



EVENT DETAILS

We aim to make your multi-stage experience the best it can be by providing an enjoyable and adventurous route through the mountains and dunes of the UAE. The 3-day, three-stage self-supported desert adventure will start and finish in Ras Al Khaimah - just 55 mins from Dubai. We will be transporting participants from the DoubleTree Hilton, Marjan Island by bus to the race start line. Participants are responsible for their own transport to and from the DoubleTree Hilton, RAK.

START HOTEL: DoubleTree Hilton, Marjan Island, Ras Al Khaimah (25°40'10.29"N 55°44'37.68"E)

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.

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

Drive Time: 55 min.

SCHEDULE: Race check-in will be from 8am to 12noon on the 7th January. You will be required to open your bag and have one of our volunteers check that all of the mandatory items are included in your pack. Runners missing items WILL NOT be allowed to begin the race.

At 1pm a bus will transport participants from the hotel to the start line, the trip should take approx 1hr15mins. 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.

The race finish line on the final stage will feature an Arabian style buffet and presentation dinner for all participants. All runners are encouraged to enjoy the traditional Arabian hospitality offered by our race partners to wait until all runners have crossed the finish line. We will then make the prize presentation to wait for the buses departing at approx. 9.15pm back to the DoubleTree Hilton. We should reach the hotel at approx 10.30pm.

RACE PACK: The race pack will be available once registration has closed on the 31st December - you will be notified. You will be able to collect your pack from AdventureHQ on Sheikh Zayed Road at Times Square during their opening hours. Please be aware that the race route will only be revealed once you pick up your race pack, it will be detailed in a small booklet along with your mandatory gear list and cut-offs and timings.

YOU MUST COLLECT YOUR PACK prior to the event. NO PACKS will be taken to the start line. (For overseas participants, your race pack will be given at the race check-in at the hotel on the 7th January).

Included in the pack will be your race bib, mandatory iron-on sleeve patch for your shirt (so that means no vests please), exclusive Extreme 3 T-shirt and buff, checkpoint clipcard, race booklet, 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. You will also find the Q&A session presentation in the files section and an overview of what to expect in a multi-stage event.

COURSE SUMMARY: The race (Stage 1) will start at 3pm. The course is marked with flags, reflective tape and ribbon - you do not require a GPS for navigation, but it should be noted that we have experienced 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.



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(CP Coordinates will be noted in your booklet).

Stage 1 (Thursday 7th Jan 3pm) – a 45km run through spectacular golden dunes – the afternoon start will have you arriving at the finish campsite in darkness. (You would be advised to wear sand gaiters).

Stage 2 (Friday 8th Jan 8am) – a 50km run out of the dune camp up through the small Sidr village and through wadi, over mountain passes to reach camp in the mountains.

Stage 3 (Saturday 9th Jan 8am) – a 45km run through the mountains along jeep tracks and goat trails with a bit of sand! Cut-off for this stage is 7pm.

(Please note: the split of distances and terrain is subject to change until the final route markers are set and measured).

You will carry everything you need: food, water (available approx every 10km), sleeping bag and mat, first-aid. At camp, you will sleep under canvas in shared tents, and get hot water to make your own food.

As with most self-supported races, there are no comforts of home - unless you decide to bring them yourself - but bear in mind you will have to carry it all the way. (Full packs typically will weigh in at around 6-7kg not including water).

AT CAMP: There will be no showers at camp so the water you use should be for drinking only, not washing - we do not have an unlimited supply. You can expect to be refilled at checkpoints on the course the following day. Hot water will be available for use with your dehydrated food. You will find portable toilets at camp, but no toilet paper - you need to include any required toiletry items in your pack.

ON THE COURSE: Water will be provided during the race at all checkpoints. As the race is self-supported, you will be responsible for your own nutrition and any electrolyte supplements you wish to add to the water provided. (Water is pumped not given in bottles so your own bottles are an essential part of your kit).

A medical team will be in attendance throughout the 3 days to deal with serious injuries, however, issues with feet including blisters etc. should be dealt with using your first aid kit (see kit items and suggested reading material).

