

الاتحاد القطري للرياضة للجميع

AGORA
SPORTS CONSULTING

ميناء الدوحة القديم
OLD DOHA PORT

الاتحاد القطري
QSEA
للرياضة للجميع

NightRun
2025
For Her

RACE INFO PACK

15 November 2025



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GREETINGS

Dear Ladies!

On November 15th, around 800 runners will come to the starting line of NIGHT RUN FOR HER which will take place in Old Doha Port. The event is hosted by the Ministry of Sports and Youth and the Qatar Sports For All Federation.

We're thrilled that on this day, you'll be joining us to inspire all the ladies by running! In this guide, we've compiled all the crucial information about the event. We wish you exhilarating emotions and a wonderful run!

See you on 15 of November at NIGHT RUN FOR HER!



RACE MAP



NightRun
for her

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ميناء الدوحة القديم
OLD DOHA PORT

الجامعة القطرية
QSEA
للرياضة للشباب

13 NOVEMBER
2025

4 PM – 10 PM
OLD DOHA PORT

**RACE PACK
COLLECTION**



CLICK TO GET EXACT LOCATION ON THE MAP

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

Please, present your QID and confirmation of your registration.

You can collect someone else's race packet, provided you bring a copy of their ID and the email screen confirming their registration.

Please make sure to collect your Race Pack before race day (no collection on November 15)



RACE DAY TIMINGS

2:30 PM – Fan Zone Opening

2:45 PM – 3:25 PM – Functional Fitness Workout with 1969 Gym (Main Stage)

3:45 PM – 4:30 PM – Pilates Class with Casa Pilates (Main Stage)

4:15 PM – Warm-up for 400 M Mini Kids by Event Guard (Start Line)

4:20 PM – 400 M Mini Kids paced by New Balance Team (Age 3–6)

4:30 PM – Warm-up for 800 M Juniors by Event Guard (Start Line)

4:35 PM – 800 M Juniors paced by New Balance Team (Age 7–12, Ladies Only)

4:45 PM – Warm-up for 1 Mile (1.6 KM) Juniors by Event Guard (Start Line)

4:50 PM – 1 Mile (1.6 KM) Juniors paced by New Balance Team (Age 13–16, Ladies Only)

5:30 PM – Juniors Awards Ceremony (Main Stage)

6:00 PM – Warm-up for 1 Mile (1.6 KM) Fun Run with 1969 Gym (Main Stage)

6:15 PM – 1 Mile (1.6 KM) Fun Run (Age 3+, Ladies Only)

6:20 PM – 7:00 PM – Pilates / Stretching Session with 1969 Gym (Main Stage)

7:15 PM – Warm-up for 3 Miles Race (4.8 KM) with 1969 Gym (Main Stage)

7:30 PM – 3 Miles Race (4.8 KM, Age 17+, Ladies Only)

8:15 PM – Adults Awards Ceremony (Main Stage)

9:00 PM – Fan Zone Closing

NOTE FOR PARTICIPANTS

- Come to the fan zone 40 minutes before the start time. Our fan village will open from 2:30 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.
- Bib transfer is not allowed. Anyone found using another runner's bib will not be eligible for a podium award and will be disqualified.
- 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.
- 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 (ladies only). They can cheer up for you while you are running.

AWARDS CATEGORIES

- Awards for the Top 3 finishers (F) in the 3 Miles Open (Age 17-29)
- Awards for the Top 3 finishers (F) in the 3 Miles Masters (Age 30-39)
- Awards for the Top 3 finishers (F) in the 3 Miles Veterans (Age 40+)
- Awards for the Top 3 finishers (F) in the 1.6K Intermediate (Age 13-16)
- Awards for the Top 3 finishers (F) in the 800 m Secondary (Age 10-12)
- Awards for the Top 3 finishers (F) in the 800 m Primary (Age 7-9)
- Awards for the Top 3 finishers (F) in the 400 m Mini Kids (Age 3-6)
- Awards for the Top 3 finishers (M) in the 400 m Mini Kids (Age 3-6)

OTHER DETAILS

BAG DROP

There will be a bag drop at the registration desk from 2:30 pm near the start line. Please note you will have to present your race number to collect your bag once you have finished your run. No number, no bag. Bag collection will be till 9 pm.

WASHROOMS:

Washrooms are located near start line. 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 at the same place as the start line. As you approach the finish line, please ensure that your bib is visible so that your time is accurately recorded.

Medals will be presented to all the finishers.

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



HOW TO GET TO THE LOCATION?

Located on the Doha Corniche, the Mina District is accessible via car, taxi, or ride hailing apps. Alternatively, the Mina District is a 20-minute walk from the National Museum Metro station which can be reached via the Gold Line.



PHOTO AND VIDEO POLICY



As Night Run For Her is a ladies-only event, we kindly ask all participants to respect the privacy and comfort of others at all times.

Please read carefully before the event:

- You are welcome to take photos and videos of yourself, your friends, or the general atmosphere.
- However, it is strictly prohibited to take photos or videos of other participants without their explicit consent.
- Please ensure that other ladies are not visible in the background of your photos or videos, and do not share such content publicly after the event.
- Our official event photographer and videographer will be present during the event. They will only capture:
 - Atmospheric and activity shots of the fan zone, warm-ups, and race area.
 - Close-up portraits or interviews only of participants who have given their permission.
- To ensure everyone feels comfortable, participants who prefer not to be photographed or filmed can collect a "No Photography" sticker at the registration desk. Our team will fully respect and enforce this preference.
- All official photos and videos published by the organizers will comply with this privacy policy.

RUNNING ETIQUETTE

MANDATORY KIT:

- Leggings & half sleeve T-Shirt
- Running shoes.
- The race number must be worn visibly and facing forward.
- The runner must complete the marked course on foot under their own power. Shortcuts are not permitted.
- No Littering! All litter must be carried to the next water station, where it can be disposed of.
- 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.

PARTICIPANT WAIVER

By registering for this event, I acknowledge and agree to the following:

1. Health and Safety:

- I understand that participating in long-distance running events is inherently hazardous and may result in injury or death.
- I certify that I am medically able, properly trained, and in good health to participate in this event.
- I will comply with all decisions made by race officials regarding my participation, including the right to deny or suspend my participation for any reason.

2. Assumption of Risk:

- I voluntarily assume all risks associated with participating, including but not limited to:
- Falls, collisions, or contact with other participants;
- Weather conditions, such as extreme heat or humidity;
- Open traffic and road conditions.

3. Rules and Restrictions:

- I have read and agree to abide by all race rules.
- I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals, and personal music players are prohibited during the race.

4. Liability Waiver:

- I release and waive all claims against the QSFA organizers, event sponsors, the host city, and associated individuals from any liability arising from my participation, including claims due to negligence or carelessness.

5. Event Adjustments:

- In the event of a COVID-19-related lockdown or any other circumstances, the race may be postponed or moved to a new date.

6. Registration Policy: All registrations are final. No refunds will be issued by the organizer.



CONTACT DETAILS FOR EMERGENCY

EMERGENCY NUMBERS

Please save these numbers on your mobile:

MEDICAL EMERGENCY:

33201550*

*Only for Accidents / Medical attention

CONTACT US:

Email: info@onerunforall.com

