QUR
QATAR ULTRA RUNNERS

الاتحاد القطري
QSFA
للرياضة للجميع

CREW BRIEFING • SATURDAY 21 NOVEMBER 2026

WELCOME, CREW

Qatar East to West Ultra 2026 • 9th edition
90 km from Sheraton Park to Dukhan Beach



TONIGHT

THE PLAN FOR THE NEXT HOUR

01 **Warm-up games**
Three quick ones, ten minutes

02 **The race**
90 km, coast to coast

03 **Your crews and shifts**
Who, where and when on Friday

04 **The new volunteer system**
From sign-up to sign-out

05 **Check-in and check-out**
How attendance works now

06 **Race-day essentials**
Safety, kit, contacts and merch

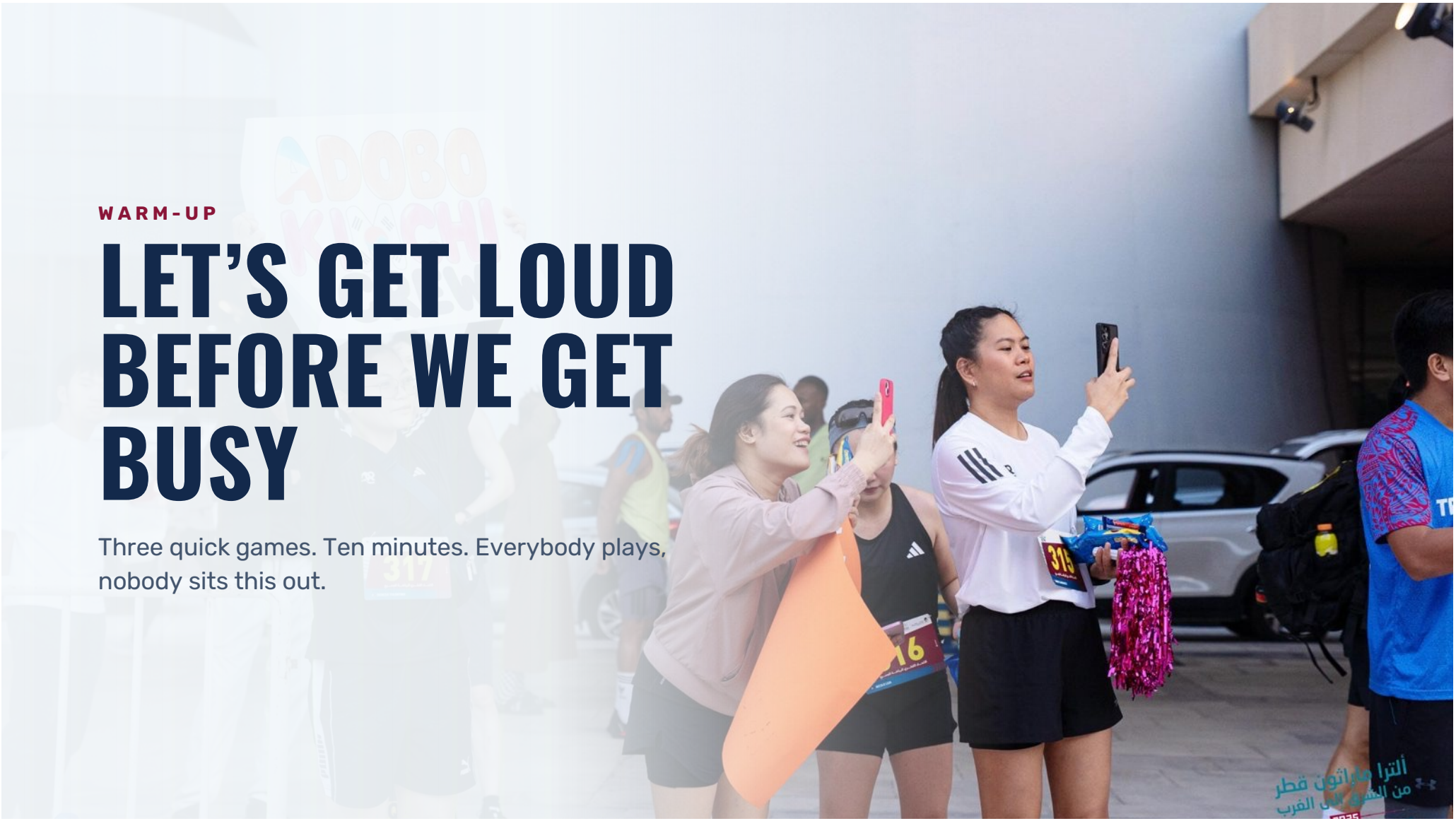


Then: collect your T-shirt and accreditation

WARM-UP

LET’S GET LOUD BEFORE WE GET BUSY

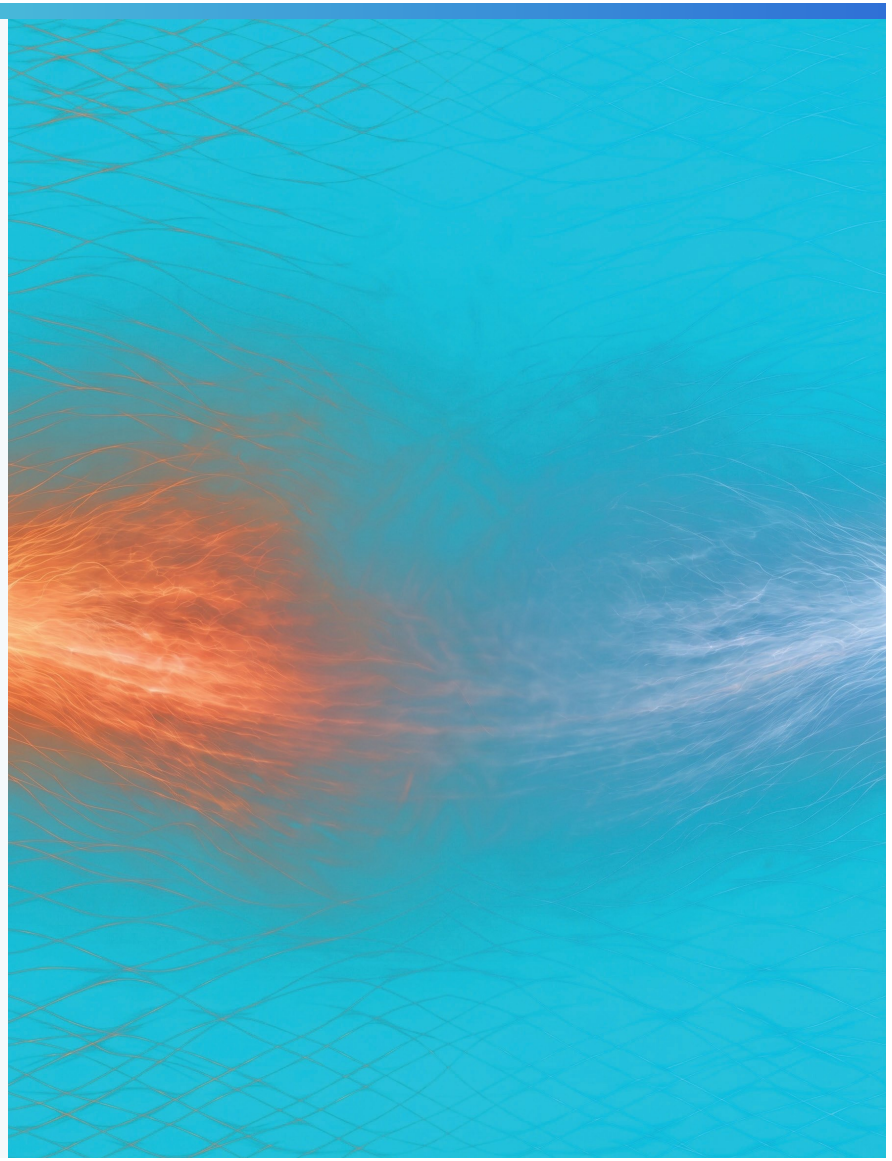
