



URBAN-ULTRA COAST TO COAST CYCLE CHALLENGE
RIDER GUIDE

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URBAN - ULTRA
GET OUT THERE!



These unique, non-competitive cycle challenges take you east from the picturesque lagoons of Sharjah city, through the stunning Hajar mountains across to the east coast and then north all the way to Fujairah and your final destination, Le Meridien Al Aqah - the route stretches 172km for the Spring Edition and 230km for the Winter Edition with approx 1300m of elevation along smooth tarmac roads, winding through dunes, over mountain climbs and along the beautiful east coast to the finish where you can enjoy the fine sandy beaches of Fujairah.

■ COVID-PROTOCOL - IMPORTANT PLEASE READ

• **AL HOSN GREEN PASS required for event pack collection and event participation.**

- **For event pack collection and venue admission, kindly present the AL HOSN GREEN PASS status. Furthermore adherence to 2 meter social distancing rules and wearing a mask at all times (unless engaged in a sports activity). If you are vaccinated or unvaccinated and cannot show a GREEN PASS, then you must show a negative PCR test result no older than 72hrs. 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.**
- **Please ensure you do not gather in any groups – socially distance yourself (min 2m) from any other rider at the start, checkpoints and at the finish**
- **Riders will wear masks unless riding – masks are mandatory at all other times (please keep it with you!)**
- **Riders not wearing a face mask when not riding will be kindly ask to wear one or leave (no excuses, we provide a bandana in your race pack)**
- **There will be no pre-event briefing, so you need to read your Rider Guide thoroughly**
- **Please understand that this event is NOT in Dubai, and although Covid regulations have been relaxed in other emirates, in order to hold this event we are still required to enforce covid protocols. These are the regulations set out by the authorities and as an event organiser, we must abide by these rules.**

■ START/FINISH LOCATION

The Urban-Ultra Coast to Coast Cycle Challenge will start at Sharjah Mamzar Lagoons (25°18'35.05"N 55°21'10.52"E) promptly at 06:00hrs. There is ample parking. You can approach and park, on the Dubai Mamzar side or the Sharjah side. There is a parking permit in your race pack which validates parking on SHARJAH side only. This is NOT for Dubai - be aware which side is which.



There are toilets located at the start on the beach. Please ensure you arrive in plenty of time to sign-in at the registration desk open from 04.00hrs to 05.30hrs (and collect your goody bag if you are an international participant and have requested event day pick-up). Line-up into speed pods (fast at the front, slower towards the back) will be at 05.30hrs. THERE WILL BE NO BRIEFING.

The ride will finish at Le Meridien Al Aqah in Fujairah (25°30'32.77"N 56°21'44.90"E). Riders are asked to reach the finish no later than 15:00hrs which is a minimum of 27.5kph average speed. Please bear in mind that it will be dark when we start the ride at 06:00hrs and sunrise is 06:40hrs- please make sure you have front and rear lights.

Please make sure you give yourself plenty of time to get organised beforehand. **You may deposit a SMALL bag (no suitcases please) with a change of clothing in the truck located at the start point - this will be taken to the finish point and available upon your arrival from the tennis courts. Please ensure your bag is labelled with your pod letter, name and telephone number on the OUTSIDE of your bag so that you and we, can identify it. These bags are not accessible during the ride so please carry any valuables, ID and wallet and car keys with you.**

At the finish you will be rewarded with shower and changing facilities to prepare for your delicious BBQ on the hotel's private lawns with amazing views of the beach and Indian Ocean (there is no pool access for non-guests). A designated and secure area will be available to rack your bike until your departure at the tennis courts. If you booked the bus and bike transfer, you must use the provided frame packing material to safeguard your bike from scratches, and then stow into the luggage compartment of the coach. We will of course take great care of your bike, however you must sign the waiver releasing any staff member or transfer service of damage to your bicycle should this occur en route.

■ INTERNATIONAL PARTICIPANTS

Please note that should you wish to collect your event pack on the day you need to click this option upon registration.

■ EVENT PACK COLLECTION

Your pack will contain mandatory bib and bike numbers, along with other goodies will be available for collection at Wolfi's Bike Shop, Sheikh Zayed Road, Dubai during opening hours 09:00 to 19:00hrs.

Tel: +971 4 339 4453. Please refer to the website and your emails for updated information regarding collection dates. Only international or participants living outside of Dubai can collect their bag on event morning from the sign-in desk if you indicated this at time of registration.



