



Trans Qatar Run is an adventure of running crossing Qatar from South to North. It's a run of approximately 190 km. In this document you will find details about this event.

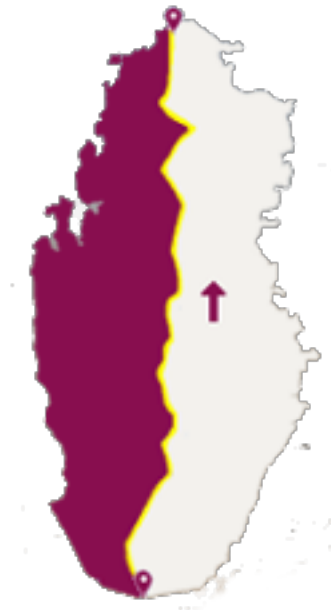
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## History and Philosophy of Trans Qatar Run

**Trans Qatar Run is an adventure of running crossing Qatar from South to North. It's just a run of approximately 190 km.**

What about the philosophy of this event. It has been thought as an adventure. It's the reason why there are few refreshment points during the run. Every runner will need a backpack to be autonomous for 50 km. Every runner has to be autonomous during the run. It is the same philosophy with the way to go. There will have no signal to show you which direction to go to the finish line. You will have two options: run with the group or run with your own Gps (or compass).

