



# URBAN - ULTRA™

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## URBAN-ULTRA™ WADI RACER

### ATHLETE GUIDE

# WELCOME TO THE WADI RACER 2020



## ■ Race Pack Collection

Your race pack which contains your race bib, and other goodies will be available for collection from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai from 17th March 2020 during opening hours 10am to 10pm up to race day.

\* Please note that race packs 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 if you live outside of Dubai we can take your bags to the start line as long as you inform upon registration otherwise your bags will be taken to Adventure HQ and we cannot retrieve until after the race.

## ■ Location/Directions

The single stage 5k, 10k, 20k or 30k trail running adventure will start and finish at the small village of Al Hanniyah and Al Ghayl on Saturday March 21st 2020. The road is accessible by saloon car. **NEW RACE TIME starts at 7.00am sharp.** (Check-in CLOSSES at 6.30am. Compulsory briefing at 6.45am).

## ■ Course

The course is a spectacular single track and gravel jeep track with some fabulous undulations. It is possible to run this course in both road shoes and trail shoes. The course will be marked with spray paint. **(Head torches are NOT REQUIRED with the new start time).** 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.

Please be respectful of our surroundings and keep impact to a minimum. Leaving nothing but footprints when we are there.

Please note, that the course road is not closed to traffic, and locals use parts of it to access their villages. Be aware that you may encounter a minimal amount of cars or trucks whilst running.

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## ■ Cut-Off Times

The total cut-off for the 30km distance is 5 hours. However, you must reach 15km point by 07:30am otherwise you will not be allowed to continue.

## ■ Checkpoints

Water checkpoints will be located at CP1 at the 2.5k turn for the 5k runners. At the CP2 turn for the 10k runners, at CP3 20k turn for the 30k runners at CP4. Water, fruit and electrolyte drinks will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack (1.5 ltr) is fully-filled from your own supplies before the start. All runners (except 5k), require the minimum of 1.5ltrs water for their run.

## ■ Camping

There are no hotels nearby, so your options are driving to and from the site for the event or camping overnight.



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## ■ **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 we are trying to keep these low-key events fun and friendly, and the day we start rifling through bags checking every item on the mandatory list is the day that the fun and friendliness changes into a different experience. The list has been given from personal race knowledge and experience for your own safety and is not there just to be mean and make you carry more stuff! Accidents happen and your first aid kit, whistle and mobile phone are essential for your safety. It is also getting increasingly warm - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Winners will be checked for complete kit and given time penalties for every missing item.

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line. For 10/20/30k DISTANCES.
- **CELL PHONE** Fully charged with pre-programmed number of Race Director +971 50 4422934 - only operational on race day.
- **REUSABLE CUP** (SUPPLIED) Drinks will be pumped, NOT given in bottles or disposable cups.
- **WHISTLE**
- **EMPTY ZIPLOCK** for rubbish this is a beautiful place, we are trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small along the course.
- **COURSE MAP PRINTOUT OR DIGITAL COPY ON PHONE**
- **FIRST AID KIT:** Contents to include the following:  
4"x4" gauze pads, Roll of medical tape, Antibacterial ointment or cream, 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. 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.*



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## OPTIONAL/RECOMMENDED GEAR

Waterproof (ziplock) for phone, Small scissors, Energy Gels/Nutrition, Watch/timing device

# HAPPY RUNNING - ENJOY YOUR RACE!



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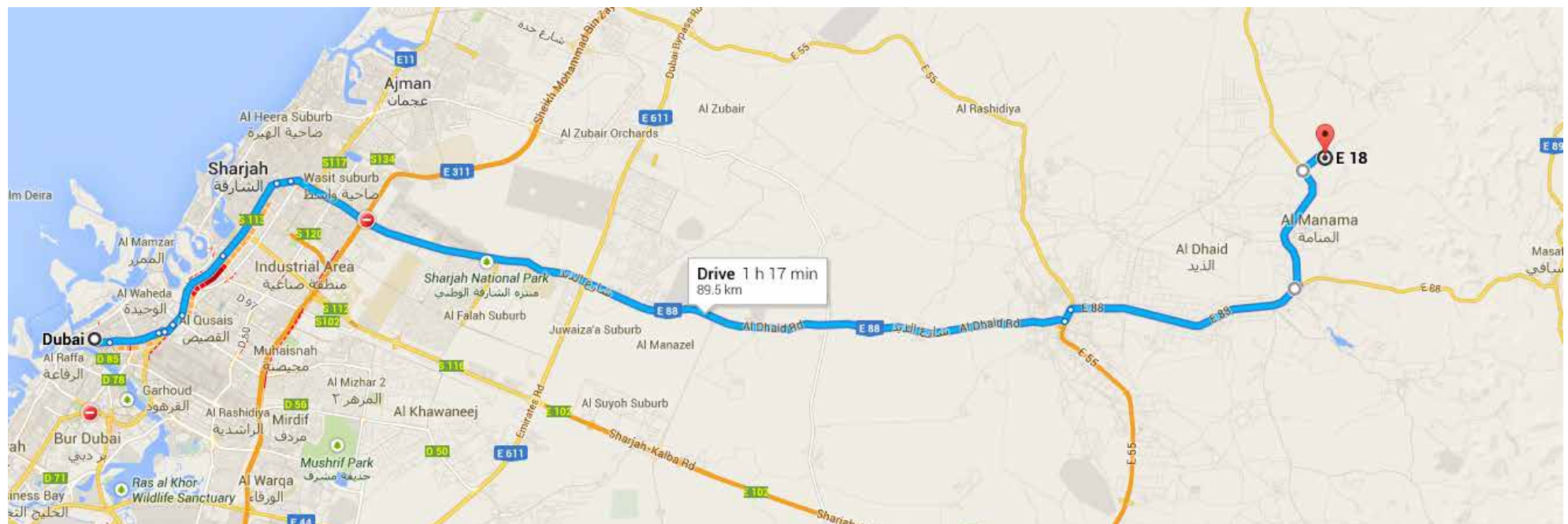
# DIRECTIONS

The start and finish location will be the same, The location is approx 1.15 hour from Dubai at Al Haniyah (near Manama in Ajman) depending where you live in Dubai. The start line is accessible by saloon car and 4WD.

Start location directions:

1. Take the E11 from Dubai and take E88 at the Sharjah Airport exit - drive 47.8km
2. At the roundabout in Al Dhaid, take the 3rd exit onto E55 for 800m
3. At next roundabout turn right onto E88 - (pass through 2 roundabouts) - 14.4km
4. Take a U-turn at Thouban and then first right onto E18 - Drive approx 8 km. You will see a sign for the village of Al Haniyah, take this turn and follow the road towards Al Ghayl. Google maps may take you on an alternative route through Al Ghayl village which will also bring you to the same place.

GOOGLEMAPS: <https://goo.gl/maps/pJFw9vEN9VBhFkab8>





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# RUN ROUTE

