

RACE DAY PROGRAM

23 NOVEMBER 2019

07:15 AM Runners Arrival at Sheikh Jaber al-Ahmad al-Sabah Causeway

08:15 AM Warmup

08:30 AM Race Start (10 KM)

08:35 AM Race Start (5 KM)

09:15 AM Yoga Session by Six Senses Spa

09:30 AM Stretching Exercises by Project 5 Miles

10:00 AM Award Ceremony