



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ HAJAR 30, 50 & 100
ATHLETE GUIDE

WELCOME TO THE HAJAR 30, 50 & 100 2020



Welcome to the beautiful 30km, 50km or 100km trail run through the mountain passes, along jeep tracks, through boulder ravines and over spectacular sand dunes of the UAE. It is a tough challenge and requires training, but generous cut-off times (24hrs for 100km) allow most physically fit, determined and well-prepared runners to get to the finish. Proudly announcing this race (100k) is a UTMB qualifying race (4pts)

■ Race Pack Collection

Your Race Pack will be available from Adventure HQ, Times Square, Sheikh Zayed Rd, Dubai ONLY from Tuesday February 11th to Thursday 13th 2020 anytime during their opening hours (10am to 10pm). Call +971 4 3466909/800 2383 6887

YOU MUST COLLECT YOUR PACK prior to the event. NO PACKS will be taken to the start line. (Please indicate upon registration if you are from overseas or resident of any emirate other than Dubai, and your race pack can be given at the race check-in on the 14th February). Included in the pack will be your race bib, T-shirt and bandana along with other goodies. We would appreciate your cooperation in collecting your pack from the store in plenty of time.

Please join the facebook group Urban-Ultra Dubai so that you are kept up to date with all the latest information.

■ Official Hotel : Hilton DoubleTree Marjan Island

The Hilton Doubletree on Marjan Island RAK is our official start hotel where we will take you by bus to the start line, at the start of the wadi - Ras al Khaimah, near Challenge Adventure Camp.

BOOKING LINK: https://secure3.hilton.com/en_US/dt/reservation/book.htm?execution=e1s1



WELCOME TO THE HAJAR 30, 50 & 100 2020



■ Location/Directions

Start Hotel: Marjan Island, Hilton DoubleTree RAK

■ Race Check-In

Race check-in will be from 2.00am to 3.00am on the 14th February in the main lobby. You will now take your Drop Bags with you on the transfer bus and deposit them into the transfer van at the start point. These bags are the only bags you may deposit with us. (Your Drop Bags will be taken to the CP5 and FINISH checkpoints in a special vehicle and you will no longer have access to them once deposited). You will find in your Race Pack, one (50k runners) or two (100k runners) white plastic bags and sticker labels. The 30k runners do not have drop bags.

DO NOT LEAVE CAR KEYS OR WALLET IN THESE BAGS!!

100k = Label and fill the CP5 bag with any items you will need at Checkpoint 5 - 52km. We will transport it to that checkpoint for you. Please label the second bag with the FINISH sticker - this should be used for any items you might need once you have completed the race. This bag will be waiting for you at the finish line. CP 5 Drop Bags will be available at the finish line in waves. (Please note that should you withdraw at any point during the race - your bags will be transported to the FINISH when convenient to do so, or if unclaimed to Adventure HQ on Sun 16th).

50k = Label your supplied bag with the FINISH race number sticker. This will be at your finish point which is CP5. Buses will take you to start hotel TBC, starting at 3pm (Bus will depart when full of passengers). Your Drop Bag should be taken with you.

■ Bus Departure from start hotel to Wadi Khdda - Ras al Khaimah

At 4.00am a bus will transport all participants from the hotel to the start line, the trip should take approx 1hr. The bus will leave promptly - please ensure you are ready to leave on time - if you are not on the bus you will miss the race. The race brief will be given once we reach the start line.

WELCOME TO THE HAJAR 30, 50 & 100 2020



■ Race Start Time

The race will start promptly at 05:30am. You are advised to use a headtorch (not supplied) for the first 10km.

■ Timing

Timekeeping will be split at intervals along the course by marshals at CP2/CP3/CP5 and CP9 Finish. You do not require a timing chip.

■ Course

The course is marked with the following: pink spray paint, reflective tape and pink ribbon. You do not require a GPS for navigation, but it should be noted that we have had locals removing or moving markers in the past and although we will endeavour to check they are all still in place, you would be advised to use a GPS watch or know how to use a compass to locate start/finish and checkpoints. Specific Checkpoint Coordinates are detailed on the course map.

