

الاتحاد القطري للرياضة للجميع



AGORA
SPORTS CONSULTING



LUSAIL
INTERNATIONAL CIRCUIT
طريقه لوسيل الدولية



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



One Run FOR ALL

RACE INFO PACK

24 MAY 2026

GARMIN.



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أنداز الدوحة

THE
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Sports Corner



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One Run
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GREETINGS

DEAR RUNNER!

On May 24, 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 "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 third 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 **24 OF MAY** AT ONE RUN FOR ALL!

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One Run
FOR ALL

ABOUT ONERUN

On 24 May 2026, Doha will once again become part of the world's largest half marathon, "One Run" by Hero League, marking the third edition of ONE RUN FOR ALL in Qatar. More than 3,000 residents and visitors of Qatar are expected to take part in the race, celebrating sport, community, and unity at one of the country's most iconic venues.

The event is organized by Qatar Sports For All Federation, under the leadership of the Ministry of Sports and Youth, with Agora Sports Consulting as the executive organizer.

In Doha, participants will have the opportunity to run one of several distances: 400 M, 1 km, 2.5 km, 5 km, 10 km, or 21.1 km. The race will take place at the iconic Lusail International Circuit on the evening of 24 May 2026, bringing together runners of all ages, levels, and backgrounds.

Anyone can become a participant of ONE RUN FOR ALL. The race offers a unique opportunity to spend an active evening with family and friends, meet like-minded people, experience one of Qatar's most exciting running events, take part in an official race for the first time, or challenge yourself to achieve a new personal record.

On the same day, the global One Run movement will unite runners across Russia and many other countries, continuing its mission to bring people together through sport. In 2026, the event will take place in multiple countries, including Russia, Qatar, South Africa, China, Brazil, UAE, Bahrain, Armenia, Belarus, and others.

Reference:

The One Run Half Marathon was first held on 21 May 2017 simultaneously in 10 Russian cities. In 2018, a single synchronized start, regardless of time zones, took place in 15 cities. In 2019, 19 cities joined the race. In 2020, for the first time, the synchronized start was held across all regions of the Russian Federation.

In 2023, One Run gained international status and was held in five countries: China, Kyrgyzstan, Armenia, Tajikistan, and Belarus. The synchronized start remains one of the unique features of the project and helped One Run become one of the largest sporting events of its kind.

In 2020 and 2021, One Run set two Guinness World Records as "The half marathon that united the largest number of cities at the same time."

Today, ONE RUN FOR ALL Qatar continues this international legacy, bringing the spirit of the global movement to Doha and creating an inclusive celebration of running, community, and healthy lifestyle.

