



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ ROCKRUNNER

ATHLETE GUIDE

WELCOME TO THE ROCKRUNNER 2017



■ Race Pack Collection

Your goody bag which contains your race bib, and other mandatory kit will be available for collection from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai from January 24th to 27th 2017.

* 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 inform us BEFORE January 22nd otherwise your bags will be taken to Adventure HQ and we cannot retrieve until after the race.

■ 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°) on Saturday January 28th 2017. Starting at 8.00am sharp! (Check-in CLOSES at 7.30am. Briefing at 7.45am).

■ 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 pink flags and ribbon for navigation. The course is very rocky and may pose problems to runners not used to running in off-road conditions. However, 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.

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■ Checkpoints

Water checkpoints will be located at the 2.5k turn for the 5k runners. At the 5k turn for the 10k runners and at 7.5k turn for the 15k runners. Water, energy drinks and fruit will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack or water bottle (500ml) is fully filled from your own supplies before the start.

Please know which turn you need to make for the distance you are running - you are responsible for making the turn at the correct distance marker which will be at one of three water checkpoints.

■ 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).

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■ **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 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 is the day that the fun and friendliness changes into a different experience. The list has been given from personal race knowledge and experience for your own safety and 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 for your safety. It is also getting increasingly warm - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free.

- **1 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
- **CELL PHONE** Fully charged with pre-programmed number of **RACE DIRECTOR +971 52 831 0017** - only operational on race day.
- **COLLAPSIBLE CUP** (SUPPLIED) Drinks will be pumped, NO bottles or disposable cups are given - in your race pack there will be a collapsible cup to use for water and energy drinks, please take it with you on your run. No cup, no drink!
- **WHISTLE** to signal for emergency
- **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.
- **FIRST AID KIT**: Contents to include the following: 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: 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.

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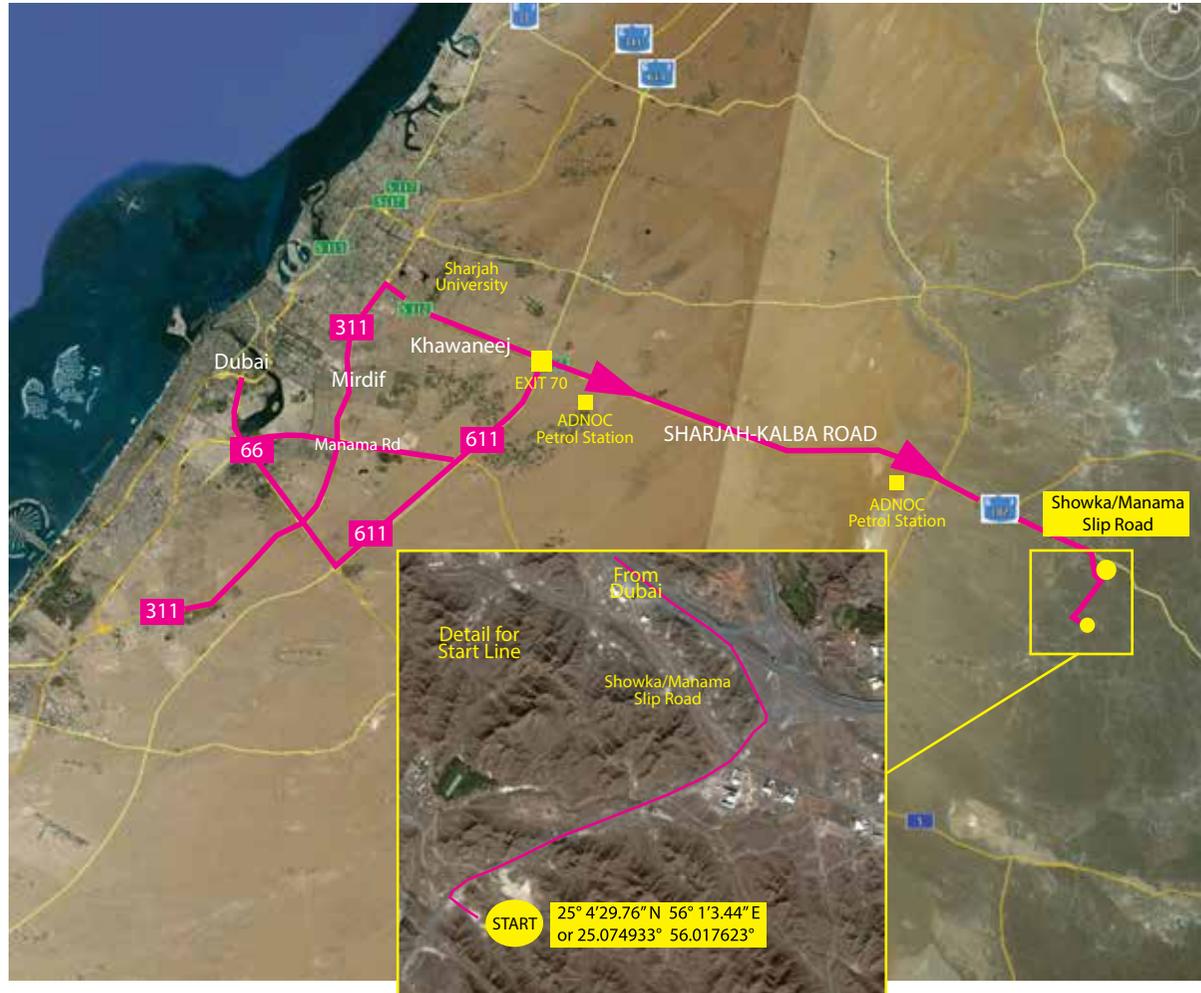


OPTIONAL/RECOMMENDED GEAR

Waterproof (ziplock) for phone,
Small scissors
Energy Gels/Nutrition
Watch/timing device
Blister care
Light jacket

HAPPY RUNNING - ENJOY YOUR RACE!