The course includes some steep and rocky elevations, approx. 3200m in total over the 100km. The first 52km are the most challenging and mental preparation to get through these tough sections is vital. The steep climbs are rewarded with some beautiful panoramic vistas of Ras Al Khaimah and weather permitting, should allow views to the Arabian Sea. Although not dangerously precarious, you should still exercise caution when navigating some sections from CP 1 to CP 5. Narrow tracks and ledges, with loose rock and gravel accounts for most of the terrain here and can be potentially dangerous to people below you or yourself if you do not take adequate care. Much of the rock in this area is very sharp and razor like, please ensure your mandatory kit is complete in order to deal with any cuts or abrasions.

Minor cuts and scrapes do not constitute an emergency and your first aid kit should be adequate to deal with these small injuries.

You will encounter approximately 1km of low sand dunes on the latter stages of CP 8 to CP 9 - sand gaiters for this section are not essential. The remaining terrain will take you over rocky wadi beds, over boulders, on gravel roads and goat trails and tarmac. Lost? It is highly unlikely that you will get lost. The route has markers and critical points will be marshalled to ensure your safety. The course will be marked along its entire length from between 200-500-metre intervals (subject to terrain) with pink spray paint, flags, reflective tape and ribbon. You will find reflective tapes on the ribbons that are highly visible with your mandatory head torch if you continue through the night.

WELCOME TO THE HAJAR 30, 50 & 100 2020



■ Checkpoints & Provisions

CP1 = water only.

CP2 = water/electrolyte/oranges/bananas/trail mix/dates.

CP3 = **30k finish (Bus Transfer back to the Hotel)** water/electrolyte/oranges/bananas/trail mix/dates/flapjack/cookies/crisps/muffins/soft drinks. Sandwiches for 30k finishers.

CP4 = water/electrolyte/oranges/bananas/trail mix/dates.

CP5 = **50k finish/100k drop bag (Bus Transfer back to the Hotel)** water/electrolyte/oranges/bananas/trail mix/dates/flapjack/cookies/crisps/Arabic bread/peanut butter/jam/soft drinks. Hot water and Minestrone Soup (with pasta if required) for 50k finishers and 100k runners. CP6 = water/electrolyte/oranges/bananas/trail mix/dates.

CP7 = water/electrolyte/oranges/bananas/trail mix/dates.

CP8 = water/electrolyte/oranges/bananas/trail mix/dates.

FINISH = **100k finish (Bus Transfer Back to the Hotel)** water/electrolyte/cookies/crisps/Arabic bread/peanut butter/soft drinks/tea/coffee. Hot water and Vegetable Curry (with rice if required), Hot Minestrone Soup for 100k finishers.

■ On the Course

Water will be provided during the race at all checkpoints. You will be responsible for your own nutrition and any other electrolyte supplements (in addition to the Aqualyte we provide) you wish to add to the water provided. Water is pumped not given in bottles so your own cup, bottles or bladder are an essential part of your kit.

WELCOME TO THE HAJAR 30, 50 & 100 2020



■ Medical Crew & Emergency

A Paramedic team will be in attendance throughout the race to deal with serious injuries, however, issues with feet including blisters etc. should be dealt with using your own first aid kit. Please note that some sections of the course are totally cut-off from 4WD vehicles and should any accident occur in these areas, you will need airlift evacuation or to be stretchered out on foot to the nearest RV location by mountain rescue.

Please ensure you have the Emergency Numbers programmed into your phone to enable an SOS call or SOS text for us to set an emergency code into action. Your emergency details should be accessible without having to unlock your phone - please ensure this is possible.

■ Conditions

UAE daytime average temperatures are 30°C max and evening lows are around 10°C with a chance of rain. (Please ensure you have sufficient clothing to keep you warm if you plan to run through the night).