CONDITIONS: UAE daytime average temperatures are 30°C max and evening lows are around 10°C with a chance of rain. Please ensure your sleeping bag and mat are suitable for this night time temperature (record low is 4°C).

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 and also good insulating clothes for the evenings as it can be very cold in the mountains.

You will be running or walking on sandy, uneven, rocky and stony ground. You should consider sand gaiters for the dune section.

SO, WHAT TO EXPECT: If you are a first timer at multi-stage races, then understand that you need to have good basic fitness. You need to be physically fit to take on three days of long running or walking (and trust us when we say, you will walk some of the course). 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 multi stage racing. 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



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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.

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 your lifeline for 3 days (no outside support or using local shops is permitted) - it will carry all of your food, spare clothes, medical kit, sleeping bag and mat and anything else you want to carry. 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 a multi-stage race.

LOST? It is highly unlikely that you will get lost. The route has markers and critical points will be marshalled to ensure your safety. You will be given a detailed road book at pre-race registration. This is a detailed description of the route each day. You will also carry a card for punching at checkpoints and at each stage finish to ensure all checkpoints have been visited and you have finished the stage - please do not forget to punch your card at the CP - you may be disqualified or given a time penalty.

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. The night stage will be marked with reflective tapes on the ribbons that are highly visible with your mandatory head torch.

CREEPY CRAWLIES: There are snakes, scorpions, camel spiders etc. etc in the UAE, particularly in the desert and remote areas we will be camping. 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.

