

A female triathlete is running on a gravel road that winds through a rugged, mountainous landscape. The mountains in the background are brown and rocky, with some snow patches on the left. The sky is clear and blue. The runner is wearing a black triathlon top and shorts, and has a green and white race bib on her waist. She is looking down at her feet as she runs.

SHAWKA HUMP RACE
EDITION – 3

MARCH 11, 2023



RACE ORGANIZERS

PEAKS
SPORTS





SHAWKA HUMP RACE



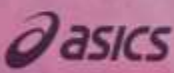
SUUNTO

BODY FACTORY



BODY FACTORY

SUUNTO



OUR SPONSORS



OUR SPONSORS



RACE INFORMATION



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: (Race start time will be confirmed closer to the race)

- 50km Ultra runners will start at 5:00am.
- 21km runners will start at 5:30am.
- 10km runners will start at 6:15am.
- 4km fun run will start at 6:00am.
- Cut-off time of 4 hrs for 4km – 10km & 21km. Cut off time of 9 hrs for the 50km ULTRA.
- Race registration starts from 4:30am. Please arrive 30 min earlier to your start time to avoid the long queues.
- Race briefing will be 10 min prior starting time for all distances.

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).

AWARD CEREMONY/PRIZE GIVING: (Time will be confirmed closer to the race)

- 4km, 10km & 21km Overall & Age Group will start from 8am.
- 50km Overall & Age Group will start from 9.30am.

**WE ARE GOING
ULTRA!!**



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 21km & 50km 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.

MANDATORY GEAR







MANDATORY GEAR



MANDATORY GEAR:

Item	Description	50km ULTRA	21km Half Marathon	10km Distance	4km Fun Run
	Race pack/ Bag/ Belt to carry compulsory equipment	✓	✓	✗ (Recommended)	✗ (Recommended)
	Hydration Bladder/ Bottles/ Flasks with minimum 1,5L capacity	✓	✓	✓ (Minimum 500ml)	✓ (Minimum 500ml)
	Trail running shoes/ Shoes with a grip	✓	✓	✓	✗ (Recommended)
	Basic First Aid Kit (For treating minor wounds)	✓	✓	✗ (Recommended)	✗
	Emergency Whistle	✓	✓	✗ (Recommended)	✗
	Headlamp/ Torch lamp	✓	✗	✗	✗
	Fully charged Phone (Must be able to call out)	✓	✓	✓	✓
	Nutrition/ Fuel	✓	✓	✗ (Recommended)	✗ (Recommended)

RECOMMENDED GEAR:

Item	Description	50km ULTRA	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 EMERGENCY NUMBERS:

(ON RACE DAY)

+971 55 394 9060

+971 50 666 0724

COURSE MAPS



COURSE & CHECKPOINTS



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 50km distance, red 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.

CHECKPOINTS:

- Water, fruits, sandwiches and electrolytes will be provided during the race on the checkpoints & finish.
- Water is not provided at the start line.
- CP1 (for 10km distance at around 5km from start & for 50km distance at around 7km) – before/after detouring on technical terrain towards Shawka pools.
- CP2 (for 21km at around 11km from start) – this is the turn around for 21km runners and also a refill station for 50km runners.
- CP3 (for 50km distance close to the Mosque) – this station is for the 50km runners to fuel before the climb to cloud mountain & back.
- CP4 (for 21km & 50km) – this is a remote station before the steep climb for the last 5km towards the finish.
- Finish (water & fruits at the finish line for all runners)

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



4KM DISTANCE

4KM RACE COURSE CHECKPOINTS/AID STATIONS



4KM DISTANCE



Graph: Min, Avg, Max Elevation: 294, 362, 436 m
Range Totals: Distance: 3.99 km Elev Gain/Loss: 236 m / -236 m Max Slope: 29.4% / -12.7% Avg Slope: 9.1% / -13.2%



4KM COURSE BRIEF



COURSE:

- 4km runners will start from the heritage village on asphalt (tarmac road) which goes up to the roundabout.
- Few meters ahead all 4km runners must turn right towards the hiking trail across the street.
- The trail continues on single terrain with no turns until reaching a trail junction.
- The trail will not be marked but marshals will be there to guide the runners and there can be rest stops under the tents if needed.
- At the junction all 4k runners must climb up towards the Shawka stairs.
- This is a technical climb, be mindful of big rocks and people around you on the trail. Keep right as the terrain is easier to navigate midway through the climb.
- After reaching the top, few meters ahead, 4km runners should take the stairs down and back towards the heritage village.
- All runners must come through the finish line from the asphalt road through the gate. Be mindful not to take the stairs shortcut just before the finish.
- There will be no aid station on this route, please make sure to carry water & hydration for yourself and your children until reaching the finish line.