The deserts and mountains of the UAE are wide open spaces with virtually no shade from the sun, it would be advised to consider good sun protection for your skin and a head cover. Hydrate well with sufficient electrolyte to maintain proper nutritional balance.

■ FINISH Lines

All winners will be checked at the finish line to ensure they are still in possession of all mandatory kit. Any runners missing items, will be given a time penalty for each violation, which may affect your final placing in the results. You may also be DQ'd .

Only the 50k and the 100k race finish lines will feature hot food. All runners are encouraged to enjoy the hospitality and cheer in slower runners as they cross the finish line. The 100k prize presentation will take place at the 100k finish line. 50k run winners will be presented trophies and gift vouchers at their Finish which is CP5. 30k runners will be presented with prizes at the 30k mark CP3.

50k FINISH Bags are available at CP5. Buses departing at approx 1hr intervals will commence from 3.00pm on the 14th Feb taking

WELCOME TO THE HAJAR 30, 50 & 100 2020



runners back to the start hotel TBC. Buses will depart when full or upon race director instruction. Runners may not give instructions to the driver regarding departure or routing.

100k FINISH line Drop Bags will be immediately available for runners to collect. CP5 Drop Bags will arrive in waves at the finish. 100k run bus will commence from 7.30pm back to the start hotel TBC. All Drop Bags should be taken with you from your finish line on the bus back to the Hilton Doubletree Marjan Island RAK. Bus will depart when full.

Unclaimed drop bags will be delivered to Adventure HQ on Sunday 16th February for participants to collect. They WILL NOT be delivered back to the hotel or any other checkpoint.

■ What to expect

If you are a first timer at ultra run trail races, then understand that you need to have good basic fitness. You need to be physically fit to take on an ultra distance. Understand that unless you have signed up with a running partner, ultra running is a very solitary experience and much of the time you will spend on your own. This is all part of ultra running. It is a tough course and not for beginners to long distance events.

When physical fitness begins to play with your mind - that's when your mental strength and toughness kick in. Your body and feet will tell you that it's impossible to get to the finish - your mind needs to overcome any pain or discomfort to tell your body that you can and you WILL cross that finish line! Prepare to be pushed to your limits, mentally and physically. (Read Blister Care by Denise Jones here: (www.badwater.com/training/blisters.html) for some great advice on how to treat blisters.

Creepy Crawlies: There are snakes, scorpions, camel spiders etc. etc in the UAE, particularly in the desert and remote areas. Consider yourself very lucky if you encounter any of these wonderful creatures - most of them are harmless or only mildly venomous anyway with not cases of death ever reported.

WELCOME TO THE HAJAR 30, 50 & 100 2020



■ Equipment

Make sure your running shoes are suitable for the rocky and sandy terrain. Heat, distance and constant friction will test your shoes (and feet) to the limit, so choose them wisely ensuring that the size will accommodate any swelling of your feet over these distances. Make sure they are worn in and are able to withstand the tough conditions.

The contents of your pack will be important things to consider (no support outside of checkpoints is permitted) Make sure it is comfortable not just to run in fully loaded, but also to walk with. Your run changes with the weight and also how it is packed inside.

■ Nutrition

You can order many different brands of dehydrated food from the internet. Make sure the dishes you choose are full of the calories you need and are also tasty - not just sitting at home but also after a long run. Your appetite and palate change when you are stressed, fatigued and under pressure - making yourself eat is a huge part of successfully completing an ultra run.

■ Environment

Please be respectful of your surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave. Any participant seen to be littering will be penalised or disqualified. Any packets left on the course and NOT in a litter bin will be given a time penalty - repeated offences will result in disqualification.

■ Supporters

We welcome family and friends to the start and finish lines as well as Checkpoint 5 where they can provide you with moral support as well as food, sleeping equipment, clothing etc. if you prefer not to have this kit in your drop bag. Supporters are not permitted to support outside of checkpoints and may not accompany runners in a vehicle. Supporters will not be able to make use of the bus transport specifically arranged for the participants.

