



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ HAJAR 50 & 100
ATHLETE GUIDE

WELCOME TO THE HAJAR 50 & 100 2016



Welcome to the beautiful 50km or 100km trail run through the mountain passes, along jeep tracks, through boulder ravines and over spectacular sand dunes of Ras Al Khaimah. It is a tough challenge and requires training, but generous cut-off times (24hrs overall) allow most physically fit, determined and well-prepared runners to get to the finish. Proudly announcing this race (100k) is a UTMB qualifying race (2pts)

■ Race Pack Collection

Your Race Pack will be available from **Adventure HQ, Times Square, Sheikh Zayed Rd, Dubai** from **Monday February 29th** 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 email us before 29th February if you are an overseas participant or resident of any emirate **other than** Abu Dhabi or Dubai, and your race pack can be given at the race check-in at the hotel on the 4th March).

Included in the pack will be your race bib chip, exclusive T-shirt and bandana, along with other goodies. We would appreciate your cooperation in collecting your pack in plenty of time.

■ Hotel

The official race start hotel for the bus pick-up and drop-off is the DoubleTree Hilton Marjan Island. The hotel is offering a special rate for participants subject to availability: <http://doubletree.hilton.com/en/dt/groups/personalized/R/RKTMIDI-GURBA1-20160301/index.jhtml>

■ Location/Directions

Start Hotel: DoubleTree Hilton, Marjan Island, Ras Al Khaimah (Please do not be confused with the DoubleTree Hilton in the main town of RAK) (25°40'10.29"N 55°44'37.68"E).

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.

Taxi approx AED 250 from Dubai. It is not possible for participants to drive themselves to the start - they must take the communal bus provided.



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■ Race Check-In

Race check-in will be from 3.00am to 4.00am on the 4th March. (DoubleTree Hilton Marjan Island Room TBA). At Race Check-in you will sign in and deposit your Drop Bags. These bags are the only bags you may deposit with us. (Please note that 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 with us at Race Check-in). You will find in your Race Pack, two white plastic bags and sticker labels.

100k runners: 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).

50k runners: Label your supplied bag with the FINISH race number sticker. This will be at your finish point which is CP5. Buses for 50k runners will depart at approx 1hr intervals and commence from 3pm on the 4th March taking runners back to the DoubleTree Hilton (Bus will depart when reasonably full of passengers). Your Drop Bag should be taken with you.

■ Bus Departure from DoubleTree Hilton

At 4.30am 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.

■ Race Start Time

The race will start promptly at 06:00am

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■ Timing Chip Bibs

You will be provided with a chipped race bib for the timing system to accurately time your race. It is attached to your race bib - this must not be removed, bent or folded. This must be worn at all times and may not be passed to another competitor.

■ Course

The course is marked with the following: soluble pink spray paint, reflective tape and 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. 2500m 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 5km of low sand dunes on the latter stages of CP 8 to CP 9 - you might consider sand gaiters for this section, but they 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.

(Head torches are NOT supplied, you must bring your own equipment).

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■ Checkpoints & Provisions

CP 1 - 7.5km - Water

CP 2 - 17km - Water, Aqualyte, Fruit

CP 3 - 32km - Water, Aqualyte, Fruit

CP 4 - 44km - Water, Aqualyte, Fruit

CP 5 - 52km - DROP BAG COLLECTION for 100k runners & FINISH with bus transport for 50k runners

Hot water, Soup, Noodles, Water, Aqualyte, Fruit, Chocolate, Tea, Coffee. Rest Area. Stools. (You may take shelter here and rest under canvas - tents are provided, but no mattress or blanket)

CP 6 - 60km - Water, Aqualyte, Fruit

CP 7 - 67km - Water, Aqualyte, Fruit

CP 8 - 75km - Water, Aqualyte, Fruit

CP 9 - 90km - Water, Aqualyte, Fruit

FINISH 100km - DROP BAG COLLECTION - Hot water, Food, Noodles, Water, Aqualyte, Fruit, Chocolate, Tea, Coffee. Rest Area. Stools. Bus transport back to DoubleTree Hilton Marjan Island.

