



**URBAN-ULTRA ROCKRUNNER**  
**ATHLETE GUIDE**

**[WWW.URBANULTRA.COM](http://WWW.URBANULTRA.COM)**

**URBAN - ULTRA**  
**GET OUT THERE!**

## ■ Race Pack Collection

Your goody bag which contains your race bib, and other mandatory kit will be available from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai - PLEASE CHECK YOUR EMAIL ONCE REGISTRATION IS CLOSED FOR DETAILS OF DATES FOR COLLECTION OR REFER TO THE EVENT PAGE ON OUR WEBSITE.

\* 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 indicate upon registration the option for Race Day collection.

## ■ 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°). The new Covid-Safe format means you can start your race between 7.00am and 8.00am! No runners will be permitted to run after 8:00am.

## ■ 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 orange sprayed rock markers and ribbon for navigation. 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.

## ■ Checkpoints

Water checkpoints will be located at the 2.5k turn for the 5k runners. At the 5k point for the 10k runners. At the 7.5k turn for the 15k runners and the 30k runners (30k runners complete 2 loops of the course). Water and electrolyte 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. For maximum Covid-safety, we will be asking you NOT to touch the water dispensers. A staff member with regularly sanitised hands will assist you filling your bottle or reservoir.

## ■ 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).

## ■ **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 (1 minute added per missing item) - **DISQUALIFICATION 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.***

### **OPTIONAL/RECOMMENDED GEAR**

Waterproof (ziplock) for phone, Small scissors, Energy Gels/Nutrition, Watch/timing device, Blister care, Dry clothes at finish