Three quick games. Ten minutes. Everybody plays, nobody sits this out.



THE RACE

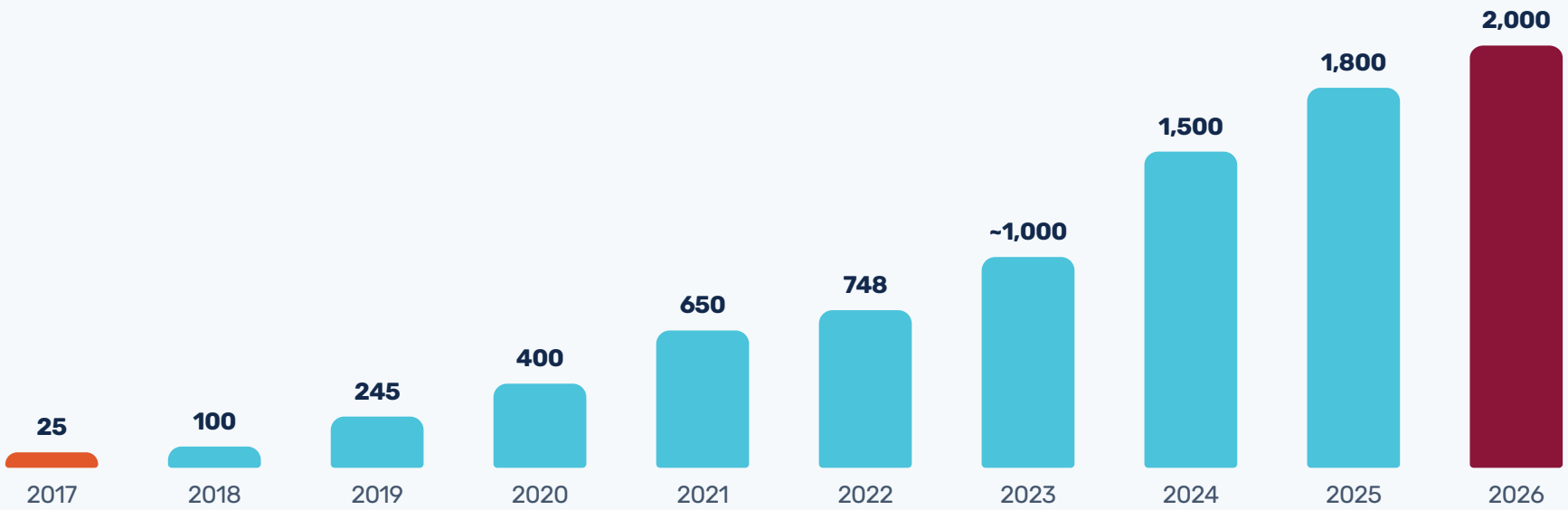
90 KM. COAST TO COAST.

Qatar’s oldest and longest endurance race crosses the whole country, from the Corniche to the western sea.



OUR STORY

FROM 25 RUNNERS TO 2,000



Participants per edition. 2020 and 2021: “more than”. 2022’s race ran on 6 January 2023. 2026: 9th edition, 2,000 runners.

RACE DAY AT A GLANCE

FRIDAY 27 NOVEMBER 2026

90 km

Sheraton Park to Dukhan Beach

Solo, or relay teams of 2 to 6

05:00

Start, Friday 27 November

Runners gather from 03:00

5

Aid stations

Plus 5 mini water stations

20:00

Finish line cut-off

Dukhan Beach

Relay runners hand over only at the five main stations, so those stations get busy fast.

