



IMPORTANT RACE INFORMATION FYI

1. How are you getting to the start line? Have you thought this through thoroughly?
2. There is **no parking** on the palm crescent for entrants. - The most favoured option for all runners is to park at the **gateway monorail** station (where The Palm meets Al Suffouh Rd) - and take the monorail to the start at Aquaventure. Tickets purchased are time specific so you must book for your preferred departure time. If you are late for your booked seat, then there is no guarantee you will get to the start line on time. Trams depart @ 5:30am / 5:45am / 6:00am / 6:15am.
3. You can purchase tickets at the **race pack collection**.
4. Alternately you may be dropped off by family or friends (or Taxi) at the Nasimi Beach roundabout and walk the 1km to the start line.
5. Please advise family and friends that there is **no parking** at Al Ittihad Park near the finish line but there is plenty of parking under the Golden Mile retail centre – a short 5-minute walk to the finish line.
6. The 10km Tunnel Run will start at 6.40am sharp. Please make your way to start line from 6.20am. The start line will be self-seeding. There will be signs indicating estimated finish times to assist with your seeding.
7. Your race bib number has the RFID timing chip attached to the back. This bib must be worn on the front of your running vest or tee shirt. **Do not** scrunch, cut, fold or alter your bib. This race bib is how we identify you during the 10KM run. You must **never wear** someone else's' race bib. This is contrary to the rules for the event.
8. If you have a specific medical condition, please write this on the back of your race bib in permanent marker.
9. Are your emergency contact details up to date in Premier Online?

10. At registration, you will be issued with a **green** race bag. Please write your bib number, name and mobile number in the white section using a permanent marker.
11. At the race start beside Aquaventure Monorail Station there will be a **bag drop area** where you can leave this bag. It will be transported to the finish and will be available for collection from 7.40am through to 9.00am – you must show your numbered wrist band to collect your bag at the finish line.
12. There will be distance markers every **1km** along the course.
13. There will be **three aid stations** located on the course at 2.5km, 5.0km and 7.5km serving water only in 200ml bottles. Water will be laid out on the tables being restocked by event staff. It is up to you to grab your own water.
14. There will be toilets located beside the start and finish areas. You will pass the finish line toilets after 7.5km if you feel the need to utilize these.
15. After you cross the finish line, keep moving forward and down the steps to receive your medal and a post-race refreshment.
16. Souvenir T shirts can be collected after the race – by showing your numbered wristband.
17. The Monorail service from the finish line at Al Ittihad Park back to Aquaventure will commence at **7.30am** and the last service will depart at exactly at 9.00am. If you miss this last service, then you must find your own way back to Gateway Station.
18. For any spectators at the start line who wish to travel back to the finish line we are running one Monorail service departing Aquaventure @ 7am stopping at Al Ittihad Park. Tickets for this service can be bought on the day for AED10 from our event staff.
19. RESULTS after the race can be found at <https://results.events/race-me-events>
20. <http://DiadoraPalmJumeirah10kmTunnelRun.itsyourrace.com/> is a link worth visiting.
Download the FREE APP and check back after the race for your results.