



N+TC TOUR DUBAI FAQ'S

ABOUT N+TC TOUR DUBAI

» WHAT WILL THE TRAINING EXPERIENCE BE LIKE IN N+TC TOUR DUBAI?

N+TC (Nike+ Training Club) Tour is a world-class fitness experience that combines workouts ranging from high intensity to studio classes, such as yoga, led by Nike master trainers and other top trainers.

The event spans over a five-hour training session starting with a group training warm up, followed by small group breakout fitness rotations, and closing with an unforgettable celebration moment.

» WHAT SORT OF TRAINING WILL BE OFFERED?

N+TC Tour workout will be a day program of four (4) exclusive classes; all led by Nike Master Trainers. The classes will be a mixture of High Intensity Training (HIT), Yoga, Strength Training and Dance Fusion. To find out more about the types of workouts please download the N+TC App available on iTunes or Google Play.

» WHERE AND WHEN IS THE EVENT TAKING PLACE?

South Ridge Park, Downtown Dubai on May 15th, 2015.

Google Maps:

<https://www.google.ae/maps/place/South+Ridge+Park/@25.187388,55.277205,15z/data=!4m2!3m1!1s0x0:0xc96b22157e37e244>

Coordinates: 25.187563, 55.277162 (25°11'15.2"N 55°16'37.8"E)

» WHAT TIME DOES THE EVENT START AND WHEN SHALL I ARRIVE?

Event check in opens at 16:00. We recommend arriving at this time.





» **IS THE EVENT TAKING PLACE WITHIN CLIMATE CONTROLLED CONDITIONS DURING THE SUMMER SEASON?**

N+TC Tour venue will be shaded down to provide ideal and comfortable conditions to work out.

» **WHERE CAN I STORE MY BELONGINGS?**

You can drop your bag with us before you train, we will look after it while you're working out, and when you're done you can collect your bag. We are not responsible for any lost personal belongings.

» **CAN I STILL JOIN THE CLASS IF I ARRIVE LATE?**

We allow entry into the class 5 minutes maximum after the stated starting time, depending on capacity. In case the class is full, you can join the workout on the main stage.

» **CAN I BRING MY FRIENDS AND FAMILY TO WATCH?**

There will be no designated area for friends and family to watch. However, we do encourage you to invite your female friends to sign up and join you for an event of training challenges.

» **ARE MEN ALLOWED INSIDE THE EVENT/VENUE EVEN IF IT'S A NIKE WOMEN'S ONLY EVENT?**

Participation in the event is for women-only. However, men will be part of on-site staff and representatives ensuring a smooth journey for all participants.

» **WHAT IF THE SESSION IS TOO HARD FOR ME?**

We will offer different levels of difficulties in the classes. Our trainers will help you figure out your limits and how to keep pushing your training skills to new levels.

» **ARE THERE CHANGING ROOMS AT THE VENUE?**

Yes.





» **WILL THERE BE FOOD AND REFRESHMENTS AVAILABLE DURING THE DAY OF N+TC TOUR?**

Food and refreshments will be available throughout the event.

» **WILL THERE BE TRANSPORT TO THE N+TC TOUR EVENT?**

Attendees (those who have registered) can make their way down to the event by car, taxi or metro. Directional signage will be available on car park to direct towards the event venue.

There are 3 different parking locations nearby. Please refer to the table below to choose the one that's convenient for you. Don't forget to allow yourself time to park and get to the venue.

PARKING SPOT	DISTANCE FROM VENUE	APPROX. WALKING TIME
EMAAR BOULEVARD, DOWNTOWN DUBAI, P1 PARKING	550M	7 MINUTES
SOUK AL BAHAR PARKING	700M	9 MINUTES
DUBAI MALL PARKING	1.1KM	14 MINUTES

We advise carpooling or using public transport to avoid running into potential traffic or parking issues.

» **TO ENSURE WE ALL HAVE A GREAT TRAINING SESSION, PLEASE REMEMBER TO:**

1. Arrive to your class on time.
2. Check-in at the registration desk on arrival at the venue, bring the documents you require to do this; ID card and your confirmation number.
3. Listen to our Trainer's instructions and follow the program as best as you can.
4. Be aware of others and your surroundings.
5. Wear your Nike training club gear with pride and be a good ambassador.
6. Enjoy the social experience.





