



**DOHA
MARATHON
BY ooredoo**



ATHLETE GUIDE

20 JANUARY 2023



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Dear Athlete,

Congratulations for registering for the Doha Marathon by Ooredoo!

We have a full event with nearly 8,000 runners and we are confident that you will have an awesome day brimming with fun and energy.

We can't wait to see you at the start, but before then here are some important details you'll need to know.

LATEST UPDATES

For news and updates, check our marathon site:

<https://www.ooredoo.qa/web/en/marathon/>

START TIMES

Meet us at the starting line on: **Friday, 20 January 2023.**

Each category has a different start time:

RACE	START TIME
42K	6:15 AM
21K	6:30 AM
10K	8:50 AM
5K, 5K JUNIOR	9:40 AM
1K KIDS	10:30 AM

We recommend arriving at least 30 minutes early for your designated race time. This way you'll have plenty of time for a good stretch and warm-up, and allow for you to find the right position at the start.

STARTING POSITION TIPS

If you feel like winning the race and breaking a world record, position yourself at the beginning of the runners' group. If your ambitions are more moderate, please allow the fast runners to start at the front and position yourself further in the crowd.

- This is particularly important for popular categories, such as the 5 km run, which has about 3000 participants.

The cut-off time for the full marathon is at 1 pm, when the roads need to reopen for car traffic. However, even after 1 pm we will provide a safe escort to the finish line for every remaining participant.

Good luck in your category! We believe in you and know you can **OUTRUN YOUR LIMITS.**

RACE PACK DISTRIBUTION

You will need to collect your race pack on the designated dates below. Please note that pack collection will not be available on race day.

WHEN

The collection tent is open for 3 days.

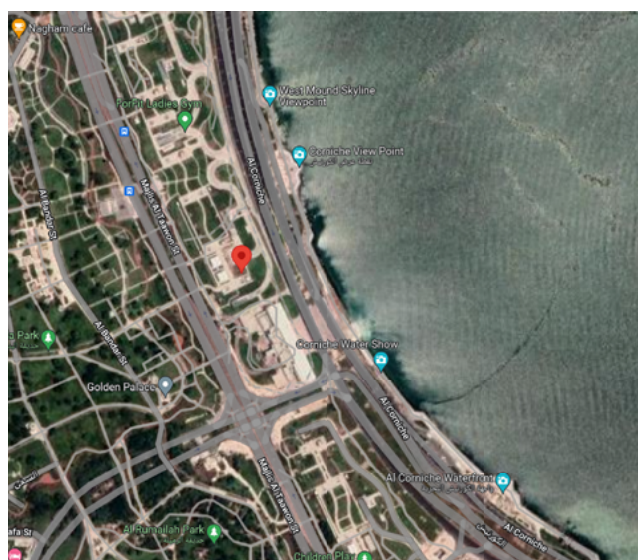
DAY	TIME
Tue January 17	15:00 - 23:00
Wed January 18	15:00 - 23:00
Thu January 19	15:00 - 23:00

WHERE

Al Bidda Park – Rumaila Area

Link to location on Google Maps:

<https://goo.gl/maps/Ez2U2Dg9NJWXY4v4A>



WHAT YOU WILL GET

A runner's bag with a t-shirt and your bib number with a timing chip.



RULES FOR RACE PACK COLLECTION

- Please bring your QID or passport to claim your pack.
- If you cannot attend in person, you may nominate someone to pick-up your bib number.
- **The person you nominate must have the following items with them:**
 - **Letter** - written and signed by you, authorising that person (must include their name) to pick-up on your behalf.
 - **Printed copy of your bib pick-up email**
 - **Photocopy of your passport or QID** showing your name and signature.
- **In addition, the person picking up your pack and bib number must also provide:**
 - **Photocopy of their passport or QID** showing their name and signature.
 - **We will keep these documents on file for our records.**

