



**SATURDAY**  
**7<sup>TH</sup> NOVEMBER 2020**  
**SUNSET BEACH**  
**UMM SUQEIM**

# EVENT HANDBOOK

ADVANCED  
**7.2 km**

FUN  
**3.6 km**

FAMILY  
**1.8 km**

*PARTICIPANTS RECEIVE A T-SHIRT AND MEDAL*

**BEACHRUNDXB.COM**

ORGANISED BY



IN COLLABORATION WITH





## ON BEING PART OF THE UAE'S FAVOURITE BEACH RUN!

The beach run is suitable  
for runners of all abilities  
whether you're an avid runner  
or lacing up your trainers for  
the first time.

## EVENT INFORMATION

DATE	SATURDAY, 7th NOVEMBER 2020
TIME	7AM-12:30PM
WHERE	SUNSET BEACH, OPPOSITE UMM SUQEIM BEACH PARK, JUMEIRAH

## EVENT TIMETABLE

7:00AM	FESTIVAL VILLAGE OPENS
8:00AM	7.2KM <b>ADVANCED</b> RUN STARTS
9:15AM	3.6KM <b>FUN</b> RUN STARTS
10:30AM	1.8KM <b>FAMILY</b> RUN STARTS
12.30PM	FESTIVAL VILLAGE CLOSES

## GETTING THERE

Limited parking is available close to the beach, we would recommend using taxis or public transport wherever possible.



# YOUR RACE KIT

You will receive your race pack, running t-shirt, race number (bib), other goodies and important race information between **2nd – 3rd November 2020**.

Please collect your race packs from **PARK HOUSE RESTAURANT, NESSNASS BEACH, JUMEIRAH** on the following dates

**MONDAY 2nd NOVEMBER – 9AM-8PM**

**TUESDAY 3rd NOVEMBER – 9AM-8PM**

**Please bring ID and proof of race entry printout.**

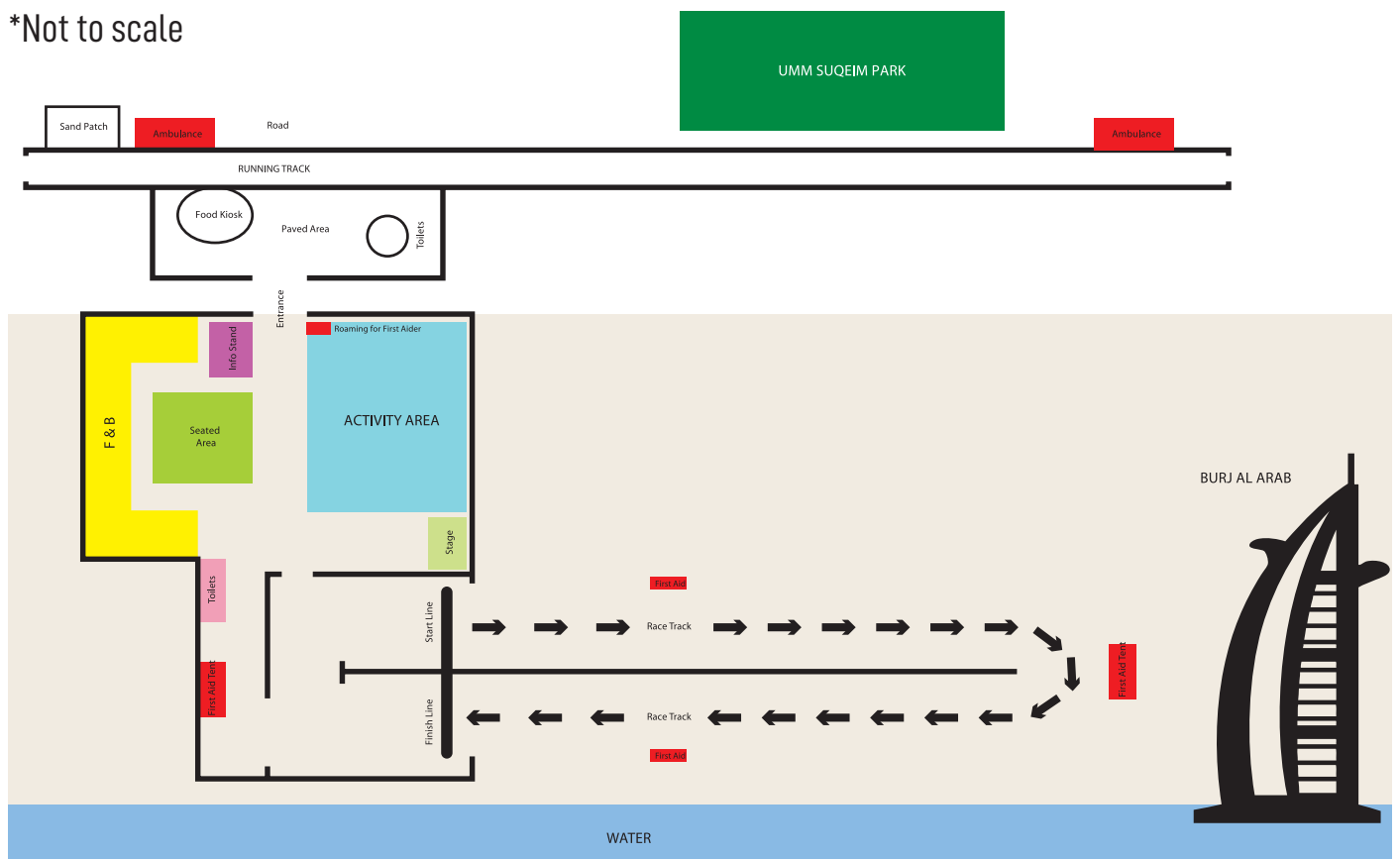
**Race packs can be collected on the morning of the event but to avoid the lines we highly recommend collecting before the event.**