REGISTRATION

» HOW DO I REGISTER?

- All registrations will take place via nike.com/dubai
- You can register via your mobile or desktop.
- You will be prompted to register with Nike+ as first point of registration.
- Registration for Under 21 has a different process.
Please scroll down to read carefully the instructions.

» WHAT ARE THE PAYMENT METHODS FOR REGISTRATION?

We use credit cards to process all payments. If you are paying with Visa, MasterCard, Maestro or American Express you can choose to do so directly through the registration website.

» HOW MUCH DOES IT COST?

AED 100

» HOW LONG IS REGISTRATION OPEN FOR?

Registration is open from 9.4.2015 to 13.5.2015 or until we reach registration capacity.

» HOW MANY WOMEN WILL BE PARTICIPATING?

There will be up to 1,000 women taking part in the N+TC Tour Dubai.

» HOW DO I KNOW I'VE BEEN CONFIRMED TO PARTICIPATE IN THE EVENT?

When registration is complete, you will receive a confirmation email from us. If you have a confirmation email then you have a place in the event.





If you are unsure that you are entered in the event, follow the procedures below: Check to see if you received a confirmation email from us. You may not be receiving any emails from us even if you are entered for the following reasons:

1. You provided us with an incorrect or out of date email address
2. The emails are being directed into your junk folder
3. Our emails are being rejected by your email server
4. Our email service has delayed or lost your email

If you have been charged the entry fee but have not received any emails from us then please contact us through customer service: info@ntctourdubai.com. We will respond to let you know whether you are entered or not. If you are concerned that you aren't entered into the event, please contact us right away. Do not leave it until the last minute as the N+TC Tour event may then be full.

» **BROWSER MATRIX:**

These are the browsers that support the event registration tool: IE9 (Win 7), IE8 (Win 7, XP), Chrome Latest (Win 7, Mac, Win XP), FF Latest (Win 7, Mac, Win XP), Safari Latest (Mac)

» **USABLE DEVICES:**

The following devices can be used to register for the event: iPhone 5 / iOS 6.1, iPad 3 / iOS 6.1, iPad Mini / iOS 6.1, Samsung Galaxy SII (480 x 800) / Android Gingerbread, HTC One X (720 x 1280) / Android Ice cream Sandwich, Samsung Galaxy Tablet / Android Ice cream Sandwich, iPhone 4S / iOS 6.1, iPhone 3GS / iOS 5.1, iPad 2 / iOS 5.1, Nokia Lumia 920 / Windows 8*, Blackberry 8520 * iPhone 6 * The Windows 8 and Blackberry devices are likely to be partially supported. That means the pages should function properly, but may render with formatting issues.





» **WILL I RECEIVE AN N+TC TOUR DUBAI REGISTRATION PACK OR GEAR AFTER I REGISTER?**

All those who register will receive a confirmation email pre-event. On checking into the event on the 15th of May an N+TC Tour Dubai training gear bag will be provided. The training gear will include an N+TC Tour Dubai t-shirt that is required to be worn during the event. Please note that all attendees should come ready to work out!

» **WHAT IDENTIFICATION DO I REQUIRE TO CHECK-IN AND GAIN ENTRY ON EVENT DAY?**

Upon checking into N+TC Tour, you will be required to show ID as proof you are the person who is deserving of the training pack. One of two forms of identity is required. This can either be your personal Emirates ID or passport. In addition you will also need your confirmation number.

» **WHO CAN REGISTER?**

N+TC Tour is a Women's only training challenge event. Therefore, registration is only open to women 16 years or older.

Women under the age of 16 cannot enter. Please be aware if you are under 21 you need to print out the parental waiver, have it signed and submitted, along with a copy of your guardian's ID, upon payment confirmation at the Nike stores mentioned below. Download waiver here:

http://s3.nikecdn.com/events-platform/prod/NET_Admin/legal/2015-02-19_265_NTC_Tour_Dubai_Final.pdf

» **CAN I REGISTER FOR MY FRIENDS TOO?**

Registration for the N+TC Tour is individual. However, we do encourage you to invite your female friends to sign up and join you for an event of training challenges.

