



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ KALBA KICKR

ATHLETE GUIDE

WELCOME TO THE URBAN-ULTRA KALBA KICKR 2020



Welcome to the Kalba Kickr, a 12k, 24k and 45k trail run adventure that will start and finish in Kalba, Sharjah - just 1.30hr from Dubai. A trail run along jeep tracks, goat trails, through rock fields and mountain passes with spectacular views of the east coast. It is a tough challenge and requires training, but generous cut-off times allow most physically fit, determined and well-prepared runners to get to the finish.

■ Race Pack Collection

Your Race Pack will be available from Adventure HQ, Times Square, Sheikh Zayed Rd, Dubai ONLY from Tuesday March 3rd to Thursday 5th 2020 anytime during their opening hours (10am to 10pm). Call +971 4 3466909/800 2383 6887

YOU MUST COLLECT YOUR PACK prior to the event. NO PACKS will be taken to the start line. (Please indicate upon registration if you are from overseas or resident of any emirate other than Dubai, and your race pack can be given at the race check-in on the 6th March). Included in the pack will be your race bib, T-shirt and bandana along with other goodies. We would appreciate your cooperation in collecting your pack from the store in plenty of time.

Please join the facebook group Urban-Ultra Dubai so that you are kept up to date with all the latest information.

■ Camp and Start/Finish Point

There are no hotels close to the start/finish, so your choice is to camp with us the night before, or drive up early morning, your choice. The start and finish are at the same point, so you can leave your vehicle safely here for your return home.

■ Location/Directions

The Urban-Ultra Kalba Kickr will take place in Kalba, Sharjah. There is ample parking at the start close to Ain Al Ghamour mosque. Camping/Parking is on a 'first come first serve basis'. The road is now diverted from tunnel 2 and this takes you around the back of the course, you must take the signpost for Ain Al Ghamour along the way.

WELCOME TO THE URBAN-ULTRA KALBA KICKR 2020



Coming from Dubai (Approx. 145km - 1hr 30mins): Take the E611 direction Sharjah and take Exit 71 and 71B (E102 Sharjah - Kalba Highway).

■ Race Check-In

Race check-in will be from 5.00am to 6.30am on the 6th March. PLEASE ensure you sign-in for the race - this is to make sure we know you have started the event and we can keep track of you.

■ Race Start Time

Race briefing will be at 6.45am. The race will start promptly at 07:00am. Starting in 3 waves with a 1 minute between distances.

■ Course

The course is marked with flags, reflective tape and ribbon - you do not require a GPS for navigation, but it should be noted that we have experienced the removing or moving markers in the past and although we will endeavour to check they are all still in place, you would be advised to use a GPS watch or know how to use a compass to locate start/finish and checkpoints. The terrain is mixed, goat trail, jeep track, rock field and wadi bed. You do not need specialised equipment but running shoes with good grip are recommended.

■ Checkpoints

There will be checkpoints approx every 6km where you will be provided with water, electrolyte and fruit.

■ Cut-off times

Any athlete that does not pass the cut-off points on time will not be permitted to continue the event.

The following cut-off times will be enforced:

WELCOME TO THE URBAN-ULTRA KALBA KICKR 2020



45k ultra - 9 hours = 4pm

25k - 7 hours = 2pm

12k - 3.5 hours = 10.30am

■ Medical Crew & Emergency

A medical team will be in attendance throughout the race to deal with serious injuries, however, issues with feet including blisters etc. should be dealt with using your own first aid and blister kit. Please note that some sections of the course are totally cut-off from 4WD vehicles and should any accident occur in these areas, you will need airlift evacuation or to be stretchered out on foot to the nearest RV location by mountain rescue.

Please ensure you have the Emergency Numbers programmed into your phone to enable an SOS call or SOS text for us to set an emergency code into action. Your emergency details should be accessible without having to unlock your phone - please ensure this is possible.

+971 50 4462069 (Etisalat) Race Director

+971 50 4422934 (Etisalat) Course Director

■ Conditions

UAE daytime average temperatures are 35°C max and evening lows are around 25°C. The deserts and mountains of the UAE are wide open spaces with virtually no shade from the sun, it would be advised to consider good sun protection for your skin and a head cover. You will be running or walking on uneven, rocky and stony ground.

WELCOME TO THE URBAN-ULTRA KALBA KICKR 2020



■ What to expect

If you are a first timer at ultra-trail races, then understand that you need to have good basic fitness. You need to be physically fit to take on long running or walking (and trust us when we say, you will walk some of the course). Understand that unless you have signed up with a running partner, ultra running is a very solitary experience and much of the time you will spend on your own. This is all part of ultra racing. It is a tough course and not for beginners to long distance events.