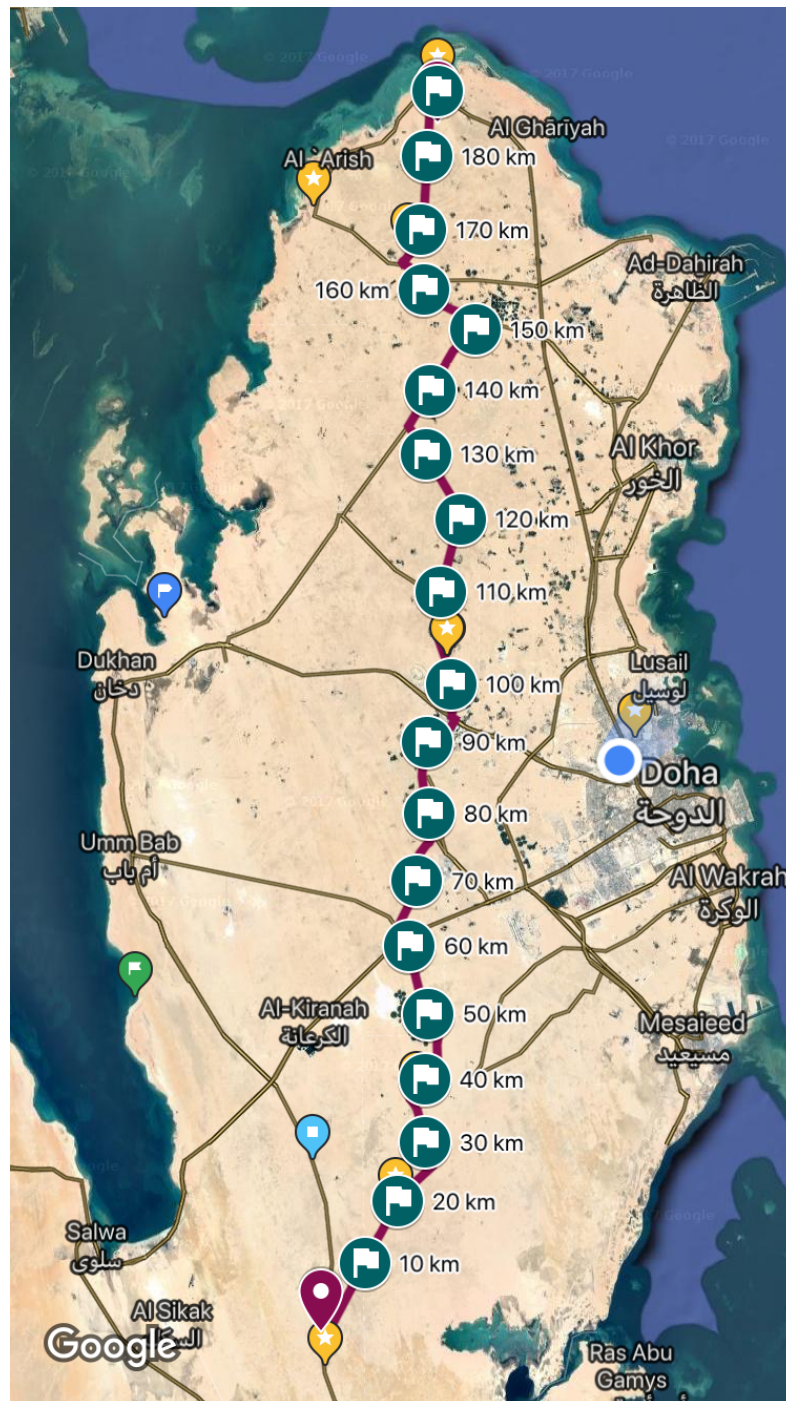




## Trans Qatar Run MAP

The map of Trans Qatar Run is available at:

<https://www.trailtofind.com/acc/trans-qatar-run/trans-qatar-run-map/>





## What about refreshment points?

There will be 4 refreshment points. To know when the main group will exactly arrive to each refreshment, a gps tracking system will be able at <https://www.trailtofind.com/transqatarrun/tqrlocation.html>

### Below, details for each refreshment:

1. Refreshment point#1 (<https://goo.gl/Z5R3pP>)
  - Estimated arrival of runners 23/02/18 11:10:00
  - This refreshment will be at crossroad between the track under power line and the real road. It's easy to find because there are little triangular flag on the top of the road.
2. Refreshment point#2 (<https://goo.gl/hRZKoj>)
  - Estimated arrival of runners 23/02/18 16:00:00
  - This refreshment will be at crossroad just before crossing Salwa road.
3. Refreshment point#3 (<https://goo.gl/RKE2eZ>)
  - Estimated arrival of runners 23/02/18 22:00:00
  - This refreshment will be near Mohammed Ad-Dosari Farm
4. Refreshment point#4 (<https://goo.gl/QqJeyN>)
  - Estimated arrival of runners 24/02/18 05:35:00
  - This refreshment will be next to "Al Ghuwairyah Park"





## Details about full / half distance

The full run will start exactly at **8.00 am on Thursday 23rd of February**. About the half distance, you can start at the same point if you want to run during the day. Or you can start at the refreshment point n°3 if you prefer running during the night. **It's important to note that this is more an adventure than a race. All runners will have to be semi autonomous.** It will be not an easy run! For example, distance between refreshment points will be up to 50 km. There is nothing to win expect to be proud at the end. During the run, there will have no signal to show you which directions to go to the finish line. You will have two options: run with the group or run with your own Gps (or compass).

Below a list of what you should have in your backpack for the full distance:

- Mobile phone with enough battery
- Supply of water and food reserve to be autonomous during 50 km.
- 2 torches in good working
- Survival blanket (just in case)
- Whistle
- Jacket with hood (to withstand to the wind and possibly rain)
- Cap or bandana or Buff®...
- Additional warm second layer (for the night of the second part)
- QID
- Sunglasses and sun cream.
- Cream to avoid frictions like "Nok from akileine" or vaseline



## What are the time charts of this run?

**Trans Qatar Run will start on Friday 23rd of February at 8.00 am.**

It's also important to note that there will be no signal to show you which directions to go to the finish line. Runners will have two options:

- Run with the group (It will be able to follow the group with the GPS tracking system at <https://www.trailtofind.com/transqatarrun/tqrlocation.html>)
- Run with your own Gps or compass. With the second option, I can't guarantee that refreshments will be ready at right time.