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

RACE MAP JUNIORS & FAMILY

One Run FOR ALL DISTANCES
2.5K JUNIORS (13-16)
6:00 PM



- START & FINISH LINE
- MEDALS STATION
- VENDOR VILLAGE
- RUNNING DIRECTION
- WATER STATION
- PIT STOP

One Run FOR ALL DISTANCES
1K JUNIORS (13-16)
6:20 PM



- START & FINISH LINE
- MEDALS STATION
- VENDOR VILLAGE
- RUNNING DIRECTION
- U-TURN
- WATER STATION
- PIT STOP

One Run FOR ALL DISTANCES
400M MINI KIDS (3-6)
6:35 PM



- START & FINISH LINE
- MEDALS STATION
- VENDOR VILLAGE
- RUNNING DIRECTION
- U-TURN
- WATER STATION
- PIT STOP

One Run FOR ALL DISTANCES
1K FUN RUN FAMILY
6:45 PM



- START & FINISH LINE
- MEDALS STATION
- VENDOR VILLAGE
- RUNNING DIRECTION
- U-TURN
- WATER STATION
- PIT STOP

VISION
 #ONELOVE #ONEFUTURE

#ONELOVE #ONEFUTURE #ONERUN #ONELOVE #ONEFUTURE #ONERUN #ONELOVE #ONEFUTURE

RACE MAP ADULTS

#ONFFUTURE #ONERUN #ONELOVE #ON

VISION #ON

WORLD #ONELOVE #ONERUN

#ONFFUTURE #ONERUN #ONELOVE #ONERUN

One Run FOR ALL

DISTANCES
HM ADULTS (17+)
7:00 PM

RACE MAP
LUSAIL INTERNATIONAL CIRCUIT

4 LOOPS

START & FINISH LINE	MEDALS STATION	VENDOR VILLAGE	RUNNING DIRECTION	WATER STATION	PIT STOP

One Run FOR ALL

DISTANCES
10K ADULTS (17+)
7:10PM

RACE MAP
LUSAIL INTERNATIONAL CIRCUIT

2 LOOPS

START & FINISH LINE	MEDALS STATION	VENDOR VILLAGE	RUNNING DIRECTION	WATER STATION	PIT STOP

One Run FOR ALL

DISTANCES
5K ADULTS (17+)
7:05 PM

RACE MAP
LUSAIL INTERNATIONAL CIRCUIT

1 LOOP

START & FINISH LINE	MEDALS STATION	VENDOR VILLAGE	RUNNING DIRECTION	WATER STATION	PIT STOP



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EVENT SCHEDULE

4:30 PM Fan Zone Opening

6:00 PM 2.5K Juniors (13-16)

6:20 PM 1K Juniors (7-12)

6:35 PM 400M Mini Kids (3-6)

6:45 PM 1K Fun Run Family

7:00 PM HM Adults (17+)

7:05 PM 5K Adults (17+)

7:10 PM 10K Adults (17+)

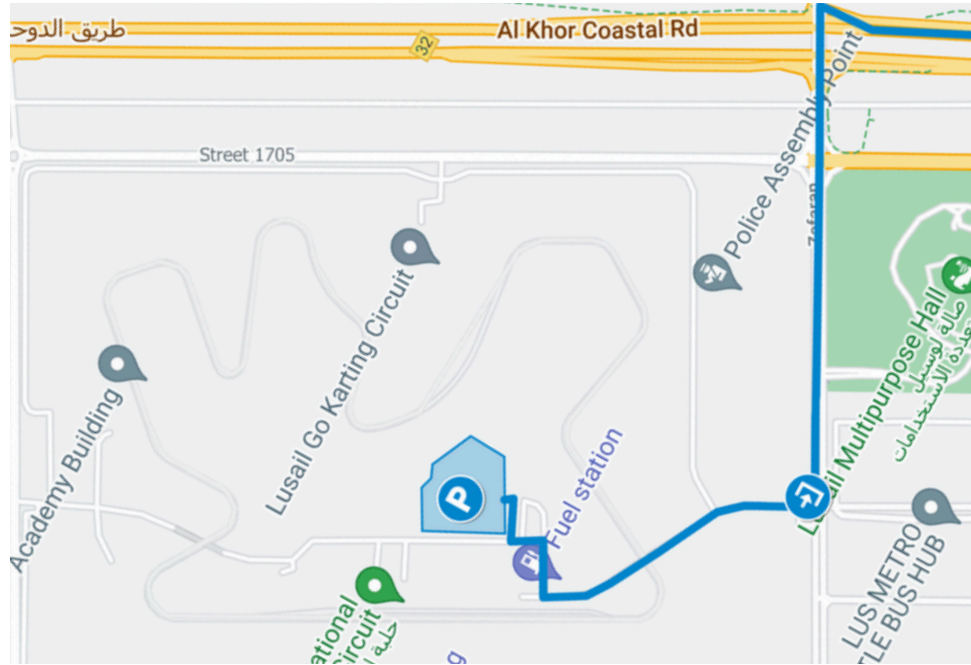
7:30 PM Kids Awards Ceremony

9:00 PM Adults Awards Ceremony

10:00 PM Cut-off time for all the distances

10:15 PM Closing of Fan Zone

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 4:30 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 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 2.5K 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 400M run.

COURSE AND DISTANCES:

LOCATION: Lusail International Circuit

COURSE: 5.4K course

DISTANCES:

- 400M Mini-Kids (3-6)
 - 400M Mini-Kids: From the Start line, runners run straight for 200m, make a U-turn, and run to the Finish line.
- 1K Juniors (7-12) and 1 K Family Fun Run
 - Juniors & Adults: From the Start line, runners run straight for 500m, make a U-turn, and run to the Finish line.
- 2.5K Juniors (13-16)
 - Juniors & Adults: From the Start line, runners run straight for 1.25 KM, make a U-turn, and run to the Finish line.
- 5K Adults (17+) - 1 full loop
 - 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.

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



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OTHER DETAILS:

BAG DROP

There will be a bag drop at the registration desk from 4:30 pm at Garage 18 from the Paddock Side. Collect your bag once you have finished your run. Bag collection will be available until 10:30 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 ambulances 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.
- Recommended running outfit: shorts or leggings, a T-shirt, and running shoes. Please choose comfortable sportswear that respects local culture and the family-friendly nature of the event.
- 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.



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