

## Welcome to the RAK Half Marathon 2010!

There will be lots of runners, media personnel, race crew and spectators taking part on the day so we think that this guide is an excellent means of getting all the race information to you before the starting horn sounds! The online version will be updated as we have new news, a limited number of final updated hard copies will be on hand in the Media Center on Race Day. If you have any questions, please contact the Media Department on 050 347 64 24 between 10am-6pm **before** Race Day or visit the Media Center near the main stage.

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## **FROM THE RAK HALF MARATHON - MEDIA DIRECTOR**

Dear Media Friends & Associates:

More and more people are talking about Ras Al Khaimah. Many of those are not just talking about the Emirate they are investing here and moving their lives and business here along with loved ones. The free trade zones have become the third-largest recipient of investment in the GCC.

In the past 12 months since the 3rd edition of the RAK Half Marathon a number of new luxury hotels have already opened their doors in the Emirate. An annual race of the magnitude of the Half Marathon which has broken no less than three world records is a perfect marriage of a trend setting Ras Al Khaimah that is part of the economic paradigm moving from West to East.

RAK is marketing itself as one of the premier tourism destinations for potential visitors to the UAE. Several promotional programs are currently underway to brand the UAE as a top global destination and have so far yielded positive results, with increases in the number of visitors, occupancy rates and average stay length. To date, RAK draws the majority of its guests from Europe, with Britain, Germany and Russia showing the most growth.

Higher rents for residential and office space, increasing traffic problems and generally more stressful working environments in the bigger emirates are all factors why living and doing business in RAK is becoming more appealing.

If you look at the 2009 RAK Half Marathon DVD the sheer magnitude of an event that only had its first edition in 2007 stands out. The aerial shots of RAK show development and the buzz around the marquees at the start and finish is testament of a city that has a forward looking vision.

There are always stories to be told from organizers, volunteers, runners and spectators and the visual first person images are second to none. They also look pretty good on TV!

The Organizing Committee would like to thank all media for giving us your support- please do drop into the Media Centre with questions or comments. Being an IAAF Silver Label Status Race and highest accredited road race in the Middle East we have a lot to live up to- but having your support helps greatly.

Good luck to all the athletes, spectators and volunteers!

Greg Fairlie  
Media Director

## **MEDIA CENTRE**

### **LOCATION**

There will be a Media Centre near the Start and Finish line of the RAK Half Marathon where our team of experienced media personnel will be ready to help and assist journalists. It will be clearly signposted and will be housed in one of the official race cabins. Accreditation will be required to gain access.

### **OPENING HOURS**

On Race Day, Friday 19 February, the Media Centre will be operational from 5am until the end of the proceedings.

### **FACILITIES**

The Media Centre will provide internet, email and photocopy/fax services in addition to full race information and complimentary refreshments for accredited media.

### **ACCREDITATION**

Local and International press **must** be accredited to gain access to areas restricted to non-event personnel and to receive the best possible attention and assistance from the Race Organizers. With the exception of the 200m either side of the Start & Finish line, the course is open for the general public on foot (vehicles of any kind are strictly not allowed on the race route and the police and our security team will be reinforcing this restriction). Accreditation can be done in advance through the official event website. The earlier you register, the more we can keep you updated via email with all the latest news regarding the RAK Half Marathon and Premier Marathons events.

### **ACCESS**

For the safety of everyone in attendance and out of respect to the runners, media personnel will NOT be allowed on the middle of the road at the start and finish line. There are designated areas for media personnel which facilitate you gaining access to good photographic shots/camera angles etc. This is an international race and we have regulations to follow, please do assist us in respecting our regulations and the directions of the police, our security personnel and race officials.

### **INTERVIEWS AND MEDIA COVERAGE**

There will be an opportunity for media to do short interviews with the athletes between 6.45am and 7am and again after the race. In addition the winners will be available for media interviews after they have completed their anti-doping control tests. The Media Centre will be able to brief journalists on this on Race Day. Please note that select athletes must and will be escorted to the Race Medical Center for anti-dope testing and will only be available **after** this process has been completed.

*A reminder! UAE Nationals and expatriate residents as well as many overseas visitors make up the majority of the running field and in many cases will be running for charity, there are countless interesting stories to tell, please also interview/feature them and not just the winners!*

## **RACE FACTS**

### **Race Start Times**

#### **Half Marathon**

07.20 RAK Half Marathon

#### **Team Relay Challenge**

07.35 Team Relay Challenge

Please be at the Start Area **at least 40 minutes** before the race

### **Running Number Identification**

Elite Athletes will wear numbers between 1 – 100 on a white background.

RAK Half Marathon runners will wear numbers between 51 - 1,999 & 3,000 – 3,100 with a white background behind the number.

Team Relay Challenge Runners – START (0-5km) will wear numbers with a green color band behind the number.

Team Relay Challenge Runners – Changeover A (5-10km) will wear numbers with a blue color band behind the number.

Team Relay Challenge Runners – Changeover B (10-15km) will wear numbers with a pink color band behind the number.

Team Relay Challenge Runners – Changeover C (15km-Finish Line) will wear numbers with an orange color band behind the number.

### **The Course**

Both the Half Marathon and the Team Relay Challenge races run on the same course.

### **Distance Markers**

Each kilometer will be clearly marked. Al Ain Mineral Water Stations, toilets, medical stations and energy drink stations will be clearly marked.

### **Finishers**

All finishers will receive a commemorative medal and a race certificate printed with their name and finish time.

### **Remember the 5 Golden Rules!**

1. Do get to the Start in plenty of time.
2. Do not bring any valuables with you.
3. Wear running gear and shoes that you are well used to – nothing new that will end up hurting you.
4. Do not stop or alter direction suddenly. This applies particularly at the water stations. Do not dive sideways for the first table – go on and steer gently towards one of the other tables which have fewer runners taking water. There will be at least two water tables 10m apart. DRINK OFTEN!
5. Don't forget to check out the Official Race Website ([www.rakmarathon.org](http://www.rakmarathon.org)) for last minute information and results.

