



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ UTX50 AND 21KM
ATHLETE GUIDE

WELCOME TO THE URBAN-ULTRA UTX50 2019



Welcome to the fully-supported wadi, trail and desert 21km and 50km adventure that will start and finish at the same location - just 1.15hr from Dubai. A trail run through the mountain passes, along jeep tracks, through boulder ravines and over spectacular sand dunes of the UAE. It is a tough challenge and requires training, but generous cut-off times allow most physically fit, determined and well-prepared runners to get to the finish.

■ Race Pack Collection

Your Race Pack will be available from Adventure HQ, Times Square, Sheikh Zayed Rd, Dubai ONLY from November 26th up to race day anytime during their opening hours (10am to 10pm). Call +971 4 3466909/ 800 2383 6887

YOU MUST COLLECT YOUR PACK prior to the event. NO PACKS will be taken to the start line. (If you are an overseas participant or resident of any emirate other than Dubai, you can indicate upon registration that you would like race day collection and your race pack can be given at the race check-in on the 30th November). Included in the pack will be your race bib, T-shirt and bandana along with other goodies. We would appreciate your cooperation in collecting your pack from the store in plenty of time.

Please join the facebook group Urban-Ultra Dubai so that you are kept up to date with all the latest information.

■ Camp and Start/Finish Point

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.

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■ Location/Directions

Start Point: Al Hanyah Village - between desert and mountains (25°22'30.02"N 56° 2'15.04"E).

Take the E11 from Dubai and take E88 at the Sharjah Airport exit - drive 47.8km. At the roundabout in Al Dhaid, take the 3rd exit onto E55 for 800m. At next roundabout turn right onto E88 - (pass through 2 roundabouts) - 14.4km. Make a U-turn at Thouban - and then turn right onto E18 - Drive approx 8 km. You will pass a sign for the village of Al Haniyah, approx 1 km further you will see a small Urban-Ultra UTX50 sign on the right side of the road (before UAE flag on a hill), drive across the cattle grid. Drive approx 2.5km along this road until you reach the START line. (You will see our vehicles and equipment on the right of the road in a small sand clearing with scattered trees).

■ Race Check-In

Race check-in will be from 4.00am to 5.00am on the 29th November. Please ensure you have the mandatory kit stipulated, runners missing items WILL NOT be allowed to begin the race. Runners of both distances must sign-in attendance.

■ Race Start Time

Race briefing will be at 5.15am. The race will start promptly at 06:00am.

■ Course

The race will start in relative darkness. (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 experienced 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 50km will take you through spectacular golden dunes, through wadi, over hilly passes.

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■ Checkpoints

There will be checkpoints approx every 10km where you will be provided with water, electrolyte and fruit.

■ 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.

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

B +971 50 4422934 (Etisalat) Course Director

■ Conditions

UAE daytime average temperatures are 32°C max and evening lows are around 10°C with a chance of rain. The deserts and 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. You will be running or walking on sandy, uneven, rocky and stony ground.

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■ FINISH Line

The race finish line will feature hot food and soft drinks for all participants. We will then make the prize presentation and cheer in the remaining runners.

■ 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.

The 21km half marathon distance features a couple of short sharp ascents and descents and no technical sections. Your course is out and back along the same route, turning at your first and only checkpoint.

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.

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■ 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 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.

■ Supporters

We welcome family and friends to the start and finish lines where they can provide you with moral support but not food or supplies. Supporters are not permitted to support outside of checkpoints and may not accompany runners in a vehicle.

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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 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 for each missing item. **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.
- **TORCH/HEADLAMP** - without a torch the course markers are invisible to the naked eye. A light source stimulates the glow of the marker.
- **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
- **COURSE MAP PRINTOUT OR IMAGE ON YOUR PHONE**
- **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, Medical tape, 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. 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.

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OPTIONAL/RECOMMENDED GEAR

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

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.**



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WWW.URBANULTRA.COM

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RULES & REGULATIONS

- Runners shall receive no food or assistance outside of the race organisation checkpoints or risk disqualification.
- All winners will be checked for full mandatory kit at the finish line. Missing items will be given a time penalty per violation.
- Runners should at all times carry the mandatory kit list and bib number which may not be passed to any other person than the one registered to it.
- 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.
- Any runners deciding to pull out 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 medical requirements/treatment except in cases of serious injury. Medics are in attendance for guidance only and will not administer general treatment 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.
- 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 move or remove any course markers, doing so will mean disqualification.

