

# NBF FUJAIRAH RUN 2022

## THINGS TO KEEP IN MIND



Under the patronage of HH Crown Prince of Fujairah, NBF gathers all fitness enthusiasts and families at the NBF Fujairah Run – a fun run through scenic routes in the historic Emirate of Fujairah with exciting cash prizes and goodies up for grabs.

Along with the run, the day will be packed with various fun activities for the entire family making it a perfect day out.

### RUN DISTANCES\*

11km trail run | 10km run | 5km run | 3km fun run | The Determined Ones run

\*There will be no distance change on the day.



## EVENT DAY PROGRAMME\*

Be there at least 30 minutes before the start of the run.

- 05h30 - Run check-in and warm up for all distances.
- 06h45 - Run check-in closes for 11km trail run, 10km and 5km. Run briefing begins.
- 07h00 - 11km Trail Run starts.
- 07h05 - 10km Road Run starts.
- 07h10 - 5km Road Run starts.
- 07h30 - Run check-in closes for 3km and run briefing begins.
- 08h00 - 3km Road Run starts.
- 08h30 - Determined Ones run starts.
- 10h00 - Prize ceremony and raffle draw.
- 12h00 - Event ends.

\*Above timings are subject to change. Check for the final schedule closer to the date.



## ENTRY FEE

Distance	Fee (5% VAT inclusive)
11km trail run	AED 135
10km run	AED 125
5km run	AED 75
3km run	AED 50
The Determined Ones run	Free entry



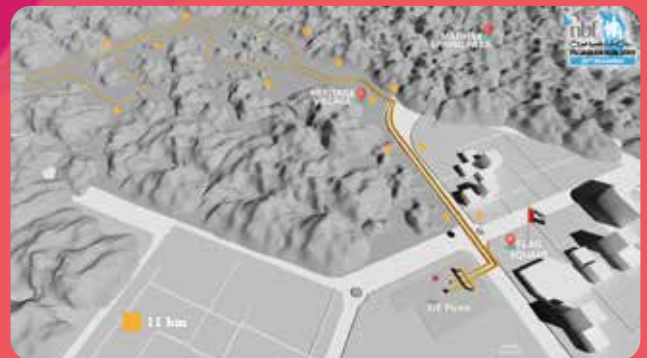
## LOCATION

**Run venue:** Fujairah Festival Square, opposite Fujairah Hospital near Sheikh Zayed Grand Mosque. (Google coordinates : 25°07'55.6"N 56°19'17.4"E) <https://goo.gl/maps/fNhUaYNCELM>

### 3K/5K/10K Route



### 11K Trail Route



## RUN PACK PICK-UP

- Run numbers will be emailed to all competitors on Thursday at midday and will also be on show at check-in desk on the day of the run.
- Once you know your run number, proceed directly to the Bib and Chip collection desk on the day of the event and collect your respective Bib and Chip number.
- Please check that all your details – Name, Age Category, Gender and Distance, are correct. In the event of any discrepancies, please get in touch with us as soon as possible. This is printed on your label on the envelope.
- Pack collection will take place on the day before the event as well as on the morning of the run as per the following schedule: Friday, 18th Nov: Collection between 14h00 to 18h00 and Saturday, 19th Nov (on the run day): Collection starts from 05h30 onwards.
- Run check-in closes for the 11km trail run, 10km and 5km run at 06h45.
- Run check-in closes for the 3km run at 07h30.
- Medals for all race finishers.
- T-shirts and caps for all participants.



# PRIZES

- Trophies and medals will be awarded to the top 3 winners under different categories (age, gender, etc.) in each run.
- Cash prizes will be awarded to the top finishers in the 11km, 10km and 5km race. Please note, cash prizes can be won only by Nationals and Residents of the UAE. Winners will have to present a valid UAE ID.

## Prize money:

### 11K Trail Run, UAE residents (Expats)

Winner	Male category	Female category
1st position	AED 4,000	AED 4,000
2nd position	AED 3,000	AED 3,000
3rd position	AED 2,000	AED 2,000

### 11K Trail Run, UAE Nationals

Winner	Male category	Female category
1st position	AED 4,000	AED 4,000
2nd position	AED 3,000	AED 3,000
3rd position	AED 2,000	AED 2,000

### 10KM Run, UAE residents (Expats)

Winner	Male category	Female category
1st position	AED 3,000	AED 3,000
2nd position	AED 2,000	AED 2,000
3rd position	AED 1,000	AED 1,000

### 10KM Run, UAE Nationals

Winner	Male category	Female category
1st position	AED 3,000	AED 3,000
2nd position	AED 2,000	AED 2,000
3rd position	AED 1,000	AED 1,000

### 5KM Run, UAE residents (Expats) & UAE Nationals

Winner	Male category	Female category
1st position	AED 1,500	AED 1,500
2nd position	AED 1,000	AED 1,000
3rd position	AED 500	AED 500

### 3KM Run, UAE residents (Expats) & UAE Nationals

Winner	Male category	Female category
1st position	Award	Award
2nd position	Award	Award
3rd position	Award	Award

### The Determined Ones Run

Individual Winners	Prize (All Winners)
12 winners	AED 18,000

Winners	Team Prize
Team	AED 5,000

- Highest participating team will walk away with a cash prize of AED 5,000 depending on their participation level.
- There will be various other gift prizes to be won from our generous sponsors.
- In addition, all registered runners who cross the finish line will receive a special medal for participation.



## RULES TO FOLLOW ON THE RUN DAY

- 11km trail run, 10km, 5km, 3km run = 1 lap of respective course.
- Your run number must be visible on the front of your upper body or your clothing at all times, when you're on the run course.
- Your upper body must be covered at all times during the entire run.
- Shoes are compulsory for all runners.
- No form of locomotion allowed other than running. Walking is allowed.
- **IF YOU RUN WITH NO RACE BIB - YOU WILL NOT RECEIVE A RACE TIME AND RESULT!**



## FACILITIES AT THE RUN COURSE AND IN THE RUN VILLAGE

- Plenty of parking near the Run Village, situated adjacent to the Start line.
- Water stations all along the course for runners.
- Snack and beverages.
- Change rooms and WC.
- Attractions and fun activities for families and kids.
- No bag drop facility.



## TIMING CHIP

- The chip will be attached to the back of your bib and needs to be worn at all times during the race. Do not remove the chip from the bib, else you will not receive a time or position.



## RACE BIB

- Run bib needs to be worn at all times during the run.
- Bibs must be worn on your upper body with the number facing outward.
- You can attach bibs using safety pins provided or bring your own race belt.

## PLEASE NOTE

- Age groups are calculated as per your age on 19th Nov 2022 for both male and female categories. Run results will be posted online very shortly after the run at [nbf.fujairahrn.ae](http://nbf.fujairahrn.ae)