■ THE RIDE

This ride will undoubtedly be a challenge and a wonderful day out on the roads of the UAE. Please note that you will need a certain level of fitness to take part due to the distance and the amount of climbing and bike handling skills for the steep descents.

Please ensure you have trained adequately so that you are able to participate safely and within your limits. As it is a real privilege to be able to use these roads, we ask all cyclists to adhere to traffic rules and to respect other road users. It is also important to emphasise again that this ride is a cycle challenge and not a race. By participating, you agree to ride within the parameters defined by the organisers and under the guidance of the ride captain assigned to your group. To maintain the maximum level of safety, you are kindly requested to ride with your pod and remain together for the duration of the ride.

WINTER EDITION (NOVEMBER):

This unique, non-competitive ride, dating back to 2005, takes you east from the coastal Sharjah lagoons, through the stunning Hajar Mountains across to the east coast all the way to the finish in Fujairah – the route stretches 230km with approx 1300m of elevation along smooth tarmac roads, winding through dunes, over mountain climbs and along the beautiful east coast where you can enjoy the fine sandy beaches of Fujairah.

SPRING EDITION (MARCH):

The Spring Edition of the event still begins from the coastal Sharjah lagoons, through the stunning Hajar Mountains across to the east coast and north all the way to Fujairah to your final destination, Le Meridien Al Aqah – the route stretches 172km with approx 1160m of elevation along smooth tarmac roads, winding through dunes, over mountain climbs and along the beautiful east coast to the finish where you can enjoy the fine sandy beaches of Fujairah.

■ ROUTE, RIDER PODS, SPEED

A 'pod' is a pre-determined group of riders with a designated speed. The pods will be organised based on the km speed you have estimated you will average and have submitted on your registration, so please be honest. Each rider pod (max 45 riders) will start out approx 2 mins apart following the route out from the Mamzar lagoons of Sharjah city. You will be escorted by safety and official police vehicles for the duration of the ride. If you split from the group you set off with, please do not expect vehicles to escort you personally. Safety vehicles will stay with the larger



groups of riders. If you wish to ride with 'team mates' then you **MUST ALL** enter the same **TEAM NAME** upon entry. Not personal names, or "I'd like to ride with X" etc. Create a team name, all riders use this team name and enter the **SAME** average speed. If any rider in the same team has a different average speed, you will **ALL** be grouped within the lower average speed that rider has stated.

■ CUT-OFF TIMES

Riders are asked to reach the finish no later than 15:00hrs which is a minimum of 27.5kph average speed.

Riders struggling to keep with their assigned pod may drop back to the next pod should they find the speed too fast or mountains they are too slow. Should you not be able to keep up with the last pod, you will be asked to take a rest in the sweeper bus until the rendezvous point in Kalba, where you may be able to rejoin your original pod, or a slower one depending on timing of the sweeper bus (Time dependent).

■ FEED STATIONS

Water/Feed Stops will be located at 3 points (Spring Edition) and 4 points (Winter Edition). Water, nuts, dates, oranges, bananas and electrolyte (Stealth - Secret Training) will be available at these checkpoints. Please try to be self-sufficient on your bike. Ensure you have enough water bottles mounted and that you refill and refuel at every opportunity. All feed stations have 'temporary basic' toilets for comfort breaks.

SPRING Edition (March)

- **CP 1 - Al Gharaib Tea Shop at Mahafiz interchange (approx. 55km)**
- **CP 2 - Barakah Rest (approx. 100km)**
- **CP 3 - Seapoint St. (approx. 138km)**

WINTER Edition (November)

- **CP 1 - Al Gharaib Tea Shop at Mahafiz interchange (approx. 55km)**
- **CP 2 - Munay (approx. 109km)**
- **CP 3 - Barakah Rest (approx. 153km/100km)**
- **CP 4 - Seapoint St. (approx. 195km/138km)**



■ SAFETY SUPPORT VEHICLES, VOLUNTEERS & AMBULANCE SUPPORT

Support cars will be identified with safety info and numbered, and assigned to each pod. They will escort each rider pod in order to provide a safety buffer between you and the sometimes fast moving traffic. Please try to stay with your rider pod to ensure maximum safety. These vehicles are not for mechanical breakdowns and will not be carrying discarded kit, food or water for riders - they are in place for your safety only. Should you need to abandon the cycle challenge you must wait for the sweeper bus to rack your bike and take a lift to the finish. We will have ambulances along the route of the cycle challenge and police support to assist with traffic control at junctions and roundabouts. **However, please note that the roads are not closed to traffic and you must pay attention to all road rules and regulations of the UAE.**

Although we welcome experienced support drivers in their own cars, please note that this is ONLY permitted if the drivers are submitted to the organisation prior to the event (no longer than 1 week prior to event). We will need the mobile number, email address and licence plate number in order to contact and brief them. Any riders with drivers should contact us immediately so that we can add them to the list of vehicles on the route. If you are not registered with us, you will not be able to access the rider pods between official police and emergency vehicles.