THE COURSE

STATION BY STATION



Distances are from the start. Five mini water stations sit between the main stations, run by the roaming crew. Course map: qur.com.qa/events/qew

WHY IT MATTERS

RUNNERS FORGET THEIR SPLITS. THEY REMEMBER WHO FILLED THEIR BOTTLE.

For a few minutes at your station, you can be the reason someone keeps going.



YOUR CREWS AND SHIFTS

RACE WEEK

TODAY

Sat 21 Nov

Mandatory Volunteer Training & Accreditation Collection

Lusail Multipurpose Hall

Report 16:45 • 17:00 to 19:00

BIB COLLECTION

Wed 25 Nov

Bib Collection Crew

Lusail Multipurpose Hall

14:00 to 20:00

RACE DAY

Fri 27 Nov

13 crews from east to west

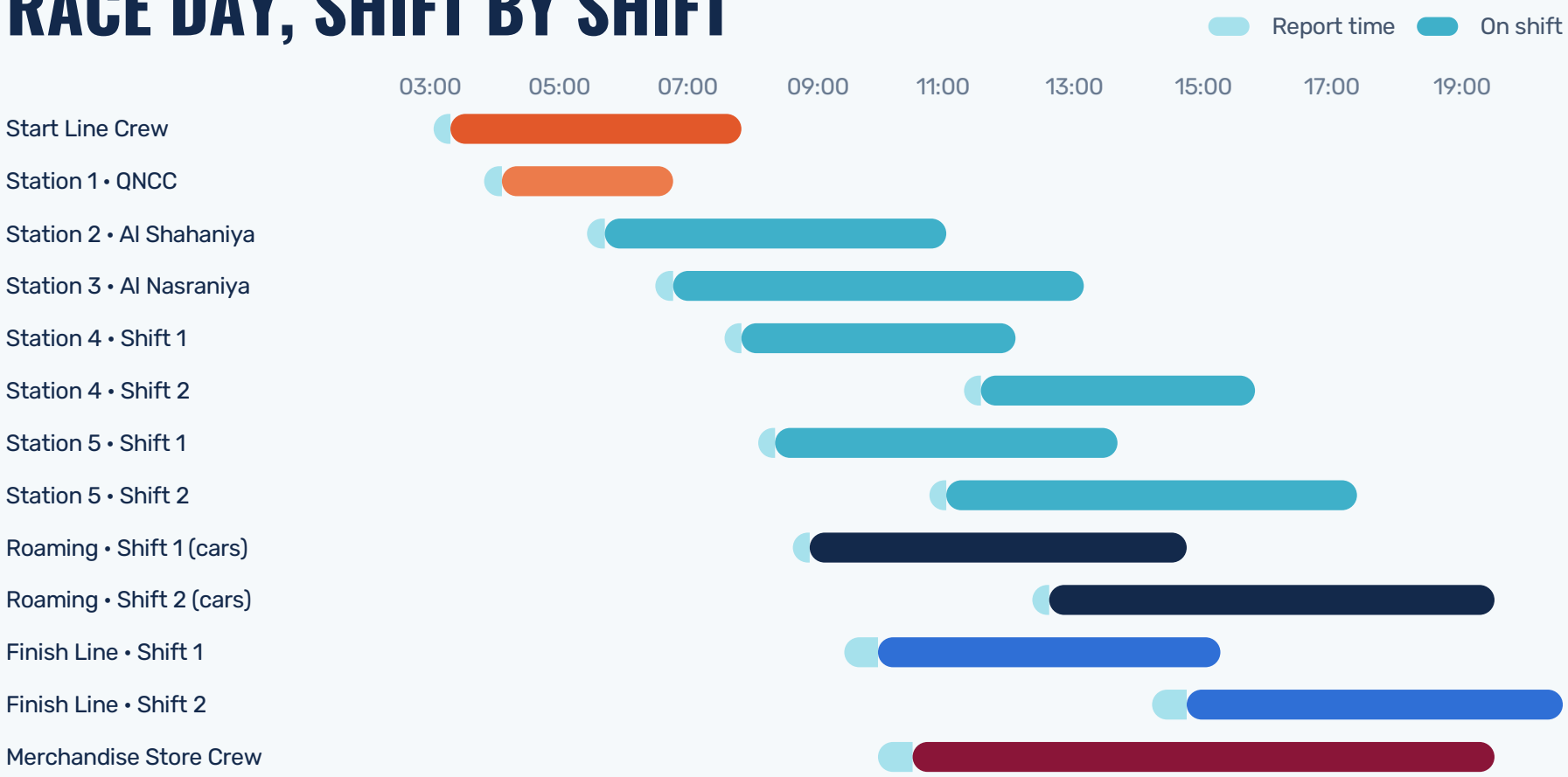
Sheraton Park to Dukhan Beach

First report 03:30 • last shift ends 20:00



FRIDAY 27 NOVEMBER

RACE DAY, SHIFT BY SHIFT



MEET YOUR CREWS · BEFORE RACE DAY

BIB COLLECTION CREW

WED 25 NOV · LUSAIL MULTIPURPOSE HALL

THE SHIFT

14:00 to 21:00

The first crew in action. Runners collect their race bib and race pack two days before the start.

AT THE COLLECTION DESK

THE JOB

Keep bib collection running smoothly

Support the timing team, manage the flow of runners, welcome runners and athletes, and support the race briefing.

MEET YOUR CREWS · EAST HALF

START TO STATION 3

SHERATON PARK TO STATION 2

START LINE CREW

Lead: Mohammed Shahabas

Report 03:30 · 03:45 to 08:00

Crowd control, bag drop area and course marshals as runners leave the city.

QNCC · 10.7 KM

STATION 1

Lead: Mohammed Ajmal

Report 04:15 · 04:30 to 07:00

Refreshments, relay exchanges and station marshals for the first, fastest rush.

