

WELCOME TO THE URBAN-ULTRA™ X-TRI 2016



BIKE TAG, HELMET STICKERS AND T1 & T2 BAGS

Your bike tag reflecting your race number must be attached to your bike seat stem - pointing backwards. This will be used to identify your bike during the race but also for identification when collecting your bike after the race.

You will be given 3 small stickers for your helmet - place one on each side left and right above the ear. And the third one on the front.

There will also be 2 plastic drawstring bags provided.

T1 bag is for Transition 1 - Swim to Bike. It should contain your bike kit and once emptied must be used to store discarded swim kit. We will take this to the Finish line for you.

T2 bag is for Transition 2 - Bike to Run. It should contain your run kit and once emptied must be used to store discarded bike kit.

As soon as you have checked-in on Race Day, you need to hand-in your T2 race bags.

1. T1 drawstring bag - rack this with your bike in Transition 1 (these will be forwarded from T1 to Finish area)
2. T2 drawstring bag (for running kit). Hand in at Race Check-In. (these will be forwarded to T2 Bike/Run transition area)

■ Mandatory Kit

As with all Urban-Ultra events - we ask that you be a responsible and self-sufficient athlete. This means carrying a very basic first aid kit and a minimum of 500ml of water on the bike and run legs of the Urban-Ultra Triple Challenge 2015. Remember that the terrain you are running and cycling on is rocky, uneven gravel track resulting in a much more treacherous environment than a road triathlon. Some sections of the course are not accessible by emergency vehicle and emergencies must be attended to by medical services arriving on foot. You should be able to deal with most minor situations with your first aid kit, and more serious injuries will be attended to once we have been alerted to the situation. **Your mandatory kit should include, but is not limited to: Mobile phone, fully charged with pre-programmed number of Race Director +971 52 831 0017. FIRST AID KIT: Triangular bandage, 4"x4" gauze pads, Medical tape, Alcohol swabs, 3" wide Stretch bandage, Painkiller tablets (Ibuprofen etc.), Anti-inflammatory tablets (Voltaren etc.)**

ALL winners will be checked at the finish line for mandatory kit. Runners with incomplete kit will incur a time penalty.