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Challenge Format

All participants will start at the same time of 8am and the race duration is six hours until 2pm Riders will be given a laminated number that will be mounted on their handle-bars and a race timing chip that will count off their laps.

Once six hours has passed riders cannot start any further laps as they will not count in the final total, however if a rider starts a lap just minutes before the six hours they must finish that lap in full for it to count in the total (Most laps started under six hours, and then completed)

For teams

A change-over area will be designated and riders can switch as many or few times as they like. But they must remember to hand over the timing chip and fit as advised during race breifing.

Overview

The Hatta Endurance Race is a six hour mountain bike endurance challenge for individuals or teams of two which will be held at the Hatta Trail centre . The challenge is to complete as many laps of the circuit as possible within six hours. The route will be designed to be challenging but fun and showcase the unique riding experience Hatta has to offers us.

This is an endurance challenge and some riders will be taking this very seriously for others it is simply a chance for a fun day out on the bike and to get together and celebrate the (rapidly growing) mountain bike scene in the UAE.

While every effort will be made to ensure that this is a safe event, all participants take part entirely at their own risk as they would on any normal ride.

IF A SECTION LOOKS TOO DIFFICULT FOR YOU JUST GET OFF AND WALK, AVOID UNDUE INJURY

Entry Requirements

As a minimum all riders must have a fully functioning mountain bike and a proper cycling helmet. **NO HELMET NO RIDE**Gloves are also strongly recommended.
Bikes and helmets will be checked for their

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Participants must be self-suffcient in regards to water, food and bike spares. The following is suggested as a minimum:

- 6 litres of water
- · Electrolyte drinks
- Energy bars or gels (at least 1 for every hour of riding)
- · Mini-tool
- Pump
- •Two spare inner tubes (and/or a patch kit)

However, as this is a lap-based challenge extra food and water can be stored in the changeover area and collected as required.

The changover area has ample shade to sit and rest between laps.













2023



Rider Advice

This is aimed to be a fun event therefore all participants are advised to ride within their own limits. The paddock area will have seating allowing riders to take breaks and refreshments as they wish. With these kinds of events it is generally people who pace themselves who do the best and not those who go out full throttle and then run out of energy after one hour! Think of it as tortoise and the hare scenario.

Also ride within your own skill limits. Warnings will be placed before any particularly challenging sections allowing riders to dismount and push or carry their bikes through. However, this leads nicely

onto the next important point: please make an effort to allow faster riders to pass you.

On the Route

Please follow the coloured markers positioned every 10-20m along the whole course, we have done our best to ensure the course is well marked out and easy to follow

Signage

You will observe distance boards at every 1km interval, so you know your position on the 9km course



Team Changeover location

There is one specific spot for teams to swap their timing chips, this is located close to the start finish arch, you can store water and food in this location and even a chair forrest between laps.



WARNINGS

Please note any drops or steep decents will be marked with these boards,once again, some riders will prefer to walk down these sections



RACE SCHEDULE



Camping available on site from Saturday evening onwards...

06:00	Race pack collection opens
07:00	Race pack collection closes
07:30	RACE BRIEFING
08:00	Race Starts
14:00	Race Ends laps started before 14.00 count BUT ONLY IF COMPLETED, after 14.00hrs no one will be permitted to start a new lap
15:00	PRIZES
16:00	ENJOY THE REST OF THE DAY IN WADI HUB

RACE VILLAGE