## ELITE FOCUS

### Why do they come to RAK?

A great many of the world's very top athletes regularly clamor for an invitation to come and run in the RAK Half Marathon, what makes our race so attractive to them?

Firstly, let us just say it's not any *one* factor, but rather a combination of many good things all coming together at once, and not by accident! It takes much more than a big prize purse and a flat bit of road to create the splash that the RAK Half Marathon has achieved so far.

To create what stands today as the highest accredited road race in the Middle East, the planning began first with the route: It was imperative to create a route that was not only as flat as possible (no more than 5m in elevation on the current course), but as aesthetically attractive and interesting as possible. Elite athletes find running half the distance of a race in a straight line incredibly boring, and not in the least bit motivational. Also, it shouldn't have so many turns that slow athletes down.

Prolific racer Deriba Merga (Ethiopia) who has occupied the 3<sup>rd</sup> place position in both the 07 and 09 races enjoys the course greatly and commented: "The route is very nice and not boring, there are turns and straights and it gives a chance to go very fast, with good pacing and fantastic planning anything is possible here!"

The next factor up for consideration was the weather and climate. The end of the second week in February was selected to catch the very best weather RAK has to offer. This date afforded an average start temperature of 18-19°C on Race Day and was generally after the worst of the winter rains and wind.

For the past 2 years Patrick Makau (Kenya) has won the men's race. Makau missed the equalling the World Record during the RAK Half Marathon 2009 by a mere 19 seconds but still ran the second fastest time ever and set a new course record in doing so. When Makau was asked why he likes to run in RAK, his answer was simply: "...because the organisers give us the very best chance to run fast and if we are lucky to have perfect weather then there is a chance that one of us can break the world record."

The world's best runners vie for a place in the start list of the RAK Half for another very good reason too...it's just the right time of year (and distance) to be used as a useful warm-up for the big European springtime races. Elites can enjoy a competitive race with compatriots, many of whom they'll be lining up alongside at the London and Paris marathons in April, and get a good understanding of their competitors form.

Salina Kosgei (Kenya), 2008 winner says "It's simply the fastest of routes and with such a good start list, fantastic races are nearly a guarantee!"

So in terms of the course geography, the climate and the competition, it is clear that Ras Al Khaimah is the perfect venue for a super fast road race, there are however more reasons to why so many of the world's best runners favor the RAK Half Marathon over other races...

Many of the elite athletes invited to run in RAK hail from East Africa nations such as Kenya and Ethiopia. This means that with a fairly short flight direct to Dubai, a time difference of only 1 hour and a short

road transfer to the hotel, Ras Al Khaimah is home-from-home and the athlete's body clock takes no time to adapt and recover from the trip. Compared to long flights to races in Europe, the America's or the Far East, this is a big bonus.

Naturally, rewards at the highest level of the sport are important and the RAK Half Marathon has consistently offered the highest prize rewards of any half marathon on the planet. The bumper prize purse helps ensure competitiveness is boosted and taken seriously and means that the athletes know that if they run fast and finish in the top positions they will go away well rewarded.

The event's invited elite athlete field has consistently made the RAK Half Marathon the fastest half marathon in the World over the past three years. In the 2010 edition we will endeavor to once again bring in elite athletes with the desire and ambition to break the World Record in both men's and ladies races....they know that if all the right factors come together on Race Day, anything is possible!

So come along and cheer on the elite athletes and the thousands of other runners who will all be vying for a place in the record books, the prize list or who will just be content with making the finish line of the world's fastest half marathon.

Ian Ladbrooke  
Elite Field Coordinator

## THE ELITE FIELD – MEN

Note: Half Marathon Personal Best is indicated in [ ] after the athletes name

**Deriba Merga** [59:15] (born October 26<sup>th</sup>, 1980) from Ethiopia.

- Winner of Boston Marathon 2009
- First in New Delhi Half Marathon 2008
- 4<sup>th</sup> place in Beijing Olympic Marathon in 2008

**Tilahun Regassa** [59:19] (born January 18<sup>th</sup>, 1990) from Ethiopia is the winner of the Zayed Half Marathon, Abu Dhabi.

**Getu Feleke** [60:36] (born November 28<sup>th</sup>, 1986) is Ethiopian.

**Titus Masai** [60:00] (born October 9<sup>th</sup>, 1989) from Kenya.

**Lelisa Desisa** [59:59] (born January 14<sup>th</sup>, 1990) from Ethiopia placed 3<sup>rd</sup> in the latest Zayed Half Marathon.

**Jairus Chanchima** [59:43] (born January 1<sup>st</sup>, 1984) comes from Kenya.

**Fabiano Joseph** [59:56] (born December 24<sup>th</sup>, 1985) is a Tanzanian former World Half Marathon Champion.

- Silver Medal in the 2004 World Half Marathon Championships
- Gold Medal in the 2005 World Half Marathon Championships
- Bronze Medal in the 2006 Commonwealth Games

**Stephen Kibiwott** [59:37] (born April 3<sup>rd</sup>, 1980) is Kenyan.

- Winner of Turin Marathon 2008

**Willy Mwangi** [60:07] (born April 30<sup>th</sup>, 1980) from Kenya.

**Josphat Ndambiri** [62:10] (born February 12<sup>th</sup>, 1985) is Kenyan.

- 5<sup>th</sup> place in the 2007 10,000 m world championships.

