

WELCOME TO THE HAJAR 30, 50 & 100 2019



■ **Mandatory Gear - IMPORTANT PLEASE READ!** *ITEMS TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT*

Please understand that we are trying to keep these low-key events fun and friendly, however, your bags will be checked for all mandatory items at race check-in. 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.

- **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 & Course Directors - only operational on race day.
- **WATER POUCH** (SUPPLIED) Drinks are pumped, NOT given in bottles or disposable cups - in your race pack there will be a pouch to use for water and energy drinks, please take it with you on your run.
- **MEDICAL INSURANCE CARD** UAE Health insurance is mandatory for participation
- **WHISTLE**
- **SMALL POCKET KNIFE**
- **SURVIVAL BLANKET**
- **EMPTY ZIPLOCK** - 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, 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.*

WELCOME TO THE HAJAR 30, 50 & 100 2019



OPTIONAL/RECOMMENDED GEAR Sand gaiters, 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 evening clothes, spare socks, Rain jacket.

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:
Urban-Ultra Dubai**

WELCOME TO THE HAJAR 30, 50 & 100 2019



RULES & REGULATIONS

- Runners shall receive no food or assistance outside of the race organisation checkpoints or risk disqualification.
- Runners must obey a marshall's instruction to retire from the race for reasons specified at the time. (e.g. late arrival, weather conditions, mandatory kit etc.)
- Runners should at all times carry the mandatory kit list, bib number and timing chip and may not be passed to any other person than the one registered to it. Winners will be checked for mandatory kit at the finish line - any missing items will result in a time penalty for each violation and possibly disqualification.
- 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. Deviations deemed to be unintentional will be time penalised.
- Any runners deciding to retire 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 minor medical requirements except in cases of serious injury/condition. Medics are not in attendance 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. Runners may not refuse medical advice/check-up and treatment for suspected serious injury or condition, refusal to do so will result in disqualification.
- 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 deviate from, move or remove course markers, doing so will mean disqualification.