



URBAN-ULTRA ROCKRUNNER
ATHLETE GUIDE

WWW.URBANULTRA.COM

URBAN - ULTRA
GET OUT THERE!

■ RACE PACK COLLECTION

Your goody bag which contains your race bib, will be available from a location to be announced in your pre-race email sent one week before the event - PLEASE CHECK YOUR EMAIL ONCE REGISTRATION IS CLOSED FOR DETAILS OF DATES FOR COLLECTION OR REFER TO THE EVENT PAGE ON OUR WEBSITE.

* Please note that race bags will not be taken to the start line. RUNNERS will not be allowed to start without the mandatory kit list specified. For international participants or participants living outside of Dubai, we can take your bags to the start line as long as you indicate upon registration the option for Race Day collection.

■ LOCATION/DIRECTIONS

The single stage cross-country adventure will start and finish at Wadi Showka - please refer to website event page, facebook page and athlete email for map link, or check the physical map later on in this document. Starting at 7.00am for the 15k and 30k runners and 8.00am sharp for 10k distance! (Check-in for 15k/30k runners will open at 6am - 10k check in before 7.30am).

■ COURSE

The course is out and back along the same route on gravel jeep track, single track and rocky wadi bed. It is possible to run this course in both road shoes and trail shoes. The course will be marked with orange spray painted markers and pink ribbon for navigation. Please be respectful of our surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave. Please note, that the course is not closed to traffic and in some sections locals use parts of it to access their villages. It is also a popular route for mountain bikers, so please share the tracks accordingly and please do not wear headphones - in particular along the single track sections.

■ CHECKPOINTS

Water checkpoints will be located at the 5k turn for the 10k runners. At the 7.5k turn for the 15k runners and at 15k turn for the 30k runners. Water and electrolyte drinks will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack is fully filled from your own supplies before the start. ALL runners for ALL distances need to carry water from the start.

Please know which turn you need to make for the distance you are running - you are responsible for making the turn at the correct distance marker which will be at one of three water checkpoints.

■ CAMPING/ACCOMMODATION

There are no hotels nearby, so your options are driving to and from the site for the event or camping the night before. (No campsite is allocated but you are free to find yourself a place to pitch your tent, there are plenty of lovely areas close by).

■ MANDATORY GEAR - IMPORTANT PLEASE READ! *ITEMS TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT*

By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

Please understand that the list has been given from personal race knowledge and experience for your own safety and is not there just make you carry more stuff! **Accidents happen and your first aid kit, whistle and mobile phone are essential for your safety.** When it is hot - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Runners will be checked for complete kit, time penalties apply for each missing item - **DISQUALIFICATION is also a possibility at Race Director's discretion.**

Please advise the Race Director if you have any medical condition we should be aware of.

We are always trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small. NO plastic bottles or disposable cups are provided during the event. You must bring your own cup/drinking bottle.

- **1.5 LTR HYDRATION - Full to capacity at the start line. ALL runners regardless of distance MUST carry required 1.5ltr water.**
- **CELL PHONE** - fully charged with pre-programmed number of **URBAN-ULTRA - GIVEN ON RACE DAY**
- **WHISTLE** to signal for emergency
- **COURSE MAP PRINTOUT OR IMAGE ON YOUR PHONE**
- **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, Medical tape, 3" wide Ace Bandage, Painkiller tablets (Aspirin, etc.), Anti-inflammatory tablets (Voltaren, Ibuprofen etc.).

NOTE: The list is a guideline to the content of a first aid kit. Random checks will be made for complete kit - missing items will be given time penalties. We trust that your first aid kit would include any specific medication you require personally, and be comprehensive enough to deal with most medical situations.

