

سباق حصتك يا وطن



18 April
إبريل

08:00 am
صباحاً

5km

Wahat Al Karama | واحة الكرامة



START LINE
WAHAT AL KARAMA

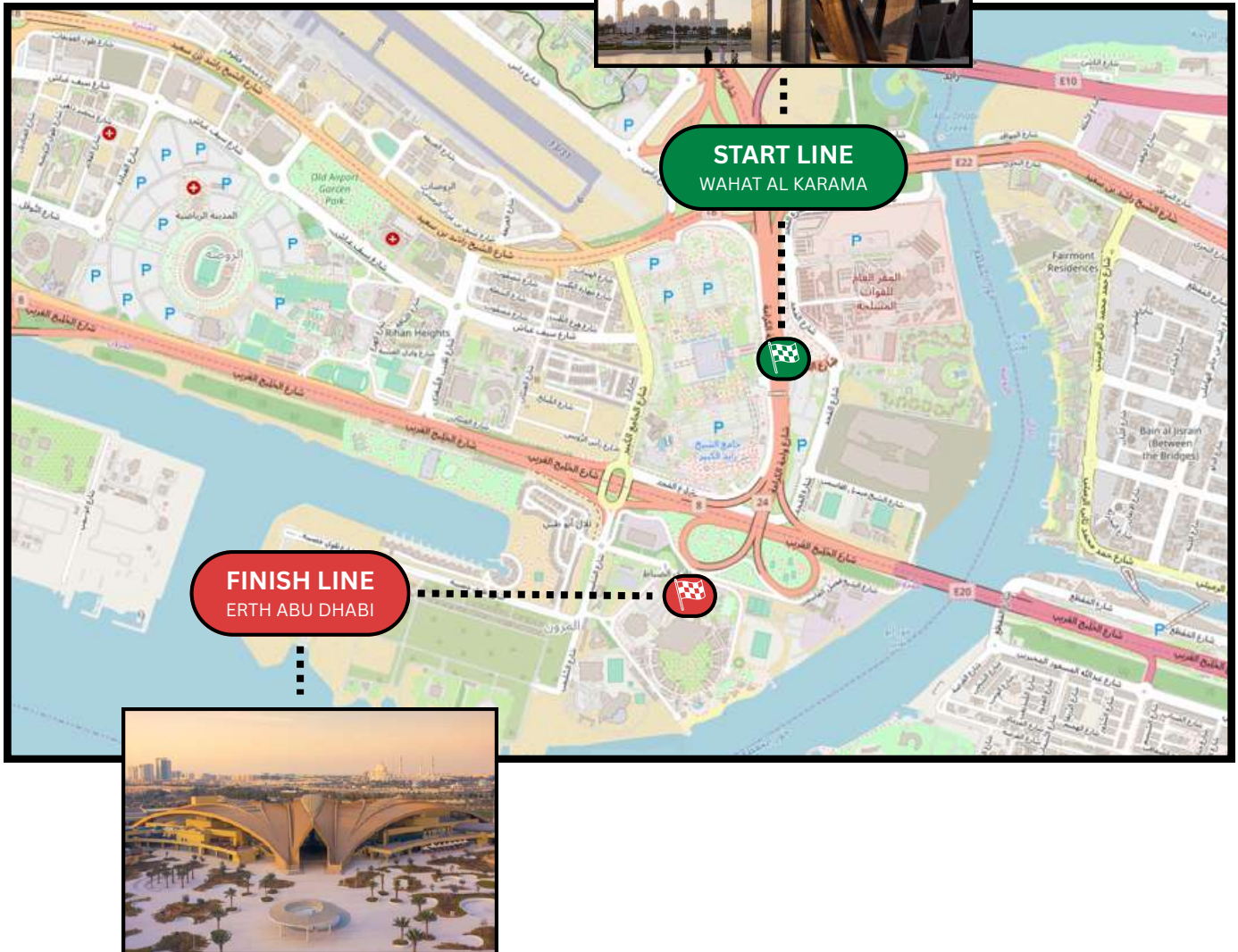
SATURDAY
18 APRIL 2026

FINISH LINE
ERTH ABU DHABI



VENUE MAP

2 LOCATIONS | START & FINISH



IMPORTANT: The start line and finish line are at two separate locations. The start line is at Wahat Al Karama and all participants will be finishing at ERTH Abu Dhabi.



