



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ X-TRI 2016
ATHLETE GUIDE

WELCOME TO THE URBAN-ULTRA™ X-TRI 2016



Thank you for registering for the 3rd edition of the Urban-Ultra X-Tri 2016. The only off-road multi-discipline event in the region!

Sharjah welcomes you to its beautiful east coast region showcasing the protected marine mangrove habitat as well as the stunning backdrop of the Hajar Mountains where you will complete your bike and run legs of the event.

Please ensure you read all the information in this race information pack BEFORE the race, and familiarise yourself with the course and the rules. Please also make sure you are present for the compulsory race briefing (06.30am 5th November), it will be the last chance you get to hear any last minute changes which may affect your race.

Join us for a social gathering on Friday 4th November evening, get to meet your fellow competitors and off to bed early, ready for your triathlon the next day. *(Please note: Entry fee is for the race only. Food, accommodation and bike hire is additional).*

We wish you the very best of luck on November 5th, 2016! Stay safe, and enjoy!

■ Waves

At this point we will only be separating the Championship (Olympic) distance 07:00am from the Sport (Sprint) distance 07:05am. This is subject to the number of participants. An update and 'Wave' start information will be communicated closer to race day and at the Race Briefing.

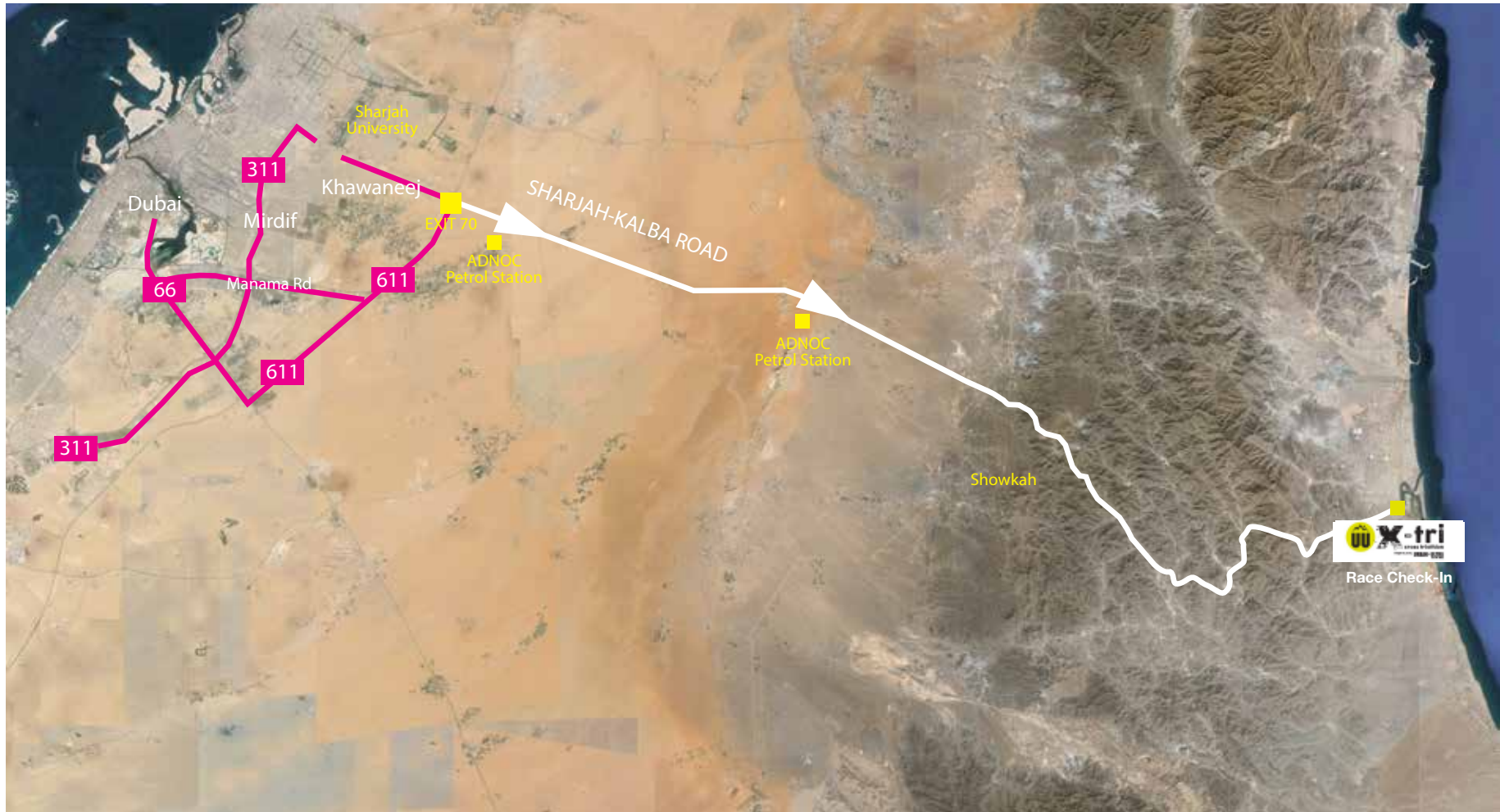
■ Location/Directions

Urban-Ultra X-Tri 2016 will take place in Kalba, Sharjah. There is ample parking at the Swim/Bike Transition (T1) as well as the Absolute Adventure Kalba Camp Bike/Run Transition (T2).

Please follow instructions of the car park signs and marshals. Parking is on a 'first come first serve basis'.

Coming from Dubai (Approx. 145km - 1hr 45mins): Take the 611 direction Sharjah and take Exit 70 (Sharjah - Kalba Highway). Continue this highway until you reach the coast at Kalba. The first R/A you hit is directly opposite T1, Swim start and Swim/Bike transition (T1). Participants coming to Absolute Adventure Kalba Camp should take a right at this R/A and then the first road right. Follow the road approx. 2km to turn off right onto a dirt road and to the camp where T2, Bike/Run transition and Finish are located.

LOCATION MAP



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■ Course

SWIM

The swim is a beach start. The lagoon is a protected bay and not subject to open sea waves. The swim will be a non-wetsuit swim. It is ONE clockwise loop for Sport/Sprint and TWO loops for the Championship/Olympic distance. (Any changes to the waves and loops will be advised on race day at the race briefing).

