

## START STRONG, FINISH STRONGER



THINGS TO KEEP IN MIND

Ilkm trail run IOkm road run

**5km** road run

3km road run

The determined

ones run

SATURDAY 22 NOVEMBER

**REGISTER NOW** 

Under the patronage of HH Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah, NBF gathers all fitness enthusiasts and families at the NBF Fujairah Run — a fun run through scenic routes in the historic Emirate of Fujairah with exciting cash prizes and goodies up for grabs.

Along with the run, the day will be packed with various fun activities for the entire family making it a perfect day out.

## **EVENT DAY PROGRAMME**

Be there at least 30 minutes before the start of the run.

**05h30 - Run check-in and warm up for all distances.** 

06h45 - Run check-in closes for IIkm trail run, I0km and 5km. Run briefing begins.

07h00 - IIkm Trail Run starts.

07h05 - 10km Road Run starts.

07hi0 - 5km Road Run starts.

O7h30 - Run check-in closes for 3km and run briefing begins. O8h00 - 3km Road Run starts.

**08h30 - Determined ones Run starts.** 

09h30 - Prize ceremony and Raffle Draw.

11h00 - Event ends.

\*Above timings are subject to change. Check for the final schedule closer to the date.

### **ENTRY FEE**

Distance	Fee (5% VAT inclusive)
Ilkm trail run	<del>D</del> 135
IOkm road run	<del>D</del> 125
5km road run	<del>D</del> 75
3km road run	<del>D</del> 50
The determined ones run	Free entry

## LOCATION

Run starts from: Al Ittihad Rd Parking, 48JC+RFV - Al Ittihad Rd - Al Nijaimat - Fujairah (Google coordinates: 55.5'07°25"N 16.4'19°56"E)





### **RUN PACK PICK-UP**

- Your Race Number will be assigned at check-in on race day. Please check your email for a QR code from Premier Online and present it to staff at the check-in counter. We'll scan it and assign your BIB number.
- Please check that all your details Name, age category, Gender and Distance. In the event of any discrepancies, please get in touch with us as soon as possible. This is printed on your label on the envelope.
- Pack collection will take place on the day before the event as well as on the morning of the run as per the following schedule - Friday, 21st November, collection between 14h00 to 18h00 and Saturday 22nd November (on the run day) collection starts from 05h30 onwards.
- Run check-in closes for the Ilkm trail run, IOkm road run and 5km road run at 06h45.
- Run check-in closes for the 3km road run at 07h30.
- · Medals for all race finishers.
- T-shirts and caps for all participants.

### **PRIZE MONEY**

## 11KM Trail Run, UAE Nationals & Expats

Winner	Male Category	Female Category
1 <sup>st</sup> position	<b>∌</b> 5,000	<b>∌</b> 5,000
2 <sup>nd</sup> position	<b>∌</b> 3,000	<b>∌</b> 3,000
3 <sup>rd</sup> position	<b>₽</b> 2,000	<b>₽</b> 2,000

## 5KM Road Run, UAE Nationals & Expats

Winner	Male Category	Female Category
1 <sup>st</sup> position	<b>∌</b> 1,500	<b>∌</b> 1,500
2 <sup>nd</sup> position	<b>∌</b> 1,000	<b>∌</b> 1,000
3 <sup>rd</sup> position	<b>∌</b> 500	<b>∌</b> 500

#### The Determined Ones Run

Individual Winners	Prize ( All Winners)
12 winners	<b>₽</b> 18,000

## 10KM Road Run, UAE Nationals & Expats

Winner	Male Category	Female Category
1 <sup>st</sup> position	<b>∌</b> 3,000	<b>∌</b> 3,000
2 <sup>nd</sup> position	<b>₽</b> 2,000	<b>∌</b> 2,000
3 <sup>rd</sup> position	<b>₽</b> 1,000	<b>₽</b> 1,000

## 3KM Road Run, UAE Nationals & Expats

Winner	Male Category	Female Category
1 <sup>st</sup> position	Award	Award
2 <sup>nd</sup> position	Award	Award
3 <sup>rd</sup> position	Award	Award

#### **Team Prize**

Winners	Team Prize
Team	<b>∌</b> 6,000

- Trophies and medals for top 3 winners in each run (by age, gender, etc.).
- Cash prizes for top finishers in the IIkm, IOkm, and 5km races (UAE Nationals/Residents only with valid ID).
- AED 6,000 cash prize for the highest participating team (based on team size).
- Exciting gift prizes from sponsors.
- All finishers receive a special participation medal.

# FACILITIES AT THE RUN COURSE AND IN THE RUN VILLAGE

- Plenty of parking near the Run Village, situated adjacent to the Start Line.
- Water stations all along the course for runners.
- Snack and beverages.
- Changing rooms and WC.
- Attractions and fun activities for families and kids.
- No bag drop facility.

### **TIMING CHIP**

The chip will be attached to the back of your bib and needs to be worn at all times during the race. Do not remove the chip from the bib, else you will not receive a time or position.

### RACE BIB

- Run bib needs to be worn at all times during the run.
- Bibs must be worn on your upper body with the number facing outwards.
- You can attach bibs using safety pins provided or bring your own race belt.

## RULES TO FOLLOW ON THE RUN DAY

- Ilkm trail run, IOkm road run, 5km road run, 3km road run = I lap of respective course.
- Your run number must be visible on the front of your upper body or your clothing at all times, when you're on the run course.
- Your upper body must be covered at all times during the entire run.
- Shoes are compulsory for all runners.
- No form of locomotion allowed other than running. Walking is allowed.
- IF YOU RUN WITH NO RACE BIB YOU WILL NOT RECEIVE A RACE TIME AND RESULT!



