


# Technical Guide Scenic Sprint

20 Km


سباق همم للجري الجبلي  
HIMAM TRAIL RUN RACE  
DECEMBER 2024



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HIMAM ADVENTURE 2024 ®

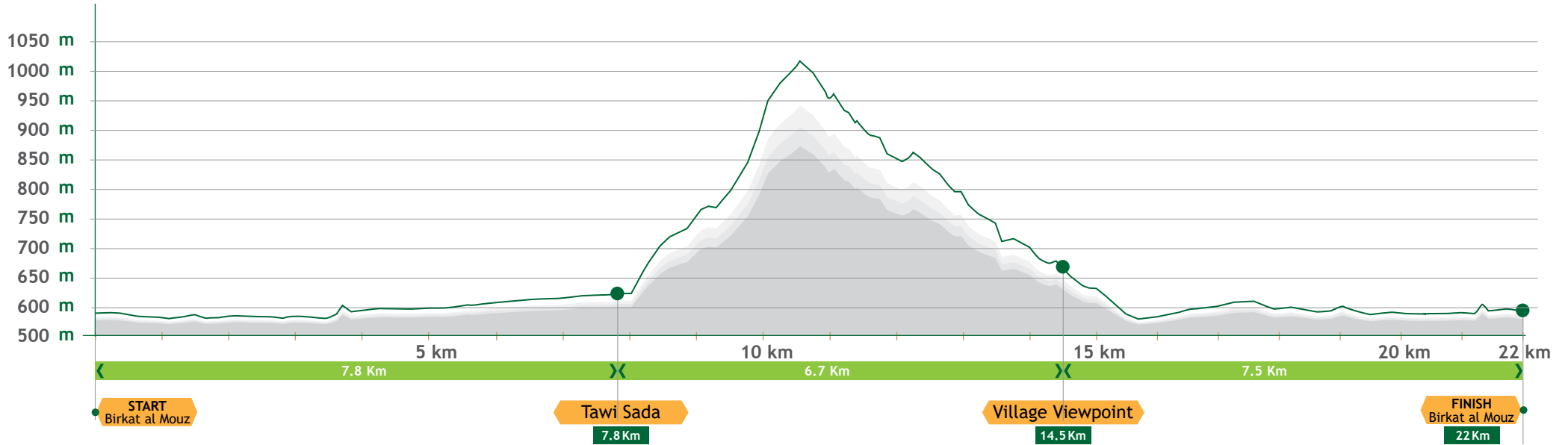


# ELEVATION PROFILE

## Race 20 km

Start Date 6/12/2024  
Start Time 3:30 PM

Finish Date 6/12/2024  
Finish Time 8:30 PM



### CHECKPOINTS TABEL 20 KM

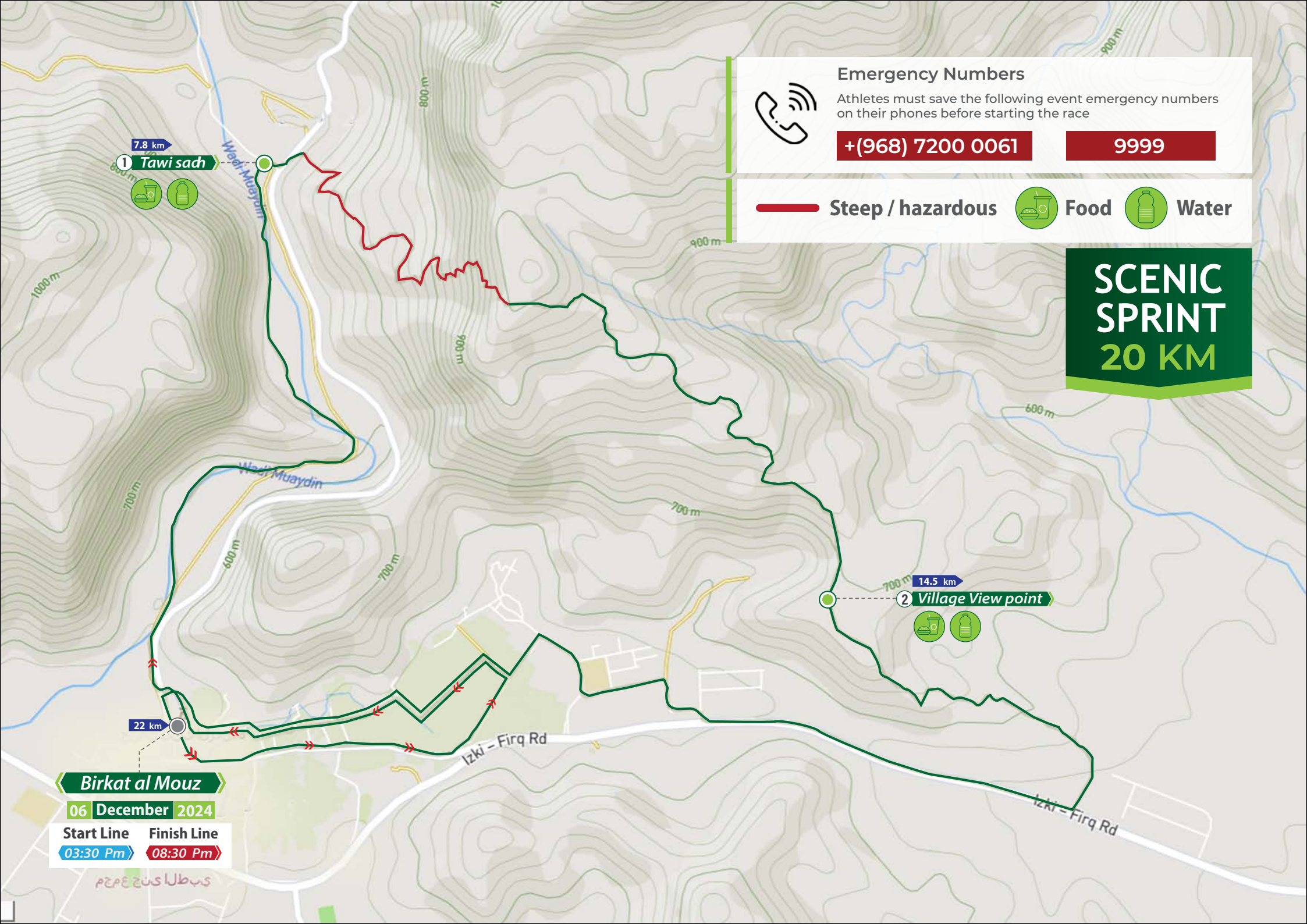
CHECKPOINT	ALTITUDE (M)	INTERDISTANCE (KM)	DISTANCE (KM)	ACCUMULATIVE ELEVATION GAIN	ACCUMULATIVE ELEVATION LOSS	SERVICES	Location
Start: <b>Birkat Al Mouz</b>	580 M	-	-	-	-		»»» 📍
Tawi Saddah	620 M	7.8 Km	7.8 Km	70 M	30 M	🍷 🍔 🥤	»»» 📍
Village Viewpoint	640 M	6.7 Km	14.5 Km	480 M	420 M	🍷 🍔 🥤	»»» 📍
Finish: <b>Birkat Al Mouz</b>	580 M	7.5 Km	22 Km	530 M	530 M		»»» 📍



Water



Food



### Emergency Numbers



Athletes must save the following event emergency numbers on their phones before starting the race

**+(968) 7200 0061**

**9999**

 Steep / hazardous



Food



Water

**SCENIC  
SPRINT  
20 KM**

7.8 km  
**1 Tawi sach**



14.5 km  
**2 Village View point**



**Birkat al Mouz**

**06 December 2024**

**Start Line** **Finish Line**  
**03:30 Pm** **08:30 Pm**

بطولة سنج عجم

The availability of personal kit will be checked in the same day 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

## Mandatory Kit



Trail running shoes



Mobile phone

### Disclaimer:

Participants must carry the mandatory gear at all time for their safety. The 20km distance is a fast course for some runners whereas others may take longer to finish in the dark. Be mindful to carry enough water on you, a headlight and all necessary equipment during the run.