Happy Running! 😊

4KM RACE COURSE DETAILS

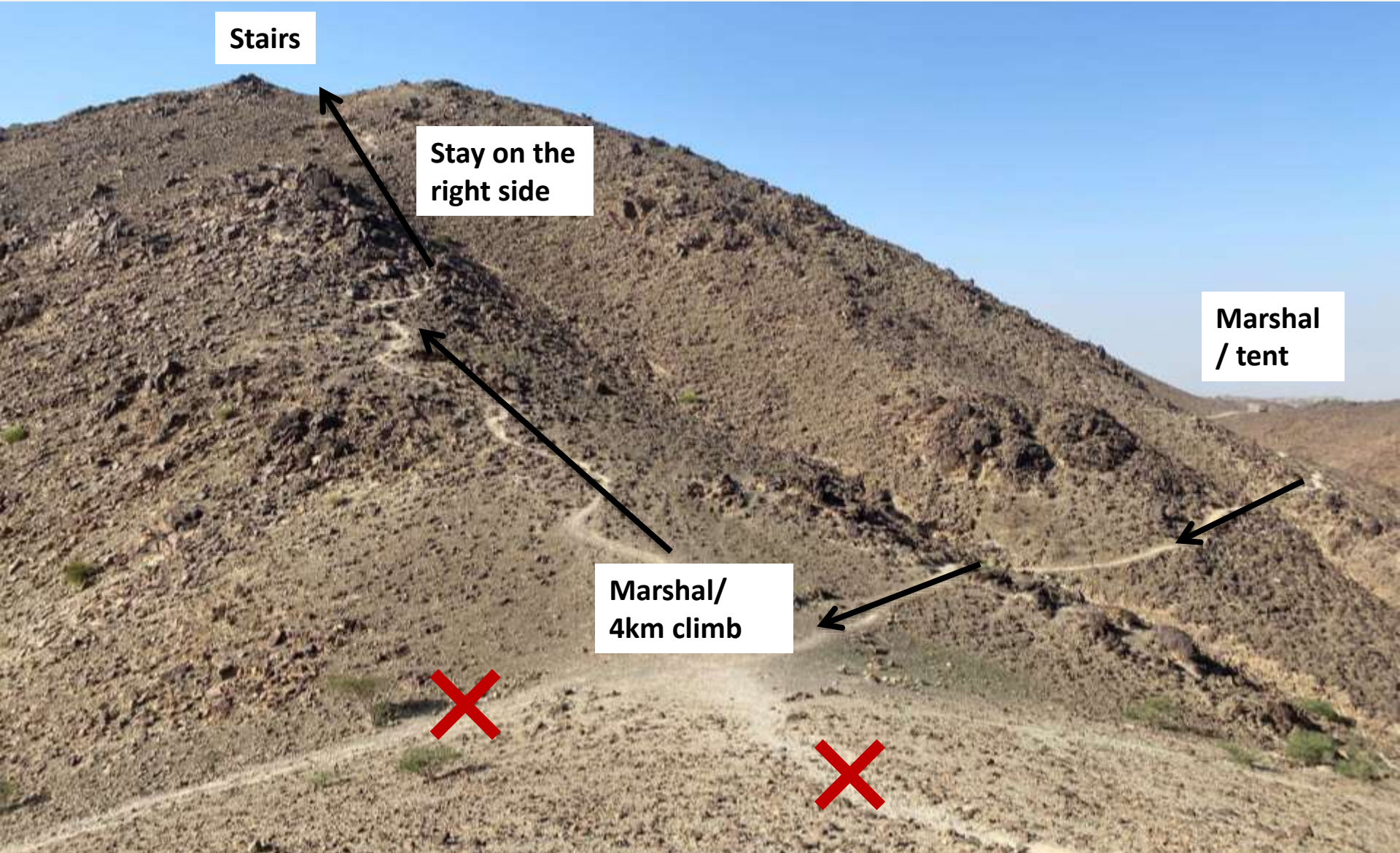


**Race Venue - Heritage Village
Start/ Finish Line**



**Only the 4km
runners climb
this way**

4KM RACE COURSE DETAILS



Stairs

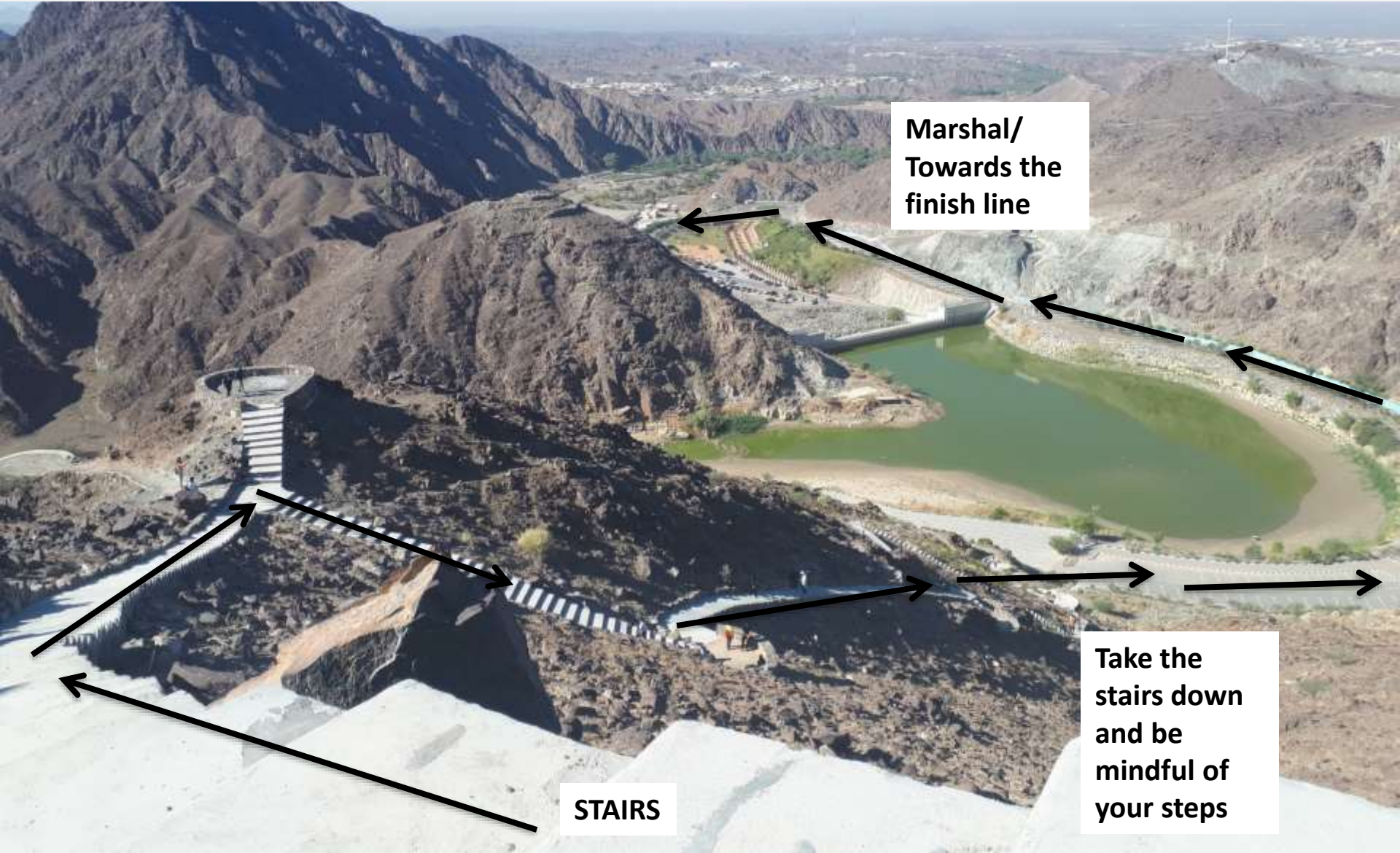
Stay on the right side

Marshal / tent

Marshal / 4km climb



4KM RACE COURSE DETAILS



Marshal/
Towards the
finish line

Take the
stairs down
and be
mindful of
your steps

STAIRS

10KM DISTANCE



10KM RACE COURSE CHECKPOINTS/AID STATIONS

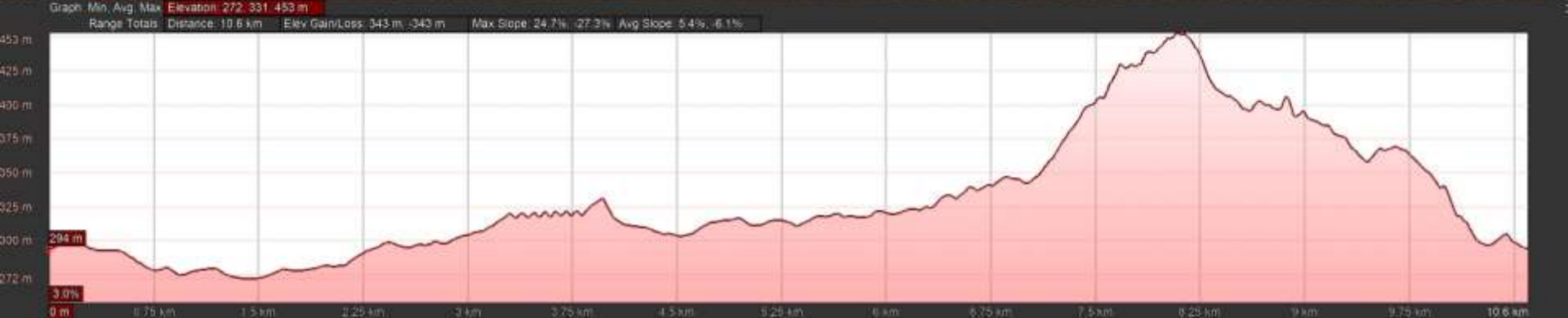


10KM DISTANCE




**Finish at the
Heritage Village**


**CP1
Fruits & Water**



10KM COURSE BRIEF



COURSE:

- 10km runners will start from the heritage village on asphalt (tarmac road) which goes up to the roundabout and continues down the road from where it turns left towards the jeep trail.
- The route continues on jeep trail till approximately 5km to reach the checkpoint/aid station (CP1).
- All runners must refill their water & hydrate well at this station.
- At approximately 6km from the start line runners must turn left on a river/wadi bed until reaching the tent at the bottom of the climb.
- From the tent all runners must climb up.
- The route continues on single and technical terrain with big rocks until reaching the top of the climb.
- From the top all runners must follow the trail towards the finish line.
- At the last junction, runners must continue towards the right. No runners should go up to the stairs nor left to the wadi.
- Finally at the road crossing, all runners must turn left on the tarmac road towards the finish line.
- The route will be marked with blue spray and ribbons, marshals will also be there to guide the runners.

Happy Running! 😊

10KM RACE COURSE DETAILS



10km runners must continue on
Tarmac towards the jeep trail



Race Venue - Heritage Village
Start/ Finish Line



10KM RACE COURSE DETAILS



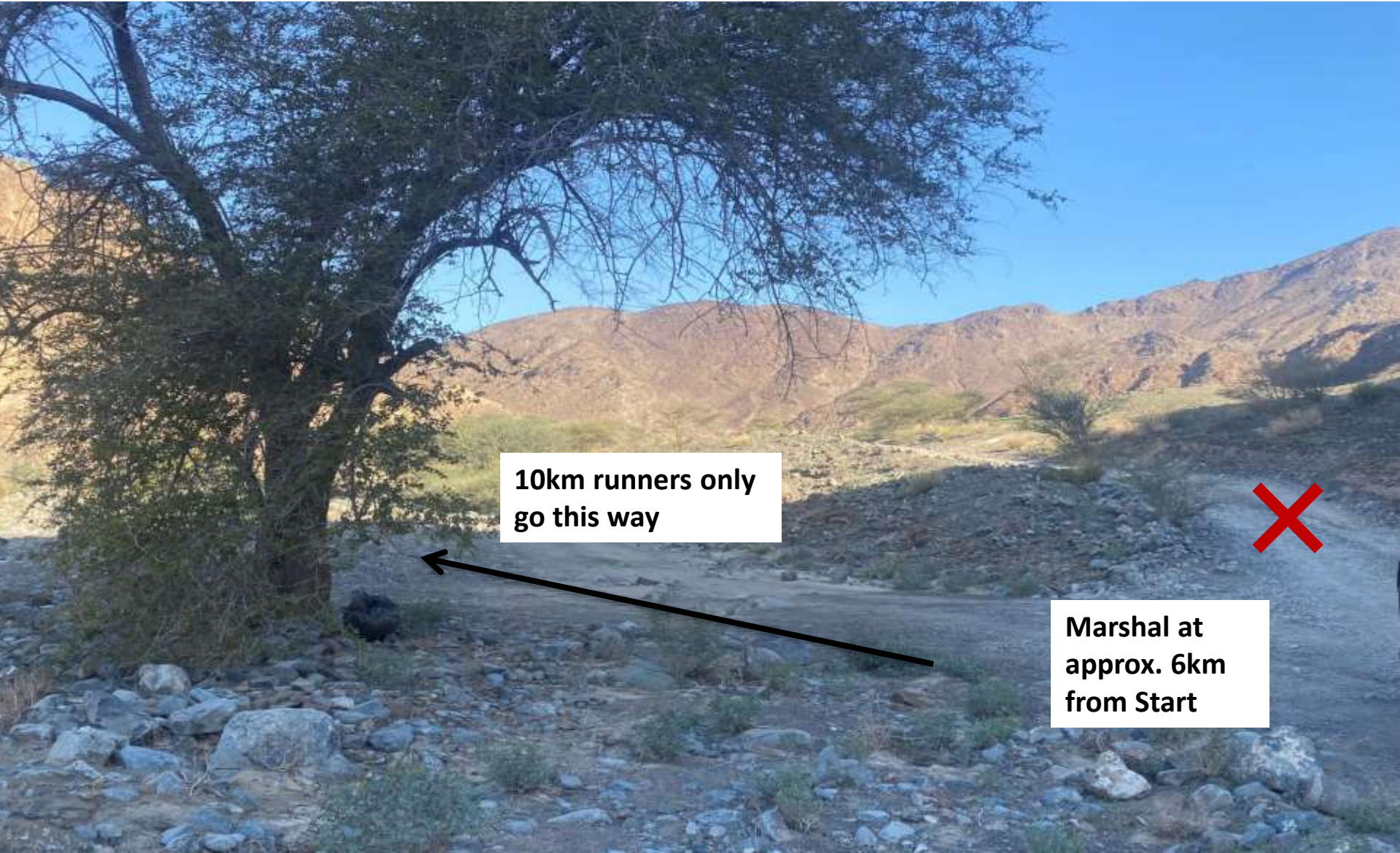
10km & 21km runners
must go this way



CP1/ 🍏💧
Checkpoint 1



10KM RACE COURSE DETAILS



10km runners only
go this way

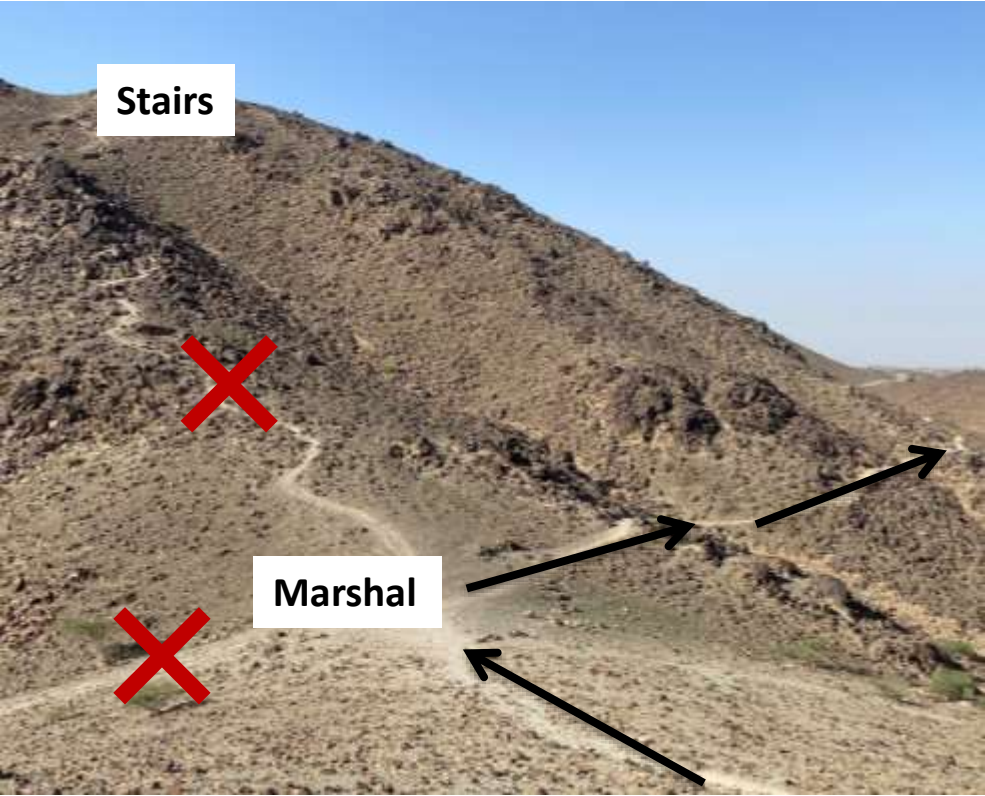


Marshal at
approx. 6km
from Start

10KM RACE COURSE DETAILS



10KM RACE COURSE DETAILS



Towards the finish line



21KM DISTANCE