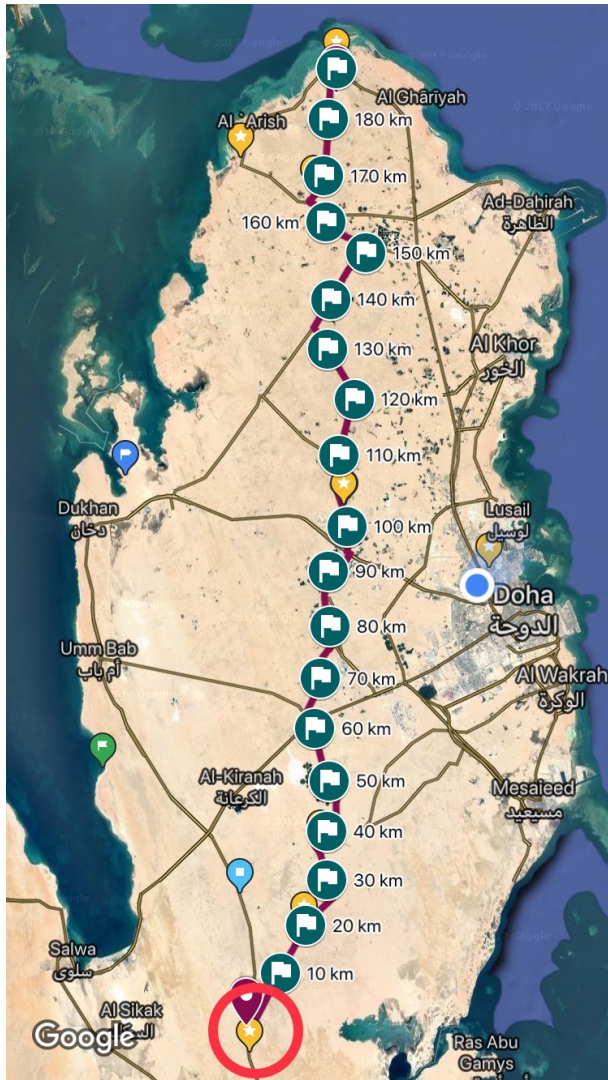
Below an estimation of the time chart also available at

<https://www.trailtofind.com/acc/trans-qatar-run/time-charts>

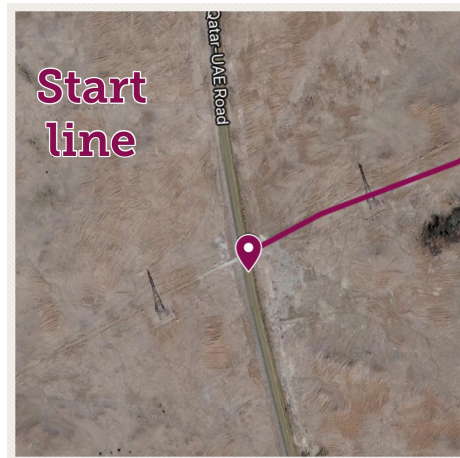


## Start line

The start line is under the power line, 5 km before the checkpoint. This are little flags above the road.