When physical fitness begins to play with your mind - that's when your mental strength and toughness kick in. Your body and feet will tell you that it's impossible to get to the finish - your mind needs to overcome any pain or discomfort to tell your body that you can and you WILL cross that finish line! Prepare to be pushed to your limits, mentally and physically. (Read Blister Care by Denise Jones here: (www.badwater.com/training/blisters.html) for some great advice on how to treat blisters.

■ Equipment

Make sure your running shoes are suitable for the rocky and sandy terrain. Heat, distance and constant friction will test your shoes (and feet) to the limit, so choose them wisely ensuring that the size will accommodate any swelling of your feet over these distances. Make sure they are worn in and are able to withstand the tough conditions. The contents of your pack will be important things to consider (no support outside of checkpoints is permitted) Make sure it is comfortable not just to run in fully loaded, but also to walk with. Your run changes with the weight and also how it is packed inside.

■ Lost?

It is highly unlikely that you will get lost. The route has markers and critical points will be marshalled to ensure your safety. The course will be marked along its entire length from between 200-500-metre intervals (subject to terrain) with pink spray paint, flags, reflective tape and ribbon. Please ensure you use common sense when following the route and avoid following other participants. You should have the emergency numbers logged in your mobile for any serious emergencies.

WELCOME TO THE URBAN-ULTRA KALBA KICKR 2020



■ Creepy Crawlies

There are snakes, scorpions, camel spiders etc. in the UAE, particularly in the desert and remote areas we will be camping. Consider yourself very lucky if you encounter any of these wonderful creatures - most of them are harmless or only mildly venomous with no cases of death ever reported. But please be aware when walking around camp and be careful when packing up bags and equipment after overnighing.

■ Environment

Please be respectful of your surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave. Any participant seen to be littering will be penalised or disqualified. Any packets left on the course or at camp and NOT in a litter bin will be given a time penalty - repeated offences result in disqualification.

■ Supporters

We welcome family and friends to the start and finish lines where they can provide you with moral support. Supporters are not permitted to support outside of checkpoints and may not accompany runners in a vehicle.

WELCOME TO THE URBAN-ULTRA KALBA KICKR 2020



■ **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.
- **CELL PHONE** - fully charged
- **CUP** - supplied in your race pack
- **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.

WELCOME TO THE URBAN-ULTRA KALBA KICKR 2020



OPTIONAL/RECOMMENDED GEAR Dirt gaiters, Sunglasses, Peaked hat with or without neck flap, Sunscreen, Small scissors, Spare Duct Tape, Energy Gels/Nutrition, Hand sanitizer/wet wipes, Toilet roll, Camera/extra battery, Warm evening clothes, spare socks, Rain jacket.

Most importantly

WE WANT YOU TO HAVE FUN AND ENJOY YOUR ULTRA ADVENTURE!

HAPPY RUNNING - ENJOY YOUR RACE!

