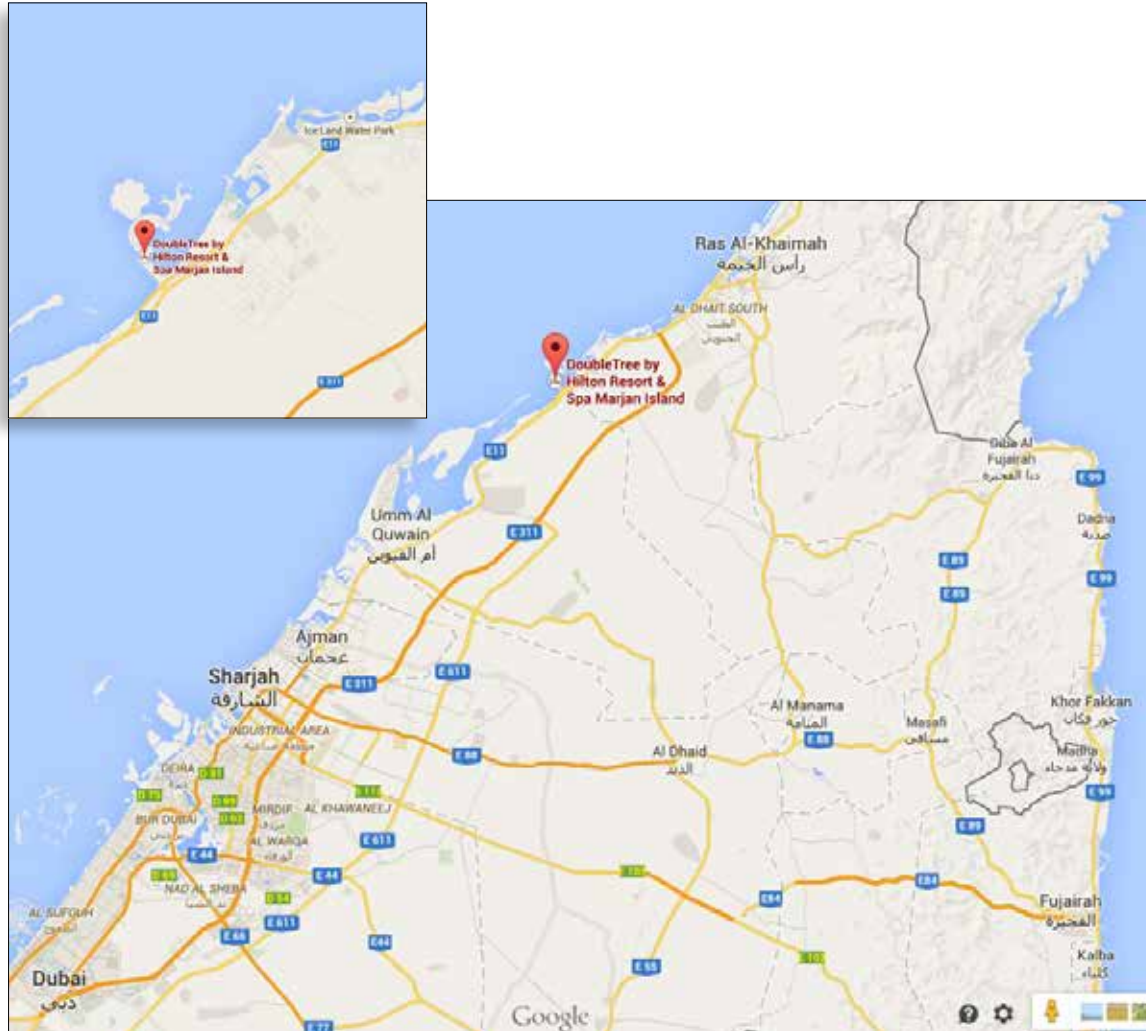


RACE CHECK-IN AND BUS PICK-UP



DoubleTree Hilton, Marjan Island, Ras Al Khaimah (25°40'10.29"N 55°44'37.68"E)

<http://doubletree3.hilton.com/en/hotels/uae/doubletree-by-hilton-resort-and-spa-marjan-island-RKTMIDI/index.html>

T: +971 7 203 0000

DIRECTIONS: Take Emirates Road (E311) towards Sharjah. Continue straight until you reach roundabout at the entrance of Ras Al Khaimah. Take left exit and keep going for 10km and follow signs towards Marjan Island.

Taxi costs: approx AED 150-200 (\$40-\$55)

Drive time: 55mins

Distance from Dubai International Airport to Hotel: 65 miles/104km.

Race check-in: 2.00am to 3.00am on the 17th Feb 2017

Race start bus departs: 4.00am from DoubleTree Hilton

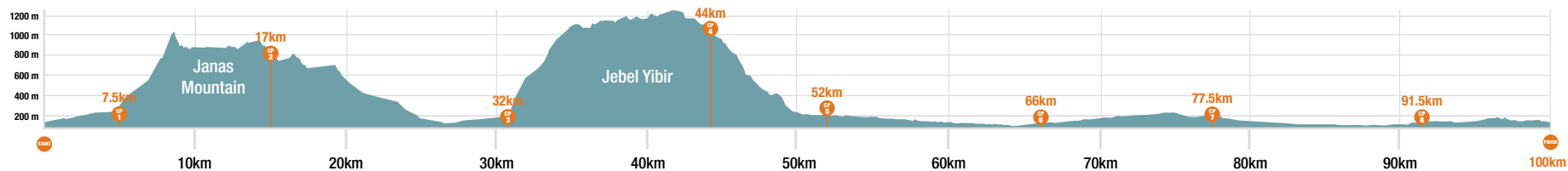
Shuttle buses will run from finish point to DoubleTree Hilton approx every 1 hour starting from approx. 3pm at 50k and 7.30pm at the 100k finish on the 17th Feb 2017.

COURSE & CHECKPOINTS



CHECKPOINT PROVISIONS

CP 1 - 7.5k	Water	
CP 2 - 17km	Water, Aqualyte, Fruit	
CP 3 - 32km	Water, Aqualyte, Fruit	Arrival Cut-Off Time 11am
CP 4 - 44km	Water, Aqualyte, Fruit	
CP 5 & 50k Finish - 52km	DROP BAG 1 COLLECTION / 50k Bus to Hotel	
	Arrival Cut-Off Time 5.30pm	
	Hot water, Soup, Noodles, Water, Aqualyte, Fruit, Chocolate, Tea, Coffee. Rest Area. Stools. (You may rest here and shelter under canvas - tents are provided, but no mattress or blanket).	Latest Exit Time 6pm
CP 6 - 66km	Water, Aqualyte, Fruit	
CP 7 - 77.5km	Water, Aqualyte, Fruit	
CP 8 - 91.5km	Water, Aqualyte, Fruit	
FINISH - 100km - DROP BAG 2 COLLECTION	Cut-Off Time 05.30am	
	Water, Aqualyte, Fruit, Hot Food, Soft Drinks, Camp Fire. Prize Presentation	



GPS COORDINATES