Url GPS : <https://goo.gl/6B6foD>





## Part #1: 0 km to 30 km

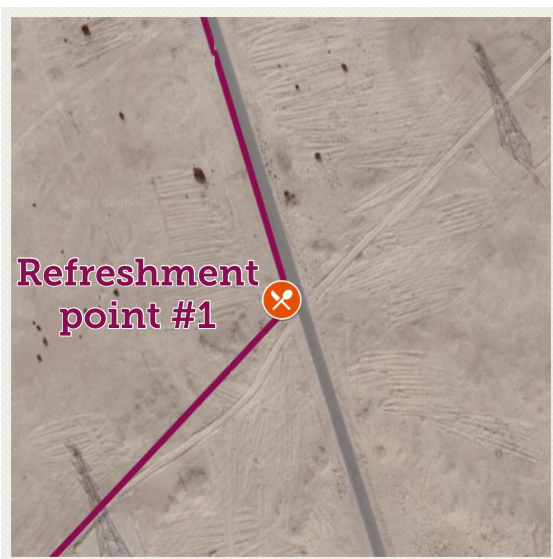
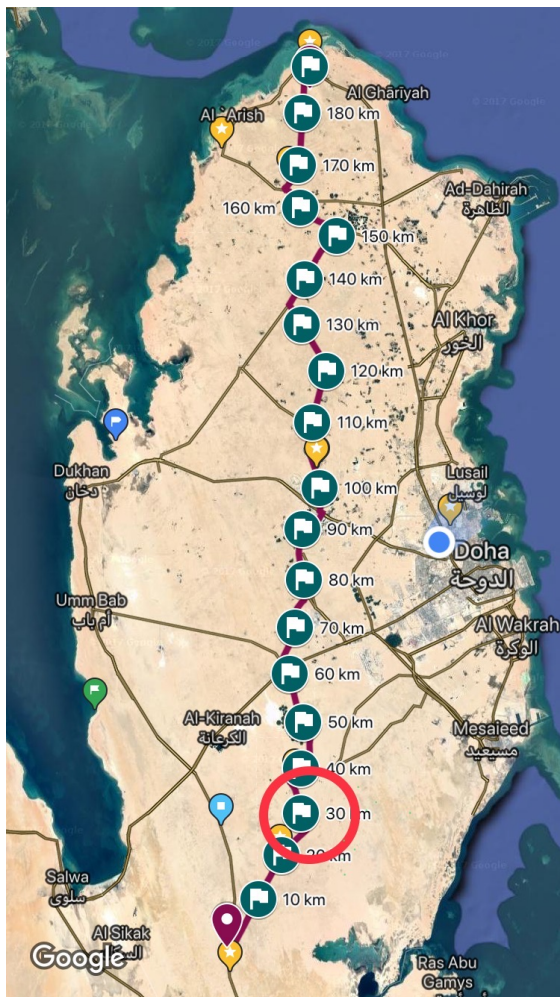
DISTANCE KM	ESTIM.DAY / TIME OF PASSAGE	ESTIM. RACE TIME	AVG. PACE (KM/H)	COMMENTS
0	23/02/18 08:00:00	0:00:00	0,00	Follow the power line
10	23/02/18 09:10:00	1:10:00	8,57	
20	23/02/18 10:20:00	2:20:00	8,57	
27	23/02/18 11:10:00	3:10:00	8,53	Refreshment point#1 <a href="https://goo.gl/Z5R3pP">https://goo.gl/Z5R3pP</a>



## Refreshment point #1

Refreshment point#1 (<https://goo.gl/Z5R3pP>)

- Estimated arrival of runners 23/02/18 11:10:00
- This refreshment will be at crossroad between the track under power line and the real road. It's easy to find because there are little triangular flag on the top of the road.