AL SHAHANIYA · 33.2 KM

STATION 2

Lead: Moustafa Ibrahim

Report 05:45 · 06:00 to 11:00

Refreshments, relay exchanges and marshals after the longest leg.

AL NASRANIYA · 48.1 KM

STATION 3

Lead: Ibrahem Radwan

Report 06:45 · 07:00 to 13:00

Refreshments, relays and the bag area. First cut-off at 13:00.

MEET YOUR CREWS · WEST HALF

STATION 4 TO THE FINISH

AL OWAINA · 62.4 KM

STATION 4 · 2 SHIFTS

Lead: Aziz Hussein

08:00 to 12:00 · 11:30 to 15:30

Refreshments, relays and marshals. Cut-off 15:30.

ALONG THE COURSE

ROAMING · 2 SHIFTS (CARS)

Lead: Fijaz Rahman

09:00 to 14:30 · 12:30 to 19:00

Mini water points between stations, moving with the runners.

CUBAN HOSPITAL · 77 KM

STATION 5 · 2 SHIFTS

Lead: Ahmed Irshad

08:30 to 13:30 · 11:00 to 17:00

Refreshments, relays and marshals. Cut-off 18:00.

DUKHAN BEACH · 90 KM

FINISH LINE · 2 SHIFTS

Lead: Hassan Ali

10:00 to 15:00 · 14:30 to 20:00

Finish chute, cars, crowd, bag area and marshals until the last runner is home.

MEET YOUR CREWS • SUPPORT TEAMS

MERCH AND MEDIA

QUR MERCH STORE

MERCH CREW

Lead: Noura Mohamed

Run the QUR merch store: sell The Crossing and The Compass collections and help runners and families find their size.

ALONG THE COURSE AND AT THE FINISH

MEDIA CREW

Lead: Lamiae ElAlami

Capture photos and video of runners and crews, from the start line to the finish, for race photos and QUR's social channels.

THE COURSE · 90 KM EAST TO WEST

QEW26 OFFICIAL ROUTE

1. **Scan to open the live map**
   Opens in Google Maps on your phone.

2. **Every station, start to finish**
   Sheraton Park to Dukhan Beach, with all five stations.

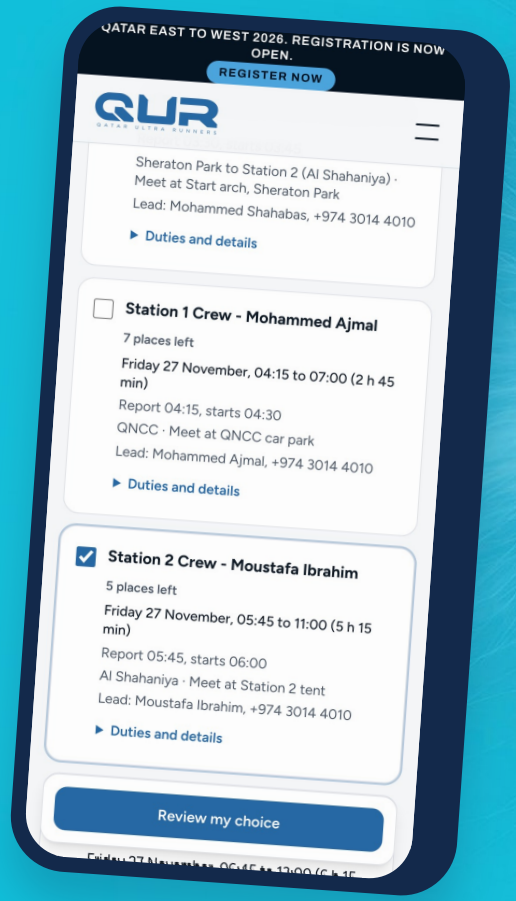
3. **Find your way on race day**
   Get directions straight to your crew's station.

Official route map

NEW THIS YEAR

YOUR SHIFTS NOW LIVE IN ONE PLACE

No spreadsheets, no lost messages. From sign-up to sign-out, everything runs on the new QUR website.



THE VOLUNTEER JOURNEY

YOUR JOURNEY SO FAR

1 — Done
Applied
On qur.com.qa/volunteer

→

2 — Done
Invited
Your own link, by email

→

3 — Done
Chose
Your shifts, on your phone

→

4 — Done
Confirmed
Email with times, place and team leader

→

5 — Tonight
Check in
Desk tonight, team leader on race day

→

6 — Next
Check out
Before you leave, every time

You've already done steps 1 to 4. A quick recap of each, then what happens next: check-in and check-out.