START LOCATION



1. Take the 611 from Dubai, direction Sharjah
2. At Exit 70, Sharjah/Fujairah turnoff from 611 take a right and you will drive past the 1st ADNOC Petrol Station on the right.
3. Continue along the road 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.

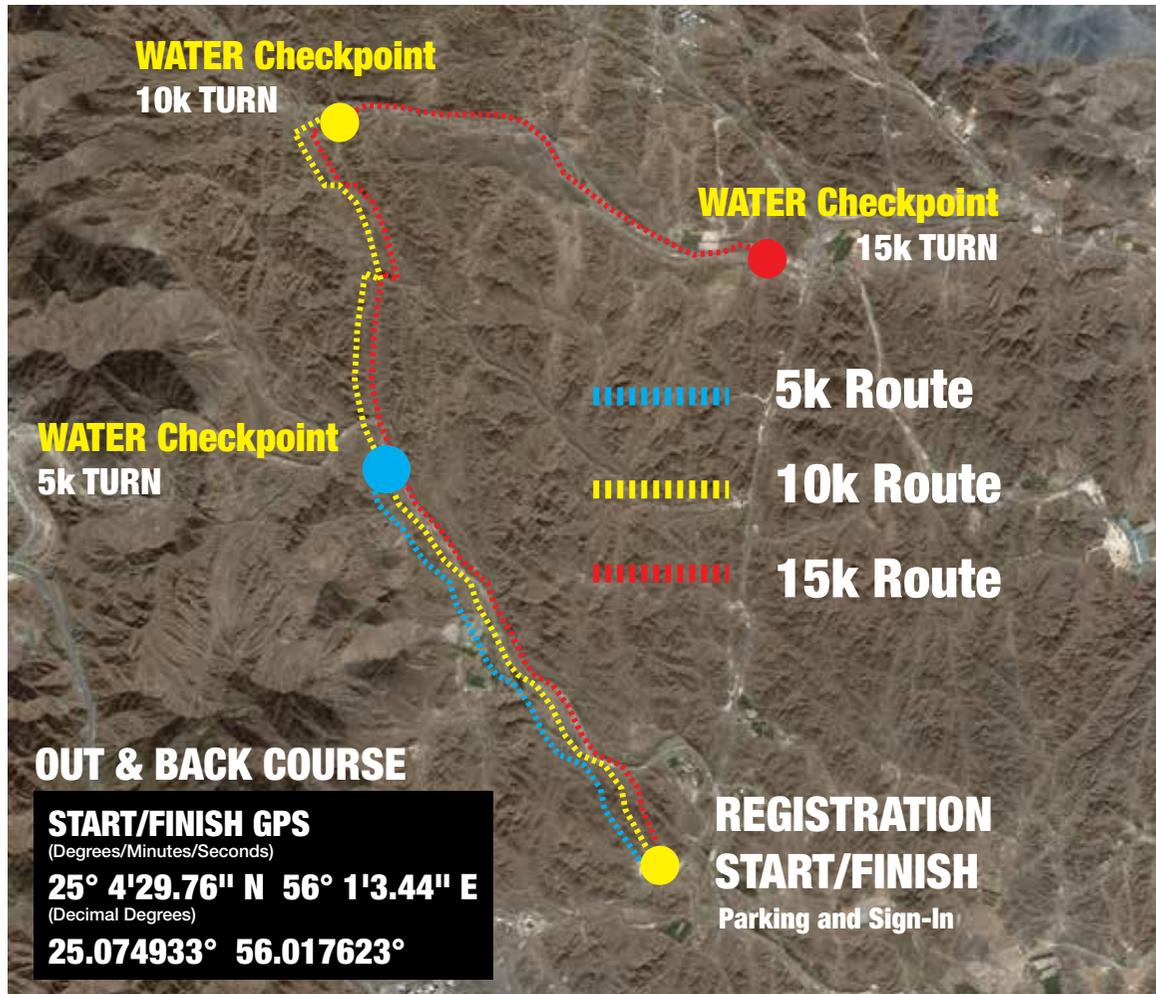
START LINE GPS COORDS:

25° 4'29.76" N 56° 1'3.44" E

or

25.074933° 56.017623°

TRAIL RUN COURSE



START GUN
8:00AM SHARP!

STAY SAFE AND
GOOD LUCK

IN CASE OF EMERGENCY
du +**971 52 831 0017**
thuraya +**882 16444 18283**

OPERATIONAL ON RACE DAY ONLY