



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ MT. SANA 21 / 60

ATHLETE GUIDE

WELCOME TO THE MT. SANA 60



Welcome to the fully-supported wadi, track and trail 60km adventure that will start and finish at the same location on March 22nd 2019 - just 1.15hr from Dubai. A trail run along jeep tracks, goat trails, through boulder ravines and over spectacular mountain passes of the UAE. It is a tough challenge and requires training, but a generous cut-off time of 11 hours allows most physically fit, determined and well-prepared runners to get to the finish. Elevation profile is approx 1000m in total. Approx 400m for the 21k distance.

■ Race Pack Collection

Your Race Pack will be available from **Adventure HQ, Times Square, Sheikh Zayed Rd, Dubai ONLY** from **March 19th** up to race day anytime during their opening hours (10am to 10pm). Call +971 4 3466909/ 800 2383 6887

YOU MUST COLLECT YOUR PACK prior to the event. NO PACKS will be taken to the start line. (If you are an overseas participant or resident of any emirate **other than** Dubai, you can indicate upon registration that you would like race day collection and your race pack can be given at the race check-in on the 23rd March). Included in the pack will be your race bib, T-shirt and bandana along with other goodies. We would appreciate your cooperation in collecting your pack from the store in plenty of time.

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

■ Camp and Start/Finish Point

There are no hotels close to the start/finish, so your choice is to camp with us the night before, or drive up early morning, your choice. The start and finish are at the same point, so you can leave your vehicle safely here for your return home.

■ Location/Directions

Start Point: Wadi Koob village (25°29'43.61"N 56° 4'17.73"E).

Take the 611 from Dubai towards Ras Al Khamiah. Take Exit 119 onto Al Shohadaa Rd (E87) towards Fujairah, passing the Sheikh Khalifa Speciality Hospital. Continue all the way to the roundabout and junction with E18. Continue straight across the roundabout direction Fujairah,

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Tawyeen and Wadi Koob. Approx 9 km from the roundabout, you will turn right into the gate signed Wadi Kub. You will find the start point, 500m further along the road on the left.

■ Race Check-In

Race check-in will be from 3.00am to 4.30am on Friday 22nd March. Please ensure that all of the mandatory items are included in your pack. Runners missing items WILL NOT be allowed to begin the race and you may be spot checked along the way. Winners will be checked for full mandatory kit, missing items will be given a time penalty per violation.

■ Race Start Time

Race briefing will be at 4.45am. The race will start promptly at 05:00am.

■ Course

The race will start in darkness. **(Head torches are NOT supplied, and are part of your mandatory equipment).** The course is marked with flags, reflective tape and ribbon - you do not require a GPS for navigation, but it should be noted that we have had locals removing or moving markers in the past and although we will endeavour to check they are all still in place, you would be advised to use a GPS watch or know how to use a compass to locate start/finish and checkpoints.

Your 60km will take you through spectacular wadis, through rhyolite ravines, and over hilly passes.

■ Checkpoints

There will be 5 checkpoints over 60km where you will be provided with water, electrolyte and fruit.

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■ Medical Crew & Emergency

A medical team will be in attendance throughout the race to deal with serious injuries, however, issues with feet including blisters etc. should be dealt with using your own first aid and blister kit. Please note that some sections of the course are totally cut-off from 4WD vehicles and should any accident occur in these areas, you will need airlift evacuation or to be stretchered out on foot to the nearest RV location by mountain rescue.

Please ensure you have the Emergency Numbers programmed into your phone to enable an SOS call or SOS text for us to set an emergency code into action. Your emergency details should be accessible without having to unlock your phone - please ensure this is possible.

+971 50 4462069 (Etisalat) Race Director

A. +8821 621206101 (Thuraya Sat Phone) Course Director

B +971 50 4422934 (Etisalat) Course Director

■ Conditions

UAE daytime average temperatures are 30°C max and evening lows are around 10°C with a chance of rain. The mountains of the UAE are wide open spaces with virtually no shade from the sun, it would be advised to consider good sun protection for your skin and a head cover and also good insulating clothes for the evenings as it can be very cold in the mountains. You will be running or walking on sandy, uneven, rocky and stony ground. You should consider sand gaiters for the dunes section.