■ 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.

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■ Medical Crew & Emergency

A Paramedic team from National Ambulance 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.

A. +8821 622991335 (Thuraya Sat Phone) Race Director

B. +971 50 4462069 (Etisalat) Race Director

A. +8821 622991288 (Thuraya Sat Phone) Course Director

B +971 50 4422934 (Etisalat) Course Director

■ 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.

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■ FINISH Line

Both the 50k and the 100k race finish lines will feature hot food and music. The 100k cash prize presentation will take place at the 100k finish line only. 50k run winners will be contacted post-race to present trophies and gift vouchers.

All runners are encouraged to enjoy the traditional hospitality and cheer in slower runners as they cross the finish line.

FINISH line Drop Bags will be immediately available for runners to collect. CP5 Drop Bags will arrive in waves. Buses departing at approx 1hr intervals will commence from 8pm on the 4th March taking runners back to the DoubleTree Hilton. Both Drop Bags should be taken with you from the finish line on the bus back to the DoubleTree Hilton Marjan Island.

■ 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.

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■ 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.



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■ International Overseas Participants

Please make us aware if you travelling from overseas so that we can make additional arrangements and give additional information regarding travel to and from start line, accommodation etc. Please email us at events@urbanultra.com BEFORE Feb 29th 2016 if you want to collect your race pack on 4th March at Race Check-in.



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

By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

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 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 for your safety. 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.

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
 - **HEADTORCH** (NOT supplied)
 - **CELL PHONE** Fully charged with pre-programmed number of Race & Course Directors - only operational on race day.
 - **COLLAPSIBLE CUP** (SUPPLIED) Drinks are pumped, NOT given in bottles or disposable cups - in your race pack there will be a collapsible cup or bottle to use for water and energy drinks, please take it with you on your run.
 - **WHISTLE**
 - **SMALL POCKET KNIFE** (SUPPLIED)
 - **SURVIVAL BLANKET**
 - **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.*
- 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.

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RULES & REGULATIONS

- Runners shall receive no food or assistance outside of the race organisation checkpoints or risk disqualification.
- 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.
- 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 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 medical requirements/treatment except in cases of serious injury. Medics are in attendance for guidance only and will not administer general treatment 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.
- 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 move or remove any course markers, doing so will mean disqualification.

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Most importantly
WE WANT YOU TO HAVE FUN AND ENJOY THE ULTRA RUN!
And don't forget to smile - our videographer and photographer will be out to capture your best
(and worst) moments!