WELCOME TO THE HAJAR 30, 50 & 100 2020



■ **Mandatory Gear - IMPORTANT PLEASE READ!** *ITEMS TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT*

Please understand that we are trying to keep these low-key events fun and friendly, however, your bags will be checked for all mandatory items at race check-in. 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 very 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.
- **HEADTORCH** (NOT supplied)
- **ID CARD OR PASSPORT COPY** (provide a copy)
- **CELL PHONE** Fully charged with pre-programmed number of Race & Course Directors - only operational on race day.
- **WATER POUCH** Drinks are pumped, NOT given in bottles or disposable cups.
- **MEDICAL INSURANCE CARD** UAE or Worldwide Health insurance is mandatory for participation (provide a copy)
- **WHISTLE**
- **SMALL POCKET KNIFE**
- **SURVIVAL BLANKET** *We have a limited quantity available for purchase at race sign in (AED 15)
- **EMPTY ZIPLOCK** - 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, medical tape, Antibacterial cream, 3" wide Ace Bandage, Painkiller tablets, 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.*

WELCOME TO THE HAJAR 30, 50 & 100 2020



OPTIONAL/RECOMMENDED GEAR Sand gaiters, Sunglasses, Peaked hat with or without neck flap, Sunscreen, Small scissors, Spare Duct Tape, Energy Gels/Nutrition, Hand sanitizer/wet wipes, Toilet roll, Camera/extra battery, Warm evening clothes, spare socks, Rain jacket.

HAPPY RUNNING - ENJOY YOUR RACE!

**Please join the facebook group Urban-Ultra Dubai
so that you are kept up to date with all the latest information:
Urban-Ultra Dubai**



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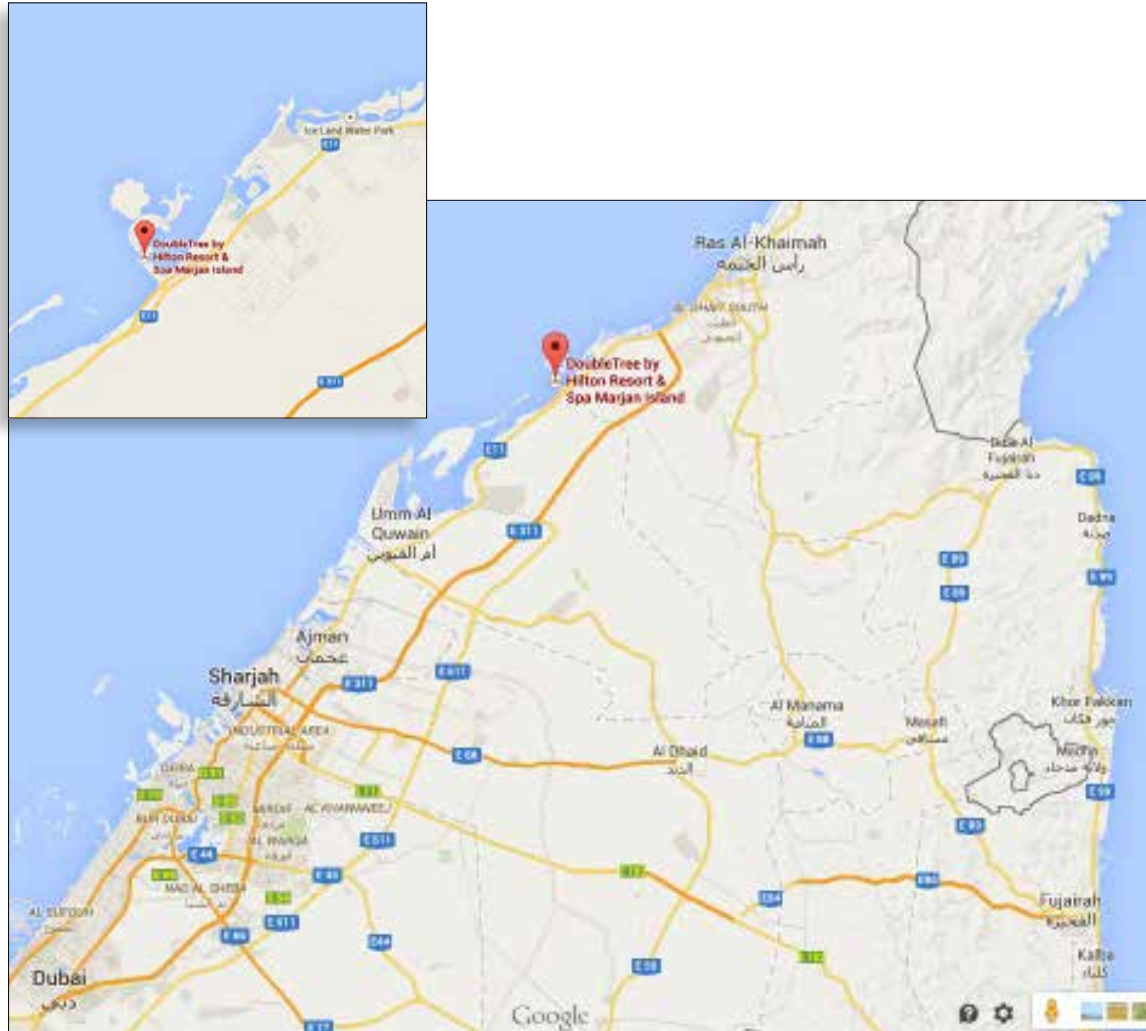
WELCOME TO THE HAJAR 30, 50 & 100 2020