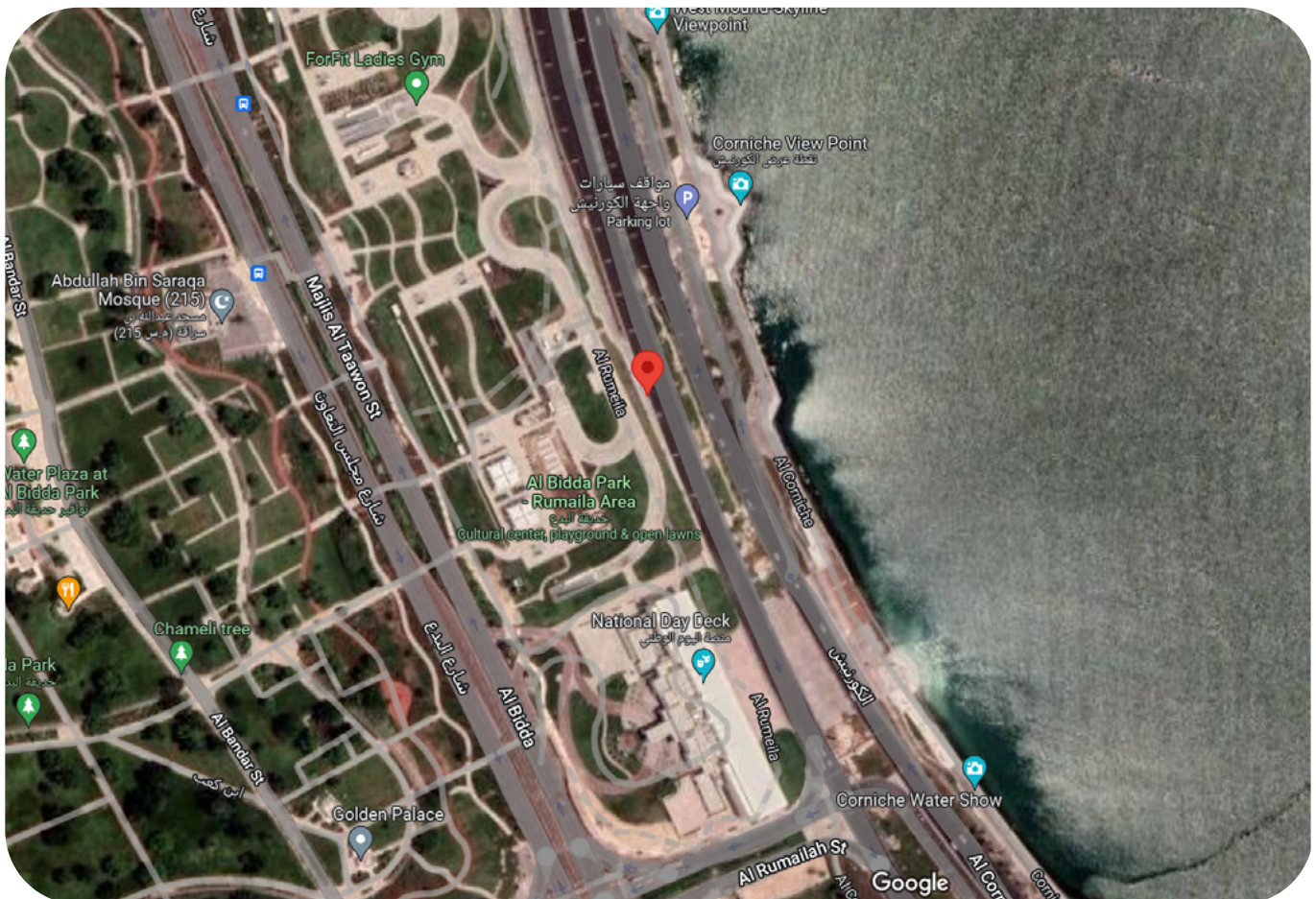
BIB INFORMATION & RULES

- **Don't post your bib on social media before the race.**
 - Help us avoid bib fraud and save those close-up shots for after the race!
- **Your bib number belongs to you.**
 - Bib numbers are non-transferrable/non-exchangeable.
 - No one else can run with your bib number.
 - Duplicate bibs will be disqualified, including the source bib number.

