



URBAN - ULTRA™

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URBAN-ULTRA™ WADI RACER ATHLETE GUIDE

WELCOME TO THE WADI RACER 2022

Race Pack Collection

Your race pack which contains your race bib, and other goodies will be available for collection from HOPATEC Motor City Revolution Bike, Hopatec office, from 7 and 8th of April 2022 during opening hours 10am to 7pm.

* Please note that race packs 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 if you live outside of Dubai we can take your bags to the start line as long as you inform upon registration 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 the Emirates for Adventure and Mountain Tourism Camp in Wadi Showka (25° 6'3.18"N 56° 3'44.24"E) The road is accessible by saloon car - just go slowly and take extra precaution across the wadi beds. Race starts at 5.00am sharp! (Check-in CLOSES at 4.30am. Compulsory briefing at 4.45am).

Course

The course is a spectacular single track and gravel jeep track as well as rocky wadi bed with short sharp climbs and undulations. It is possible to run this course in both road shoes and trail shoes. The course will be marked with light reflective material for navigation. The course is very dark - you will not be able to locate the reflective markers without your head torch - you will not be allowed to start the race without it. **(Head torches are NOT supplied, you must bring your own equipment). Due to the unspoiled nature of this single track, this section will only be marked minimally with spray paint (orange dots) and yellow directional signs.**

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 are there.

Please note, that the course road is not closed to traffic, and locals use parts of it to access their villages. Be aware that you may encounter a minimal amount of cars or trucks whilst running.

■ Cut-Off Times

The total cut-off for the 30km distance is 5 hours. However, you must reach 15km point by 07:30am otherwise you will not be allowed to continue. (This is located on your second visit to CP2 on your way back from CP3).

■ Checkpoints

Water checkpoints will be located at the 4k turn for the 10k runners. At the CP2 turn for the 20k runners and at CP3 15k turn for the 30k runners. An extra CP4 at the dam will provide refreshments for the 20k and 30k runners. Water, fruit and electrolyte drinks will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack (1.5 ltr) is fully-filled from your own supplies before the start. All runners for all distances require the minimum of 1.5ltrs water for their run.

■ Camping

There are no hotels nearby, so your options are driving to and from the site for the event or staying with us at the newly created Emirates for Adventure and Mountain Tourism Camp with your own tent/car. Showers and toilets are also provided and there is no charge for pitching your own tent.

■ **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. Winners will be checked for complete kit and given time penalties for every missing item.

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line. ALL DISTANCES.
- **HEADTORCH/FLASHLIGHT** (NOT SUPPLIED) It is dark when you set off and markers are only visible with a torch/headlight
- **CELL PHONE** Fully charged with pre-programmed number of Race Director +971 50 4422934 - only operational on race day.
- **REUSABLE CUP** (NOT SUPPLIED) Drinks will be pumped, NOT given in bottles or disposable cups.
- **WHISTLE**
- **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.
- **COURSE MAP PRINTOUT OR DIGITAL COPY ON PHONE**
- **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.



OPTIONAL/RECOMMENDED GEAR

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

HAPPY RUNNING - ENJOY YOUR RACE!

