



URBAN-ULTRA MT. SANA 10, 21 AND 60
ATHLETE GUIDE

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URBAN - ULTRA
GET OUT THERE!



The fully-supported wadi, track and trail 10, 21 and 60km adventure that will start and finish at the same location - just 1.15hr from Dubai. A trail run along jeep tracks, goat trails, through boulder ravines and over spectacular mountain passes of the UAE. It is a tough challenge and requires training, but a generous cut-off time of 11 hours allows most physically fit, determined and well-prepared runners to get to the finish. Elevation profile is approx 1000m in total. Approx 400m for the 21k distance. 0m for the 10k. The 21k and 60k start at 5am sharp. All 10k runners can start the race between 8.00am and 8.30am! No 10k runners will be permitted to run after that.

■ 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

Start Point: Wadi Koob village (25°29'43.61"N 56° 4'17.73"E).

Take the 611 from Dubai towards Ras Al Khamiah. Take Exit 119 onto Al Shohadaa Rd (E87) towards Fujairah, passing the Sheikh Khalifa Speciality Hospital. Continue all the way to the roundabout and junction with E18. Continue straight across the roundabout direction Fujairah, Tawyeen and Wadi Koob. Approx 9 km from the roundabout, you will turn right into the gate signed Wadi Kub. You will find the start point, 500m further along the road on the left.

■ RACE DAY

Due to Covid safe regulations, there will be NO BRIEFING - so please ensure you read the guide thoroughly and understand your responsibilities.

■ Course

The race will start in darkness for the 21k and 60k runners. **(Head torches are NOT supplied, and are part of your mandatory equipment).** 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 had locals 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.

Your 60km will take you through spectacular wadis, through rhyolite ravines, and over hilly passes.

■ Checkpoints

There will be 5 checkpoints over 60km where you will be provided with water, electrolyte and fruit. 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. 10k runners will have 1 checkpoint and 21k runners will have 2 checkpoints.

■ Cut-Off and FINISH Line

TOTAL CUT-OFF TIME for 60k: 4:00pm (11 hours)

CP1 = 8.3k (6.30am) applicable to 60k and 21k runners

CP2 = 18k (8.30am)

CP3 = 30k (10.00am)

CP4 = 36k (11.15am)

CP5 = 44k (12.45pm)

CP6 = 50k (2.30pm)

Finish = 4pm

The race has a cut-off time of 11 hours. If you are considered too slow to make your next CP, you will be asked to retire.

■ Camping/Accommodation

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.

■ 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

A. +8821 621206101 (Thuraya Sat Phone) Course Director

B +971 50 4422934 (Etisalat) Course Director

■ Conditions

UAE daytime average temperatures are 30°C max and evening lows are around 10°C with a chance of rain. The 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 and also good insulating clothes for the evenings as it can be very cold in the mountains.

■ 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 have a headtorch for the morning start and in case of emergency and not being able to reach the finish before dark.

■ 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 on sand (use shoes) 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

During this time, we are not encouraging any extra people at the race to limit gathering and avoid unnecessary exposure and possible spread of Coronavirus

■ **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).
 - **ID + MEDICAL INSURANCE CARD** Some form of ID and Health insurance is mandatory for participation
 - **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
 - **SMALL SURVIVAL MIRROR** 5cm sq min
 - **SMALL POCKET KNIFE** Blade or sharp pen knife or equivalent
 - **SURVIVAL BLANKET**
 - **EMPTY ZIPLOCK** - please take rubbish home, please do not drop any litter, however small along the course.
 - **COURSE MAP PRINTOUT OR IMAGE ON YOUR PHONE**
 - **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, medical tape, Antibacterial cream, 3" wide Ace Bandage, Painkiller tablets, Anti-inflammatory tablets (Voltaren, Ibuprofen etc.) ***NOTE: 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.***
- 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 for 10k only 8:00am and 8:30am**

- *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 times above. Runners can begin to run anytime during that slot. No runners will be permitted to run after last time slot, (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.

