



SPORTS FOR ALL  
الرياضة للجميع  
الاتحاد السعودي للرياضة للجميع  
SAUDI SPORTS FOR ALL FEDERATION

# RM26 GRACE GUIDE

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- 1.** CONGRATULATIONS!
- 2.** THANK YOU SPONSORS

# PRE RACE

## 1.VILLAGE MAP



- |                      |                         |                         |                         |                      |
|----------------------|-------------------------|-------------------------|-------------------------|----------------------|
| <b>A</b> Entrance    | <b>F</b> Media          | <b>K</b> SAB            | <b>P</b> Medical Tent   | <b>U</b> Finish line |
| <b>B</b> Photobooth  | <b>G</b> Sponsor Booths | <b>L</b> Exit           | <b>Q</b> Stage          | <b>i</b> Help Desk   |
| <b>C</b> Asics       | <b>H</b> Kids Zone      | <b>M</b> Lighted Cube   | <b>R</b> Pre-Start Arch |                      |
| <b>D</b> Carousel    | <b>I</b> Marathon Fm    | <b>N</b> Reunion Zone   | <b>S</b> Vip Tent       |                      |
| <b>E</b> F&B - Jahez | <b>J</b> Course Map     | <b>O</b> BIB Collection | <b>T</b> 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**

طريق الأمير بدر بن  
عبدالمحسن بن عبدالعزيز  
Prince Badr bin  
Abdulmohsenbin Abdulaziz Road

طريق أنس ابن مالك  
Anas Ibn Malik Rd

طريق عثمان بن عفان  
Uthman Ibn Affan RD

طريق ابي بكر الصديق  
Abi Bakr As Siddiq Rd

طريق الثمامة  
Al Thoumamah Rd



## 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.



**5KM & 10KM  
PARKING  
GATE 2**



**21KM & 42KM  
PARKING  
GATE 1**

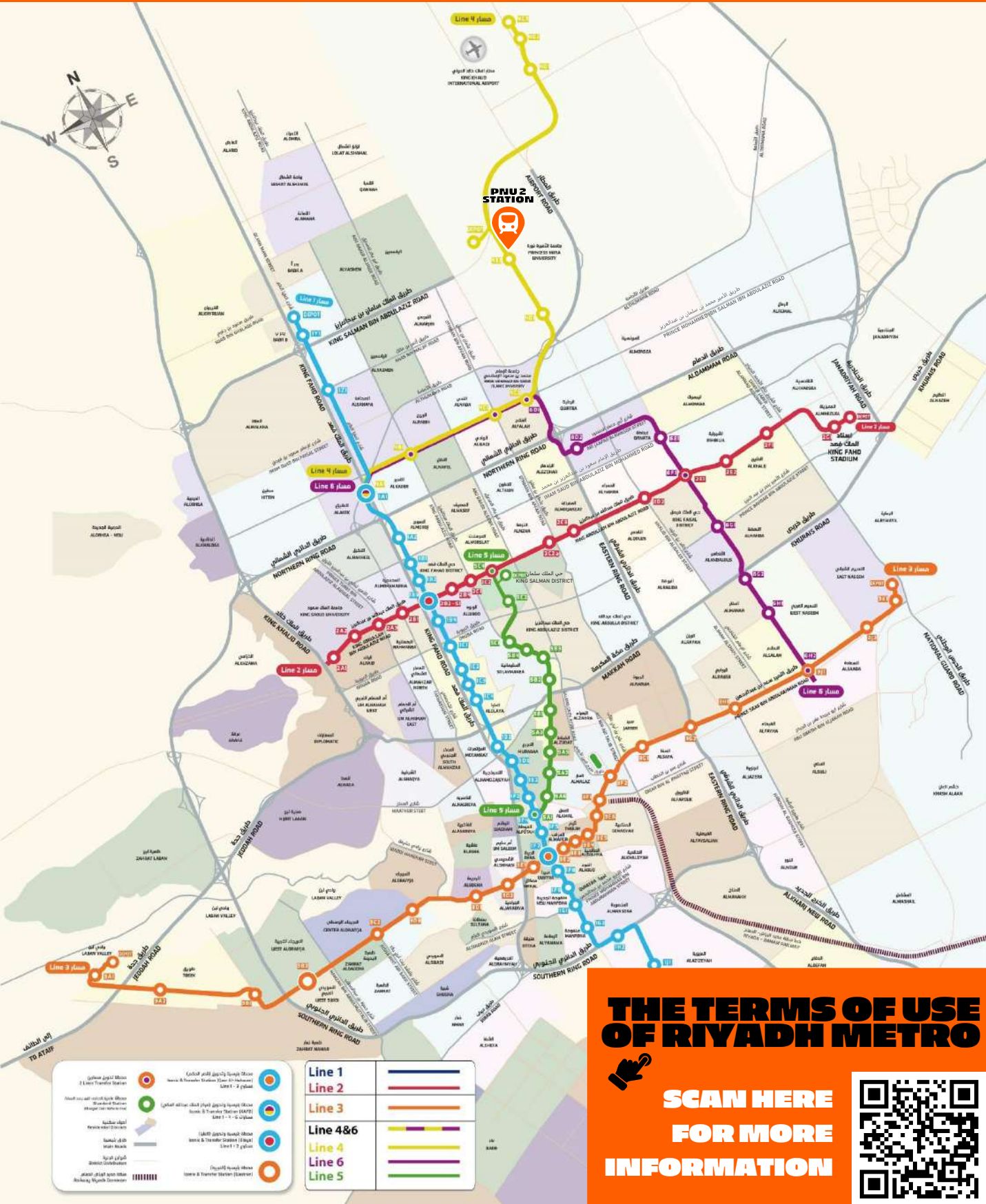


### Note:

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!

