

# WELCOME TO THE URBAN-ULTRA BIG STINKER 2020



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

***BY AGREEING TO RACE YOU ARE CONFIRMING THAT YOU HAVE VALID MEDICAL INSURANCE AND ARE AGREEING TO THE RACE WAIVER CONDITIONS AT THE END OF THIS DOCUMENT.***

**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 missing itmes will result in DQ. ***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.
- **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 itmes 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

Light jacke

**RACE WAIVER:** Please note that although our races are fully covered by insurance and medical services are in place, these are in service for the duration of the race and for emergency treatment only. By agreeing to participate, you understand that Urban-Ultra, any of its staff, race partners or related companies are not liable for any injuries sustained during the race or any medical treatment after emergency care has been administered. By signing the waiver upon registration and again at the sign-in desk before you race, you agree to these terms and conditions of entry. The FULL RACE WAIVER is at the end of this document. Thank you.

## HAPPY RUNNING - ENJOY YOUR RACE!

# URBAN-ULTRA™



## GET OUT THERE



## RACE WAIVER

**PLEASE READ THIS DOCUMENT (THE “WAIVER AGREEMENT”) CAREFULLY BEFORE SIGNING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.**

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run.

I hereby certify that I am in good health and I have trained to run the distance of the race, which I am entering. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants or animals, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running race, I, for myself and anyone entitled to act on my behalf, waive and release Urban-Ultra or Phishface, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

# URBAN-ULTRA™



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