



Friends of Karura Anniversary Race 2021: Participant Information

Welcome to the 2021 Friends of Karura Anniversary Race and we're looking forward to having you back in person this year. Please read the information below carefully and we'll see you on the 16th October:

1 Race Day Details

- **Date:** Saturday 16th October
- **Start/Finish:** Amani Gardens, Karura Forest (entry by car via Gate A off Limuru Road or on foot via Gate D off United Nations Avenue/ICRAF road)
- **Distances:** 5KM, 10KM, 21KM
- **Contacts:** events@runbeyond.co.ke; +254 711 892 032

2 Race Packs

Race packs including your number, t-shirt and giveaways will be available for collection at Run Beyond from Sunday 10th October. **We strongly recommend you collect your race pack in advance** to avoid delays on entry, as your race number will give you free entry into the forest.

Delivery can be arranged via Uber with the rider to be paid on receipt by the recipient. Uncollected packs will be available at Gate A on race day.

For corporate entries, race packs will be sent to your coordinator on Tuesday 12th October.

Unfortunately, we were unable to source XS race t-shirts. Please note that if you requested this size, you will find a S size t-shirt in your race pack.

3 Race Timing

As indicated on the registration website, due to COVID related capacity restrictions on Amani Gardens, this year's event has five staggered start times. **Your race time will be recorded based on the start time and distance indicated on your race pack.**

Please make sure that you start at the correct time to ensure that your race time is accurately recorded. Each wave will start promptly at the allotted time. **We encourage you to arrive at Amani Gardens 25 minutes before you allotted time** in case of congestion at the gate.

4 Forest Entry Fee

The entry fee includes the Karura Forest entry and parking fees. Please show your race number at the gate as proof of entry.

5 Course Markings

Route markings will be placed at key junctions using a combination of marking powder and signposts. Marshals will also be positioned at key points around the routes. Please follow all instructions given by marshals.

6 Water Stations

There will be two water points on the course. In the interest of protecting the forest environment, we will be using biodegradable cups and not plastic bottles. Shortly after each water station there will be a drop zone. To avoid littering, please ensure that all cups are deposited in the baskets provided. We request participants not to bring single use plastic bottles as these are not permitted in the forest.



TEAM JASHO



runbeyond |i



7 Bag Drop

A free bag drop service will be available at Amani Gardens. Please complete a label with your name and race and phone numbers and attach it to your bag. Whilst care will be taken to ensure that bags are safeguarded, please don't leave expensive or valuable items in these bags, as the organisers cannot accept responsibility for any losses.

8 COVID Precautions

Please ensure you follow Karura's policy on mask wearing. Facemasks must be worn at all times at the start/finish area, at the start line, and when in proximity to other participants or forest users.

9 Indemnity

By registering for the event all participants accept our race indemnity (<https://www.runbeyond.co.ke/service/race-indemnity/>). Parents/guardians registering any participants under the age of 18 are deemed to have accepted the indemnity on their behalf.

10 Routes Guides

Due to the multiple start times, we are starting all races at the same point. Please note that the distances are therefore not quite exact...but we hope that in the circumstances you'll bear with us 😊.

As the courses pass the start line. Please follow the guidance of the Starter and **stay to the side of the trail whilst you wait for your start to allow runners already on the course to pass.**

Dist.	Course Map	Course Description
5km		<ul style="list-style-type: none"> Start where the path enters the trees at the corner of the swamp below Amani Gardens, head towards no. 4 Turn left at no.4 and continue straight at no. 10, up the hill to no. 11 and turn right Take the next two rights (no. 13 and no. 20) returning to no. 10. Turn left up the hill and right at number 4 back towards the start Go straight past the start looping around back on yourself just before the trail reaches the road Return to the start and take the path on the left up to Amani Gardens GPX File: https://connect.garmin.com/modern/course/80289030
10km / 21km		<p>10km</p> <ul style="list-style-type: none"> Follow 5km course, but turning left at no. 11 towards no.12 Turn right at no.12 and then take the first left, following the trail downhill to the river. Cross the river and take the first two right turns, turning onto the Wangari Maathai Track at no. 33 Follow Wangari Maathai Track all the way to the end and past the gate. Turn right and follow the trail down to the corner of the Mau-Mau Tail at no. 23 Turn left up the hill and stay right up the Middle Track. Turn left at no. 13 and return via no. 10 and no. 4 to the start. Turning up towards Amani Gardens <p>21km</p> <ul style="list-style-type: none"> At the end of the first loop of the 10km route, the 21km course passes the start and follows the same loop as the 5km route; followed by a second lap of the 10km course GPX Files: https://connect.garmin.com/modern/course/80290896 https://connect.garmin.com/modern/course/80291910



TEAM JASHO



runbeyond |i