MOUNTAIN BIKE

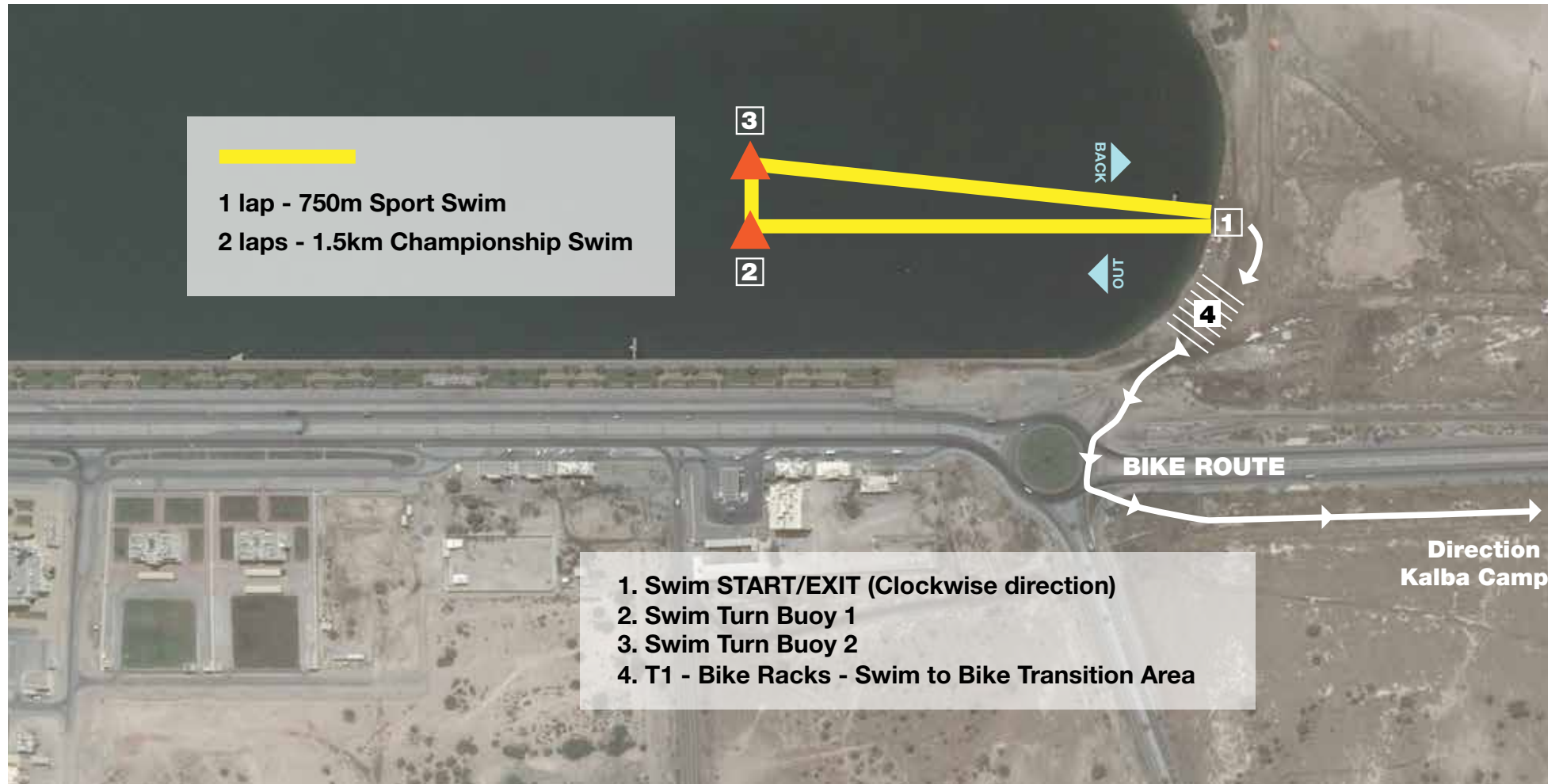
The bike is mostly gravel jeep track, with some short sections of single track and a short tarmac ride from the swim transition. ONE single loop for Sport/Sprint distance and TWO loops for Championship/Olympic distance.

TRAIL RUN

The trail run is a combination of gravel jeep track, goat trail and rock field with some short steep climbs and descents. ONE single loop for Sport/Sprint distance and TWO loops for Championship/Olympic distance.

See Course Maps on following pages ...

