

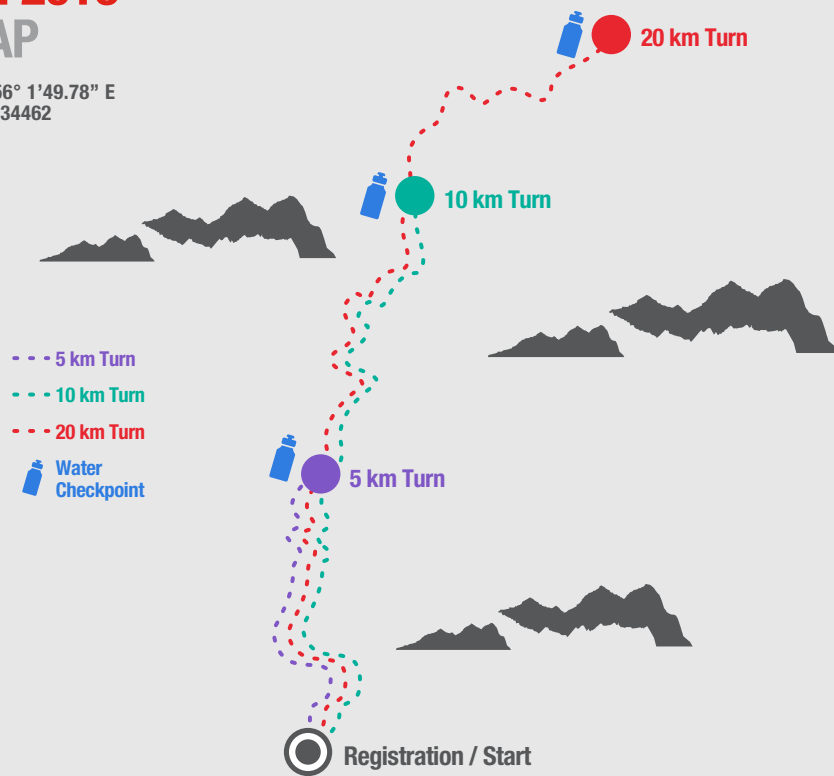
1.4 ROUTE MAP (WADI SHOWKA)

Directions to the Start

- Take the 611 from Dubai, direction Sharjah
- At Exit 70, Sharjah/Fujairah turnoff from 611 take a right and you will drive past the ADNOC Petrol Station on the right
- 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 second 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 steep slope to cross the wadi and back up to the start line car parking area

ROCK RUN 2016 ROUTE MAP

OR 25° 5'51.68" N 56° 1'49.78" E
25.097092° 56.034462



The Route:

(a) Course Description:

The single stage cross-country adventure will start and finish at Wadi Showka with the START LINE positioned within meters difference of 25° 5'51.68" N 56° 1'49.78" E or 25.097092° 56.034462 at 16:00 sharp on 01/04/2016. (Registration closes at 15h30 and briefing at 15h45). The course is out and back along the same route on 100% gravel jeep track and rocky wadi bed. It is possible to run this course in both road shoes and trail shoes.

(b) Water Checkpoints:

Water checkpoints will be located at the 2.5K turn for the 5K runners. At the 5K turn for the 10K runners and at 10.5K turn for the 21K runners. Water and energy drinks will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack or water bottle (500ml) is fully filled from your own supplies before the start of the race. Please know which turn you need to make for the distance you are running - you are responsible for making the turn at the correct distance marker which will be at one of three water checkpoints.