» **IS THE EVENT SUITABLE FOR WHEELCHAIRS?**

Unfortunately the event and venue are unable to accommodate wheelchair users.





» WHAT IF I REGISTER AND THEN BECOME INJURED OR AM UNABLE TO ATTEND THE EVENT?

Unfortunately no refunds are available for N+TC Tour.

» CAN I TRANSFER MY REGISTRATION TO ANOTHER WOMAN PARTICIPANT?

Unfortunately no transfers are available for N+TC Tour.

» IS THERE A FEE TO USE NIKE+?

Registering with Nike+ is free.

To register, all participants will be required to log in or set up a Nike+ account. This will enhance your training challenge day experience. Registering as a Nike+ member upon registration is a mandatory requirement to enter the event.

If you have an iPhone or Android device, then you can download the Nike+ Training App.

UNDER 21 REGISTRATION

» WHAT IF I'M UNDER 21 YEARS OLD, CAN I STILL REGISTER?

If you're between 16 and 20 you can still attend the N+TC Tour, but you need to provide the Participant Release Form signed by one of your parents/guardians before you can complete your registration.

» HOW DO I REGISTER AND WHAT'S THE PROCESS FOR PROVIDING THE PARTICIPANT RELEASE FORM?

Your first step of registration is at nike.com/dubai. Proceed and complete the online registration by selecting "individual 16-20". After which, we will hold your spot for 72 hours. The registration will only be complete after you:

- Submit the printed and signed Participant Release Form at one of the designated Nike stores. See below list of stores where you can complete the payment.
- Finalize the payment at the same store you submit the form.





Submission of the Participant Release Form and payment finalization can be processed at each of the below stores:

- Nike Store - Mall of the Emirates (MOE) - Dubai
- Nike Store - The Dubai Mall - Dubai
- Nike Store - Al Wasl Box Park - Dubai
- Nike Store - YAS Mall - Abu Dhabi

If the Participant Release Form and payment are not finalized within 72 hours, your spot is automatically cancelled.

» HOW DO I PAY FOR REGISTRATION?

Anyone 16-20 can complete the payment by credit card or cash at one of the following stores based on the choice in registration:

- Nike Store - Mall of the Emirates (MOE) - Dubai
- Nike Store - The Dubai Mall - Dubai
- Nike Store - Al Wasl Box Park - Dubai
- Nike Store - YAS Mall - Abu Dhabi

GENERAL

» WHAT IS N+TC TOUR?

N+TC Tour is a five-hour training challenge led by Nike master trainers and other top trainers in 13 cities from Shanghai to Stockholm. The tour joins women together around the world under the common goal of crushing the workout and introduces them to new fitness experiences and communities.

Each N+TC tour stop combines workouts ranging from N+TC, tabata intervals, yoga, spinning and boot camp-type drills designed to test the participants' fitness limits in a high-energy environment.

In 2015 N+TC tour includes 13 tour stops: Beijing, Dubai, Guangzhou, Hong Kong, Istanbul, Jakarta, Mexico City, Moscow, Shanghai, Southern California, Stockholm, Sydney and Taipei.





» **HOW CAN PARTICIPANTS TRAIN FOR N+TC TOUR?**

Participants around the world can access workouts and training programs through the N+TC App, available for iPhone and Android. The app includes over 100 workouts designed by Nike Master Trainers, many of whom will appear at N+TC Tour stops around the world.

» **HOW DO I REGISTER FOR N+TC TOUR IN OTHER CITIES?**

Registration details vary by city and will be posted to nike.com/women/events.

» **WHY DO THE N+TC TOUR EVENTS HAVE DIFFERENT ENTRY FEES BETWEEN MARKETS?**

The entry fees are set in accordance with the training and fitness industry in each market, and every event offers participants a unique and exciting experience. No two events and no two cities are the same. For this reason, the entry fees vary.

» **SUPPORT DESK**

Questions? Please send an email via info@ntctourdubai.com

» **STAY TUNED AT:**

- @NikeWomen
- @NikeRunningMiddleEast
- #NTCTOURDUBAI