WAHAT AL KARAMA
START LINE

ERTH ABU DHABI
FINISH LINE



RUN KIT COLLECTION

ERTH Abu Dhabi

You can collect your run kit from ERTH Abu Dhabi on the ground floor near the Auditorium on the following day:

DATE	TIME
Friday 17 April 2026	10:00am - 2:00pm

Wahat Al Karama

You can collect your run kit from Wahat Al Karama on the following day:

DATE	TIME
Friday 17 April 2026	3:00pm - 8:00pm

NOTE: THERE WILL BE NO RUN KIT COLLECTION ON THE DAY OF THE EVENT



EMIRATES ID: Please ensure you have your valid Emirates ID with you and make sure to show this to one of the staff at the run kit collection. If you are collecting on behalf of someone else, please take a copy of their EID.



QR CODE: Please have your Qr Code ready to show to the staff at the run kit collection. This should have been sent to the email address provided during your registration.

GROUP COLLECTIONS: Should you be part of a larger group and would like to collect all run kits together, please make sure to get in touch with us immediately, so we can make sure to pre-pack all your run packs.

RUN KIT ITEMS



Run Bib: Run bibs must be worn, clearly visible on the front of your clothing. All participants must wear their own dedicated run bib and cannot swap it with someone else, for safety reasons.



Safety Pins: You can use the four safety pins within your run kit to attach the run bib to your clothing. If preferred, you can also use a personal race belt to do this.



Event T-Shirt: Your complimentary event t-shirt will be provided. We encourage participants to wear this on event day.