**John Wambua** [61:50] (born April 16<sup>th</sup>, 1985) is Kenyan.

**Geoffrey Mutai** [59:30] (born October 7<sup>th</sup>, 1981) from Kenya.

- Winner of Valencia Half Marathon 2009

**Patrick Nthiwa** [60:23] (born June 30<sup>th</sup>, 1983) is Kenyan.

**John Kiprotich** [59:44] (born 30 March, 1989) come from Kenya.

- 2<sup>nd</sup> place in Udine Half Marathon 2008

**David Mandago** [60:23] (born December 15, 1974) is the Kenyan winner of Hamburg Marathon 2008

**Tilahun Aliyev** (born March 21<sup>st</sup>, 1990) from Azerbaijan.

**Simon Munyutu** [62:54] (born December 27, 1977) is French.

## THE ELITE FIELD – WOMEN

Note: Half Marathon Personal Best is indicated in [ ] after the athletes name

**Dire Tune** [67:18] (born June 19, 1985) is the holder of the Ethiopian National Half Marathon record.

- World record holder over one hour
- Winner of 2008 Boston Marathon
- 2<sup>nd</sup> place in the 2009 Boston Marathon
- Winner of RAK Marathon 2009

**Elvan Abeylegesse** (born September 11<sup>th</sup>, 1982) from Turkey will be making her half-marathon debut.

- Winner of the IAAF World Athletics Final (5000 m) in 2003 and 2004
- Three-time winner of the European Cup 10,000 m in 2006, 2007 and 2008
- Silver medalist in the 2009 Beijing Olympics 10,000 m race

**Agnes Kirop** (born December 12<sup>th</sup>, 1979) from Kenya is the winner of Frankfurt Marathon 2009

**Koren Yal** (born January 18<sup>th</sup>, 1987) from Ethiopia is the winner of the 2009 Great Ethiopian Run.

**Genet Measso** (born November 11<sup>th</sup>, 1987) from Ethiopia.

**Mare Dibaba** [70:25] (born October 20, 1989) is from Ethiopia.

- Winner of Warsaw International Half Marathon 2008

**Hilda Kibet** [69:43] (born March 27<sup>th</sup>, 1981) from The Netherlands.

- 2007 European Cross Country Champion
- Winner of New York 10K 2007
- Winner of New York half Marathon 2007
- Winner of Den Haag Marathon 2007

**Aselefech Mergia** [67:48] (born January 23, 1985) is Ethiopian.

- Winner of Delhi Half Marathon 2008
- 3<sup>rd</sup> place in World Half Marathon Championships 2008
- 2<sup>nd</sup> place in the RAK Half Marathon 2009
- 2<sup>nd</sup> place in World Marathon Championships 2009

**Teyiba Erkesso** [69:45] (born October 30<sup>th</sup>, 1982) is from Ethiopia. She came second in the 2007 RAK Half Marathon.

**Atsede Habtamu** [68:29] (born October 26, 1987) is Ethiopian.

**Rosaria Console** [69:34] (born December 17, 1979) from Italy.

**Meseret Mengistu** [69:44] (born March 6<sup>th</sup>, 1990) from Ethiopia.

**Jacqueline Nyetipei** [69:37] (born July 2<sup>nd</sup>, 1984) from Kenya.

- Winner of Austin Half Marathon, Texas 2009

**Magdalena Mukunzi** [68:52] (born October 22<sup>nd</sup>, 1982) from Kenya.

**Genovena Jelagat** [69:42] (born August 9<sup>th</sup>, 1980) is Kenyan.

**Gezashign Safarova** (born February 5<sup>th</sup>, 1990) is Azerbaijani.

**Sarah Stradling** (born July 23<sup>rd</sup>, 1975) from Great Britain.

**PRIZES & AWARDS**

The Ras Al Khaimah Half Marathon 2010 will feature over 250,000 USD in cash prizes!

**Half Marathon - Open Category – List A**

Position	Men	Women
1	\$20,000	\$20,000
2	\$10,000	\$10,000
3	\$7,000	\$7,000
4	\$5,000	\$5,000
5	\$4,000	\$4,000
6	\$3,000	\$3,000
7	\$2,000	\$2,000
8	\$1,500	\$1,500
9	\$1,000	\$1,000
10	\$500	\$500
CR*	\$5,000	\$5,000

**Half Marathon - Masters Category (Men 45+ / Women 40+) - List B**

Position	Men	Women
1	\$1,000	\$1,000
2	\$750	\$750
3	\$500	\$500
CR*	\$500	\$500

**Special prizes for UAE Resident participants - List C**

Position	Men	Women
1	\$3,000	\$3,000
2	\$2,000	\$2,000
3	\$1,000	\$1,000
CR*	\$1,000	\$1,000

**Special prizes for UAE National participants - List D**

Position	Men	Women
1	\$3,000	\$3,000
2	\$2,000	\$2,000
3	\$1,000	\$1,000
NR*	\$1,000	\$1,000

**Special prize for Fastest Relay Team – List E**

Position	Team Relay
1	\$3,000
2	\$2,000
3	\$1,000
CR*	\$1,000

**Inter-School Team Relay Challenge – List F**

1 \$ 2,000

**Inter-University Team Relay Challenge**

1 \$ 2,000

*Half Marathon World Record Bonus – US \$50,000*

*CR\* - Course Record (New)*

*NR\* - National Record (New)*

\*\*To qualify for this prize category you must be a UAE National or be a non-UAE national but have valid UAE residency in the UAE on Race Day.

\* Masters Men = born on or before 19.02.1965; Masters Women=born on or before 19.02.1970)

All prize categories are non-cumulative; multiple prize winners will take the highest single prize.

**To read the full rules, terms and conditions of prize money awards, please refer to the official event website.**

## 2009 TOP HALF-MARATHON PERFORMANCES

### MEN

The current world record is 58:33, set by Samuel Wanjiru of Kenya on March 17th, 2007 in Den Haag, The Netherlands.

