



RIYADH
MARATHON
2020
RACE
GUIDE

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PRE RACE

1. VILLAGE MAP



A Entrance

F Media

K SAB

P Medical Tent

U Finish line

B Photobooth

G Sponsor Booths

L Exit

Q Stage

i Help Desk

C Asics

H Kids Zone

M Lighted Cube

R Pre-Start Arch

D Carousel

I Marathon Fm

N Reunion Zone

S Vip Tent

E F&B - Jahez

J Course Map

O BIB Collection

T Start line



WOMEN'S RESTROOMS



MEN'S RESTROOMS



PRAYER AREA



2. BIB DISTRIBUTION DETAILS

Jan 28 to Jan 29
10 am to 10 pm

Jan 30
10 am to 7 pm



3. WHAT'S IN YOUR RACE KIT?

1-Bib



2-Shirt



3-Tote bag



4. F&B - JAHEZ

We've created a dedicated Food & Beverage zone designed to elevate the race-day experience for everyone. From energizing bites to comfort favorites and refreshing drinks, a diverse lineup of vendors will be available in one vibrant area.

FESTIVAL AGENDA

RIYADH MARATHON FESTIVAL

DAY 1

28 JANUARY:

10:00 AM - 10:00 PM

DAY 2

29 JANUARY:

10:00 AM - 10:00 PM

DAY 3

30 JANUARY:

10:00 AM - 07:00 PM



RACE AGENDA

31 JANUARY:

- 05:30 AM** Race Village opens
- 06:20 AM** 42KM starts (Elite)
- 06:25 AM** 42KM starts (Mass)
- 07:40 AM** 21KM starts (Elite)
- 07:45 AM** 21KM starts (Mass)
- 09:00 AM** 10KM starts
- 11:30 AM** 5KM starts
- 01:00 PM** Last time for all participant arrival
- 03:00 PM** Race Village closes



CEREMONY

- 10:00 AM** Elite
- 12:30 PM** Mass

RACE DAY

1. ROAD CLOSURE TIMINGS

31 JANUARY 3:00AM - 1:00PM



2. PARKING MAP

Planning your arrival just got easier. Check out the official parking map to find the closest lots and the best routes to the start line.