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.**

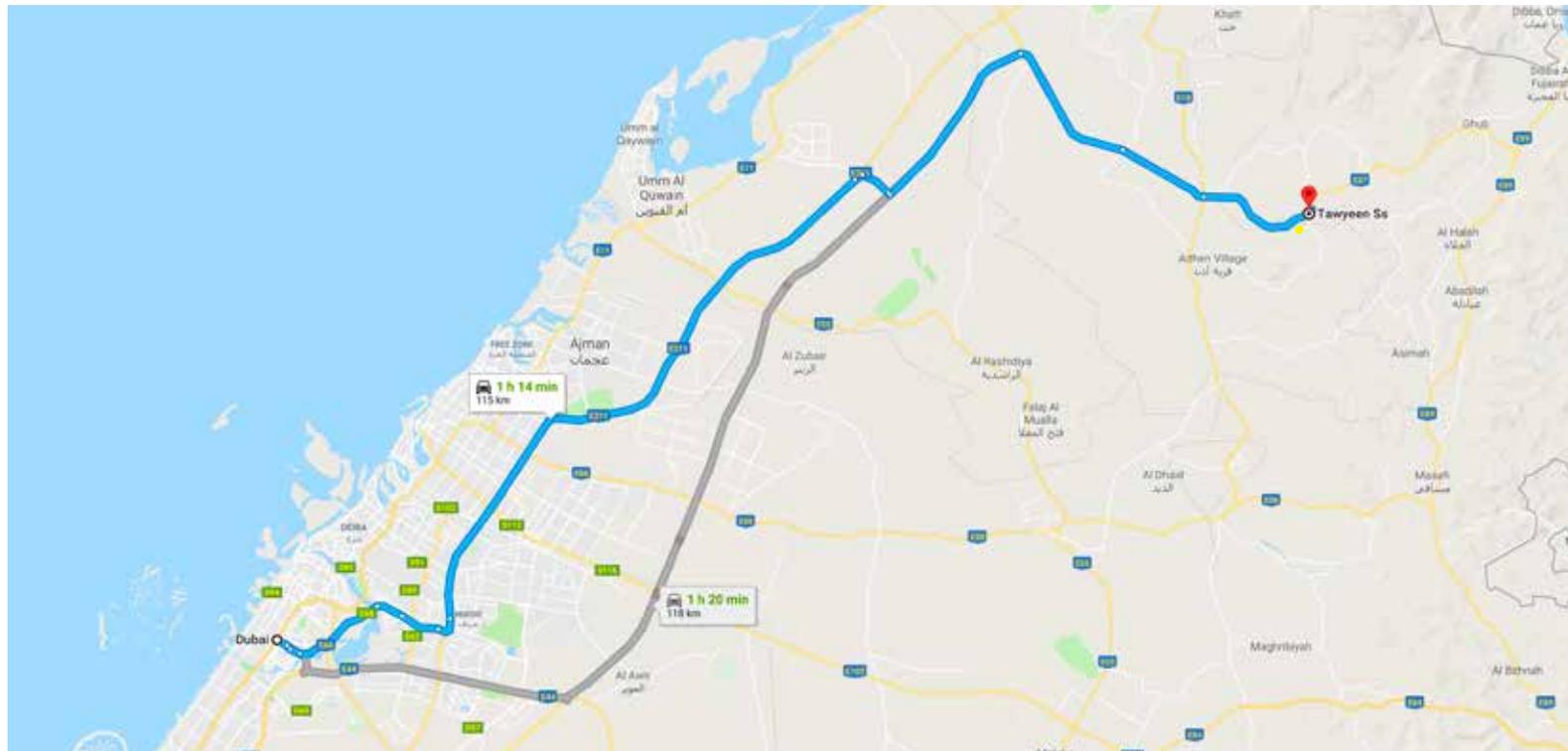
START LOCATION MAP

The start and finish location will be the same, so if you have family/friends they can see you off and wait for you to finish. The start location is approx 1.15 hour from Dubai at Wadi Kub near Tawyeen, depending where you live in Dubai. The start line is accessible by saloon car and 4WD.

START LOCATION DIRECTIONS:

GPS COORDS: (25°29'43.61"N 56° 4'17.73"E)

Take the 611 from Dubai towards Ras Al Khamiah. Take Exit 119 onto Al Shohadaa Rd (E87) towards Fujairah, passing the Sheikh Khalifa Speciality Hospital. Continue all the way to the roundabout and junction with E18. Continue straight across the roundabout direction Fujairah, Tawyeen and Wadi Koob. Approx 9 km from the roundabout, you will turn right into the gate signed Wadi Kub. You will find the start point, 500m further along the road on the left.



START LOCATION MAP



COURSE MAP



60k = ——— All Checkpoints
21k = — CP1 — CP2 — CP7 — FINISH
 Clockwise Route x 1 loop

Out and Back **10k =** - - - CP1 turn

- 60K CUT-OFF = 11 HRS**
- CP2 = 8.3K (6.30AM)** (21k + 60k)
- CP3 = 18K (8.30AM)**
- CP4 = 30K (10.00AM)**
- CP5 = 36K (11.15AM)**
- CP6 = 44K (12.45PM)**
- CP7 = 50K (2.30PM)**
- FINISH = 4PM**

(CP = Distance (CP closing time))

ROUTE ELEVATION PROFILE



RULES & REGULATIONS

- Runners shall receive no food or assistance outside of the race organisation checkpoints or risk disqualification.
- Runners must obey a marshall's instruction to retire from the race for reasons specified at the time. (e.g. late arrival, weather conditions, mandatory kit etc.)
- Runners should at all times carry the mandatory kit list, bib number and timing chip and may not be passed to any other person than the one registered to it. Winners will be checked for mandatory kit at the finish line - any missing items will result in disqualification.
- 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. Deviations deemed to be unintentional will be time penalised.
- Any runners deciding to retire 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 minor medical requirements except in cases of serious injury/condition. Medics are not in attendance 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. Runners may not refuse medical advice/check-up and treatment for suspected serious injury or condition, refusal to do so will result in disqualification.
- 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 deviate from, move or remove course markers, doing so will mean disqualification.

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.