RUN KIT COLLECTION

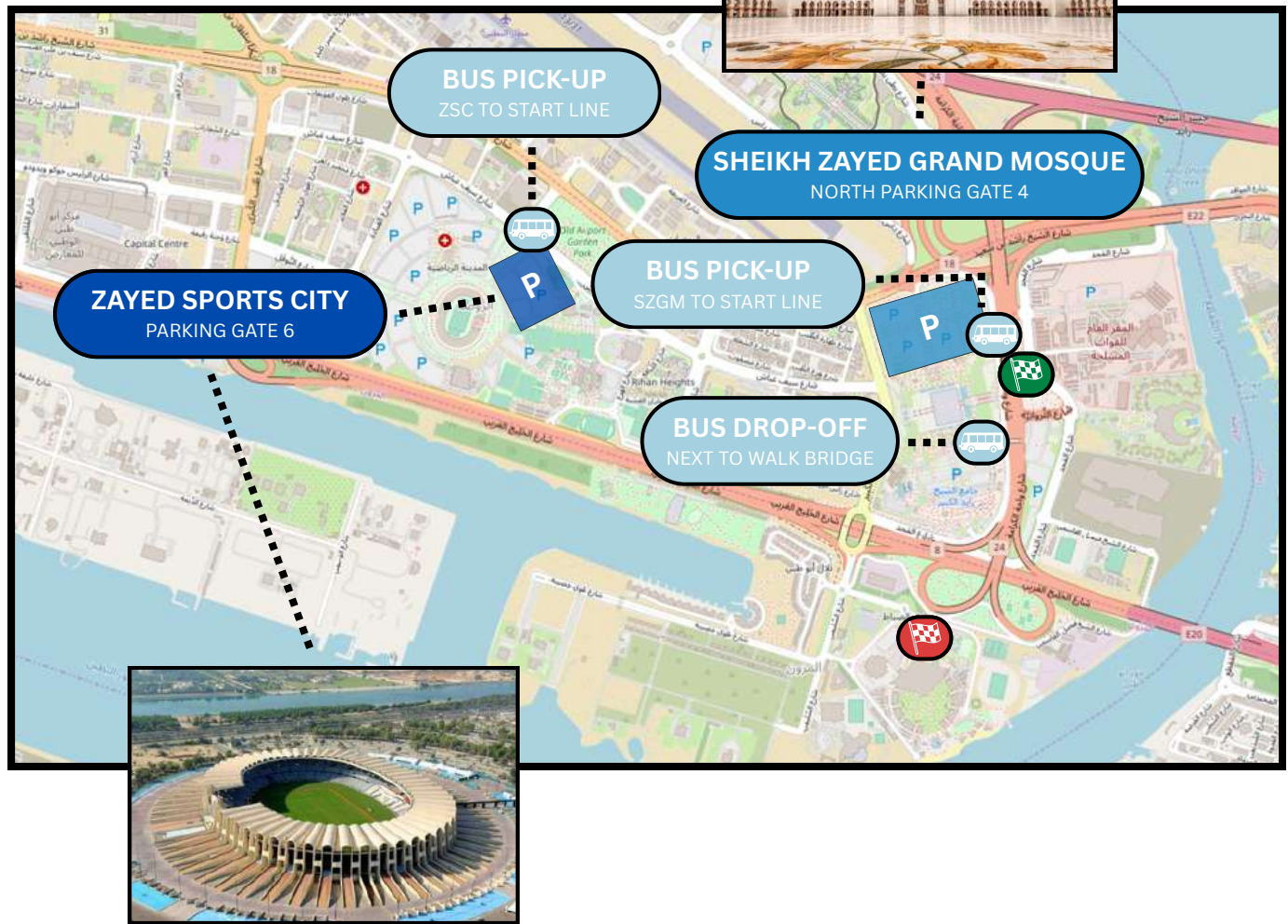
ALL T-SHIRTS ARE SUBJECT TO AVAILABILITY, INCLUDING SIZES

PARA-ATHLETE, WHEELCHAIR ATHLETES, HANDCYCLISTS & PEOPLE OF DETERMINATION:

Please also make yourself known to a member of staff at the run kit collection, so that we can identify your run bib accordingly and brief you on the parking on the day of the event.

PARKING & EVENT ENTRY

2 CAR PARKS AVAILABLE



IMPORTANT: There is absolutely no parking at the start line (Wahat Al Karama) on event day. Road closures commence from 6:30am and all participants must make use of the designated parking at either Sheikh Zayed Grand Mosque (North Parking Gate 4) or Zayed Sports City (Parking Gate 6). Shuttles will be provided to take you to the start line and back to your car from the finish line.



SHEIKH ZAYED
GRAND MOSQUE
NORTH PARKING GATE 4

ZAYED SPORTS
CITY
GATE 6



PARK & RIDE | INBOUND

PARKING A | SHEIKH ZAYED GRAND MOSQUE



Participants will park at the designated parking area at Sheikh Zayed Grand Mosque (North Car Park Gate 4) which is approximately 400m from the start line.

PARKING B | ZAYED SPORTS CITY



Participants can also park at the designated Park & Ride area at Zayed Sports City (Gate 6), which is approximately 4km from the start line.

The shuttle service will take you straight to the Walk Bridge opposite the start line.

SHUTTLE SERVICE TO THE START LINE AT WAHAT AL KARAMA	
LOCATION	TIME
Zayed Sports City	5:30am - 7:30am (every 5 minutes)

PLEASE MAKE SURE TO ARRIVE EARLY AND TAKE INTO ACCOUNT THE TRAVEL TIME FROM THE PARKING TO THE START LINE.

Please follow the signage and marshal's instructions to the designated parking areas.

PARK & RIDE | OUTBOUND

PARKING A | SHEIKH ZAYED GRAND MOSQUE

FINISH LINE
ERTH ABU DHABI



SHEIKH ZAYED GRAND MOSQUE
NORTH PARKING GATE 4

The shuttle service from the finish line at ERTH Abu Dhabi, will take you straight back to the designated parking at Sheikh Zayed Grand Mosque (North Parking Gate 4).

SHUTTLE SERVICE FROM THE FINISH LINE BACK TO THE DESIGNATED PARKING

LOCATION	TIME
Sheikh Zayed Grand Mosque	9:00am - 10:30am (every 5 minutes)
Zayed Sports City	9:00am - 10:30am (every 5 minutes)

PARKING B | ZAYED SPORTS CITY

FINISH LINE
ERTH ABU DHABI



ZAYED SPORTS CITY
PARKING GATE 6

The shuttle service from the finish line at ERTH Abu Dhabi, will take you straight back to the designated parking at Zayed Sports City (Gate 6).