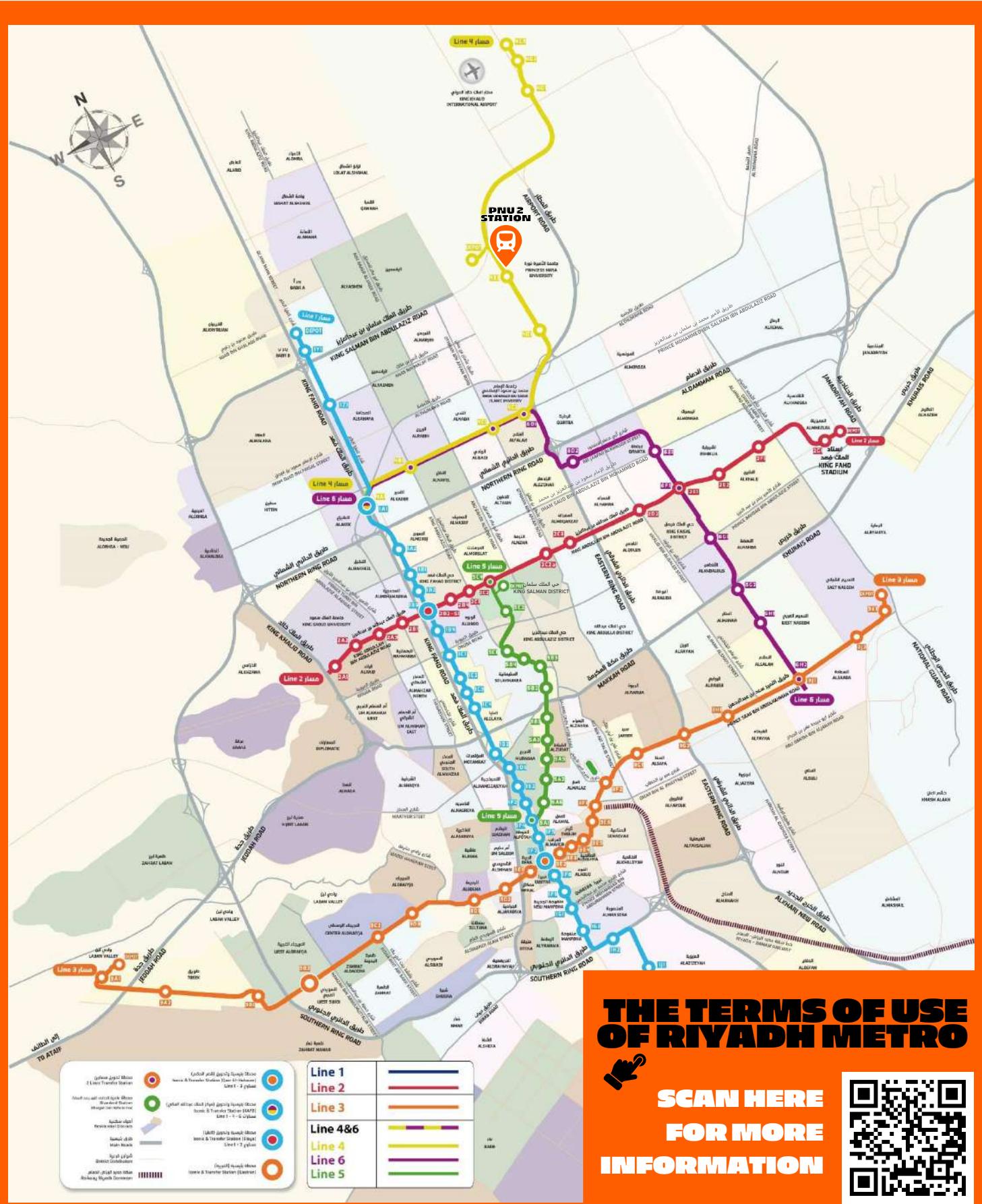


Note:

After **8:00 AM**, access to the **21 km & 42 km** will be closed.

3. METRO

Getting to the race is easy and stress-free thanks to the Riyadh Metro (PNU 2 Station). With multiple stations connecting key areas across the city, a reliable way to reach the race venue without worrying about traffic or parking



4. BAGGAGE DROP OFF DETAILS

Baggage Drop off is located in the same location of the BIB pick up and will be available from **5:30 am** to **2:00 pm**



RACE ADVICE



ARRIVE EARLY

- Be there 2–1.5 hours before start
- Park → Bag Drop → Warm-up → Start Zone
- Follow your assigned call time



ENJOY THE RUN

Whether you're taking on a **5KM** or a full marathon, embrace the moment. The atmosphere is electric, with cheering crowds and entertainment along the route. Be proud of your effort—you've earned every second of this achievement.

HYDRATE RIGHT

- Drink **800–500 ml/hour**
- A 2-hour race = **1.6 L**
- Sip regularly every **25–20 min** (not all at once)
- Never skip the first water station
- Hydration doesn't end at the finish line—your body continues working to regulate temperature. Make sure to consume up to **3 L** in the hours following your race.

And remember:
**thirst is a late signal,
so stay ahead of it!**



PREP THE NIGHT BEFORE

Checklist essentials:

- Running Gear
- Race bib
- Hydration
- Accessories (watch, cap, etc.)
- Bag
- Jacket

HAVE FUN!

RACE DAY IT'S GO TIME!

BIBS ON? LET'S OWN THAT START LINE!





5KM RACE GUIDE

5K RACE TRACK



Race Day	31 January
11:30 AM - 12:00 PM	Waves start
03:00 PM	Race Village closes



REFRESHMENT STATION

WHAT TO EXPECT ON THE COURSE?

- Water stations every 2.5KM
- Toilets will be available at the start, Line up & post-finish
- Medical teams every 2KM
- All finishers take home the beautiful race medal

- **Keep the note: Expect a 15-10 minute walk to the start and after the finish.**



10KM RACE GUIDE

10KM RACE TRACK



Race Day	31 January
09:00 AM - 09:30 AM	Waves start
03:00 PM	Race Village closes



REFRESHMENT STATION

WHAT TO EXPECT ON THE COURSE?

