

# الاتحاد القطري للرياضة للجميع

QATAR  
CALENDAR



QATAR  
INTERNATIONAL CIRCUIT  
دولة لوسيل الدولية



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



QNB

One Run  
FOR ALL

RACE INFO PACK

23 MAY 2025

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# CONTENT

GREETINGS

ABOUT ONE RUN

WHAT IS INSIDE THE RACE PACK

RACE PACK COLLECTION INFO

RACE MAP

EVENT SCHEDULE

HOW TO GET TO LUSAIL CIRCUIT

NOTE FOR PARTICIPANTS

AWARD CATEGORIES

COURSE AND DISTANCES

OTHER DETAILS

## GREETINGS

## DEAR RUNNER!

On May 23, more than 250000 people will come to the starting line of a unifying sports event - "One Run". Here in Qatar, we will have it under the name "QNB One Run For All". The event is hosted by the Ministry of Sports and Youth and the Qatar Sports For All Federation. The Race will take place inside the iconic Lusail Circuit.

We are happy to have you with us for the second edition of the race in Qatar. We're thrilled that on this day, you'll be joining us to inspire the entire nation by running! In this guide, we've compiled all the crucial information about the event. We wish you an exhilarating experience and a wonderful run!

SEE YOU **23 OF MAY** AT QNB ONE RUN FOR ALL!

# ABOUT ONERUN

On 23 May 2025, Doha will become part of the world's largest half marathon "One Run" by the Hero League for the second time. More than 3,000 residents and visitors of Qatar will take part in the race. The event will be held with the support of the Ministry of Sports and Youth in Qatar, Qatar Sports For All Federation and Qatar Athletics Federation.

In Doha, participants will have the opportunity to overcome one of four distances: 1, 5, 10.4 or 21.1 kilometres. The race will take place in the iconic Lusail Circuit the evening of the 23rd of May.

Anyone can become a participant of the "One Run" half marathon. The race gives a unique opportunity to spend an active evening with family or friends, to find like-minded people, to go on a running trip, to go to your first official start or to set a personal record.

On the same day, more than 160,000 people in all regions of Russia, where the event will be held for the 9th time, and about 40,000 runners in other countries, including China, Brazil, Egypt, Saudi Arabia, Malaysia, Serbia, Belarus, Bahrain, Qatar, Cameroon, Armenia and others, will participate in the One Run half marathon.

Reference: The One Run Half Marathon was first held on 21 May 2017 simultaneously in 10 Russian cities. In 2018, a single start regardless of time zones took place in 15 cities. In 2019, 19 cities took part. And in 2020 for the first time synchronized start was given in all subjects of the Russian Federation. In 2023, this race acquired international status and was held in 5 countries: China, Kyrgyzstan, Armenia, Tajikistan and Belarus. The synchronized start is one of the unique features of the All-Russian Half Marathon, which made the project one of the largest sporting events in the country. In 2020 and 2021, One Run set two Guinness World Records as the "The half marathon that united the largest number of cities at the same time". This year One Run will take place in 17 countries including Russia, Qatar, China, Brazil, UAE, Bahrain, Armenia, Belarus etc.

To learn more: <https://onerunglobal.com>

# WHAT IS INSIDE RACE PACK?

T-Shirt\*

Branded bag

BIB number

Pin\*\*

Presents from Partners

Your medal will be waiting for you at the finish line.



