



**THE NORTH FACE  
ROCK RUN 2016  
COURSE GUIDE**



## 1.1 PRE-RACE CHECKLIST

### Preparation

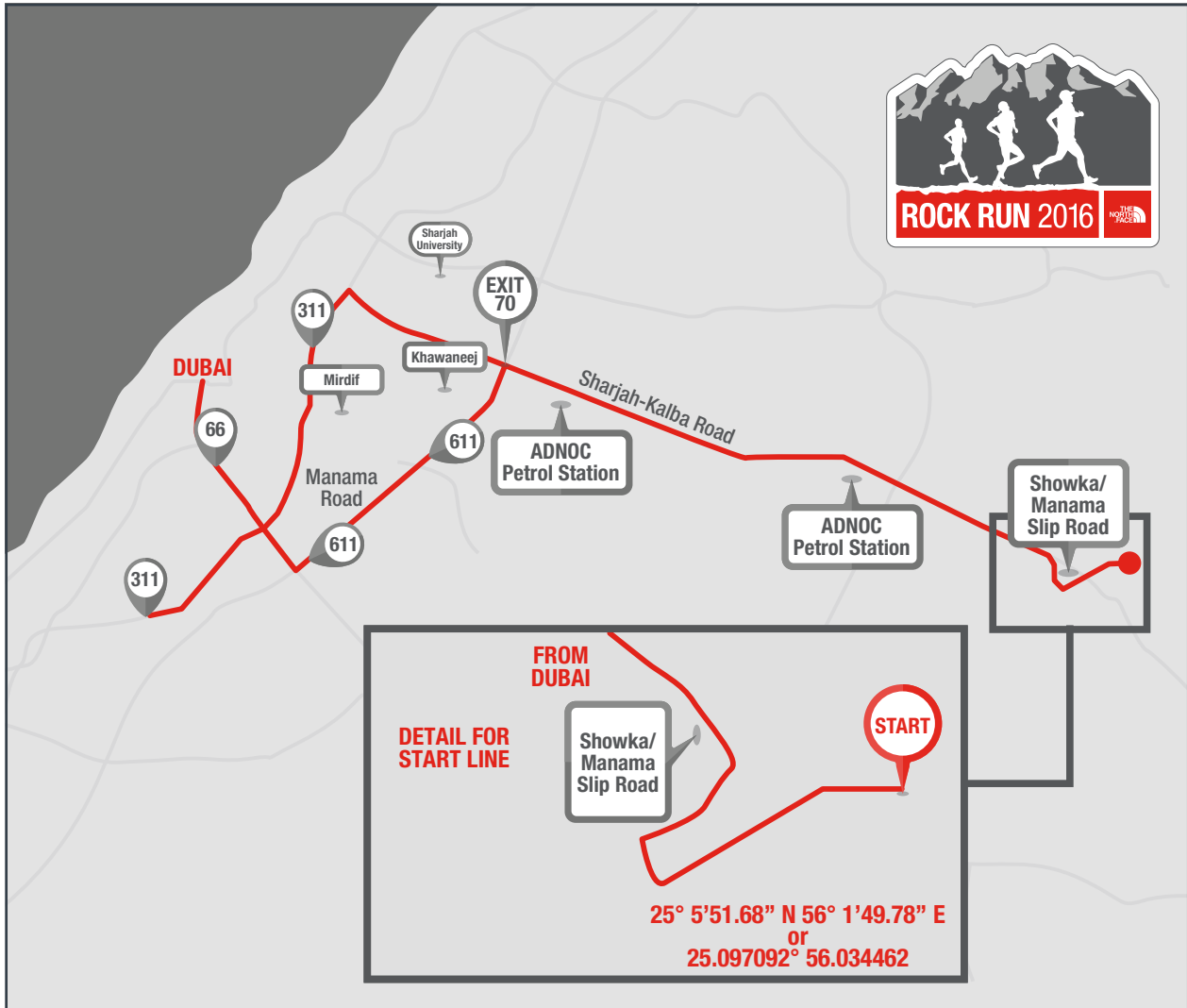
- Before the race review the shuttle and parking information on the website and make a plan for your transportation to the start area. Allow extra time if you are planning to take the shuttle
- Arrive early to collect your bib and timing device at the designated Registration Zone on the day
- There are no hotels nearby, so your options are driving to and from the site for the event on race day or camping over after you finish, if you wish. (No campsite is designated but you are free to find yourself a place to pitch your tent, there are plenty of lovely areas)