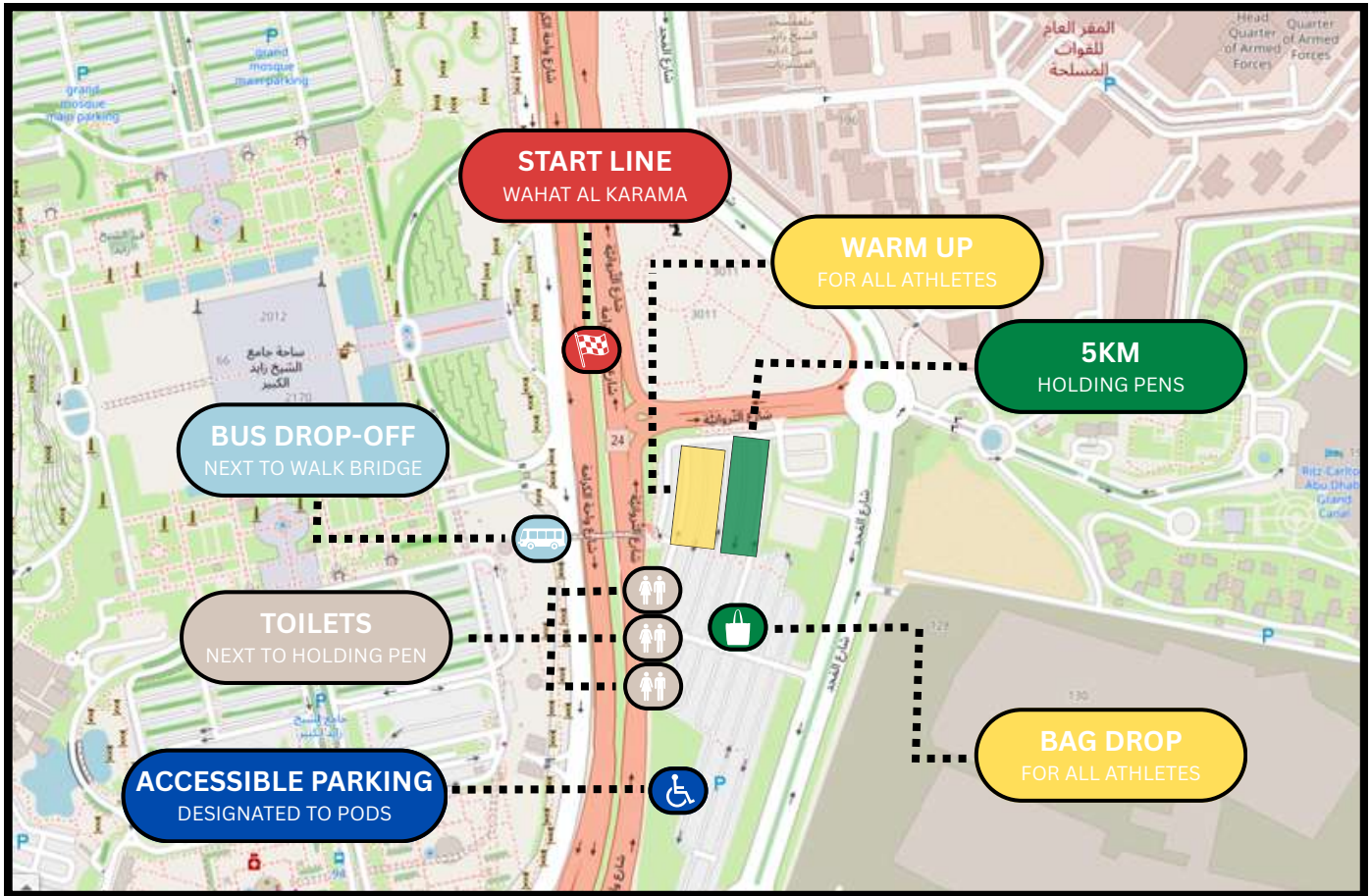
ACCREDITED VEHICLES

Participants belonging to one of the below groups will have the exception to park at a designated official parking area at the start line at Wahat Al Karama:

- Para-Athletes
- Wheelchair Athletes
- Hand Cyclists
- People of Determination
- Officials

Should one of these apply to you, please make sure to get in touch with events@gulfmultisport.com for further details.

