



ADVENTURE HQ MLEIHA DESERT DASH + FATBIKE
ATHLETE GUIDE

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URBAN - ULTRA
GET OUT THERE!

Welcome to the fully-supported desert trail running and fat biking adventure that will start and finish at the same location - in the stunning Mleiha Archaeological Centre in Sharjah. It is a challenge and requires some fitness and training, but generous cut-off times allow most physically fit, determined and well-prepared runners to get to the finish.

■ Race Pack Collection

Your goody bag which contains your race bib, and other mandatory kit will be available from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai - 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 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 indicate upon registration the option for Race Day collection.

■ Location/Directions

GOOGLE MAP LINK: <https://goo.gl/maps/xZgn8mQWJRP2>

50k runners will start at 6.00am. (NO BRIEFING).

5k/10k/25k and all fatbikers will start at 8.00am and 8:30am. (NO BRIEFING).

Enjoy the winter weather and tranquility of the desert with your family and friends on this desert adventure run and fatbike. Races will start and finish in the area of the Mleiha Archaeological site. See map for location start and courses - accessible by saloon and 4WD. The 50k ultra runners will head off to complete the selected distance in the dark with a headlamp on a flat but challenging course marked with light reflective tape. You can rent/purchase fat bikes from a number of locations in Dubai.

■ Course

Courses are marked approx every 300m with pink flags and orange spray paint and with light-reflective tape on the same pink flags. The 5k and 10k courses are small loops. The 25k and 50k courses are a large single or a double loop. The 25k/50k course is a mix of hard track, low dunes, and some soft sand, gaiters are useful but not essential. **50k participants must use a headlamp for the first few km as it will be dark at their 6am start time.**

It is possible to run this course in both road shoes and trail shoes. 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. 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 parts of it to drive around the desert and access to local farms.

Cut-off is 50k – 8.5 hours – 25k is 5 hours. 50k runners MUST complete their first loop in maximum of 4 hours, as we will assume you will slow on your second loop.

■ Checkpoints

Water, Sharbatly fruit, nuts and electrolyte (Aqualyte) will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack is fully filled from your own supplies before the start. Water points will be positioned at approx 2.5k, 5k, 25k and start/finish. You might be surprised at speed at which the temperature rises in the desert, please do not miss out the opportunity to fill your water bottles at all checkpoints. 5k and 10k runners do not have to carry the mandatory kit list. ALL runners for ALL distances need to carry water from the start. For maximum Covid-safety, we will be asking you NOT to touch the water dispensers. A staff member with regularly sanitised hands will assist you filling your bottle or reservoir.

■ 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 - however please note any local laws regarding camping during this Covid time).

■ Race Finish Food

There will be light refreshments available for the 50k ultra runners included in the entry fee. Complimentary food is only available to participants, however, there is an on site cafe serving food for purchase for friends and family.

■ **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. (5k Juniors running with parent/guardian may share water with adult. Adults running 5k distance must carry minimum of 500ml water please).
- **CELL PHONE** - fully charged with pre-programmed number of **RACE DIRECTOR +971 50 4422934** - 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.

NOTE TO fatbikers: As a bike rider, you should be self-sufficient in taking all spare tubes, pump and patches yourself and be able to change a tyre, fix a puncture or attend to repairs should your bicycle require fixing. We do not carry spares or carry out repairs for fatbike riders. There are no bike mechanics on the course.

NOTE: All winners will be checked for complete kit carried for the entire race. 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. 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. Please advise us on registration if you have any specific medical requirements, conditions or allergies to medications.

OPTIONAL/RECOMMENDED GEAR

Sand gaiters (plastic bags taped to your feet or store bought), Sunglasses, Peaked hat with or without neck flap, Sunscreen, Waterproof (ziplock) for phone, Small scissors, Light jacket/fleece, Survival mirror, Lighter or waterproof matches, Spare Duct Tape, Energy Gels/Nutrition, Survival blanket ...

