



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ DESERT STINKER

ATHLETE GUIDE

WELCOME TO THE URBAN-ULTRA DESERT STINKER 2016



■ Race Pack Collection

Your race pack will be available from AdventureHQ, Sheikh Zayed Road, Times Square, DUBAI ONLY – from 13th December. Race packs WILL NOT be taken to the start point, PLEASE ensure you collect your pack before the event begins – it contains your technical shirt, race bib (race bib MUST be attached to your FRONT during the race please), and other goodies.

ONLY international participants can request race day pick-up if they email events@urbanultra.com BEFORE 11th December 2016.

■ Location/Directions

BRAND NEW LOCATION GPS coords: (25° 7'23.92"N 55°45'37.95"E)

Starting at 6.45pm & 7.00pm sharp! (Check-in CLOSSES at 6.15pm. Briefing at 6.30pm).

Enjoy the winter weather and tranquility of the desert with your family and friends on this two-stage desert adventure run and fatbike. Races will start and finish in an area of Fossil Rock Desert desert very close to the Mleiha Archaeological site. See map for location start and both courses - accessible by saloon and 4WD. Friday night the horn will sound at 6.45pm for fatbikers and 7:00pm for runners, when you will head off to run or ride your selected distance in the dark with your headlamp on a flat but challenging course marked with light reflective tape, then return to camp for food and fun and to prepare for the morning's 06.45am fatbikers and 07:00am runner's start gun to complete your chosen distance over the dunes along a marked course!

You can rent fat bikes from a number of locations in Dubai – AdventureHQ, TREK and cycle hub all have availability.

Your Stage 1: 10k + 10k or 20k + 20k distance will begin on Friday 16th night at 7.00pm (Check in MUST be before 6.00pm for gear check and briefing), where you will run your selected distance in the dark on a designated flat sand course. You will then return to camp for your (own) food/drinks and fun and to prepare for the morning's start gun.

Stage 2 will start at 6.45am & 7.00am on Saturday 17th and take you over the dunes. (Check in MUST be before 6.15am for gear check and briefing).

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Both dune and flat courses are marked approx every 500m. Flat course is marked with light-reflective tape on the same pink flags. Dunes course is marked with bright pink flags.

A campsite area will be designated next to the start/finish, but all camping equipment like tent, sleeping bags, BBQ food/water, firewood, comfort items etc. are your own responsibility. PS. It's no-frills camping = no shower = prepare to get a bit stinky!

And for the kids? Saturday morning brings wall climbing from Adventure HQ and camp fun with some good old family favourites from Cheeky Little Adventures like the tug-o-war, egg and spoon, sack racing and more!

■ Course

The night course is an out and back course. You have 2.5 hrs to complete the night 20k distance and 4 hrs to complete the day 20k distance. The night course is a mix of jeep track, low dunes, and some soft sand, gators are useful for both days. The night course is marked with reflective marker tape and flags, only visible with a headtorch. **You will not be eligible to run without a torch or headlamp.**

The day courses are triangular routes with start and finish in the same place. It is possible to run this course in both road shoes and trail shoes but gaiters are advised. The course will be marked with light reflective material for navigation. The course is very dark - you will not be able to locate the reflective markers without your head torch - you will not be allowed to start the race without it. 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. 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 drive around the desert and access temporary camps.

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■ Checkpoints

Water, fruit and Aqualyte will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack is fully filled from your own supplies before the start of Stage 1.

Water points will be positioned at approx 2.5k, 5k, 10k and 15k. You might be surprised at speed at which the temperature rises in the desert, please do not miss out the opportunity to fill your water bottles at all checkpoints.

■ Camping/Accommodation

There are no hotels close by and although no campsite is designated, you are free to find yourself a place to pitch your tent, there are plenty of lovely areas close by. You can also just drive up on the evening and return home after the race in your own vehicle. There is no transport provided for this event.

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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.

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

PLEASE ADVISE THE RACE DIRECTOR IF YOU HAVE ANY MEDICAL CONDITION WE SHOULD BE AWARE OF.

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line of Stage 1 and Stage 2.
- **TORCH/HEADLAMP** without a torch the course markers are invisible to the naked eye. A light source stimulates the glow of the marker.
- **CELL PHONE** Fully charged with pre-programmed number of **RACE DIRECTOR +971 52 831 0017** or Thuraya **+882 16444 18283** - only operational on race day.
- **COLLAPSIBLE CUP** (SUPPLIED) Drinks will be pumped, NO bottles or disposable cups are given - in your race pack there will be a collapsible cup to use for water and energy drinks, please take it with you on your run.
- **WHISTLE** to signal for emergency
- **ZIPLOCK** we are trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small.
- **FIRST AID KIT:** Contents to include the following:
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.)
- **COURSE MAP PRINTOUT**

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■ Mandatory Gear - CONTINUED

NOTE TO FATBIKERS: As a bike rider, you should be self-sufficient in taking all spare tubes, pump and patches yourself and be able to change a tyre, fix a puncture or attend to repairs should your bicycle require fixing. We do not carry spares or carry out repairs for fatbike riders. There are no bike mechanics on the course.