- Water stations every 2.5KM
- Toilets at the start, 8 KM & finish line.
- Checkpoints every 5KM
- Medical teams every 2KM
- All finishers take home the beautiful race medal

- **Keep the note: Expect a 15-10 minute walk to the start and after the finish.**





21KM RUN GUIDE

21KM RACE TRACK



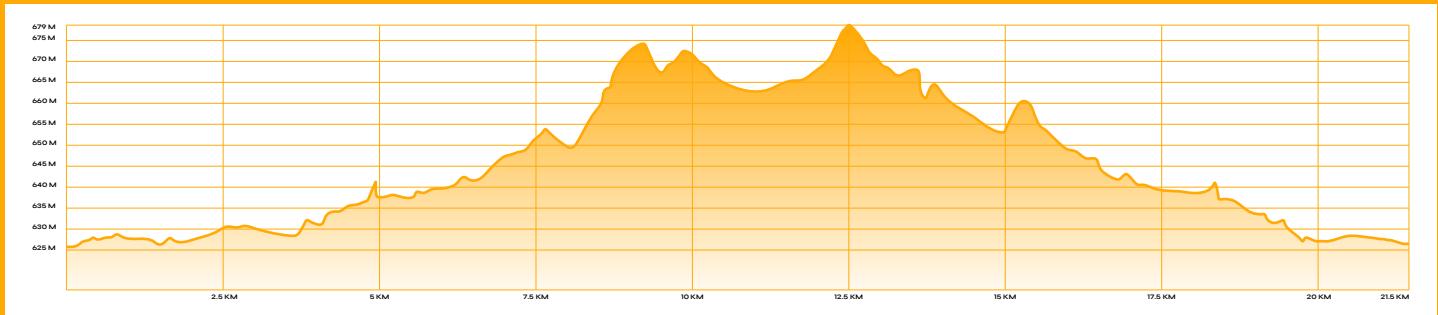
ترفيه
Entertainment

نقطة معاينة
Check Point

محطة مياه
Water Station

دورات مياه
Toilets

Race Day	31 January
07:40 AM	Elite Athletes
07:45 AM	Mass runners
01:00 PM	Last time for all participant arrival
03:00 PM	Race Village closes



PACERS

Spot your pacers easily they'll be carrying large balloons with their target times.

Pacer Groups:

● 1:30H	● 1:35H	● 1:40H	● 1:45H
● 1:50H	● 1:55H	● 2:00H	



REFRESHMENT STATION

WHAT TO EXPECT ON THE COURSE?

- Water stations every 2.5KM & post finish line
- Toilets every 10KM
- Refreshment every 10KM
- Checkpoints every 5KM
- Medical teams every 2KM
- All finishers take home the beautiful race medal

- **Keep the note: Expect a 15-10 minute walk to the start and after the finish.**



42KM RACE GUIDE

42KM RACE TRACK



Race Day	31 January
06:20 AM	Elite Athletes
06:25 AM	Mass runners
01:00 PM	Last time for all participant arrival
03:00 PM	Race Village closes

IMPORTANT: Respect your call time to keep the start zone flowing smoothly for everyone.

TIME LIMIT: Maximum marathon time: 6 hours



PACERS

Spot your pacers easily they'll be carrying large balloons with their target times.

Pacer Groups:

- 3:00H
- 3:15H
- 3:30H
- 3:45H
- 4:00H
- 4:15H
- 4:30H





REFRESHMENT STATION

WHAT TO EXPECT ON THE COURSE?

- Water stations every 2.5KM & post finish line
- Toilets every 10KM
- Refreshment every 10KM
- Checkpoints every 5KM
- Medical teams every 2KM
- All finishers take home the beautiful race medal

● **Keep the note: Expect a 15-10 minute walk to the start and after the finish.**





8. ACCESSIBILITY FOR PEOPLE WITH DISABILITIES:

Parking Area

Dedicated parking for PWD will be available within the 21KM & 42KM Parking spots, please refer to the parking map on ([page 7](#))

Ensure to bring your PWD card (تسهيلات)
Digital Card: Tawakkalna app - تطبيق توكلنا



9. GENERAL ADVICE

At the Riyadh Marathon, we aim to make race day as comfortable and enjoyable as possible for everyone. To maintain the energy and festival atmosphere, there will be loud music along the course and within the event village, speed bumps on certain parts of the route, and brighter lighting in the village during the evening hours.

10. LOST & FOUND

Any misplaced items will be taken to the Lost and Found station located next to the Baggage Area at the Race Village and will remain there until the race concludes Until 3 PM.

11. EMERGENCY

Your safety is our top priority. If you experience or witness an emergency during the event, please contact our on-ground medical and security teams immediately.

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12. REUNION POINT FOR LOST CHILDREN

lost kids reunion point will be at the tent location at the post finish line, accessible from the village and the post finish line area.

POST RACE

CONGRATULATIONS!



Find your official race photos here



Check your official race timing here



SEE YOU AT THE FINISH LINE!

Success Partner

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