


# Scenic Sprint 20KM Technical Guide

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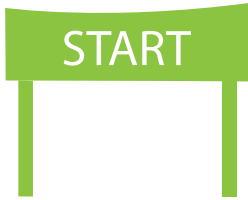
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سباق همم للجري الجبلي  
HIMAM TRAIL RUN RACE  
NOVEMBER 2023



# Key Information



## Start

Birkat Al Mouz

24 November 2023, 3:30 PM

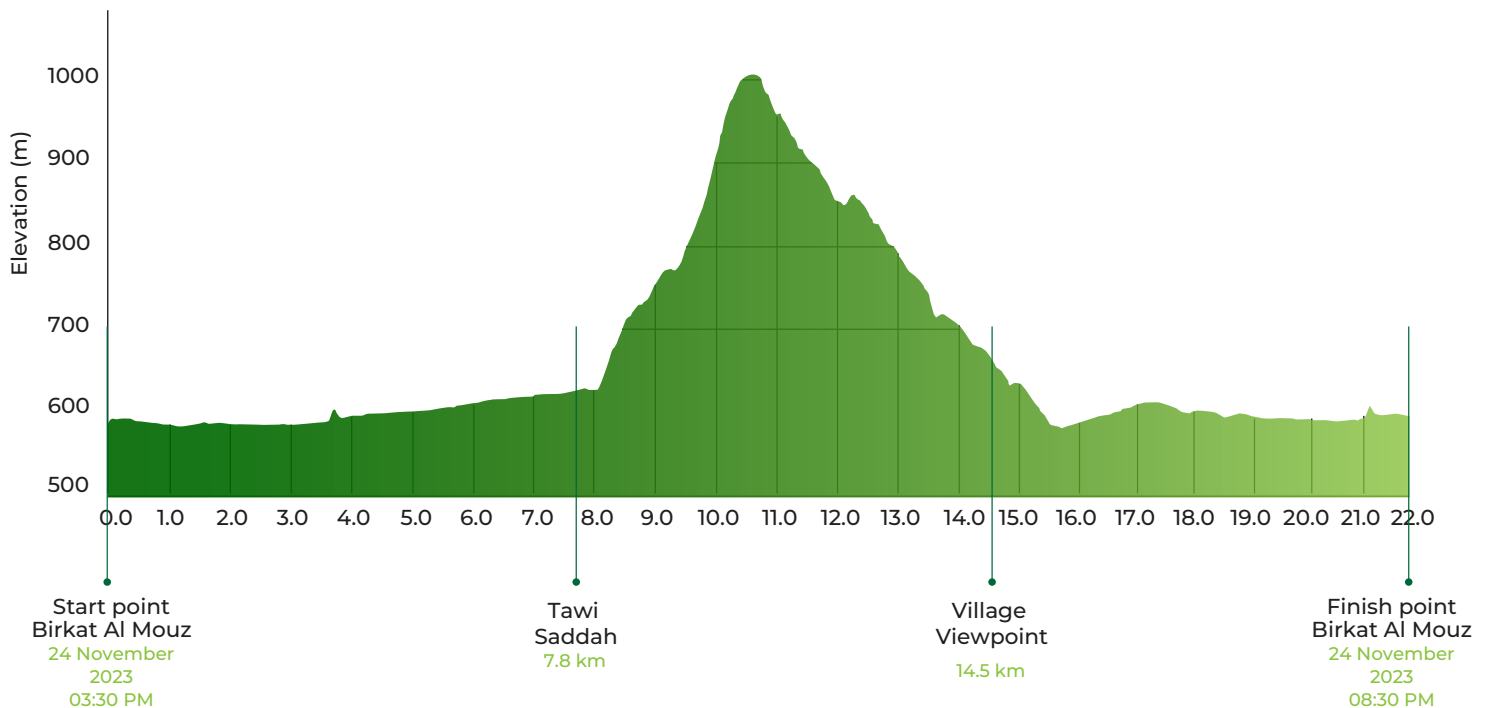


## Finish





Birkat Al Mouz

24 November 2023, 8:30 PM

# Elevation Profile



# Checkpoints

Checkpoints	Altitude (M)	Inter-Distance (KM)	Distance	Cumulative Elevation Gain (M)	Cumulative Elevation Loss (M)	Services
<b>Start: Birkat Al Mouz</b>	580					
<b>Tawi Saddah</b>	620	7.8	7.8	70	30	
<b>Village Viewpoint</b>	640	6.7	14.5	480	420	
<b>Finish: Birkat Al Mouz</b>	580	7.5	22	530	530	

