

IN ASSOCIATION WITH



**10<sup>TH</sup> ANNIVERSARY OF DUBAI'S  
1.2KM UPHILL RUN,  
700 STAIR CLIMB**

**MOST EXCITING VERTICAL RACE!  
ARE YOU READY FOR THE  
ULTIMATE CHALLENGE?**



# M1 RUN

**Saturday, 10<sup>th</sup> February 2024**

**OVER AED10,000  
IN PRIZES!**

All profits will be donated to Al Jalila Foundation for cancer patient treatments

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## KEY INFORMATION

7AM to 9AM Bib collection at Office Tower Reception

8:30AM Warm-up next to starting line conducted by Up Fitness Team

9AM M1 Run race begins

### 🚩 Start Location

Media One Hotel  
Lobby Entrance

### 🏁 Finish Location

Level 42

📍 1.2Km 700  
Uphill Run Stair Climb

🏆 Awards Ceremony  
& Goodie Bag Collection  
garden on 8

- Ambulance and paramedics are on-site, stay safe
- If you are coming with your own transportation, valet parking is available
- For storage of personal belongings, you may store them via Front Desk or Concierge
- Coffee, drinks & breakfast are available in M12go, Ciao Bella & garden on 8 at your own cost
- Please follow the direction and be guided by the Marshalls on every 5<sup>th</sup> floor once you are on the staircase.
- Water will be provided
- Make space if you see a runner overtaking you
- After completing the run, please proceed by the elevator from level 42 to garden on 8 (level 8) for the awards ceremony and goodie bags collection

### IN COLLABORATION

MEDIA ONE HOTEL

 HOPASPORTS

 ديب الصحية  
DUBAI HEALTH

مؤسسة الجيلة  
Al Jalila Foundation

 ELEVISION

 Transguard Living

 Fit Fresh

 FIUGGI

 LUXURY PLUS  
VALET PARKING SERVICES

 LABRADA  
NUTRITION

 EARTH GOODS  
ORGANIC

 mangajo  
happy, healthy days

 HAUSBRANDT  
TRIESTE 1892



# AWARDS CEREMONY

Medal & prize will be presented at garden on 8

**FASTEST MALE**

**AED4,000**

**FASTEST FEMALE**

**AED4,000**

**TOP 3  
MALE (ABOVE 40)**

1<sup>st</sup> prize **1,500**  
2<sup>nd</sup> prize **1,000**  
3<sup>rd</sup> prize **500**

**TOP 3  
FEMALE (ABOVE 40)**

1<sup>st</sup> prize **1,500**  
2<sup>nd</sup> prize **1,000**  
3<sup>rd</sup> prize **500**

**TOP 3  
MALE (BELOW 40)**

1<sup>st</sup> prize **1,500**  
2<sup>nd</sup> prize **1,000**  
3<sup>rd</sup> prize **500**

**TOP 3  
FEMALE (BELOW 40)**

1<sup>st</sup> prize **1,500**  
2<sup>nd</sup> prize **1,000**  
3<sup>rd</sup> prize **500**

**TEAM**

1<sup>st</sup> prize **2,000**  
2<sup>nd</sup> prize **1,500**  
3<sup>rd</sup> prize **1,000**

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