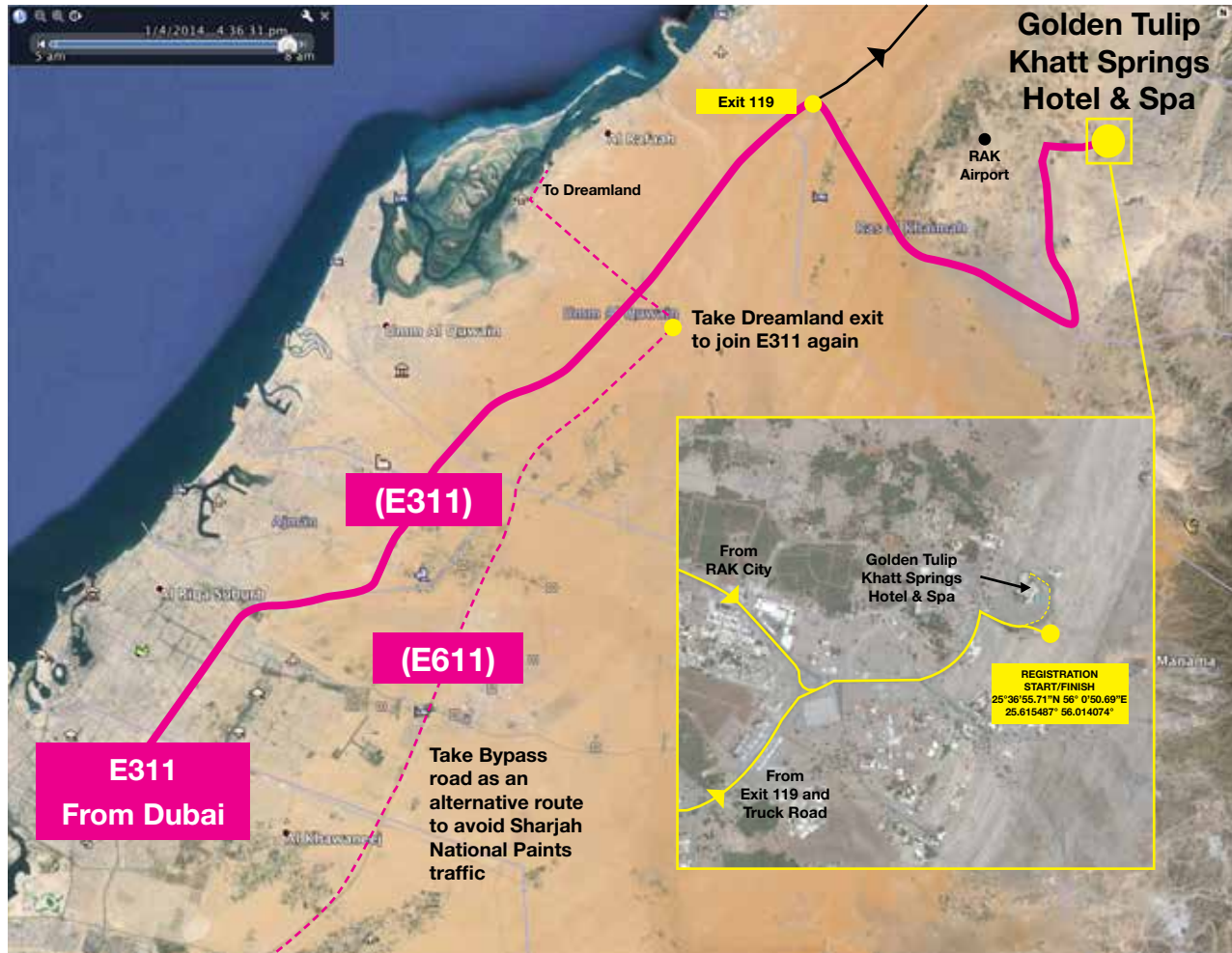


RACE CHECK-IN AND BUS PICK-UP



1. Take the E311 (Emirates Road) from Dubai direction Sharjah/Ras Al Khaimah

2. Take Exit 119 (towards Banyan Tree Al Wadi).

CAUTION: The truck road is quite poorly illuminated and there are some crazy drivers along this section. Please exercise caution, or choose an alternative route through Ras Al Khaimah

3. Continue along the truck road and at the R/A at the main highway take a left towards RAK Airport.

4. There will be signs now directing for Golden Tulip Khatt Springs Hotel and Spa

Follow signs for the hotel and Khatt Police Station.

The start line is located in the valley behind the hotel. Please park your vehicle in the lower car park at the base of the hotel next to the Khatt Springs Spa, NOT at the hotel itself. There will be no parking at the actual start line.

Once parked, walk through the hotel gate and 200m turn off the tarmac and continue down into the valley where you will find the start/finish line

GPS COORDINATES

25°36'55.71"N 56° 0'50.69"E

or

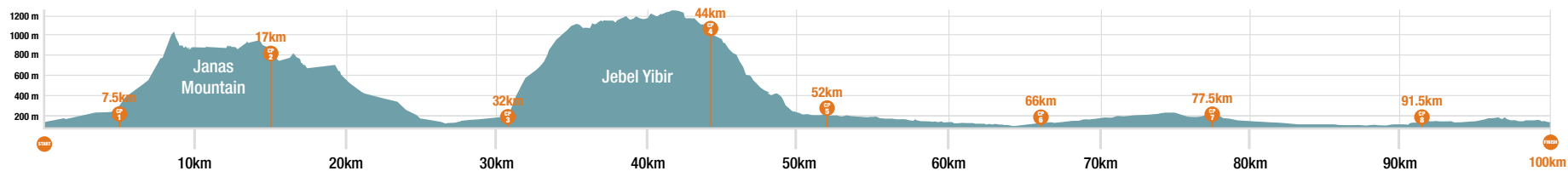
25.615487° 56.014074°

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 11am
CP 4 - 44km	Water, Aqualyte, Fruit	
CP 5 & 50k Finish - 52km - DROP BAG 1 COLLECTION / 50k Bus to Hotel		
		Arrival Cut-Off Time 5.30pm
Hot water, Soup, Noodles, Water, Aqualyte, Fruit, 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 6pm
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 05.30am
Water, Aqualyte, Fruit, Hot Food, Soft Drinks, Camp Fire. Prize Presentation		



GPS COORDINATES