VENUE MAP | START AREA



BAG DROP PROCEDURE

The bag drop is located at the start area at Wahat Al Karama. Please ensure your bag is placed in the correct bag drop truck (based on the provided number ranges) and is labelled with your run bib number from the team. Your bag will be transported to the finish area at ERTH Abu Dhabi, where you can collect it after you complete your race.

Please do not leave valuables in your bags. These are left at your own risk.

START LINE PROCEDURE

All participants will be separated into the different holding pens. Each holding pen will only be open approximately 10 minutes prior to the designated run start and participants will then be walked to the start line.

Please do not push and shove. This is NOT A RACE. It is a fun community run / walk without any podium presentations or awarding.

RUN TIMINGS:

5KM RUN

There will be a total of 4 holding pens at the start area, where participants will be separated into the following:

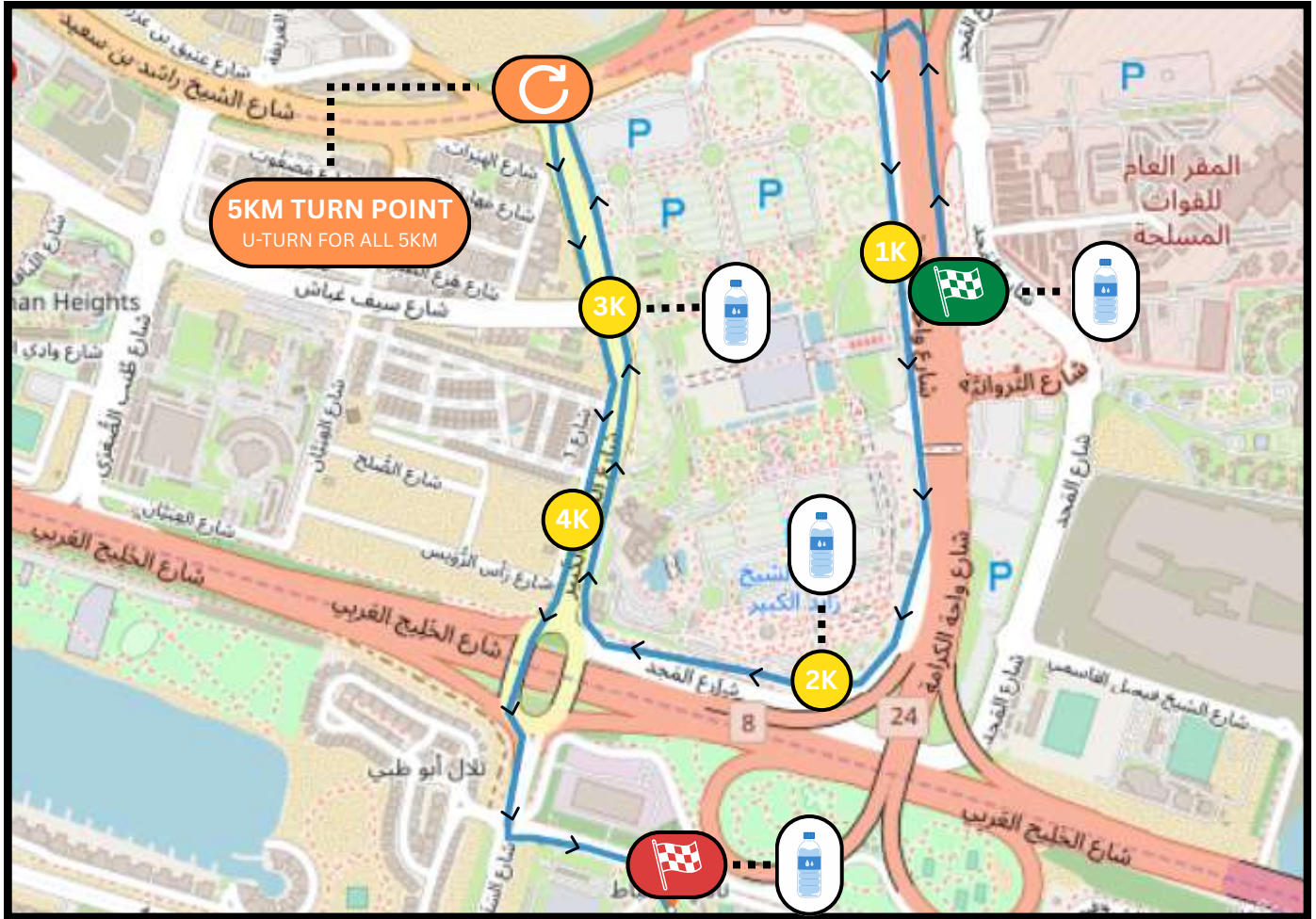
- Runners
- Walkers
- Families
- People of Determination