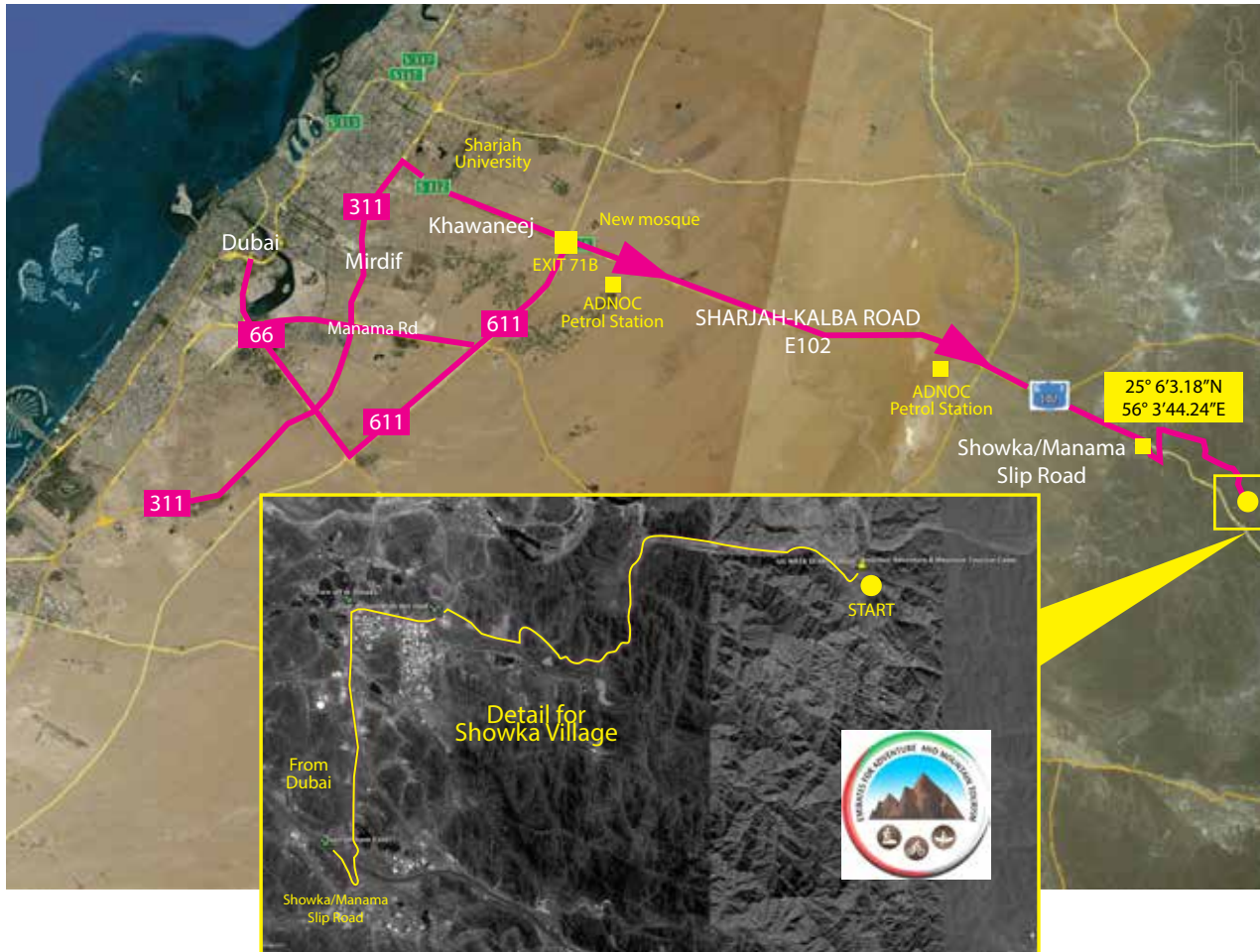




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DIRECTIONS



1. Take the 611 from Dubai, direction Sharjah

2. At Exit 71B, Sharjah/Fujairah/Kalba turnoff to E102 from 611. Keep right, and you will pass the ADNOC petrol station on the right.

3. Continue along the E102, passing the 2nd ADNOC petrol station until you see the sign and slip road for Showka/Manama on the right. (16.5km from the second ADNOC station). Take the third exit on the R/A taking you under the bridge and continue straight past one sign for Shawkah on the right and until you reach a row of shops and a second sign pointing right to Showka. Turn in and approx 200m you will see a tall blue water tower on your left - drive across the small bridge following the tarmac road to reach Showka Health Clinic. On the left of the clinic you will take a gravel road bringing you to the back of the clinic and a small slope to cross the wadi and back up to the other side where you will turn immediately right and then follow the main wadi road for approx 4km. (Follow the signs for Emirates for Adventure and Mountain Tourism Camp).