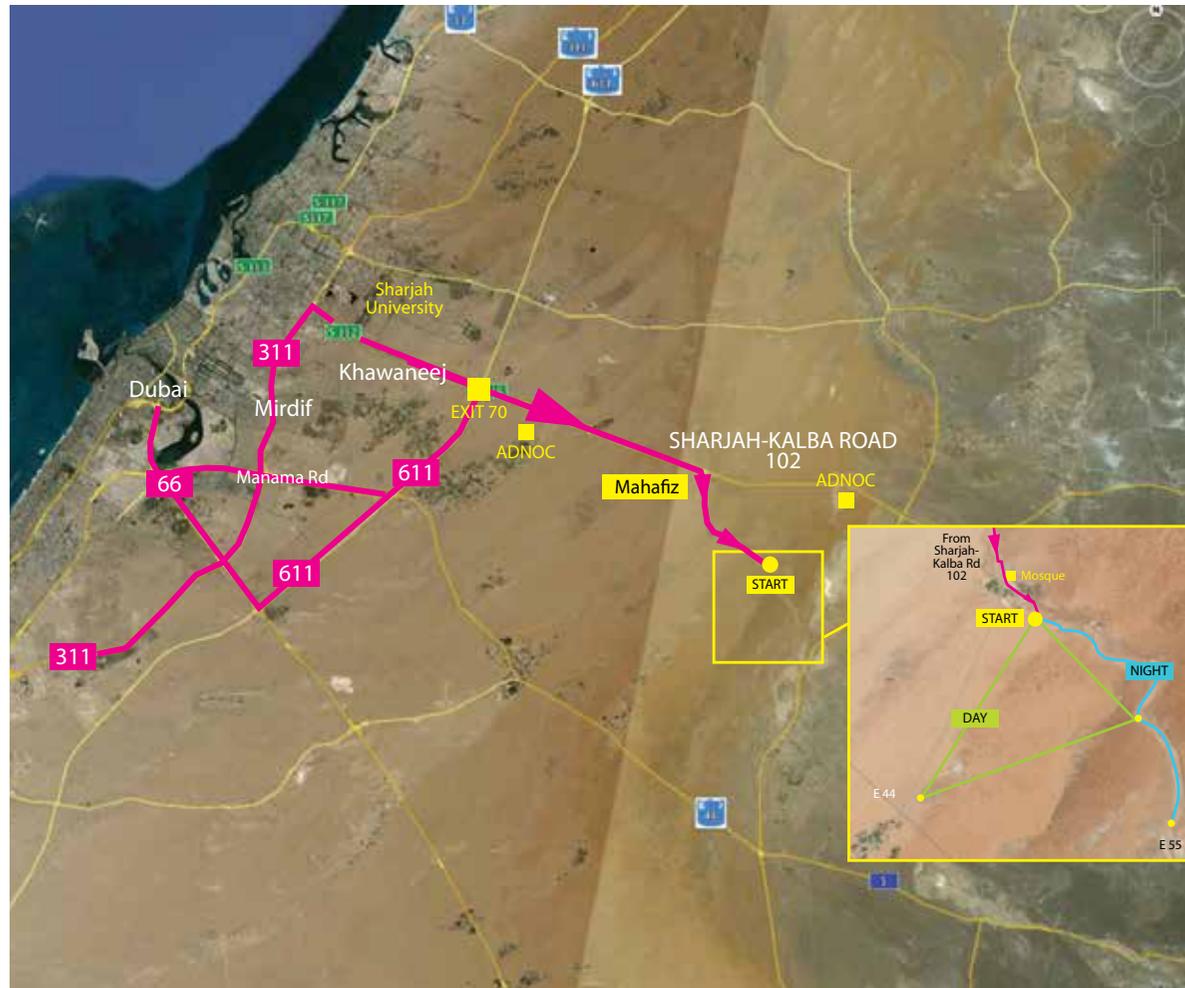
NOTE: All winners will be checked for complete kit carried for the entire race. The list is a guideline to the content of a first aid kit. We trust that your first aid kit would include any specific medication you require personally, and be comprehensive enough to deal with most medical situations. We trust that your first aid kit would include any specific medication you require personally, and be comprehensive enough to deal with most medical situations. Please advise us on registration if you have any specific medical requirements, conditions or allergies to medications.

OPTIONAL/RECOMMENDED GEAR

Sand gaiters (plastic bags taped to your feet or store bought), Sunglasses, Peaked hat with or without neck flap, Sunscreen, Waterproof (ziplock) for phone, Small scissors, Light jacket/fleece, Survival mirror, Lighter or waterproof matches, Spare Duct Tape, Energy Gels/Nutrition, Survival blanket ...

HAPPY RUNNING - ENJOY YOUR RACE!