Refreshment point#1

Url GPS :<https://goo.gl/Z5R3pP>





## Part #2: 30 km to 60 km

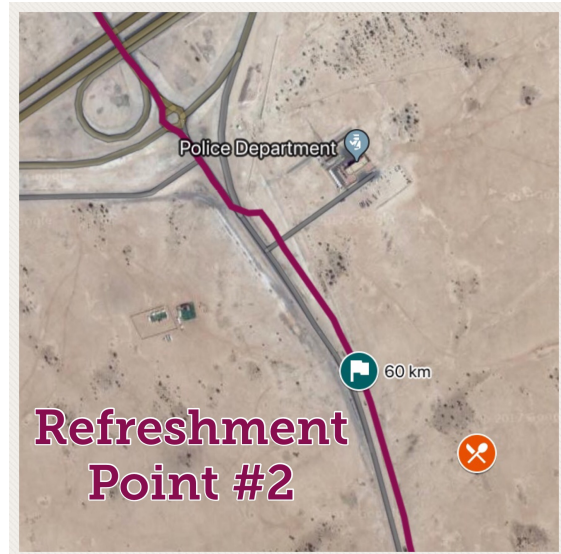
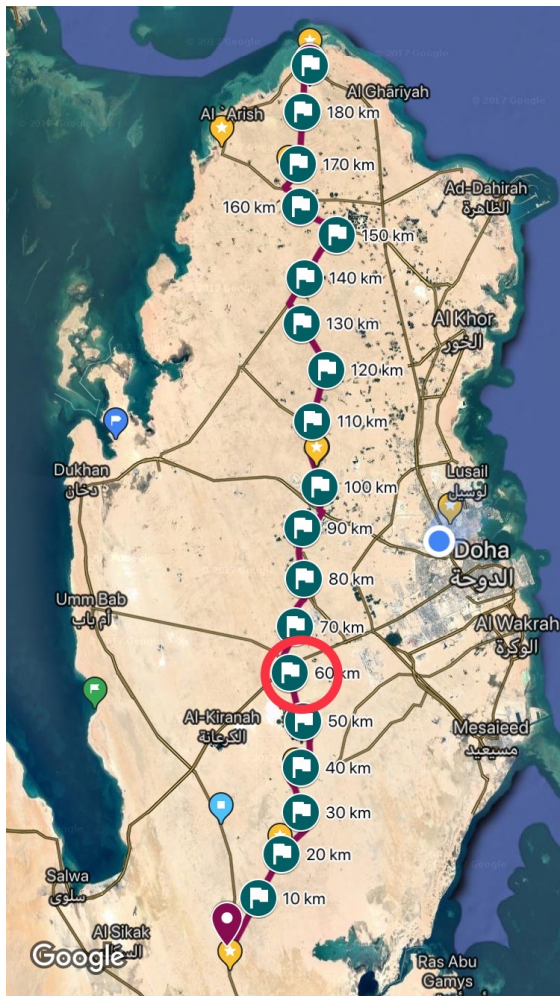
DISTANCE KM	ESTIM.DAY / TIME OF PASSAGE	ESTIM. RACE TIME	AVG. PACE (KM/H)	COMMENTS
30	23/02/18 11:55:00	3:55:00	7,66	Next to the road
40	23/02/18 13:15:00	5:15:00	7,62	Need a compass or GPS for the first part as there is too many tracks to know which one to choose
50	23/02/18 14:40:00	6:40:00	7,50	
60	23/02/18 16:00:00	8:00:00	7,50	Refreshment point#2 (Sunset:17h31) <a href="https://goo.gl/hRZKoj">https://goo.gl/hRZKoj</a>



## Refreshment point #2

Refreshment point#2 (<https://goo.gl/hRZKoj>)

- Estimated arrival of runners 23/02/18 16:00:00
- This refreshment will be at crossroad just before crossing Salwa road.