TIME	CONTEST	ACTION
7:40am	People of Determination	Holding Pen to Start Line
7:45am	Runners	Holding Pen to Start Line
7:50am	Families	Holding Pen to Start Line
7:55am	Walkers	Holding Pen to Start Line
8:00am	First Wave	Run Start
8:01am	Second Wave	Run Start
8:02am	Third Wave	Run Start
8:03am	Fourth Wave	Run Start
8:04am	Fifth Wave	Run Start
8:05am	Sixth Wave	Run Start
8:06am	Seventh Wave	Run Start
8:07am	Eighth Wave	Run Start
8:08am	Ninth Wave	Run Start
8:09am	Tenth	Run Start
8:10am	Eleventh	Run Start

All participants will be starting in separate waves for safety reason.

Please remember: THIS IS NOT A RACE. Its is a fun run / walk.

COURSE MAP | 5KM



Start - Wahat Al Karama

Participants proceed straight and complete a full U-turn, reaching the 1km marker almost directly opposite the start line.



2km - Aid Station 1

Participants pass the Sheikh Zayed Grand Mosque on their right-hand side, reaching the 2km marker where the first water station is located.



3km - Aid Station 2

Approximately 300m after the 3km mark, participants must complete a U-Turn at the designated turn point, making their way back towards the mosque.



5km - Turn Point

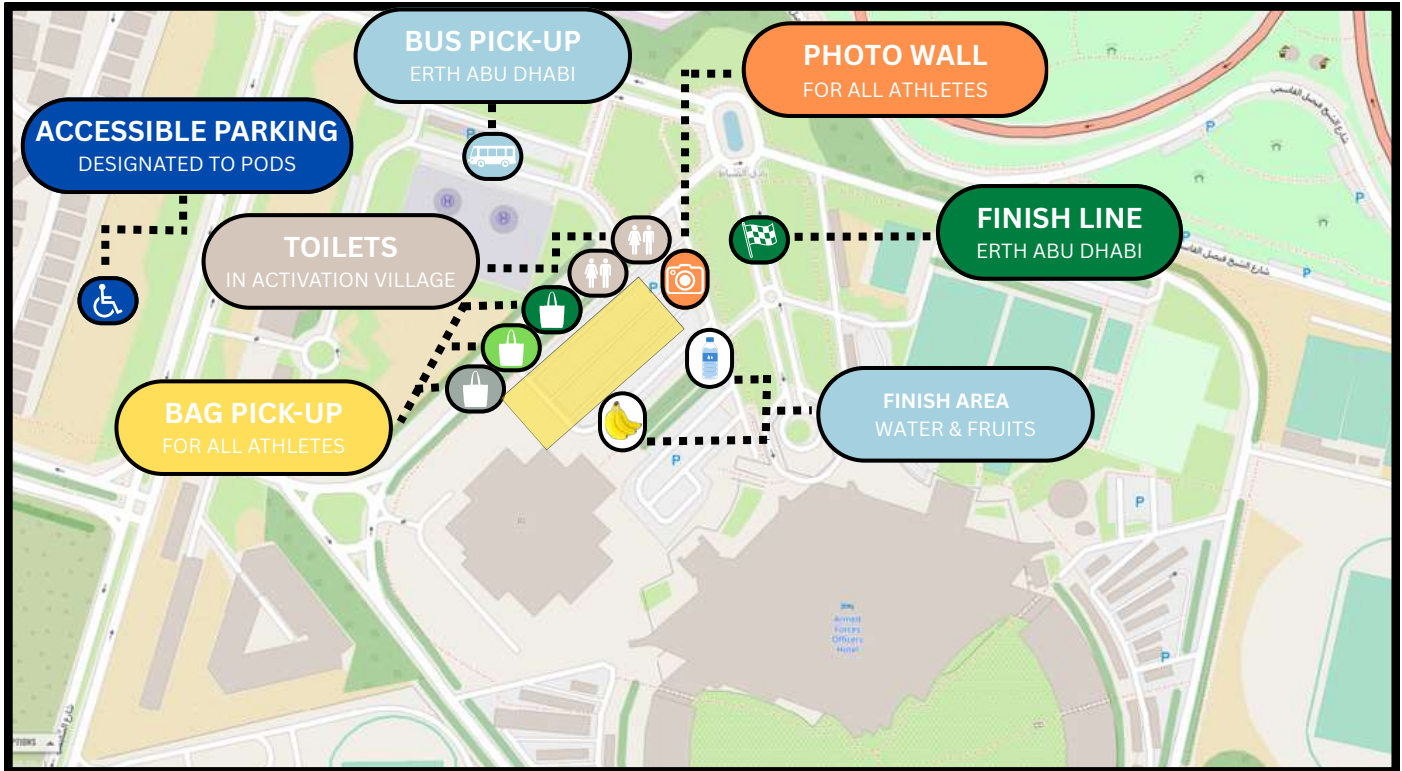
Participants continue past the Sheikh Zayed Grand Mosque, reaching the 3km marker where the second water station is located.