OPTIONAL/RECOMMENDED GEAR

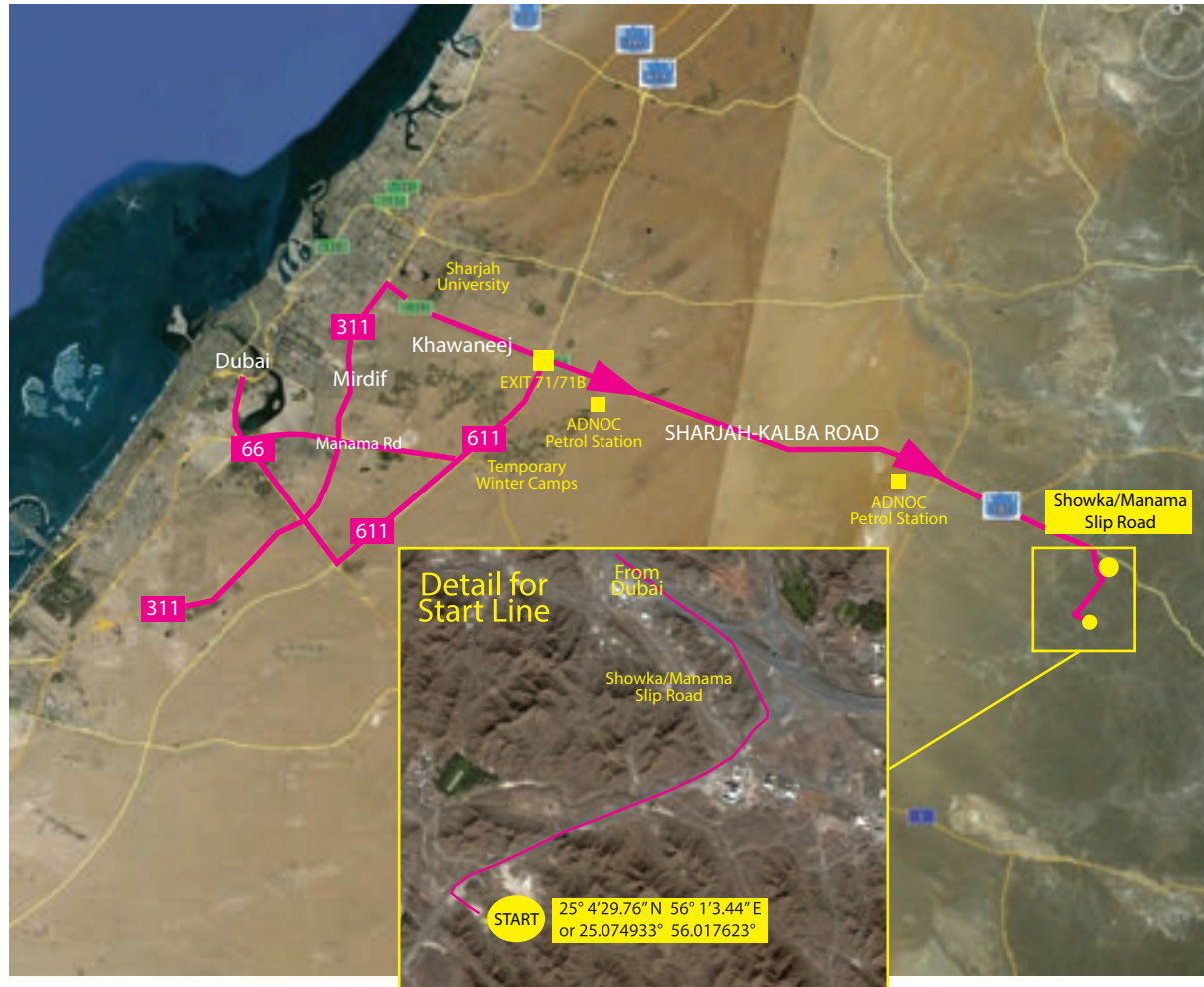
Waterproof (ziplock) for phone, Small scissors, Energy Gels/Nutrition, Watch/timing device, Blister care, Dry clothes at finish

RACE WAIVER: Please note that although our races are fully covered by insurance and medical services are in place, these are in service for the duration of the race and for emergency treatment only and do not include post event treatment by your chosen medical facility. Nor do they include a choice of medical facility in an emergency situation. By agreeing to participate, you understand that Urban-Ultra, any of its staff, race partners or related companies are not liable for any injuries sustained during the race or any medical treatment after emergency care has been administered. By registering for the race you agree to these terms and conditions of entry. The FULL RACE WAIVER is at the end of this document. Thank you.

RACE DISTANCE ACCURACY: We try to make the distances as accurate as possible, however due to the nature of trail and also the differences between GPS watches, please understand that the full distance may vary + or - a few km, and will never be exact. This is the nature of trail running and more often your distance will exceed the distance advertised. If it's a bit more, you just get to enjoy it a bit more!

HAPPY RUNNING - ENJOY YOUR RACE!

LOCATION MAP



1. Take the 611 from Dubai, direction Sharjah

2. At the Sharjah/Kalba/Fujairah turnoff onto E102 (Exit 71 and then 71B) heading east from 611 - keep right and you will pass the ADNOC petrol station on the right.

3. Continue along the road past the second ADNOC petrol station until you see the sign and slip road for Showka/Manama on the right. (16.5km from the second ADNOC station). Take the first exit on the R/A taking you along a tarmac road for approx 1 km. On the left you will see signs of the start area. Please park on the gravel at the side of the road - it is accessible by saloon car.

