



RAS AL KHAIMAH TRAIL RUN

15KM | 10KM | 5KM

RACE BRIEFING



WELCOME MESSAGE

Thank you for joining us for this 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!



هيئة رأس الفيمة لتنمية السياحة
ras al khaimah tourism development authority



ADVENTURE



DIRECTIONS

[CLICK HERE](#) for Google Maps

PARKING

Near the Start / Finish line.

RACE DAY PROGRAM

Be checked in at least 20 minutes before the start of the race. There is NO Registration on the day.

06h45 Race Check In Opens

07h25 Race Check In closes for all distances

07h30 15km Race Starts

07h40 10km Race Starts

07h50 5km Race Starts

Prize Giving

09h00 Prize Giving for 5k

10h00 Prize Giving 10k & 15k

10h30 Cut-off time for all races

THERE IS NO BAG DROP!



ADVENTURE



RACE CHECK IN

- Race Pack Collection is on the morning of the race at Race Check In which opens at 6.45am 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 Race Check In 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.



ADVENTURE



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 your race envelope 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 chip 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!**



ADVENTURE



RACE DISTANCES & AGE CATEGORIES

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

- **15km – male and female**

16 – 29 years | 30 – 39 years | 40 – 49 years | 50 years+

- **10km – male and female**

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

- **5km – male and female**

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



ADVENTURE



RACE RULES

- 15km = 7.5km out and back
- 10km = 5km out and back
- 5km = 2.5km out and back
- 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 outside the start area till your distance is called to the start line.
- Runners to self-seed themselves with faster runners near the front and more social runners toward the back.
- If you start with the wrong distance you will not receive a time for the race eg: if you entered the 5km and you start with the 10km no start time will be recorded.
- Gun times will be used for this race so everybody will have the same start time irrespective of where you start from in the start area.





END OF RACE PROCEDURES

- When crossing the finish line, please keep moving through the finish chute then you will receive your finishers medal.
- 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 snack and fruit juice.



ADVENTURE



PRIZE GIVING

- Trophies will be awarded to the top 3 male and females for the respective distances.
- Medals will be awarded to the top 3 male and females for the respective distance age groups.
- Overall winners will not be included in age group prizes so we can spread the prizes out amongst more people.

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 www.supersportsuae.com – top right-hand corner – [Race Results](#).

PHOTOS

- When you see the cameramen, remember to 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 6 hours after the race has finished.



ADVENTURE



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 snack and small fruit juice which can be claimed after the race. **NO VOUCHER, 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!



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