Please also note that support drivers are not exclusive to the club or group that they are supporting. Other riders may well join the pod and should be accommodated. Contact us: events@urbanultra.com

■ NO MECHANICAL SUPPORT

There will be safety support cars along the route, however they are not bike mechanics, you are requested to ***carry your own supply of spare tubes and pump*** in case you puncture along the way. You should be able to take care of most mechanical failures you might experience with your own toolkit, repair kit and knowledge. If you experience a flat tyre, please get into the support car with your bike if possible and repair, and you will be dropped off once it is safe to do so back into your pod. If this is not possible, you must repair and join another pod behind yours. Please do not ride alone. **TO CLARIFY: Our version of FULLY SUPPORTED ride does not mean we have a mobile shop or mechanic with every rider, pod or at any feed station. You MUST be self-sufficient where spares and repairs are concerned.**

■ BIKES, NUMBERS AND BIBS

TT bike, TRI bikes/bars, e-bikes, folding bikes are not suitable for group rides. This is a group ride. For maximum safety, only standard road bikes are permitted for this ride. For safety and identification you will be provided with and asked to wear a single bib on the rear of your cycle jersey and a bike number on your seatpost. Your number will be used to identify you with your bike at the bike park on collection.



■ MANDATORY KIT

It will be dark when we start the ride at 06.00hrs and sunrise is 06:40hrs - please make sure you have front and rear lights. You must wear your bib number on both your jersey and your bike. Please carry your own water bottles, supply of spare tubes and pump in case you puncture along the way. Water will be pumped not given in bottles, so it is essential to bring your own hydration pack or bidons.

Please also carry identification (Emirates ID or International ID), face mask, wallet, car keys and a mobile phone.

■ BRIEFING

Due to the covid safety protocol we will not be making a briefing prior to start.

■ TIMING SYSTEM

We would to emphasise that the Urban-Ultra Coast to Coast Cycle Challenge is not a race and therefore will not be timed.

■ BUS TRANSPORTATION

You have the option to purchase a return bus trip with your bike, back to Sharjah. You will find this option in the STORE at an extra cost. The return buses will commence staggered departures from 16:00-18:00hrs back to Sharjah. If you booked the bus and bike transfer, you must pack your bike using the provided packing material and then stow your bike in the luggage compartment of the coach upon arrival into the finish and collect your receipt. This receipt indicates the bus you should travel on, along with your bike. Multiple buses will all leave at the same time with your bikes on board, so if you want to arrive with your bike, please make sure you are on the same bus. Depending on traffic which can be very heavy in Sharjah please allow 2.5 - 4 hours for the journey. You and your bike will be safely and securely transported back to the start point. The drop point will be at the same point you started (Sharjah Lagoons Car Park), with no stops along the way.

■ BBQ BUFFET AT LE MERIDIEN AL AQAH

Your entry price includes a celebration buffet and soft drinks on the private lawns of the hotel - **please collect your wristband at the entrance to the BBQ for identification to hotel staff, it is NOT in your Goody Bag.** Alcoholic drinks are available but must be purchased separately and are not included in your entry fee. Extra BBQ tickets for family and friends can be purchased in the STORE for an additional cost.



■ THE UAE - IT IS STILL HOT - AND WEATHER CAN BE UNSTABLE i.e. STORMY/RAINING

Temperatures during the race are likely to be around 25-30°C. It is expected to be hot with little shade so please make sure you are properly protected with sun tan lotion. Ambulances are on standby throughout the duration of the event but you must take care to ride sensibly in such conditions. There will be water available from aid stations but please make sure you have sufficient nutrition and fluids of your own on your bike. Hydrate properly pre-event, throughout the ride and continually post-event until you are completely hydrated. If you start to get headaches, feel dizzy and nauseous then you may be suffering from heat exhaustion and need to seek medical advice. Listen to your body and if you feel in any way: confused, experiencing muscle cramps, sweating more than usual, headache, nausea/vomiting or feeling dizzy please seek medical help immediately. We have also experienced freak storms, wind and rain on the ride, so it is important to be prepared for all eventualities. Take a light rain jacket, make sure your bike is properly serviced and in good working order i.e. brakes and wheels are clean, debris free and work adequately on downhill sections in wet weather.