\*T-shirt sizes will be available on a first-come, first-served basis

\*\* Pin is only for Half Marathon Runners

# RACEPACK COLLECTION INFO:

21-22 MAY 12:00 - 22:00

LOCATION: ANDAZ HOTEL, WEST BAY



[CLICK HERE FOR EXACT LOCATION](#)

**NO RACE PACK COLLECTION ON THE RACE DAY!!!**

# RACEMAP

#ONEVISION #ONEFUTURE #ONERUN #ONELOVE #ONEMAN

QNB  
**OneRun**  
FOR ALL

## DISTANCES

1K

5K  
1 LOOP

10K  
2 LOOP

21,2K  
4 LOOP



**RACE MAP**  
LUSAIL INTERNATIONAL CIRCUIT



# EVENT SCHEDULE

17:00 - Opening of the Fan Village

18:00 - Warm-up session for 1K Runners

18:20 - Race start: 1K Juniors (7-16)

18:22 - Race start: 1K Adults (17+)

18:40 - Race start: 1K Mini Kids (3-6)

18:40 - Warm-up session for 5K, 10.4K & HM Race

18:50 - Official opening/race briefing for participants of HM, HM Relay, 10.4K & 5K

19:00 - Race start: HM & HM Relay

19:05 - Race start: 5K

19:10 - Race start: 10.4K

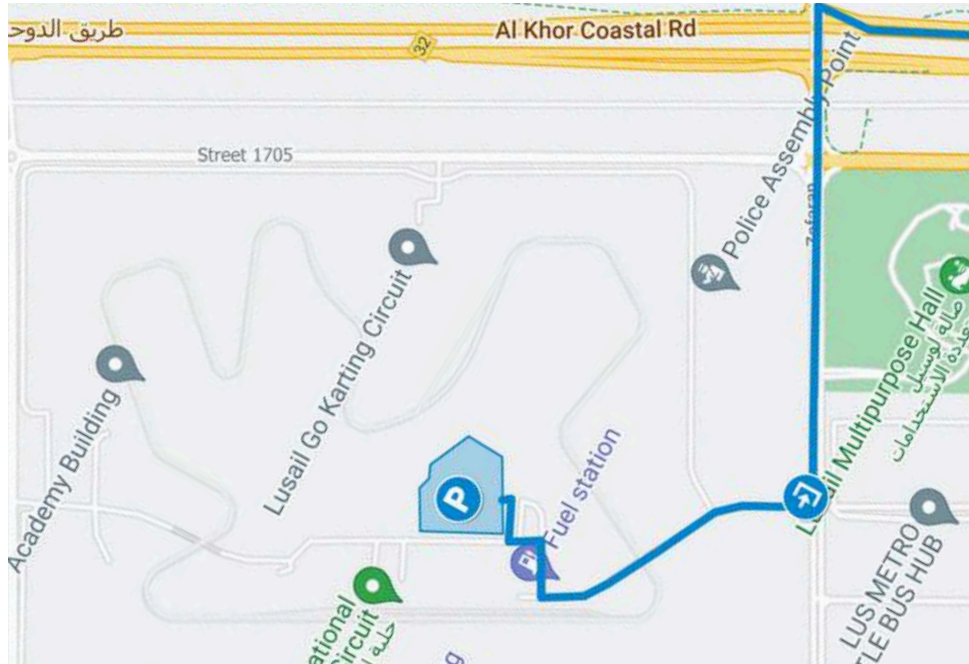
20:00 - Award ceremony for the Mini-Kids and Junior categories

21:00 - Award ceremony for the adults (HM, HM Relay, 10.4K & 5K)

22:30 - Cut-off time for all the distances

23:00 - Closing of the Fan Village

# HOW TO GET TO LUSAIL CIRCUIT?



Lusail International Circuit, located approximately 30 km from central Doha.

- Parking: Available inside the Circuit ([click here](#) for the pin location)
- Entry to the Race Area: Garage no. 22 ([click here](#) for the pin location).
- Toilets and Washrooms: Toilet 1 ([click here](#) for the pin location), Toilet 2 ([click here](#) for the pin location)

## HOW TO GET THERE?

1. Get on Al Khor Coastal Rd 5 min
2. Continue to Al Khor Coastal Rd/Zafaran. Take exit 32 from Al Khor Coastal Rd
3. Merge onto Al Khor Coastal Rd
4. Take exit 32 toward Al Khor Coastal Rd/Zafaran
5. Take the ramp to Al Khor Coastal Rd/Zafaran