21KM RACE COURSE CHECKPOINTS/AID STATIONS



21KM HALF MARATHON



21KM COURSE BRIEF



COURSE:

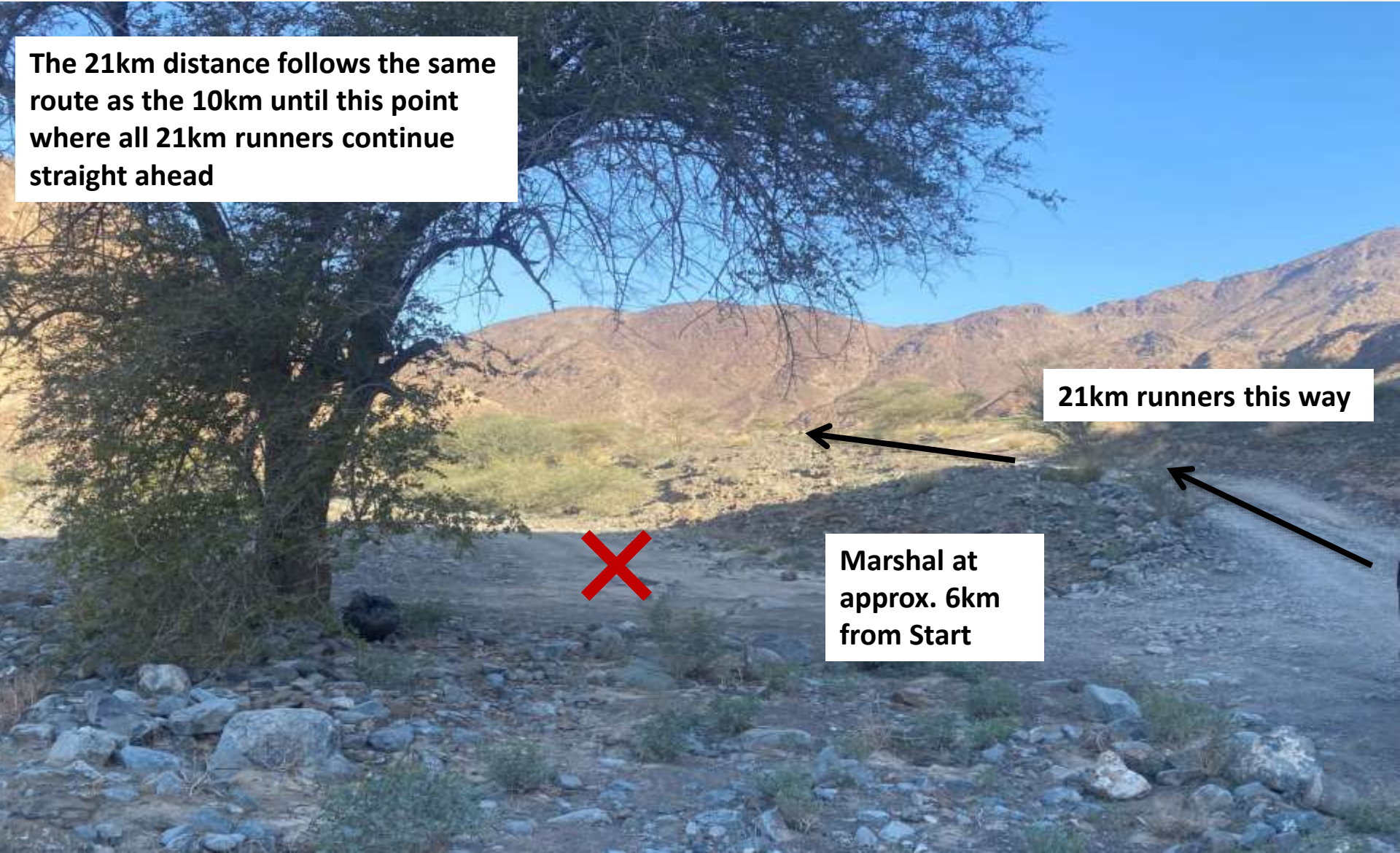
- 21km runners will start from the heritage village on asphalt (tarmac road) which goes up to the roundabout and continues down the road from where it turns left towards the jeep trail.
- The route continues on jeep trail till approximately 5km to reach the checkpoint/aid station (CP1).
- At approximately 6km from the start line all 21km runners must follow the road to the right. Do not turn left as it is the turn point for the 10km runners only.
- You may share the trail with camels, hikers or mountain bikers just be aware of your surroundings.
- The route continues on jeep trail until reaching the next checkpoint/aid station (CP2).
- All runners must top their water, refuel, and mark their bibs at this station.
- All 21k runners will turn around from this station and head back on the same route, until reaching a junction that detours on single terrain.
- The route continues on single terrain which is a narrow path, that goes down the wadi before reaching the next checkpoint/aid station (CP4).
- From the station you will start the climb for the last 5km of the race, on a narrow path with ascents and descents.
- At the last junction, runners must continue towards the right. No runners should go up to the stairs nor left to the wadi.
- Finally at the road crossing, all runners must turn left on the tarmac road towards the finish line.
- The route will be marked with red spray and ribbons, marshals will also be there to guide the runners.