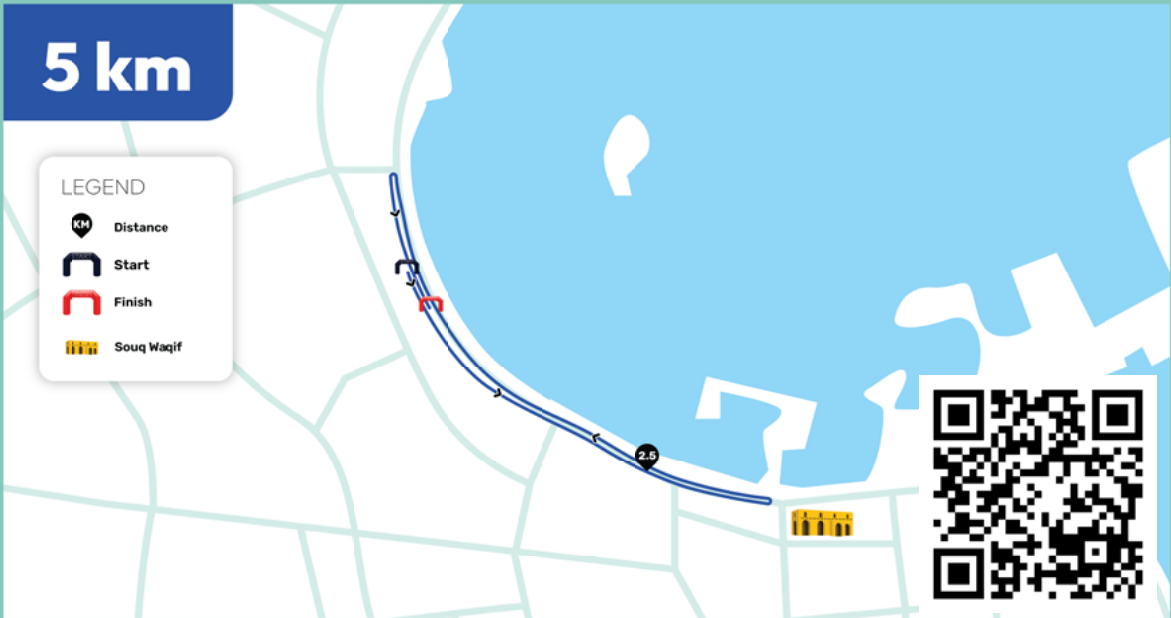
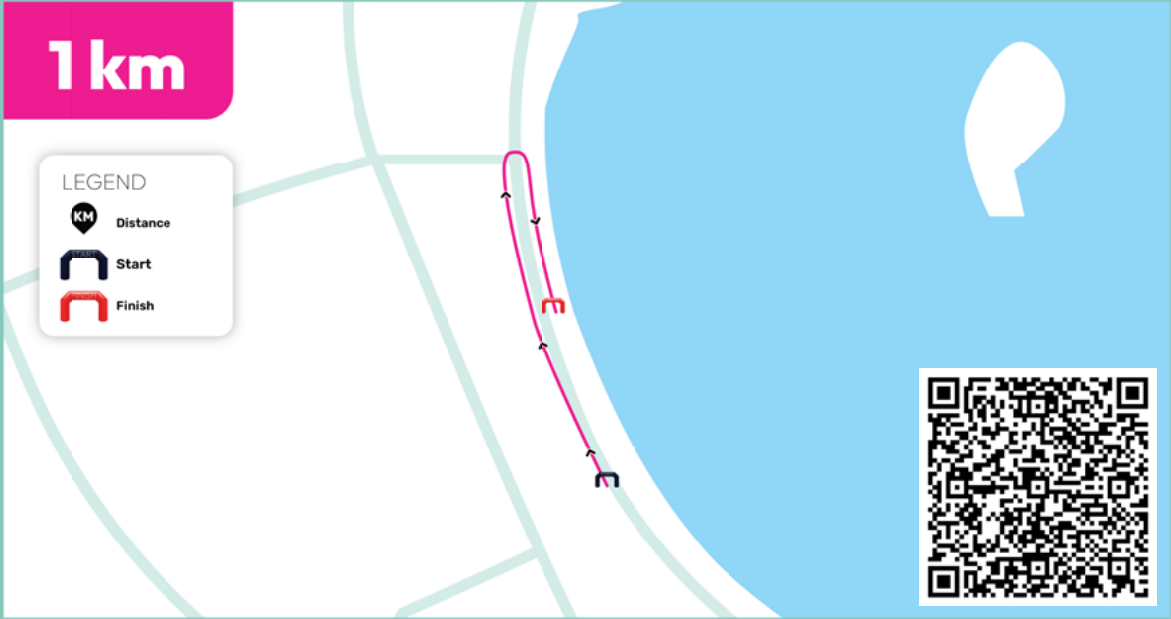
- **Clearly display your bib number.**
 - Make your race count. We can't record your race time , unless your bib is clearly visible
 - Your official race bib number has important information printed on it.
 - Do not alter, fold, cover or duplicate your bib number.
 - Display your bib clearly on your torso for the entire race.
- **Flip your bib over and fill it out.**
 - Write your medical and emergency contact information on the back of your bib.
- **Keep moving forward.**
 - To get the most accurate race results, do not go backwards on the race route at any time.
 - Do not cross the finish line twice.

