



## Desert Road Runners 10km Race

March 16<sup>th</sup>, 2018

### All You Need To Know

The UAE's oldest running event





### About Desert Road Runners

Desert Road Runners is the oldest running club in the UAE. It was founded in 1990. The Club aims to promote running for all ages and abilities. Training sessions are designed with everyone in mind.

The club meets 6 times per week. During these training sessions runners are split into groups according to ability.

The Club is run entirely by volunteers.

For more information and details on the membership go to: [www.desertroadrunners.club](http://www.desertroadrunners.club)

### Event History

The first Desert Road Runners 10k race was held in 1990. In the early days the event was held from the Chicago Beach Hotel Club which was on the site now occupied by the Jumeirah Beach hotel. The event was small, of the order of 100 runners. Prizes were only awarded to the first 3 male and female finishers. There were no junior events.

Despite the small number of participants, the quality was very high. The Ukrainian national athletics team used Dubai as a base for their winter training and regularly entered the event. Winning times for the men's race were generally around 30 minutes.

Redevelopment of the Chicago Beach Hotel to the Jumeirah Beach Hotel forced the event to be relocated in 1998 to the Radisson Hotel (Now Sheraton Jumeirah Hotel) at what is now the southern end of Dubai Marina. Age categories were introduced and a junior event. The roads in the area were quiet and the location served well until the development of Dubai Marina.

From 2004 until 2007 the event relocated to Nad Al Sheba race course. The race was held on the roads surrounding the race course and passed through the stables area. The post race breakfast was



held in the Grandstand restaurant and we had the facilities of the Golf Club for changing. By now technology had started to creep into the event with on line race registration and use of a lap top computer for event time keeping and processing of results. This saved a lot of time enabling the presentation of prizes to take place straight after the finish of the race. With the setting up of the Dubai Road Runners Web site results were posted on line within hours of the event. With the attraction of running extending to older generations, more age categories were introduced extending to age 60 plus.

The development of Nad Al Sheba race course into what is now the Meydan forced yet another change of location. For two years the event was held around Safa Park. This was not ideal as participant numbers were increasing to 200.

In 2010 the event moved to the Dubai Autodrome. With ever increasing numbers of participants it was becoming impractical to use manual timing for the event. Chip timing was introduced. In 2012 the number of entries exceeded 750.

This year, 2018, the event will be held at Mushrif Park.

### Event Venue | Date

The event will take place on Friday 16th March 2018 @ Mushrif Park (enter via Gate 2).

### Directions to Mushrif Park

On Friday early morning the traffic is usually light. However, do leave plenty of time to arrive. At least an hour from the Marina end of Dubai.

If you take the Airport road out of Dubai towards Mirdif, cross over the 311, pass Mirdif on your right and the entrance to Mushrif Park is on your right approx 2 km after the 311. Enter via the main gate

and drive through the park until you reach the gate at the opposite end of the park. Registration is here.

Alternatively, you can reach the park from exit 55 of the 311. Drive up Tripoli Street towards Mirdif. Keep straight on at the traffic lights. Turn left at the roundabout into the road which leads to the park small entrance. Registration is in the car park just inside the entrance.

Google map directions: <https://goo.gl/maps/vXLcawtjsUm>

### Toilet | Changing Facilities

There are no changing facilities as such but there are toilet facilities at the venue.

### Race Briefing

There will be no pre-race briefing.

### Collection of BIB numbers | Timing Tags

BIBs with timing tags attached are to be collected from 6:00am to 6:45am at the venue on the morning of the race. Do not remove the timing tag from the bib. Collect from the car park by the Tripoli road entrance.

### Race Start | Timings

The race start will be a line across the width of the track.

- The 10 km male race will start at 7:00 am
- The 10 km female race will start at 7:10 am
- The 2.5 km junior race will start at: 8.30am

Allow 15 a minutes walk / jog to get from the registration area to the start line for the 10 km and 2.5 km race.



## Course

The course is hilly and has been measured and certified to IAAF-AIMS standards for this event.

- The 10 km race is just over 2 laps of the Mushrif Park cycle track.
- The 2.5 km junior race is just over ½ lap of the Mushrif Park cycle track. There will be a number of adults running with the juniors to keep an eye on them.

The finish is under the Puma finish arch on the cycle track just 100m before reaching the park entrance. After crossing the finish line, you may collect your medal.

## Hydration | Water

There is water every 2.5km of the 10 km course and at the finish. Water will be in small open cups. Water is only available at the finish of the junior event.

## Heat | Conditions

Runners are reminded of the risks of running in the hot | humid conditions. Temperatures are expected to be comfortable. Please watch out for runners around you who may be in difficulty. Throughout the event the course will be patrolled by marshals on bicycles and there will be marshals on the course. They will call for help if needed. There will be an ambulance and medical cover at the event.

## Breakfast

There will be light MITTS & TRAYS breakfast served after the race.

## Results | Prizes

The presentations will take place as soon as we have the results available in the refreshment area. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> age and gender category winners (in the 60+ category only 1<sup>st</sup> place), as well as first male and female over all.

Results will be online posted on [www.hopasports.com](http://www.hopasports.com).

**Enjoy the run!**