

# WELCOME TO THE MLEIHA DESERT DASH 2020



## ■ Race Finish Food

There will be breakfast available for the 50k ultra runners included in the entry fee. You must collect your food wristband at the finish area once you have completed your race. Complimentary food is only available to participants, however, there is an on site cafe serving food for purchase for friends and family.

## ■ Mandatory Gear - IMPORTANT PLEASE READ! *ITEMS ARE MANDATORY FOR 25K & 50K RUNNERS*

**By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.** ALL winners will be checked at the finish line for mandatory items. Runners with incomplete kit will be disqualified. The list has been given from personal race knowledge and experience for your own safety. Accidents happen and your first aid kit, whistle and mobile phone are essential for your safety. Dehydration is a potential life-threatening situation - water and electrolytes are essential for proper hydration and staying cramp-free.

***PLEASE ADVISE THE RACE DIRECTOR IF YOU HAVE ANY MEDICAL CONDITION WE SHOULD BE AWARE OF***

**+971 50 4462069 (Etisalat) Race Director +971 50 4422934 (Etisalat) Course Director**

- **1.5 LTR HYDRATION** - (Water bladder, bottles etc) full to capacity at the start line.
- **TORCH/HEADLAMP** without a torch the course markers are invisible to the naked eye.
- **CELL PHONE** Fully charged with pre-programmed number of **RACE DIRECTOR +971 50 4422934**
- **COLLAPSIBLE CUP** Drinks will be pumped, NO bottles or disposable cups are given.
- **WHISTLE** to signal for emergency
- **ZIPLOCK** we are trying to limit impact on the environment - please take rubbish home, please do not drop any litter, however small.

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- **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, Roll of medical tape, Antibacterial ointment or cream, 3" wide Ace Bandage, Painkiller tablets (Aspirin, etc.), Anti-inflammatory tablets (Voltaren, Ibuprofen etc.)
- **COURSE MAP PRINTOUT/PHONE PHOTO**

**NOTE TO FATBIKERS:** As a bike rider, you should be self-sufficient in taking all spare tubes, pump and patches yourself and be able to change a tyre, fix a puncture or attend to repairs should your bicycle require fixing. We do not carry spares or carry out repairs for fatbike riders. There are no bike mechanics on the course.

*NOTE: All winners will be checked for complete kit carried for the entire race. The list is a guideline to the content of a first aid kit. 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. 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. Please advise us on registration if you have any specific medical requirements, conditions or allergies to medications.*

## **OPTIONAL/RECOMMENDED GEAR**

Sand gaiters (plastic bags taped to your feet or store bought), Sunglasses, Peaked hat with or without neck flap, Sunscreen, Waterproof (ziplock) for phone, Small scissors, Light jacket/fleece, Survival mirror, Lighter or waterproof matches, Spare Duct Tape, Energy Gels/Nutrition, Survival blanket ...

# HAPPY RUNNING - ENJOY YOUR RACE!