- Personal vehicle: 25 min by car from Central Doha
- Taxi: 25 min by car from Central Doha

# NOTE FOR PARTICIPANTS

- Come to the fan zone 40 minutes before the start time. Our fan village will open from 5 pm. You can come in advance to have fun at the Fan Zone.
- Warm up before the race with our energizing trainers to avoid any injuries.
- Make sure your race bib and timing chip are securely attached to your chest so that officials can see them.
- Enter the starting area according to the schedule.
- Stay hydrated. Make sure you drink enough water before and during the race.
- We will have several water stations around the track. Make sure you know their location.
- Enjoy the run in the company of like-minded people. Smile throughout the race, as you're being recorded by cameras.
- Please don't hesitate to ask for help if you feel unwell or notice another participant struggling.
- In an emergency, approach a volunteer or official, attract attention, and call for medical assistance.
- After finishing, don't rush home. Instead, wait for the award ceremony of your race.
- Enjoy the fan zone activities. We have prepared many activities for you.
- Bring your family and friends. They can enter the Lusail Circuit and cheer for you while you are running.

# AWARD CATEGORIES

- Top 3 Teams M/F (17+) HM run
- Top 3 M/F Open (17-39) in HM run.
- Top 3 M/F Masters (Over 40) in HM run.
- Top 3 M/F Open (17-39) in 10.4K run.
- Top 3 M/F Masters (Over 40) in 10.4K run.
- Top 3 M/F Open (17-39) in 5K run.
- Top 3 M/F Masters (Over 40) in 5K run.
- Top 3 M/F Intermediate (13-16) in 1K run.
- Top 3 M/F Secondary (10-12) in 1K run.
- Top 3 M/F Primary (7-9) in 1K run.
- Top 3 M/F Mini-Kids (3-6) in 1K run.

# COURSE AND DISTANCES:

**LOCATION:** Lusail International Circuit

**COURSE:** 5.4K course

**DISTANCES:**

- 1K Mini-Kids (3-6)
  - 1K Mini-Kids: Out-and-back course. From the Start line, runners run straight for 500m, make a U-turn, and return to the Start line.
- 1K Juniors and Adults
  - Juniors & Adults: Out-and-back course. From the Start line, runners run straight for 500m, make a U-turn, and return to the Start line.
- 5K Adults (17+) - 1 full loop
  - Out-and-back course. Runners will begin the race at the Start line and complete their race inside the pit lane at the Finish.
- 10.4K Adults (17+) - 2 full loops
  - Runners will complete 1 full lap of the 5.4K track. On the 2nd lap, they will complete the race at the Finish line, which is inside the pit lane. Each participant is responsible for monitoring their own lap count.
- HM Adults (17+) - 4 full loops
  - Runners will complete 3 full laps of the 5.4K track. On the 4th lap, they will complete the race at the Finish line, which is inside the pit lane. Each participant is responsible for monitoring their own lap count.
- HM Team Relay Adults (17+) - Team of 4
  - The team is made up of 4 male or 4 female runners. Each person will run 5-5.4K before passing the belt with the bib number to the next runner. Only the last runner will cross the finish line. There will be a dedicated transit zone for the bib number exchange.

Only runners with BIB numbers will be allowed on the running track. Others will stay within the paddock and pit lane.

# OTHER DETAILS:

## BAG DROP

There will be a bag drop at the registration desk from 5:00 pm near the start line. Collect your bag once you have finished your run. Bag collection will be available until 11:00 PM. A BIB number is required for bag collection.

## WASHROOMS:

Washrooms are located behind the paddock area. Make sure you use the washroom before the race. No washrooms will be located on the track.

## MEDICAL:

The ambulance will be monitoring the participants during the race.

## FINISH LINE:

The Finish line for all the distances will be located separately from the Start line. Make sure you check the map before the race. Your race number must be clearly visible on your chest at all times — especially at the finish line — so your time can be recorded accurately.

