

SHAWKA HUMP RACE

EDITION – 2

OCTOBER 29, 2022



A high-angle, wide shot of a rugged, rocky trail winding down a steep, dark-colored hillside. The trail is composed of light-colored gravel and dirt, contrasting with the dark, jagged rocks on either side. Several runners are visible, spaced out along the path, moving downwards. They are wearing various athletic gear, including tank tops, shorts, and backpacks. The lighting is bright, suggesting a sunny day, and the overall scene conveys a sense of outdoor adventure and physical challenge.

RUNNERS GUIDE

RACE INFORMATION



LOCATION/ DIRECTION:

- The race will take place in Wadi Shawka Ras Al Khaima. The race will start from the Heritage village and finish in the same location.
- Heritage Village Start/Finish GPS coordinates: 25.10329, 56.04137 <https://maps.app.goo.gl/s9TSqmq5CCKei2k76>
- Parking is available, and can be accessible by a saloon car.

RACE START TIME:

- 42km runners will start at 5:30am.
- 21km runners will start at 6:00am.
- 10km runners will start at 6:30am.
- 4km fun run will start at 6:15am.
- Cut-off time of 4 hrs for 4km – 10km & 21km. Cut off time of 7hrs for the 42km Marathon.
- Race registration starts from 5:00am. Please arrive 30-40 min earlier to your start time to avoid the long queues
- Race briefing will be 10 min prior starting time for all distances.



COURSE:

- The course for all distances is a mix of jeep trail, and single track path with rocky technical sections.
- The course is marked with green for the 42km distance, orange color for the 21km distance, and blue color for the 10km distance.
- The 4km distance will be guided by our marshals. (Please follow their instructions)
- Please note that the course is not closed to traffic and locals use part of it to access their villages. Be mindful that you may also encounter hikers or mountain bikes on the single track path.

RACE PACK COLLECTION:

- Please check your email once registration is closed for collection details, or refer to the race page on Instagram for updates.
- IG: Shawka_Hump_Race (Please follow the race page on Instagram to stay informed and updated).

RACE INFORMATION



CHECKPOINTS:

- Water, fruits and electrolytes will be provided during the race on the checkpoints. All runners must carry their own water and fuel for the race, water is not provided at the start line. **Drinks will be pumped at all stations, not given in bottles or disposable cups.**
- CP1 (for 10km distance at almost half way)
- CP2 (for 21km distance at almost half way)
- CP3 (for 42km distance at almost half way)
- CP4 (for 21km & 42km distance before the steep climb)
- CP5 (at the finish line for all runners)

Toilets will be available at the Heritage Village (race venue)

MANDATORY GEAR: (For the 10km, 21km & 42km distances)

- Race Pack** (To carry compulsory equipment/ All runners on those distances must carry minimum of 1,5 liter of water from the Start line). Runners on the 4k distance must carry minimum of 500ml water.
- Trail Running Shoes** (It is mandatory to have a shoes with a grip. Trail shoes is recommended for the 4km runners)
- First Aid kit** (4"x4" gauze pads, medical tape, triangular bandage, blister kit, pain killers etc.) It should also include any specific medication you require personally.
- Whistle** (to signal for emergency)
- Head torch** (for the 42km runners only)
- Mobile Phone** (Fully charged with the race organizer's numbers)
- Nutrition/ Fuel** (Energy Gels, dates, trail mix etc. to fuel while running)

RECOMMENDED GEAR:

- Sun Glasses
- Hat/ Sunscreen
- Survival Blanket

RACE EMERGENCY NUMBERS:

(ON RACE DAY ONLY)

+971 55 394 9060

+971 50 666 0724





MANDATORY GEAR



MANDATORY GEAR:

Item	Description	42km Marathon	21km Half Marathon	10km Distance	4km Fun Run
	Race pack/ Bag/ Belt to carry compulsory equipment	✓	✓	✓	✗ (Recommended)
	Hydration Bladder/ Bottles/ Flasks with minimum 1,5L capacity	✓	✓	✓	✓ (Minimum 500ml)
	Trail running shoes/ Shoes with a grip	✓	✓	✓	✗ (Recommended)
	Basic First Aid Kit (For treating minor wounds)	✓	✓	✓	✗
	Emergency Whistle	✓	✓	✓	✗
	Headlamp/ Torch lamp	✓	✗	✗	✗
	Fully charged Phone (Must be able to call out)	✓	✓	✓	✓
	Nutrition/ Fuel	✓	✓	✓	✗ (Recommended)