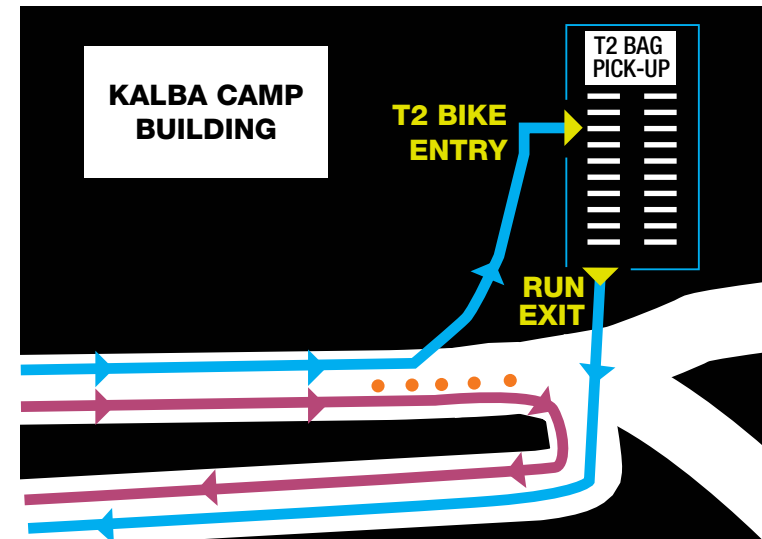
SWIM COURSE



MTB COURSE



T2 - Bike to Run Transition



— Sport: Straight into Transition 2
— Championship: Right U-Turn for second lap

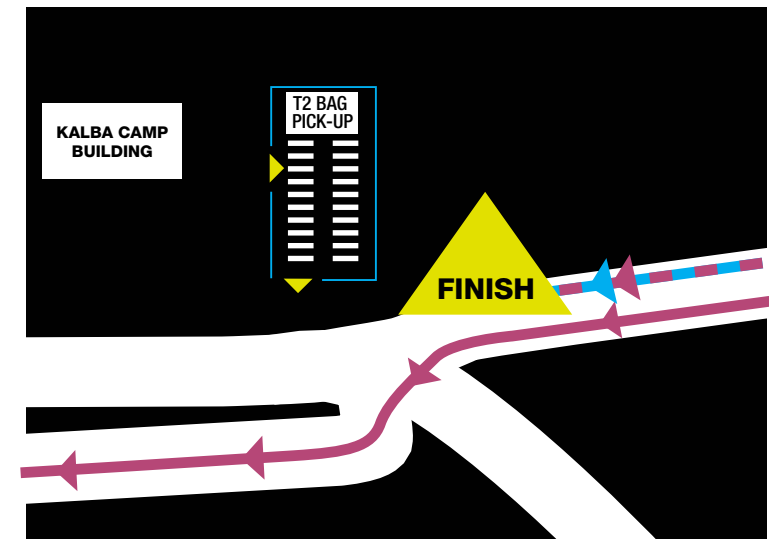
■ Sport/Sprint 18.5km ONE Loop
■ Championship/Olympic 35km TWO Loops



TRAIL RUN COURSE



Run Transition and Finish



— Sport: Right side road for finish

— Championship: Left side road for second loop

■ Sport/Sprint 5km ONE Loop

■ Championship/Olympic 10km

TWO Loops (Pass through finish once)

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■ Accommodation/Mountain Bike Hire

ACCOMMODATION (Pre-booking essential)

Absolute Adventure Kalba Camp - Situated at the beautiful finish area setting with natural stone and wooden buildings, fire pit and outdoor communal dining area for breakfast.

AED 100 per person for dormitory-style 3/5 bunks per room – Male Only and Female Only (Shared but segregated bathroom/shower)

AED 375 per Twin Room with en suite (6 rooms available)

BIKE HIRE (Pre-booking essential)

BeSport are hiring out a range of models at varying prices: Abu Dhabi call: +971 2 4455838 Dubai call: +971 4 3213180

■ Spectators

We welcome friends and family to the start line to provide moral support for the athletes. Waving them off and cheering them in from the swim, and off on their bike leg. Supporters are not permitted to assist athletes with any part of their race - assistance at the swim exit will be provided by the race marshals. Spectators are not permitted into the athlete's Transition Zone. Please note that vehicles other than official race and marshal vehicles are not allowed on the course. There is ample parking at the swim start as well as the Kalba Camp.

■ Bike Servicing/Course Assistance

BeSport is the official bike service partner for the Urban-Ultra X-Tri 2016. The team will be available for any last minute issues on the morning of November 5th from 04:00am. Please ensure your bike is in good working order before you rack your bike. The BeSport Team will be on hand to give advice, or make last minute adjustments to ensure your bike is in safe and good working order for the event - please understand that it is not a full bike service.

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BeSport will also be stationed at the Absolute Adventure Kalba Camp Bike/Run Transition (T2) zone. You should be able to resolve most technical difficulties on your own by carrying spare tubes/pump, tools etc. Due to the nature of the terrain, there will be no roving bike service van.

■ Race Pack and Check-in

RACE PACK

Your race pack containing T1 and T2 plastic drawstring bags, race bib and goodies will be available at AdventureHQ Dubai, Sheikh Zayed Road from Monday 31st Oct to Friday 4th Nov during opening hours 10am to 10pm.