Medals will be presented to all the finishers.

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

# RUNNING ETIQUETTE

- Arrive early and enjoy a variety of activities in the Fan Zone.
- Shorts/leggings & half-sleeved T-shirt.
- Running shoes.
- The runner must complete the marked course on foot under their own power. Shortcuts are not permitted.
- No littering. Please carry your trash to the next water station.
- No outside support is allowed along the race course.
- Support crews are not permitted to run with or pace runners, especially in junior races.
- Any tampering with course marking or other actions that are deemed against a fair and sporting spirit is unacceptable and will result in disqualification.
- Runners must present a valid ID or passport copy at the award ceremony to prove their age and identity.
- If a runner competes using someone else's bib, they will be disqualified.
- Bib numbers are non-transferable and may not be resold under any circumstances.

# CONTACT DETAILS FOR EMERGENCY:

## EMERGENCY NUMBERS

Please save these numbers on your mobile:

### MEDICAL EMERGENCY:

**999**

\*Accidents / Medical attention

### CONTACT US:

**Email: [info@onerunforall.com](mailto:info@onerunforall.com)**

**Official website: [www.onerunforall.com](http://www.onerunforall.com)**

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## 2 The Origin: “Could we make a drinkable intravenous (IV) solution?”

A researcher came up with an idea for effectively replacing lost water content and nutrients: Create a “sweat drink” based on the fluids used in IV solutions.

## 3 An Otsuka Pharmaceutical Product

POCARI SWEAT was scientifically researched and formulated by Otsuka, a leader in IV solution products.

## 4 POCARI SWEAT around the world

Since being launched in 1980, POCARI SWEAT has been sold and enjoyed by consumers in 20 countries and territories around the world.

## 5 Closer to natural body fluid

POCARI SWEAT meets the body’s hydration needs without containing preservatives and colorings.

# KEEPING UP WITH YOUR RESOLUTIONS?
















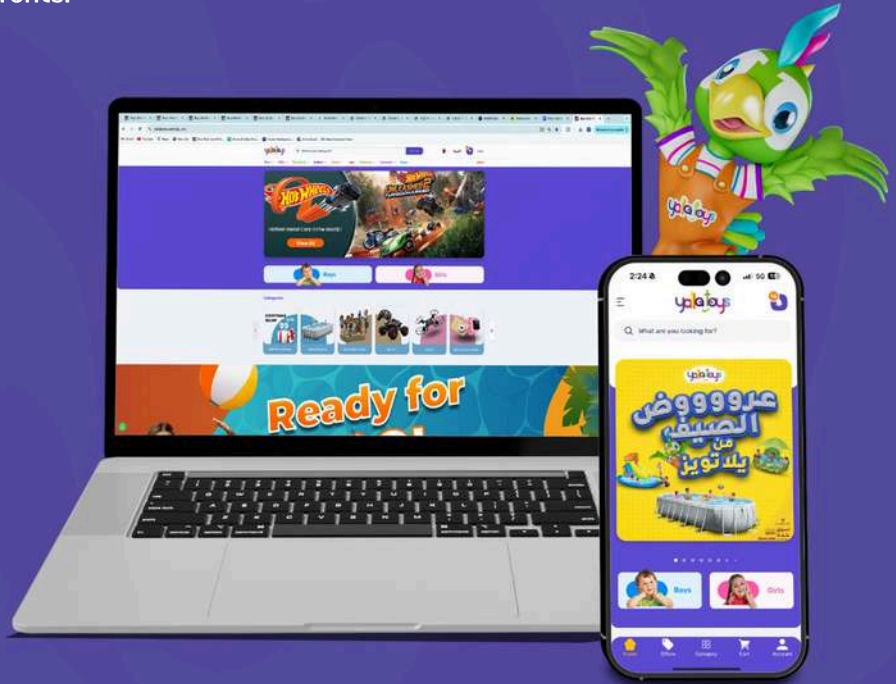
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