RECOMMENDED GEAR:

Item	Description	42km Marathon	21km Half Marathon	10km Distance	4km Fun Run
	Emergency Blanket	✓	✓	✓	✗
	Hat/ Sunscreen	✓	✓	✓	✓
	Sunglasses	✓	✓	✓	✗
	Personal cups for drinks. Drinks will be pumped at all stations, not given in bottles or disposable cups.	✓	✓	✓	✗

RACE INFORMATION



MANDATORY GEAR :

- The mandatory gear is for your safety, any accident on the trail you will need a fully charged mobile phone to call one of the organizers, and must have your first aid kit until an emergency care is administered. The terrain is tricky and you will require shoes with grip for most of the sections. The weather can change on the trails, water and fuel is essential to avoid dehydration and stay cramp-free.

PENALTY AND DISQUALIFICATION:

- Every runner MUST carry their own mandatory gear from start to finish. Overall winners will be checked for complete gear (1 minute time penalty per missing item) applied on 10km, 21km & 42km distances (M & F)
- Disqualification (Race organizers disposition) for any runner seen taking short cuts on the trail or getting any kind of support outside the aid stations.

LITTERING:

- We follow a no littering policy. All empty bottles, gels and trash must be kept either at the station or in your back pack until the finish. Please keep the trails clean.

ROUTE DISTANCE ACCURACY:

- We try to mark the distance as accurate as possible but due to the nature of the terrain and difference in GPS watches, please understand that the distances may slightly vary.

RACE WAIVER AND COVID-19 SAFETY RULES:

- Please note that you will read and sign a waiver prior to the race upon registration, and by signing the waiver you agree to the terms and conditions of entry.

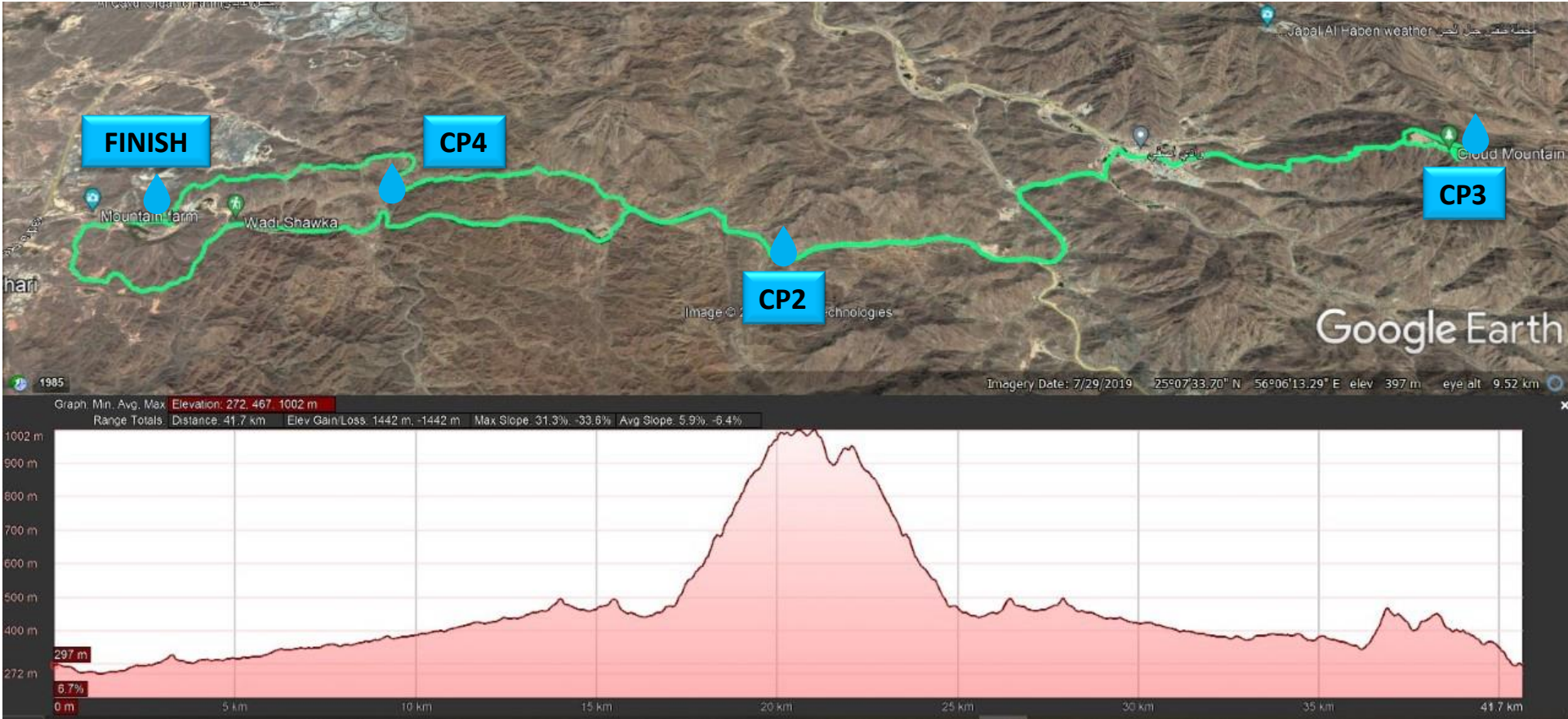
CAMPING & ACCOMODATION:

- There are no hotels nearby, you can drive to and from the site or set your own tent and camp close to the race venue.

RACE COURSE MAPS & CHECKPOINTS/AID STATIONS



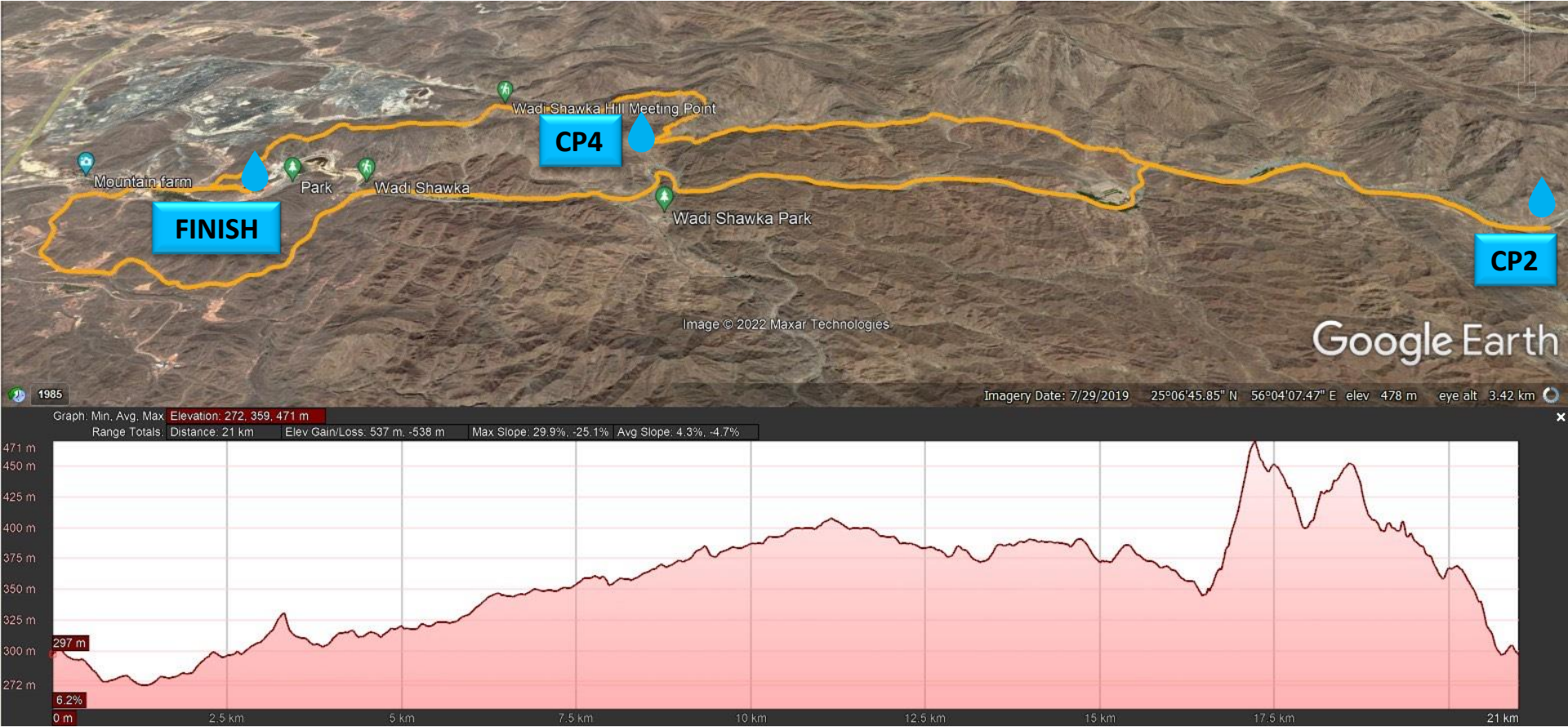
42KM CLOUD MOUNTAIN MARATHON



RACE COURSE MAPS & CHECKPOINTS/AID STATIONS



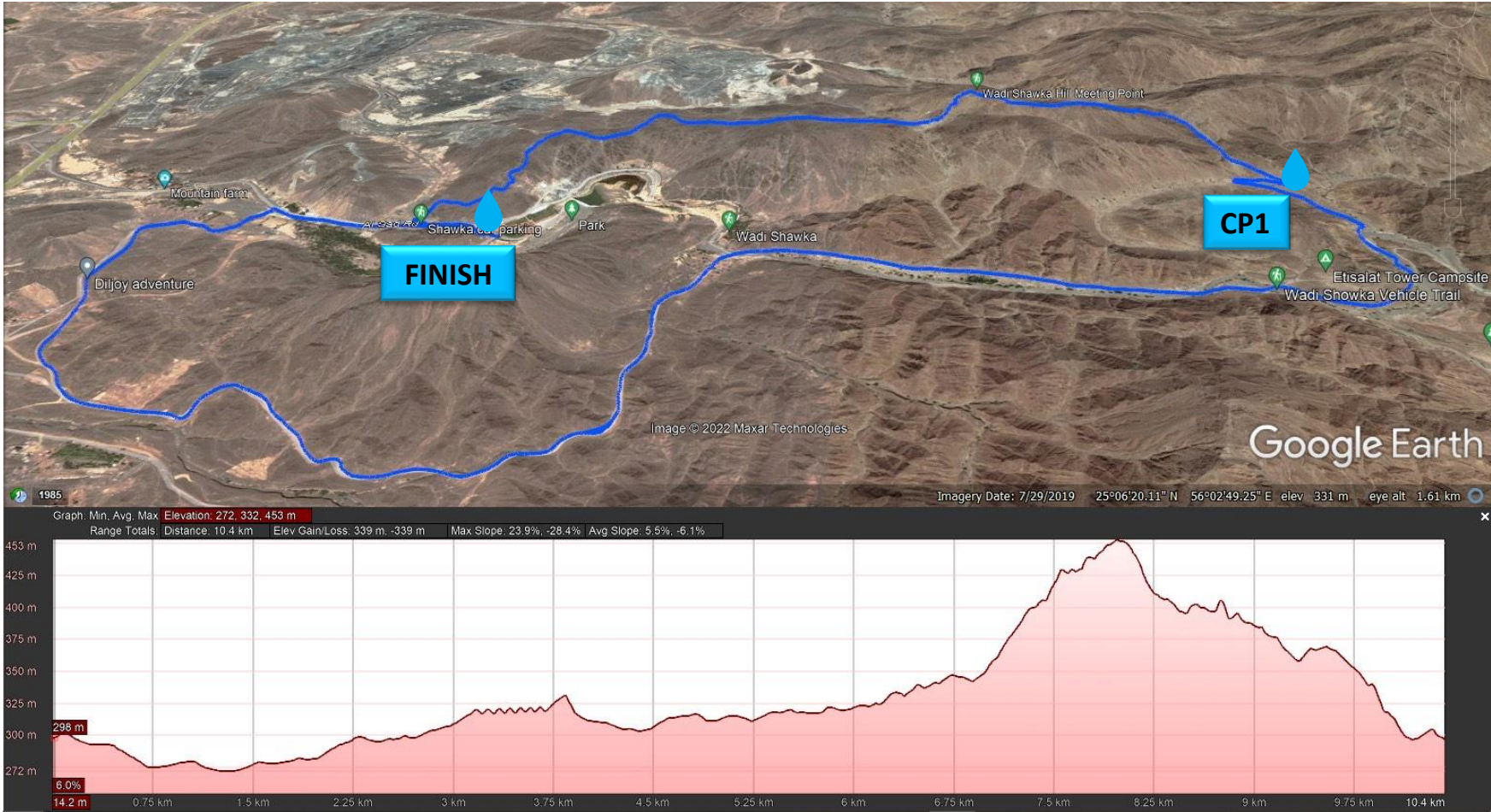
21KM HALF MARATHON



RACE COURSE MAPS & CHECKPOINTS/AID STATIONS



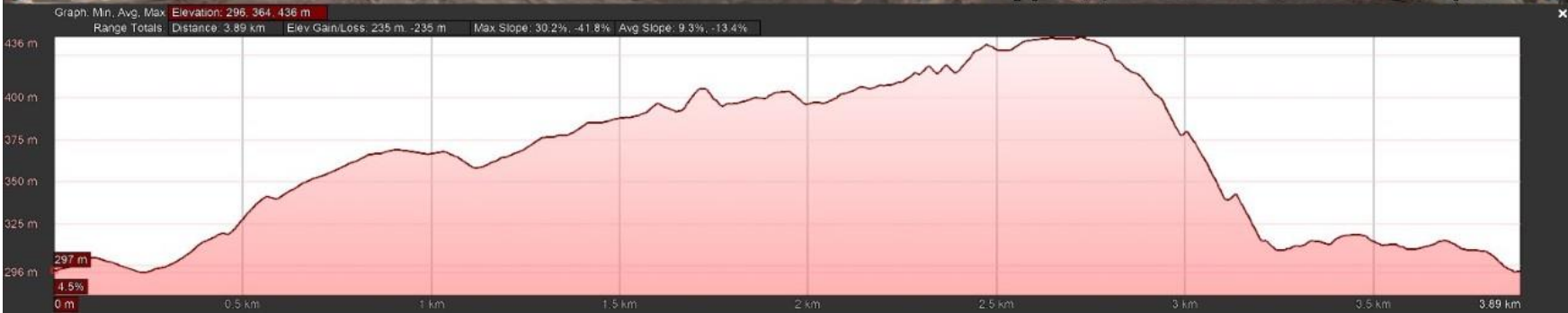
10KM DISTANCE



RACE COURSE MAPS & CHECKPOINTS/AID STATIONS



4KM FUN RUN



RACE LOCATION & DIRECTIONS



LOCATION MAP



DIRECTIONS FROM DUBAI:

(via Sharjah-Kalba Rd/E102)

1. Take Sheikh Mohammed Bin Zayed Road/E311
2. Take the exit toward Al Ain - Dubai Road/E66
3. Take exit 19 for E611 toward Al Ruwayyah/Al Sharjah/Al Dhaid
4. Take the exit toward Sharjah-Kalba Road/E102
5. Take the exit toward Showka/Manama
6. Continue on Kadra Road then turn right towards Al Sad Road.
7. At the round about turn right onto 19A St

Drive all the way down towards the mosque you will find plenty of parking spaces.

GPS COORDINATES: (HERITAGE VILLAGE START/FINISH)