Time	Athlete	Nat	Birth	Pos	Venue	Date
58:52	Patrick Makau Musyoki	KEN	2/3/1985	1	<b>Ras Al Khaimah</b>	20/02/2009
58:58	Sammy Kirop Kitwara	KEN	26/11/1986	1	Rotterdam	13/09/2009
58:59	Wilson Kipsang Kiprotich	KEN	15/03/1982	2	<b>Ras Al Khaimah</b>	20/02/2009
59:08	Jonathan Maiyo	KEN	1988	2	Rotterdam	13/09/2009
59:09	James Kipsang Kwambai	KEN	28/02/1983	3	Rotterdam	13/09/2009
59:10	Bernard Kiprop Kipyego	KEN	16/07/1986	4	Rotterdam	13/09/2009
59:15	Wilson Kwambai Chebet	KEN	12/7/1985	5	Rotterdam	13/09/2009
59:18	Deriba Merga	ETH	26/10/1980	3	<b>Ras Al Khaimah</b>	20/02/2009
59:23	John Kiprotich	KEN	1989	6	Rotterdam	13/09/2009
59:30	Geoffrey Kiprono Mutai	KEN	7/10/1981	1	Valencia, ESP	22/11/2009
59:32	Wilson Kwambai Chebet			4	<b>Ras Al Khaimah</b>	20/02/2009
59:32	Robert Kipkorir Kipchumba	KEN	24/02/1984	7	Rotterdam	13/09/2009
59:33	Wilson Kipsang Kiprotich			2	Valencia, ESP	22/11/2009
59:34	Bernard Kiprop Kipyego			1	Berlin	5/4/2009
59:35	Zersenay Tadese	ERI	8/2/1982	1	Birmingham	11/10/2009
59:36	Samuel Kiplimo Kosgei	KEN	20/01/1986	2	Berlin	5/4/2009
59:37	Stephen Kipkoech Kibiwott	KEN	3/4/1980	1	Lille	5/9/2009
59:38	Wilson Kipsang Kiprotich			3	Berlin	5/4/2009
59:43	Jairus Chanchaima	KEN	1984	2	Lille	5/9/2009
59:47	Sammy Kirop Kitwara			1	Den Haag	14/03/2009

All information correct at time of going to press. Source: <http://www.iaaf.org>

## 2009 TOP HALF-MARATHON PERFORMANCES

### WOMEN

The female world record is 1:06:25, set by Lornah Kiplagat of the Netherlands on October 14th, 2007, in Udine, Italy.

Time	Athlete	Nat	Birth	Pos	Venue	Date
1:06:36	Mary Jepkosgei Keitany	KEN	18/01/1982	1	Birmingham	11/10/2009
1:06:54	Mary Jepkosgei Keitany			1	New Delhi	1/11/2009
1:07:00	Mary Jepkosgei Keitany			1	Lille	5/9/2009
1:07:18	Dire Tune	ETH	19/06/1985	1	<b>Ras Al Khaimah</b>	20/02/2009
1:07:38	Philes Moora Ongori	KEN	19/07/1986	2	Birmingham	11/10/2009
1:07:39	Aberu Kebede	ETH	12/9/1989	3	Birmingham	11/10/2009
1:07:48	Aselefech Mergia	ETH	23/01/1985	2	<b>Ras Al Khaimah</b>	20/02/2009
1:07:50	Philes Moora Ongori			3	<b>Ras Al Khaimah</b>	20/02/2009
1:07:57	Abebu Gelan	ETH	18/01/1990	4	<b>Ras Al Khaimah</b>	20/02/2009
1:07:58	Wude Ayalew	ETH	4/7/1987	2	New Delhi	1/11/2009
1:07:59	Aberu Kebede			3	New Delhi	1/11/2009
1:08:05	Kara Goucher	USA	9/7/1978	1	Chicago, IL	2/8/2009
1:08:07	Mamitu Daska	KEN	16/10/1983	4	New Delhi	1/11/2009
1:08:14	Lydia Cheromei	KEN	11/5/1977	5	<b>Ras Al Khaimah</b>	20/02/2009
1:08:16	Amane Gobena	ETH	1986	6	<b>Ras Al Khaimah</b>	20/02/2009
1:08:16	Caroline Cheptanui Kilel	KEN	21/03/1981	4	Birmingham	11/10/2009
1:08:29	Mara Yamauchi	GBR	13/08/1973	1	Marugame	1/2/2009
1:08:30	Kara Goucher			1	Lisboa	22/03/2009
1:08:30	Peninah Jerop Arusei	KEN	23/02/1979	5	New Delhi	1/11/2009
1:08:39	Teyba Erkesso	ETH	30/10/1982	2	Lille	5/9/2009

All information correct at time of going to press. Source: <http://www.iaaf.org>

## FROM THE RACE DIRECTOR

It often amazes me how quickly the next edition of the race comes around and as we prepare for year 4 yet we're already finding ourselves in the office having more and more speculative discussions about our planned improvements for year 5. For this year we do hope you will all enjoy the tweaks and additions that are being introduced. We've always wanted to include a Pasta Party and now we have and as it sold out 5 months before the race we're already planning a bigger venue for 2011!

Despite the recent economic turmoil and the subsequent loss of some sponsors, we were determined to not only bring the same innovation that we do year after year, but strive to add even more value as well. We have still managed to set another first by becoming the first mass race in the UAE to offer each and every participant a complimentary *technical* running t-shirt, courtesy of Saucony our Sports Partner who are supporting us for the second year helping people run more comfortably.

As you will have seen from this slightly thicker program, we are now publishing the majority of the content in Arabic as well as English. At the same time our finisher's medal has been re-designed to better reflect our host, the emirate of Ras Al Khaimah and we've added a German translation to our website making it now tri-lingual and once again, a first for the region.

The environment once again plays an important role in the staging of the event with a discounted bus service being provided and car-pooling encouraged, all our used water bottles will be recycled by Al Ain Water, a recycling canister will be provided at the finish line for those who wish to recycle their timing chips and as usual any surplus race supplies will be donated to local organizations in need. This year over 80% of all participants registered online negating any travel to a registration point or paper forms etc which helps to increase the event's overall consciousness of environmental issues.