RULES & REGULATIONS

- Runners shall receive no food or assistance outside of the race organisation checkpoints or risk disqualification.
- Runners must obey a marshall's instruction to retire from the race for reasons specified at the time. (e.g. late arrival, weather conditions, mandatory kit etc.)
- Runners should at all times carry the mandatory kit list, bib number and timing chip and may not be passed to any other person than the one registered to it. Winners will be checked for mandatory kit at the finish line - any missing items will result in a time penalty for each violation and possibly disqualification.
- Litter found along the route left by runners or runners intentionally littering will be penalised.
- No shortcuts or lifts may be taken during the race. Any runners found to be cutting the course intentionally will be disqualified. Deviations deemed to be unintentional will be time penalised.
- Any runners deciding to retire will be asked to wait at the closest checkpoint to them at the time. Runners will not be taken back to the finish until all runners are through that particular checkpoint and the checkpoint has finished its duties.
- Runners shall at all times be responsible for their own minor medical requirements except in cases of serious injury/condition. Medics are not in attendance for ailments such as sore muscles or blisters etc. in cases of serious injury, only registered Paramedic staff will be permitted to administer drugs/drip. Runners may not refuse medical advice/check-up and treatment for suspected serious injury or condition, refusal to do so will result in disqualification.
- Please advise Race Check in staff of any allergies/prescribed medicines you are taking.
- Runners must appreciate that the event takes place in remote areas where medical assistance or evacuation may be seriously delayed. You are expected to possess basic outdoor survival skills such as familiarity with outdoor gear and know how to administer basic first aid.
- The course may be changed due to weather or safety hazards. Rain or fog would adversely affect certain sections of the course.
- Course markings will be visible under normal conditions. Abnormal conditions may include sand, dust, fog, rain or any other condition that reduces visibility (other than darkness). If abnormal lighting conditions occur, a stage may be modified, delayed or cancelled until normal visibility conditions return.
- If you do not see a marker for 500m and you are not on the obvious or logical course, please return to the last known marker to re-evaluate and find the correct course.
- Every effort is made to keep the course markers in place for the duration of a stage. However, it is possible that markers may be taken, buried, blown over, covered or otherwise rendered difficult or impossible to find. It is your responsibility to pay attention to the markings and to make sensible decisions when following the course.
- Runners must not deviate from, move or remove course markers, doing so will mean disqualification.

