

URBAN-ULTRA™



GET OUT THERE

BIG STINKER, DUBAI - EVENT DETAILS



The single stage mountain adventure run will start and finish in Khatt Springs, Ras Al Khaimah on January 10th 2014.

Stage will start at the base of the 500m mountain at 7.30am (Check in MUST be before 6.30am for gear check and briefing).

(REGISTRATION: N25°37'1.84" E56° 0'41.58")

The course is 95% gravel jeep track and remainder rocky and single track path. The course is marked with a painted green circle where confusion may occur but mostly it is a very obvious circular clockwise loop.

There is plenty of opportunity to camp in the area either at the base of the mountain or at the top depending on your vehicle. There is also the option of booking yourself a room (with shower and soft comfy bed) at the Khatt Springs Golden Tulip Hotel at the base of the mountain and a special rate has been negotiated for all participants.

(Water and energy drinks will be provided during the race at the checkpoints (CP1 and CP2) but please make sure that your obligatory hydration pack is fully filled from your own supplies before the start).

Please be respectful of our surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave.

Please note, that the course road is not closed to traffic, and locals use it to access the town and their villages. Be aware that you may encounter a minimal amount of cars or trucks whilst running. To keep this traffic to a minimum, we would ask that any supporters do so from the START/FINISH point so we minimise any chance of accident or injury and churning up dust for the runners.

HAVE FUN!

GOODY BAG COLLECTION:

Please collect your race bag from Adventure HQ at Times Square on Sheikh Zayed Road during their opening hours from January 7th-9th.

**** RACE BAGS WILL NOT BE GIVEN ON THE DAY unless you live in another emirate in which case please advise us by email.**

**** Race numbers will be given at race check-in for ALL participants.**



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BIG STINKER, DUBAI - GEAR LIST



MANDATORY GEAR

TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT
IMPORTANT PLEASE READ!

Please understand that we are trying to keep these low-key events fun and friendly, and the day we start rifling through bags checking every item on the mandatory list and stopping people running the event is the day that the fun and friendliness changes into a different experience - for everyone.

The list has been compiled from personal race knowledge and experience, and for your own safety -it is not there just to be mean and make you carry more stuff! Accidents happen and your first aid kit, whistle and mobile phone are essential to minimising misery and injury. Dehydration can be a serious issue affecting not only your physical state but your mental one as well - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Overhydrating can also be a risk so please ensure you have a good balance of water as well as replacement salts/electrolytes. By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

- 1. 1.5 LTR HYDRATION PACK** - (Nathan/Salomon/ Camelbak etc) full to capacity at the start line.
- 2. CELL PHONE** (Fully charged with pre-programmed number of race director +971 52 831 0017).

- 3. CUP** - (SUPPLIED) drinks will be pumped, NOT given in bottles or disposable cups - in your goody bag (distributed on the day) there will be a collapsible cup or bottle to use for water and energy drinks, please take it with you on your run). No cup/bottle, no drink!
- 4. ELECTROLYTE TABLETS/POWDER** (SUPPLIED)
Aqualyte and water will be supplied at CP1 and CP2
- 5. WHISTLE**
- 6. EMPTY ZIPLOCK FOR RUBBISH** this is a beautiful place, we are trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small along the course.
- 7. COURSE MAP PRINTOUT:** Attached
- 8. FIRST AID KIT:** Contents to include the following min:
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.)

NOTE: THERE ARE NO EMERGENCY SERVICES PRESENT AT THE EVENT. 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.