So as you can probably tell, lots happening and lots more to come but for now I hope you're all looking forward to Race Day and joining what has become the largest field ever for the 4<sup>th</sup> edition of the race. I look forward to seeing you all there!

Yours in Sport

Nathan Clayton  
Race Director

## **PREMIER TIMING**

Premier Timing, Preferred Partner of MYLAPS is the new name for ChampionChip UAE.

The world's leading timing technology for active sports events will once again be timing each and every participant in the RAK Half Marathon. The ChampionChip System is simple, accurate and professional. There is no similar system in the world.

In many sports events people compete, with one another, with themselves and with time. For active sports events the MyLaps Company (previously known as ChampionChip World) has revolutionized timing. In 1994 the company introduced an automatic timing system, which can not only time the finish but also split and start times. This made net times for every individual athlete possible.

- High-tech and easy to use timing system
- Fast and accurate results for small up to very large events
- Multipurpose utility: the system can be used in many different active sports events
- High level service by providing net times and splits for every individual competitor
- Regional, national and worldwide network of professional timing companies

### **ChampionChip technology...simple, accurate and fast**

The development of the ChampionChip technology started in 1993, initiated by the organization of the Seven Hills Run in Nijmegen, The Netherlands. It was officially introduced at the Berlin Marathon in September 1994. Presently the ChampionChip technology is used in the big city marathons, Ironman triathlons plus thousands of other events around the world, with proven superior performance. The basis for the ChampionChip technology is the radio-frequency identification system (RFID) from Texas Instruments, which is also used for security-locks in cars and admission control in buildings. The success of the ChampionChip technology is achieved through the combination of synchronized multiple antennas, high-tech analog and digital electronics, and dedicated software for live bulk data handling.

### **Where has the ChampionChip System been used?**

Since its introduction at the 1994 Berlin Marathon, ChampionChip Systems have timed thousands of events around the world, including the major international Marathons in:

- New York • London • Tokyo
- Boston • Berlin • Gold Coast
- Chicago • Paris • Durban
- Los Angeles • Rotterdam • Cape Town
- Honolulu • Moscow • Buenos Aires

Since 1998 ChampionChip has also timed the Ironman Hawaii and many other Ironman events around the world. The system has been used at the famous Broloppet in June 2000, the half marathon between Denmark and Sweden across the new bridge connecting these countries. 79,837 Competitors attended the race; ChampionChip timed all of them.

***ChampionChip: superior service for timers, events and participants alike.***

For timing services please write to [mail@premiertiming.com](mailto:mail@premiertiming.com)

Website: [www.premiertiming.com](http://www.premiertiming.com)

## **COURSE MAP**

**To view the Course Map, please log on to the Official Race Website; [www.rakmarathon.org](http://www.rakmarathon.org)**

## **THE COURSE**

### **Why change a World Record course?**

No reason whatsoever, so we haven't! Last year's course was the scene of two world record times and we believe that's good enough reason not to modify it for the 2010 race.

We're aware that there were a few bits of the road surface that could have been better (and hopefully will be for the 2010 race) and there were a few parts that were maybe not as aesthetically pleasing as some others. Whilst Ras Al Khaimah is not blessed with a wide flat tarmac race course to run around in loops, slowing for the chicanes, nor does it have a nice straight road that we could ask runners to run half the course on before they u-turn and run all the way back, we do believe we're better off without such conveniences – after all, our course does currently hold the UAE's only world record in athletics, so we're rightfully proud of that.

### **Certification**

Although international race rules do not require unmodified courses to be re-measured annually, the presence of so many fast times and record times made us realize that we'd rather err on the side of caution and have a full, detailed measurement done once more by a Grade A certified measurer of AIMS. In late October of 2009 we were pleased to welcome back Hugh Jones, General Secretary of AIMS and the world's foremost course measurer who has been a frequent visitor to RAK having measured the course (either pre-race or as a validation measurement post-race) every year the event has been held. Having completed and authorized the new course to be not less than 21.0975km, Hugh Jones provided his measurement data to John Kunkeler, another Grade A Measurer certified by AIMS/IAAF who will measure the course again two days prior to the race and again immediately after the race in the case of any record claim. John will also ride in the lead vehicle alongside the elite athletes to ensure the runners do not deviate from the approved measured course.

### **Start & Finish**

Both events (the Half Marathon and the Team Relay Challenge) will start and finish at the same place just about opposite to the City Hotel and at the end of the Manar Mall car park next to the Carrefour sign and will both follow the same route. Elite athletes will line up first, followed by Competitive Start Runners, Preferred Start Runners and then the Mass Start (everybody else) runners – if you wish to be near the front of your start area please arrive in plenty of time as runners will be lining up from 6.00am.

### **The Course**

The course will start on and run south along Al Muntasir Road to the first crossroads where it will turn right and run along the edge of the Mangrove Swamp to the Police Officers Club (3.5km) where runners will turn right and run along and past the Sheikh Zayed Mosque along the Al Qawasim Corniche Road. The route will then turn left and head south again down Al Nahda Street (6-7km) and then left to the Al Shuhada Roundabout with a gentle curve around (8km) to bring runners on to the south side of the Mangrove Swamp Road and will continue until and turn right at the Ruler's Palace (11km) and run along Khuzam Road to the Sheikh Abdullah Bin Muhammed Al Qasimi Roundabout (with a large lamp on it) (13.5km). Runners will then run straight (over) the roundabout and continue up to the Coffee Pot roundabout, again run straight (over) to the intersection of Sultan Al Kabeer Road where they will U-turn (15km) and return along the north side of Khuzam Road, past the Ruler's Palace (18km) and turn right back onto the south side of the Mangrove Road to

the first crossroads where they will turn left and head back to the Finish Line with a good final sprint (we hope!).

