



URBAN-ULTRA MT. SANA 10, 21 AND 42

ATHLETE GUIDE

WWW.URBANULTRA.COM

URBAN - ULTRA
GET OUT THERE!

The fully-supported wadi, track and trail 10, 21 and 42km 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 500m in total. 50m for the 10k. The 21k and 42k start at 5am sharp.

10k runners start the race at 8.00am (No headtorch required). No 10k runners will be permitted to run after 8.00am.

■ Race Pack Collection

Race number and race pack collection from Hopasports Office, Shop 1 & 2, Dubai Autodrome Retail Plaza, Motor City ONLY.

Call +971 50 4422934.

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 packs 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. These will be waiting for you to collect from the Admin table at the start point.

■ 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 Fujeirah, 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

Briefing will take place 15 minutes before start time. Please make yourself available for any important info or updates on day.

■ Course

The race will start in darkness for the 21k and 42k 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.

■ Checkpoints

There will be 7 opportunities to refuel over 42km where you will be provided with water, electrolyte and fruit. ALL runners for ALL distances need to carry water from the start. 10k runners will have 1 checkpoint and 21k runners will have 3 checkpoints.

■ Cut-Off and FINISH Line

TOTAL CUT-OFF TIME for 42k: 1:00pm (8 hours)

Cut-off to reach CP2 = 8.3k (7.00am) applicable to 42k and 21k runners

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 4422934 Race 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 overnighting.

■ 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.

■ **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.
 - **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** 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 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.



OPTIONAL/RECOMMENDED GEAR

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

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.

RACE DISTANCE ACCURACY: We try to make the distances as accurate as possible, however due to the nature of trail and also the differences between GPS watches, please understand that the full distance may vary plus or minus a couple of km, and will never be exact. This is the nature of trail running and more often your distance will exceed the distance advertised. If it's a bit more, you just get to enjoy it a bit more!

Most importantly - WE WANT YOU TO HAVE FUN AND ENJOY YOUR EPIC 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.**



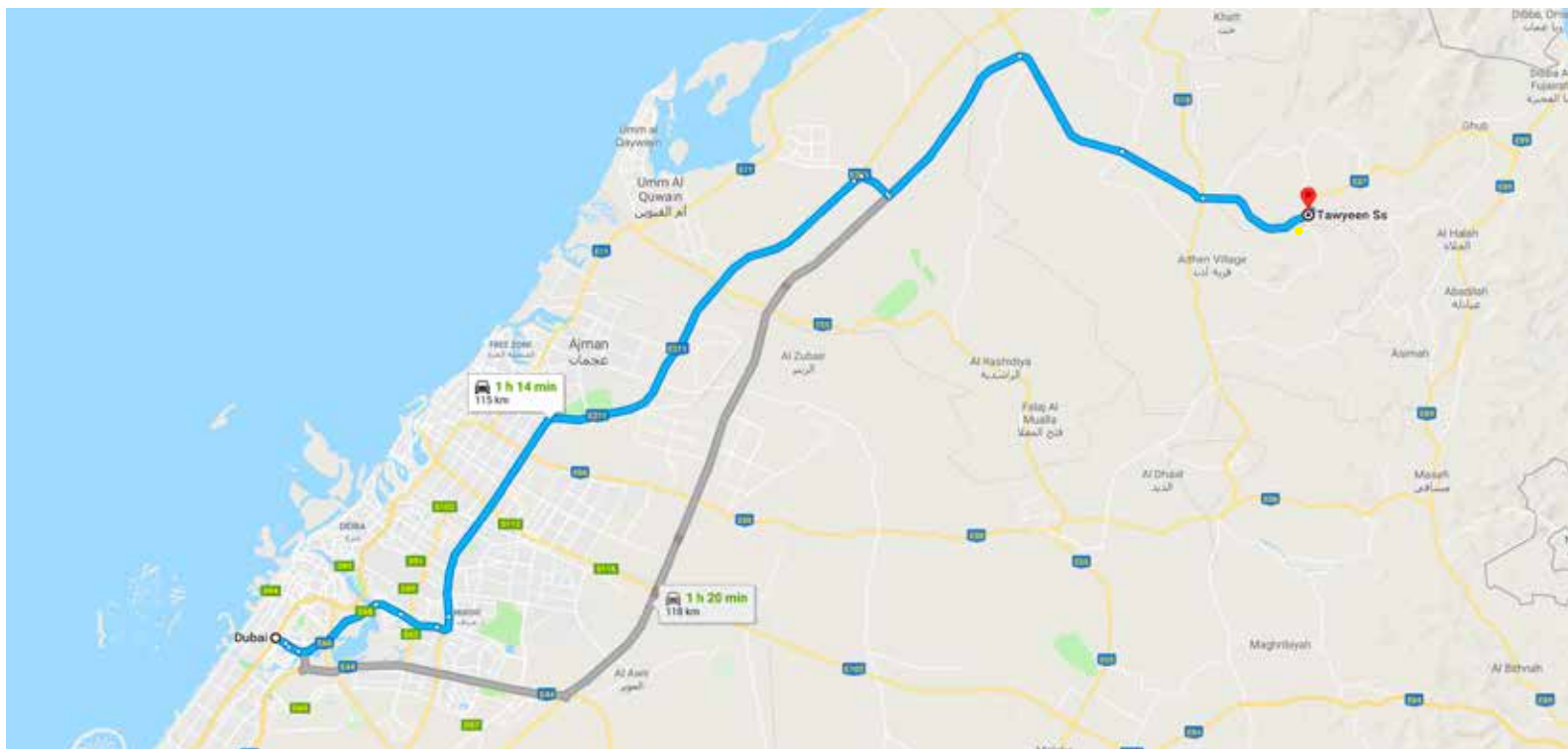
START LOCATION MAP

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

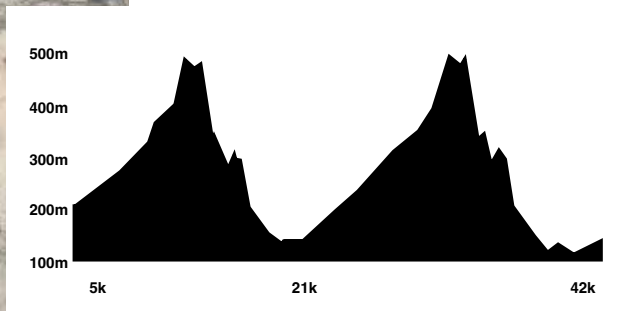
42k = x 2 loops
21k = x 1 loop
 Clockwise loop

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



42K CUT-OFF = 8HRS
CP2 = 8.3K (7.00AM) (21k + 42k)
FINISH = 1PM

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.