**Each finisher will receive a limited edition Beach Run DXB medal which can be collected from the Festival Village post-run.**

**PLEASE NOTE THIS IS NOT A TIMED RACE.**

# YOUR RACE ROUTE

\*Not to scale



All races will start within the Festival Village. Race times will be staggered with **7.2km race starting at 8am, the 3.6km race starting at 9:15am and the 1.8km race starting at 10:30am.** Please ensure you turn up ahead of your race time.

The race route is a **1.8km loop that starts and finishes in the Festival Village.**

**1.8KM RUNNERS WILL COMPLETE 1 LOOP OF THE RACE ROUTE**

**3.6KM RUNNERS WILL COMPLETE 2 LOOPS OF THE RACE ROUTE**

**7.2KM RUNNERS WILL COMPLETE 4 LOOPS OF THE RACE ROUTE**

## TOILET/CHANGING FACILITIES

There are no changing facilities available as such but there are toilet facilities in the Festival Village.

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## WATER

Water will be available to runners in the Festival Village, along the track, at the start of the run and on completion of each 1.8km loop.

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## HEALTH & SAFETY

There will be a number of first aiders and ambulances on site. Should you require assistance please make a member of the Beach Run organizational team, easily identifiable in their BLUE STAFF T-shirts, aware.

There will also be an event office located within the Festival Village where staff will be able to assist with any other queries such as Lost & Found, Lost Children etc.

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## AFTER YOU FINISH

After crossing the finish line volunteers will hand you a well deserved Beach Run medal.

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# TRAINING TIPS

Whether this is your first run or if you're a seasoned professional here are some useful tips to help you get the most out of your day.



## TIP #1 HYDRATION

Drink plenty of fluids during and after running, practice drinking whilst running ahead of the day so that you're comfortable drinking during the run.



## TIP #2 FOOD

Studies show that running on the sand can burn more calories than running on a flat, solid surface so make sure to eat or drink carbohydrates to increase blood glucose levels within 10 to 30 min of finishing the run. Consuming a little protein at the same time will aid recovery.



## TIP #3 FIRST AID

Avoid chafing and blisters the day of the run by wearing the same style of clothing and footwear on run day that you have worn whilst training. Also remember that running on sand can be a lot more challenging than running on a solid, flat surface. Make sure to take care at all times. Water and sand can reflect the sun's rays so make sure you have adequate coverage in the form of sunscreen, sunglasses and hats.



## TIP #4 RUNNING ON SAND

Unless you are practiced in the art of running barefoot we would recommend wearing training shoes to complete the run. Running in sand without the support of trainers can lead to injury. Although every effort is made to keep the beach clean there may be sharp shells or debris, which can cause injury. Another tip is to make sure to run on the flattest part of the beach or the area with the most compact sand to make things easier.

## CONTACT US

[events@sport360.com](mailto:events@sport360.com) | [beachrundxb.com](http://beachrundxb.com)  
+97152 857 6675 | +9714 3772 406





## KEEP US IN THE LOOP!

We'd love to hear all about how your training and preparations for the event are going. Send in your photos, updates, training tips, and anything else you want to share.

# #BEACHRUNDXB

FOR MORE INFORMATION CONTACT US AT [EVENTS@SPORT360.COM](mailto:EVENTS@SPORT360.COM)

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