■ Cut-Off and FINISH Line

The race has a cut-off time of 11 hours. If you are considered too slow to make your next CP, you will be asked to retire. The finish line will feature hot food and soft drinks for all participants - please bring your own cutlery and a bowl. These will not be supplied. We will then make the prize presentation and cheer in the remaining runners.

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■ What to expect

If you are a first timer at ultra-trail races, then understand that you need to have good basic fitness. You need to be physically fit to take on long running or walking (and trust us when we say, you will walk some of the course). Understand that unless you have signed up with a running partner, ultra running is a very solitary experience and much of the time you will spend on your own. This is all part of ultra racing. It is a tough course and not for beginners to long distance events.

When physical fitness begins to play with your mind - that's when your mental strength and toughness kick in. Your body and feet will tell you that it's impossible to get to the finish - your mind needs to overcome any pain or discomfort to tell your body that you can and you WILL cross that finish line! Prepare to be pushed to your limits, mentally and physically. (Read Blister Care by Denise Jones here: (www.badwater.com/training/blisters.html) for some great advice on how to treat blisters.

■ Equipment

Make sure your running shoes are suitable for the rocky and sandy terrain. Heat, distance and constant friction will test your shoes (and feet) to the limit, so choose them wisely ensuring that the size will accommodate any swelling of your feet over these distances. Make sure they are worn in and are able to withstand the tough conditions. The contents of your pack will be important things to consider (no support outside of checkpoints is permitted) Make sure it is comfortable not just to run in fully loaded, but also to walk with. Your run changes with the weight and also how it is packed inside.

■ Lost?

It is highly unlikely that you will get lost. The route has markers and critical points will be marshalled to ensure your safety. The course will be marked along its entire length from between 200-500-metre intervals (subject to terrain) with pink spray paint, flags, reflective tape and ribbon. Please ensure you have a headtorch for the morning start and in case of emergency and not being able to reach the finish before dark.

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■ Creepy Crawlies

There are snakes, scorpions, camel spiders etc. in the UAE, particularly in the desert and remote areas we will be camping. Consider yourself very lucky if you encounter any of these wonderful creatures - most of them are harmless or only mildly venomous with no cases of death ever reported. But please be aware when walking around camp on sand (use shoes) and be careful when packing up bags and equipment after overnighting.

■ Environment

Please be respectful of your surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave. Any participant seen to be littering will be penalised or disqualified. Any packets left on the course or at camp and NOT in a litter bin will be given a time penalty - repeated offences result in disqualification.

■ Supporters

We welcome family and friends to the start and finish lines where they can provide you with moral support but not food or supplies. Supporters are not permitted to support outside of checkpoints and may not accompany runners in a vehicle.

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■ **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.
- **ID + MEDICAL INSURANCE CARD** Some form of ID and Health insurance is mandatory for participation
- **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** 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 COPY ON PHONE/PRINT 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.
- 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.

