



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ NIGHT REBEL

ATHLETE GUIDE

WELCOME TO THE URBAN-ULTRA NIGHT REBEL 2016



■ Race Pack Collection

Your goody bag which contains your race bib, and other mandatory kit will be available for collection from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai from September 20th to 23rd September 2016.

* Please note that goody 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 or Abu Dhabi, we can take your bags to the start line as long as you inform us BEFORE September 19th otherwise your bags will be taken to Adventure HQ and we cannot retrieve until after the race.

■ Location/Directions

The single stage cross-country adventure will start and finish at Wadi Showka/Helo (25° 5'51.68" N 56° 1'49.78" E) on September 23rd 2016. Starting at 8.00pm sharp! (Check-in CLOSES at 7.30pm. Briefing at 7.45pm).

■ Course

You have 4.5 hours to complete the 30k distance. The course is 95% gravel jeep track and remainder rocky and single track path. The course is marked with reflective marker tape, only visible with a headtorch. **You will not be eligible to run without a torch or headlamp.**

The course is out and back along the same route on 100% gravel jeep track and rocky wadi bed with short sharp climbs and undulations. It is possible to run this course in both road shoes and trail shoes. The course will be marked with light reflective material for navigation. The course is very dark - you will not be able to locate the reflective markers without your supplied head torch - you will not be allowed to start the race without it.

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 leave.

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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. To keep this traffic to a minimum, we would ask that any supporters do so from the START/FINISH point so we minimise any chance of accident or injury and churning up dust for the runners.

■ Checkpoints

Water checkpoints will be located at the 5k turn for the 10k runners. At the 10k turn for the 20k runners and at 15k turn for the 30k runners. Water and energy drinks will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack (1.5ltr) is fully filled from your own supplies before the start.

■ Camping/Accommodation

There are no hotels close by and although no campsite is designated, you are free to find yourself a place to pitch your tent, there are plenty of lovely areas close by. You can also just drive up on the evening and return home after the race in your own vehicle. There is no transport provided for this event.

