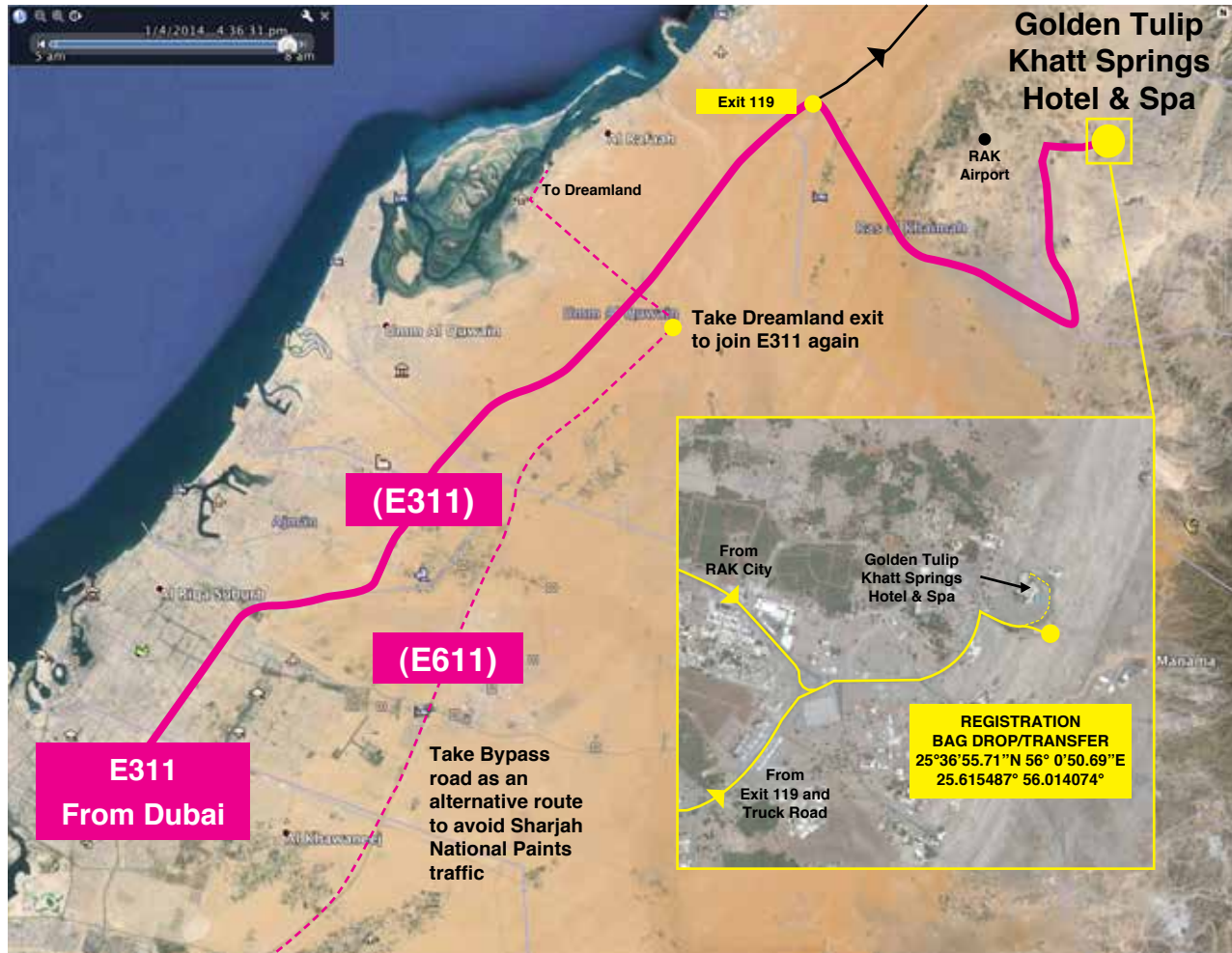


RACE CHECK-IN AND TRANSFER



1. Take the E311 (Emirates Road) from Dubai direction Sharjah/Ras Al Khaimah
2. Take Exit 119 (towards Fujairah).
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.

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. Then continue on foot up to the hotel lobby for your briefing and bag drop etc.

GPS COORDINATES

25°36'55.71"N 56° 0'50.69"E

or

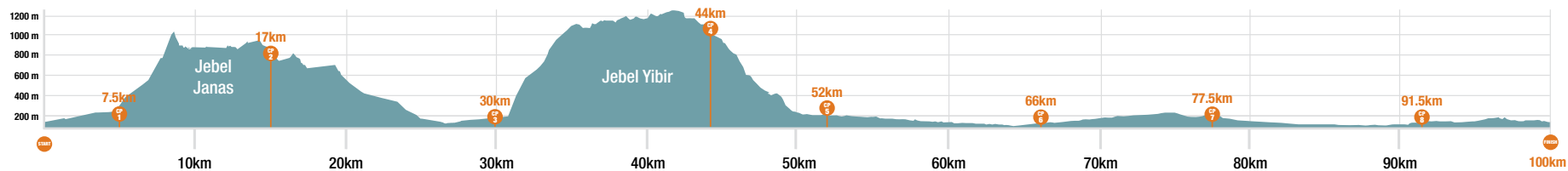
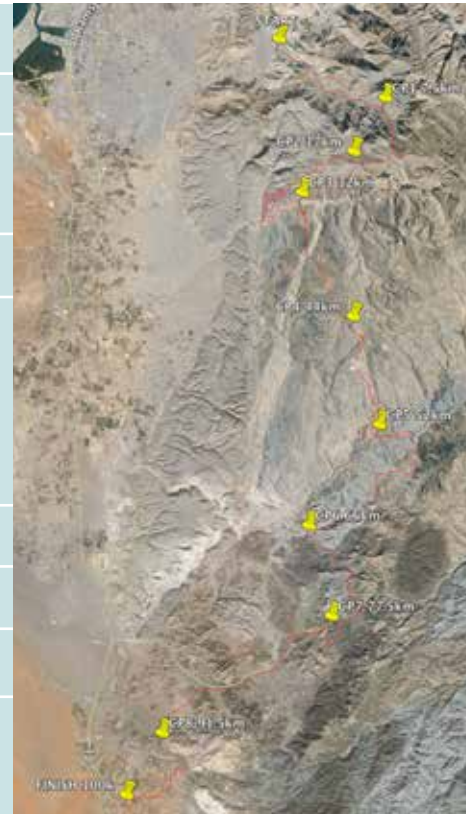
25.615487° 56.014074°

COURSE & CHECKPOINTS



CHECKPOINT PROVISIONS

CP 1 - 7.5k	Water
CP 2 - 17km	Water, Aqualyte, Fruit
CP 3 - 30km Finish - 30km	Water, Aqualyte, Fruit Latest Exit by 11am 30k Bus to Hotel
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, Water, Aqualyte, Fruit, Tea, Coffee. Rest Area. (You may rest here and shelter under canvas - tents are provided, but no mattress or blanket). Latest Exit by 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

