



GET OUT THERE



## EVENT DETAILS

The two-stage desert adventure run will start and finish in an area of Al Qudra desert very close to the Al Qudra bike circuit. See map for location start and both courses.

Your Stage 1 5k + 5k, 10k + 10k or 20k + 20k distance will begin on Friday 6th night at 7.00pm (Check in MUST be before 6.00pm for gear check and briefing), where you will run your selected distance in the dark on a designated flat sand course.

You will then return to camp for your (own) food/drinks and fun and to prepare for the morning's start gun. Stage 2 will start at 7.00am on Saturday 7th and take you over the dunes. (Check in MUST be before 6.30am for gear check and briefing).

Both dune and flat courses are marked approx every 500m. Flat course is marked with light-reflective tape on the same pink flags. Dunes course is marked with bright pink flags.

A campsite area will be designated next to the start/finish, but all camping equipment like tent, sleeping

bags, BBQ food/water, firewood, comfort items etc. are your own responsibility.

**PS. It's no-frills camping = no shower = prepare to get a bit stinky!**

Our title sponsor 'Dial-A-Battery' will be providing free battery testing over the course of the weekend.

And for the kids? Saturday morning brings wall climbing from Adventure HQ and camp fun with some good old family favourites like the tug-o-war, egg and spoon, sack racing and more!

Water, fruit and Aqualyte 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 of Stage 1. For the dune course 20k runners, please note that the first half of the course is much faster than the second, therefore water points are positioned at the latter end of the course. At approx 10k and 15k.

### GOODY BAG COLLECTION:

**Your race pack will be available from AdventureHQ from 2nd November to Friday 6th November. Race packs WILL NOT be taken to the start point, PLEASE ensure you collect your pack before the event begins - it contains your shirt and race bib (race bib MUST be attached to your FRONT during the race please).**

**Please be respectful of your surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave.**

**Most importantly - HAVE FUN!**



## GEAR LIST

### MANDATORY GEAR

**TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT - ALL WINNERS WILL BE CHECKED AT THE FINISH LINE FOR MANDATORY ITEMS. RUNNERS WITH INCOMPLETE KIT WILL INCUR A TIME PENALTY.**

### IMPORTANT PLEASE READ!

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 and stopping people running the event is the day that the fun and friendliness changes into a different experience - for everyone.

The list has been compiled from personal race knowledge and experience, and for your own safety - it 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 to minimising misery and injury. Dehydration can be a serious issue affecting not only your physical state but your mental one as well - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Overhydrating can also be a risk so please ensure you have a good balance of water as well as replacement salts/electrolytes. By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

- 1. 1.5 LTR HYDRATION PACK** - (Nathan/Salomon/ Camelbak etc.) full to capacity on Stage 1 start line
- 2. ROUTE/COURSE MAP AND COORDINATES** for Campsite navigation.

- 3. CELL PHONE** (Fully charged with pre-programmed number of race director +971 52 831 0017).
- 4. GPS UNIT/WATCH/COMPASS** You need to be able to return back to your start location as a matter of safety. If you become lost, you should be able to find your way back to camp without assistance.
- 5. RUBBER CUP** - (SUPPLIED) drinks will be pumped, NOT given in bottles or disposable cups - in your goody bag (distributed on the day) 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!
- 6. ELECTROLYTE TABLETS/POWDER** (SUPPLIED) Aqualyte and water will be supplied at checkpoints)
- 7. WHISTLE**
- 8. HEADLAMP** with spare batteries
- 9. EMPTY ZIPLOCK FOR RUBBISH** (we are trying to limit our impact on the desert - please return any empty sachets or wrappers to camp, and do not drop any litter, however small along the course or at camp).
- 10. FIRST AID KIT:** Contents to include the following.  
Please do not take the pain killers before you race!):  
Blister Kit  
4"x4" gauze pads  
Roll of medical tape

Antibacterial ointment or cream  
3" wide Ace Bandage  
Painkiller tablets (Tylenol, Aspirin, etc.)  
Anti-inflammatory tablets (Voltaren, Ibuprofen, etc.)