■ COVID-SAFETY - IMPORTANT PLEASE READ

****NO Check-in ... No Briefing ... ARRIVE & RUN between 8:00am and 8:30am ULTRA DISTANCE 50K runners will start their race promptly at 6:00am**

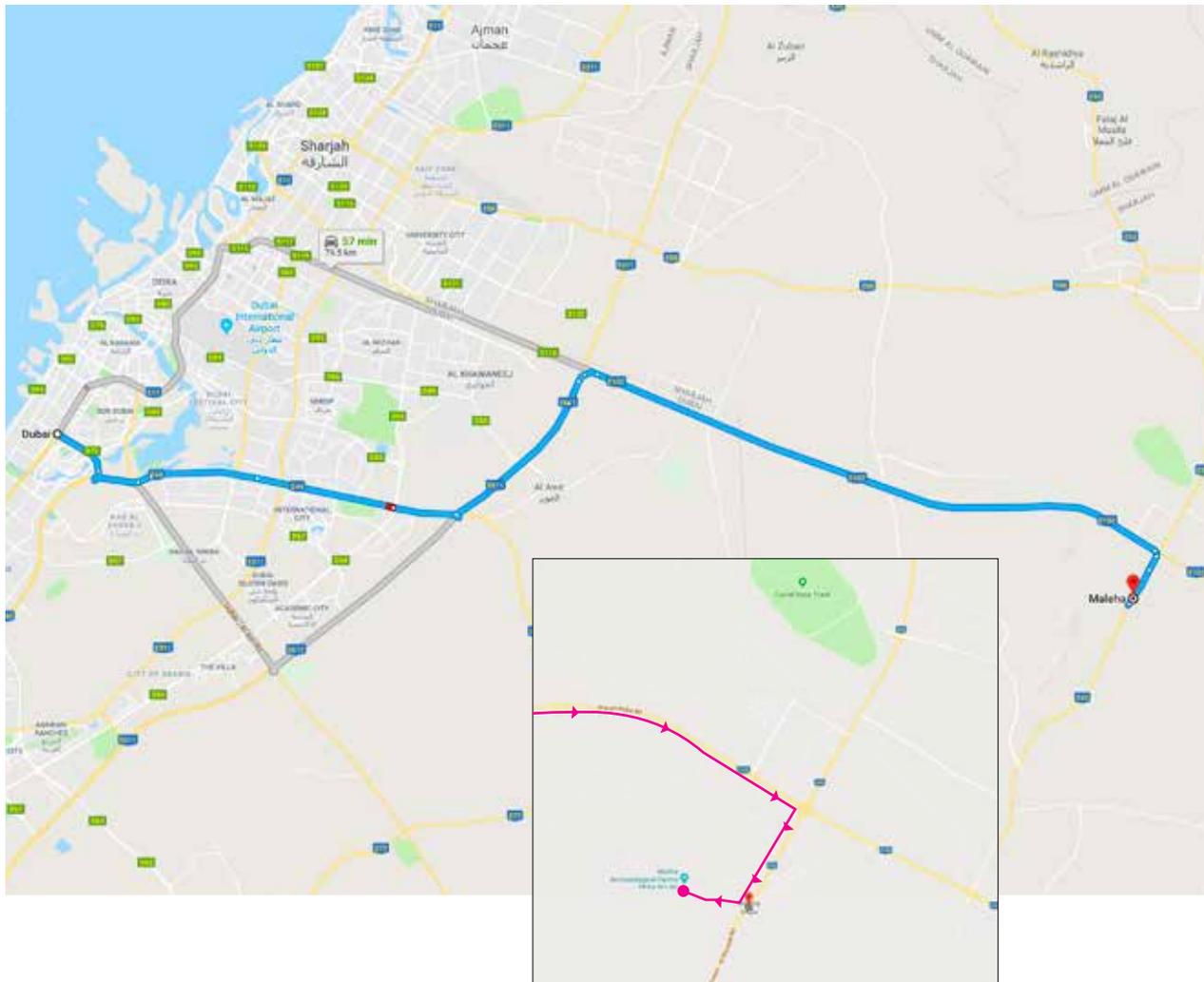
- *To limit the possible spread of the virus we are trying out a new format where you will 'ARRIVE & RUN'. This means that you must arrive between 8:00am and 8:30am. Runners can begin to run anytime during that slot. No runners will be permitted to run after 8:30am (no matter how much you plead or cry!) The new format gives an extra dimension to your competitors too – no one can see who is ahead or behind, so it is all out if you want to win!*
- *Please ensure you do not gather in any groups – socially distance yourself from any other runner at the start, checkpoints and in the car park*
- *You will be requested to wash your hands thoroughly at the start of the race - water and soap is provided*
- *There will be NO TOUCHING the water dispensers by runners, a member of staff will assist you to fill your bottle*
- *Sanitizer will be mandatory if you wish to take fruit from checkpoints - or you can kindly ask a staff member to assist - sanitizer is provided*
- *Runners will wear masks unless on the course running – masks are mandatory at all other times (please keep it with you!)*
- *Runners not wearing a face mask when not running will be kindly ask to wear one or leave (no excuses, we provide a bandana in your race pack)*
- *There will be no pre-race briefing, so you need to read your Athlete Guide thoroughly*
- *Whilst on the course, please allow as much space as possible between runners or if passing someone*
- *Because of the staggered start we will not know who has won the race until everyone has finished, therefore we will award trophies at a later date without a gathering. We will notify winners by email or telephone the following day to arrange trophy presentation.*
- *There will be fruit on checkpoints BUT NOT at the start/finish point - only water will be available at the start/finish point*
- *Runners are asked, that once their race is completed, to immediately leave the area. This is not our usual friendly trail community style, (we all like to have a chat about PBs and how lost you got, or how there weren't enough markers!), however we would like to keep bringing you these races for the entire season, so for the timebeing we would kindly ask that any post race nattering be done away from the finish line in groups no larger than 5 people.*
- *If you are experiencing ANY signs of the covid virus - PLEASE DO NOT attend the race. Please go straight to a testing centre and get yourself checked out.*