VENUE

The start location is here: <https://goo.gl/maps/WFkXavo78foAN1xTA>



ROUTE MAP - 1 KM, 5 KM, 10 KM



PARK & RIDE

Parking will not be available at the event site.

Park at one of our convenient locations and we'll take you to the race! Shuttle buses will be available to transfer runners to and from the event.

PARKING LOCATIONS:

1. Souq Waqif
2. Stadium 974 (Park and Ride, shuttle buses operate from 4:00 am)
3. Qatar Sports Club (Park and Ride, shuttle buses operate from 4:00 am)

BAG DROP

There are two bag drop locations on-site to check in your items while you participate in the event.

- Please leave any valuables at home or with your supporters. Items left are at your own risk and the race organisers will not be held accountable for any theft, loss or damage.

FIRST-AID

An army of 77 frontline paramedics will be available both along the race course and in dedicated areas. Cycle responders will be available to reach runners quickly.



MEDALS

RUN INTO 2023 A WINNER! Once you cross the finish line you can claim your medal, custom made for the 2023 edition of the Doha Marathon by Ooredoo!

Keep racing with us every year to add to your collection.



RESULTS

You can check your results live at:

<https://www.ooredoo.qa/web/en/marathon/>

WIN A CAR!

One lucky winner will take home an amazing Volkswagen T-Roc SUV, courtesy of our sponsor and partner Q-Auto.



To enter the raffle, all you have to do is finish your race - winning is not required. All finishers of the 5k (including 5k Junior), 10k, 21k and 42k races are eligible for the draw! We wish you good luck!

CHARITY

Proceeds from your registration will be used to give back to the community- THANK YOU!

OUTRUN YOUR LIMITS!

See you at the starting line on Friday, 20 January 2023!

The clock is counting down until race day, and we look forward to welcoming you to the best marathon to date!



If you have any questions,
please contact us at ooredoomarathon@ooredoo.qa
Doha Marathon by Ooredoo

ROUTE MAP - 21 KM, 42 KM