RECAP • STEP 1 • DONE

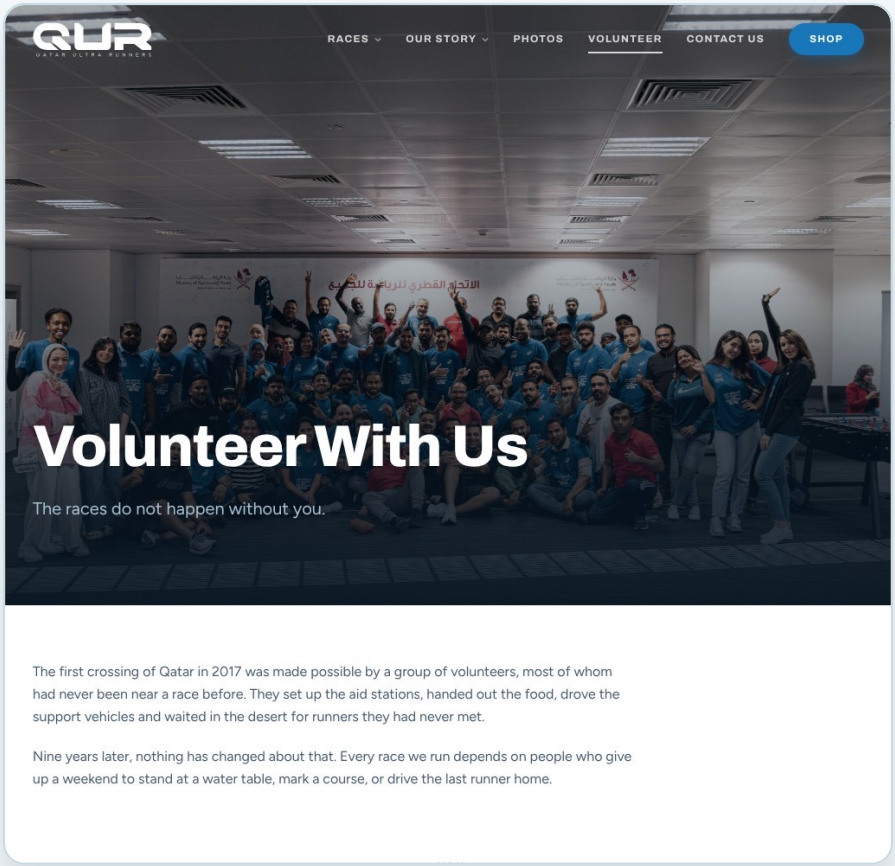
YOU APPLIED ONCE, YOU'RE ON THE LIST

1. **On the new website**
   You applied at qur.com.qa/volunteer, which stays open all year.

2. **Photo and QID**
   Your photo goes on your accreditation; your QID is for the event insurance only.

3. **Size and emergency contact**
   So your T-shirt fits and we can reach someone if we need to.

4. **Tell a friend**
   Next race, send them the link instead of a WhatsApp form.



RECAP • STEP 2 • DONE

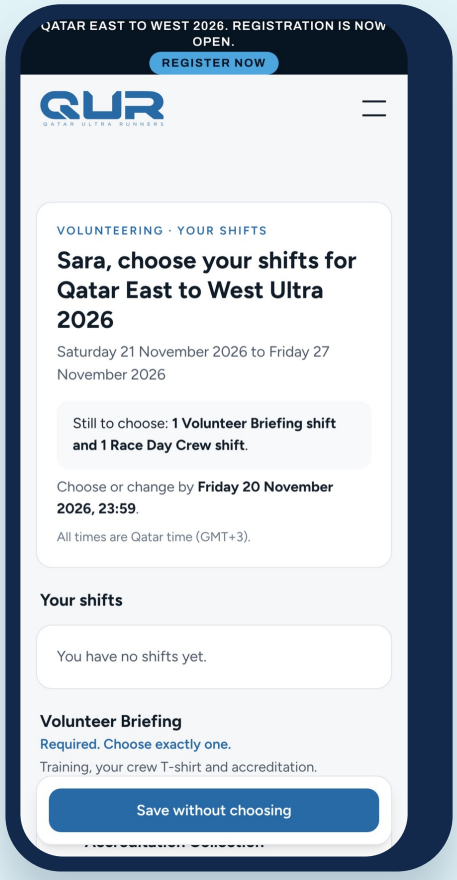
YOU GOT YOUR OWN LINK

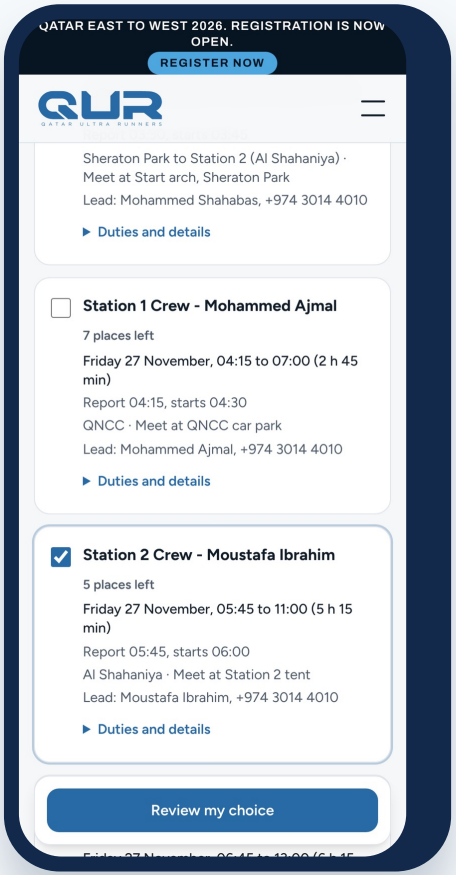
1. **The invitation email**
   "Your Volunteer Shift Selection Is Now Open", with a Choose My Shifts button.

2. **It greeted you by name**
   It showed what you needed to choose and the deadline.

3. **Keep it to yourself**
   Whoever has the link can change your shifts, so please never forward it.

4. **Qatar time, always**
   Every time on the page and in the emails is Qatar time.





