

WELCOME TO THE URBAN-ULTRA™ TRIPLE CHALLENGE 2015



■ Mandatory Kit

As with all Urban-Ultra events - we ask that you be a responsible and self-sufficient athlete. This means carrying a very basic first aid kit and a minimum of 500ml of water on the bike and run legs of the Urban-Ultra Triple Challenge 2015. Remember that the terrain you are running and cycling on is rocky, uneven gravel track resulting in a much more treacherous environment than a road triathlon. Some sections of the course are not accessible by emergency vehicle and emergencies must be attended to by medical services arriving on foot. You should be able to deal with most minor situations with your first aid kit, and more serious injuries will be attended to once we have been alerted to the situation. **Your mandatory kit should include, but is not limited to: Mobile phone, fully charged with pre-programmed number of Race Director +971 52 831 0017. FIRST AID KIT: Triangular bandage, 4"x4" gauze pads, Medical tape, Alcohol swabs, 3" wide Stretch bandage, Painkiller tablets (Ibuprofen etc.), Anti-inflammatory tablets (Voltaren etc.)**

ALL winners will be checked at the finish line for mandatory kit. Runners with incomplete kit will incur a time penalty.

■ Transitions Zones

On 24th October Race Day, (Swim to Bike) Transition T1 will open at 4am for athletes to prepare their area till 6.00am. **It will close promptly at 06.00am.** During the race, only racing competitors with a race bib number will be allowed into the transition area. The Bike to Run Transition area at T2 will open for collection of bikes once all competitors have finished the bike leg of the race. If you are collecting your bike, please respect other competitors who are still running in and around this area.

■ Team Handover Zones

Please note that cyclists only will be allowed within the transition area. There will be two handover zones:

1. Swim to Bike located beside transition entrance T1
2. Bike to Run located outside transition exit at start of run T2