**Aid Stations**

Water Stations and Sports Drink Stations (Gatorade) will be located every 2.5km (see inside cover map for exact locations)

Medical Stations will be positioned every 5km and there will be toilet and shower facilities at the Start & Finish point (Race Car Park), 5km, 10km and 15km points.

## **MEDICAL SERVICES, DISTANCE MARKERS, DRINKING STATIONS, & TOILETS**

### **Medical Aid along the Route**

Medical Stations along the routes are clearly signposted by Red Crescent signposts. If you need help or treatment please proceed to any one of these stations. Fully equipped and manned emergency vehicles and ambulances will be positioned around the course.

### **Distance Markers**

Each kilometer will be clearly marked. Water Stations, toilets, medical stations and Sports Drink stations will be clearly marked.

### **Al Ain Mineral Water Stations**

Replacing lost fluid regularly is a must for all runners in any distance. Please make use of our Al Ain Mineral Water stations situated along the course.

Al Ain Mineral Water is offered at 2.5km, 5km, 7.5km, 10km, 12.5km, 15km, 17.5km and 20km marks. There will be a pre and post-hydration station offering Al Ain Mineral Water at the Start and Finish Line. Each Al Ain Mineral Water Station has at least 2 tables at the side of the road with 10 meters between each one – please do not crowd the first table – if it's busy, move to the next.

**Please discard your empty bottles carefully to the side of the road and not where they will cause a problem to those runners behind you!**

### **Sports Drinks**

There will be Sports Drink (Gatorade) Stations at the 5km, 10km and 15km marks as well as at the Start and Finish Line. Each Sports Drink Station will come AFTER the Water Stations.

**Please discard your empty cups carefully to the side of the road and not where they will cause a problem to those runners behind you!**

### **Toilet Cabins & Showers**

There will be 4 toilet cabins located behind and to the side of the Start & Finish Line (near the Carrefour sign on the Mall) and at least 4 portable toilets at each of the 5km, 10km and 15km points along the course. Showers will also be available for those who wish to use these. Please bring your own shower kits.

#### WEATHER CONDITIONS ON RACE DAY

Date	High	Low	Wind Speed	Precipitation
Feb 19, 2007	25°C	17°C	18 - 28 km/h	none
Feb 19, 2008	30°C	12°C	5 – 17 km/h	none
Feb 19, 2009	26°C	14°C	5 – 10 km/h	none
Feb 19, 2010	28°C	12°C	7 – 15 km/h	none

Great weather conditions are expected on Friday February 19th, with low humidity and mild temperatures well into race day. This year's race starts at 7.20am and by the time it begins to reach the day's maximum temperature around 28 degrees, with a slight increase in humidity around 2pm, the race will be over.

## RUNNERS BY NATIONALITY

The RAK Half Marathon 2010 welcomes 85 different nationalities to the Start Line

<b>Nationality</b>	<b>Percentage</b>
Algerian	0.16
American	7.15
Argentinian	0.08
Australian	5.5
Austrian	0.4
Azerbaijani	0.2
Bangladeshi	0.04
Belgian	0.47
Bhutanese	0.04
Brazilian	0.23
British	36.5
Bruneian	0.04
Bulgarian	0.08
Burmese	0.2
Canadian	4.2
Chilean	0.04
Chinese	0.07
Colombian	0.12
Costa Rican	0.03
Croatian	0.04
Czech	0.04
Danish	0.9
Dutch	1.4
Ecuadorian	0.03
Egyptian	1
Emirati	1.9
Estonian	0.04
Ethiopian	0.6
Fijian	0.07
Filipino	2
Finnish	0.6
French	1.65
German	2.2
Hungarian	0.12
Icelander	0.11
Indian	7.5
Indonesian	0.04

Iranian	0.2
Iraqi	0.08
Irish	3.4
Italian	0.52
Japanese	0.51
Jordanian	0.52
Kenyan	1
Korean	0.1
Kuwaiti	0.15
Lebanese	1.2
Lithuanian	0.03
Malaysian	0.24
Maltese	0.04
Mauritian	0.04
Mexican	0.3
Moroccan	0.47
Nepalese	0.08
New Zealander	2.3
Nigerian	0.04
Norwegian	0.2
Omani	0.04
Pakistani	0.8
Palestinian	0.16
Panamanian	0.04
Papua New Guinean	0.03
Peruvian	0.04
Polish	0.24
Portuguese	0.2
Puerto Rican	0.04
Romanian	0.23
Russian	0.12
Saudi Arabian	0.15
Singaporean	0.11
Slovak	0.24
South African	6.4
Spanish	0.63
Sri Lankan	0.5
Sudanese	0.04
Swazi	0.04
Swedish	1.12
Swiss	0.42

Syrian	0.42
Tanzanian	0.08
Trinidadian	0.04
Turkish	0.2
Venezuelan	0.04
Yemeni	0.11
Zimbabwean	0.31
<b>Total</b>	<b>100</b>

#### RUNNERS BY CITY

City	Percentage
Abu Dhabi	13
Ajman	0.04
Al Ain	1.8
Dubai	68
Fujairah	0.4
Sharjah	2.3
Ras Al Khaimah	9.5
Umm Al Quwain	0.15
International*	4.81

\* International runners this year came from: Aachen, Barcelona, Bergen, Berlin, Brixton, Copenhagen, Damascus, Doha, Hamburg, Hong Kong, Kuwait, London, Manama, Manchester, Munich, Muscat, Nantes, New York, Riyadh, San Francisco, Sohar, Stockholm , Virginia...