**Please join the facebook group Urban-Ultra Dubai
so that you are kept up to date with all the latest information.**

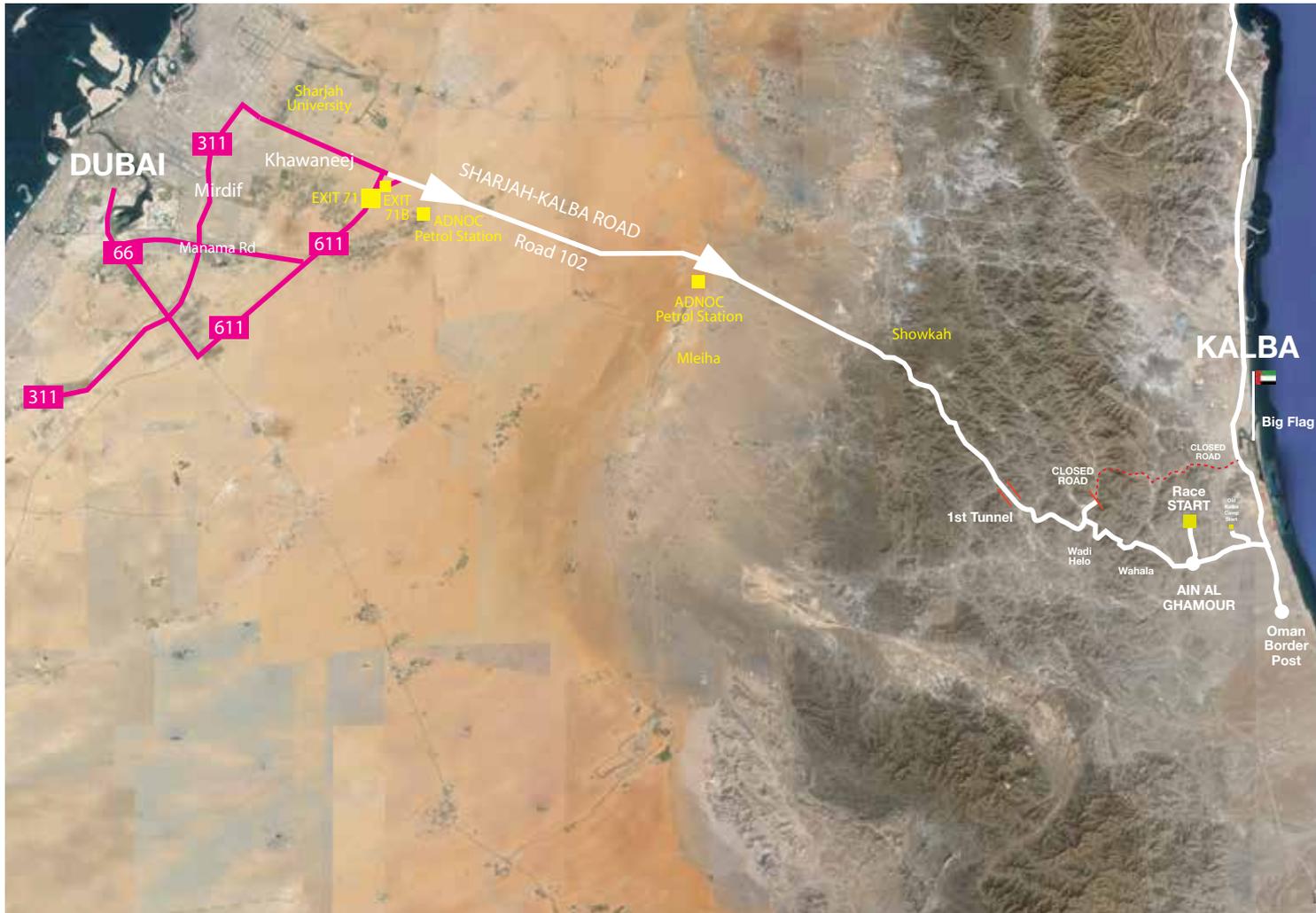
WELCOME TO THE URBAN-ULTRA KALBA KICKR 2020



RULES & REGULATIONS

- Runners shall receive no food or assistance outside of the race organisation checkpoints or risk disqualification.
- All winners will be checked for full mandatory kit at the finish line. Missing items will be given a time penalty per violation.
- Runners should at all times carry the mandatory kit list and bib number which may not be passed to any other person than the one registered to it.
- Litter found along the route left by runners or runners intentionally littering will be penalised.
- No shortcuts or lifts may be taken during the race. Any runners found to be cutting the course intentionally will be disqualified.
- Any runners deciding to pull out will be asked to wait at the closest checkpoint to them at the time. Runners will not be taken back to the finish until all runners are through that particular checkpoint and the checkpoint has finished its duties.
- Runners shall at all times be responsible for their own medical requirements/treatment except in cases of serious injury. Medics are in attendance for guidance only and will not administer general treatment for ailments such as sore muscles or blisters etc. in cases of serious injury, only registered Paramedic staff will be permitted to administer drugs/drip.
- Please advise Race Check in staff of any allergies/prescribed medicines you are taking.
- Runners must appreciate that the event takes place in remote areas where medical assistance or evacuation may be seriously delayed. You are expected to possess basic outdoor survival skills such as familiarity with outdoor gear and know how to administer basic first aid.
- The course may be changed due to weather or safety hazards. Rain or fog would adversely affect certain sections of the course.
- Course markings will be visible under normal conditions. Abnormal conditions may include sand, dust, fog, rain or any other condition that reduces visibility (other than darkness). If abnormal lighting conditions occur, a stage may be modified, delayed or cancelled until normal visibility conditions return.
- If you do not see a marker for 500m and you are not on the obvious or logical course, please return to the last known marker to re-evaluate and find the correct course.
- Every effort is made to keep the course markers in place for the duration of a stage. However, it is possible that markers may be taken, buried, blown over, covered or otherwise rendered difficult or impossible to find. It is your responsibility to pay attention to the markings and to make sensible decisions when following the course.
- Runners must not move or remove any course markers, doing so will mean disqualification.

RACE START LOCATION



START/FINISH
in Ain Al Ghamour, KALBA

KALBA KICKR COURSE