25.10329, 56.04137

<https://maps.app.goo.gl/s9TSqmq5CCKei2k76>

RULES & REGULATIONS



- You must stay on the marked course at all times. Short cuts are not permitted. If you get lost return to the last sighted marking or check point.
- Your race number must be worn visibly at all times.
- You must check in at each water station (W) OR checkpoint (CP) with the checkpoint officials to get marked/registered. Failure to do so will mean you will not have been registered as completing the race course and you risk disqualification or not being ranked.
- Withdrawal from the race can only take part at the checkpoints. Tell an aid station staff that you have decided to drop out of the race.
- If you need First Aid help on the course you must use the emergency phone numbers provided for the race to contact event organizers who will arrange to retrieve you if required.
- You must carry the Mandatory Gear at all times during the event. Random gear checks will be performed.
- You must carry your water. Drinks will be pumped at all stations, not given in bottles or disposable cups.
- Any Littering is unacceptable! All litter must be carried to the next water station where it can be disposed off.
- Runners acknowledge that by participating in such an event, they accept that the route is challenging and at times designed for runners who are conditioned and trained for such an event.
- Runners understand that medical response to emergencies may be slow due to the nature of the event and remote locations of this event.
- Minimum age requirements: 4km accompanying adult if < than 14 years and parental consent if < 18 years. 18+ for all the other distances 10km, 21km & 42km. Please download and fill in the consent form. It must be provided upon race collection.
- All competitors are responsible in ensuring they are medically fit to participate in this event and do not suffer from any medical condition which can be aggravated by running.
- If a participant encounter another runner or staff member who is injured or sick and unable to move on their own, please give priority to assisting that person by informing the organizers or an aid station staff.

OUR SPONSORS



ENJOY YOUR RACE!

