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AL JALILA FOUNDATION



7 Emirates Run Profile

“Run for Help, Run for Health, Run for Fun “

Run for Help : Run for a good cause / charity activity “Run to help children back on their feet”

Run for Health: Sport activity for health prevention

Run for Fun : Discover the 7 Emirates

2010

UAE-based Wendelin Lauxen, holder of Guinness World Record for ‘Fastest time to complete a marathon on each of the 7 continents’, ran across the United Arab Emirates 575 km in 12 days.

2013

Wendelin Lauxen launched the 7EmiratesRun to support Al Jalila Foundation and led a team of UAE-based runners, Clemens Kastner (Germany), Servee Palmans (Netherlands), Aida Othman (New Zealand), Deirdre O’Leary (Canada), Ekhman Mahmud (Malaysia), Doris Matlok (Australia), across the 7 Emirates covering a distance of 537 kilometers in 11 days and crossing the finish line in Downtown Dubai on UAE National Day.

2014

7EmiratesRun, in partnership with Al Jalila Foundation, is back! 7 teams of 7 runners will run 575 kilometers across the UAE in 12 days [from 21 November 2014 to 2 December 2014] to raise funds to help children back on their feet.

In partnership with Al Jalila Foundation and under the patronage of His Highness Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum Dubai Crown Prince and Chairman of Dubai Executive Council the third edition of the Ultra Marathon 7 Emirates Run (7ER) will commence on 21 November 2014 in Abu Dhabi and conclude in Dubai on 2 December 2014 on the occasion of the 43 National Day of the United Arab Emirates. 7 teams of 7 runners will run a total of 575 kilometers across the 7 Emirates over the course of 12 days.

The teams will be led by the German/UAE resident Guinness World Record holder Wendelin Lauxen and will traverse all 7 Emirates. Wendelin is the founder of the 7EmiratesRun and will run for the third time. The route goes from Abu Dhabi to Fujairah, Ras Al Khaimah, Umm Al Quwain, Ajman and Sharjah and finally arriving in Dubai, with an average of 48 kilometers per day.

The 7EmiratesRun pays homage to the UAE and its diverse landscape. The runners will have the opportunity to experience the 7 Emirates from a unique perspective, interacting with the community whilst enjoying the country’s beauty.

Besides the joy of the sporting challenge, there is also a charitable purpose of the run. Embracing the mission "Run for Help, Run for Health, Run for Fun." the runners will run to help children back on



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their feet by collecting donations for the UAE-based charity, Al Jalila Foundation. Funds raised will be used to pay for life-changing surgery and postoperative medical support for children who suffer from deformities or amputation.

The runner can choose one of the following options for registration:

Option I:

One or two teams of 7 runners will run the full distance of 575 km in 12 days, the first 11 days each runner can run on his own pace and on the 12th day finish together at Burj Khalifa Plaza and all runners will attend together on the National Day Parade. The registration fee will be 777 AED per person to cover a part of the trip expenses and the fundraising commitment is 7777 AED per participant. The overnight stay will be in a caravan and in tents, the full course runners have to stay at all places and it will be not allowed to use any transportation.

The 7ER is not a competition nor a race. We run for the pure joy of running, to promote a healthy lifestyle and to raise awareness for children who we want to support by raising funds.

Never the less we have given ourselves some very basic ground-rules for the Run.

For the entire duration of the Run (21.11 – 02.12) we will not use any other mode of transportation than our own two feet. Even for day to day chores we opt not to use a car, bicycle, public transport etc. Emergencies or situation of threat will obviously be an exception.

We have gauged that we will need around 9hrs on our longer days (more than 52 km); but this is the limit for any day during the Run. We are not allowing ourselves to need more than 9hrs on any given day. Finisher time limit on day 1, day 6, day 7 and day 10 will be 9 hours and on the other days 8 hours. We will not have rest days; we will be running the route on consecutive days. We will spread the joy of running; there will be situations when we feel pain and doubt – we will smile these doubts away. :-)

Option II:

Maximum 6 teams of 7 runners will run the 7ER as a Relay Run, Relay-Run team of 7 participants will run the 575 km course in relay over 12 days, all 7 will run first and last day with at least one running each day. The runners have to be in Abu Dhabi on the 20.11.2014 for briefing etc. and stay there for the start of the run on day 1, the 21.11.2014. From day 2 to day 11 minimum one runner of each relay-run team has to run the daily distance. On the 12th day the complete team of the 7 runners will run together with the other teams the last distance and finish together at Burj Khalifa Plaza and all runners of the 7ER will attend together on the National Day Parade. This option is created for all runners who are struggling with the vacation days, the entry fees and those who are not trained enough to run the complete distance of 575 km in 12 days. The overnight stays will be in a camp and



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sleeping in tents for 2 people. The runner who will run on the first day has to come to the camp latest at 6pm on the day before and he/she can leave the camp after 6pm on the running day or can support the next runner on the next day. The runner has to hand over the relay item and this will be the same procedure every day. On the last evening, on the 01.12.2014 in Sharjah, all the runners have to be in the camp and will start the last distance together on the 02nd of December, UAE National Day. The registration fee will be 777 AED per person to cover a part of the trip expenses and the fundraising commitment is 7777 AED per relay team.

Option III:

Individual runner can register for a daily run of the full distance on a preferred day. For those runners the registration fee will be 277 AED. There is no overnight stay included. The runner has to be at the start area latest at 6:00 am.

Option IV:

Individual runner can register for a daily running distance up to 10 km from the start or before the finish line on a preferred day. For those runners the registration fee will be 77 AED and the fundraising commitment is 77 AED. There is no overnight stay included. The runner has to be at the start area latest at 6:00 am.

Option V: Special for 43rd UAE National Day:

Individual runner can register for the daily run of the full distance on 43rd UAE National Day. For those runners the registration fee will be 277 AED. There is no overnight stay included. The runner has to be at the start area latest at 6:00 am. On the 12th day, 43rd UAE National Day, all registered runners will run together with the other teams the last distance and finish together at Burj Khalifa Plaza and all runners of the 7ER will attend together on the National Day Parade.

For all the days will be supported a daily activity list and every day will be a briefing for the next day. All participants have to fill out a personal information form, the medical information form, the waiver and all runners have to submit a copy of ID / Passport and insurance card. The forms will be available on the 7EmiratesRun homepage as a pdf file.

How to support the 7EmiratesRun

The 7EmiratesRun is a not-for-profit initiative which requires support from sponsors. A number of sponsorship packages are available.



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How will contributions be used

All contributions from our supporters will be used to cover the direct expenses associated with the run, such as food, water, and clothing that will be worn during the run. If contributions exceed these direct expenses, then these will be donated to Al Jalila Foundation. 100% of donations made via the 7EmiratesRun website will go directly to Al Jalila Foundation. The athletes and the organisers are volunteers and receive no remuneration.

Please all queries to 7EmiratesRun email: info@7emiratesrun.com

The committee of the 7EmiratesRun:

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