

# WELCOME TO THE ADVENTURE HQ ROCKRUNNER 2019



## ■ **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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