GPS COORDINATES

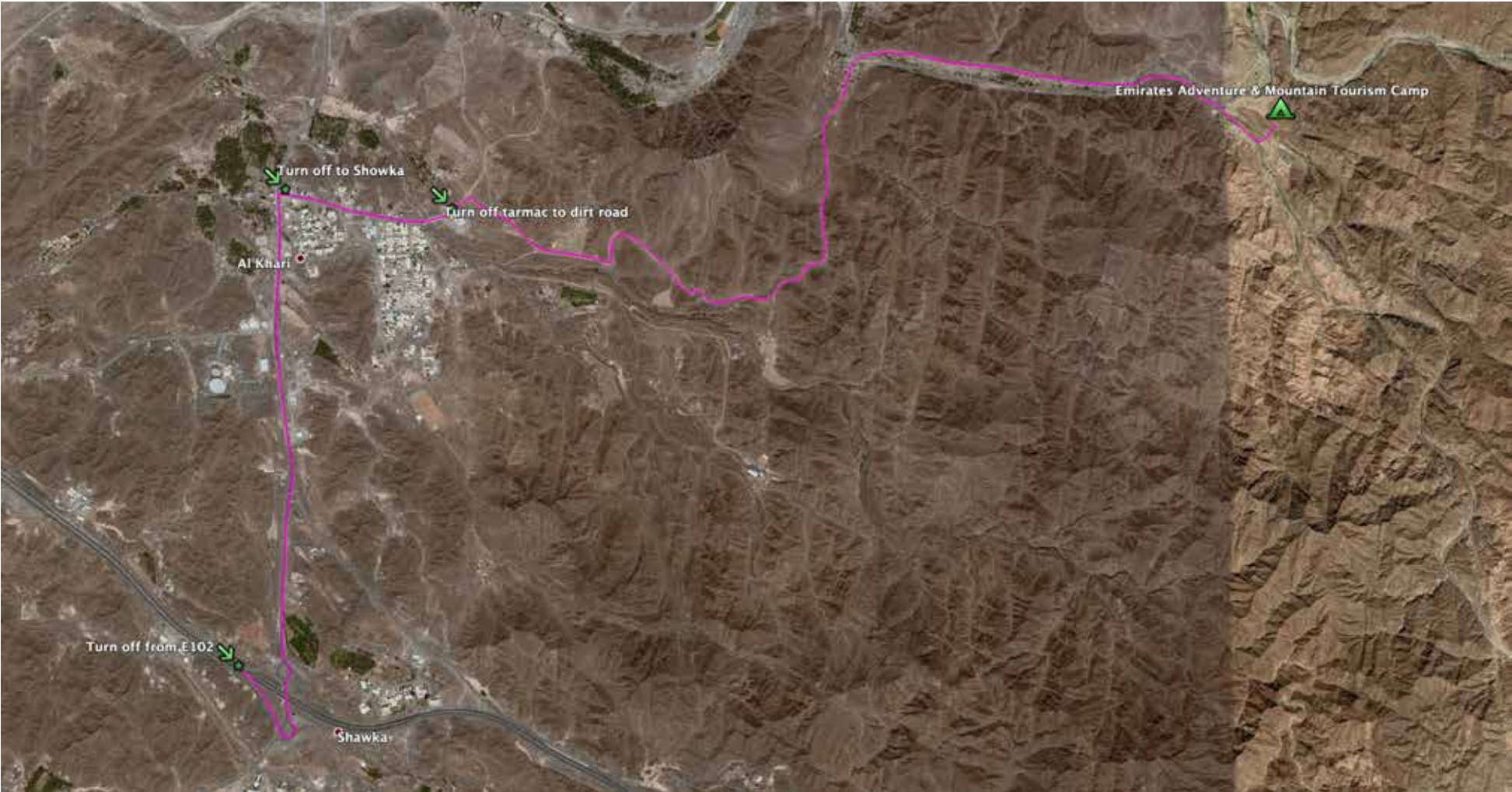
25° 6'3.18"N 56° 3'44.24"E



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START LOCATION





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10k TRAIL RUN



10k Runners will exit the start and turn right along a wadi bed for 4km to CP1 and then turn left along a single-track trail all the way back to the finish.