## THE START

The race kicks off with a starter gun. Each wave moves forward in order — just follow the crew's guidance.

## AT THE FINISH

Collect your Finisher Medal — you earned every step. Refuel by grabbing snacks at the refreshment station. Then head to the Event Village for activities, vibes and your bag pickup.

## RESTROOMS

Available in the Event Village and near the start zone.

## TIMING MADE EASY

No rush. Your bib is already equipped with a timing chip.

- Gun Time: From the starter's signal to your finish.
- Net Time: Your personal timing — from your start line to finish line.



# 5KM RACE GUIDE

# 5KM RACE TRACK

خط البداية  
Start line

خط النهاية  
Finish line

جامعة الأميرة نورة  
Princess Nourah  
University



ترفيه  
Entertainment

محطة مياه  
Water Station

<b>Race Day</b>	<b>31 January</b>
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.



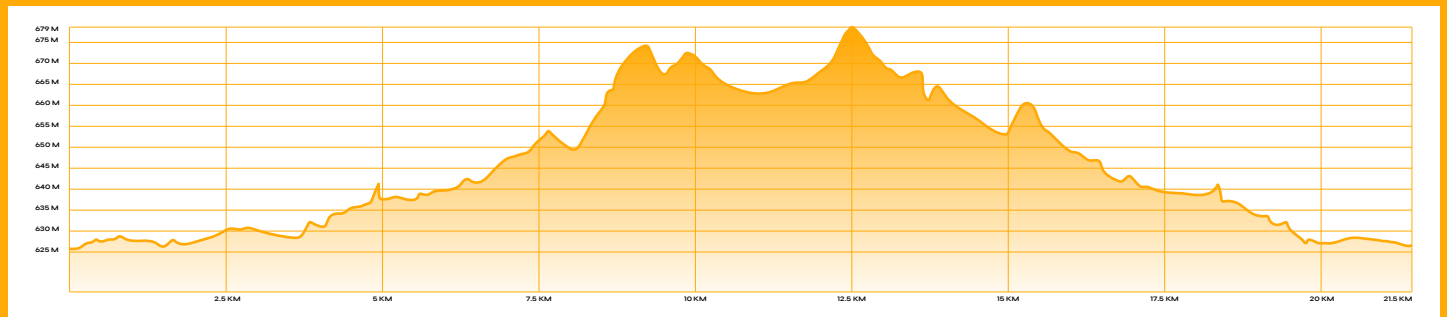


# 21KM RACE GUIDE

# 21KM RACE TRACK



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



# 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.



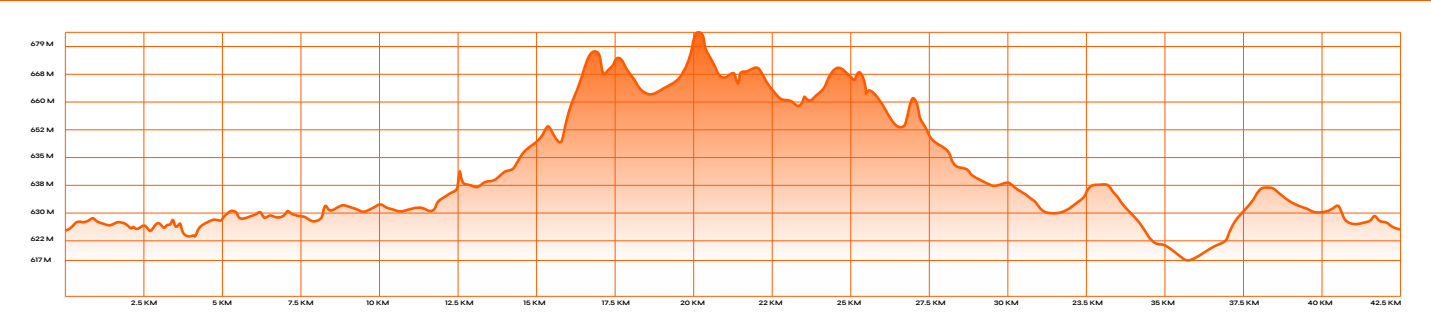
# 42KM RACE GUIDE

[illegible]

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





# 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.

**0550878793**

## 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

أمانة منطقة الرياض  
RIYADH REGION MUNICIPALITY



وزارة الرياضة  
Ministry of Sport



## Presenting Partner



## Strategic Partner



Jahez



## Supporting Partner



## Hydration Partner



## Official Partner



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