



## ENERGIZER NIGHT REBEL - EVENT DETAILS

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 April 26th 2013.

**Starting at 8.30pm sharp! (Check-in/goody bag collection CLOSES at 7.45pm. Briefing at 8pm).**

The course is 100% gravel jeep track and rocky wadi bed with short sharp climbs and undulations. The course will be marked with light reflective material for navigation.

There are no hotels nearby, so your options are driving to and from the site for the event or camping once you are finished. (No campsite is allocated but you are free to find yourself a place to pitch your tent, there are plenty of lovely areas).

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.

**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 ...**



## ENERGIZER NIGHT REBEL - EVENT DETAILS

### 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 pack 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. 1.5LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
- 2. HEADTORCH** (SUPPLIED and sponsored by Energizer)
- 3. CELL PHONE** Fully charged with pre-programmed number of race director **+971 52 831 0017** - note this number is only operational on race day.

- 4. COLLAPSIBLE 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 or bottle to use for water and energy drinks, please take it with you on your run). No cup, no drink!
- 5. ELECTROLYTE TABLETS/POWDER** (SUPPLIED)  
Aqualyte and water will be supplied at checkpoints.
- 6. WHISTLE**
- 7. 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.
- 8. COURSE MAP PRINTOUT:** TBA shortly
- 9. FIRST AID KIT:** Contents to include the following min:  
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.)

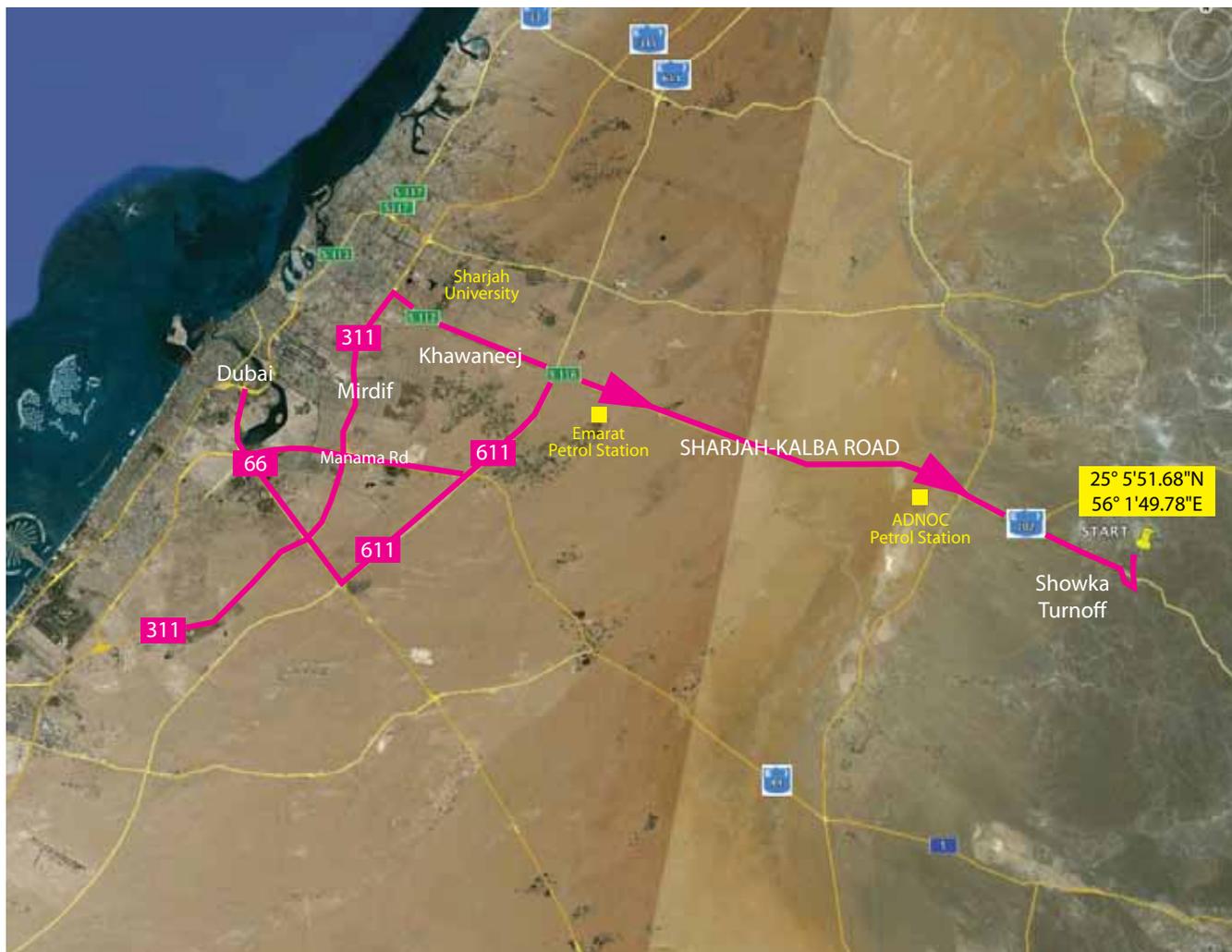
**NOTE: THERE ARE NO EMERGENCY SERVICES PRESENT AT THE EVENT. WE TRUST THAT YOUR FIRST AID KIT WOULD INCLUDE ANY SPECIFIC MEDICATION YOU REQUIRE PERSONALLY, AND BE COMPREHENSIVE ENOUGH TO DEAL WITH MOST MEDICAL SITUATIONS.**

### OPTIONAL/RECOMMENDED GEAR

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



## ENERGIZER NIGHT REBEL - DIRECTIONS



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 until you reach a row of shops and sign pointing right to Showka. Turn in and you will see a tall blue water tower - 200m further you will find parking and the start line.

### START LINE:

**N25°5'51.68 E56°1'49.78**

# URBAN-ULTRA™



PHISHFACE PUBLISHING LTD. PO BOX 73659 ~ DUBAI ~ UAE T: 04.3903767 F: 04.3908035

WWW.URBANULTRA.COM