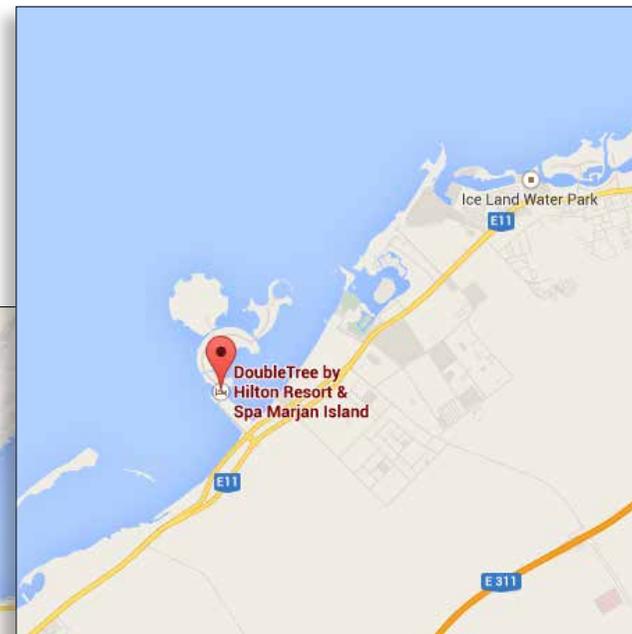
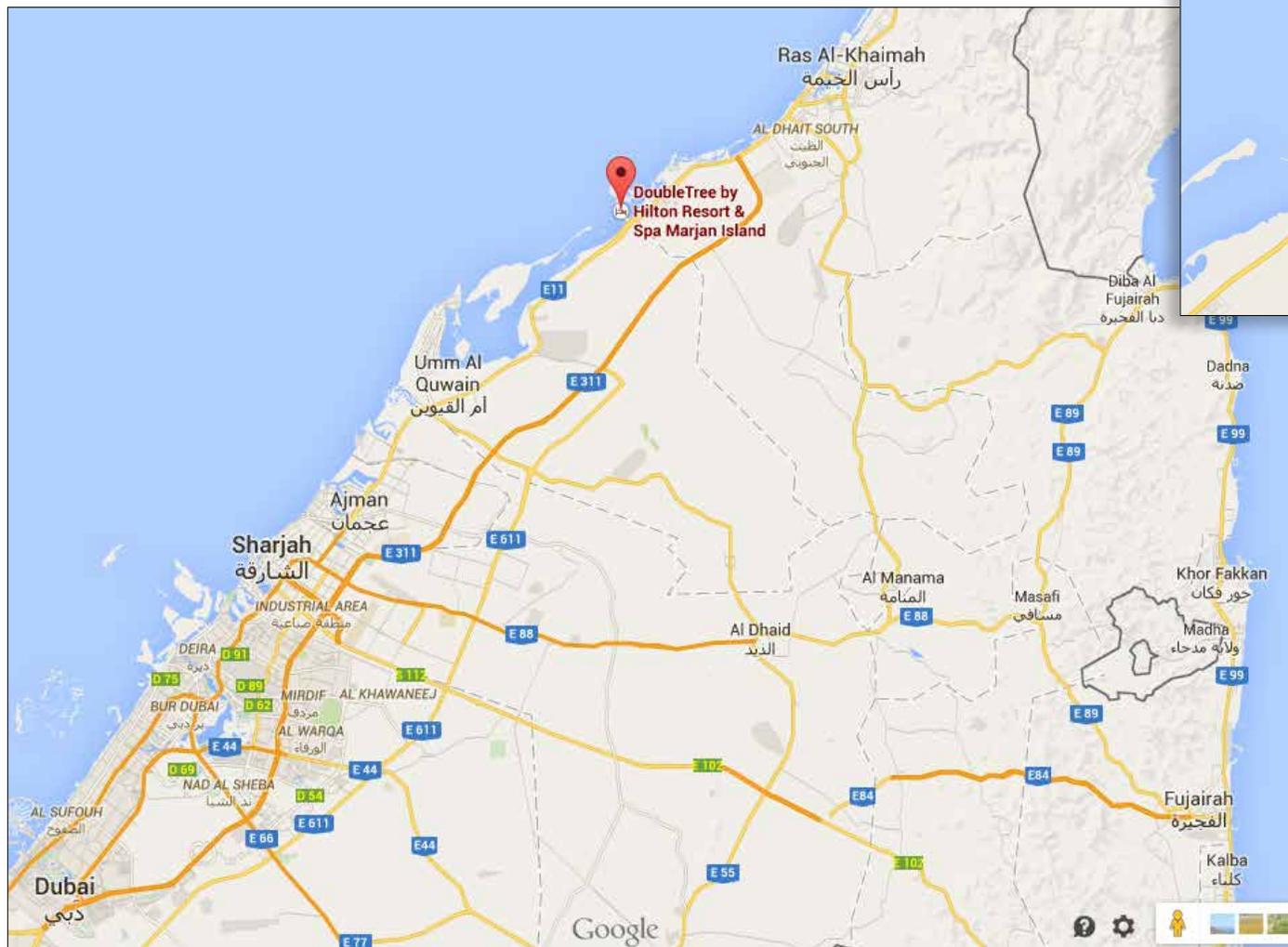
ENVIRONMENT: Please be respectful of your surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave. Any participant seen to be littering will be penalised or disqualified. Every item of edible matter in your pack should be marked with your bib number. Any packets left on the course or at camp and NOT in a litter bin will be given a time penalty - repeated offences result in disqualification.

Most importantly
WE WANT YOU TO HAVE FUN
AND ENJOY THE MULTI STAGE ADVENTURE!



GET OUT THERE

RACE CHECK-IN AND MEET POINT



**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: 8am to 12noon on the 7th January

Race start bus departs: 1pm from DoubleTree Hilton

Race finish bus returns at approx 10.30pm on the 9th Dec



GEAR LIST - MANDATORY

TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT IMPORTANT PLEASE READ!

Please understand that we are trying to keep our fun and friendly, however, your mandatory kit list means just that. It is essential to have these items with you at all times. They will be checked pre-race and can be spot-checked at any time over the 3 days. Participants missing any of these items will not be allowed to start. Participants not having these items on spot-check will be penalised.