Happy Running! 😊

21KM RACE COURSE DETAILS



The 21km distance follows the same route as the 10km until this point where all 21km runners continue straight ahead



21km runners this way



Marshal at approx. 6km from Start

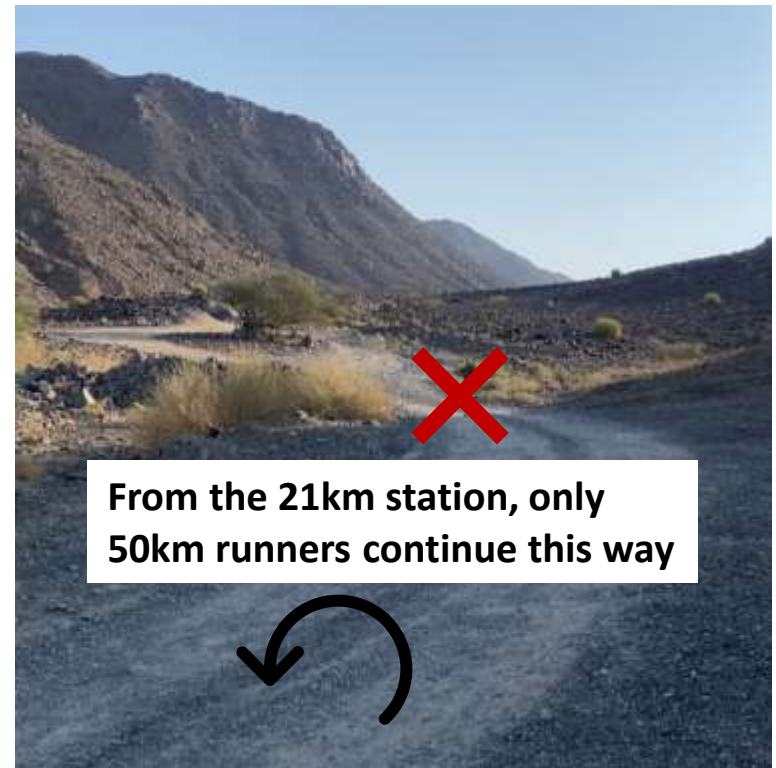
21KM RACE COURSE DETAILS



The 21km route is mostly jeep trail until reaching the checkpoint and back, the route detours towards single terrain



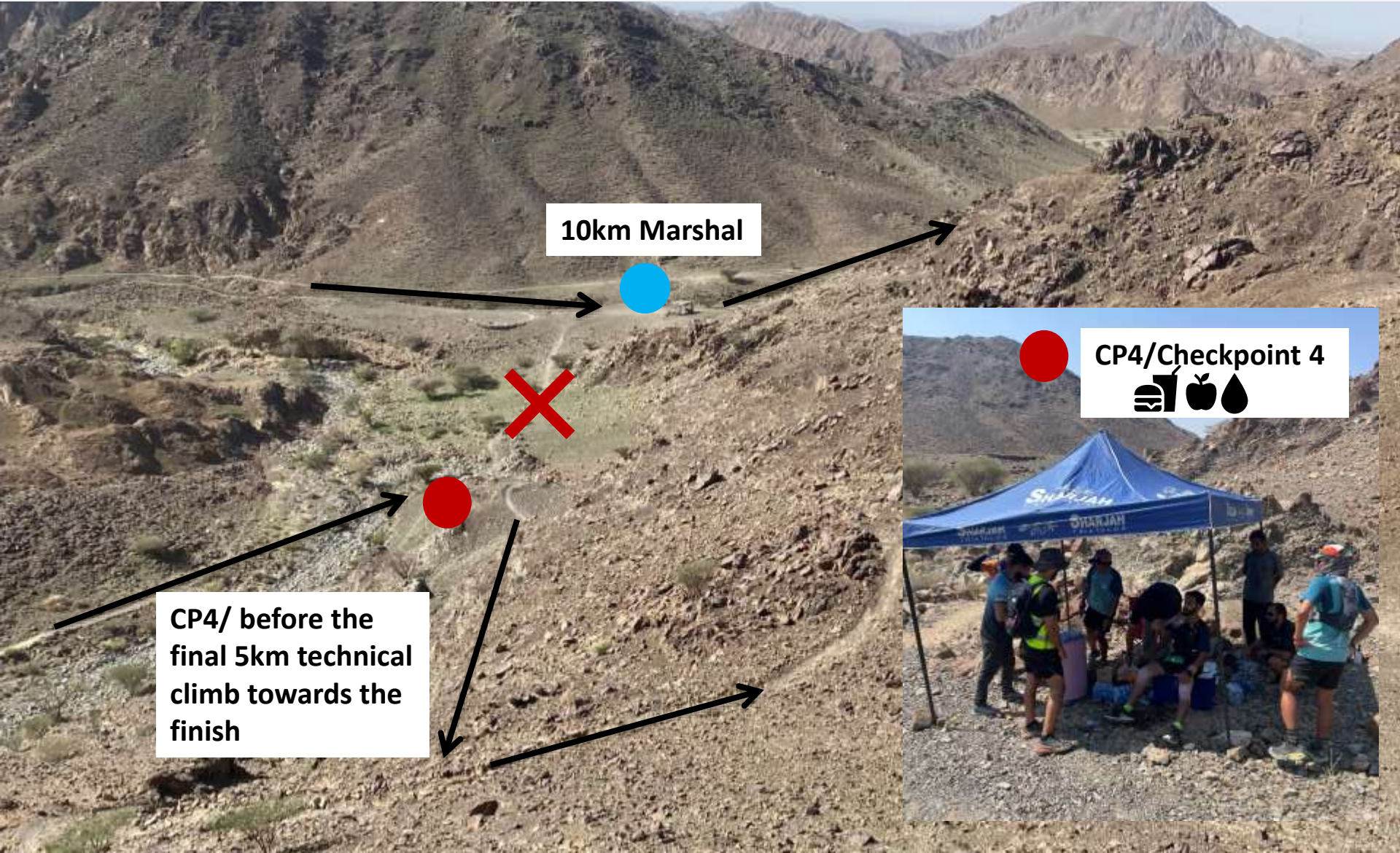
21km runners U-turn here at this checkpoint