Refreshment point#2

Url GPS : <https://goo.gl/hRZKoj>



## Part #3: 60 km to 100 km

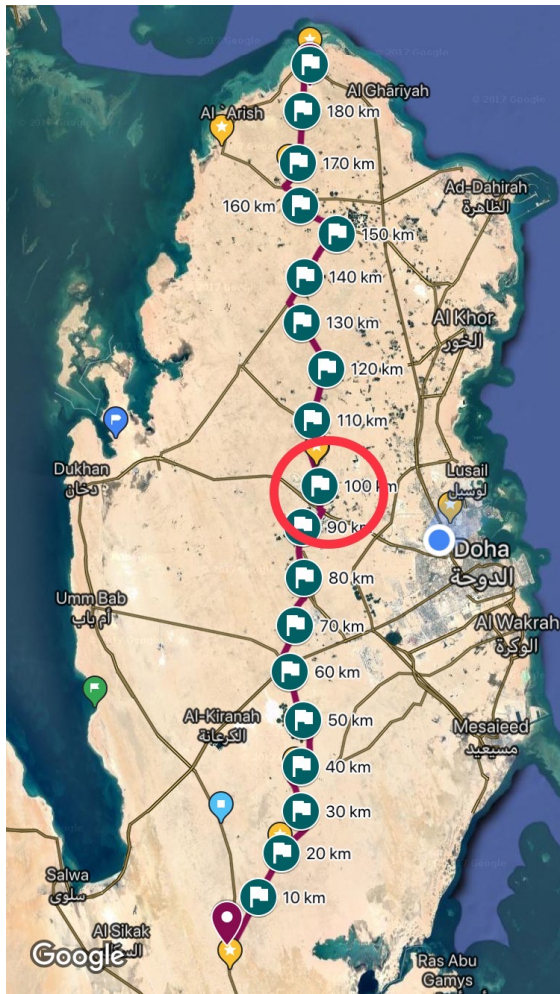
DISTANCE KM	ESTIM.DAY / TIME OF PASSAGE	ESTIM. RACE TIME	AVG. PACE (KM/H)	COMMENTS
60	23/02/18 16:00:00	8:00:00	7,50	Refreshment point#2 (Sunset:17h31) <a href="https://goo.gl/hRZKoj">https://goo.gl/hRZKoj</a>
70	23/02/18 17:55:00	9:55:00	7,06	Part where runners have to be careful because they have to go across "Salwa Road" on a bridge.
80	23/02/18 19:15:00	11:15:00	7,11	
90	23/02/18 20:35:00	12:35:00	7,15	There is "Park Shahaniya" on google map that seems to be open between 06:00 to 22:00. There is also an Al Meera market that seems to be open between 14:00 to 23:00 on friday.
100	23/02/18 22:00:00	14:00:00	7,14	Refreshment point#3 <a href="https://goo.gl/RKE2eZ">https://goo.gl/RKE2eZ</a>
100	24/02/18 00:30:00	16:30:00	6,06	Sleeping time near Mohammed Ad-Dosari Farm



## Refreshment point #3

Refreshment point#3 (<https://goo.gl/RKE2eZ>)

- Estimated arrival of runners 23/02/18 22:00:00
- This refreshment will be near Mohammed Ad-Dosari Farm



## Refreshment point#3

Url GPS : <https://goo.gl/RKE2eZ>



## Part #4: 100 km to 150 km

DISTANCE KM	ESTIM.DAY / TIME OF PASSAGE	ESTIM. RACE TIME	AVG. PACE (KM/H)	COMMENTS
100	24/02/18 00:30:00	16:30:00	6,06	Sleeping time near Mohammed Ad-Dosari Farm
110	23/02/18 23:25:00	15:25:00	7,14	Next to the road to not be lost during the night
120	24/02/18 00:55:00	16:55:00	7,09	
130	24/02/18 02:35:00	18:35:00	7,00	
140	24/02/18 04:05:00	20:05:00	6,97	
150	24/02/18 05:35:00	21:35:00	6,95	Refreshment point#4 (Sunrise:06h03) There is "Al Ghuwairyah Park" on google map but no information about opening time. There is also an Al Meera market that seems to be open between 08:00 to 22:00 on Friday. <a href="https://goo.gl/QqJeyN">https://goo.gl/QqJeyN</a>