 Snacks

 Food

 Water

 Soup

 Rest Room

# Mandatory Kit

The availability of personal kit will be checked in the same days of the Race Pack Collection and receiving the bib numbers. Runners must be responsible for keeping the mandatory kits with them from the start to the end of the race.



Passport /  
residence card



Trail  
running shoes



Mobile phone



Supply of water  
of 1 Liter



Saharan cap to  
protect from sun

# Optional Kit



Sunglasses



GPS watch



Sun cream



Running  
backpack



Head torch with  
spare batteries (Note:  
Part of this trail  
involves running at  
dark/night)



Trekking poles

# Travel Guide



## Flights and Visa:

The easiest way to travel to Oman is by air. You can fly to Muscat International Airport, which is the largest airport in Oman. There are direct flights to Muscat from major cities around the world.

- You may check Oman Air's [official website](#) to see the direct flights on offer and to enjoy hospitable services.
- A tourist visa is required to enter Oman. Check the local customs website [here](#) to see which tourist visa is suitable for your country of origin. Some visas can be obtained upon arrival.
- Vaccination: Currently there is no process required for COVID vaccination, but you may have your vaccination certificate on your mobile phone ready in case you are asked to present.



## Connectivity:

Oman has a reliable and affordable mobile network, and it's easy to purchase a SIM card on arrival at the airport. Most hotels and restaurants offer free Wi-Fi.

Local SIM providers:

- Omantel
- Ooredoo
- Vodafone



## Taxi and Mobility:

Driving cars is the dominant mode of transportation in Oman while public bus transport is most efficient in the capital city of Muscat. In the airport, you may choose to rent a car to drive at ease, hire a car with a tour guide, or utilize local taxi services for short distance commute. You may opt for pre-booking before arrival for a smoother experience.

- OTAXI: Use OTAXI, a mobile app for short journeys.



### **Culture and Customs:**

Oman is a conservative Muslim country, and it is important to be mindful of local customs and traditions. It is important to dress modestly when in public places.

As a general guideline, attire should be loose-fitting, long-sleeved tops and pants that cover the arms and legs. While running, you may opt for breathable options to avoid excessively revealing clothing. If you are attending the prizegiving ceremony, is scheduled on Saturday 25 November 2023 at 4 PM, the dress code is smart casual as among the attendees are local representatives and officials.



### **Currency:**

The official currency in Oman is Omani Rial (OMR). ATM machines are within reach but it's best to carry some cash, especially when you're traveling outside main cities. Many shops and restaurants accept credit cards, but it's always a good idea to have cash on hand. ATMs can be located through Google Map easily.



### **Weather:**

November in Oman is the perfect time for trail running with comfortable temperatures and cooler weather at higher elevations, such as the Al Hajar mountain range, where the event will take place. Ensure that you are prepared with appropriate clothing and gear.



### **Accommodation:**

You will receive preferred hotel options by the race organization. However, if you prefer to look for accommodation options that are close to the race location, you may search for a hotel or serviced apartments. The locations of the race are multiple, with Al Hamra being the start of the 110KM distance, Imti in Izki being the start of the 55KM distance and Birkat Al Mouz being the start for 20KM and the finish for all distances

# Prizes



## Female Runners

**250 oMR** Champion

**150 oMR** 2nd Place

**100 oMR** 3rd Place



## Male Runners

**250 oMR** Champion

**150 oMR** 2nd Place

**100 oMR** 3rd Place

**4th – 6th** runner ups will be rewarded with prizes.

All runners crossing the finish line will receive a finisher medal.

The prize giving will take place at the race village in Birkat Al Mouz on 25 of November at 4 PM.

Winning runners will be awarded for their efforts.

Attendance is open for all. The ceremony will be attended by some of Oman's VIP delegates and promises to be the perfect way to celebrate the athletes.

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