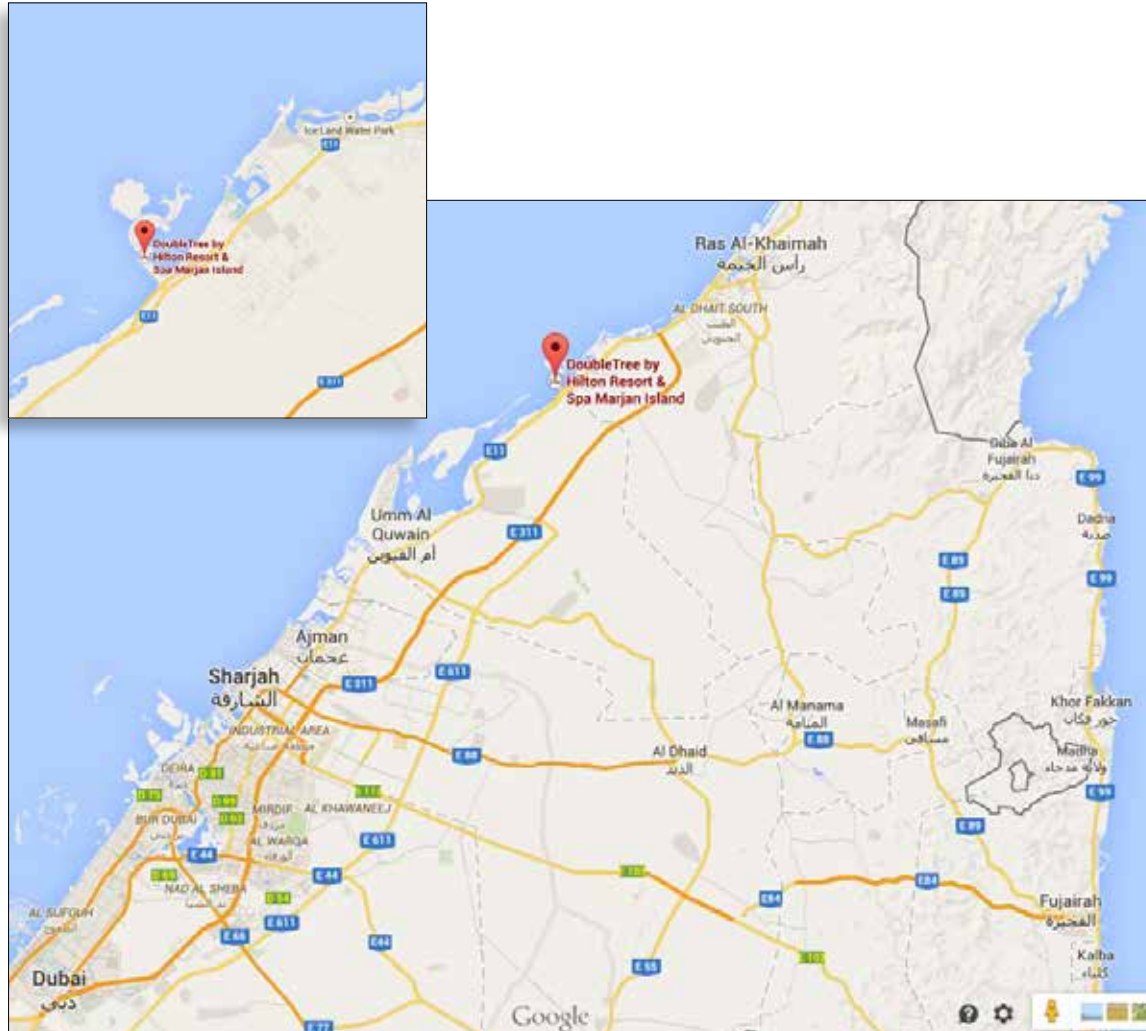


# RACE CHECK-IN AND BUS PICK-UP



## 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: 3.00am to 4.00am on the 4th March 2016

Race start bus departs: 4.30am from DoubleTree Hilton

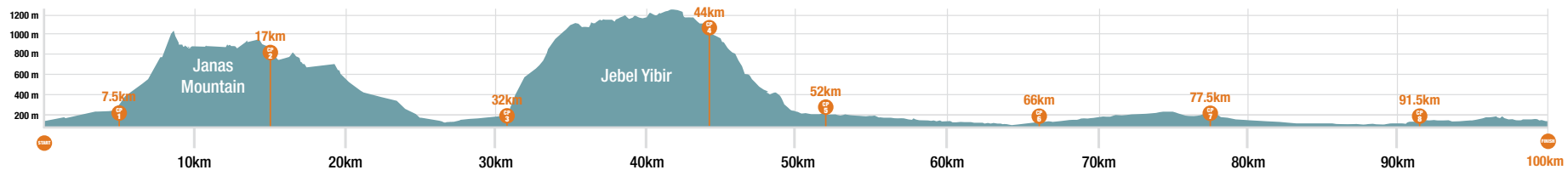
Shuttle buses will run from finish point to DoubleTree Hilton approx every 1 hour starting from 3pm at 50k and 8pm at the 100k finish on the 4th March 2016.

# COURSE & CHECKPOINTS



## CHECKPOINT PROVISIONS

<b>CP 1 - 7.5k</b>	Water	
<b>CP 2 - 17km</b>	Water, Aqualyte, Fruit	
<b>CP 3 - 32km</b>	Water, Aqualyte, Fruit	<b>Arrival Cut-Off Time 12 noon</b>
<b>CP 4 - 44km</b>	Water, Aqualyte, Fruit	
<b>CP 5 &amp; 50k Finish - 52km</b>	<b>DROP BAG 1 COLLECTION / 50k Bus to Hotel</b>	
	<b>Arrival Cut-Off Time 6pm</b>	
	Hot water, Soup, Noodles, Water, Aqualyte, Fruit, RedBull, Chocolate, Tea, Coffee. Rest Area. Stools. (You may rest here and shelter under canvas - tents are provided, but no mattress or blanket).	<b>Latest Exit Time 8pm</b>
<b>CP 6 - 66km</b>	Water, Aqualyte, Fruit	
<b>CP 7 - 77.5km</b>	Water, Aqualyte, Fruit	
<b>CP 8 - 91.5km</b>	Water, Aqualyte, Fruit	
<b>FINISH - 100km - DROP BAG 2 COLLECTION</b>		<b>Cut-Off Time 6am</b>
	Water, Aqualyte, Fruit, Hot Food, Soft Drinks, Camp Fire. Prize Presentation	



# GPS COORDINATES

