



## 2024 Race instructions

### DIRECTIONS

- NEW VENUE: [Harbour Sports Club](#), KAUST.

### PARKING AND TRANSPORTATION

Please note that the **Harbor Sports Club parking lot will be closed** during the event. Please use the Discovery Square or Mosque parking lots if you are using a car.

On-demand buses will be available, but we encourage you to bike or walk as a warm-up to the event.

### RACE DAY – SATURDAY 26TH OCTOBER

#### PROGRAM

Time	Details
6:00 AM	Pack collection and check in <b>for externals only</b> on event day (KAUST residents and employees must collect their packs before the event)
6:45 AM	Warm-up
7:00 AM	Start of 10km run (including teams) – timed
7:15 AM	Start of 5km run – timed
7:30 AM	Start of 3km walk – not timed
8:30-9:30	Race Village – activities and entertainment finish ceremony

Bag drop will be available from 6 AM to 10 AM at the Harbor Sports Center Arena.

#### RACE NUMBER COLLECTION

- Race pack collection is at the Harbor Sports Center in KAUST:



-Thursday 24<sup>th</sup> October between 5pm and 9pm

-Friday 25<sup>th</sup> October between 9am and 9pm

-Saturday 26<sup>th</sup> October (RACE DAY) between 6am and 7am for externals only

- When collecting your race number, you will be asked your full name, gender and age. This is to check that you are collecting your correct race number. Please assist our volunteers with this data check to ensure the correct race results are recorded for all participants.
- You must have checked in and received your timing chip 30 minutes before your race starts.

### **RACE BIBS**

- Bibs must be worn on your upper body with the number facing outward.
- There is no bib swapping. If you do, you will be disqualified.
- Timing chip is attached to the back of your race bib.
- IF YOU RUN WITH NO BIB – YOU WILL RECEIVE NO TIME AND NO RESULT!

### **RACE RULES**

- Keep running on the road and not the pavement.
- 10K=2 laps
- 5km and 3km = 1 lap of respective course.
- You must have your run number visible on the front of your upper body or race clothing and keep it visible at all times while on the run course.
- Your upper body must always be covered during the running section of the race.
- Shoes are compulsory.
- No form of locomotion other than running, walking or crawling is allowed.
- Please listen to instructions of the marshals.

### **RUNNERS LOUNGE**



There will be a runners lounge only for participants in the Harbor Sports Center arena. You will receive a complimentary snack and drinks.

### **REFRESHMENTS / WATER STATIONS**

There are water stations on course and also at the finish line.

### **AMBULANCE**

Paramedic services will be on-site. If any athletes are in trouble, please inform the nearest race marshal to call for assistance.

### **TOILETS**

There are toilets in the Harbor sports center arena.

### **PRIZE GIVING**

There are three race categories – 5K, 10K (individual) and 10K (team). Prizes will be awarded for the first three females and males in each category. Prize giving will take place at 9am but please note this could be delayed.

### **RACE RESULTS**

Full results will be on the website as soon as possible, [click here.](#)



## PHOTOS

When you see the camerapeople, remember to give them a smile or a thumbs up, especially when you cross the finish line.

## MAPS

1. The 5k map is below. The 10k is twice this route.



- a. The warm-up will take place in the HSC car park, and we will then move to the road in front of it to the starting point.
- b. The route will be marked and there will be marshals around the course.
- c. The race will finish in the HSC track field.



2. 3k map is below. There are no prizes for this race.