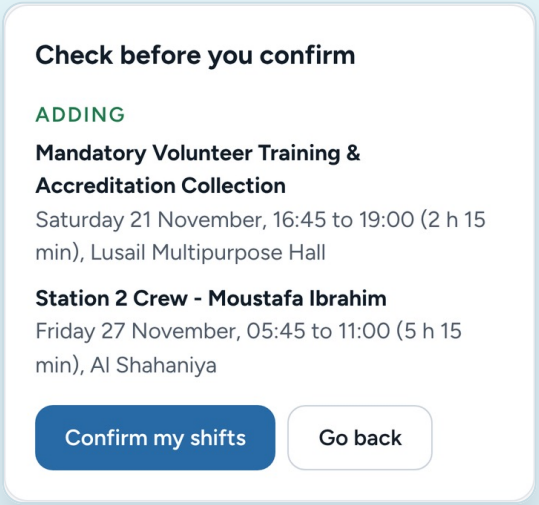
RECAP • STEP 3 • DONE

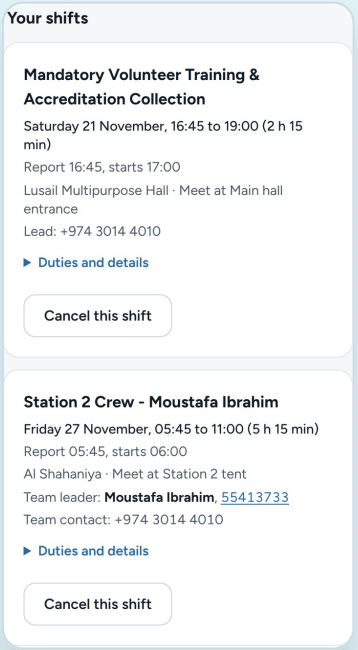
YOU PICKED YOUR SHIFTS

1. **Each group had a rule**
   Required or optional, one shift or up to two.
2. **Places left, live**
   When a shift filled up, it closed. First come, first served.
3. **Report time comes first**
   “Report 05:45, starts 06:00” means be there at 05:45.
4. **You can still change**
   Open your link again to cancel or swap a shift, as early as possible.

RECAP • STEP 4 • DONE

YOU CONFIRMED, AND MET YOUR LEADER





Your team leader appears

Once confirmed, each race-day shift shows your leader's name and mobile. Save it in your phone tonight.

Plans changed?

Press "Cancel this shift" as early as you can, so the place goes to someone else.

RECAP • STEP 5 • DONE

IT'S ALL IN YOUR INBOX

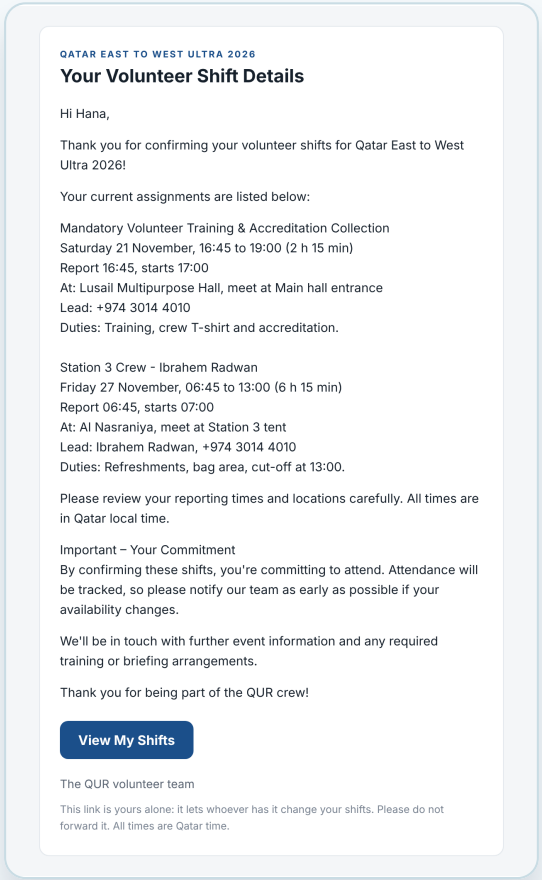
Date, report time, start and finish, place, meeting point and duties.

1. **Every shift, in full**

2. **Your lead**
   The team leader and the volunteer team's contact number.

3. **View My Shifts**
   The button opens your page again, any time, on any phone.

4. **A promise**
   Attendance is tracked, so only keep shifts you will really attend.



QATAR EAST TO WEST ULTRA 2026

Your Volunteer Shift Details

Hi Hana,

Thank you for confirming your volunteer shifts for Qatar East to West Ultra 2026!

Your current assignments are listed below:

Mandatory Volunteer Training & Accreditation Collection
Saturday 21 November, 16:45 to 19:00 (2 h 15 min)
Report 16:45, starts 17:00
At: Lusail Multipurpose Hall, meet at Main hall entrance
Lead: +974 3014 4010
Duties: Training, crew T-shirt and accreditation.

Station 3 Crew - Ibrahem Radwan
Friday 27 November, 06:45 to 13:00 (6 h 15 min)
Report 06:45, starts 07:00
At: Al Nasraniya, meet at Station 3 tent
Lead: Ibrahem Radwan, +974 3014 4010
Duties: Refreshments, bag area, cut-off at 13:00.

Please review your reporting times and locations carefully. All times are in Qatar local time.

Important – Your Commitment
By confirming these shifts, you're committing to attend. Attendance will be tracked, so please notify our team as early as possible if your availability changes.

We'll be in touch with further event information and any required training or briefing arrangements.

Thank you for being part of the QUR crew!

View My Shifts

The QUR volunteer team

This link is yours alone: it lets whoever has it change your shifts. Please do not forward it. All times are Qatar time.

CHECK-IN AND CHECK-OUT

NOT CHECKED IN? THEN WE DON'T KNOW YOU'RE THERE.

SAFETY

On a 90 km course we must know exactly who is out there at any moment.

YOUR RECORD

Your hours and attendance are saved to your volunteer record.

