, runners will be released in 5 waves, one for each pen. The race and clock will start at the sound of the starting gun but your individual finish time will be based on your personal chip time, which will start as you cross the start line.

12. Official Pace Groups

The race will feature multiple Pace Groups to help you achieve a predicted finish time. Pace Group Leaders are easily identifiable by their special **COROS ASICS PACER shirts and the pacer flags** they will carry with their predicted finish time. We have pacers planning to run the following Half Marathon race times: 1:35, 1:40, 1:45, 1:50, 2:00; 2:10, 2:20, 2:30, 2:45 and 3:00. We also have 10km pacers for runners looking to complete the 10km race in 60 mins and 65 mins.

The pacers will be introduced on stage approximately 30 minutes before the race so be sure to join the correct pacer if you want to 'get on the bus' for your chosen time. Please note that the pace runners are human and although every effort will be made to finish in the predicted time, no responsibility can be attached to the pace runners or the organisers if you fail to finish in the predicted time.

13. Start & Finish Times

Hopasports will provide the official timing and results. Your timing tags will be detected as you cross over the timing mats at the start and finish, and at certain points along the course, and will provide split and finish timings. Full results will be posted on Hopasports.com at the end of the race, after

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consultation with race officials and referees whose decision is final. All results will be based upon your own personal, net chip time.

14. The Course

The race follows a scenic route along, under and over the Dubai Creek. There may be roadworks on some sections of the route. The course will be well marked by orange cones, where required. Marshals are in attendance at all junctions and other critical areas. Please follow the marked route and do not attempt to short-cut any section – offenders will be immediately disqualified. Timing mats are placed enroute to ensure all runners complete the full course.

The race is run primarily on pavements. When it is necessary to run on, or across, roads, runners must take full responsibility for their own safety and the safety of those around. You must run on the designated course and comply with marshals' instructions at all times.

HALF MARATHON COURSE MAP



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10KM COURSE MAP



15. Areas for Extra Care on the Course

There are several sections of the course that will require your full attention:

0.50km – Dubai Creek Resort driveway – Take care when running over the speed humps along the drive (outbound & return).

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1km – Exiting the Club - Turn right and watch out for traffic as you join a busy road. Please use the pavements whenever possible and keep inside the designated course (marked by orange cones).

4.3km – Just as you descend from Garhoud bridge - There is a road sign which is quite low, please mind your head.

7.2km – Dubai Courts – You will run between the 2 buildings of Dubai courts, the barrier to the parking will be open, but please exercise caution. **10K runners look out for the diversion which guides you to the 10K route.**

7.5km – Maktoum Bridge - The course splits here between Half Marathon and 10km routes. Please look out for the signs and follow the directions of the marshals for your correct routing. 10km keep left and Half Marathon keep right

7.5km & 19km – As you pass under Maktoum Bridge - We have requested there to be no fishing here on race day, but the area may still be busy with fishermen so look out for anyone casting their line and be careful underfoot as the ground may be wet and slippery (outbound and return).

11km - The abra station at old souq is being renovated, and a small stretch requires to run on the street, this will be marked and marshals available please follow directions.

12km- After parked abra's and public library – This year the route turns to the right and follows the footpath near Al Ras Metro station

12.3km & 12.9km This stretch has very little space on the pedestrian walkway, hence the road will be blocked for traffic and made available for runners, please follow the directions from the marshals.

13.K – Shindaga Tunnel – sharp turn to the left for the entrance to the tunnel

14.6km to 15km – The souq area -Some tight turns so please listen to the marshals

15.3km – 17km - Al Seef Area - There are tight turns and some steps in this area so please take care and follow the arrows.

19.0 Km – when you climb back to Maktoum bridge please watch out for e-scooters, cyclists and pedestrians, while they are being asked to dismount by the marshals, you could still find some stray person trying to speed off.

19.3km – Exiting Maktoum Bridge – Road works are in progress and there is a sharp right turn to access the footpath.

20km – Near Club Entrance - You will exit the footpath from the construction entrance, please keep an eye out for traffic on the right and remain inside the marked cones.