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 etc. 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. FOOD FOR 3 DAYS** Minimum of 2500 calories for Male and 2000 calories per day for Female. i.e. Male total 7500 calories and Female 6000 calories. **(Please ensure EVERY single item of food is marked with your race number).**
- 2. 1.5 LTR HYDRATION PACK OR BOTTLES** Full to capacity on Day 1 - Stage 1 start line.
- 3. SLEEPING BAG AND MAT** Please ensure the rating for your sleeping bag is suitable for minimum 5°C.

- 4. ROUTE/COURSE MAP AND COORDINATES** For CP and Campsite navigation.
- 5. COMPASS** If you become lost, you should be able to find your way to the previous or next camp without assistance.
- 6. RUBBER CUP** (SUPPLIED) drinks will be pumped, NOT given in bottles or disposable cups - in your goody bag there will be a collapsible cup to use for water please take it with you on your run. No cup, no drink!
- 7. WHISTLE**
- 8. HEADLAMP** with spare batteries
- 9. EMPTY ZIPLOCK FOR RUBBISH**
- 10. SURVIVAL BLANKET**
- 11. SURVIVAL MIRROR** 5cm sq minimum
- 12. BLADE** a sharp pen knife or equivalent
- 13. SLEEVE PATCH** you will be provided with a patch to iron on to your shirt - please secure it to your right sleeve before the start of the race.
- 14. FIRST AID KIT:** Contents to include the following min:
Blister Kit, Sterile safety pin
4"x4" gauze pads, Roll of medical tape
Antibacterial ointment or cream, Ace Bandage
Painkiller tablets (Tylenol, Aspirin, etc.)
Anti-inflammatory tablets (Voltaren, Ibuprofen, etc.)

OPTIONAL/RECOMMENDED GEAR

- 1. SAND GAITERS**
- 2. SUNGLASSES**
- 3. PEAKED HAT WITH OR WITHOUT NECK FLAP**
- 4. SUNSCREEN (INCLUDED IN YOUR RACE PACK)**
- 5. SPARE ZIPLOCKS BAGS**
- 6. SMALL SCISSORS**
- 7. LIGHT JACKET/FLEECE**
- 8. SPARE DUCT TAPE**
- 9. ENERGY GELS/NUTRITION**
- 10. FLIP FLOPS OR SLIPPERS FOR CAMP**
- 11. HAND SANITIZER/WET WIPES**
- 12. TOILET ROLL**
- 13. CAMERA/EXTRA BATTERY**
- 14. WARM EVENING CLOTHES**
- 15. SPARE SOCKS**
- 16. RAIN JACKET**



RULES & REGULATIONS

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- **Food for 3 days Minimum of 2500 calories for Male and 2000 calories per day for Female. i.e. Male total 7500 calories and Female 6000 calories. (Please ensure EVERY single item of food is marked with your race number).**
- Runners shall receive no food or assistance outside of the race organisation or risk disqualification.
- Runners will not make use of grocery stores or purchase any food items not carried from the start of the race.
- Runners should at all times carry the mandatory kit list, race booklet, clipcard and bib numbers.
- Each tent will contain a rubbish bag for participants in which to place all empty food packets, medical refuse etc. Any rubbish outside of this bag will incur a penalty not just for the guilty participant, but also for all other members of the same tent. (PLEASE ensure the floor is cleared of all rubbish before you leave).
- 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.
- Any runners deciding to pull out will be asked to wait at the closest checkpoint to them at the time. Runners will not be taken back to the camp until all runners are through that particular checkpoint and the checkpoint has finished its duties.
- Times for each stage will be combined for a total run time. The lowest total runtime will be deemed the winner.
- Runners not reaching the checkpoint or stage finish line within the cut-off time (12hours) will be allowed to continue at the discretion of the organiser, but times will not be eligible for placings.
- Runners shall at all times be responsible for their own medical requirements/treatment except in cases of serious injury. Medics are in attendance for guidance only and will not administer general treatment for things such as sore muscles or blisters etc. and will not administer drugs, prescription or otherwise.
- 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 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 move or remove any course markers, doing so will mean disqualification.
- Runners may not return to their vehicle at any point during the race, to store or retrieve equipment. Any runners doing this will be disqualified.