

AL SEEF

مجلس دبي الرياضي  
DUBAI  
SPORTS COUNCIL

تحدي دبي  
DUBAI  
WOMEN  
RUNNING  
السيدات  
دبي لجرى  
CHALLENGE

ALL YOU NEED  
TO KNOW

RETURN TO RACING

التداوي  
AL TADAWI  
المركز الطبي  
MEDICAL CENTRE

POCARI  
SWEAT

نادي زمير للسيدات  
ZAMEER LADIES CLUB



Friday  
19<sup>th</sup> March 2021

Al Seef

If you have any Covid-19 symptoms - do not attend.

As a Covid-19 precaution, there will be NO Race Pack Collection on the morning of the race.

Please note authorities may be on site and issuing fines for noncompliance of social distance regulations and failure to wear face masks.

### Location

The run starts from the central events area at Al Seef. For a pin location of *Al Seef* please click [here](#)

### Race Pack Collection

Due to Covid-19 restrictions there will be no Race Pack Collection on the morning of the run. Runners can collect their Race Packs on from Revolution Cycles in Motor City, location [here](#).

- Wednesday 17<sup>th</sup> March : 12-7pm
- Thursday 18<sup>th</sup> March : 10-3pm

The Race Pack will include a **Race Bib** with a timing chip and safety pins. Your timing chip is attached to the back of the race bib. **Please do not remove it.** Remember to wear your race bib on your front so it can be seen.  
**No Bib = No Time = No Photographs**

## The Course

For the course map, click [here](#)

The **10km**, **5km** and **2.5km** courses start from the central events space in Al Seef, between the Heritage and the Modern sections. The course is a 2.5km loop around the Heritage area of Al Seef. Please make sure you have suitable footwear, there are parts of the course that run on cobbles.

## Categories

From 6.15am: 10km - four loops of the course

From 6.30am: 5km - two loops of the course

From 7.00am: 2.5km - one loop of the course

## Start / Finish

The start line will be open from 6.15am onwards. There will be no official starting gun, runners are able to start whenever they arrive. Please ensure you have your mask on at the start line until you are told to remove it. For the starting area - click [here](#)

## Water

There will **NOT** be any water stations on the course. Water will be available at the start/finish area. Please step off the course to drink water.

## Toilets

Bathrooms are available behind the Museum of Illusions, near the starting area.

## Medical

If you require medical assistance please speak to a marshal on the course, or speak to a member of the organizing team on the start line.

## Spectators

Due to Covid-19 precautions we are not able to accommodate spectators on the course.

## Parking

Parking is available in the Modern and Heritage areas of Al Seef. The parking closest to the start line is located in the Heritage area. Click [here](#) for location.

## Results and Awards

Preliminary results are published after the run. Any queries regarding time and results must be made before 12 midday on Monday 22nd March, when the results will be finalized. For the Results, please click [here!](#)

**Due to Covid-19 restrictions there will be NO award presentation.** Prizes will be given to overall winners only and these will be notified by email.

## Covid-19 precautions

- If you are feeling unwell, please do not attend the event
- Race Pack Collection will not be available on the morning of the run
- Sanitization point will be available at Registration, and the Finish Line
- Runners will start when they arrive, there will be no gun shot.
- Bag drop and lockers are not available
- Please always practice social distancing. Remember to wear a face mask on the morning of the race. If you are not running you should be wearing a mask

## Dubai Women Running Challenge brought to you by

