



 **SATURDAY, 26TH NOVEMBER**
 **KITE BEACH, JUMEIRAH**
 **BEACHRUNFEST.COM**

IT'S 
BETTER
 AT THE 
 **BEACH**



EVENT HANDBOOK

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PARTICIPANTS RECEIVE A T-SHIRT AND MEDAL

HYDRATION PARTNER SPORTS APPAREL PARTNER



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ORGANISED BY **SPORT 360X**

IN PARTNERSHIP WITH **SPORTS MANIA UAE**

SUPPORTED BY **DUBAI SPORTS COUNCIL**



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	26TH NOVEMBER 2022
TIME	7 AM – 6 PM
WHERE	KITE BEACH, JUMEIRAH (AFTER SALT BURGER RESTAURANT)

EVENT TIMETABLE

7:00AM	FESTIVAL VILLAGE OPENS
8:00AM	7.2KM ELITE 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 **23rd & 24th November 2022**.

Please collect your race packs from **SKECHERS SHOWROOM - AL JOUD CENTRE 15A STREET - SHEIKH ZAYED RD - DUBAI** on the following dates

WEDNESDAY 23rd NOVEMBER 2022 – 10:30AM – 7:30PM

THURSDAY 24th NOVEMBER 2022 – 10:30AM – 7:30PM

Please bring ID and proof of race entry printout.

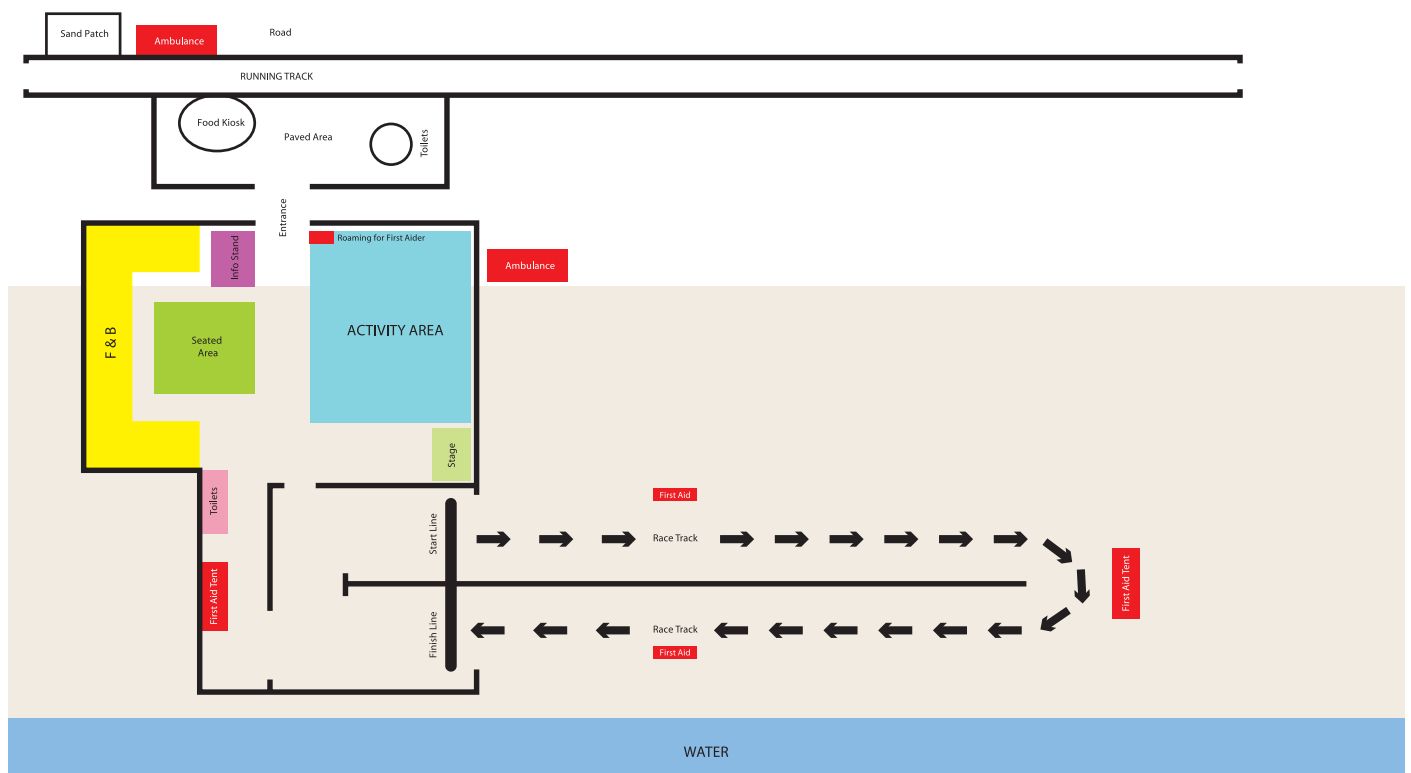
Race packs can be collected on the morning of the event but to avoid the lines we highly recommend collecting before the event.

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

PLEASE NOTE ONLY THE ELITE RUN IS A TIMED RACE.

YOUR RACE ROUTE

*Not to scale



BEACH SPORTS

TOURNAMENTS



Each team consists of 5 players including the goalkeeper and an unlimited number of substitutions, from a selection of 3 to 5 players.



Each team should be 6 players minimum & 8 players maximum. Only 4 players are allowed on the court. It's a 15 meters long court.



The court measure is 16 x 8 meters and the net at a height of 2.43 meters for men and 2.24 meters for women.



Beach tennis will be played as singles and doubles. Regulation net height is 1.7 meters.

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 any assistance please make yourself known to a member of the Beach Run organisational team who will be easily identified with STAFF written on the back of their shirts.

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 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



CONTACT US

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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.

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FOR MORE INFORMATION CONTACT US AT EVENTS@SPORT360.COM



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