## 1.2 WHAT TO BRING

- Direction and/or map to race start, parking location or shuttle pickup location
- Bibs need to be worn on the front of your shirt where it will be clearly visible to assist aid station volunteers tracking your progress on the course. It will also ensure you have great photos of your running achievement. Photos will be available a few days after the race and can be downloaded on [www.facebook.com/thenorthfaceme](https://www.facebook.com/thenorthfaceme)
- Appropriate clothing based on the weather forecast
- Change of clothes and shoes for the Finish Festival
- Equipment (tents, sleeping bags, etc.) if you are choosing to camp overnight
- A bag to store your belongings at the bag drop off area in the Festival Zone
- Water bottle or hydration pack
- Required medication, inhalers or EpiPens
- Sunscreen
- Sunglasses or a cap
- A headlamp (compulsory for 21K Runners)
- Anti-chafing gel
- Watch/GPS device (remember to charge it the night before)
- Mobile phone (limited cellular reception at the Start/ Finish area)
- Cash for food and beverages
- Photo ID
- Ibuprofen or pain relievers (this will not be distributed to any individual by event staff, volunteers or medical teams)
- Your 'Game Face'

### 1.3 MANDATORY GEAR (TO BE CARRIED AT ALL TIMES BY PARTICIPANTS)

- This list is based on expert advice and knowledge to ensure your safety
- 500ml Hydration – needs to be filled to capacity at the start line. **Water is PUMPED not given as individual bottles**, so please ensure you have a container for a drink on the course. (5k runners min. 200ml)
- Mobile phone - fully charged with the pre-programmed number of the race director (mobile 052 8310017 or satellite phone +882 16444 108283). This number will only be operational on the race day
- Electrolyte tablets/powder - Aqualyte and water will be supplied at checkpoints.
- Whistle for help
- Empty ziplock bag for rubbish. This is a beautiful place and we are trying to limit our impact on the environment. Please take rubbish home and do not litter along the course, no matter how small
- Course MAP PRINTOUT
- First Aid Kit: Contents to include the following (Please do not take the painkillers before you run!):
  - 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:** Although we have an ambulance present at the event start. We trust that your First Aid Kit will include any specific medication you require personally, and be comprehensive enough to deal with most medical situations or until we can locate and treat you for any serious injuries
- 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
- Optional/Recommended Gear:
  - Waterproof (ziplock bag) for your mobile phone
  - Small scissors
  - Energy gels/nutrition
  - Watch/timing device



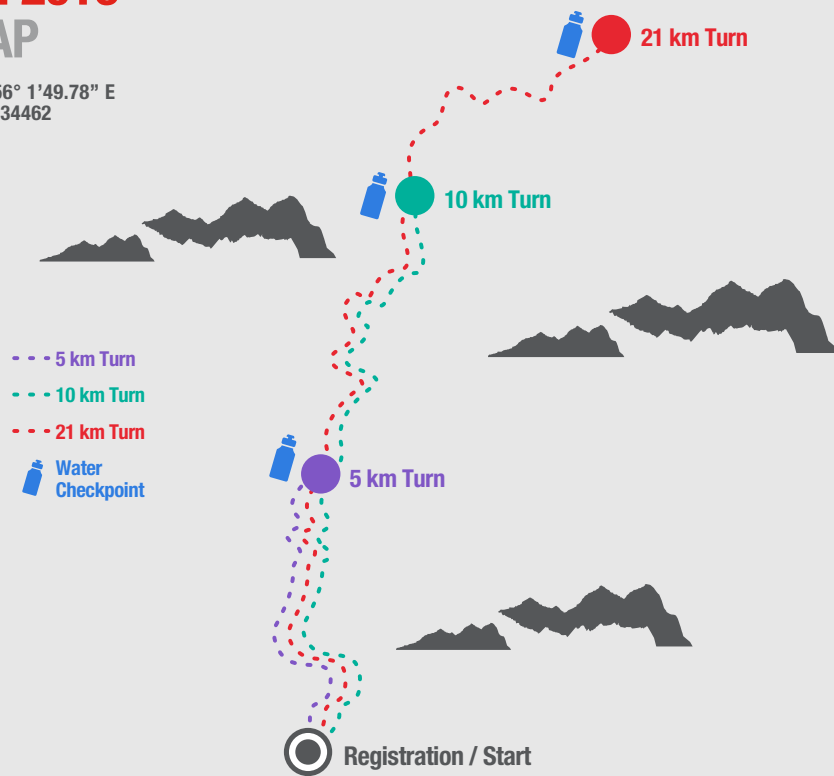
## 1.4 ROUTE MAP (WADI SHOWKA)

### Directions to the Start

- Take the 611 from Dubai, direction Sharjah
- At Exit 70, Sharjah/Fujairah turnoff from 611 take a right and you will drive past the ADNOC Petrol Station on the right
- Continue along the road until you see the sign and slip road for Showka/Manama on the right. (16.5km from the second ADNOC station). Take the second exit on the R/A taking you under the bridge and continue straight past one sign for Shawkah on the right and until you reach a row of shops and a second sign pointing right to Showka. Turn in and approx 200m you will see a tall blue water tower on your left - drive across the small bridge following the tarmac road to reach Showka Health Clinic. On the left of the clinic you will take a gravel road bringing you to the back of the clinic and a small steep slope to cross the wadi and back up to the start line car parking area

# ROCK RUN 2016 ROUTE MAP

OR 25° 5'51.68" N 56° 1'49.78" E  
25.097092° 56.034462



## The Route:

### (a) Course Description:

The single stage cross-country adventure will start and finish at Wadi Showka with the START LINE positioned within meters difference of 25° 5'51.68" N 56° 1'49.78" E or 25.097092° 56.034462 at 16:00 sharp on 01/04/2016. (Registration closes at 15h30 and briefing at 15h45). The course is out and back along the same route on 100% gravel jeep track and rocky wadi bed. It is possible to run this course in both road shoes and trail shoes.

