

Istanbul Run 2021

4th TO 8th NOVEMBER 2021



IN AID OF THE YEMEN EMERGENCY APPEAL

Options of doing the Full Marathon (42 km) or Mid-Level Run (15 km)

REGISTRATION FEE £200 | FUNDRAISING TARGET £500

You will need to book your own flights. The £200 registration fee includes: accommodation with breakfast, transfers, race fee, medal, t-shirt and one day excursion to Ertuğrul Tomb in Sogut.

CONTACT Rashid Ali 07946 382 868 | **REG CLOSES** Wednesday 20th October 2021
REGISTER ONLINE muslimcharity.org.uk/istanbulrun2021



ISTANBUL MARATHON

THE EASTERN PROMISE

Join Team MC running club for its first marathon challenge in Turkey, Istanbul. You will be among 20,000 people running in between the continents of Europe and Asia raising funds for clean and raise funds for our Yemen Emergency Appeal.

This iconic marathon will take you through the heart of Istanbul, passing some of the most historic sites in the world such as the Hagia Sophia and the Blue Mosque.

The 5-day trip will also will give you the opportunity to visit the Topkapi Palace Museum where you will immerse yourself in Ottoman history and get a chance to view some of the ancient Muslim relics such as the swords of the companions and the seal of the Prophet peace be upon him.



MARATHON ESSENTIALS

Thursday 4th to Monday 8th November 2021

Full Marathon
Mid-Level Run

42km / 26.2 miles
15km / 9.3 miles

Course

The course is asphalt, mostly flat and is free of traffic. It is the only course in the world where the marathon includes two continents, Asia and Europe, in one race.

Reg Fees

£200 – Includes Accommodation, Breakfast, Transport in Istanbul, Race Fee, Excursion to Ertugul & Osman Ghazi's Tombs, Finisher Medal and T-Shirt.

You will need to book your own flights.



Fundraising

£500 – In aid of our Yemen Emergency Appeal.

Transport

Free transportation to the start area will be provided for the participants on the race day from Taksim, the city centre and from Sultanahmet.

Quick Itinerary

Please note that the itinerary can change with short notice. Please do not plan any other activities during the tour rather build in any personal extensions/stop before or after the tour.

Day	Location	Activity
Thursday 4th November 2021	LHR Istanbul	<ul style="list-style-type: none">Arrival of participants in Istanbul, late eveningCheck in to hotelEvening dinner
Friday 5th November 2021	Istanbul	<ul style="list-style-type: none">BreakfastFree time /JummahVisits to either Blue Mosque or Grand BazarEvening dinner
Saturday 6th November 2021	Istanbul	<ul style="list-style-type: none">BreakfastVisits to Ertugrul and Osman's tombEvening dinner
Sunday 7th November 2021	Istanbul	<ul style="list-style-type: none">Early morning breakfastRunLunchMeet back at hotelEvening dinner
Monday 8th November 2021	Istanbul LHR	<ul style="list-style-type: none">BreakfastFree timeLeave for airport early afternoonLand in London late evening

HIGHLIGHTS OF ISTANBUL

BLUE MOSQUE

The Blue Mosque (Called Sultanahmet Cami in Turkish) is a historical mosque in Istanbul. The mosque is known as the Blue Mosque because of blue tiles surrounding the walls of its interior design. The Mosque was built between 1609 and 1616 years, during the rule of Ahmed I.

Just like many other mosques, it also comprises of a tomb of the founder, a madrasa and a hospice. Besides still being used as a mosque, the Blue Mosque has also become a popular tourist attraction in Istanbul.



HAGIA SOPHIA

The Hagia Sophia in its glory was one of the most stunning buildings of its time. It was the centre of Christendom in the then called Constantinople. After the Turkish conquest of Constantinople in 1453, Mehmed II had it repurposed as a Mosque, with the addition of a wooden minaret and an incredible chandelier. In 1934 Turkish President Kemal Atatürk secularized the building, and in 1935 it was made into a museum.



GRAND BAZAAR

The Grand Bazaar in Istanbul is one of the largest and oldest covered markets in the world, with 61 covered streets and over 4,000 shops in a total area of 30,700 square meters, attracting between 250,000 and 400,000 visitors daily.

In 2014, it was listed No. 1 among the world's most visited tourist attractions with 91,250,000 annual visitors. The Grand Bazaar in Istanbul is often regarded as one of the first shopping malls of the world.



THE CAUSE

Yemen Emergency Appeal

Since 2014, Yemen has been battling the world's worst humanitarian crisis of our time, in the midst of a debilitating civil war, famine and disease outbreaks. Yemen's healthcare system is virtually non-existent, and millions are in desperate need and starving.

We launched our Yemen Emergency Appeal to provide life-saving support for the people of Yemen.

Yemen has been facing years of armed conflict and displacement. It's population is facing the worst famine in the last 100 years, and rampant disease and Covid-19 has left 22.2 million people in desperate need. The healthcare system in Yemen was already weak and overstretched and is now on the verge of collapse.

In 2020, the situation in Yemen escalated so much so that there was a serious risk that Yemen could be wiped off the world map.



Nearly 29 per cent of all detected and reported cases of Covid-19 have led to death, which is many times the current global average. Most people in Yemen lack knowledge of Covid-19 and how to protect themselves. Instead, there is mixed and confusing messaging about the spread of the virus. Cholera, dengue and other infectious diseases are also common. Nearly a quarter of districts throughout the country have no doctors at all.