■ The boring but important stuff ... Rules & Regs

In entering this event and by reading the race waiver, you agree to abide by the general terms & conditions of participating in an Urban-Ultra event.

COVID PROTOCOL

Al Hosn GREEN PASS is required for pack collection and ride. Or a negative PCR test no older than 72hrs.

MASK WEARING

ALL riders MUST wear a face mask if not riding during the event. This includes all areas at the start and finish, unless eating/drinking.

TRANSFER OF ENTRIES

Transfer of your entry to another person may only be done up to 2 weeks prior to the event. This is done online with Hopasport - select the Transfer Registration option in the Transactions section of your profile manager to do so. The new rider must be registered and you need to know the email address of the person you are transferring your entry to. Follow instructions given on the website to make sure your entry is transferred correctly.

WITHDRAWALS/CANCELLATION

Riders are able to withdraw from the event, however, refunds are subject to your registration insurance upon entering and no more than 2 weeks prior to the event.

MEDICAL FITNESS DECLARATION/WAIVER

All riders must declare any medical conditions to the race organiser before the ride. This does not necessarily exclude you from riding, it ensures we are in full possession of all medical facts should any problem arise and emergency services need to administer treatment. All riders signing the waiver agree that they are fit and able to cycle 170/230km of challenging terrain and have trained adequately to do so comfortably.



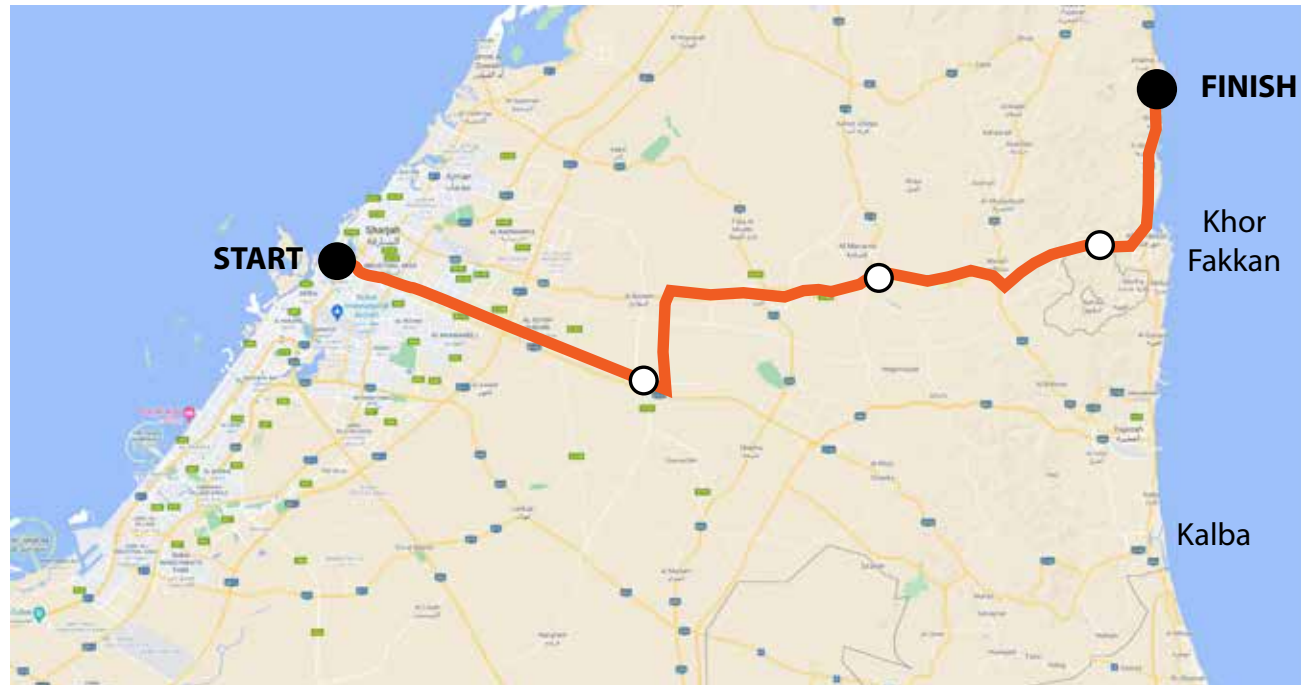
TT BIKES, E-BIKES, TRI BIKES/BARS, FOLDING BIKES ARE NOT PERMITTED. This is a group ride and for maximum safety, only standard road bikes are permitted to ride in group formation. For safety and identification you will be provided with and asked to wear a single bib on the rear of your cycle jersey and a bike number on your seatpost. Your number will be used to identify you with your bike at the bike park on collection.

