

URBAN-ULTRA™



GET OUT THERE



URBAN-ULTRA ROCKRUNNER - EVENT DETAILS

Your goody bag will be available for collection from 2nd to 6th October.

*** 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.**

The single stage cross-country adventure will start and finish at Wadi Helo (25° 4'29.76" N 56° 1'3.44" E or 25.074933° 56.017623°) on Saturday Nov 7th 2015.

Starting at 8.00am sharp! (Check-in CLOSSES at 7.30am. Briefing at 7.45am).

The course is out and back along the same route on 100% gravel jeep track and rocky wadi bed. It is possible to run this course in both road shoes and trail shoes. The course will be marked with pink flags and ribbon for navigation. The course is very rocky and may pose problems to runners not used to running in off-road conditions. However, the 5k course would be perfect for beginners to

trying an off road course (but expect to walk some sections if you are inexperienced).

Water checkpoints will be located at the 2.5k turn for the 5k runners. At the 5k turn for the 10k runners and at 7.5k turn for the 15k runners. Water, energy drinks and fruit will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack or water bottle (500ml) is fully filled from your own supplies before the start.

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.

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

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

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.

HAVE FUN!

Next page for gear list ...

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MANDATORY GEAR

TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT

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.

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 to minimising injury. It is also getting increasingly warm - dehydration is a potential life-threatening situation - your water supply and electrolytes are essential for proper hydration and staying cramp-free.

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 LITRE HYDRATION** - (Nathan/Salomon/ Camelbak, bottles etc) full to capacity at the start line. Water is PUMPED not given as individual bottles, so please ensure you have a container for a drink on the course.

- 2. CELL PHONE** Fully charged, pre-programmed number of Race Director +971 52 831 0017 or Thuraya +8821644417298 - note this number is only operational on race day.
- 3. ELECTROLYTE TABLETS/POWDER** Aqualyte and water will be supplied at checkpoints.
- 4. WHISTLE**
- 5. 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.
- 6. COURSE MAP PRINTOUT**
- 7. FIRST AID KIT:** Contents to include the following (Please do not take the painkillers before you run!):
 - 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: ALTHOUGH WE HAVE AN AMBULANCE PRESENT AT THE EVENT START. 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 OR UNTIL WE CAN LOCATE AND TREAT YOU FOR ANY SERIOUS INJURY.

OPTIONAL/RECOMMENDED GEAR

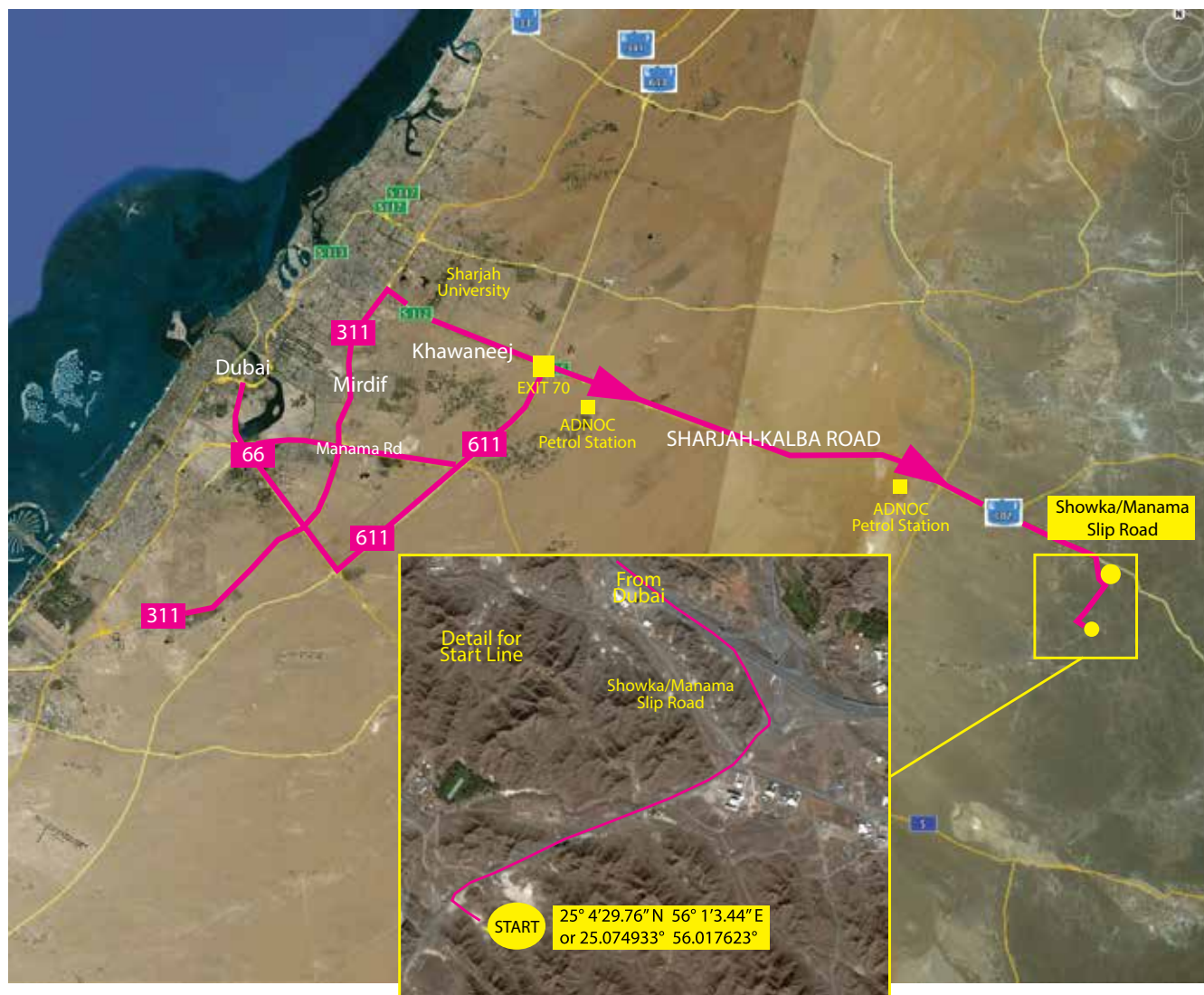
- 1. WATERPROOF (ZIPLOCK) FOR PHONE**
- 2. SMALL SCISSORS**
- 3. SUNGLASSES**
- 4. HAT**
- 5. ENERGY GELS/NUTRITION**
- 6. WATCH/TIMING DEVICE**

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URBAN-ULTRA ROCKRUNNER - START LOCATION DIRECTIONS



1. Take the 611 from Dubai, direction Sharjah
2. At Exit 70, Sharjah/Fujairah turnoff from 611 take a right and you will drive past the 1st ADNOC Petrol Station on the right.
3. Continue along the road until you see the sign and slip road for Showka/Manama on the right. (16.5km from the second ADNOC station). Take the first exit on the R/A taking you along a tarmac road for approx 1 km. On the left you will see signs for the start line. Please park on the gravel at the side of the road - it is accessible by saloon car.

START LINE GPS COORDS:

25° 4'29.76" N 56° 1'3.44" E
or 25.074933° 56.017623°

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START GUN
8:00AM SHARP!

STAY SAFE AND
GOOD LUCK