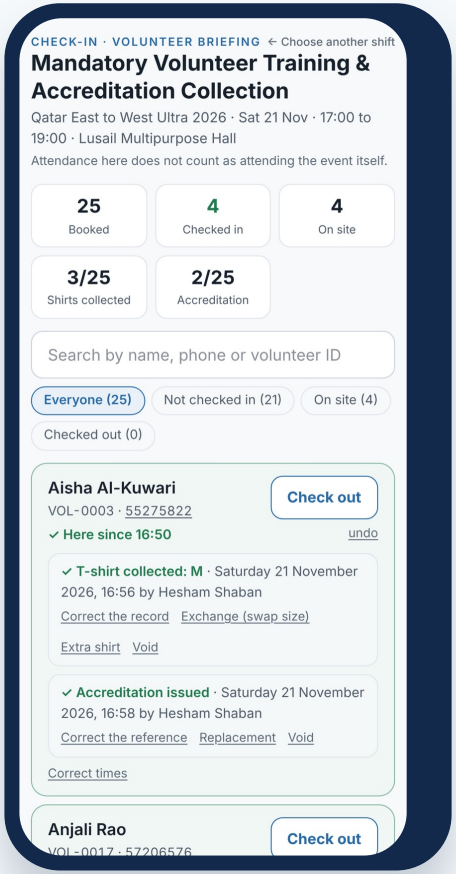
YOUR TEAM

Leaders see who has arrived, and can call anyone who hasn't.

TONIGHT · AT THE DESK

BRIEFING CHECK-IN

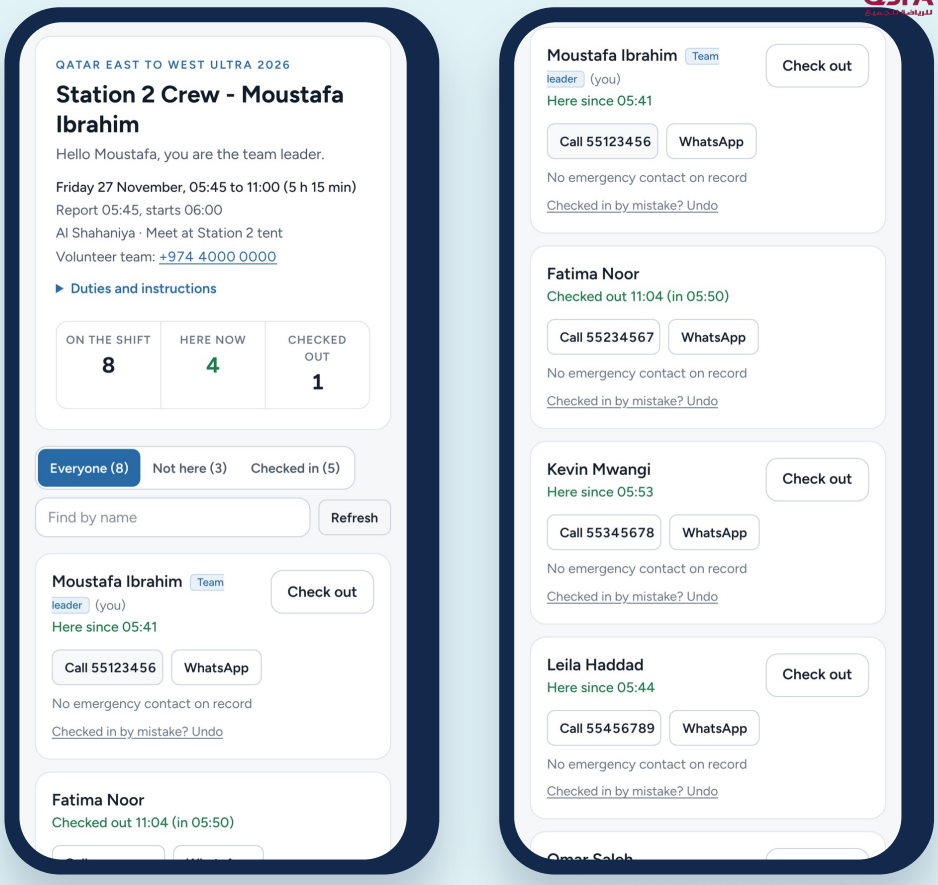
1. **Give your name**
   Or your phone number, or your volunteer ID.
2. **We check you in**
   For the briefing only. Race day has its own check-in.
3. **Collect your T-shirt**
   In your size, recorded so nobody gets two by mistake.
4. **Collect your accreditation**
   Wear it on race day. No accreditation, no access.



RACE DAY • WITH YOUR TEAM LEADER

YOUR LEADER CHECKS YOU IN

1. **Arrive by report time**
   At your crew's meeting point.
2. **Find your team leader**
   Name and number are on your shift page.
3. **They tap Check in**
   You show as "Here since 05:41".
4. **They tap Check out**
   Before you leave. A mistake can be undone.



TAKE THESE HOME

FOUR GOLDEN RULES

1
BE THERE AT REPORT TIME
Not at shift start.

2
CHECK IN WITH YOUR LEADER
Every shift, every time.

3
NEVER LEAVE WITHOUT CHECKING OUT
Even for a quick break off site, tell your leader.

4
CAN'T MAKE IT?
Cancel on your page or message your leader before, not after.



RACE-DAY ESSENTIALS

YOUR CREW T-SHIRT

The 9th edition crew shirt, in the same east-to-west design as the race. Wear it on Friday so runners can spot you from far away.

Collect it at the desk tonight





RACE DAY • YOUR ACCREDITATION

WEAR YOUR ACCREDITATION AT ALL TIMES

1. **Keep it on and visible**
   From report time until you check out.

2. **Scan the QR code on the back**
   A runner needs something? It opens the crew link hub.

3. **Everything in one place**
   Race brief, timings, contacts and results.



FRONT



BACK • LINK HUB QR

SAFETY FIRST

IF SOMETHING GOES WRONG

MEDICAL SITUATION

Tell your team leader

They reach the medical team on the course.

LIFE IN DANGER

999

Call first, then tell your leader.

RACE-DAY EMERGENCY LINE

+974 3372 1474

Save it in your phone now.

Never move a runner who is badly hurt. Stay with them, keep them comfortable and wait for the medical team.

PACK THE NIGHT BEFORE

WHAT TO BRING ON FRIDAY

Charged phone
And a power bank. Your leader may need to call you.