### (b) Water Checkpoints:

Water checkpoints will be located at the 2.5K turn for the 5K runners. At the 5K turn for the 10K runners and at 10.5K turn for the 21K runners. Water and energy drinks will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack or water bottle (500ml) is fully filled from your own supplies before the start of the race. Please know which turn you need to make for the distance you are running - you are responsible for making the turn at the correct distance marker which will be at one of three water checkpoints.

### (c) Camping:

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 close by).

### (d) Festival Zone

A post-race celebration will be available to all participants and spectators. Please be respectful of our surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave.

### (e) Road Closures:

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 area so we minimise any chance of accident or injury and churning up dust for the runners.

## 1.5 COURSE RATING

Overall Difficulty	● ● ● ● ●
Technical Terrain	● ● ● ● ●
Elevation Change	● ● ● ● ●
Scenery	● ● ● ● ●

## 1.7 CUTOFF POLICY

- In accordance with parameters agreed to by ALL permitting properties and for the safety of all the runners, volunteers and race staff, any runner that is off pace to complete their distance by the designated course cutoff may be pulled at any time by the Race Director.
- Please be aware of the cutoff times:
  - 5K - 1.5 hours
  - 10K - 2.5 hours
  - 21K - 4 hours

## **1.7 CUTOFF POLICY (CONTINUED)**

- All runners will be expected to complete the slowest official finishing pace for the entirety of the course
- If a runner fails to do so and is significantly behind pace, the race staff reserves the right to pull any runner from the race at any time and at any point on the course
- Wave start times are accommodated in the cutoff times

## **1.8 TIMING**

- Timing race chip will be provided and distributed at the Registration Zone on race day
- The timing device is temporary and will only work for The North Face Rock Run
- Once you have crossed the finish line you will need to return it at the allocated area
- Timing commences from the moment you cross the mats and will end once you cross the mat at the finish line

## **1.9 RUNNING WITH GPS WATCHES**

- We understand that runners will be equipped with a wide variety of GPS watches. These watches should only be used as a guide for measuring your distance and time throughout your respective trail race
- Please be cautioned that satellite reception, tree coverage and other factors will impact the accuracy of the distance displayed on your watch and that the distance of your course will vary depending on the type/model you wear

## **1.10 IMPORTANT COURSE INFORMATION**

- Your race bib must be worn on the front of your body outside of your clothing so that it is clearly visible
- If you are unable to finish the course, please notify event staff at the nearest aid stations that you will not be continuing on the race course. The race staff will then notify the Race Director and arrange transportation if needed
- If you see a potentially injured runner on the course, please find the runner's bib number and report the situation to the Aid Station Captain at the nearest aid station

## **1.11 BAG DROP**

- Runners will be able to leave their bags at the registration area in the bag drop tent
- All bags will be numbered and runners will be handed a duplicate tag
- Race staff will assist with adhering the tag to the bags
- Gear bags cannot exceed 10 kilograms

## 1.11 BAG DROP (CONTINUED)

- Overweight or bulky bags will not be accepted
- Coolers will not be accepted
- Only 1 bag will be allowed per runner
- The North Face, its staff, and represented agencies, are not responsible for lost or stolen bags or property
- Bags could be exposed to weather so contents should be weatherproofed
- Bags are subject to be searched by race staff if necessary
- Bags will be available for collection at the bag drop tent until 22h00 on race day
- Bags WILL NOT be mailed if not collected
- All unclaimed bags will be disposed of at the end of the week (possibly include information to where they can collect their bag if they forget to collect after the race)

## 1.12 PARKING

- Parking will be available on site

## 1.13 MEDICAL / FIRST AID

- A response vehicle will be available on race day
- All marshals and event personnel will have radio contact with the vehicle should it be needed

## 2 RACE DAY PAGE

### 2.1 Schedule

Time	Description
14:00	Arrival & Registration - Runners arrive, check-in
15:30	Race Briefing (compulsory)
16:00	Race Start
17:15	Entertainment / Camping
19:00	Prize Giving
22:00	Official Event ends



### **3 RESULTS PAGE**

- 3.1** Race results will be published on <https://www.facebook.com/thenorthfaceme> and on [www.urbanultra.com](http://www.urbanultra.com)
- 3.2** Race photos will be made available for download on <https://www.facebook.com/thenorthfaceme> or can be retrieved from The North Face Facebook page
- 3.3** Runner Survey
- In an effort to continually improve our events a short survey will be sent to all participants to gather information/feedback on their experience
  - Participation in the survey is completely voluntary

### **CONTACT US**

TNF website/portal: <https://www.facebook.com/thenorthfaceme>



**NEVER STOP EXPLORING™**