21KM RACE COURSE DETAILS



21KM RACE COURSE DETAILS



10km Marshal

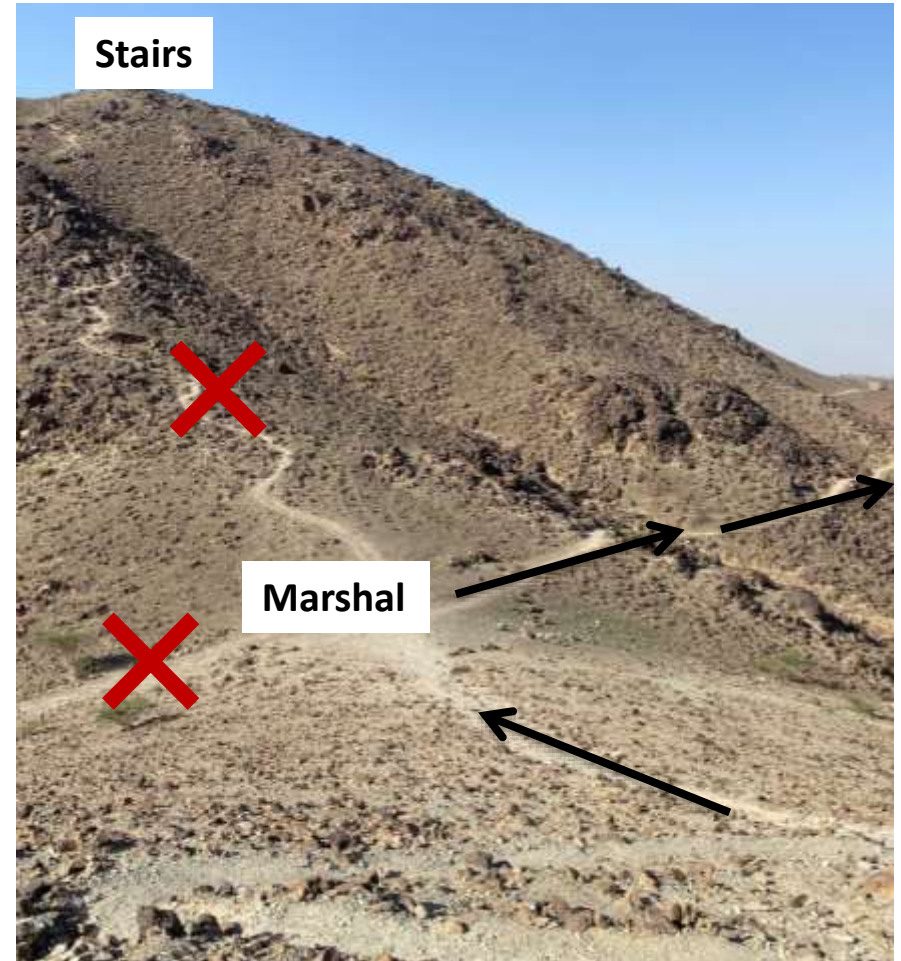


CP4/ before the final 5km technical climb towards the finish



CP4/Checkpoint 4
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21KM RACE COURSE DETAILS



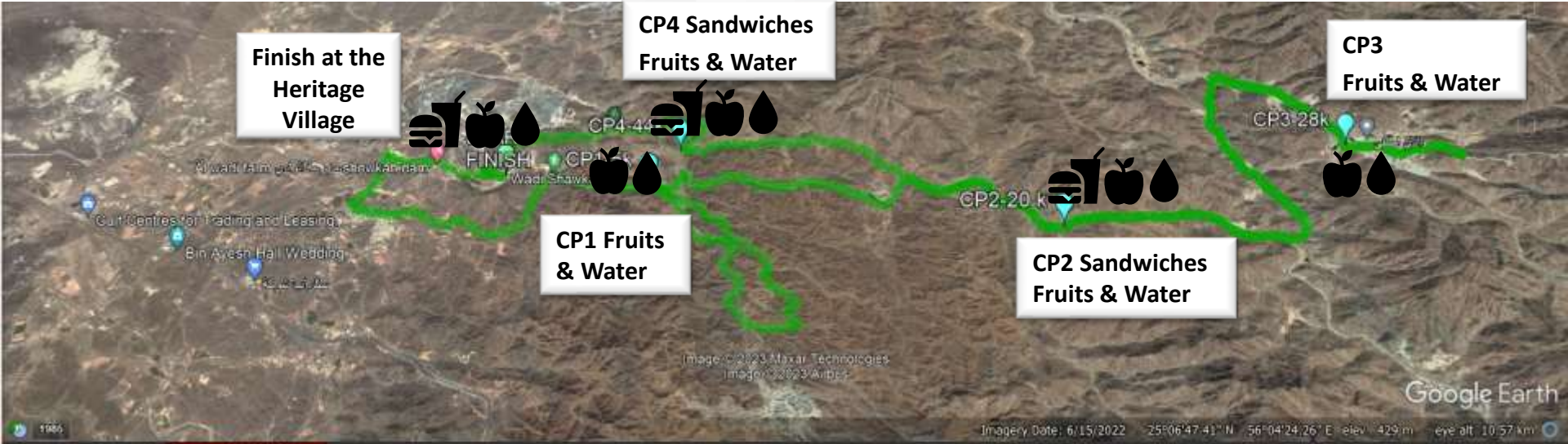


50KM ULTRA

50KM RACE COURSE CHECKPOINTS/AID STATIONS



50KM ULTRA DISTANCE



50KM COURSE BRIEF



COURSE:

- 50km runners will start from the heritage village on asphalt (tarmac road) which goes up to the roundabout and continues down the road for a loop around before turning towards the jeep trail.
- The route continues on jeep trail till approximately 7km to reach the checkpoint/aid station (CP1).
- 50km runners only must turn right at (CP1) towards the Shawka pools. This loop will mostly be on a technical terrain for approximately 8km looping back to (CP1), which is also accessible at approx. 15km on the return from the pools.
- The route then continues on jeep trail until reaching the next checkpoint/aid station (CP2) at approx. 21km.
- 50km runners will head straight from this station, until reaching a Y shape road where runners must continue to the left. (Image A)
- On the next Y shape junction (Image B) runners must go left towards a river bed (Image C). It then connects with the tarmac road (Image D) until reaching the check point/aid station (CP3). From this station runners will head towards the cloud mountain climb. (Image E)
- At the end of the climb/ at the barrier (Image F), all runners must mark their BIB numbers, then turn back on the same route.
- Runners will go past CP2 on way back. The route then detours on single terrain which is a narrow path, that goes down the wadi before reaching the next checkpoint/aid station (CP4).
- From the station runners will start the climb for the last 5km of the race, on a narrow path with ascents and descents. At the last junction, runners must continue towards the right. No runners should go up towards the stairs nor left to the wadi. Finally at the road crossing, all runners must turn left on the tarmac road towards the finish line.
- The route will be marked with green spray and ribbons, marshals will also be there to guide the runners. Some sections on the way out & back will be jointly with 10km & 21km runners which is marked with blue & red spray.