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

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
- **TORCH/HEADLAMP** without a torch the course markers are invisible to the naked eye. A light source stimulates the glow of the marker.
- **CELL PHONE** Fully charged with pre-programmed number of **RACE DIRECTOR +971 52 831 0017** or Thuraya **+882 16444 18283** - only operational on race day.
- **COLLAPSIBLE CUP** (SUPPLIED) Drinks will be pumped, NO bottles or disposable cups are given - in your race pack there will be a collapsible cup to use for water and energy drinks, please take it with you on your run.
- **WHISTLE** to signal for emergency
- **ZIPLOCK** we are trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small.
- **COURSE MAP PRINTOUT**
- **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. Winners will be checked for complete 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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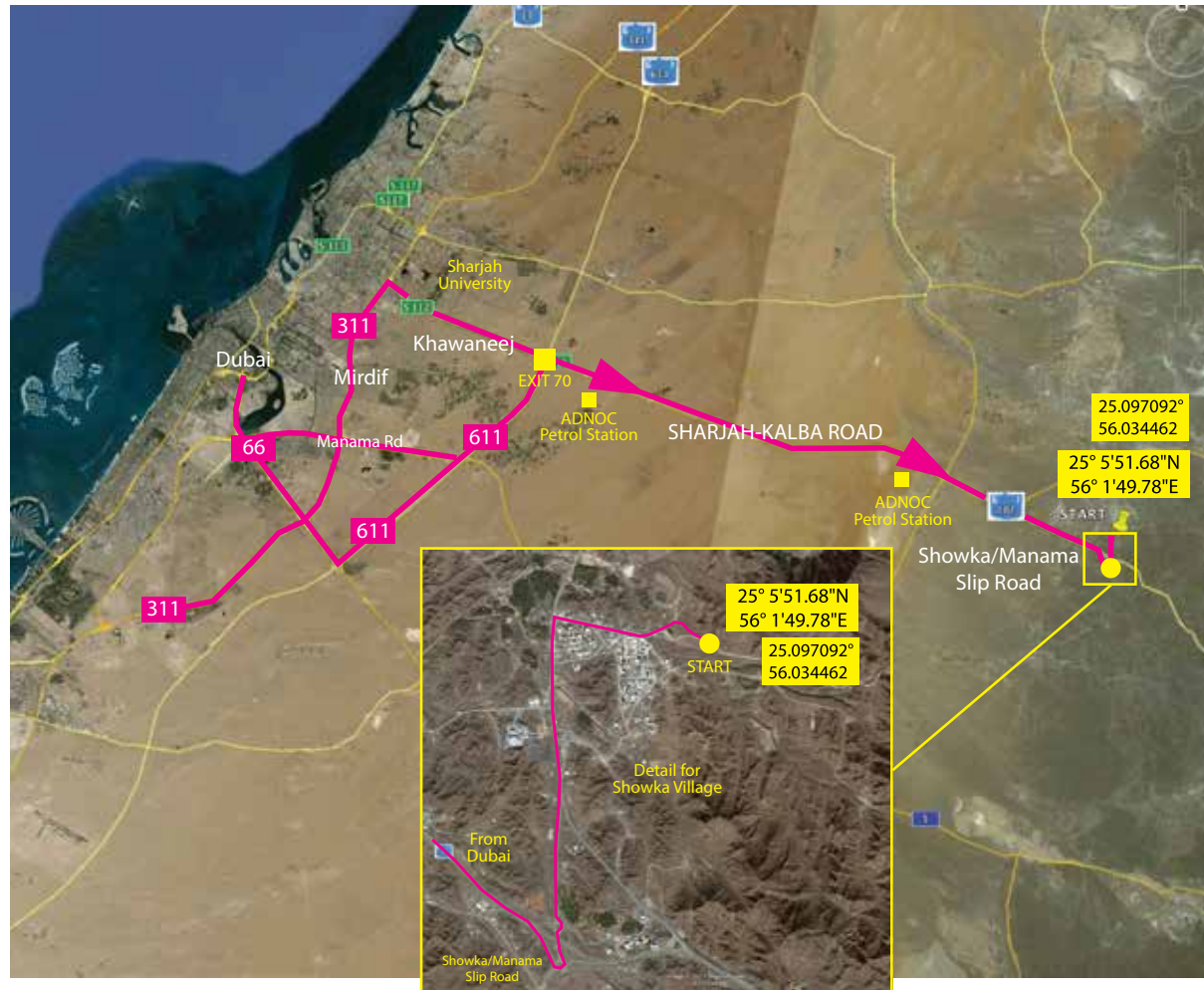


OPTIONAL/RECOMMENDED GEAR

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

HAPPY RUNNING - ENJOY YOUR RACE!

LOCATION MAP



1. Take the 611 from Dubai, direction Sharjah
2. At the Sharjah/Kalba turnoff from 611 take a right and you will drive past the Emarat Petrol Station on the right.
3. Continue along the road until you see the sign for Showka on the right. Turn off and double back under the bridge at the R/A and continue straight past one sign for Showka on the right and until you reach a row of shops and a second sign pointing right to Showka. Turn in and you will see a tall blue water tower on your left - drive across the small bridge following the tarmac road around some villas and a clinic. The road will turn into gravel and 300m further you will see the start line.

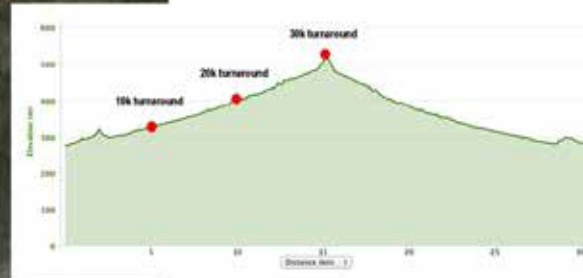
START LINE GPS COORDS:

N25°5'51.68 E56°1'49.78

TRAIL RUN COURSE



START GUN
8:00PM SHARP!
GOOD LUCK



***30K CUT-OFF TIME**
4.5 HOURS

IN CASE OF EMERGENCY
du + **971 52 831 0017**
thuraya + **882 16444 18283**

OPERATIONAL ON RACE DAY ONLY