

RUN CAIRO EVENT

EVENT INFORMATION:

Event: RUN CAIRO
Date: Saturday December 27th, 2014
Time: 10 AM to 1:30 PM (run starts at 11:30 AM)
Venue: Wadi Degla Protectorate

Duration: 3.5 hours

Entry: By Registration

Q: What is Run Cairo Event?

Nike Run Cairo is a 10k run taking place on December 27th 2014. Run Cairo is part of Nike's We Run series and will reach more than 200,000 runners in 18 races around the world. The Nike Run Cairo will take place at Wadi Degla "The Protectorate", the most impressive pristine escape which encompasses 60 km² just minutes far away from Maadi. Registration for Run Cairo opens on 10 December and entry is free. Runners must register on : <https://www.nike.com/events-registration/event?id=6554>

then the spot is only guaranteed after the notification email has been received. Entry to the run is limited to 400 runners, and confirmed registered runners will be able to collect their race packs on the run day, December 27th at Wadi Degla "The Protectorate". Runners are encouraged to arrive early at 10 am as the run will start at 11:00am.

Q: Who can enter?

Runners must register on <https://www.nike.com/events-registration/event?id=6554>

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Q: Is entrance free?

Entry is free to all notified runners who registered prior to the event. Capacity is limited and we can only accommodate individuals who register prior to the event and received their confirmation message.

Q: What type of run will this be?

Nike Run Cairo will be a 10k training run taking place on December 27th 2014.

Q: Where will we run?

The run will take place at Wadi Degla “The Protectorate”.

Q: What time will we run?

The run starts at 11:00 am . Participants are encouraged to get there early to verify their registration, collect their race pack, warm-up and learn more about Nike+ running application

Q: Where do we meet?

Meeting point is inside the protectorate at the main tent where the registration will take place and where runners will collect their race kits.

Q: Is it safe? Will there be security?

Yes. Run Cairo Event will be safe. A security plan is in place , the event will have an event security manager all along the run route to ensure the runners safety

Q: Where do I park?

Runners can park their car at the designated main parking space in front of the main gate of Wadi Degla Protectorate.

DIRECTIONS TO WADI DEGLA “THE PROTECTORATE”.

For directions:

- Take the Autostrad road to Maadi
- Turn east towards Zahraa El Maadi.
- Follow this road for 3km until there’s a large mosque to the right.
- Turn right after the mosque.
- Turn left at the Wadi Degla Sporting Club.
- Follow this road and turn right before the Cars Service Centre.
- Drive until the Wadi Degla entrance.
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Q: What can I do if I’ve never ran a 10K before?

You can download Nike+ running app where you can get training programs and give you the push you need to be race day ready to run faster, further than ever before. There will also be a 5k route for those who can’t complete the 10 k run.

Q: What must I wear?

We will be providing Run Cairo T-shirts which is mandatory to wear. Comfortable running shorts or pants and running shoes are recommended.

Q: How long is the event?

The event is from 10 AM to 1:30 PM

Q: Will there be food ?

We will provide light refreshments and hydration post workout.

Q: What do I need to bring?

Come dressed in your running gear, and bring any Nike+ compatible device to download the Nike+ app. The Nike+ app is free to download on iOS and Android.

Android : <https://play.google.com/store/apps/details?id=com.nike.plusgps&hl=en>

Iphone : <https://itunes.apple.com/us/app/nike-gps/id387771637?mt=8>

Q: Can I register when I get there?

No. only through online registration from December 17th to December 24th and we will only accommodate individuals who register prior to the event and received their confirmation message.

Q: Do I need to bring money?

Entry is free to all invited individuals who register prior to the event and received their confirmation message.