50KM RACE COURSE DETAILS



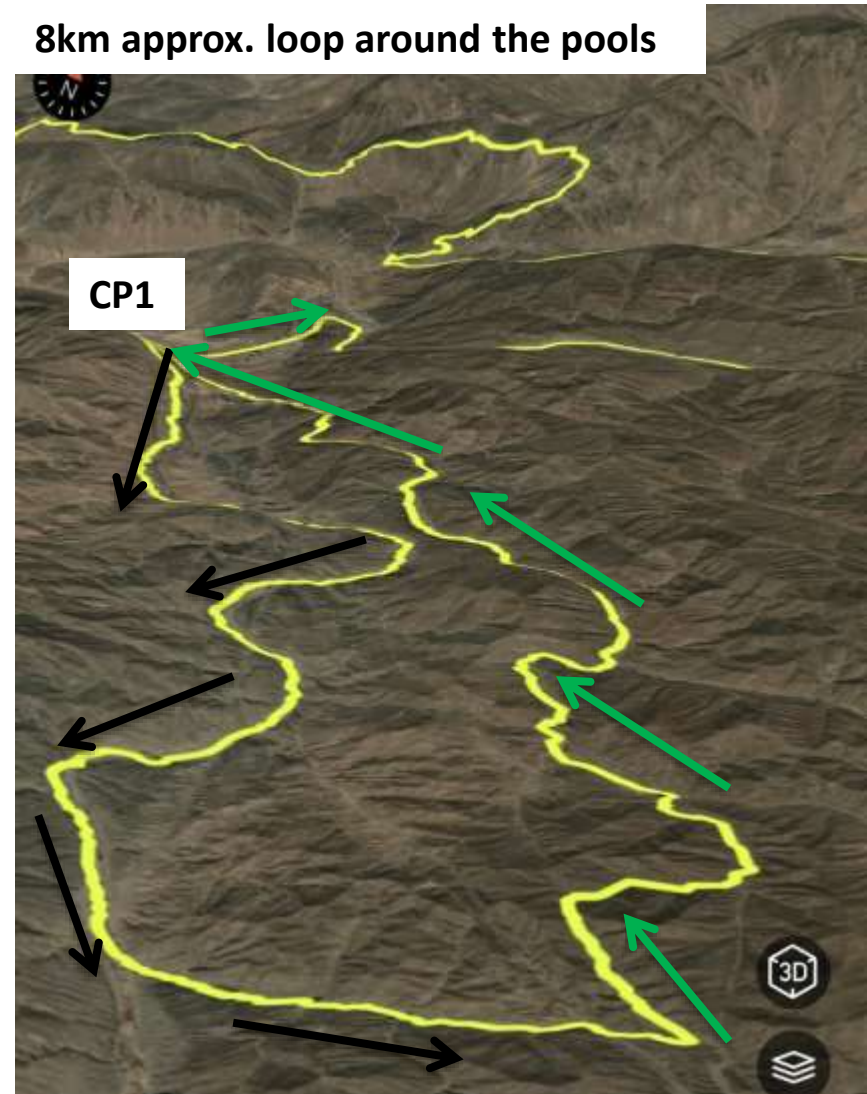
Only 50km runners take this way towards the pools



