

RACE DAY INSTRUCTIONS

Zayed Sports City – 10 October 2014



Please read these instructions carefully to ensure you are fully prepared on Race Day.



The ADCB Zayed Sports City Pink Run presented by ActiveLife is a unique 5km fun run and 10km road race taking place in the sports facilities of Zayed Sports City. In our first race of the 2014/15 season we are proud to continue our tradition of supporting Breast Cancer Research and Awareness through the Al Jalila Foundation.



Important Times:

05:30	Registration Desk opens for Bib Pick Up
06:45	Registration Desk closes
06:50	Race Briefing
06:55	Start Line Up
07:00	10km Race Start
07:05	5km Race Start
08:30	Presentation
09:00	Breakfast



Fundraising

The Abu Dhabi Striders proudly maintain a strong relationship with the Special Care Centre Abu Dhabi as our chosen Club Charity. For this race we are pleased to support the Al Jalila Foundation.



All runners will pick up their race gear on the morning of the event and therefore we encourage you to arrive early. Registration pick up desk will be open from 5:30am and close at 6.45am, we are expecting nearly 700 runners, so please be patient as we check off names and hand out gear.



Timing Chips

Ensure your timing chip is securely fastened to your shoe and follow the instructions on your race pack if you are in any doubt. We recommend tying the chip into your shoe laces knot to prevent the cable tie breaking. Please remember that without a timing chip you will not receive a time (and the timing chip will not work if you wear it on your arm.)



Parking

There is ample parking between the tennis centre, bowling centre and adjacent to the athletics track with entry via Gate 16 or Gate 12. We would request that with plenty of people around you drive cautiously within the grounds of Zayed Sports City. The Registration check in desks will be ready and open at 5:30am.

For the early bird arrivals, the cafe will be open from 6am in the tennis centre for those who need or want a quick coffee boost. You can also sit in there and read the paper and chill before the run if you wish.



Supplier and Supporters

Sport in Life will be set up offering you plenty of opportunities either before the run or post run to stock up on GU Energy, 2XU and Nathan products. They will also be there on race morning selling last minute essentials like GU energy gels, hats, race number belts, body glide and socks.

If you have a specific order request you may e-mail the team from Sport in Life (info@sportinlife.ae) and they will bring your sporting accessory or apparel desire down to the event for you.

The Abu Dhabi Striders acknowledges and thanks the following companies for the generous support in hosting the ZSC 5 & 10K runs – ADCB, ActiveLife, Zayed Sports City, Gu Energy, Saucony, Al Ain Water, Nathan and National Ambulance.

Medical Conditions

Please ensure you take the time to complete the form on the reverse side of your bib, which includes an emergency contact and details of any medical condition you may have.

An ambulance will be available at the event in case of a medical emergency and we wish to thank National Ambulance for their support.

Baggage

Please note that there will be no secure baggage drop for this race.

Toilets and Showers

Toilets before and after the race are available in the Tennis Centre, along with shower facilities. Please bring your own towel.

Pre-Race

Once registered and in receipt of your bib and timing chip we encourage competitors to warm up and make yourself familiar with the course. There are no restrictions to the course before the race.

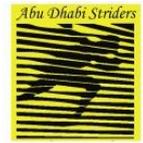
Start Times

The following times will be adhered to:

- 10K Race starts at 7am
- 5K run with juniors starts at 7.05am

The Start

Please line-up in an orderly manner and listen to the Race Director as he allocates slots in the group based on your predicted time. Only competitive runners will be permitted to line up under the start-finish gantry and then groups will be organised for sub-40min, 40-45min, 45-50min, sub-60min and 60+min runners. This is done for SAFETY REASONS to avoid tripping hazards when slower runners position themselves ahead of the faster competitors.



Once in place, do not push or shove other competitors. Runners will record a Gross and Net Finish Time based on when your chip crossed the mats – so there is no pressure to be at the start line when the gun goes off. You must also keep behind the maroon coloured timing mats as your chip will interfere with the mats prior to the start.

The race will be started by the Race Director or one of our proud supporters and competitors should listen clearly for the starting horn.

Trophy Presentation and Raffle Draw

Prize presentations will be held at 8:30am and our Race Day sponsors Sport in Life have kindly provided prizes for the top contenders in all 10km categories. These prizes include running essentials.

