



DECATHLON

**RUNNING
CAN MAKE A
DIFFERENCE**

JOIN US FOR THE
DECATHLON QATAR RACE

DECATHLON DASH 2019

Friday 13 December 2019 – 7:00 AM

ASPIRE PARK

Race Information Pack

Bib Collection

DECATHLON

DECATHLON STORE, VILLAGGIO MALL



LOCATION:

Bib & T-shirt pick-up will be from DECATHLON store inside Villaggio Mall during Mall hours. Please present your Qatar ID or Passport to collect your packet.

DATES:

Tuesday 10 December

Wednesday 11 December

Thursday 12 December

Bib & T-shirt pick-up will NOT be available on race morning.

Event Location

ASPIRE PARK

DECATHLON



GETTING TO ASPIRE PARK

The entrance to the parking of Aspire Park is from **AL WAAB STREET**.

The start line is 20m from the parking lot.

Please arrive by 6:30 AM at the latest as mandatory race briefing will take place 20 minutes prior to race start.

GOOGLE MAP

<https://www.google.com/maps/@25.2547347,51.4360763,125m/data=!3m1!1e3>

Course & Start Times

DECATHLON

START TIMES:

7:00 AM - 10K (Open & Masters)

7:00 AM - 5K (Open & Masters)

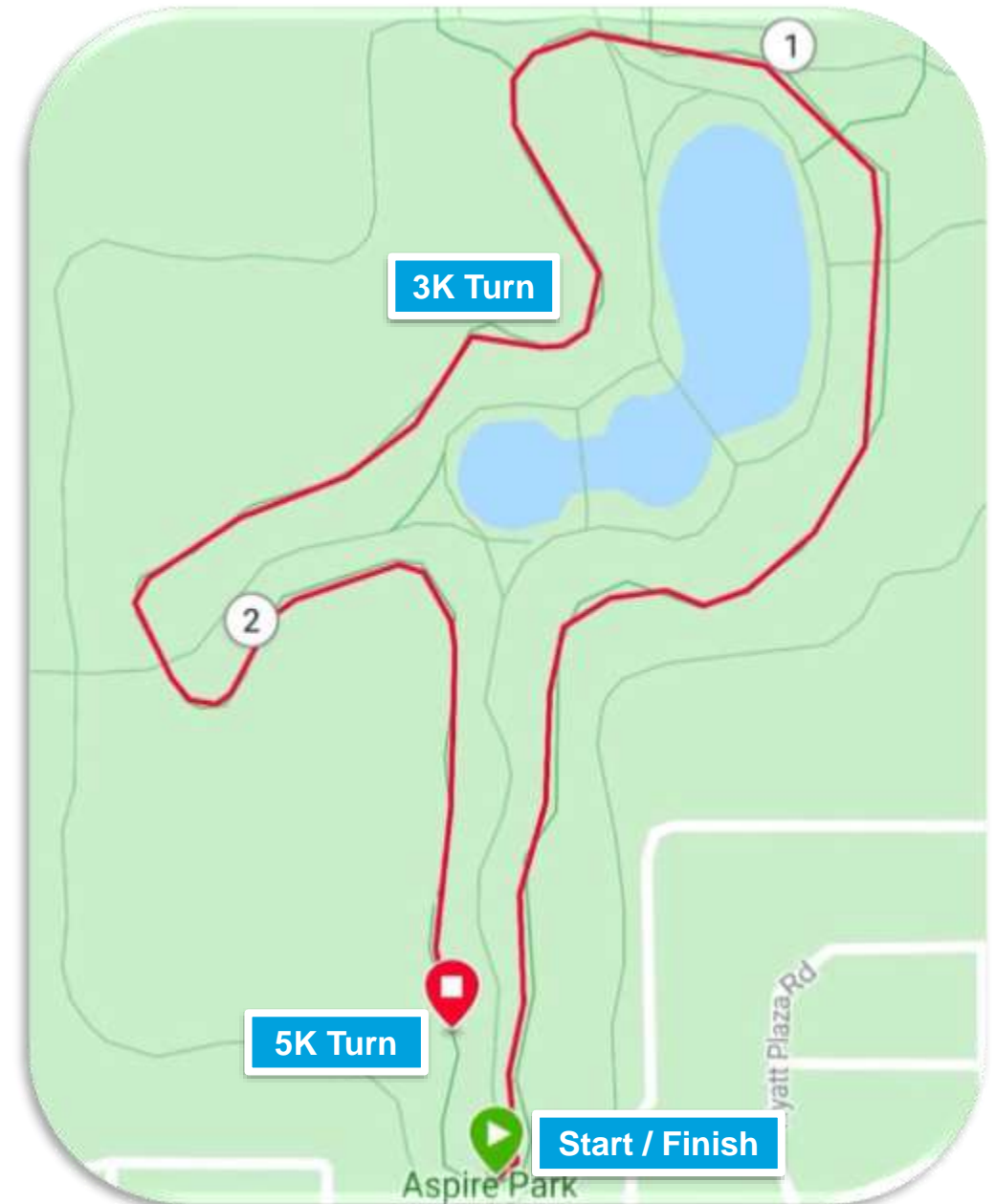
7:00 AM - 5K (Juniors)