Finish - ERTH Abu Dhabi

Participants will cross Khaleej Al Arabi Road, turn left at the roundabout into ERTH Abu Dhabi and cross the finish line to complete their 5km run.

VENUE MAP | FINISH AREA



FINISH LINE PROCEDURE

After crossing the finish line at ERTH Abu Dhabi, participants must keep moving forward and avoid stopping in the finish chute to prevent congestion for incoming runners. Please proceed through the designated exit zone where you will receive:

- Water
- Refreshments
- Fruits

Once you have exited the finish chute, you are welcome to remain in the activation village, where you will also find partner activations, rest area, toilets and the bag collection point (bags transferred from the start line).

RUN RULES

General:

- Participants have to follow the instructions of the event director, event officials, staff and volunteers.
- No harsh or any kind of abusive language during the run towards each other or any event officials. Any other unsportsmanlike behaviour, like pushing, is not allowed and will result in immediate disqualification.
- We request you don't wear headphones or ear pods as we would like you to be able to hear instructions from the event team, volunteers and fellow participants.

Running:

- Participants can run at their own pace and even walk if preferred.
- Participants should wear comfortable shoes and the t-shirt provided in the run kit.
- Participants must wear running shoes and a top covering their torso.
- The run number needs to be worn at all times and clearly visible (front).

LOST & FOUND

Lost & Found

Any lost and found will be taken to the ERTH Abu Dhabi reception.

Lost Children

Any lost children will be taken to the presentation area.

EVENT CONTACT

For any queries, please contact us on events@gulfmultisport.com

EVENT WAIVER

By registering for this event, I accept participation in the event and the organiser's exclusion of liability of any damage, injury or death. I will not enforce a claim either upon the organiser or upon the supporting companies and their agents because of damage, injury, or death that could arise by participating. I confirm that I am physically fit and medically able to complete the entirety of the course without jeopardising my health or life and consent to receive medical treatment that may be advisable in the event of illness or injuries suffered by me during this event. I declare that I have practiced sufficiently and that I am physically well. I understand that event staff are authorised to remove me from the contest if noticing threatening indications of potential damage to my health.

I confirm that my information provided is correct. I accept and agree to the recording and/or broadcasting of this event and hereby grant the organiser all rights (including, without limitation, copyright) and consents worldwide in perpetuity, in any and all media, without payment, liability or acknowledgement to me to use and publish my name, image, likeness or other information for promotion of this event and/or any other purposes of the organiser (including sharing with third parties for any lawful purpose).

I hereby confirm that I do not object to any usage of the said information in any way. To ensure your protection of privacy, all data is saved electronically. I acknowledge and agree that all my personal data may be used and processed by the organiser and its sponsors and third party service providers for business purposes, including for marketing, service development and improvement, analytics, industry and market research, and such other purposes consistent with the organiser's legitimate business needs. Pursuant to such consent to the use of my personal data, the organiser, its sponsors and third-party service providers and their agents are not liable for the way my personal data will be used.

For purposes hereof, "personal data" means data relating to identifiable natural persons.