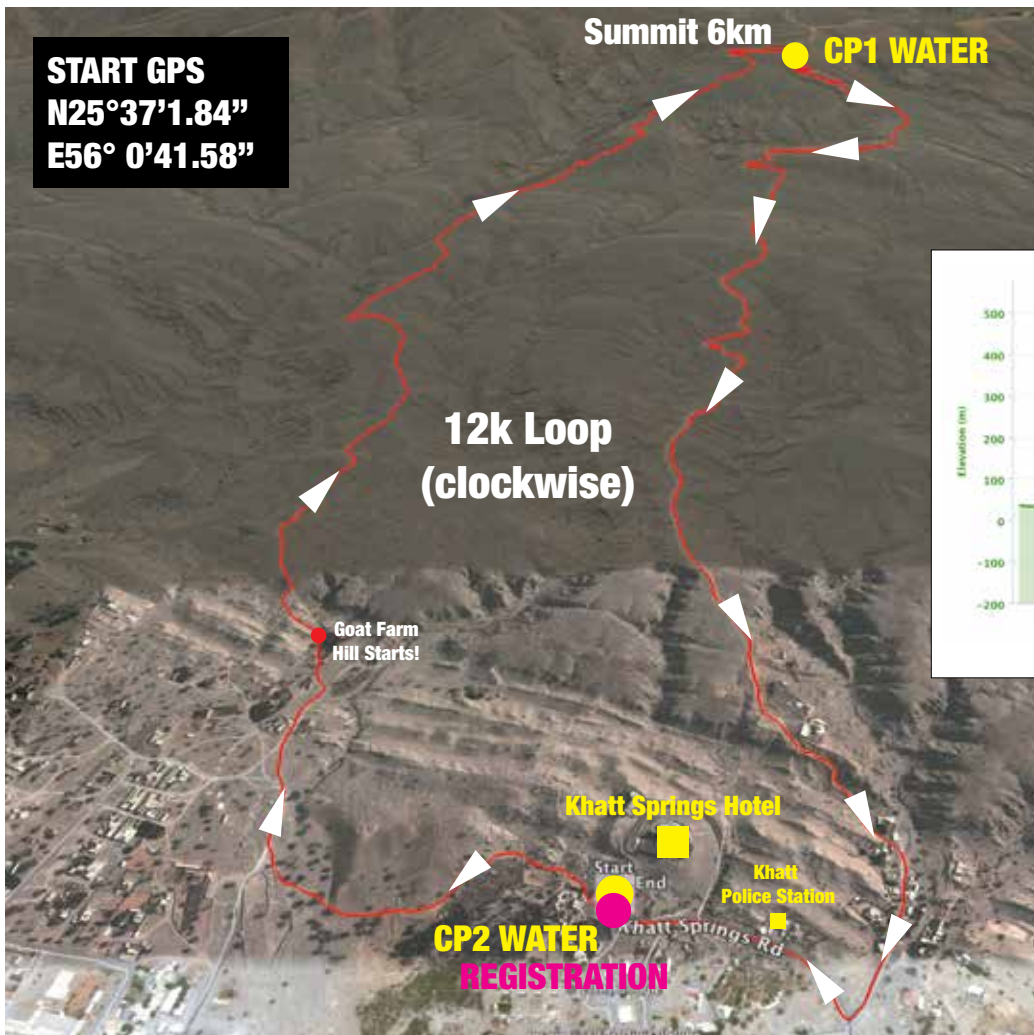
OPTIONAL/RECOMMENDED GEAR

- 1. SUNGLASSES**
- 2. PEAKED HAT WITH OR WITHOUT NECK FLAP**
- 3. SUNSCREEN**
- 4. WATERPROOF (ZIPLOCK) FOR PHONE**
- 5. SMALL SCISSORS**
- 6. ENERGY GELS/NUTRITION**