7:03 AM - 3K (Juniors)

COURSE:

10K & 5K: The course is a 5K loop (2.5K out and back). 5K runners would complete one loop and 10K two loops.

3K: It is a 1.5K out and back loop.



Race Information

The logo for Decathlon, featuring the word "DECATHLON" in white, uppercase letters on a blue, rounded rectangular background.

COURSE DESCRIPTION:

Race will take place on the sand trail which is at least 15 to 20 feet wide and would be sufficient to accommodate all runners. Kindly run on the right side of the track as there will be runner traffic both ways. Please ensure that your bib number is visible at all times, especially at the completion of loops as our staff would be marking each participant doing multiple loops at turnaround points.

All events will start and end at the same location.

AID STATIONS:

There will be 3 aid stations on the course.

Start / Finish: Water

1.5 Km: Water

2.5 Km: Water

WASHROOMS:

The washrooms are located at various points along the course.

AMBULANCE:

There would be one dedicated ambulance parked beside the start line. Please inform the support staff or call 999 if you or another runner requires medical attention.

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FINISH LINE:

Once you cross the finish line, please approach the desk where runners would have their time verified.

Medals will be presented to all the finishers in each category. Please do not lose your bib; **NO BIB - NO MEDAL**

PRIZE DISTRIBUTION CEREMONY:

Prize distribution ceremony will take place beside the Start / Finish line around 8:20 AM.

10K - Top 3 Male / Female (Open & Masters)

5K - Top 3 Male / Female (Open, Masters & Juniors)

3K – Top 3 Male / Female (Juniors)

AWARDS:

1st Place: GOLD medal and QAR 500 Decathlon gift voucher.

2nd Place: SILVER medal and QAR 250 Decathlon gift voucher.

3rd Place: BRONZE medal and QAR 125 Decathlon gift voucher.

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A FEW IMPORTANT REMINDERS:

- 1) When you cross the finish line, please do not approach the timing staff to ask your time / position or engage them in a conversation, as they will be busy manually recording the times of other finishers.
- 2) Your bibs are colour coded as it helps fellow runners to see who they are competing against during the race. Therefore, we will not be able to change your distance on race day. If, for instance, a 10K runner decides not to continue after the first (5K) lap, then we will award them a 5K finish; but they will not be eligible for a podium finish.
- 3) Podium finish is decided from gun start. There is no net time allowed for a podium finish. For example, if a runner starts 5 minutes late and his / her net time (according to their GPS watch) is faster than any of the Top 3, he / she will still not be eligible for a podium. We DO NOT allow any net times in our events.
- 4) Our staff and volunteers will be strategically positioned around the course to guide and monitor runners as it would help us resolve any potential issues or missed time recordings.
- 5) Please do not litter on the course. Kindly dispose off all the empty water bottles in bins along the course. We have been instructed by Aspire Park team to keep the premises clean at all times. Any complaint from their staff can potentially lead to cancellation of future events in the park.

Contact Us

DECATHLON

Website: <http://z-adventures.org/>
Telephone: +974 3304 6604
E-mail: qrs@z-adventures.org

Decathlon

Address: Villaggio Mall, Al Waab St, Doha
Phone: +974 4495 9080
Opening hours: Tuesday – Thursday (9:00 AM to 10:00 PM)



Event Partners

PARADISE
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