

FRIDAY

12TH NOVEMBER 2021 SUNSET BEACH UMM SUQEIM

EVENT HANDBOOK

PARTICIPANTS RECEIVE A T-SHIRT AND MEDAL

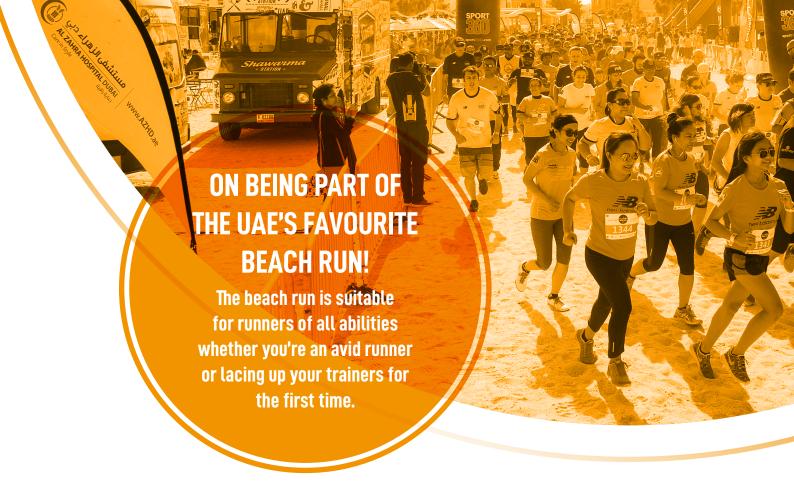












EVENT INFORMATION

DATE	FRIDAY, 12th NOVEMBER 2021
TIME	7 AM – 6 PM
WHERE	SUNSET BEACH, OPPOSITE UMM SUQEIM BEACH PARK, JUMEIRAH

EVENT TIMETABLE

7:00AM	FESTIVAL VILLAGE OPENS
8:00AM	7.2KM ADVANCED RUN STARTS
8:00AM	TOURNAMENTS STARTS
9:15AM	3.6KM FUN RUN STARTS
10:30AM	1.8KM FAMILY RUN STARTS
5:00PM	TOURNAMENTS PRIZE DISTRIBUTIONS
6:00PM	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 8th – 9th November 2021.

Please collect your race packs from SPORT360 OFFICE
- OFFICE NO 1006, INDIGO ICON TOWER, CLUSTER F,
JUMEIRAH LAKE TOWERS, DUBAI on the following dates

MONDAY 8th NOVEMBER 2021 - 9AM-8PM

TUESDAY 9th NOVEMBER 2021 – 9AM-8PM

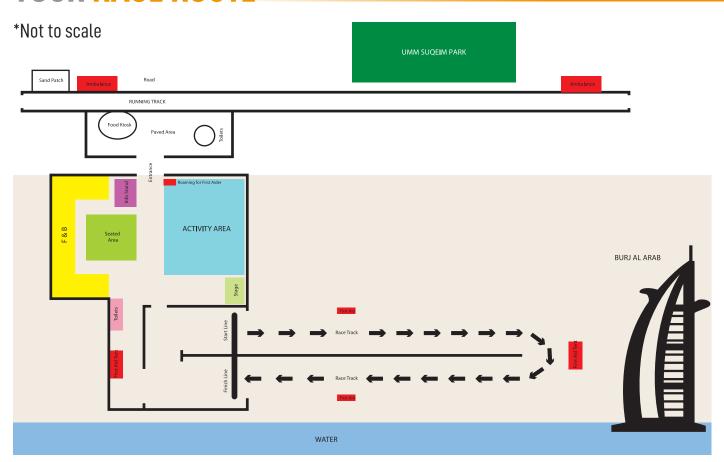
Please bring ID and proof of race entry printout.

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.

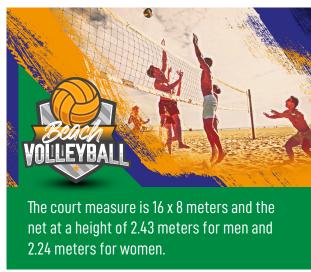
YOUR RACE ROUTE



BEACH SPORTS TOURNAMENTS











FOR MORE INFORMATION PLEASE VISIT

BEACHRUNFEST.COM

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 900m loop that starts and finishes in the Festival Village.

1.8 KM RUNNERS WILL COMPLETE 2 LOOP OF THE RACE ROUTE

3.6 KM RUNNERS WILL COMPLETE 4 LOOP OF THE RACE ROUTE

7.2 KM RUNNERS WILL COMPLETE 8 LOOP OF THE RACE ROUTE

TOILET/CHANGING FACILITIES

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

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 900m loop.

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 BIBS, aware.

There will also be an event office be located within the Festival Village where staff will be able to assist with any other queries such as Registration, Baggage Counter etc.

AFTER YOU FINISH

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

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 our 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.





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 that running on a solid, flat surface. Make sure to take care at all times. Water and sand can reflect the suns 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 | beachrunfest.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.

#BEACHRUNFEST

FOR MORE INFORMATION CONTACT US AT EVENTS@SPORT360.COM



BEACHRUNFEST.COM



f /BEACHRUNDUBAI

ORGANISED BY



IN PARTNERSHIP WITH



IN COLLABORATION WITH

