



# URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ NIGHT REBEL

## ATHLETE GUIDE

# WELCOME TO THE URBAN-ULTRA NIGHT REBEL 2019



## ■ Race Pack Collection

Your race pack which contains your race bib, and other goodies will be available for collection from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai from September 17th to 20th September 2019.

\* Please note that race packs will not be taken to the start line. Runners will not be allowed to start without the mandatory kit list specified. For international participants or participants living outside of Dubai, we can take your packs to the start line as long as you inform us by choosing RACE DAY collection upon registration, otherwise all packs will be taken to Adventure HQ.

## ■ Location/Directions

The single stage cross-country adventure will start and finish at Wadi Showka/Helo (25° 5'51.68" N 56° 1'49.78" E) on September 20th 2019. Starting at 7.00pm sharp! (Check-in CLOSES at 6.30pm. Briefing at 6.45pm).

## ■ Course

You have 4.5 hours to complete the 30k distance. The course is 95% gravel jeep track and remainder rocky and single track path. The course is marked with reflective marker tape, only visible with a headtorch. **You will not be eligible to run without a torch or headlamp.**

The course is out and back along the same route on 100% gravel jeep track and rocky wadi bed with short sharp climbs and undulations. It is possible to run this course in both road shoes and trail shoes. The course will be marked with light reflective material for navigation. The course is very dark - you will not be able to locate the reflective markers without your supplied head torch - you will not be allowed to start the race without it.

Please know which turn you need to make for the distance you are running - you are responsible for making the turn at the correct distance marker which will be at one of three water checkpoints.

Please be respectful of our surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave.

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Please note, that the course road is not closed to traffic, and locals use parts of it to access their villages. Be aware that you may encounter a minimal amount of cars or trucks whilst running. To keep this traffic to a minimum, we would ask that any supporters do so from the START/FINISH point so we minimise any chance of accident or injury and churning up dust for the runners.

## ■ Checkpoints

Water checkpoints will be located at the 5k turn for the 10k runners. At the 10k turn for the 20k runners and at 15k turn for the 30k runners. Water and energy drinks will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack is fully filled from your own supplies before the start. ALL runners for ALL distances need to carry water from the start.

## ■ Camping/Accommodation

There are no hotels close by and although no campsite is designated, you are free to find yourself a place to pitch your tent, there are plenty of lovely areas close by. You can also just drive up on the evening and return home after the race in your own vehicle. There is no transport provided for this event. All camping equipment and headlamps/torches are the responsibility of the participant.

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

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 the list has been given from personal race knowledge and experience for your own safety and is not there just make you carry more stuff! ***Accidents happen and your first aid kit, whistle and mobile phone are essential for your safety.*** When it is hot - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Winners will be checked for complete kit, time penalties apply for each missing item. ***Please advise the Race Director if you have any medical condition we should be aware of.***

We are always trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small. **NO plastic bottles or disposable cups are provided during the event. You must bring your own cup/drinking bottle.**

- **1.5 LTR HYDRATION** - Full to capacity at the start line. ALL runners regardless of distance **MUST** carry water.
- **TORCH/HEADLAMP** - without a torch the course markers are invisible to the naked eye. A light source stimulates the glow of the marker.
- **CELL PHONE** - fully charged with pre-programmed number of **RACE DIRECTOR +971 50 4422934** or Thuraya **+882 1621206101**  
- only operational on race day.
- **WHISTLE** to signal for emergency
- **COURSE MAP PRINTOUT OR IMAGE ON YOUR PHONE**
- **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, Medical tape, 3" wide Ace Bandage, Painkiller tablets (Aspirin, etc.), Anti-inflammatory tablets (Voltaren, Ibuprofen etc.).