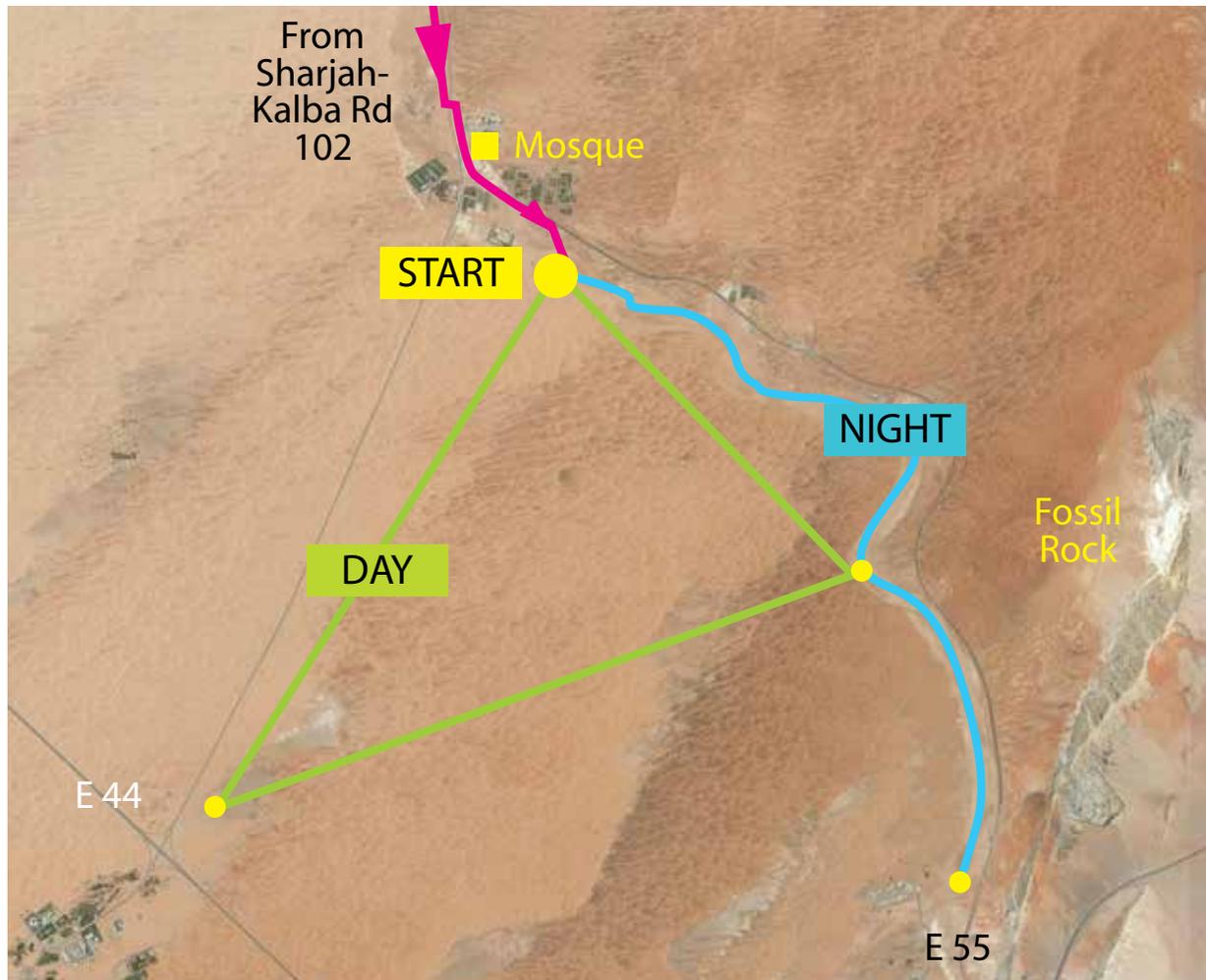
LOCATION MAP



1. Take the 611 from Dubai, direction Sharjah
2. At the Sharjah/Kalba turnoff (Exit 70) from 611 take a right and you will drive past the ADNOC Petrol Station on the right.
3. Continue along the road until you see a transmitter and right turn for Mahafiz on the right. (There is a small red/white chequered cafe). Turn off and continue right on the first exit of the roundabout.
4. Continue along this road to the mosque and take the first left where roadworks begin. Continue past the mosque on your left and keep right, taking the first turn right off road towards a small farm where you will see the start arch. The road is a gravel sand compacted road. It is possible to drive along this in a saloon car but exercise caution when parking. You may feel safer parking closer to the road if you are not driving a 4WD.

GPS START Coords:
25° 7'23.92"N 55°45'37.95"E

RUN COURSES



**START GUN
7:00 PM SHARP!
GOOD LUCK**

***20K NIGHT CUT-OFF
TIME = 2.5 HOURS**

***20K DAY CUT-OFF
TIME = 4 HOURS**

IN CASE OF EMERGENCY
du +**971 52 831 0017**
thuraya +**882 16444 18283**

OPERATIONAL ON RACE DAY ONLY