



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ ROCKRUNNER

ATHLETE GUIDE

WELCOME TO THE ADVENTURE HQ ROCKRUNNER 2019



■ Race Pack Collection

Your goody bag which contains your race bib, and other mandatory kit will be available for collection from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai from October 22nd to 25th 2019.

* Please note that goody bags 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 bags to the start line as long as you select RACE DAY COLLECTION upon registration, otherwise your bags will be taken to Adventure HQ and we cannot retrieve until after the race.

■ Location/Directions

The single stage cross-country adventure will start and finish at Wadi Helo (25° 4'29.76" N 56° 1'3.44" E or 25.074933° 56.017623°) on Friday October 25th 2019. Starting at 7.00am for the 30k runners and 8.00am sharp for all other distances! (Check-in for 30k runners will open at 6am - all other distances will check in before 7.30am. Briefing at 7.45am).

■ Course

The course is out and back along the same route on 100% gravel jeep track and rocky wadi bed. It is possible to run this course in both road shoes and trail shoes. The course will be marked with pink flags and ribbon for navigation. The course is very rocky and may pose problems to runners not used to running in off-road conditions. However, the 5k course would be perfect for beginners to trying an off road course. Please be respectful of our surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave. Please note, that the course is not closed to traffic and in some sections locals use parts of it to access their villages. Be aware that you may encounter a minimal amount of cars or trucks whilst running.

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■ Checkpoints

Water checkpoints will be located at the 2.5k turn for the 5k runners. At the 5k turn for the 10k runners and at 7.5k turn for the 15k runners. 30k runners will run the 15k route twice. 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. 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.

■ Camping/Accommodation

There are no hotels nearby, so your options are driving to and from the site for the event or camping the night before. (No campsite is allocated but you are free to find yourself a place to pitch your tent, there are plenty of lovely areas close by).

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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. Runners will be checked for complete kit, time penalties apply for each missing item - **DISQUALIFICATION is also a possibility at Race Director's discretion.**

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. (5k Juniors running with parent/guardian may share water with adult. Adults running 5k distance must carry minimum of 500ml water please).
- **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 finish

HAPPY RUNNING - ENJOY YOUR RACE!



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START LOCATION



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 past the second ADNOC petrol station until you see the sign and slip road for Showka/Manama on the right. (16.5km from the second ADNOC station). Take the first exit on the R/A taking you along a tarmac road for approx 1 km. On the left you will see signs for the start line. Please park on the gravel at the side of the road - it is accessible by saloon car.

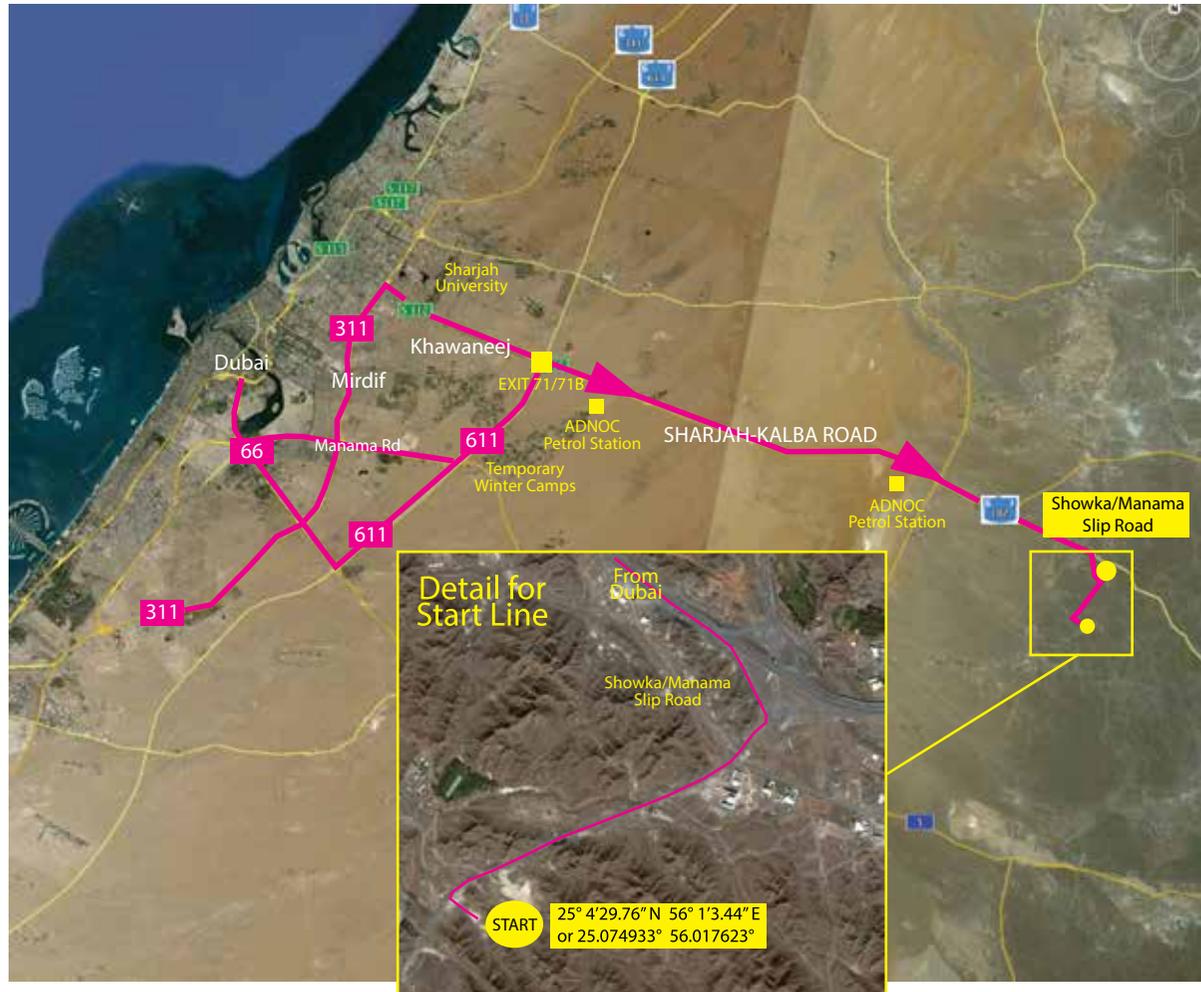
START LINE GPS COORDS:

25° 4'29.76" N 56° 1'3.44" E

or

25.074933° 56.017623°

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



TRAIL RUN COURSE



OUT & BACK COURSE

- 5k Route
- 10k Route
- 15k Route
- 30k Route

* 30k runners complete the 15k route x 2

EMERGENCY

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