50km runners must go this way on way back from the pools back on jeep trail



8km approx. loop around the pools



50KM RACE COURSE DETAILS



50KM RACE COURSE DETAILS



Image A

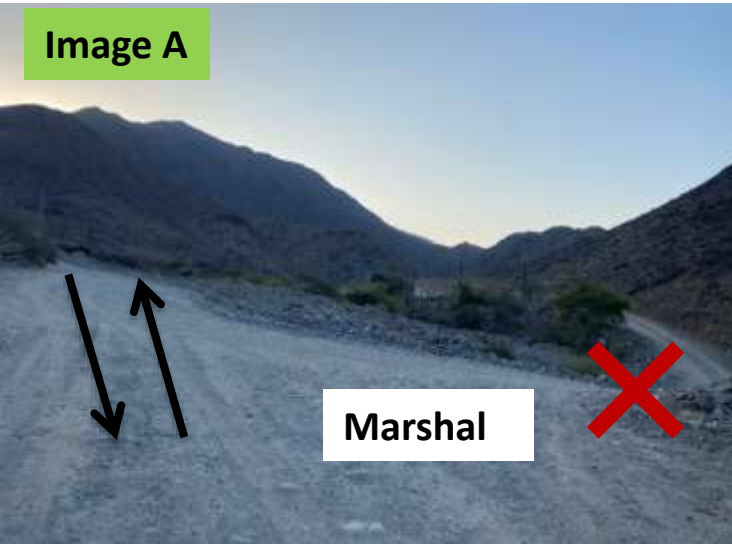


Image C



Image B

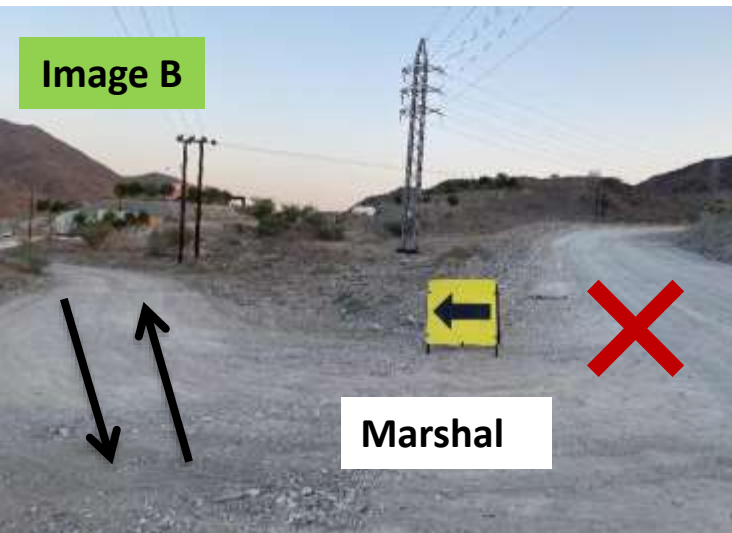


Image D



50km runners continue on this route & turn back same way

50KM RACE COURSE DETAILS



Image E



Towards cloud
mountain climb

Image F



Climb until you reach
the barrier

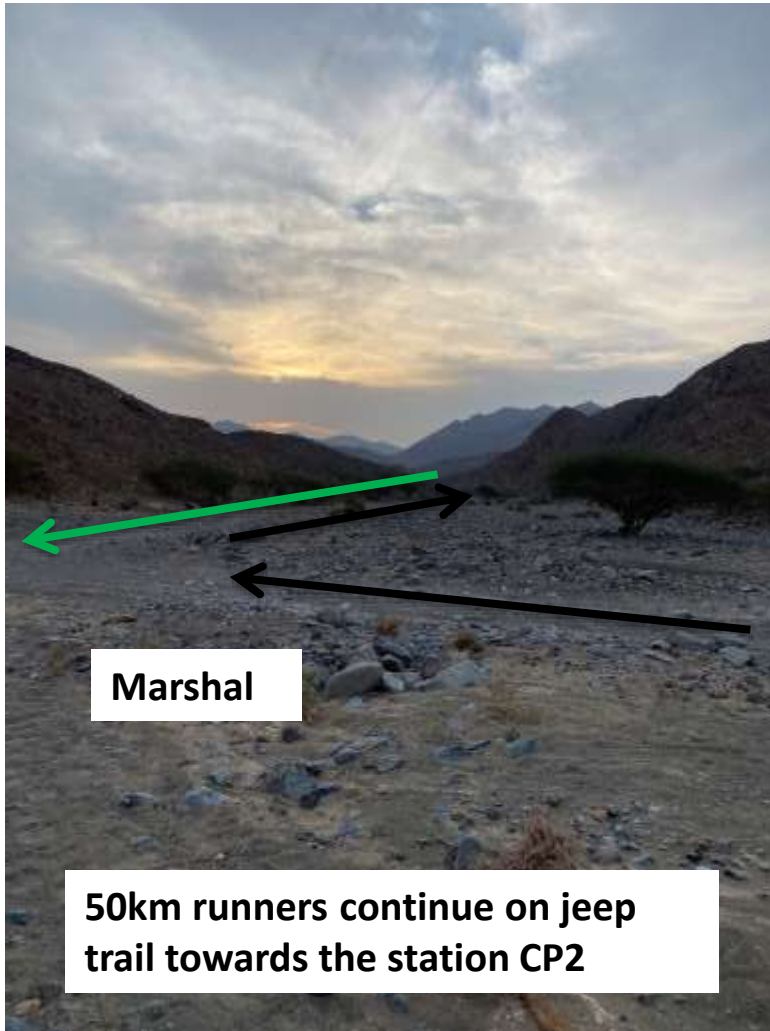


Make sure to mark your BIB
before heading back down

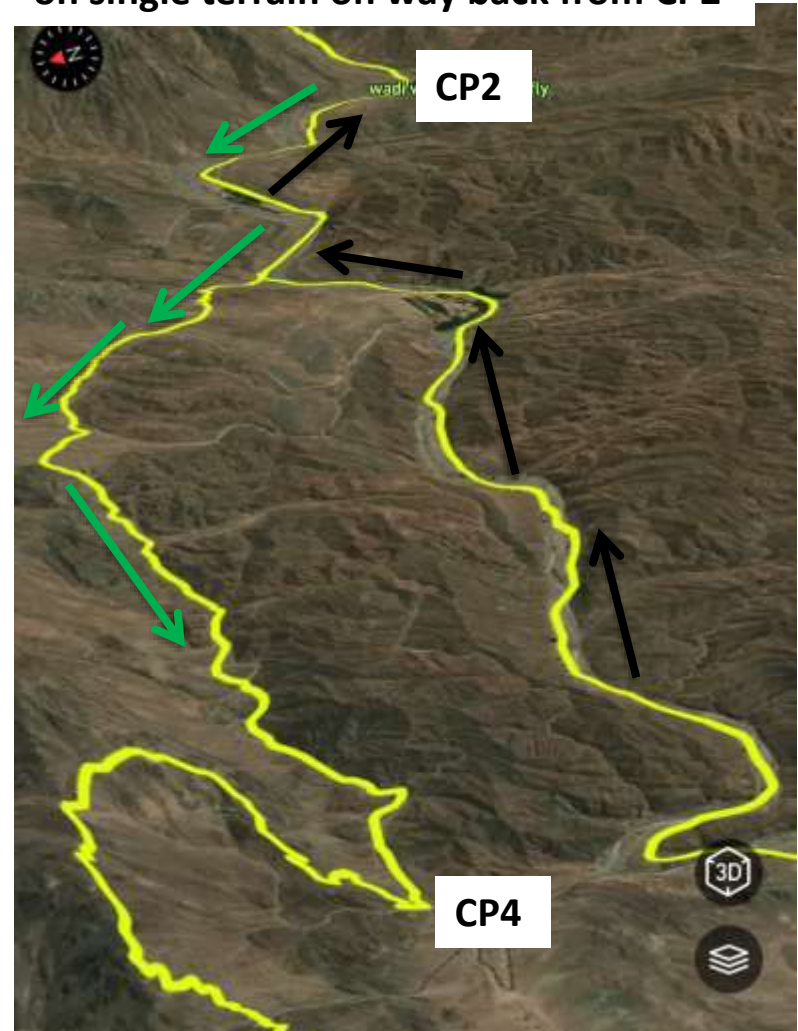
50KM RACE COURSE DETAILS



50km runners should take the detour on single terrain on way back from CP2



50km runners continue on jeep trail towards the station CP2



50KM RACE COURSE DETAILS

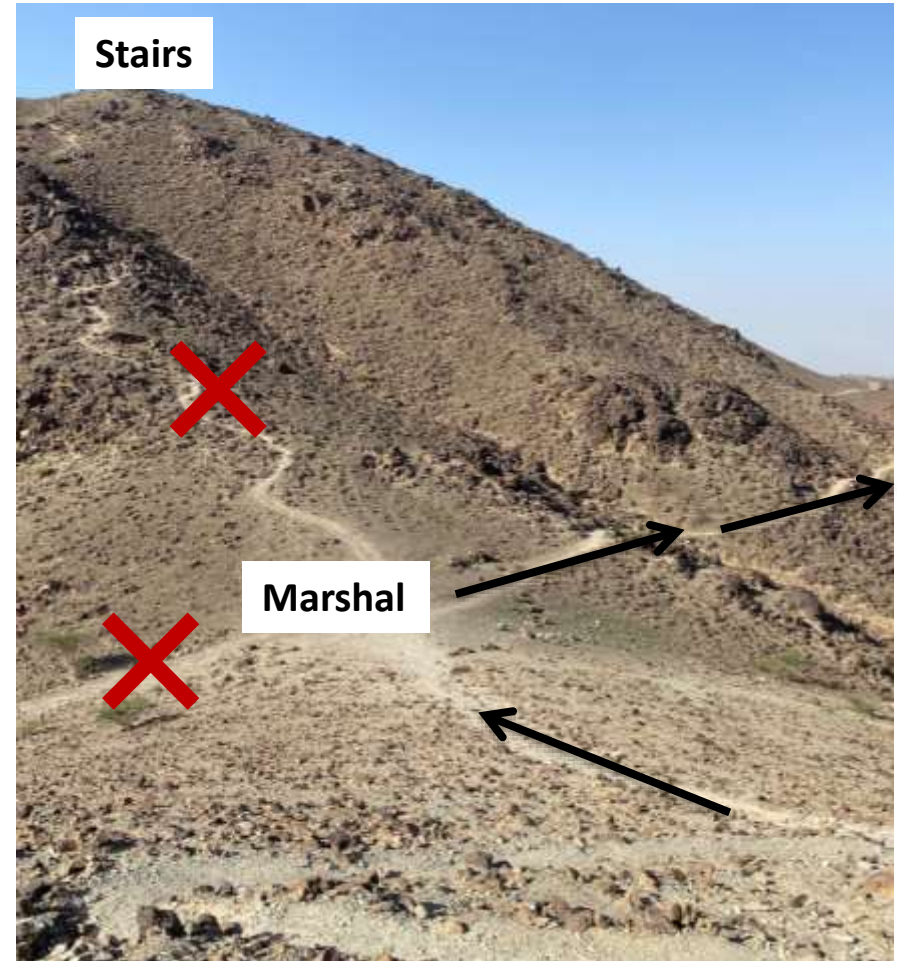


CP4/ before the final 5km technical climb towards the finish



CP4/Checkpoint 4
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50KM RACE COURSE DETAILS





RACE LOCATION

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



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 from the start line. Water will only be provided at the checkpoints.
- 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 MARSHALS & SWEEPERS** ☺





THANK YOU!



ENJOY YOUR RACE! 😊