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!

HAPPY RUNNING - ENJOY YOUR RACE!

LOCATION MAP



1. Take the E44 or 611 from Dubai, direction Sharjah
2. At the Sharjah/Kalba sign (Exit 71) take the E102 (Exit 71B) highway towards the east coast and Kalba.
3. At the E55 interchange shortly after the ADNOC station and mosque, take the right turn towards Mleiha on the E55.
4. Continue along this road until you see the sign for the Mleiha Archaeological Centre and follow the race signs to the start.

Google Map Link:

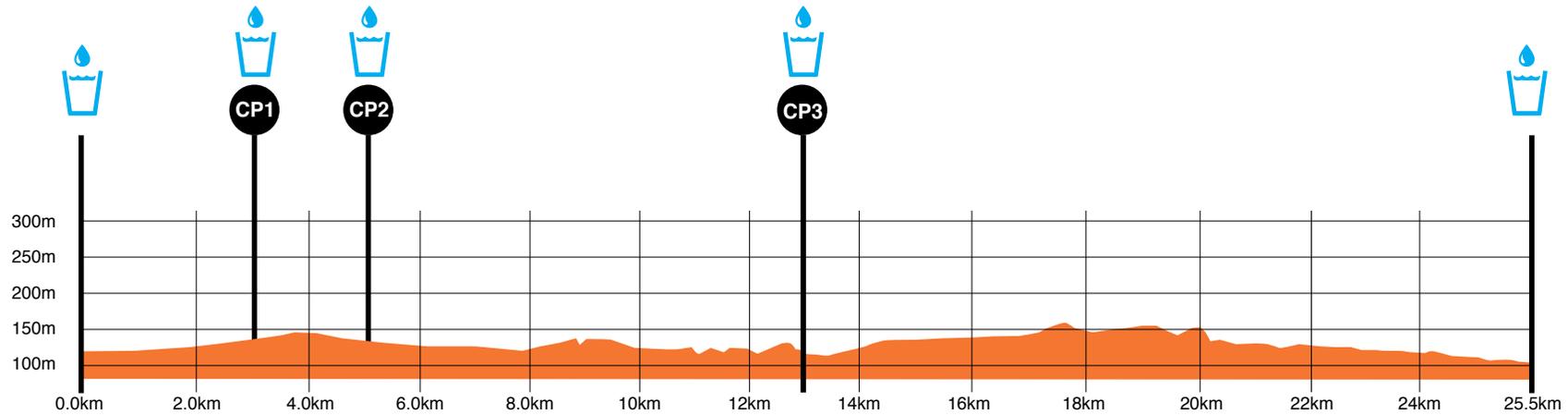
<https://goo.gl/maps/xZgn8mQWJRP2>

Mleiha Archaeological Centre in Sharjah

LOCATION MAP



COURSE PROFILE



5km = Loop (turn at CP1) 

10km = Loop (turn at CP2) 

25km = 1 single anticlockwise loop of 25km



50km = 2 x anticlockwise loops of 25km



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.