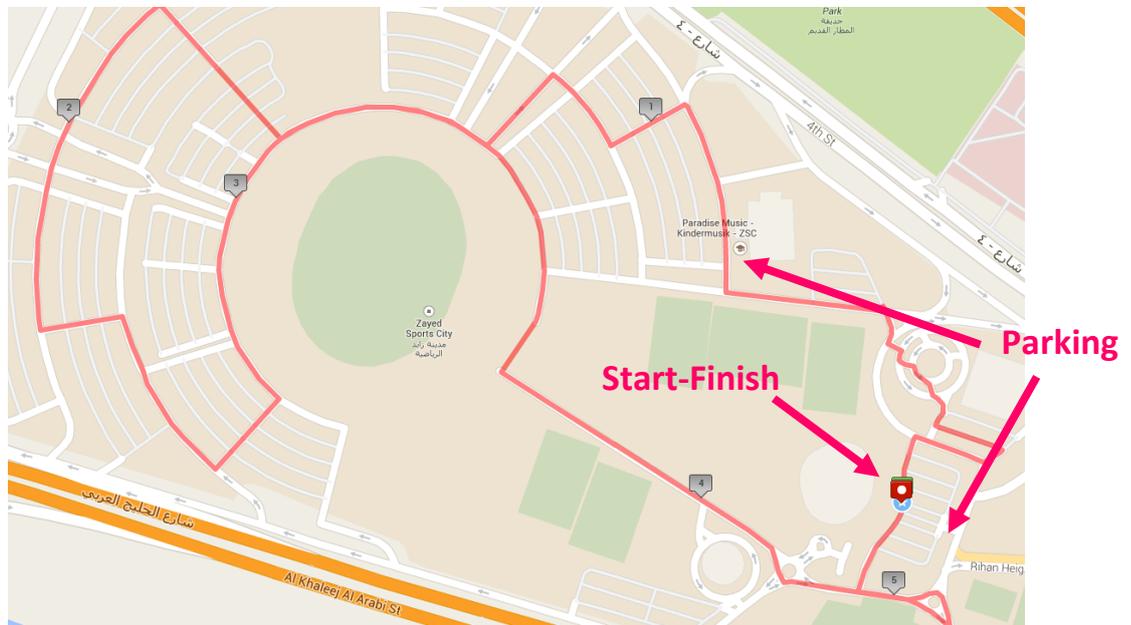
Breakfast Tickets

Breakfast in the clubhouse is from 8am for those who have pre-purchased tickets. No one will be admitted to the breakfast buffet without a valid ticket.

The Course

The 10km course is a two lap (5km is single lap) run throughout Zayed Sports City and is clearly marked and marshalled. Please follow our marshals instructions at all times and thank them on your way past as they are all volunteers.

The map below illustrates the course. Note the start-finish line is located at the Box Office, with parking available at the Tennis and Bowling Centre car parks adjacent to The Room.



Aid Stations

Water stations will be at the 2.5km, 5km (just past the start finish zone) and 7.5km mark. Al Ain water will also be available post race. At the concession on the concourse you can pick up some fruit and juice to help with post race rehydration.



Event Photos

Photographs of the event will be available on the Abu Dhabi Striders Facebook community and group pages. We will also provide links to Race Day photographs on our website.



Distance Markers

Each kilometre will be identified with a distance marker placed at the side of the race course.



At the Finish

Upon crossing the finish line, you will be presented with a unique commemorative medal. Please keep moving around to the left in order to clear the finish area and not block other runners yet to finish.



Spectators

We love to see family and friends supporting runners out on the course and would appreciate your understanding in observing the following guidelines:

- Please keep all children well clear of the course, especially around the start-finish area.
- Do not obstruct or get in the way of the runners – for your safety and theirs.
- Do not alter the course by moving barriers or cones in an effort to get closer to the runners or take photographs.
- Please be supportive and help to make this a memorable day for our competitors. Clap and cheer the runners as you help to bring them home after their champion effort.



We wish all competitors the best of luck on Race Day and we look forward to sharing your stories and normal race day gossip at the post event breakfast.

Don't forget this race series is a CHARITY EVENT and we are proudly supporting Breast Cancer Research.



See you there!