RACE START LOCATION

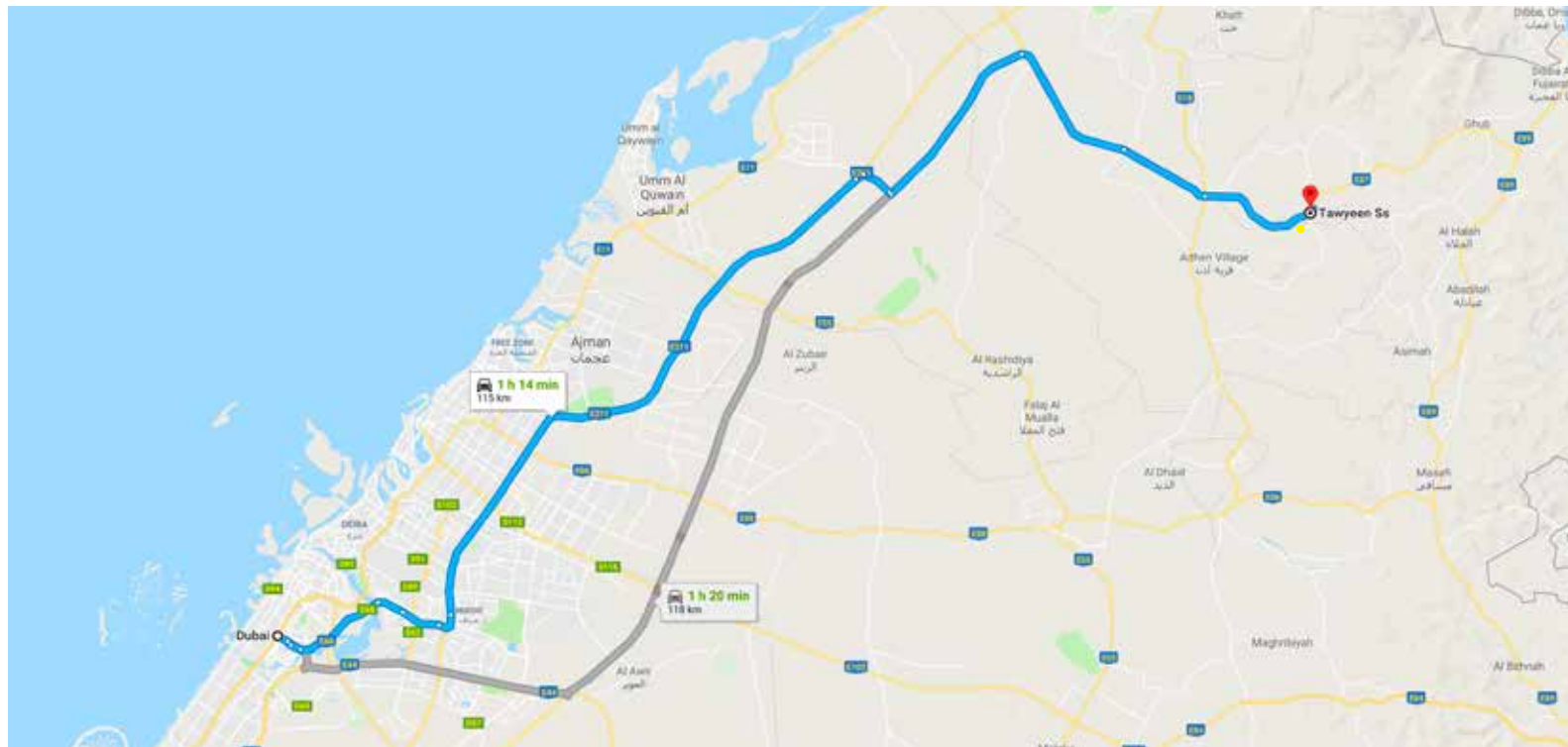


The start and finish location will be the same, so if you have family/friends they can see you off and wait for you to finish. The start location is approx 1.15 hour from Dubai at Wadi Kub near Tawyeen, depending where you live in Dubai. The start line is accessible by saloon car and 4WD.

START LOCATION DIRECTIONS:

GPS COORDS: (25°29'43.61"N 56° 4'17.73"E)

Take the 611 from Dubai towards Ras Al Khamiah. Take Exit 119 onto Al Shohadaa Rd (E87) towards Fujairah, passing the Sheikh Khalifa Speciality Hospital. Continue all the way to the roundabout and junction with E18. Continue straight across the roundabout direction Fujairah, Tawyeen and Wadi Koob. Approx 9 km from the roundabout, you will turn right into the gate signed Wadi Kub. You will find the start point, 500m further along the road on the left.



RACE START LOCATION DETAIL



RACE ROUTE



60k = All Checkpoints
21k = CP1 - CP6 FINISH

Clockwise Route x 1 loop

60K CUT-OFF = 11HRS
CP1 = 8.3K (6.30AM)
CP2 = 18K (8.30AM)
CP3 = 30K (10.00AM)
CP4 = 36K (11.15AM)
CP5 = 44K (12.45PM)
CP6 = 50K (2.30PM)
FINISH = 4PM

(CP = Distance (CP closing time))

ROUTE ELEVATION PROFILE

