



**AL MARMOOM**

# MOUNTAIN AND GRAVEL BIKE RIDE

**ALL YOU NEED  
TO KNOW:**

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## Race Pack Collection

Riders can collect their Race Packs on the morning of the ride from the starting area. The Race Pack will include a BIKE PLATE and timing chip. Cable ties (zip ties will be provided) to fix the Bike Plate **on the FRONT of the bike**.

Your timing chip (ProChip) **must be worn on the LEFT ankle**, and to be returned after the race to receive a medal. Please note “No Timing Chip = No Result”

## Categories

5.45am - Mountain Bike: 15km and 30km

5.50am - Gravel Bike: 15km and 30km

## Water

There will NOT be any water stations on the course. Water will be available at the finish area, but please take water with you on the ride.

## Start / Finish

All riders will start from the village behind [Zads](#) store.

The start line will be open from 5.45am - 6.00am. The finish line will close at 7.45am.

## The Course

A 15km loop, with the start from behind [The Last Exit](#). The route takes riders round lakes and view areas that make up **Al Qudra Lakes**. The route is wide and there will be passing during the ride. Allow faster riders to pass on the left. Watch out for animals and birds on the course.

Nesting birds and young trees surround route, so please stay on the course marked. The course passes areas of very soft sand, so we recommend stay on the marked track.

Please click [here](#) to view the course and click on the links if you would like to download the route onto your Wahoo or any other GPS Bike Computer as a GPX file Via RideWithGPS.

Organised on behalf on the Dubai Sports Council social distancing and COVID-19 precautionary measures will apply.



## Parking

Next to the Last Exit there is ample parking available, please allow an extra ten minutes to get to the Start Point from there. Sand parking is available closer to the start line. For the Start Line please follow the signage.

## Results

Preliminary results are published after the ride. Any queries regarding time and preliminary results must be made before 12 midday on Monday 6th September, when the results will be made final and published. Results can be found [here!](#)

## Toilets/Changing Rooms

Changing facilities are available behind The Last Exit. Please note, there will be no toilets at the start line.

## Mechanical support

Thanks to [Revolution Cycles Dubai](#) who will be on-site with basic mechanical support.

## Bike Hire

If you require to hire a bike, please check with your local bike shops directly.

## COVID-19 precautions

- If you are feeling unwell, please do not attend the event
- Sanitization point will be available at Registration, and the Finish Line
- Riders will start in waves of 3 each, 5-10 seconds apart
- 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 peddling, you should be wearing a mask.

**See you all bright and early on Saturday morning!**

**And remember:**

**No Helmet = No Ride | No Timing Chip = No Result**

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