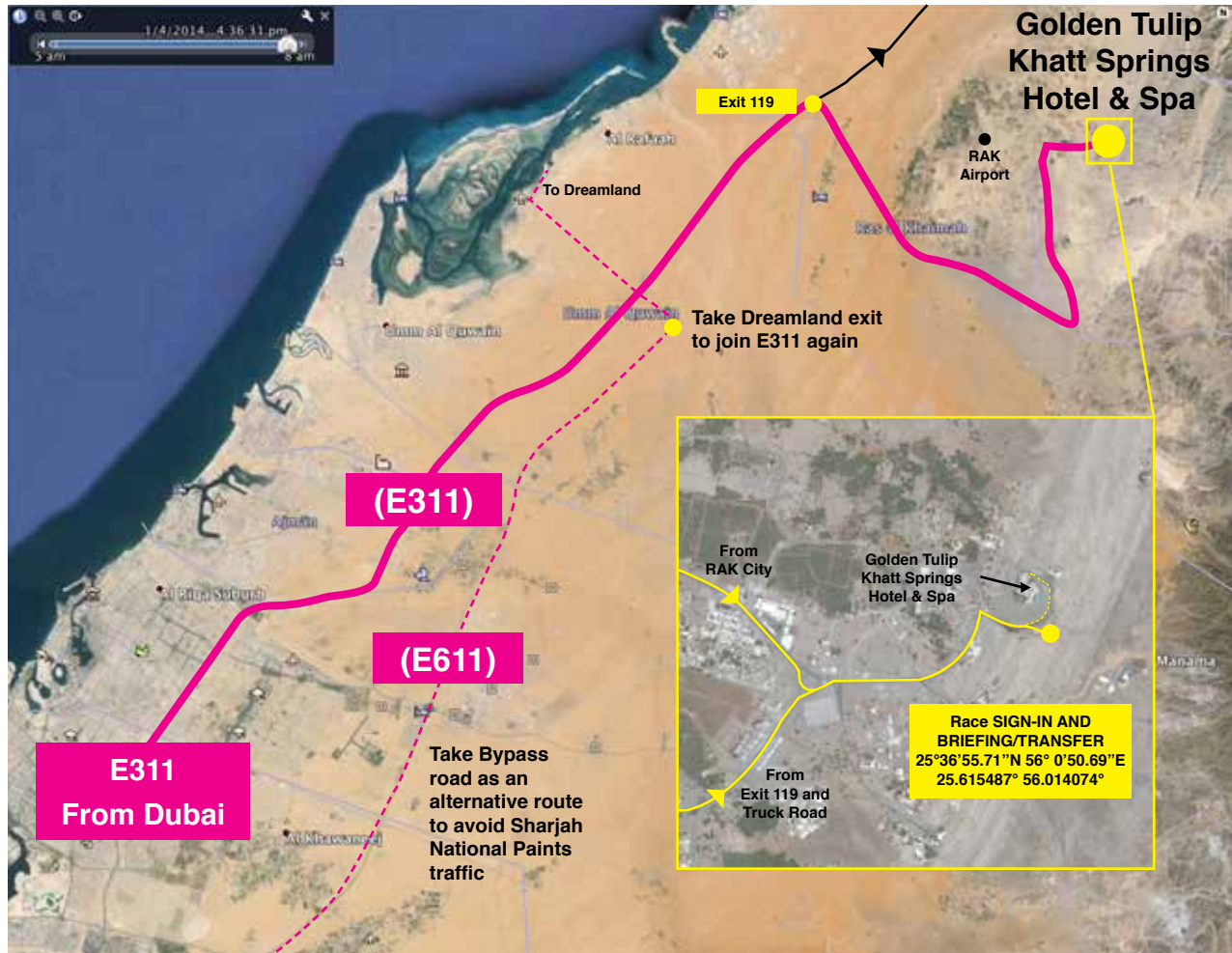


RACE CHECK-IN AND TRANSFER



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, Trail Mix
CP 3 - 30km Finish	Water, Aqualyte, Fruit, Cake, Salty Snacks Exit by 10.45am 30k Bus to Hotel
CP 4 - 44km	Water, Aqualyte, Fruit Exit by 3pm
CP 5 & 50k Finish - DROP BAG COLLECTION / 50k Bus to Hotel	Arrival Cut-Off Time 5.30pm Hot water, Soup, Water, Aqualyte, Fruit etc. Rest Area. Prize Presentation Latest Exit by 6pm
CP 6 - 66km	Water, Aqualyte, Fruit, Trail Mix
CP 7 - 77.5km	Water, Aqualyte, Fruit, Trail Mix
CP 8 - 91.5km	Water, Aqualyte, Fruit, Trail Mix
FINISH - 100km - FINISH DROP BAG COLLECTION	Cut-Off Time 05.30am Water, Aqualyte, Hot Food, Soft Drinks, Camp Fire. Prize Presentation

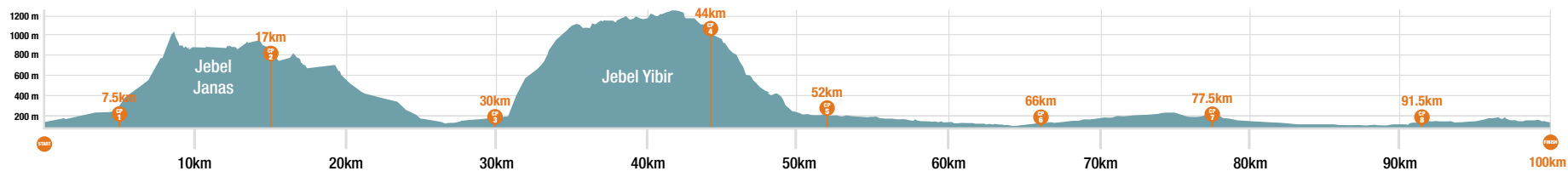


INTERMEDIATE CUT-OFF TIMES:

30k = 5.5hrs

50k = 12hrs - Intermediate 50k times = CP3 arrival/exit no later than 10.45am. CP4 arrival/exit no later than 3.00pm. Finish before 5.30pm)

100k = 24hrs - Intermediate 100k times = CP3 arrival/exit no later than 10.45am. CP4 arrival/exit no later than 3.00pm. CP5 arrival before 5.30pm, exit no later than 6pm. CP8 arrival/exit no later than 04.00am on 16th Feb. Finish arrival before 05.30am on 16th Feb)



GPS COORDINATES

