



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ SHARBATLY FRUIT BIG STINKER
ATHLETE GUIDE

WELCOME TO THE SHARBATLY FRUIT BIG STINKER 2017



■ 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 March 20th to 23rd 2017.

* 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 March 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 Khatt Springs (N25°37'1.84" E56° 0'41.58" or) on March 24th 2017. Accessible by saloon car. Race starts at 7.00am sharp! (Check-in CLOSES at 6.30am. Compulsory briefing at 6.45am).

■ Course

The course is 95% gravel jeep track and remainder rocky and single track path. The course is marked with pink dots on rocks - and pink crosses where confusion may occur, but mostly it is a very obvious circular clockwise loop.

The 45km ultra distance is a UTMB Qualifying Race worth 2 pts!

You will run up and over a beautiful mountain (540m) ascent and descent per 12k loop in Ras Al Khaimah. The 45k ultra distance will be an extended loop with slightly more elevation taking you to in excess of 1500m for the whole distance. 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. 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.

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■ Checkpoints

CP1 will be located at the start/finish line, CP2 at the 6k summit which is the turn for the 12k and 24k runners. All 45k runners will continue on to CP3 turn retracing their steps along the same route back towards CP2 and then onto the descent back into CP1. Water, fruit and energy drinks will be provided during the race at all checkpoints but please make sure that your obligatory hydration pack (1.5 ltr) is fully-filled from your own supplies before the start.

■ Camping/Accommodation

Your options are staying at the hotel, driving to and from the site for the event or camping. (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 and up the mountain).

SPECIAL RATES: Khatt Springs Golden Tulip Hotel and Spa is offering participants (first 20 rooms) a special rate of:

Single Room: AED 300/+

Double Room: AED 350/+

Extra Bed: AED 120/+

Above rates are inclusive of breakfast, wifi and subject to 10% service charge and AED 15 tourism Dirham.

Meals: Lunch: AED 60.00. Dinner: AED 75.00. BBQ Dinner: AED 120 per person.

Child Sharing Policy: Children below 10yrs can stay in parent's room on complimentary basis on existing Bed. Child below 5yrs can have complimentary meals; 5-10 yrs would be charged 50% on the meal rates.

Email: reservations@goldentulipkhattsprings.com directly and quote The Sharbatly Fruit BIG Stinker

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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.

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
- **CELL PHONE** Fully charged with pre-programmed number of **RACE DIRECTOR +971 52 831 0017** - 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. No cup, no drink!
- **WHISTLE** to signal for emergency
- **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**
- **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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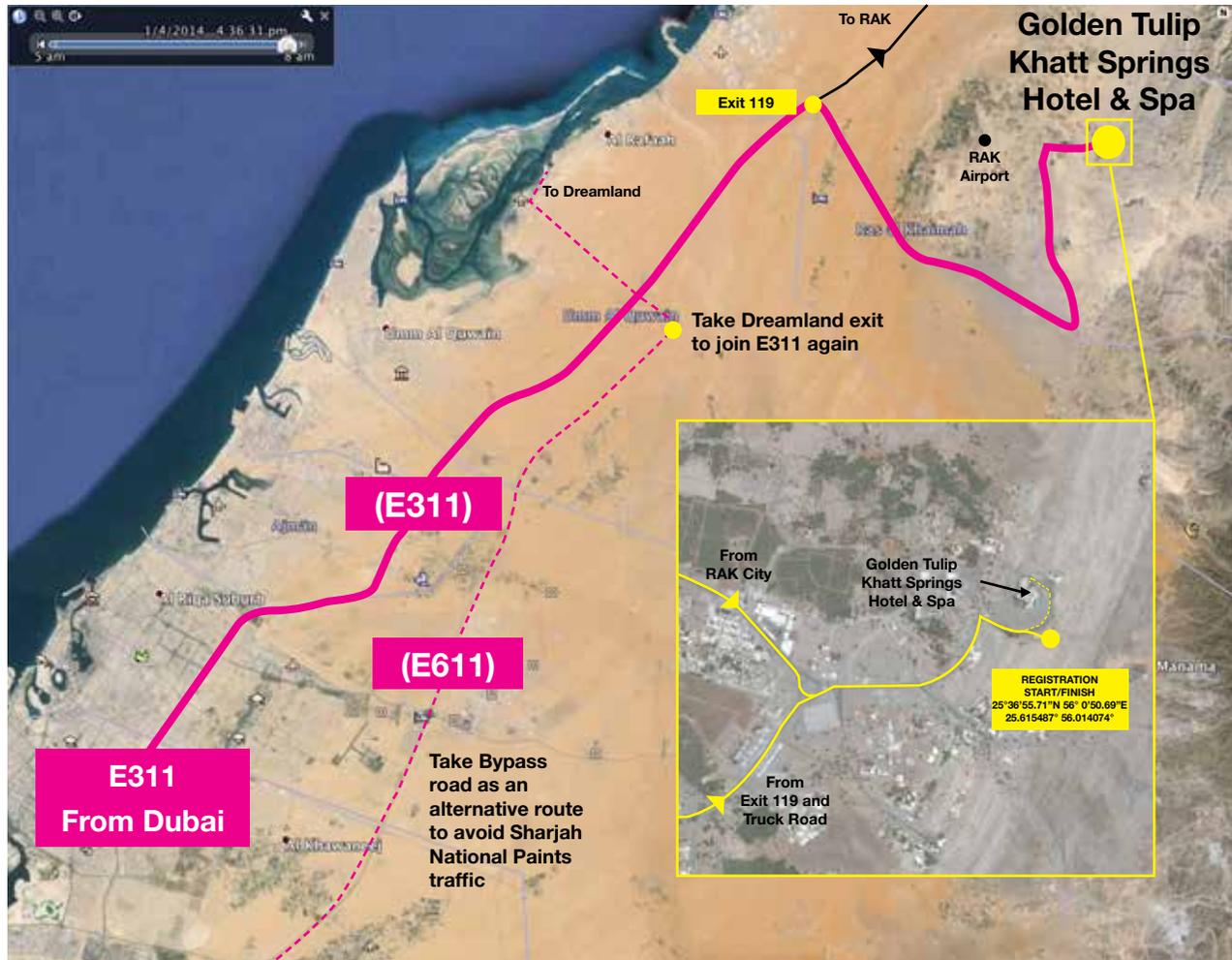


OPTIONAL/RECOMMENDED GEAR

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

HAPPY RUNNING - ENJOY YOUR RACE!

LOCATION MAP



1. Take the E311 (Emirates Road) from Dubai direction Sharjah/Ras Al Khaimah
2. Take Exit 119 (towards Banyan Tree Al Wadi).

CAUTION: The truck road is quite poorly illuminated and there are some crazy drivers along this section. Please exercise caution, or choose an alternative route through Ras Al Khaimah

3. Continue along the truck road and at the R/A at the main highway take a left towards RAK Airport.
4. There will be signs now directing for Golden Tulip Khatt Springs Hotel and Spa

Follow signs for the hotel and Khatt Police Station.

The start line has changed this year and will begin from the valley behind the hotel. Please park your vehicle in the lower car park at the base of the hotel next to the Khatt Springs Spa, NOT at the hotel itself. There will be no parking at the actual start line.

Once parked, walk through the hotel gate and 200m turn off the tarmac and continue down into the valley where you will find the start/finish line

GPS COORDINATES

25°36'55.71"N 56° 0'50.69"E

or

25.615487° 56.014074°

TRAIL RUN COURSE



PINK dots show the way.

!! PINK CROSS indicates incorrect path!

TRAIL RUN COURSE

