

RACE INFORMATION PACK

QATAR CYCLISTS

Presents

SIMSIMAH XC CHALLENGE

سباق سمسمه

10 November 2023

MTB - TRAIL RUN

جري ودراجة جبلية



وزارة الرياضة والشباب
Ministry of Sports and Youth
دولة قطر - State of Qatar



RACE LOCATION & BIB COLLECTION

RACE LOCATION:

SIMSIMAH - [DIRECTIONS](#)

PARKING:

Parking will be beside the start line and bib collection area.

<https://maps.app.goo.gl/xATUVDi1AZtMoc9a9>

BIB COLLECTION DATES & TIMES:

DATE: Thursday 9 November 2023: 5 PM – 7 PM

LOCATION: QATAR CYCLISTS OFFICE, GATE 8,
LUSAIL MULTIPURPOSE HALL.

[DIRECTIONS](#)

DATE: Friday 10 November 2023: 5:45 AM onwards

LOCATION: SIMSIMAH

[DIRECTIONS](#)



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TRAIL RUN COURSE & START TIMES

COURSE MAP:

<https://connect.garmin.com/modern/course/237854761>

START TIMES:

- 10K Adults: 6:30 AM.
- 5K Adults: 6:30 AM.
- 3K Juniors: 6:35 AM.
- 800M Mini-Kids: 7:40 AM.

COURSE:

- 10K: Two loops of 5K
- 5K: One loop of 5K
- 3K: One loop of 1.5K out and back
- 800M: One loop of 400M out and back



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MTB COURSE & START TIMES

COURSE MAP:

<https://connect.garmin.com/modern/course/236570158>

START TIMES:

- 20K Adults: 8:00 AM.
- 10K Adults: 8:00 AM.
- 5K Juniors: 8:05 AM.

COURSE:

- 20K: Four loops of 5K
- 10K: Two loops of 5K
- 5K: One loop of 5K



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COURSE DESCRIPTION

COURSE DESCRIPTION:

The running & MTB courses are on desert tracks and is a mix of hard-packed trails and small hills. The paths are at least 5-10m wide and would be sufficient to accommodate all runners and cyclists. A team of volunteers will be deployed along the course to guide athletes.

For safety reasons, MTB race will start after the last runner crosses the finish line.

Please ensure that your bib number is unobstructed at all times, especially at the completion of loops so that the chip timing mats can record your passings.

All races will start and end at the same location.

AID STATIONS:

There will be 2 aid stations on the course.

- Start / Finish: Water
- 1.5K: Water



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OTHER DETAILS

WASHROOMS:

Washrooms are located near the start line.

MEDICAL:

Ambulance will be beside the start line.

FINISH LINE:

As you approach the finish line, please ensure that your bib is visible so that your time is accurately recorded.

Medals will be presented to all the finishers.

Please do not lose your bib; NO BIB - NO MEDAL.

PRIZE DISTRIBUTION CEREMONY:

There will be 2 prize distribution ceremonies and will take place beside the Start / Finish line.

TRAIL RUN AWARD CEREMONY: 8:15 AM

MTB AWARD CEREMONY: 9:15 AM

Awards for Top 3 Male / Female in all categories.



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AWARD CATEGORIES

TRAIL RUN AWARDS:

- Top 3 M/F Open (17-39) in 10K trail run.
- Top 3 M/F Open (17-39) in 5K trail run.
- Top 3 M/F Masters (Over 40) in 10K trail run.
- Top 3 M/F Masters (Over 40) in 5K trail run.
- Top 3 M/F Intermediate (13-16) in 3K trail run.
- Top 3 M/F Secondary (10-12) in 3K trail run.
- Top 3 M/F Primary (7-9) in 3K trail run.
- Top 3 M/F Mini-Kids (3-6) in 800M trail run.

MTB AWARDS:

- Top 3 M/F Open (17-39) in 20K MTB race.
- Top 3 M/F Open (17-39) in 10K MTB race.
- Top 3 M/F Masters (Over 40) in 20K MTB race.
- Top 3 M/F Masters (Over 40) in 10K MTB race.
- Top 3 M/F Juniors (10-16) in 5K MTB race.



MTB RACE RULES

MTB RACE:

- Race bib must to tied to the front of the handle bar.
- Riders must complete the entire distance of the race and the responsibility for following the official course lies with the rider.
- A rider is not permitted to take any shortcuts or to omit a circuit or take other advantage of a similar nature against opponents.
- A rider must act in a polite manner at all times and permit any faster rider to overtake without obstructing.
- A rider not wearing a helmet at any stage of the race will be removed from the course immediately. All helmets must comply with international standards.
- Appropriate riding attire, including a shirt, must be worn at all times.
- Eye protection is strongly recommended.
- It is recommended that fully-enclosed footwear be worn.
- 500ml water bottle or hydration pack is mandatory.
- Sunscreen.
- A fully-charged mobile phone.



MTB RACE RULES

MTB EQUIPMENT:

- The bike must be powered by human power alone. No E-MTB allowed. It is forbidden to use metal screws or spikes in the tyres of the bicycle.
- The rider must know about the maintenance of a bike and all repairs must be performed by individual racers as no riders will be provided any off root repairing facilities.

BEHAVIOUR OF PARTICIPANTS:

- A rider will not engage in any action for the purpose of obstructing another rider such as pushing or pulling by the jersey or saddle.
- No rider will cut across the line of another rider without sufficient lead to avoid the risk of a fall.
- A dismounted rider may finish a race pushing, pulling or carrying his bike but without assistance.
- A rider must not use offensive or abusive language, act in an anti-sporting manner, be disrespectful to the officials or ignore the race regulations.
- A rider must accept the decision of the official if he / she is disqualified from the race for not following the guidelines.



TRAIL RUNNING RULES

MANDATORY KIT:

- Shorts & T-Shirt.
- Running cap.
- Trail running shoes.
- Sunscreen and eyewear.
- Fully-charged mobile phone.

TRAIL RUNNING ETIQUETTE:

- The race number must be worn visibly and facing forward.
- The runner must complete the marked course on foot under their own power. Shortcuts are not permitted.
- No Littering! All litter must be carried to the next water station where it can be disposed of.
- No outside support is allowed along the race course. Support crews are not permitted to run with or pace runners.
- Any tampering with course marking or other actions that are deemed against a fair and sporting spirit is unacceptable and will result in disqualification.



A FEW IMPORTANT REMINDERS

- Podium finish is decided from the gun start. There is no net time allowed for a podium finish.
- Our staff and volunteers will be strategically positioned around the course to guide and monitor participants as it would help us resolve any potential issues or missed time recordings.
- Please do not litter on the course. Kindly dispose of all empty water bottles in bins along the course.

CONTACT US:

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