## ■ COVID-SAFETY - IMPORTANT PLEASE READ

### **\*\*NO Check-in ... No Briefing ... ARRIVE & RUN between 7:00am and 8:00am**

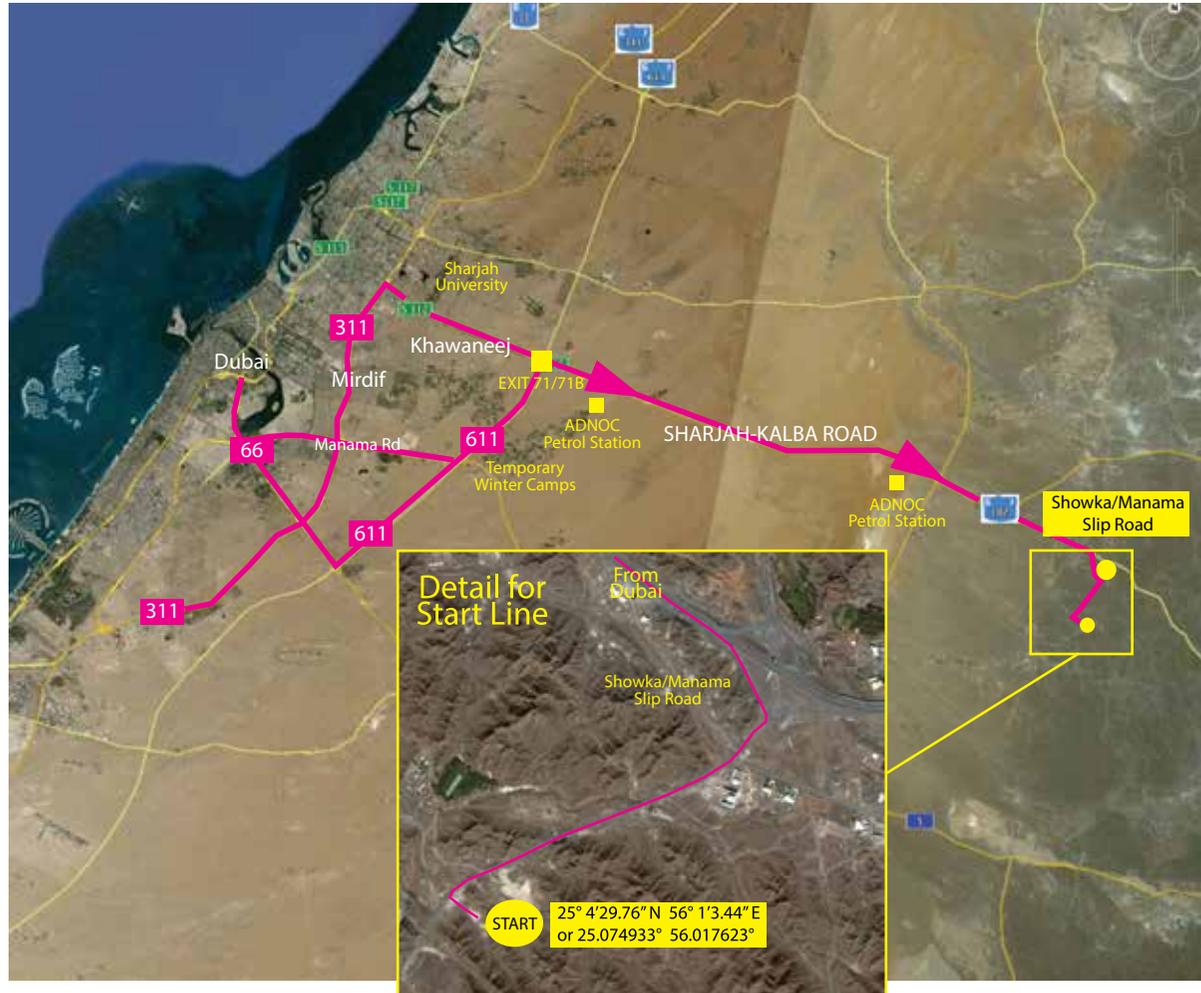
- *To limit the possible spread of the virus we are trying out a new format where you will 'ARRIVE & RUN'. This means that you must arrive between 7:00am and 8:00am. Runners can begin to run anytime during that slot. No runners will be permitted to run after 8:00am (no matter how much you plead or cry!) The new format gives an extra dimension to your competitors too – no one can see who is ahead or behind, so it is all out if you want to win!*
- *Please ensure you do not gather in any groups – socially distance yourself from any other runner at the start, checkpoints and in the car park*
- *You will be requested to wash your hands thoroughly at the start of the race - water and soap is provided*
- *There will be NO TOUCHING the water dispensers by runners, a member of staff will assist you to fill your bottle*
- *Sanitizer will be mandatory if you wish to take fruit from checkpoints - or you can kindly ask a staff member to assist - sanitizer is provided*
- *Runners will wear masks unless on the course running – masks are mandatory at all other times (please keep it with you!)*
- *Runners not wearing a face mask when not running will be kindly ask to wear one or leave (no excuses, we provide a bandana in your race pack)*
- *There will be no pre-race briefing, so you need to read your Athlete Guide thoroughly*
- *Whilst on the course, please allow as much space as possible between runners or if passing someone*
- *Because of the staggered start we will not know who has won the race until everyone has finished, therefore we will award trophies at a later date without a gathering. We will notify winners by email or telephone the following day to arrange trophy presentation.*
- *There will be fruit on checkpoints BUT NOT at the start/finish point - only water will be available at the start/finish point*
- *Runners are asked, that once their race is completed, to immediately leave the area. This is not our usual friendly trail community style, (we all like to have a chat about PBs and how lost you got, or how there weren't enough markers!), however we would like to keep bringing you these races for the entire season, so for the timebeing we would kindly ask that any post race nattering be done away from the finish line in groups no larger than 5 people.*
- *If you are experiencing ANY signs of the covid virus - PLEASE DO NOT attend the race. Please go straight to a testing centre and get yourself checked out.*



**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 and do not include post event treatment by your chosen medical facility. Nor do they include a choice of medical facility in an emergency situation. 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 registering for the 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!**

# LOCATION MAP



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**  
**+971 50 4422934**  
**+882 1621206101**



[www.urbanultra.com](http://www.urbanultra.com)

# EVENT WAIVER - BY BEGINNING THE RACE YOU AGREE TO THE BELOW

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

I know that swimming, cycling or running are potentially hazardous activities. I should not enter and participate 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 event.

I hereby certify that I am in good health and I have trained for the distance of the race, which I am entering. I assume all risks associated with participating 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, 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 video and photograph me before, during and after the activity, and use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including any marketing and/or commercial purpose, on any media, including but not limited to: social media, electronic media, print media etc. Transport of luggage and bicycles. Every effort will be made to keep your bike and luggage in the same condition it was loaded in. I do not hold any person, driver or organisation responsible for any damage caused during load, off load or transfer of my luggage or bicycle. I understand that event insurance does not cover the transportation of my luggage or bicycle or any medical treatment sustained during the ride or any post ride treatment due to injuries sustained during the ride.

## COVID 19

I hereby state that should I contract the virus as a result of the event, I do not hold any person, driver or organisation responsible for any subsequent treatment, hospitalisation, illness or death. I agree to contact the organisers immediately should I find myself positive post event, in order that contact tracing can be carried out and the spread of the virus limited as soon as possible.