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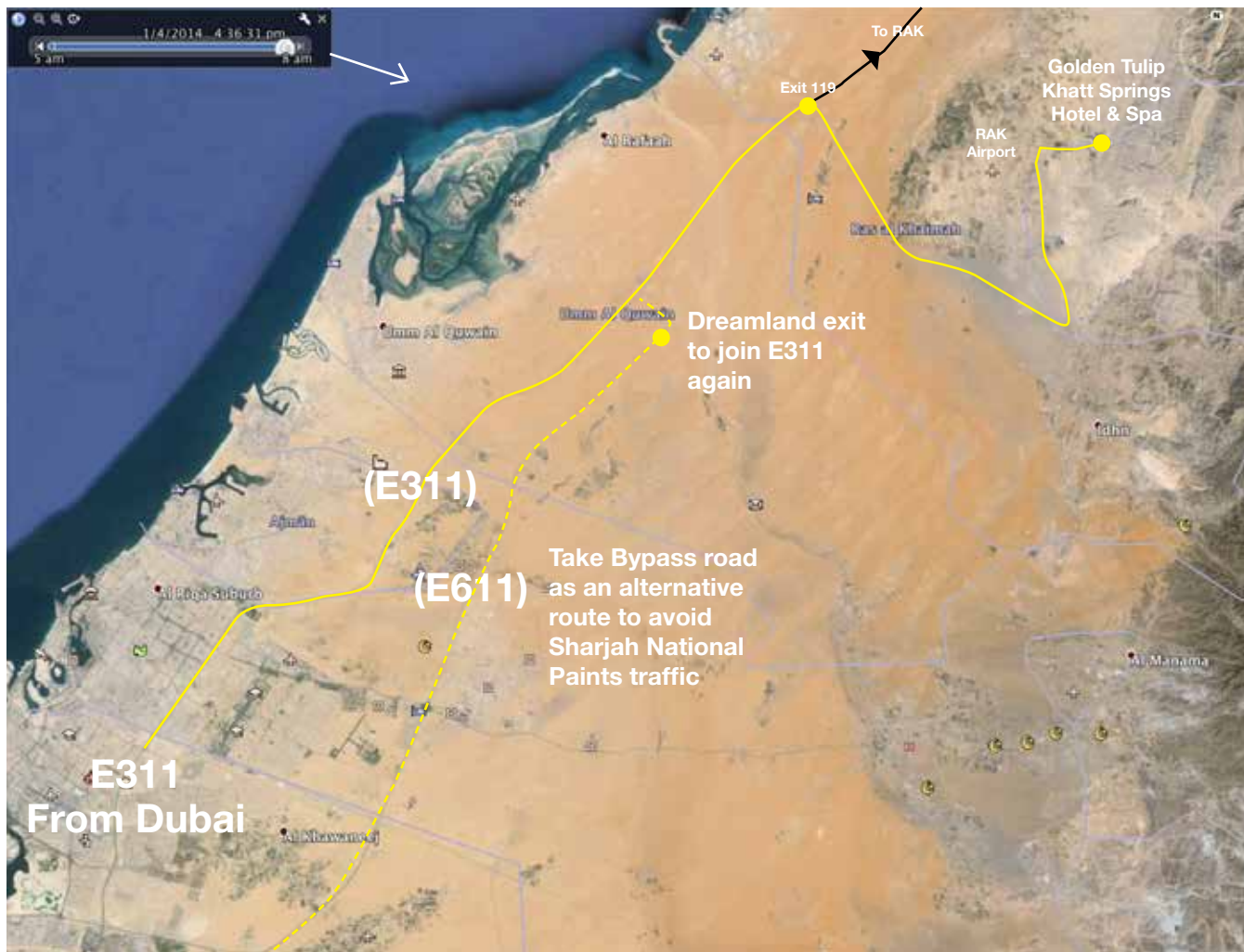
GET OUT THERE





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BIG STINKER, DUBAI - DIRECTIONS



1. Take the E311 (Emirates Road) from Dubai direction Sharjah/Ras Al Khaimah
2. Take Exit 119 (towards Baniyan Tree Al Wadi).
3. Continue along the truck road and at the R/A at the main highway take a left towards RAK Airport.
4. There will be signs now directing for Golden Tulip Khatt Springs Hotel and Spa Follow signs for the hotel and Khatt Police Station.

The start line is at the car park at the base of the hotel next to the Khatt Springs Spa, NOT at the hotel itself.

START LINE:
N25°37'1.84" E56° 0'41.58"