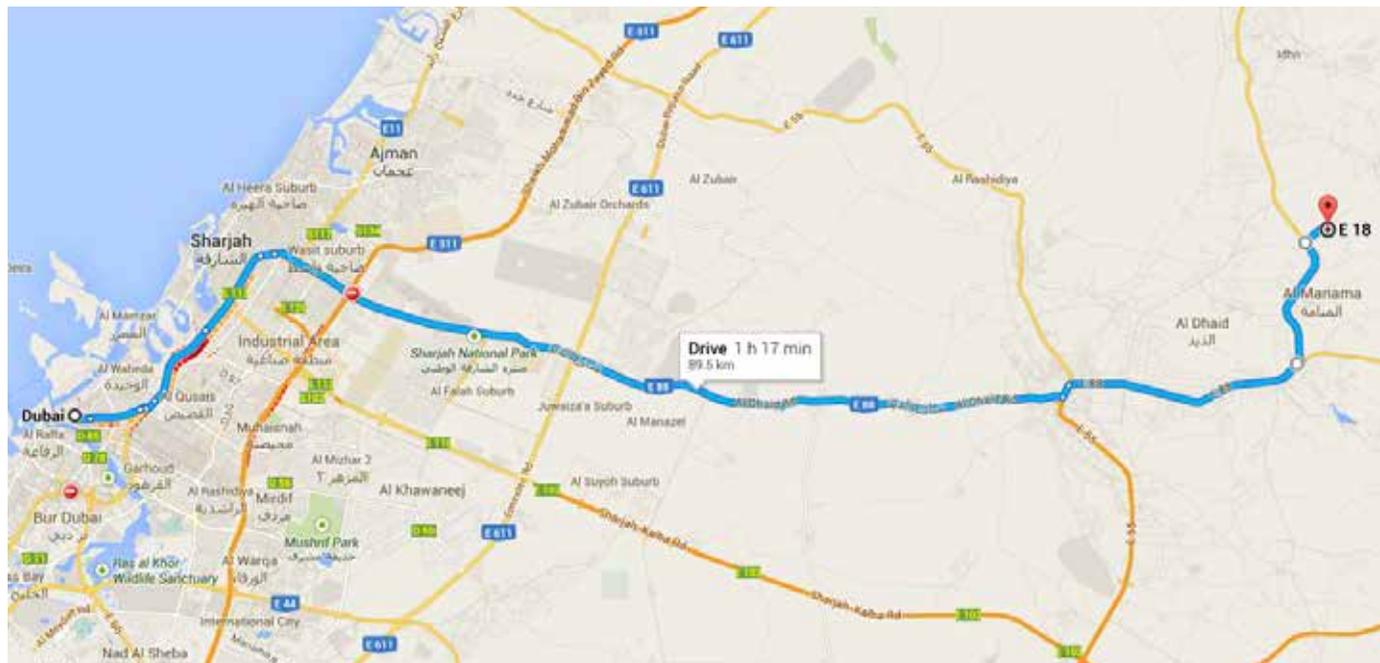
RACE START LOCATION



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 Al Haniyah (near Manama in Ajman) depending where you live in Dubai. The start line is accessible by saloon car and 4WD. But exercise caution, as soft sand build up is often along the track.

Start location directions:

1. Take the E11 from Dubai and take E88 at the Sharjah Airport exit - drive 47.8km
2. At the roundabout in Al Dhaid, take the 3rd exit onto E55 for 800m
3. At next roundabout turn right onto E88 - (pass through 2 roundabouts) - 14.4km
4. Take a U-turn at Thouban and then first right onto E18 - Drive approx 8 km. You will pass a sign for the village of Al Haniyah, approx 1 km further you will see a small Urban-Ultra UTX50 sign on the right side of the road (before UAE flag on a hill), drive across the cattle grid. Drive approx 2.5km along this road until you reach the START line. (You will see our vehicles and equipment on the right of the road in a small sand clearing with scattered trees). Google maps may take you on an alternative route through Al Haniya village which will also bring you to the same place.



UTX50 AND 21_{KM} COURSE