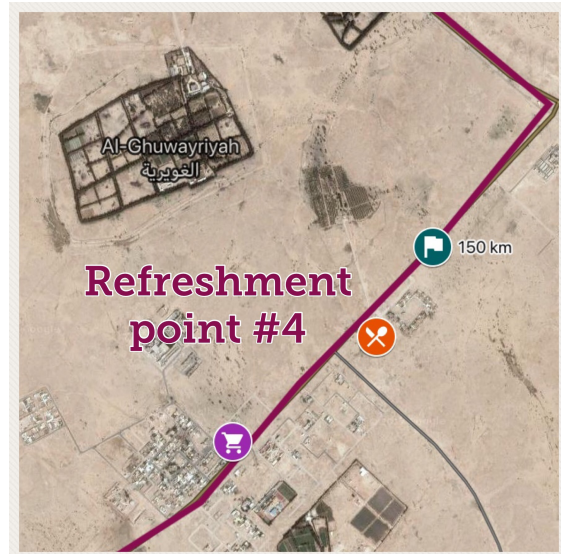
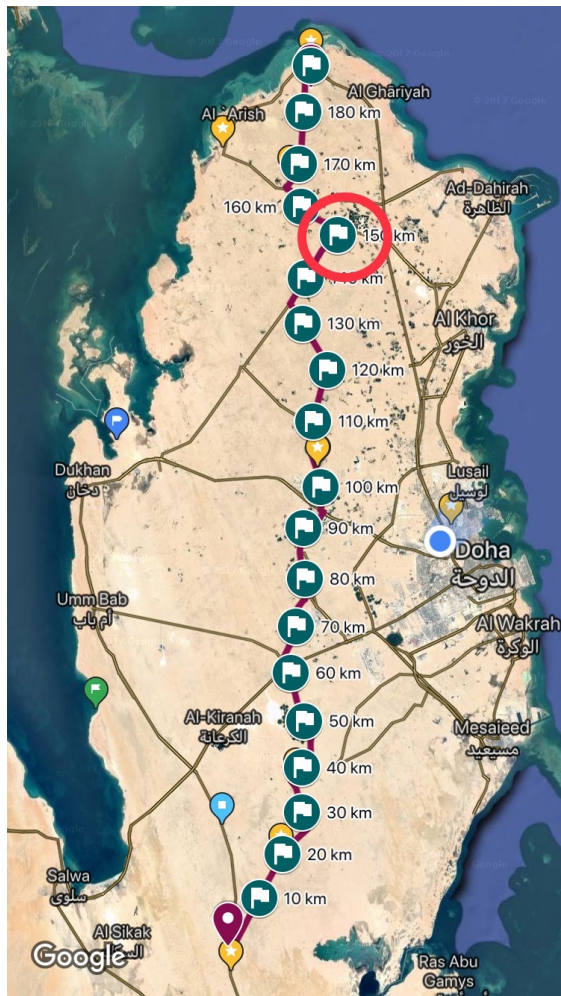




## Refreshment point #4

Refreshment point#4 (<https://goo.gl/QqJeyN>)

- Estimated arrival of runners 24/02/18 05:35:00
- This refreshment will be next to "Al Ghuwairyah Park"



Refreshment point#4

Url GPS : <https://goo.gl/QqJeyN>



## Part #5: 150 km to 190 km

DISTANCE KM	ESTIM.DAY / TIME OF PASSAGE	ESTIM. RACE TIME	AVG. PACE (KM/H)	COMMENTS
150	24/02/18 05:35:00	21:35:00	6,95	Refreshment point#4 (Sunrise:06h03) There is "Al Ghuwairyah Park" on google map but no information about opening time. There is also an Al Meera market that seems to be open between 08:00 to 22:00 on friday. <a href="https://goo.gl/QqJeyN">https://goo.gl/QqJeyN</a>
160	24/02/18 08:05:00	24:05:00	6,64	
170	24/02/18 09:45:00	25:45:00	6,60	There is "Al Nahi Farm" on google map but no information on this establishment
180	24/02/18 11:25:00	27:25:00	6,57	There is a natural park on google map that seems to be really nice and good for a bivouac
190	24/02/18 13:05:00	29:05:00	6,53	The end at "Al Shamal Park" <a href="https://goo.gl/pjphVy">https://goo.gl/pjphVy</a>



## Finish line

The end at "Al Shamal Park"

Url GPS : <https://goo.gl/qZHauH>