Please note that Floating Bridge is closed. However, vehicles still use this junction to perform a U- turn so please continue to exercise caution in this area. Marshals will be supported by Dubai Police to enforce strict safety procedures for safe crossing of the intersection.

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16. Hydration Stations

Keeping cool and regularly replacing lost fluids is a must for all runners. Please make use of the hydration stations situated along the course. Emirates Water will be available approximately every 3km, as well as in the start and finish area, and Pocari isotonic drink will be available approximately every 6km. Please dispose of your used bottles carefully in the nearby bins to avoid risks to other runners and to support our recycling efforts.

17. Medical Aid

Ambulances will be located at certain points around the course, as well as in the finish area. If you feel unwell please stop running immediately and wait for the medical officers to attend to you. If possible, please alert the nearest marshal who will assist you. If you feel unwell at the end of the race, please consult with the Ambulance staff located in the start/finish area.

18. At the Finish

10km runners and 21.1km runners will be funneled separately on the approach to the finish line. Please look out for signs and follow directions of the marshals. Upon crossing the finish line, 21.1km finishers will be presented with a unique commemorative medal. There will be gold medals for the first 10 male and 10 female finishers. Finisher medals will be given to all the other finishers.

10km runners will also receive dedicated gold and finisher 10km medals. After receiving your medal, please follow the marshals' instructions and keep moving forward to the Athletes' Village to clear the finish area for runners behind you. Once you have finished the race, please do not repass the timing mats while still wearing or carrying your bib/timing tag as this may invalidate your time.

19. Cheating

Cheating is against the spirit of the event, so please do not be tempted to cheat. There will be monitoring stations on the course and any participant found to be cheating will be immediately disqualified from the race. Runners entered for the Half Marathon distance will be considered as disqualified if they do not complete the full distance. It is not possible to switch to the 10km distance once the race has started.

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20. Spectators

Being a spectator is a fun way to spend the morning and provides great support for runners who may need a little extra encouragement. However, please be aware of the following simple rules:

- Please follow all marshal instructions and safety protocols.
- Please keep all children well clear of the route and finish area.
- Do not enter the official course at any time, particularly the start and finish area.
- Do not obstruct, or get in the way of the runners.
- Do not move barriers or tapes installed along the course.
- Please support all runners with a clap and a cheer – it may help them set a new personal best, or just make it to the finish line!

21. Meeting Area

Please meet friends and family in the meeting area of the Athletes' Village to the right of the finish area, outside QD's Restaurant. Do not congregate in the finish area as this blocks access for other runners' who are completing their run.

22. Post-Race Facilities

Excellent post-race shower facilities are available at the Golf Club House just a 5-minute walk from the finish area. For those with tired legs, complimentary golf buggies will pick up at the Chandlery to take you there. 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 Athletes' Village, along with products, services and entertainment from our valuable sponsors.

23. Breakfast

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 8:30 am and you will need to hand over your pre-purchased breakfast ticket to Park Hyatt at the breakfast entrance. No ticket, no breakfast, so don't forget to bring it.** Limited breakfast tickets will be available for sale at Bib collection and on race day at AED 80.

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24. Trophy Presentation and Raffle Draw

From approximately 8.30am 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. 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
16-34	Open Male	1st, 2nd, 3rd	Open Female	1st, 2nd, 3rd
35-39	Sub Veteran Male	1st, 2nd, 3rd	Sub Veteran Female	1st, 2nd, 3rd
40-44	Veteran Male	1st, 2nd, 3rd	Veteran Female	1st, 2nd, 3rd
45-49	Sub-Master Male	1st, 2nd, 3rd	Sub-Master 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
20-34	Open Male	1st, 2nd, 3rd	Open Female	1st, 2nd, 3rd
35-49	Veteran Male	1st, 2nd, 3rd	Veteran Female	1st, 2nd, 3rd
50+	Senior Male	1st	Senior Female	1

25. Race Photographs

Dubai Creek Striders has commissioned Hopasports 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.

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A Big Thank You to our Many Wonderful Sponsors and Partner Government Authorities

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