#### RUNNERS BY CATEGORY

	MALE	FEMALE	TOTAL
Half Marathon	1,259	786	2,045
Team Relay Challenge	364	188	552
<b>Total</b>	<b>1,623</b>	<b>974</b>	<b>2,597</b>

### **OLDEST RUNNERS**

Oldest male runner: Guenther Kieninger, German, Dubai Resident, aged 71.  
Bib number 1707

Oldest female runner: Ulla Britt Söderblom, Swedish coming from Stockholm, aged 72.  
Bib number 1622

### **YOUNGEST RUNNERS**

Youngest male runner: Paul Mueller, Australian, from Abu Dhabi, aged 14. Bib number 2013  
(Team Just 4 Fun)

Youngest female runner: Christine Husni, American, from Dubai, aged 11. Bib number 2004  
(Team HELIOZID OCE)

### **ALL ABOUT THE WEB**

Launched at the end of 2006 shortly before the first edition of the race, the official event website [rakmarathon.org](http://rakmarathon.org) has grown and matured with the race and has a key role to play in the event. The site currently boasts a page rank of 5/10 (Google) in just 4 years putting its popularity at least on a par with the older, more mature multi-million dollar Dubai Marathon website. Having won a UAE Web Awards trophy in just its first year, the website now provides information in 3 languages (English, Arabic & German) and is the portal for over 95% of all the registrations received.

Here are some more facts & figures for [rakmarathon.org](http://rakmarathon.org)

Since launching the website has received more than 72,500 visits from 122 different countries (representing 63 different languages). On an average month the website records 6,041 pages being viewed whilst logging an average visit duration (time each user spends on the website) of 3:41 minutes.

Whilst you may be thinking less than 4 minutes isn't so much, Google Analytics rates it as being 39.25% longer than visits on sports sites of a similar size.

## SPONSORS & PARTNERS

SAQR PORT – Presenting Sponsor

### **Saqr Port - The First Port in the Gulf**

Saqr Port was built by order of His Highness Sheikh Saqr Bin Mohammed Al Qasimi, Supreme Council Member and Ruler of Ras Al Khaimah and was opened in 1977. Maintaining the Emirates historical maritime connections, the Government of Ras Al Khaimah Saqr Port Authority is ideally situated closed to the major shipping lines and the Strait of Hormuz.

Saqr Port offers modern facilities for shippers to the UAE and for Transshipment; traffic to other Gulf Countries, India, and Pakistan. The UAE's excellent road network makes overland transshipment throughout the Middle East a realistic possibility for shippers and importers alike. Saqr Port is also the closest Port to Bander Abbas, for transshipment by sea to Iran.

Saqr Port is located at Khour Kuwair, Ras Al Khaimah's modern and fast growing industrial complex. Imports of raw materials that support local industry are efficiently handled and the Port also offers a convenient outlet for manufactured materials from the construction industry which are exported throughout the Middle East.

Contact Details:

**Government of Ras Al Khaimah Saqr Port Authority,  
P.O. BOX: 5130 RAS AL-KHAIMAH – UAE**

**Telephone: Main Office: +971 7 2668444 / Control Tower: +971 7 2668051**

**Fax: +971 7 2668533**

**VHF Calling channel 16 "Saqr Port Authority"**

**VHF working channel 14**

**Chief Executive Officer : [ceo@saqrport.com](mailto:ceo@saqrport.com)**

**General Information: [info@saqrport.com](mailto:info@saqrport.com)**



**(Alphabetical)**

**AL AIN MINERAL WATER COMPANY**

Al Ain Mineral Water Company (P.J.S.C.) was established as an initiative of His Highness the Late Sheikh Zayed bin Sultan Al Nahyan.

The manufacturing facility was opened on 5th August 1990 by Sheikh Saeed bin Tahnoon and is situated on Khattam Al Shiklah Road in Al Ain, The Garden City of the UAE. The company already commands the second leading position in the UAE, with a 24% share of the bottled water market.

With pioneering purification techniques, the Company ensures that consumers are assured of the most healthy, natural and fresh water. The Al Ain portfolio includes Pure Natural Bottled water, Al Ain Water+ for kids, flavored water and the 5-gallon water. It has low levels of Total Dissolved Solids and one of the lowest concentrations of sodium on the market.

Our vision is to become the No.1 brand in the UAE water market, building on our established quality, tradition and heritage.

Al Ain Mineral Water Company is also actively involved in promoting bottle recycling and disposal efforts in the UAE.

**Contact Details:**

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PO Box 16020, Al Ain,  
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## **THE COVE ROTANA RESORT – RAS AL KHAIMAH**

For the second consecutive year The Cove Rotana Resort is the official Hotel of the RAK Half Marathon, held on 19th of February 2010.

The Cove Rotana Resort, Ras Al Khaimah is located at the entrance of the Ras Al Khaimah emirate on an idyllic water inlet at Arqoob beach. It offers the pleasures of graceful living and boasts more than 600 meters of white sand, stunning turquoise waters and a multitude of activities. Indulgent amenities such as a well appointed leisure and fitness center and excellent choice of restaurants, bar and lounge. Rooms, suites and villas at the Cove Rotana Resort redefines the abundance in resort experience, combining intimacy, comfort, exclusivity with the personalized service and attention to detail that are the hallmarks of Rotana.

The resort offers the discerning traveler 204 hotel rooms and 76 one, two and three bedroom villas ideally designed to accommodate families or a group of friends. With a Nubian touch in their design most of the guest rooms offer breathtaking views of the Arabian Gulf private balconies or terraces; while the two and three bedroom villas are also equipped with a private plunge pool. All rooms include a wealth of attractive and contemporary accessories with modern day amenities such as multi channel TV, tea coffee making facilities, IDD telephone, mini bar and personal in-room safe box.

The Cove Rotana Resort –Ras Al Khaimah is all about fun, leisure and relaxation with its state-of-the-art recreational facilities such Bodylines leisure & fitness club, including a fully equipped gymnasium with advanced resistance training and cardio equipment, Jacuzzi, steam, sauna rooms and 7 exquisitely designed massage rooms. Water sports activities of every kind, Flippers Kid's Club, two temperature-controlled swimming pools of 700sqmt each and 600 meters of sandy beach.