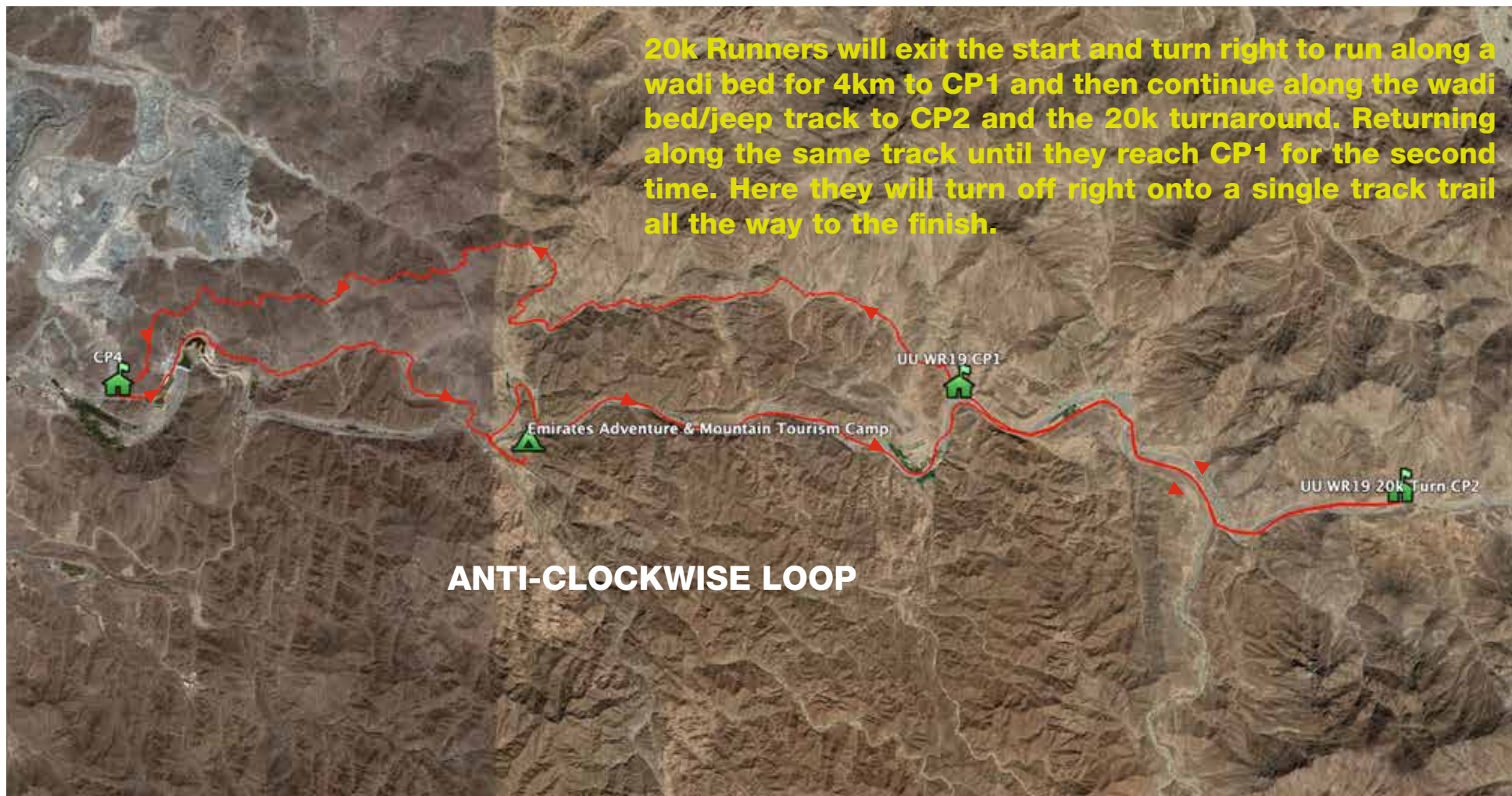
20k TRAIL RUN



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20k Runners will exit the start and turn right to run along a wadi bed for 4km to CP1 and then continue along the wadi bed/jeep track to CP2 and the 20k turnaround. Returning along the same track until they reach CP1 for the second time. Here they will turn off right onto a single track trail all the way to the finish.