Bikes will be transported back to the start point in a secure manner, however, race organisers or anyone associated with the event cannot be held responsible for any damage caused during transportation. By reading the waiver you agree to the T&Cs of bike transfer.

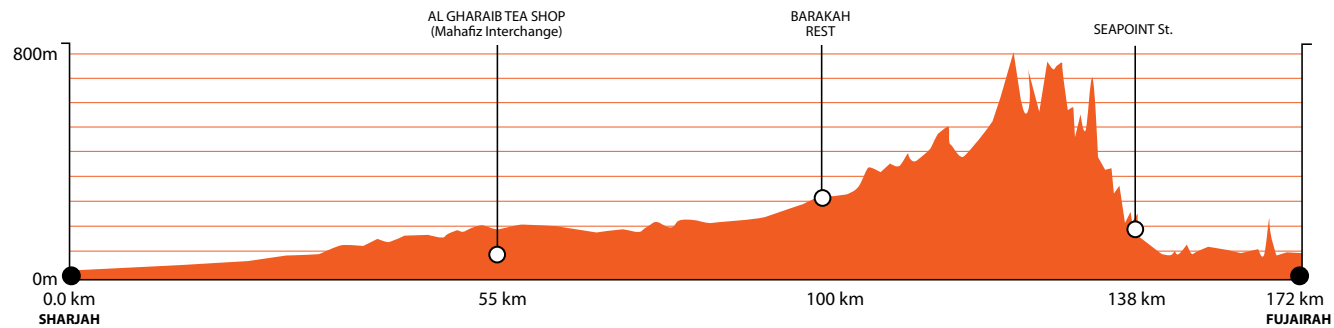




ROUTE & ELEVATION - SPRING EDITION



- SPRING**
- 172km Cycle Route (West to East)**
- FEED STATION**

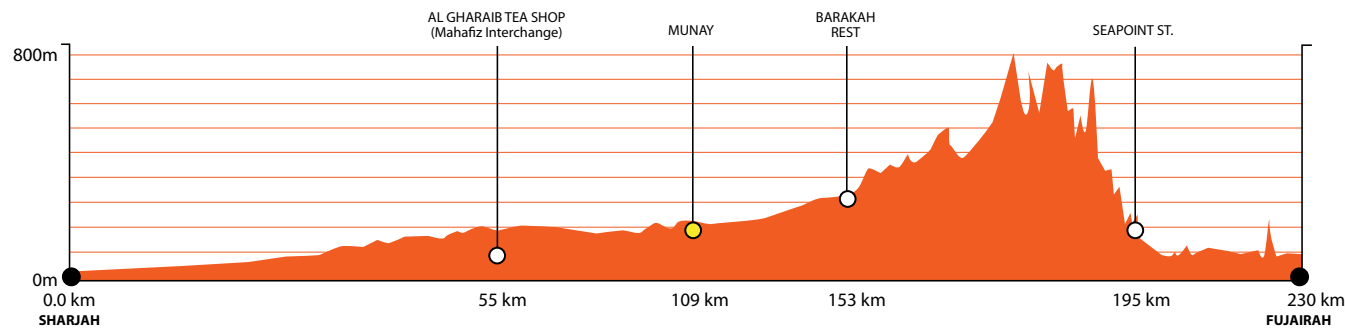




ROUTE & ELEVATION - WINTER EDITION



- WINTER EDITION
- 230km Cycle Route (West to East)
- FEED STATION





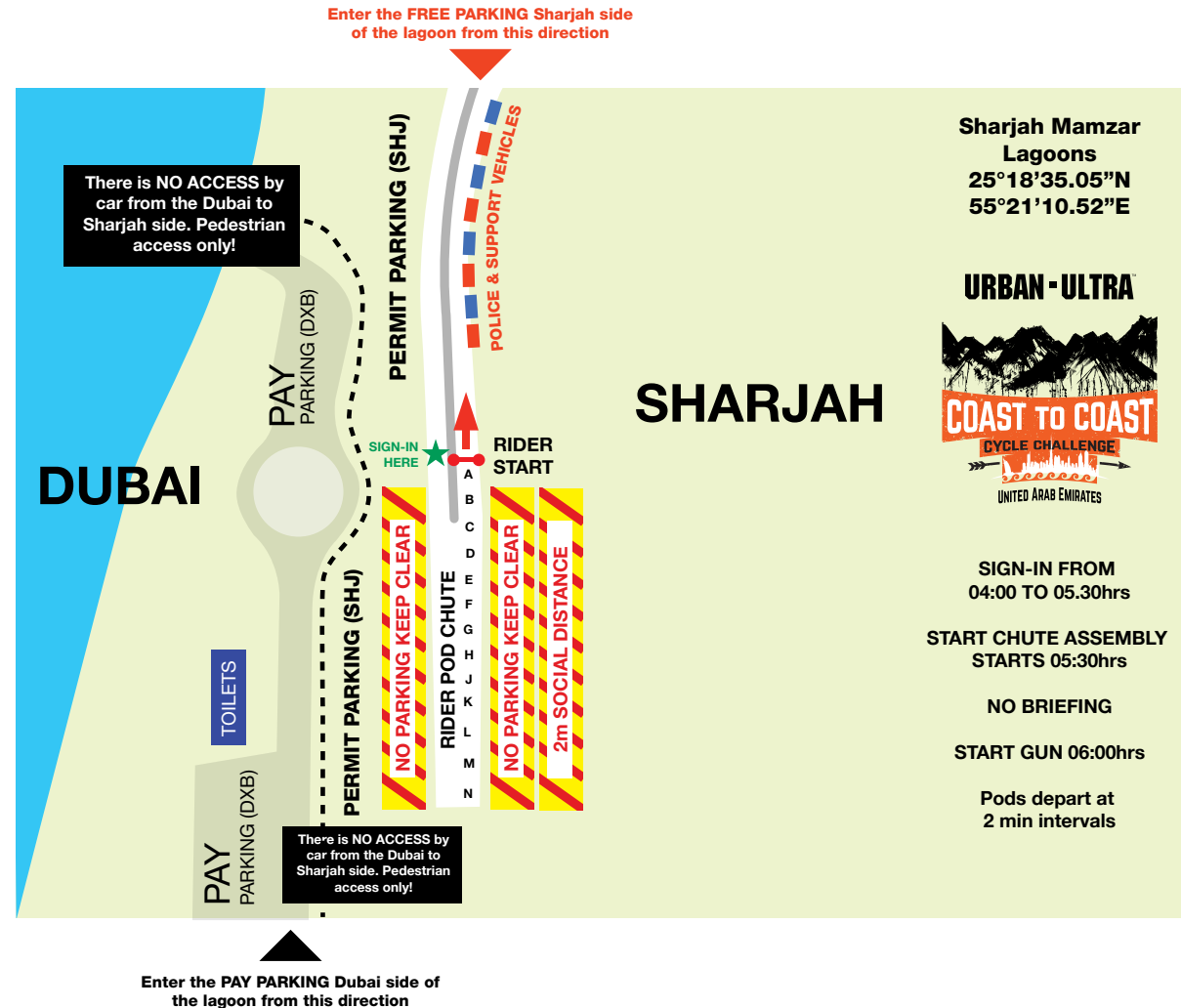
PARKING & START CHUTE

IMPORTANT

You will find a Parking Permit in your Goody Bag, please place it in your windscreen if you park on the Sharjah side of the lagoon overnight.

You must pay for parking on the Dubai side and may be given a fine if left overnight.

PLEASE RESPECT the 2m social distance rule. Wear masks at all times unless you are riding.



Sharjah Mamzar Lagoons
 25°18'35.05"N
 55°21'10.52"E

URBAN - ULTRA
COAST TO COAST
 CYCLE CHALLENGE
 UNITED ARAB EMIRATES

SIGN-IN FROM
 04:00 TO 05:30hrs

START CHUTE ASSEMBLY
 STARTS 05:30hrs

NO BRIEFING

START GUN 06:00hrs

Pods depart at
 2 min intervals





EVENT WAIVER - BY BEGINNING THE RIDE YOU AGREE TO THE BELOW

PLEASE READ THIS DOCUMENT (THE “WAIVER AGREEMENT”) CAREFULLY BEFORE RIDING. 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 event, 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 / 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 event or any post event treatment due to injuries sustained during the event.

I hereby state that I adhere to the Covid protocol stated in this document as part of the terms and conditions to participate. Should I contract the virus as a result of the event or post event celebrations, I do not hold any person, driver or organisation responsible for any subsequent treatment, hospitalisation, illness or death. I agree to contact the organisers 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.