Healthcare and disease is not the only problem facing Yemenis. There are recurring floods, blackouts and price hikes caused by inflation that have left countless Yemenis struggling to survive. Many people in Yemen are not able to buy food, medical supplies and other basic essentials. Reports reveal that 85,000 children under the age of 5 have died from hunger and disease in Yemen, but it didn't need to be this way.

With our Yemen Emergency Appeal, our teams have been providing life-saving assistance. With your support, we can continue to save lives in Yemen.

Practicalities

Age Limit

The age limit for 42K race is minimum 18 years.

Aid Stations

Drinking / sponging and refreshment stations are provided every 2.5km after 5kms.

Award Medals

6 hours.

Timing

A recycling chip which is going to take the running time will be given to all runners at Marathon and Sport EXPO. All runners must tie this timing chips to their shoelace.

Transportation

Free transportation to the start area will be provided for the participants on the race day from Taksim, the city centre and from Sultanahmet.

Start Line

Asian side of Istanbul
Beylerbeyi, İstanbul Çevre Yolu, 34676 Üsküdar/İstanbul, Turkey

Finish Line

Ottoman Empire
Cankurtaran Mh., Soğuk Çeşme Sk. No:30, 34122 Fatih/İstanbul, Turkey

Overview

The marathon starts on the Asian side of the city, shortly before the First Bosphorus Bridge, crosses the bridge giving an outstanding view of the Bosphorus and Istanbul, passes many historic sites including the Blue Mosque and Hagia Sophia, and ends in the İnönü Stadium in the European part. In all, the race crosses three bridges, one over the Bosphorus and two over the Golden Horn

The course is mostly flat and is free of traffic. It is the only course in the world where the marathon includes two continents, Asia and Europe, in one race.



FAQs

What's included?

- Transfers in Istanbul
- 1/2 Board Hotels based on 2 people sharing – Class comfortable
- Race fees for Marathon
- Excursion of Ertugrul and Osman`s tomb
- Team MC T-shirt
- Istanbul Marathon medal

What's not included

- International Flight
- Travel Insurance
- Travel arrangements in the UK
- Guides in Topkapi palace
- Snacks or refreshments
- Lunch and Dinner
- Room service
- Extra luggage – flights only include carry on

Visas

British Citizens travelling to Turkey for tourist or business purposes are able to travel without a visa for visits of up to 90 days in any 180-day period.

Travel Insurance

It is essential that you organised insurance for this trip. It is compulsory that you (and any other members of your group) are adequately insured against personal accident, injury and any medical expenses incurred. Your policy should also include repatriation cover. It is your sole responsibility to ensure that you are adequately covered for the activities, service and tours arranged and contracted with us (e.g. hiring of quad bikes). Insurance should be arranged prior to your arrival in Istanbul and you must ensure that it will cover you for the period of your trip.

We accept no responsibility or any contingent liability for any personal accidents, injuries or illness incurred by you (or any member of your group). We do not offer or arrange any insurance cover as part of our services or tours.

Pick Up from Istanbul Airport

If you have arranged the flights with Team MC we will make all the arrangements to and from the airport.

If you have arranged your own flights us your flight details we know when you will be arriving. The transfer company will have a sign/banner with Team MC. So please look out for the banner or signs when you exit the airport.

Customs

After Customs you go to collect your baggage, if you have any, and then out to the main terminal. We or the drivers are NOT allowed inside the airport and therefore we will be outside of the airport at the exit to meet you. Once everybody is ready, we will have a coach to take us to the hotel.

Turkish Lira

You can buy Turkish Liras at the UK airport but please be aware that the rate is generally NOT good and there may or may not be currency charges.

We personally have found this NOT to be the most competitive. We would suggest that you carry Sterling (enough for your trip) with you. You can then change at Istanbul airport or next to the main square in Istanbul.

The currency rates at these places are usually quite competitive. If you use the cash machine you can of course get cash this way but again there can be charges incurred for this facility. As ever, it is always useful to have a credit/bank card with you in case of emergencies.

Food and Refreshments

All breakfast has been included (i.e. Friday evening to Monday morning) and will be served in the hotel. Lunch and dinner is left to individual to organise as we will be out using our free time to visit different places. Therefore, the only additional costs will be for lunch and dinner. Any shopping or room service is not covered by Muslim Charity!

Clothing

Please note that although Istanbul is a Muslim country, it is reasonably liberal but still a little conservative. You can more or less wear what you want on the running day and indeed the rest of the time. In Istanbul it is very similar to here in the UK - just like any normal big city.

Temperature

The temperature at this time of year is can be reasonably warm during the day but can be quite chilly in the evening although still usually warmer than the UK. It can also be cold early morning. So, it is a good idea to pack (or wear when travelling) something warm – for example a warm sweater and/or fleece, jacket, pashmina for the ladies. As you know it is better to wear layers. Also, we suggest comfortable shoes for walking around (particularly on the Saturday trips).

If you are running then you will have your running clothes.

The temperature will be probably around 11 to 15 degrees Celsius in the morning, rising to maybe around 17 degrees Celsius by the afternoon. Therefore, the temperature should be reasonable and warmer than here. On the day of the race, you will be able to take a short walk to the race start from the hotel.



**MUSLIM
CHARITY**

www.muslimcharity.org.uk