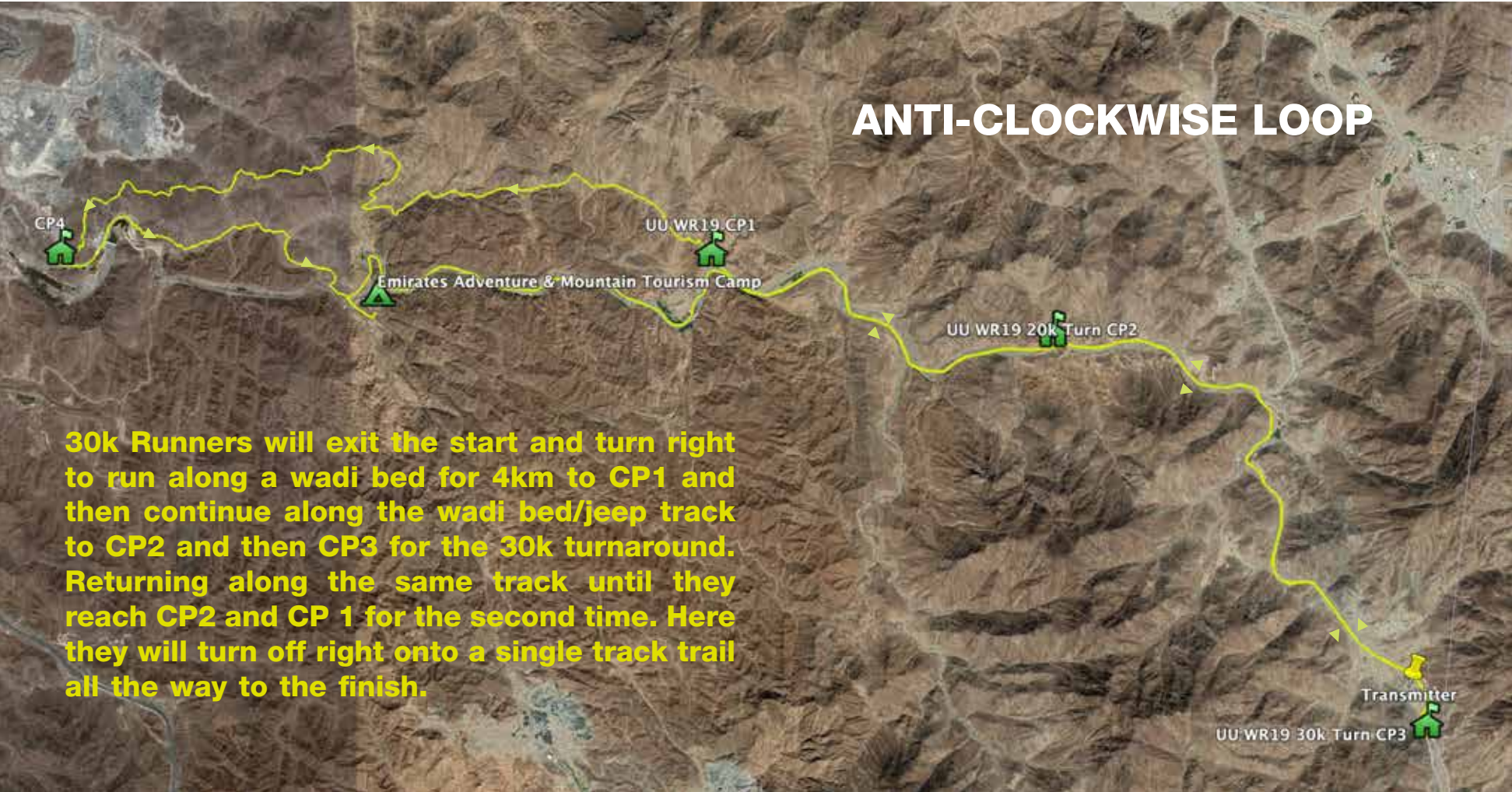
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30k TRAIL RUN



ANTI-CLOCKWISE LOOP



30k Runners will exit the start and turn right to run along a wadi bed for 4km to CP1 and then continue along the wadi bed/jeep track to CP2 and then CP3 for the 30k turnaround. Returning along the same track until they reach CP2 and CP 1 for the second time. Here they will turn off right onto a single track trail all the way to the finish.