



# URBAN - ULTRA™

GET OUT THERE!

## URBAN-ULTRA™ WADI RACER

### ATHLETE GUIDE

# WELCOME TO THE WADI RACER 2017



## ■ Race Pack Collection

Your goody bag which contains your race bib, and other mandatory kit will be available for collection from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai from 2nd to 5th May 2017 during opening hours 10am to 10pm.

\* Please note that goody bags will not be taken to the start line. RUNNERS will not be allowed to start without the mandatory kit list specified. For international participants or if you live outside of Dubai we can take your bags to the start line as long as you inform upon registration otherwise your bags will be taken to Adventure HQ and we cannot retrieve until after the race.

## ■ Location/Directions

The single stage cross-country adventure will start and finish at Wadi Showka (25° 5'51.68" N 56° 1'49.78" E or 25.097092° 56.034462°) on May 6th 2017. Accessible by saloon car. Race starts at 5.00am sharp! (Check-in CLOSES at 4.30am. Compulsory briefing at 4.45am).

## ■ Course

The course is out and back along the same route on 100% gravel jeep track and rocky wadi bed with short sharp climbs and undulations. It is possible to run this course in both road shoes and trail shoes. 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.

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

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 are there.

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

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## ■ Cut-Off Times

The total cut-off for the 30km distance is 5 hours. However, you must reach 15km at CP3 by 07:30am otherwise you will not be allowed to continue.

## ■ Checkpoints

Water checkpoints will be located at the 5k turn for the 10k runners. At the 10k turn for the 20k runners and at 15k turn for the 30k runners. Water, fruit and energy drinks will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack (1.5 ltr) is fully-filled from your own supplies before the start.

## ■ 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).

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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. Winners will be checked for complete kit.

- **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 Director +971 50 4422934 - only operational on race day.
- **COLLAPSIBLE CUP** (SUPPLIED) Drinks will be 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. No cup, no drink!
- **WHISTLE**
- **EMPTY ZIPLOCK** for rubbish this is a beautiful place, we are trying to limit our impact on the environment - 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, Roll of medical tape, Antibacterial ointment or cream, 3" wide Ace Bandage, Painkiller tablets (Aspirin, etc.), 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.*

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## OPTIONAL/RECOMMENDED GEAR

Waterproof (ziplock) for phone, Small scissors, Energy Gels/Nutrition, Watch/timing device

# HAPPY RUNNING - ENJOY YOUR RACE!



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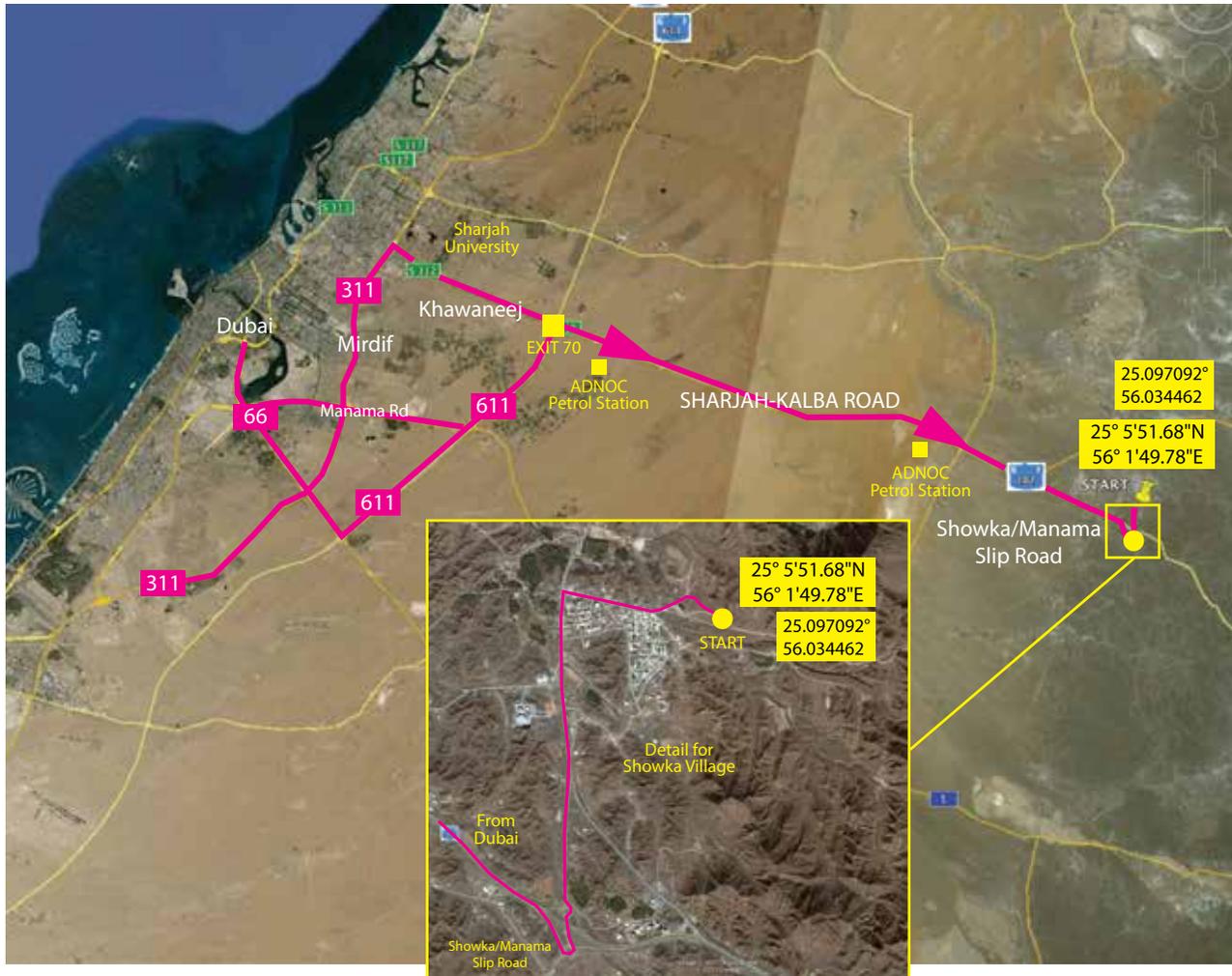
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# LOCATION MAP



1. Take the 611 from Dubai, direction Sharjah

2. At Exit 70, Sharjah/Fujairah turnoff 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 the sign and slip road for Showka/Manama on the right. (16.5km from the second ADNOC station). Take the third 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 slope to cross the wadi and back up to the start line car parking area.

GPS COORDINATES

**N 25° 5'51.68" E 56° 1'49.78"**

or

**25.097092° 56.034462**

# TRAIL RUN COURSE



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**Brief: 4.45am**  
**Start: 5.00am**  
**GOOD LUCK!**