TIMING

There are no chips for this event. You will be timed, manually by our Urban-Ultra timekeeper.

RACE NUMBERS AND SWIM CAP

Your race number bib does not have to be worn during the swim. However please ensure it is clearly visible for the bike, and for the run so that it can be recorded manually. Relay teams should pass the ankle chip from the swimmer to the bike rider, and from the bike rider to the runner at each transition. The team's rider and runner will each be given separate number bibs which do not have to be passed along.

It is compulsory to wear the swim cap provided in your Race Pack for the duration of the entire swim.

BIKE TAG, HELMET STICKERS AND T1 & T2 BAGS

Your bike tag reflecting your race number must be attached to your bike seat stem - pointing backwards. This will be used to identify your bike during the race but also for identification when collecting your bike after the race.

You will be given 3 small stickers for your helmet - place one on each side left and right above the ear. And the third one on the front.

There will also be 2 plastic drawstring bags provided.

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T1 bag is for Transition 1 - Swim to Bike. It should contain your bike kit and once emptied must be used to store discarded swim kit. We will take this to the Finish line for you.

T2 bag is for Transition 2 - Bike to Run. It should contain your run kit and once emptied must be used to store discarded bike kit.

As soon as you have checked-in on Race Day, you need to hand-in your T2 race bags.

1. T1 drawstring bag - rack this with your bike in Transition 1 (these will be forwarded from T1 to Finish area)
2. T2 drawstring bag (for running kit). Hand in at Race Check-In. (these will be forwarded to T2 Bike/Run transition area)

■ 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 X-Tri 2016. 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.

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■ Transitions Zones

On 5th Nov 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

■ Bike Racking - November 5th from 04.00am to 06.00am

Competitors will be able to rack their bikes starting at 4am on Saturday November 5th. Please rack your bike in your numbered section on the transition racks. Bikes racked incorrectly will incur a time penalty. Please be considerate to other competitors when racking your bike – try not to take up too much space! Once racked, all bags other than the provided T1 drawstring bags should be removed so that transition is kept as clear as possible.

■ Compulsory Briefing

There will be a compulsory race briefing at 06:30am for all athletes. Please attend this as any last minute changes will be discussed and any questions answered.

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■ Race Results

A set of results will be available as soon as possible after the event. We hope they'll all be perfect – but any queries relating to them should be emailed to us (events@urbanultra.com) by the Tuesday after the event, after which time all results will be deemed as final and complete.

■ The UAE

Please remember that we are in the UAE. There is to be no alcohol in or around any area of the race start or finish. Please remember to be culturally sensitive when choosing your outfit to swim, bike and run in. Tri-suits are absolutely fine, but please, no bare chests - shirts must be worn at all times.

Temperatures during the race are likely to be around 30°C and above. It is expected to be hot and there is little shade so please make sure you are properly protected with sun tan lotion and hat. Ambulances are on standby throughout the duration of the race but you must take care to race sensibly in such conditions. There will be water available from aid stations but please make sure you have sufficient fluids of your own on your bike and on the run.

Hydrate properly pre-race, throughout the race and continually post-race until you are completely hydrated. If you start to get headaches, feel dizzy and nauseous then you may be suffering from heat exhaustion and need to seek medical advice. Listen to your body and if you feel in any way: confused, experiencing muscle cramps, sweating more than usual, headache, nausea/vomiting or feeling dizzy please seek medical help immediately.

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■ The boring but important stuff ... Rules & Regs

In entering this event and by signing the race waiver, you agree to abide by the general terms & conditions of participating in an Urban-Ultra event.

TRANSFER OF ENTRIES

Transfer of your entry to another person may only be done until the date of the close of registration for the event. This is done online via Hopa Sports or Premier Online - select the Transfer Registration option in the Transactions section of your profile manager to do so. You need to know the email address of the person you are transferring your entry to. Follow instructions given on the website to make sure your entry is transferred correctly.

