

ALL YOU NEED TO KNOW

Iftar Challenge 2018

Thursday, 24th May 2018

Mushrif Park

Iftar Challenge





Race Instructions

Many thanks for your entry. Please take time to read through these instructions carefully as there will be no pre-race briefing at the event.

Directions to Mushrif Park

During Ramadan, traffic is usually light from late afternoon to sunset. However, do leave plenty of time to arrive. At least an hour from the Marina end of Dubai.

Google Map directions can be found here: <https://goo.gl/maps/vXLcawtjsUm>

Alternatively, a map to the venue can be found on the Hopasports website:

<https://www.hopasports.com/en/event/iftar-challenge-2018>

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 off 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.

Admission to the Park

To gain admission to the park you require a NOL card. You can purchase one at any Metro station, RTA Customer Service Centers, Authorised Sales Agents, and online. Admission fee is AED 10 / vehicle or AED 3 / pedestrian.

Number Collection

Bibs with timing tags attached are to be collected from 6:00 pm at Mushrif Park on the evening of the race. Collect from the car park by the Tripoli Road entrance. Do not remove the timing tag from the bib.

Toilet / Changing Facilities

There are no changing facilities, but there are toilet facilities at the park.

Race Briefing

There will be no pre-race briefing.



Race Timings

The 2 KM race will start at 7:05 pm

The 5 KM race will start at 7:25 pm

The 10 KM race will start at 7:35 pm

Please allow 15 minutes to get from the registration area to the start line for the 10 km race.

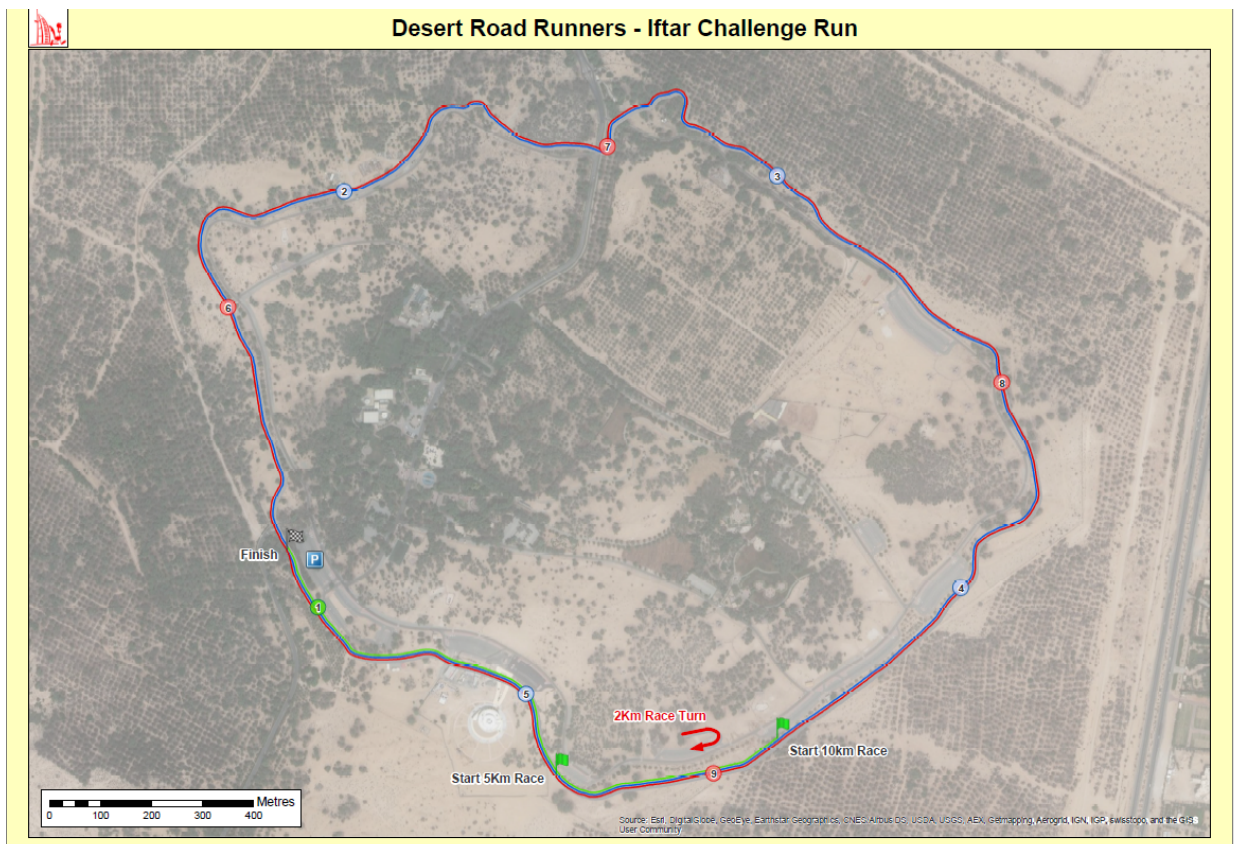
Course

The course has been measured and certified to IAAF standards.

The 2 KM race starts at the finish line on the cycle track close to the Tripoli Road park gate and proceeds for 1 KM in an anti-clockwise direction (to the 9 KM marker) and then returns to the finish.

The 5 KM start is on the cycle track approximately 700 m from the finish line. The course is in a clockwise direction, passing through the finish plus one full lap of the cycle track. Runners stay on the cycle track for the whole race.

The 10 KM route is just over 2 laps of the Mushrif Park cycle track.



Finish

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



Yoga

We are pleased to announce that Voyoga will be hosting a free yoga session starting at 8:30 pm. Bring your own yoga mat!

Refreshments

There will be bananas and dates at the registration table available for fasters who wish to break their fast before running.

Water

There will be two water stops: one at the finish line and one along the 5K and 10K course.

After You Finish

After crossing the finish line, please stay well clear of the finish funnel so that you don't interfere with the marshals. If you want to jog back and cheer others in then please remove your race number first.

Heat / Conditions

Conditions will be hot and humid. Please watch out for runners around you who may be in difficulty, especially those who may have fasted during the day. 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.

Results / Prizes

The presentations will take place on the main track by the finish as soon as we have the results available. Awards are expected to start around 9:00 pm.

Results will be posted on the Hopasports website:

<https://www.hopasports.com/en/event/iftar-challenge-2018/results>

Good luck, be safe, and have fun!