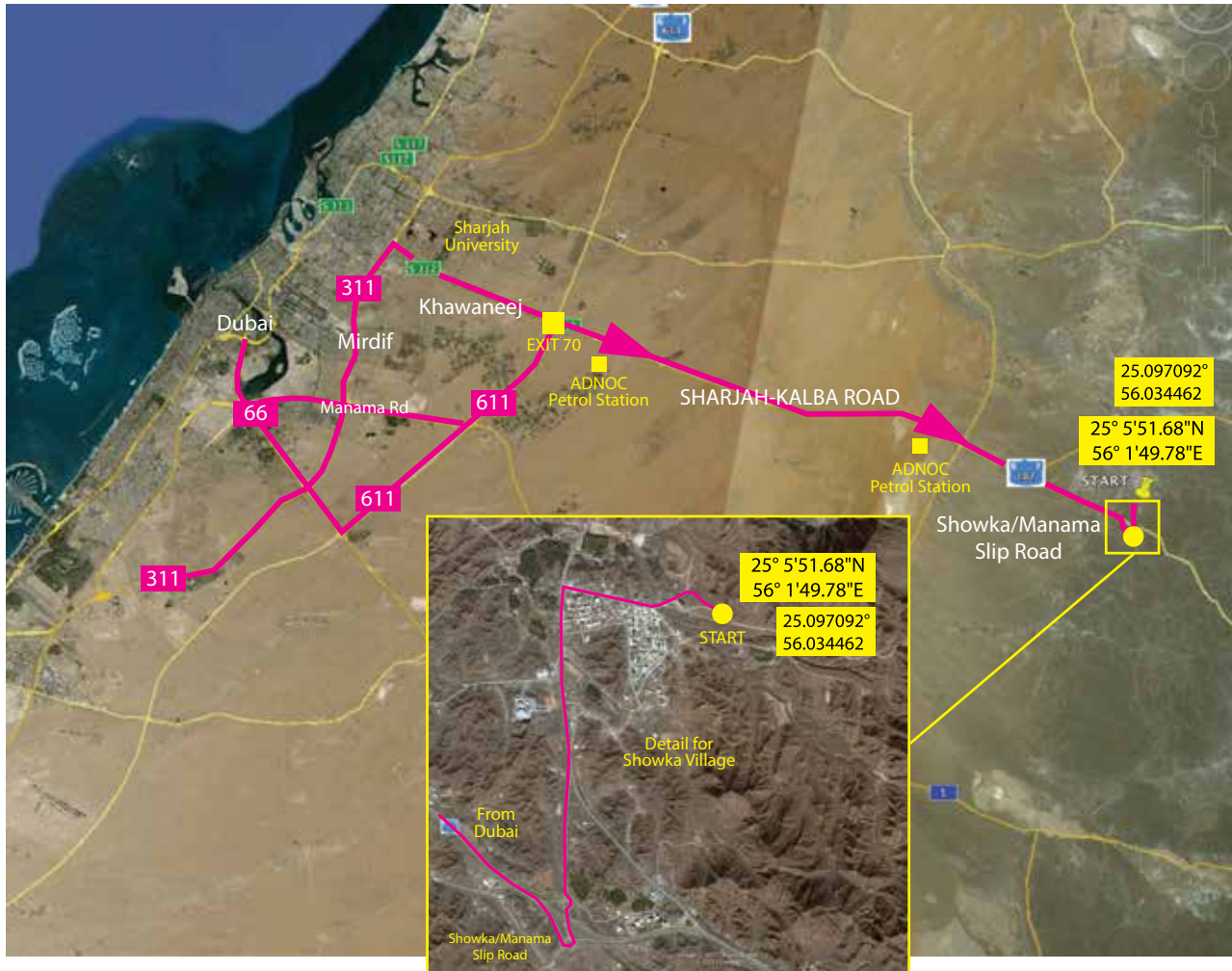


LOCATION MAP



1. Take the 611 from Dubai, direction Sharjah

2. At Exit 70, Sharjah/Fujairah turnoff from 611 take a right and you will drive past the ADNOC Petrol Station on the right.

3. Continue along the road until you see the sign and slip road for Showka/Manama on the right. (16.5km from the second ADNOC station). Take the third exit on the R/A taking you under the bridge and continue straight past one sign for Shawkah on the right and until you reach a row of shops and a second sign pointing right to Showka. Turn in and approx 200m you will see a tall blue water tower on your left - drive across the small bridge following the tarmac road to reach Showka Health Clinic. On the left of the clinic you will take a gravel road bringing you to the back of the clinic and a small slope to cross the wadi and back up to the start line car parking area.

GPS COORDINATES

N 25° 5'51.68" E 56° 1'49.78"

or

25.097092° 56.034462

TRAIL RUN COURSE



Brief: 4.45am
Start: 5.00am
GOOD LUCK!