***NOTE: The list is a guideline to the content of a first aid kit. Random checks will be made for complete kit - missing items will be given time penalties. 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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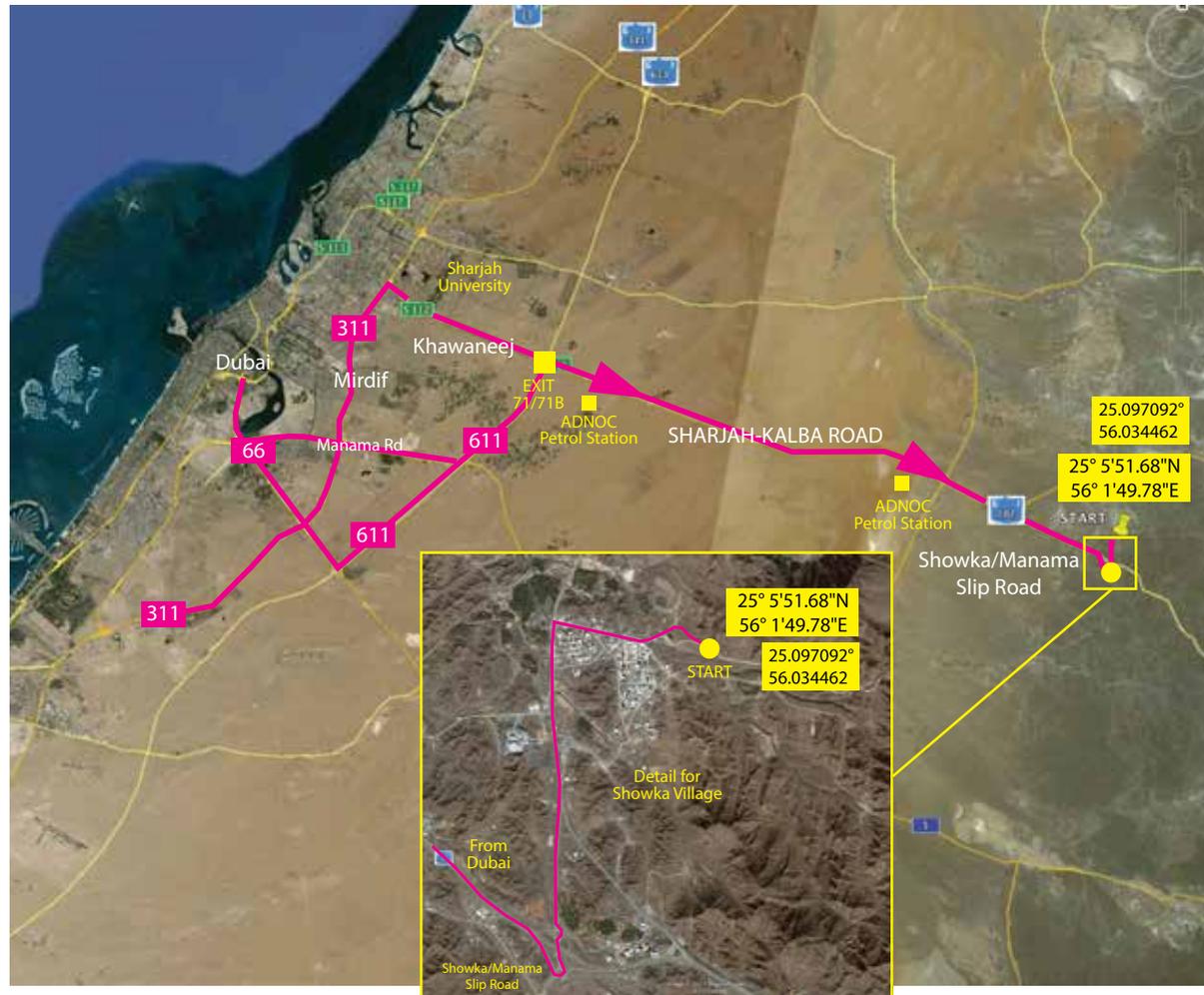


## OPTIONAL/RECOMMENDED GEAR

Waterproof (ziplock) for phone,  
Small scissors  
Energy Gels/Nutrition  
Watch/timing device  
Blister care  
Dry clothes at the finish line

# HAPPY RUNNING - ENJOY YOUR RACE!

# LOCATION MAP



1. Take the 611 from Dubai, direction Sharjah
2. At the Sharjah/Kalba/Fujairah turnoff onto E102 (Exit 71 and then 71B) heading east from 611 - keep right and you will pass the ADNOC petrol station on the right.
3. Continue along the road and past the second ADNOC petrol station until you see the sign for Showka/Manama on the right. Turn off and take the 3rd exit under the bridge at the R/A and continue straight past one sign for Shawka on the right and until you reach a row of shops and a second sign pointing right to Showka. Turn in and you will see a tall blue water tower on your left - drive across the small bridge following the tarmac road past some villas and a health clinic. The road will turn into gravel and 300m further you will see the start line.

START LINE GPS COORDS:

**N25°5'51.68 E56°1'49.78**

Please check the Urban-Ultra Dubai facebook page for a drop pin to the start location.

# TRAIL RUN COURSE



**START GPS**  
25° 5'51.68" N  
56° 1'49.78" E

**OUT & BACK COURSE**



**RACE BRIEF**  
**6:45PM**

**START GUN**  
**7:00PM SHARP!**  
**GOOD LUCK**

**\*30K CUT-OFF TIME**  
**4.5 HOURS**

IN CASE OF EMERGENCY  
+971 50 4422 934  
thuraya +882 162 1206101  
OPERATIONAL ON RACE DAY ONLY