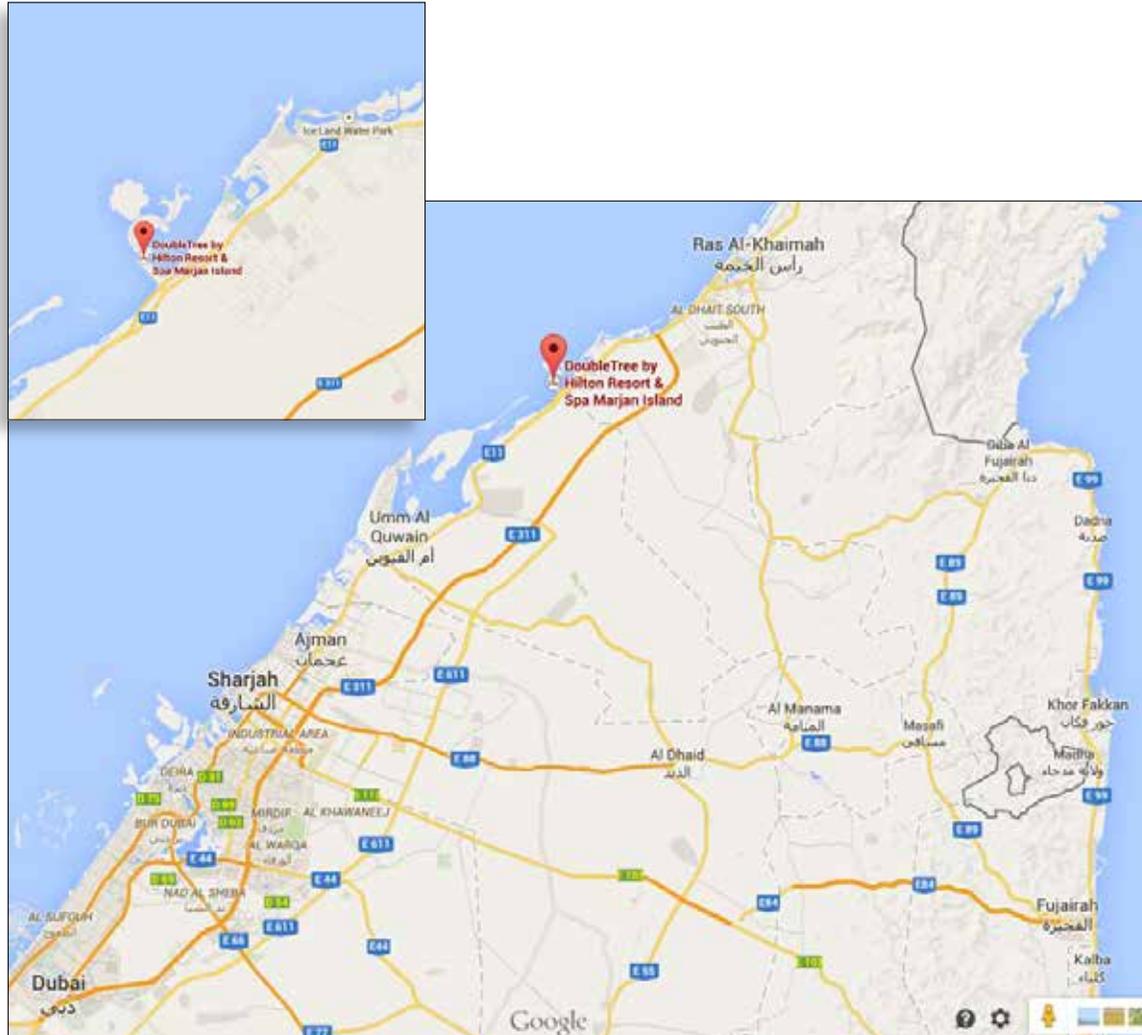
A DVD will be available for purchase after the event.

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**



RACE CHECK-IN AND BUS PICK-UP



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: 3.00am to 4.00am on the 4th March 2016

Race start bus departs: 4.30am from DoubleTree Hilton

Shuttle buses will run from finish point to DoubleTree Hilton approx every 1 hour starting from 3pm at 50k and 8pm at the 100k finish on the 4th March 2016.

COURSE & CHECKPOINTS



CHECKPOINT PROVISIONS

CP 1 - 7.5k	Water	
CP 2 - 17km	Water, Aqualyte, Fruit	
CP 3 - 32km	Water, Aqualyte, Fruit	Arrival Cut-Off Time 12 noon
CP 4 - 44km	Water, Aqualyte, Fruit	
CP 5 & 50k Finish - 52km	DROP BAG 1 COLLECTION / 50k Bus to Hotel	
	Arrival Cut-Off Time 6pm	
	Hot water, Soup, Noodles, Water, Aqualyte, Fruit, RedBull, Chocolate, Tea, Coffee. Rest Area. Stools. (You may rest here and shelter under canvas - tents are provided, but no mattress or blanket).	Latest Exit Time 8pm
CP 6 - 66km	Water, Aqualyte, Fruit	
CP 7 - 77.5km	Water, Aqualyte, Fruit	
CP 8 - 91.5km	Water, Aqualyte, Fruit	
FINISH - 100km - DROP BAG 2 COLLECTION		Cut-Off Time 6am
	Water, Aqualyte, Fruit, Hot Food, Soft Drinks, Camp Fire. Prize Presentation	



GPS COORDINATES