WITHDRAWALS/CANCELLATION

Athletes are able to withdraw from the event. However, if you decide to do so please ensure you opt in for the insurance policy at registration for a full refund. This must be done no later than 14 days prior to the published close of registration, and is accessed through the Transactions section of your profile manager under the "Cancel/Credit a Registration" section.

CUT-OFF TIMES

Any athlete that does not pass the cut-off points on time will be disqualified and will not be permitted to continue the event. The following cut-off times (Championship/Olympic distance), shall be considered from start of the last race wave start:

60 mins for the swim (athlete to enter bike transition)

3.5 hrs total race time for the bike

5.5 hrs total race time to the finish

TRANSITION BAGS

ONLY the plastic drawstring bags provided are allowed in the transition areas. These are numbered and specific to the athlete. All discarded or unused kit should be stored in your plastic bag. Kit left behind not in a plastic bag by athlete will incur a time penalty. Random kit left at the transition areas will not be transferred to the finish area.

BODY MARKING

Every participant will be marked with a race number on both arms and legs. Please make sure that no sun lotion is applied prior to marking.

SWIM

Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. This would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the shoulder, nor extend past the knees. No head cover (other than the supplied swim cap) or feet covers.

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Swimwear may contain a zipper. Athletes with 'special circumstances' can apply to the organisers for a waiver. A race kit may be worn underneath swimwear. All athletes must wear the swim cap provided and start in their allocated wave. Only swim goggles or masks are permitted. No other swim aids of any kind are permitted. Only official lifeguards on kayaks and rescue jet skis are allowed on the swim course. Swimmers may use the kayaks and jet skis for aid should they require assistance so long as there is no forward momentum, which would result in disqualification.

MOUNTAIN BIKE REGULATIONS

Race numbers must be worn on your BACK during the ride. Helmets must be worn at all times on the bike and must bear the race number of the athlete. Helmet should be securely fastened before mounting your bike. There is to be no riding of bikes before the mount line or after the dismount line. This could result in disqualification. Bikes should be racked neatly, fixed by the seat or handlebars based on the numbered section on the racks. Please be respectful of other athletes' space in transition. This is a non-draft legal race. The roads will NOT be blocked or coned-off so please follow the rules of the road and be aware of potential traffic on the bike leg. On the short tarmac section of the bike leg, please ride single file on the right except when overtaking. Once past, please return to the right side of the road. No ipods or headphone devices allowed - failure to comply will result in DSQ. Please do not litter the bike course.

TRAIL RUN ZONE

A shirt or full-length trisuit must be worn at all times. No ipods or similar headphone devices permitted. Race numbers must be worn on your FRONT during the run. Please do not litter the run course.



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■ CHECKLISTS

SWIM

- Tri suit or swimsuit
- Swim cap
- Goggles
- Antifog solution for goggles
- Bodyglide (skin lubricant)
- Pre-race sandals or other footwear
- Towel
- Spare goggles
- Ear plugs

BIKE

- First Aid Kit
- Race number
- Helmet
- Watch or heart rate monitor with chest strap
- Water bottles or hydration pack
- Bag attached under seat or mounted on top tube
- Spare tube or tubes (and/or patch kit)
- Pump
- Tire levers
- Cyclist's multi-tool (with Allen wrenches)
- CO² inflator (with cartridge) or minipump
- Sunglasses or clear eye protection
- Jersey, T-shirt or tank top
- Cycling shorts
- Cycling gloves
- Cycling footwear
- Cycling socks

RUN

- First Aid Kit
- Running shoes
- Speed (elastic) laces
- Running socks
- Cap or visor
- Sunglasses (if different from cycling glasses)

OTHER

- Blister treatment
- Medical info/emergency contact card
- Prescription/over-the-counter medications
- Sunscreen
- Lip balm
- Chamois cream
- Baby wipes or hand sanitizer
- Race belt (for number)
- Safety pins
- Performance gels/chews/bars
- Performance beverages or drink mixes
- Recovery foods/drinks
- Camera
- Cash/credit card/photo ID
- After-race clothing (insulation layers if cool)