**NOTE: THERE ARE NO EMERGENCY SERVICES PRESENT AT THE EVENT. ALTHOUGH AN AMBULANCE IS APPROX 5KM FROM CAMP. 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

- 1. SAND GAITERS** (plastic bags taped to your feet or store bought).
- 2. SUNGLASSES**
- 3. PEAKED HAT WITH OR WITHOUT NECK FLAP**
- 4. SUNSCREEN**
- 5. WATERPROOF (ZIPLOCK) FOR PHONE**
- 6. SMALL SCISSORS**
- 7. LIGHT JACKET/FLEECE**
- 8. SURVIVAL MIRROR**
- 9. LIGHTER OR WATERPROOF MATCHES**
- 10. SPARE DUCT TAPE**
- 11. ENERGY GELS/NUTRITION**
- 12. SURVIVAL BLANKET**

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# LOCATION



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## NIGHT RUN

**START: 7.00pm Friday 7th**

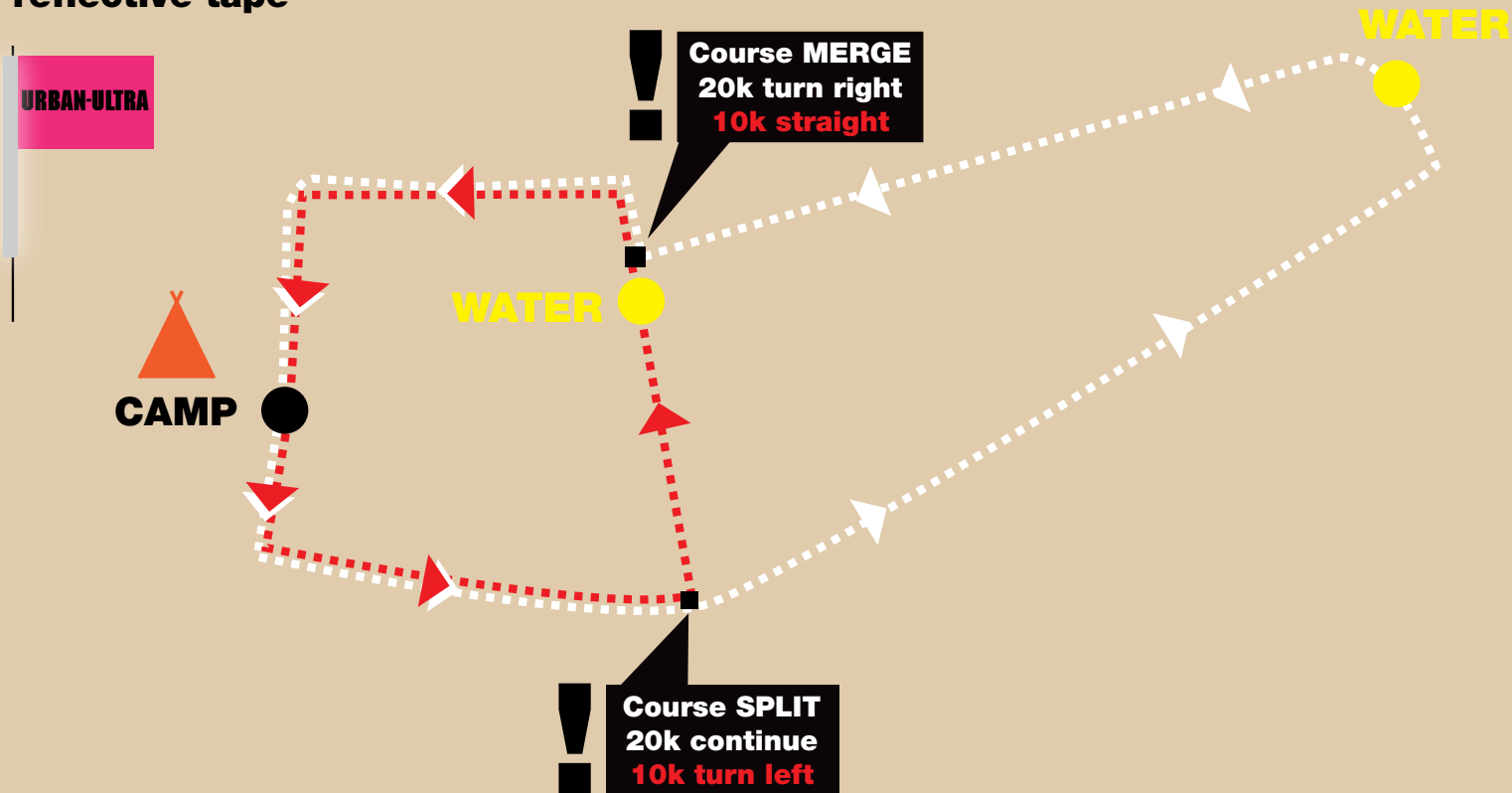
**CHECK-IN: 6.00pm latest**

**Both courses are marked  
with pink flags and  
reflective tape**

**Anti-Clockwise Direction**

**WHITE = 20k FLAT Run**

**RED = 10k FLAT Run**



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## DAY RUN

**START: 7.00am Saturday 8th**

**CHECK-IN: 6.30am latest**

**Both courses are marked  
with pink flags**

**Anti-Clockwise Direction**

**WHITE = 20k FLAT Run**

**RED = 10k FLAT Run**



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A BIG THANK YOU TO OUR SPONSORS



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