START LINE GPS COORDS:

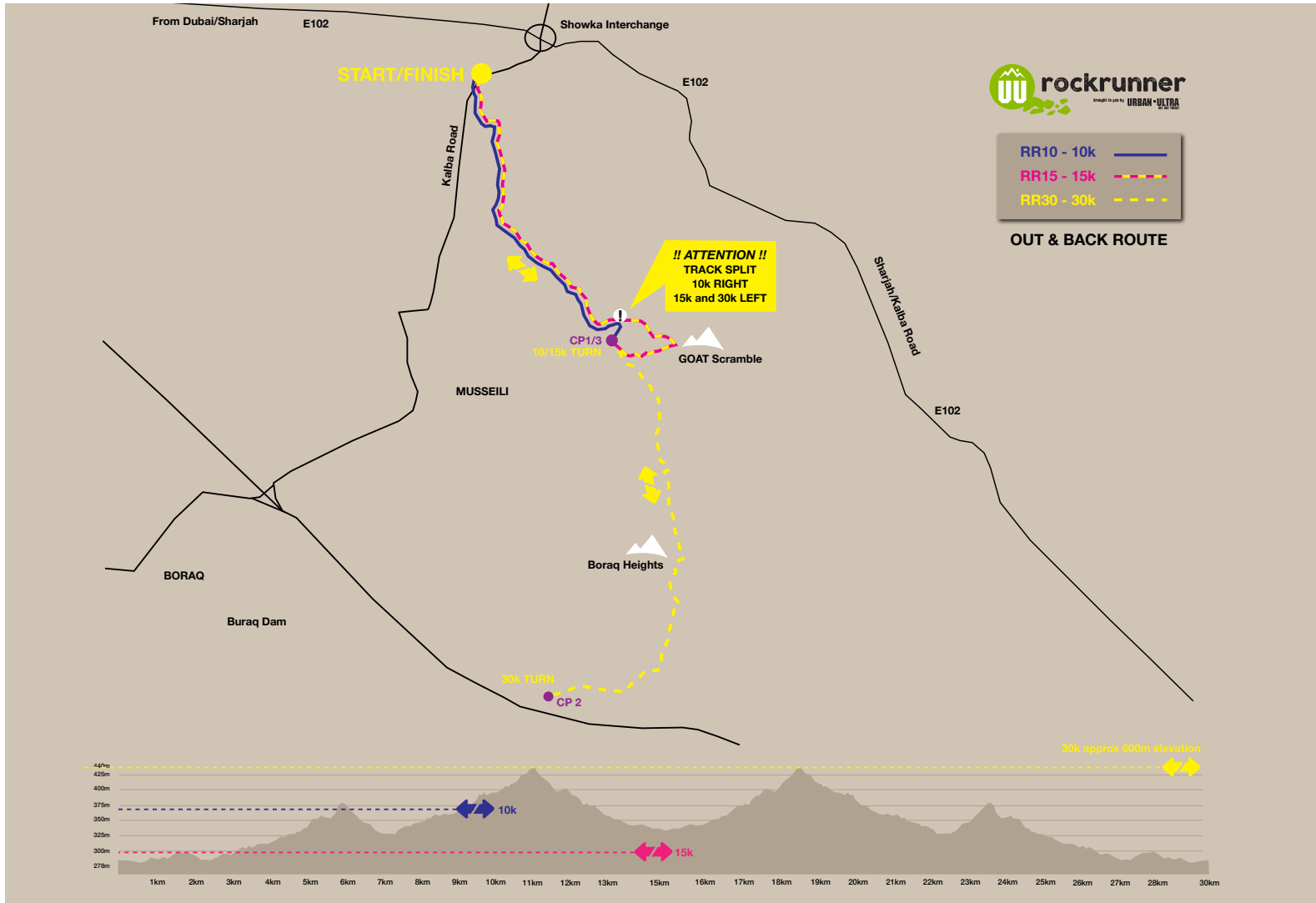
25° 4'29.76" N 56° 1'3.44" E

or

25.074933° 56.017623°

Please check the Urban-Ultra Dubai facebook page for a drop pin to the start location.

TRAIL RUN COURSE



EVENT WAIVER - BY BEGINNING THE RACE YOU AGREE TO THE BELOW

PLEASE READ THIS DOCUMENT (THE "WAIVER AGREEMENT") CAREFULLY BEFORE PARTICIPATING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.

I know that swimming, cycling or running are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event.

I hereby certify that I am in good health and I have trained for the distance of the race, which I am entering. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants or animals, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running race, I, for myself and anyone entitled to act on my behalf, waive and release Urban-Ultra, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Please note that although our races are fully covered by insurance and medical services are in place, these are in service for the duration of the race and for emergency treatment only and do not include post event treatment by your chosen medical facility. Nor do they include a choice of medical facility in an emergency situation. By agreeing to participate, you understand that Urban-Ultra, any of its staff, race partners or related companies are not liable for any injuries sustained during the race or any medical treatment after emergency care has been administered. By registering for the race you agree to these terms and conditions of entry. I grant permission to all of the foregoing to video and photograph me before, during and after the activity, and use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including any marketing and/or commercial purpose, on any media, including but not limited to: social media, electronic media, print media etc. Cycle Events: Transport of luggage and bicycles. Every effort will be made to keep your bike and luggage in the same condition it was loaded in. I do not hold any person, driver or organisation responsible for any damage caused during load, off load or transfer of my luggage or bicycle. I understand that event insurance does not cover the transportation of my luggage or bicycle or any medical treatment sustained during the event or any post event treatment due to injuries sustained during the event.