A jumper or jacket
The desert gets cold after sunset.

T-shirt and accreditation
Both, every shift.

Sun protection
Hat, sunscreen and your own water bottle.

Comfortable shoes
You will be on your feet all day.

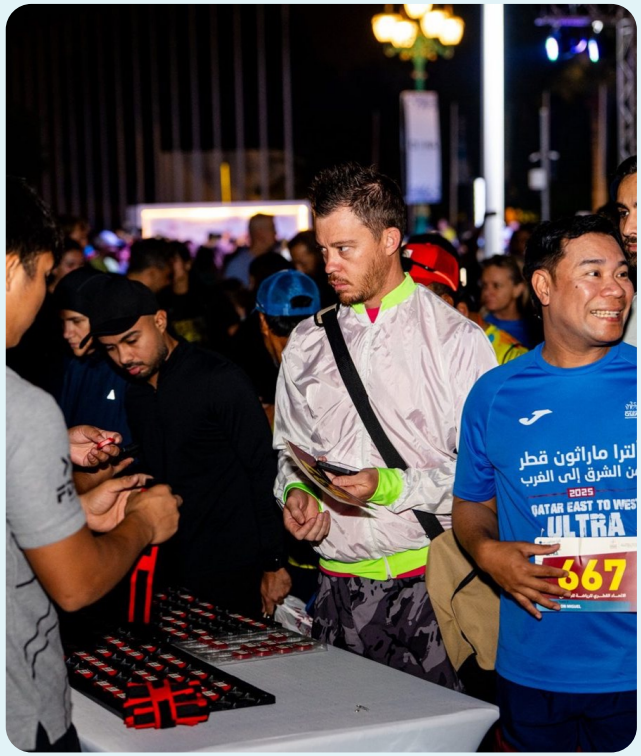
Your loudest cheer
Got a speaker? Bring it and play your tunes.



STAY CONNECTED

WHO TO ASK, WHERE TO LOOK

WHATSAPP CREW GROUPS	Your team leader adds you to your crew's group.
YOUR LEADER'S NUMBER	On your shift page and in your confirmation email.
MEALS AND REFRESHMENTS	Handed out by your team leader during your shift.
KEY CONTACT	Your Team Leader
RACE PHOTOS	photos.qur.qa, after the race.
INSTAGRAM	Follow and tag @qurevents.



STAY CONNECTED

SCAN FOR QUR.COM.QA

1. **Point your phone camera at the code**
   No app needed. It opens qur.com.qa.

2. **The club's home online**
   Qatar Ultra Runners' events, news and race updates.

3. **Share it**
   Send it to family and friends who want to follow the race.

qur.com.qa

ALSO NEW THIS YEAR

MEET QUR MERCH

Our newest project: QUR's own merch line and online store, with two East to West 2026 collections, **The Crossing** and **The Compass**.

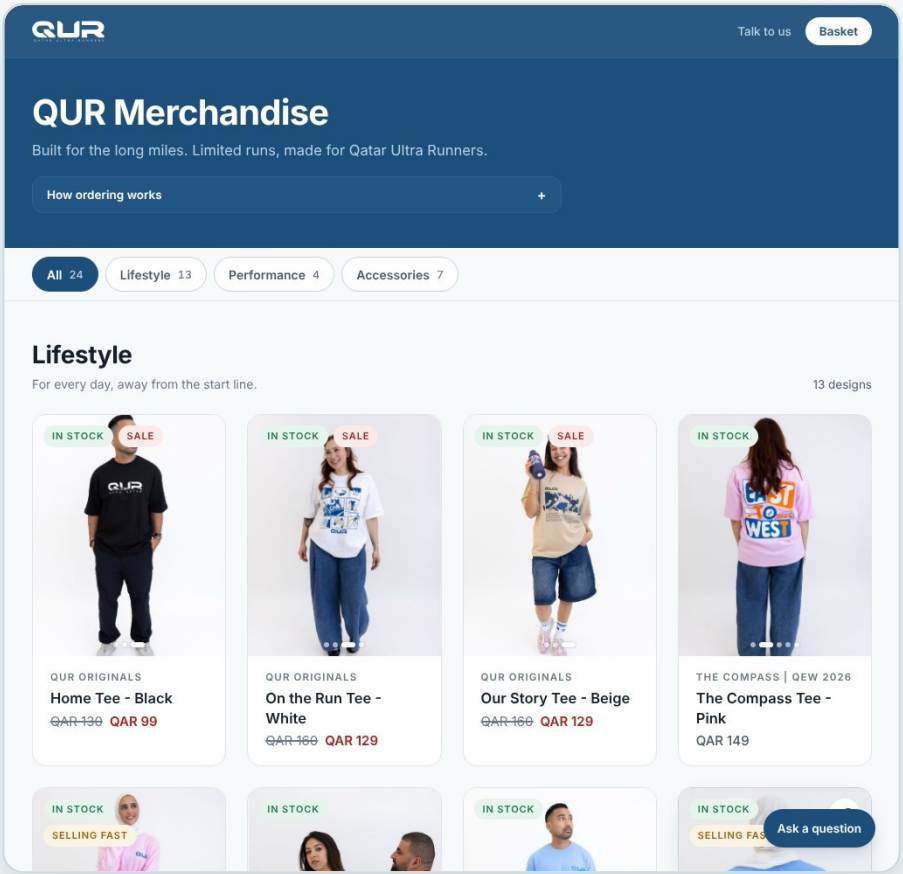
Take a look

shop.qur.qa

For friends and family who ask

Race day

You'll see the merch store on Friday, run by our Merchandise Store Crew



















THANK YOU, CREW

Next: T-shirt and accreditation at the desk. See you on Friday.

ألترا ماراثون قطر
من الشرق إلى الغرب
2026
QATAR EAST TO WEST
ULTRA