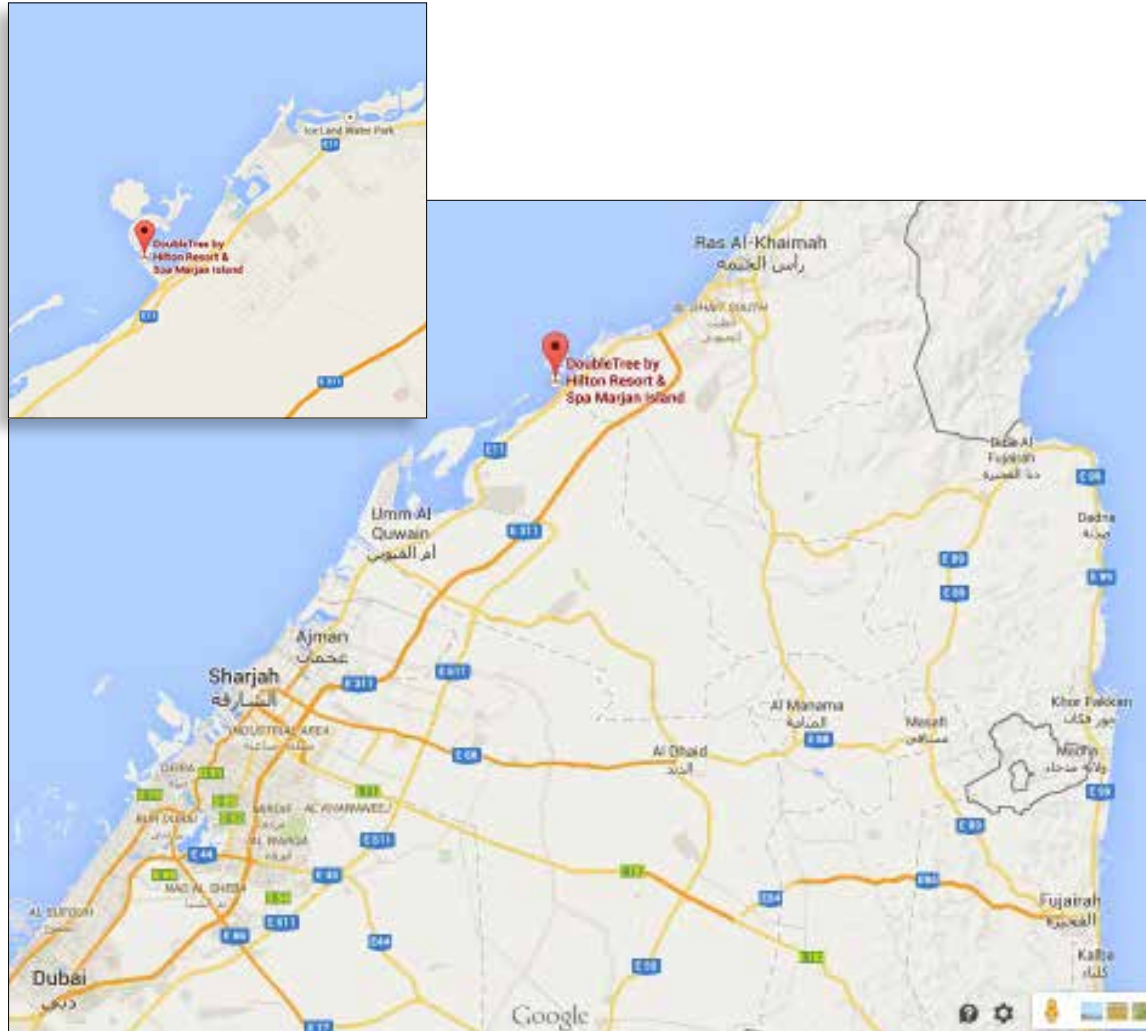


RACE CHECK-IN AND TRANSFER



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 14th Feb 2020

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 14th Feb 2020.

COURSE & CHECKPOINTS



CHECKPOINT PROVISIONS

CP 1 - 7.5k	Water
CP 2 - 17km	Water, Aqualyte, Fruit, Trail Mix
CP 3 - 30km Finish	Water, Aqualyte, Fruit, Cake, Salty Snacks Exit by 10.45am 30k Bus to Hotel
CP 4 - 44km	Water, Aqualyte, Fruit Exit by 3pm
CP 5 & 50k Finish - DROP BAG COLLECTION / 50k Bus to Hotel	Arrival Cut-Off Time 5.30pm Hot water, Soup, Water, Aqualyte, Fruit etc. Rest Area. Prize Presentation Latest Exit by 6pm
CP 6 - 66km	Water, Aqualyte, Fruit, Trail Mix
CP 7 - 77.5km	Water, Aqualyte, Fruit, Trail Mix
CP 8 - 91.5km	Water, Aqualyte, Fruit, Trail Mix
FINISH - 100km - FINISH DROP BAG COLLECTION	Cut-Off Time 05.30am Water, Aqualyte, Hot Food, Soft Drinks, Camp Fire. Prize Presentation

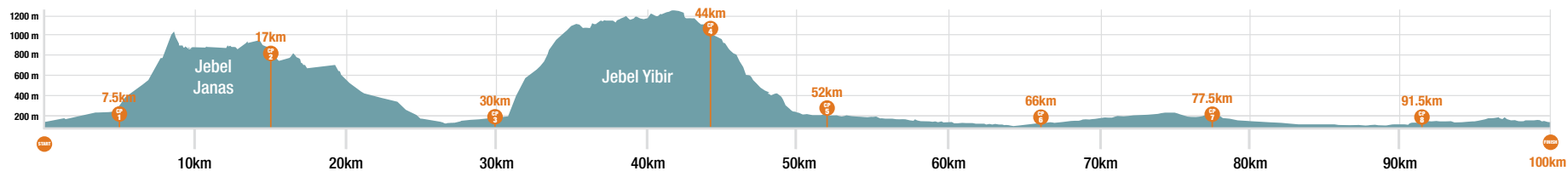


INTERMEDIATE CUT-OFF TIMES:

30k = 5.5hrs

50k = 12hrs - Intermediate 50k times = CP3 arrival/exit no later than 10.45am. CP4 arrival/exit no later than 3.00pm. Finish before 5.30pm)

100k = 24hrs - Intermediate 100k times = CP3 arrival/exit no later than 10.45am. CP4 arrival/exit no later than 3.00pm. CP5 arrival before 5.30pm, exit no later than 6pm. CP8 arrival/exit no later than 04.00am on 16th Feb. Finish arrival before 05.30am on 16th Feb)



GPS COORDINATES