RACE CHECK-IN AND TRANSFER



DoubleTree Hilton, Marjan Island, Ras Al Khaimah

(25°40'10.29"N 55°44'37.68"E)

<http://doubletree3.hilton.com/en/hotels/uae/doubletree-by-hilton-resort-and-spa-marjan-island-RKTMIDI/index.html>

T: +971 7 203 0000

DIRECTIONS: Take Emirates Road (E311) towards Sharjah. Continue straight until you reach roundabout at the entrance of Ras Al Khaimah. Take left exit and keep going for 10km and follow signs towards Marjan Island.

Taxi costs: approx AED 150-200 (\$40-\$55)

Drive time: 55mins

Distance from Dubai International Airport to Hotel: 65 miles/104km.

Race check-in: 2.00am to 3.00am on the 14th Feb 2020

Race start bus departs: 4.00am from DoubleTree Hilton

Shuttle buses will run from finish point to DoubleTree Hilton approx every 1 hour starting from approx. 3pm at 50k and 7.30pm at the 100k finish on the 14th Feb 2020.

COURSE & CHECKPOINTS



CHECKPOINT PROVISIONS

CP 1 - 7.5k	Water
CP 2 - 17km	Water, Aqualyte, Fruit, Trail Mix
CP 3 - 30km Finish	Water, Aqualyte, Fruit, Cake, Salty Snacks Exit by 10.45am 30k Bus to Hotel
CP 4 - 44km	Water, Aqualyte, Fruit Exit by 3pm
CP 5 & 50k Finish - DROP BAG COLLECTION / 50k Bus to Hotel	Arrival Cut-Off Time 5.30pm Hot water, Soup, Water, Aqualyte, Fruit etc. Rest Area. Prize Presentation Latest Exit by 6pm
CP 6 - 66km	Water, Aqualyte, Fruit, Trail Mix
CP 7 - 77.5km	Water, Aqualyte, Fruit, Trail Mix
CP 8 - 91.5km	Water, Aqualyte, Fruit, Trail Mix
FINISH - 100km - FINISH DROP BAG COLLECTION	Cut-Off Time 05.30am Water, Aqualyte, Hot Food, Soft Drinks, Camp Fire. Prize Presentation

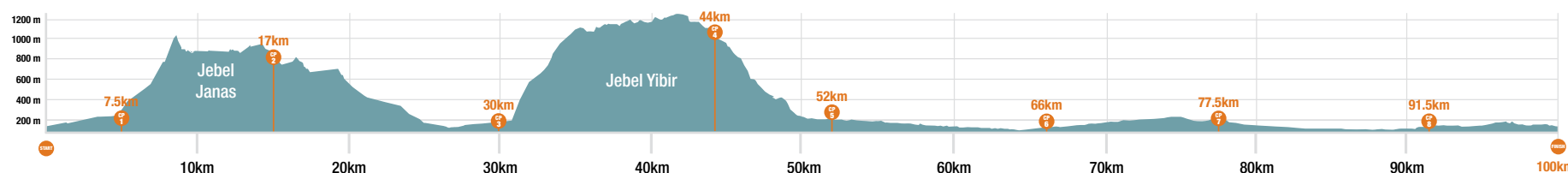


INTERMEDIATE CUT-OFF TIMES:

30k = 5.5hrs

50k = 12hrs - Intermediate 50k times
= CP3 arrival/exit no later than 10.45am.
CP4 arrival/exit no later than 3.00pm.
Finish before 5.30pm)

100k = 24hrs - Intermediate 100k times
= CP3 arrival/exit no later than 10.45am.
CP4 arrival/exit no later than 3.00pm.
CP5 arrival before 5.30pm, exit no later than 6pm. CP8 arrival/exit no later than 04.00am on 16th Feb. Finish arrival before 05.30am on 16th Feb)



GPS COORDINATES

