



GET OUT THERE



EVENT DETAILS

For the first time in the UAE – you get to test how much stamina and speed you have. (Strategy will also play a big part in this unique event!). Within the same event starting at the same time, we are also holding a 6hr (Solo only) and 12hr run (Solo or team of 4) – not quite as daunting as the 24hr event but still a huge challenge.

You will run the officially measured 500m flat circuit for as long as you can. (45% concrete+55% hard sand). We will have rest stations, food and drinks, support stations for participants so your friends and family can cheer you on or even run with you to keep you going. But remember, the more you rest the fewer laps you run ...

24hr RUN (Team and Solo)

Start time: 12 noon 12th December

Finish time 12 noon 13th December

12hr RUN (Team and Solo)

Start time: 12 noon 12th December

Finish time 12 midnight 12th December

6hr RUN (Solo)

Start time: 12 noon 12th December

Finish time 6pm 12th December

The 24hr and 12hr runs are open to individuals and

teams of 4 (mixed: 2 male, 2 female). The 6hr event is for solo runners only.

LOCATION: Al Qudra. Behind TREK and Zad's Café

Driving to the START LINE

Starting at Arabian Ranches in Dubai, drive in the direction of the Al Qudra Cycle Path and Bab Al Shams. You will drive 26km crossing two highway flyovers and finally reach a junction. Right in front of you is a car park for Zads Café and TREK Bike Shop. You have reached your destination! Drive takes approximately 20 minutes from Arabian Ranches.

STAGING AREA

The race staging area is located behind Zads Café where you will find the start line, timing mats, rest tents and the food area. The track will be marked with cones and tape. The track is not fully illuminated on the sand section by floodlights, and although we will place lanterns and torches around the entire track, we recommend use of a headtorch during the night.

CHECKING IN

All runners must check in prior to the event start at 12noon. Last check-in time for all runners is 11.30am

on the 12th December. Please ensure you are at the start line in plenty of time, once the official clock starts, your time is counting down regardless of when you join the course.

Each runner should have already collected their goody bag which contains all items for the race. The race bib must be attached to the runner's front and the timing transponder with strap worn around the ankle.

In your goody bag you will find a carrier bag with your number on it. These bags should contain anything you need for the event to be left in a secure area. Your bag will be at the manned Exit/Entry point for you to access throughout your race. Participants must show their number to retrieve and store their bags. No bags are not to be left in tents or elsewhere in the event area.

SHOWERS & TOILETS

Shower and toilet facilities are available on-site for both male and female participants. You must bring your own towels etc. You may also want to consider your own toilet paper as sometimes this is in short supply.

CAMPING AND SLEEPING ACCOMMODATIONS

A tented rest area for participants will be available



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next to the start/finish, but all camping equipment like, sleeping bags, pillow, comfort items etc. are your own responsibility.

Camping by supporters during the event is permitted in the designated area. They must however use the designated area away from the runners rest area and must bring their own tents and equipment. Use of the participant tents is not permitted. Supporters are asked to respect participant space and give all runners priority in the common areas. Participants and supporters may begin setting up on Friday, December 12th before check-in closes at 11.30am. Set-up in the common areas around the track will not be permitted once the race has commenced. Driving on the area around the track is not permitted.

RULES AND ETIQUETTE

All events start at 12noon on the 12th December 2014. If you arrive late for the start of your race you may still compete, but the time you've missed is lost and cannot be made up. The race will be run in an anti-clockwise direction for the duration of all distances. The race will not switch directions.

You may leave the track at any time, however entry and exit must be at the same designated entry and exit point which will be clearly signposted. Please do not leave the track near the start line, to avoid the timing system picking up a false lap. When runners enter & leave the tented area to meet with their support or get something from their tent, have a rest/sleep etc, they must do so by the designated entrance from the start/finish straight. Any runner seen to be leaving by another point (effectively cutting that lap short) will have that lap discounted from their overall total. Any runner doing this for a second time will be disqualified.

Remember, there are no DNFs in a fixed-time track race. The objective is only to go as far as you can (or desire) in the allotted time. Of course, the more time you spend moving forward on the track, the more distance you will accumulate. If you wish to stop completely well before the official end of your race, inform the race director, or whoever is in the timing booth at the time, that you are quitting or leaving early.

The track will be marked with cones, flags, and other markers, and all runners must stay within the race course at all times when traveling along the track. If you cut the

curves, you will be disqualified. It is your responsibility to know the rules. They exist to provide a good experience for all runners. If you are caught cheating you will be asked to leave. Track etiquette does not require lone runners to yield the inside lane to runners wanting to pass, regardless of whether the one being passed is running or walking at the time. It is assumed that each participant is there to do his or her best, and has an equal right to pursue personal goals. In a race of this type, it is to be expected that even the best will walk for periods of time, particularly those in the longer races. Always pass others on the outside if they are on the inside lane. An exception to this policy is the case of two or more persons running or walking together. Persons traveling around the track in groups should always leave an inside channel open so faster runners do not have to travel far to the outside to get around them. In all cases, remember to show common courtesy, and that most of us run for the enjoyment and thrill of the experience.

Some runners use their effort to raise money for charities. Urban-Ultra does not endorse any particular charity, except its own Play It Forward Foundation but will fully support and applaud you if you do with documentation



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of your run. The Race Director would like to be aware of charity fund-raising, as it helps with public relations when we get covered by the media.

