



**FRIDAY, 29 JANUARY 2021**  
**21.1km | 10km | 5km**  
**JEBEL JAIS QUARRY, RAK, UAE**

# **RACE BRIEFING**





## WELCOME MESSAGE

Thank you for joining us for this new and exciting run in Ras Al Khaimah.

The following pages outline all the important information you need to know on race day.

A reminder to all runners that this is a community-based event focusing on allowing individuals, families, clubs and groups of runners to experience a race environment in a social yet competitive atmosphere.

**GOOD LUCK TO YOU ALL!**



## COVID-19 PRECAUTIONS

We will be partnering with a sanitizing company – to provide us with all our needs for all events and we will be implementing the below precautions to ensure a safe and enjoyable event for all and ask you to support us with these efforts:

- Keep a 2m social distance at all times.
- Wear a mask till just before you start and once you finished put it back on or a new disposable mask will be given to you.
- Stay in the Race Village Area till your distance is called to the Start Area.
- No gatherings / hugging / touching / group photos etc.
- Self service water stations out on course and at the finish line.
- Sanitize your hands regularly at designated stations.
- If you feel unwell on the morning of the event with flu-like symptoms, please stay at home!

**Any participants not observing any of the above rules will be disqualified without a warning!**



# COVID-19 RESPONSE





## DIRECTIONS TO JEBEL JAIS QUARRY

[CLICK HERE](#) for Google Maps

## PARKING

Near the Start / Finish line.

## RACE DAY PROGRAM

NO LATE ENTRIES WILL BE ACCEPTED  
BE CHECKED IN AT LEAST 30 MIN PRIOR TO THE START  
OF YOUR FIRST RACE

### Individual Races:

- 06h30 Race Check In Opens
- 07h25 Race Check In closes for all distances
- 07h30 21.1km Race Starts
- 07h40 10km Race Starts
- 07h50 5km Race Starts

### Prize Giving

- 09h00 Prize Giving for 5k
- 10h00 Prize Giving 10k & 21k
- 10h30 Cut-off time for all races

**THERE IS NO BAG DROP!**





## RACE CHECK IN

- Race Pack Collection is on the morning of the race at Race Check In which opens at 6.30am near the Start line.
- Race numbers will be emailed to all runners and will also be on show at Race Check In on the morning of the race.
- Once you know your race number, proceed directly to your respective Bib collection desk and collect your Bib # with timing chip attached. Safety pins will be provided in and around the Race Check In area.
- Please check that all your data which is printed on the label of the race pack envelope is correct. This includes your name, age category, gender and distance and in the event of there being any errors, please let our registration staff know so we can change it for you, so you have the correct result when finishing the race.
- Once you have done that, head to the Race Village and wait for the race briefing from our Race Director – Warren.





## RACE BIBS

- Bibs must be worn on your upper body with the number facing outward.
- Once finished racing, hand your race bib in at the T Shirt stand and collect your free shirt.
- Safety pins will be provided in and around the Race Check In area or bring your own race belt.

## TIMING CHIP

- Timing chips are attached to the back of your race bib.
- Ensure your bib has a timing chips stuck to the back and if not, please see Super Sports staff on the day to issue you with a new bib.
- **DO NOT REMOVE THE CHIP FROM THE BIB.**
- **IF YOU RUN WITH NO BIB – YOU WILL RECEIVE NO TIME AND NO RESULT!**





## RACE DISTANCES & AGE CATEGORIES

Age Groups are calculated as per your age on race day.  
Male and Female categories for all age groups.

### 21km

0 – 29 years | 30 – 39 years | 40 – 49 years | 50 years+

### 10km

0 – 18 years | 19 – 29 years | 30 – 39 years | 40 – 49 years | 50 years+

### 5km

0 – 18 years | 19 – 29 years | 30 – 39 years | 40 – 49 years | 50 years+





## RACE RULES

- 21.1km = 1 lap of the respective course + initial 3km loop
- 10km = 1 lap of the respective course
- 5km = 1 lap of the respective course
- You must have your run number visible on the front of your upper body or race clothing and keep it visible at all times when on the run course.
- Your upper body must be covered at all times on the run portion of the race.
- Shoes are compulsory and it is recommended to wear trail running shoes if you own a pair.
- No form of locomotion other than running, walking or crawling is allowed.
- Parents wishing to run with their children - aged 12 years and under - may do so free of charge but will not receive a race time or position.







## START PROCEDURES

- Please wait in the Race Village area till your distance is called to the Start Area and keep your mask on until you get to the start line.
- The Start Area will be a social distanced grid of rows with 3 cones per row spaced 2m apart.
- Runners to self-seed themselves with the first 5 rows only for recognized faster runners.
- Once the start siren goes, all rows will slowly walk toward the start line and only when you get to the start line will you be allowed to start running.
- Once you cross over the start mats your race and time will start.
- Chip times will be used for this race so that means your time will only start being recorded once you cross the timing mats so it does not matter how far back you start.



## END OF RACE PROCEDURES

- When crossing the finish line, please keep moving through the finish chute then you will receive your finishers medal and immediately put on your face mask.
- Make sure to wear your mask once you have finished.
- Scan the QR codes to see your result.
- Hand your race number with timing chip in at the T-Shirt stand and collect your free shirt.
- You will be given your wrist band at the T-shirt stand. Proceed to the counter and collect your muffin and fruit juice.





## RACE RESULTS

- Please scan the QR codes in the Race Village to view your result once you have finished running.
- Full results will be on the Super Sports website as soon as possible at <http://www.supersportsuae.com>.

## PHOTOS

- Remember to smile at the camera man, give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on your results page by clicking on the CAMERA icon and then doing a bib or selfie search.
- Photos will be available 24 hours after the race has finished.





## FINISHERS MEDAL

When crossing the finish line, please keep moving through the finish chute then you will receive your finishers medal.

## COMPLIMENTARY SNACK

You will receive a wrist band at the T-Shirt stand for a complimentary muffin and small fruit juice which can be claimed after the race. **NO WRIST BAND, NO SNACK!**

## ATHLETE REFRESHMENTS

There are water stations every 2/3km on course and at the finish line. Bananas and apples at the finish line sponsored by KIBSONS Fruit.

## AMBULANCE AND PARAMEDIC SERVICES

Will be on site and in the event of any athletes being in trouble, please inform the closest race marshal to call for assistance.





Thanking you all for your support  
and see you at the next run!



STEALTH