As for Food & Beverage venues, the resort offers to the guests the casual and lively Cinnamon, the all day dining restaurant and Basilico the splendid Mediterranean restaurant, Sunset and Laguna Bay the poolside bars, Breeze the lobby lounge and Breakers the beach bar

All come together to create a new and irresistible oasis of enchantment in the Emirate of Ras Al Khaimah.

### **Contact Details:**

The Cove Rotana Resort  
PO Box 34429, Ras Al Khaimah,  
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Tel: +971 7 206 6000  
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Email: [cove.resort@rotana.com](mailto:cove.resort@rotana.com)  
Web: [www.rotana.com](http://www.rotana.com)

## **SAUCONY - OFFICIAL SPORTS PARTNER**

At Saucony, we exist for runners. Runners inspire us, bring us new ideas and force us to be better. They drive our design and engineering. They keep us competitive. They keep us hungry. They keep us honest. Whether it's in a conference room or out on a lunchtime run, we're constantly talking about and arguing about our sport, runners and the products that fuel them. We love our products and we run in everything we make. This focus and passion fuels us as we strive to create the best running shoes and apparel on the planet. We leave work each day knowing we've done everything to make runners' lives just a little bit better. At Saucony, a good day is when we get to run. A great day is when we inspire someone else to run.

Saucony – since 1898

A US sports brand which is very popular for its running category is a leading supplier of performance athletic footwear, apparel and accessories. Saucony manufactures technically advanced products that improve the performance of active sports participants.

Advanced technologies like GRID, the first shoe-based stability and cushioning system; have provided an advantage to athletes of all types. Combined with Saucony's famous fit and feel, technology is why so many serious athletes come back to Saucony again and again.

We've spent years studying the biomechanics of top athletes. Our goal? To develop creatively engineered systems that maximize an athlete's performance in a specific activity, allowing the athlete to focus on the activity instead of his/her equipment. From our studies have come many innovative Saucony concepts. Advanced technologies – like GRID, the first sole-based stability and cushioning system - have provided an advantage to athletes of all types. Combined with Saucony's famous fit and feel, technology is why so many serious athletes come back to Saucony, again and again.

### **Contact Details:**

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## **MARATHON-PHOTOS.COM – OFFICIAL PHOTOGRAPHERS**

Marathon-Photos.com is the market leader in event photography, being the first in the world to offer marathon photos and video online through a user-friendly website.

Running a Half Marathon is a huge personal achievement, and we are there to capture the highlights and, in a sense, to share the excitement.

In 2009 we have photographed more than 2,000,000 competitors in over 500 races and endurance events in over 35 countries. We will have taken more than 8 million photos.

We have a wide range of innovative and exclusive photo products to choose from such as, Race Time Photos, which show a finisher's race time on the photo, personalized photo certificates. Alternatively we also offer ALL of your photographs in all of the above formats and more with the Digital Super Pack. All photographs can be downloaded to the runners' computer or web enabled mobile phone.

Runners will be able to view their photographs within 72 hours of the race through the official event website [www.rakmarathon.org](http://www.rakmarathon.org) Photo orders will be processed and dispatched within 2-3 days of receipt and confirmation of payment.

### **Contact Details:**

Chris Parry at [chris.parry@marathon-photos.com](mailto:chris.parry@marathon-photos.com)

**MEN'S FITNESS**

Men's Fitness is the Middle East's leading health and fitness title, dedicated to providing the reader with the most exciting and innovative ways of staying in shape. More than just a fitness magazine, it incorporates lifestyle, celebrity, fashion and grooming, providing a punchy and authoritative mix that encourages the reader to fulfill his potential across the board. The magazine reflects the lifestyle of Dubai's urban male population in both content and design, carrying detailed workout plans, vital nutritional information, the latest fashion must-haves and interviews with top athletes and celebrities. Put simply, Men's Fitness is a must-read publication, tailor-made to those in the region determined to achieve their personal best.

Men's Fitness is published by the ITP Group, serving the Middle East's business-to-business, technology and communication markets. The Group's multi-business model also includes internet ventures and online publishing, contract and corporate publishing, event management and digital printing services.

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## **RADIO & TELEVISION COVERAGE**

The RAK Half Marathon is now in its fourth year and it has moved forward in leaps and bounds! The race organizers are adamant that the annual event is not about huge numbers of runners taking part but more importantly the experience of a capped 3,000 runners in an event that matches and surpasses international standards.

Journalists often tell us that actually getting out of Dubai, Abu Dhabi or even Sharjah on the morning of the Race might seem like a burden, but once arriving at the start line the atmosphere, excitement and welcome the 'RAK-ites' exude takes over and with the cool calm as the sun rises you realize there is no better place to be on a Friday morning in February.

Media wise the world is now watching RAK. Footage from last year's event ended up on TV stations far and wide. Globally we are asked for images and video especially after the event made headlines with a world breaking time in the inaugural year and then followed that up with two world records last year.

Ten Sports- Indian Sub-Continent, Middle East, Indonesia, Hong Kong. Starhub - Singapore. Fox Sports Australia, Sky Sports UK and Ireland. Direct TV- North America, Supers-port - Africa and Showtime - Middle East and North Africa. "World of Athletics" broadcast in over 24 territories. The list goes on.

Regionally once again City 7 TV broadcast on Nilesat 101 will broadcast the race exclusively to a potential audience of 110 million. This free to air station is based in Dubai Media City with a footprint that spans the whole of the Gulf, Middle East and North Africa region.

We can't forget the important part radio has to play in the UAE with so many people who commute. Tuning in Radio 2 will not only bring live Race Day excitement from 5am on 19<sup>th</sup> February but in the lead up essential pre-race information, facts and prizes.

What is great about road races is the lack of hype and hyperbole amongst journalists. What you see is what you get and the anticipation can only be realized once the timing clock starts ticking. For the Elite runners and serious runners that clock has begun already.