PACING & GUEST LAPS

We encourage family and friends to be a part of the race and support all runners. However, due to limited track space/width, and respect for the participants, pacers are not allowed in the traditional sense common to fixed distance ultra running events. Yet, family and friends are an important part of the race, and are often eager to see the course and do a lap with their runner. In this spirit, the following arrangements have been made:

1. A total of 10 (ten) guest bibs will be available at the race this year (located near the timing tent). Family and friends wishing to do a lap with their runner may check out one of the bibs and accompany their runner for a lap, then check the bib back in. One guest may accompany a runner at a time, and must yield to all race participants. Any person inside race area must be wearing a bib. The purpose of the guest bib is to allow family and friends to support their runner, not to provide a means for “pacing” a runner.
2. Pacing is not allowed in the traditional sense often

seen in many other ultra distance events. Runners with guests accompanying them for multiple laps or multiple times a day will be asked to stop, as this is not in the spirit of the fixed time format at Urban-Ultra.

The only exception to this policy will be the implementation of the “night bib”. We will have up to 30 (thirty) of these available from Midnight to 6:00 AM. Family and friends may check out a night bib and accompany their runner for more than one lap at a time during this “slow” period when there aren’t very many other runners on the track. We understand it can get lonely out there in the early hours of the morning! If all 30 bibs are checked out at some point and there are guests waiting, we will ask guests to take turns in the order in which they checked out bibs. Race directors reserve the right to limit the number of “night bibs” available at any point in time and to ask guests who have checked out the bibs to leave the course at any time.

3. Any runner seeking a record must never have a non-participant accompany them, per USATF and IAU rules. Any runner seeking a record is encouraged to be familiar with rules regarding these matters and must inform the Race Director of their aim.

TIMING

Your time and distance for each completed lap will be recorded automatically using an electronic chip based timing system. You will be issued a timing transponder that is worn around the ankle. It is the runners’ responsibility to have the chip on their person at all times! Laps done without a chip are not counted by the timing system. There are no exceptions! Up-to-date lap totals will be available when runners cross the start line, and a leader board will be available with places and totals for all runners on a separate board. Additionally, updates will be broadcast to the race Urban-Ultra Facebook page during the race. Teams must pass the timing-chip when changing in and out of their turn. Team runners may divide the run time as they wish. Runners must use the marked exit/entry designated for changeovers. Team runners cannot accompany other team members as guests.

SETTING RECORDS (TO BE FINALISED!)

The Urban-Ultra 24hr Insomnia is run on a certified course. Record setting performances will be (await final confirmation) recognised as official by record-keeping institutions if their guidelines are followed. Race results



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will be forwarded to the record keeper who will then forward them to the national record keeper. The record keeper will update or establish official state records for each of the three events. In order to be eligible for a certified record, you must do three things:

Inform the race director of your intent to pursue a record. Start and finish the race at the designated times, though you need not be on the track when the race ends.

Do not use a pacer at any time. If you have questions, please ask a race official beforehand.

FOOD

Participants will be provided with food appropriate to their event. 24hr runners will receive dinner, breakfast and lunch. 12hr runners will receive dinner and breakfast. 6hr runners will receive dinner. Water and Aqualyte will be provided throughout the race for all participants regardless of distance.

It is impossible to supply food that caters to every individual taste, but we will do our best to meet the general needs of our runners. We typically work at providing meals with meat or vegetarian options. If you have a specific food allergy, please ensure you bring food that would be to your own liking.

Water will be pumped, please use the provided rubber cup in your goody bag or your own water bottle.

Supporters must not under any circumstances partake in the food provided for runners. The food has been calculated according to entries and we would hate to have runners go without because a supporter has been helping themselves. Supporters may bring their own food in addition to buying from the fully stocked Zads Café.

MEDICAL

There will be EMT or Paramedic available throughout the event in the first aid tent located next to the aid station. In addition to providing basic life support services, they will be handling foot taping and blister care during the event if you should need some assistance.

WEATHER

Dubai is blessed with wonderful winter temperatures. Nevertheless, daytime temperatures have been known to reach 32°C. Fluid replacement is critical during the day. Night time temperatures can still be chilly though. You will need some warm clothes — tights, gloves, hat, etc. might not be a bad idea. Rain is also not out of the question at this time of year. Plan ahead and prepare for the unexpected!

AWARDS

All runners will receive a finisher medal (even if you leave your event early!). If you are the overall team, male or female winner you will receive a specially made Urban-Ultra trophy. Please note that there is no prize money regardless of placing. The Race Director's decision is final.

GOODY BAG COLLECTION:

Your race pack will be available at AdventureHQ from 8th December to Friday 12th December. Race packs WILL NOT be taken to the start point, PLEASE ensure you collect your pack before the event begins - it contains your shirt, race bib (race bib MUST be attached to your FRONT during the race please) and chip transponder. One per team and one per solo entry. You are welcome to have a nominated person collect your bag on your behalf. Team bags can be collected by one team member.

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

RECOMMENDED GEAR

WE ADVISE THAT YOU CONSIDER TAKING THE FOLLOWING TO LEAVE AT THE REST AREA FOR YOUR COMFORT AND ENJOYMENT OF THE EVENT.

- 1. BLISTER KIT**
- 2. TENT MAT, PILLOW, EARPLUGS, EYEMASK**
- 3. HEADLAMP/BATTERIES**
- 4. SUNGLASSES**
- 5. PEAKED HAT WITH OR WITHOUT NECK FLAP**
- 6. SUNSCREEN**
- 7. SMALL SCISSORS**
- 8. LIGHT JACKET/FLEECE/LEGGINGS/HAT**
- 9. SPARE DUCT TAPE**
- 10. ENERGY GELS/NUTRITION**
- 11. MEDICATION** (Tylenol, Aspirin, etc.)
Anti-inflammatory tablets (Voltaren, Ibuprofen, etc.)



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LOCATION





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RACE VILLAGE



URBAN-ULTRA™



GET OUT THERE



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Aqualyte
Fluid & electrolyte supplement