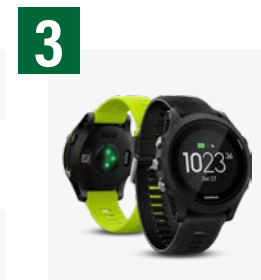
## Optional Kit



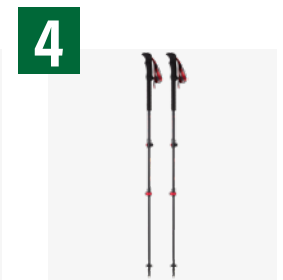
Running backpack



Sunglasses



GPS watch



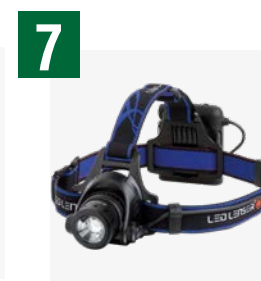
Trekking poles



Supply of water of 1.5 Liters



Saharan cap to protect from sun



Head torch with spare batteries



Sun cream

# Rules & Regulations



**Short-cutting the route:**

Subject to organizers decision



**Refusal to have mandatory equipment checked:** Disqualification



**Discarding waste:**

15 minute penalty



**Assistance outside of authorized zones:**

30 minute penalty



**Lack of visible race-bib:**

10 minute penalty



**Use of poles not carried from the race start:** 30 minute penalty



**Missing item(s) off the mandatory equipment list:** 30 minute penalty



**Not assisting a person in difficulty:** 30 minute penalty



**Cheating:** Disqualification - subject to organizer decision



**Lack of respect for others:**

Subject to organizers decision



**No passage through a check point:**

30 minute penalty



**Using other runner's bib number to participate in the race**  
Disqualification



# 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.



## 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.



## Connectivity:

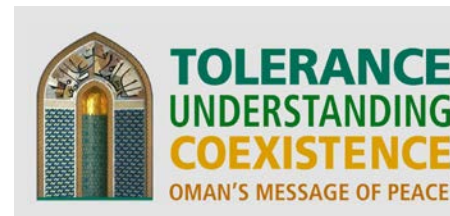
Oman has a reliable and affordable mobile network, and it's easy to purchase a SIM card on arrival at the airport. Most hotels and restaurants offer free Wi-Fi. Local SIM providers: Omantel - Ooredoo - Vodafone



## 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 Friday 06 December 2024 at 7:45 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.

### **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

### **Weather:**

December 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.

# AWARDS & PRIZES

## Female Runners



2nd Place  
**150 OMR**



Champion  
**250 OMR**



3rd Place  
**100 OMR**

## Male Runners



2nd Place  
**150 OMR**



Champion  
**250 OMR**



3rd Place  
**100 OMR**

4<sup>th</sup> – 10<sup>th</sup> runner ups will be rewarded with prizes.

All runners crossing the finish line will receive a finisher medal



























































The first male and female finishers in the following age groups will be awarded with a trophy:

Under 25 M/F (under 25) Seniors M/F (25-39) Master 40 M/F (40-49) Master 50 M/F (50-59) Master 60 M/F (60+)

The prize giving will take place at the race village in Birkat Al Mouz on Friday 06 December 2024 at 7:45 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.



# Hotel & Accommodation

1		Golden Tulip Nizwa	NIZWA		16		Durat Nizwa hotel	NIZWA	
2		Bait AlSabah Heritage Inn & Cafe	NIZWA		17		Old Town Hotel	NIZWA	
3		ALSMOU apartments	NIZWA		18		Omani Guest House	NIZWA	
4		Nizwa Hotel Apartments	NIZWA		19		Nizwa Heritage Inn	NIZWA	
5		Antika Hotel Apartments	NIZWA		20		Alaqur View Inn	NIZWA	
6		Al Karam Hotel Apartment	NIZWA		21		Al Bustan Inn HOTEL	NIZWA	
7		EWANN HOTEL APARTMENTS	NIZWA		22		Salam Inn	Alhamra	
8		Intercity Hotel Nizwa	NIZWA		23		The Wadi Inn	Alhamra	
9		Nizwa Inn Hotel	NIZWA		24		Bait Al Aali	Alhamra	
10		Aryaf Nizwa Hotel apartments	NIZWA		25		Al hamra Heritage Inn	Alhamra	
11		Tanuf Residency Hotel	NIZWA		26		The View	Alhamra	
12		Falaj Daris Hotel	NIZWA		27		Basmat almifah guest house	Alhamra	
13		Al Diyar Hotel	NIZWA		28		Al Misfah Hospitality inn	Alhamra	
14		Aldar Inn	NIZWA		29		Bait Baityn	Alhamra	
15		Antique Inn	NIZWA		30		Hissen Al-Misfah	Alhamra	

Click the location icon for easy transfer

# Race Pack Collection



## Location / Birkat Al Mouz

The race village



**Tue 3<sup>rd</sup> Dec 2024**  
04:00 PM – 10:00 Pm

**Wed 4<sup>th</sup> Dec 2024**  
02:00 PM – 10:00 Pm

**Thu 5<sup>th</sup> Dec 2024**  
10:00 AM – 10:00 Pm

**Fri 6<sup>th</sup> Dec 2024**  
10:00 AM – 12:00 Pm



## Location / Muscat

(Exact location will be announced)



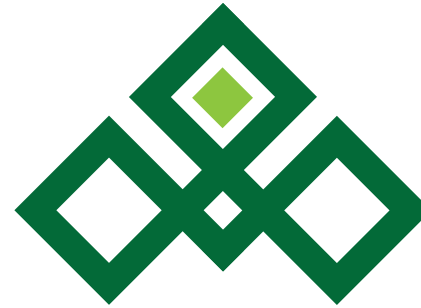
Date: 30-Nov & 01-Dec 2024

Time: will be announced

## Remarks:

- Participants must collect their race pack in person; no proxies are allowed to pick up on their behalf.
- When collecting the race pack, participants must present all mandatory gear specified in this guide for inspection.
- A valid ID (passport, national ID, or driver's license) must be shown when collecting the race pack.
- Participants are required to sign a waiver or disclaimer form upon collecting their race pack, acknowledging the risks and agreeing to the event's terms and conditions

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