

WELCOME TO THE MT. SANA 60



■ **Mandatory Gear - IMPORTANT PLEASE READ!** 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, however, 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 very warm - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Overhydrating can also be a risk so please ensure you have a good balance of water as well as replacement salts/electrolytes. Winners will be checked for full kit at the finish line and issued a time penalty for missing items.

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
- **HEADTORCH** (NOT supplied) with spare batteries
- **CELL PHONE** Fully charged with pre-programmed number of Race & Course Directors - only operational on race day.
- **WATER POUCH** (SUPPLIED) Drinks are pumped, NOT given in bottles or disposable cups.
- **WHISTLE**
- **SMALL SURVIVAL MIRROR** 5cm sq min
- **SMALL POCKET KNIFE** Blade or sharp pen knife or equivalent
- **SURVIVAL BLANKET**
- **EMPTY ZIPLOCK** - please take rubbish home, please do not drop any litter, however small along the course.
- **COURSE MAP PRINTOUT AND COORDINATES**
- **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, medical tape, Antibacterial cream, 3" wide Ace Bandage, Painkiller tablets, 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 Sunglasses, Peaked hat with or without neck flap, Sunscreen, Small scissors, Spare Duct Tape, Energy Gels/Nutrition, Hand sanitizer/wet wipes, Toilet roll, Camera/extra battery, Warm clothes, spare socks, Rain jacket.

Most importantly

WE WANT YOU TO HAVE FUN AND ENJOY YOUR ULTRA ADVENTURE!

HAPPY RUNNING - ENJOY YOUR RACE!

**Please join the facebook group Urban-Ultra Dubai
so that you are kept up to date with all the latest information.**

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RULES & REGULATIONS

- Runners shall receive no food or assistance outside of the race organisation checkpoints or risk disqualification.
- All winners will be checked for full mandatory kit at the finish line. Missing items will be given a time penalty per violation.
- Runners should at all times carry the mandatory kit list and bib number which may not be passed to any other person than the one registered to it.
- Litter found along the route left by runners or runners intentionally littering will be penalised.
- No shortcuts or lifts may be taken during the race. Any runners found to be cutting the course intentionally will be disqualified.
- Any runners deciding to pull out will be asked to wait at the closest checkpoint to them at the time. Runners will not be taken back to the finish until all runners are through that particular checkpoint and the checkpoint has finished its duties.
- Runners shall at all times be responsible for their own medical requirements/treatment except in cases of serious injury. Medics are in attendance for guidance only and will not administer general treatment for ailments such as sore muscles or blisters etc. in cases of serious injury, only registered Paramedic staff will be permitted to administer drugs/drip.
- Please advise Race Check in staff of any allergies/prescribed medicines you are taking.
- Runners must appreciate that the event takes place in remote areas where medical assistance or evacuation may be seriously delayed. You are expected to possess basic outdoor survival skills such as familiarity with outdoor gear and know how to administer basic first aid.
- The course may be changed due to weather or safety hazards. Rain or fog would adversely affect certain sections of the course.
- Course markings will be visible under normal conditions. Abnormal conditions may include sand, dust, fog, rain or any other condition that reduces visibility (other than darkness). If abnormal lighting conditions occur, a stage may be modified, delayed or cancelled until normal visibility conditions return.
- If you do not see a marker for 500m and you are not on the obvious or logical course, please return to the last known marker to re-evaluate and find the correct course.
- Every effort is made to keep the course markers in place for the duration of a stage. However, it is possible that markers may be taken, buried, blown over, covered or otherwise rendered difficult or impossible to find. It is your responsibility to pay attention to the markings and to make sensible decisions when following the course.
- Runners must not move or remove any course markers, doing so will mean disqualification.