Hello Runners,

We are looking forward to welcoming you to 3 Emirates Run on 20th Feb 2015. Following are final updates on event and answers to FAQ's we thought would help/entertain you.

Start:
We have changed the start and distance (slightly).
Please do not go to Al Mamzar Park main gate.
Where should I go then?
We will start about 2.5k from Al Mamzar Park on Alaxendria Street near street light post no. **72**, here is the location map for car park:

https://goo.gl/maps/7NLPp (for Sharjah residents - to park in Sharjah)
https://goo.gl/maps/RmPkY (for Dubai residents - to park in Dubai)

Toilets and start are within 100m of both car parks.
After you park, locate street light post no. 72 in the middle of road to reach to bag drop van and collect your race band/tag. You need to write an emergency no. at the back before wearing it.

Clock:
1. 5.30-5.45 – Drop bags and collect your wrist band / running tag
2. 5.50 – group photo
3. 5.55 – forming groups and introducing group leaders
4. 6.00 – start

Toilets at start:
Public toilets are available at start and they may be busy; please time yourself accordingly.

Baggage drop:
Bags can be dropped in a white mini-van, please do not leave phones or valuables in your bag.
No bags have been lost in previous years but you never know ☺
Moreover, don't you need your phone to take pics on the run?
If yes, then why risk it losing in a drop bag?

Route map:
Route covers all major attractions of Sharjah namely Mamzar beach front, Sharjah Mall, Aquarium, Expo Centre, Qasba, Al Majaz Water front, Flag Island, Khaled Port, New Sharjah Corniche, Masjid Zehra, Maritime and Archeological Museum, Arts Gallery, Sharjah Beach and some of the most beautiful mosques of the UAE.
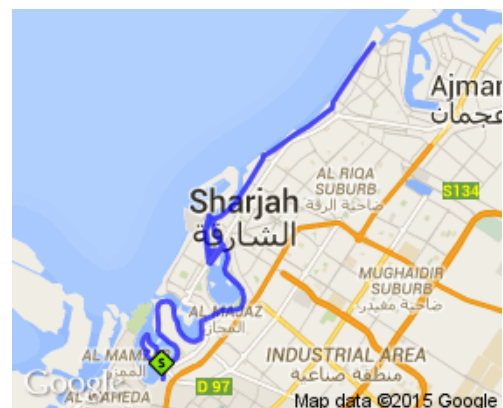
Safety:
While running you will not be required/asked to cross

the road at any point but be vary of vehicles entering service/pocket roads. If you need to cross the road to make use of the toilets, etc., please use designated crossing and avoid getting yourself hit by any uninsured car or bike.

Medical support:
We've assumed that you wouldn't need it.
If you do, let your group leader or volunteer know and we will do our best to help you.

Finish: Ajman Beach Hotel, Ajman
Google map: https://goo.gl/maps/xkxz2
All runners (30k and 22k) will finish at Ajman Beach Hotel. Collect your bag near the entrance or reception, get hold of a towel and head towards showers. If showers are busy, you can either wait or use showers by the pool and make use of changing rooms. Start enjoying your breakfast while fellow runners join you. Any Amber colored or distilled drinks ordered will be on your account.

FAQ's

1. Why did we change the start location?

So that all runners will finish at same spot – Ajman Beach Hotel

2. Are we still going to be running the same distance?

We will now be running 31k or 24k

3. Can I expect Water/Red Bull at start? Group warm up? Music? Coffee, at least?

No ☹ First drink station is at 4.50k ☺ and thereafter every 4-5k

4. Can I change my mind on distance I registered to run on 20th morning?

Yes, you can. This is fun run. You can even change your mind mid-run ☺

5. How do I choose between 31k or 24k group?

31k group will be a nice bunch of people but will not get to ride the boat ☺ and will break every 5-7.50 km and will probably run more than 31k ☺

24k group will be of social runners who will take more breaks and run at an easy/happy pace and ride the boat ☺

Tip: If you're keen to enjoy, join 24k group. And if you wish to run more (to be able to eat/drink guilt free later), sweep fellow runners and exchange smiles and burn flab.

6. How easy is the course?

Almost flat except 1 bridge towards Flag Island (2 for 31K group) and you'd almost at all times be running on footpath and beach front. However, last 9k you'd be running under the sun. We strongly suggest that you carry shades, caps, sun-lotion etc. that you usually wear.

7. What if I am late and can't make it to start before 6?

RELAX! Join us for b/fast at Ajman bean hotel, 9.30 onwards.

But if you wish to run, call 055 6362348 to know your best chances.

8. What if I want to discontinue my run midway?

Please inform group leader/volunteer about your decision to discontinue and if you need any help. You can then choose to ride with a volunteer or take a cab to Ajman Beach Hotel or back to your car.

9. How can I enjoy this event more?

Leave your Garmin home and carry a camera phone instead. Keep other Friday appointments after 12.

10. I have not received my bib & goody bag and FEDEX has not yet called to take my address!!!

It's okay. You can still join the run. You can ask for goodie bag at finish.

11. Can I invite my family & friends to join for b/fast?

Yes, please inform us of numbers in advance and they can pay directly to the Hotel.

12. How will I fetch my car from Dubai?

You will be driven back from finish to start. First bus will leave Hotel between 11.15 and 11.30 and will reach to start in about 30 min.

13. Do I have to wear a particular club vest?

You can wear your favorite vest/Tee and every time you see a camera, you must smile.

14. I am a competitive runner, will I get a preferred start?

We will answer this at start…

15. How far are the toilets?

There are toilets at start then at about 12k @ Tim Hortons, 18k @ Port Khaled and @ 25k at Emarat Petrol Station and 31k at finish.

16. I'd like to analyze my run, will I get 5k split timings?

Yes but only if you wear your classic champion chip on your wrist.

17. Who can I call for location related issues/lost way on 20th morning?

For Dubai, call 055 - 77 27 964

For Sharjah, call 055 – 63 62 348

18. I have a question that is not answered above!

You can drop a mail at buhairastriders@gmail.com or post on FB event page or call 055 55 00 435 or 055 63 62 348.