



URBAN-ULTRA HAJAR 15, 30 & 50
ATHLETE GUIDE

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URBAN - ULTRA
GET OUT THERE!

Welcome to the beautiful 15km, 30km or 50km trail run through the mountain passes, along jeep tracks, through boulder ravines and over spectacular summits of Ras Al Khaimah. It is a tough challenge and requires training, but generous cut-off times (10hrs for 50km and 6hrs for the 30km) allow most physically fit, determined and well-prepared runners to get to the finish. And if you feel you are not quite ready for those distances, we have a 15km too.

■ Race Pack Collection

Your Race Pack will be available at the start line on the morning of the event. Included in the pack will be your race bib, T-shirt and bandana. We would appreciate your cooperation in arriving in plenty of time to collect your pack. Please join the facebook group Urban-Ultra Dubai so that you are kept up to date with all the latest information.

■ Race Start and Check-In

Race check-in will be from 2.00am at the PARKING AREA (which is the 30k and 50k finish line). Your mandatory gear will be checked at this point before we board the bus for the start line (30k and 50k runners only).

■ Bus TRANSFER to the START

You will now PARK your vehicle at the 30k/50k FINISH line and we will transfer you by bus to the START line. The bus will depart for the start line at 4.30am sharp. **If you miss this bus, you will be responsible for finding your own way to the start and there is no transfer back once you finish. The bus will leave promptly - please ensure you are ready to leave on time. The race brief will be given once we reach the start line. This new format means you will be able to leave immediately once you finish the race.

The 15k runners will start and finish at the same point (out and back route) with no bus transfer necessary.

■ Race Start Time

The 30k/50k race will start promptly at 05:30am. You are advised to use a headtorch for the first 10km. 15k starts at 8.00am

■ Timing

Timekeeping will be done manually by Urban-Ultra. You do not require a timing chip. There is NO live tracking.

■ Course

The course is marked with the following: orange spray paint, reflective tape and pink ribbon. You do not require a GPS for navigation, but it should be noted that we have had locals removing or moving markers in the past and although we will endeavour to check they are all still in place, you would be advised to use a GPS watch or know how to use a compass to locate start/finish and checkpoints.

The course includes some steep and rocky elevation. The steep climbs are rewarded with some beautiful panoramic vistas of Ras Al Khaimah and weather permitting, should allow views to the Arabian Sea. Although not dangerously precarious, you should still exercise caution when navigating some sections. Narrow tracks and ledges, with loose rock and gravel accounts for most of the terrain here and can be potentially dangerous to people below you or yourself if you do not take adequate care. Much of the rock in this area is very sharp and razor like, please ensure your mandatory kit is complete in order to deal with any cuts or abrasions.

Minor cuts and scrapes do not constitute an emergency and your first aid kit should be adequate to deal with these small injuries.

Lost? It is highly unlikely that you will get lost. The route has markers and critical points will be marshalled to ensure your safety. The course will be marked along its entire length from between 200-500-metre intervals (subject to terrain) with spray paint, flags, reflective tape and ribbon. You will find reflective tapes on the ribbons that are highly visible with your mandatory head torch.

■ Checkpoints & Provisions

Checkpoints = water/electrolyte/fruit/trail mix/dates.

FINISH = water/electrolyte/cookies/crisps/bread/peanut butter/soft drinks/tea/coffee.

■ On the Course

Water will be provided during the race at all checkpoints. You will be responsible for your own nutrition and any other electrolyte supplements

(in addition to the electrolyte we provide) you wish to add to the water provided. Water is pumped not given in bottles so your own cup, bottles or bladder are an essential part of your kit.

■ Medical Crew & Emergency

A Paramedic team will be in attendance throughout the race to deal with serious injuries, however, issues with feet including blisters etc. should be dealt with using your own first aid kit. Please note that some sections of the course are totally cut-off from 4WD vehicles and should any accident occur in these areas, you will need airlift evacuation or to be stretchered out on foot to the nearest RV location by mountain rescue.

Please ensure you have the Emergency Numbers programmed into your phone to enable an SOS call or SOS text for us to set an emergency code into action. Your emergency details should be accessible without having to unlock your phone - please ensure this is possible. Phone reception is patchy from 11km to 20km.

■ Withdrawal

If you wish to withdraw, you must do so at a designated checkpoint. Once this closes you will then be transported to the finish point.

■ Conditions

UAE daytime average temperatures are 30°C max and evening lows are around 10°C with a chance of rain. (Please ensure you have sufficient clothing to keep you warm).

The deserts and mountains of the UAE are wide open spaces with virtually no shade from the sun, it would be advised to consider good sun protection for your skin and a head cover. Hydrate well with sufficient electrolyte to maintain proper nutritional balance.

■ FINISH Line

All winners will be checked at the finish line to ensure they are still in possession of all mandatory kit. Any runners missing items, will be given a time penalty for each violation, which may affect your final placing in the results. You may also be DQ'd.

■ What to expect

If you are a first timer at ultra run trail races, then understand that you need to have good basic fitness. You need to be physically fit to take on an ultra distance. Understand that unless you have signed up with a running partner, ultra running is a very solitary experience and much of the time you will spend on your own. This is all part of ultra running. It is a tough course and not for beginners to long distance events.

When physical fitness begins to play with your mind - that's when your mental strength and toughness kick in. Your body and feet will tell you that it's impossible to get to the finish - your mind needs to overcome any pain or discomfort to tell your body that you can and you WILL cross that finish line! Prepare to be pushed to your limits, mentally and physically. (Read Blister Care by Denise Jones here: (www.badwater.com/training/blisters.html) for some great advice on how to treat blisters.

Creepy Crawlies: There are snakes, scorpions, camel spiders etc. etc in the UAE, particularly in the desert and remote areas. Consider yourself very lucky if you encounter any of these wonderful creatures - most of them are harmless or only mildly venomous anyway with not cases of death ever reported.

■ Equipment

Make sure your running shoes are suitable for the rocky and sandy terrain. Heat, distance and constant friction will test your shoes (and feet) to the limit, so choose them wisely ensuring that the size will accommodate any swelling of your feet over these distances. Make sure they are worn in and are able to withstand the tough conditions.

The contents of your pack will be important things to consider (no support outside of checkpoints is permitted) Make sure it is comfortable not just to run in fully loaded, but also to walk with. Your run changes with the weight and also how it is packed inside.

■ Nutrition

Your appetite and palate change when you are stressed, fatigued and under pressure - making yourself eat is a huge part of successfully completing an ultra run. Carry food you have tested in training if you need more than what we offer at the checkpoints.

■ Environment

Please be respectful of your surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave. Any participant seen to be littering will be penalised or disqualified. Any packets left on the course and NOT in a litter bin will be given a time penalty - repeated offences will result in disqualification.

■ Supporters

We welcome family and friends to the start and finish line. Supporters are not permitted to support outside of checkpoints and may not accompany runners in a vehicle. Supporters will not be able to make use of the bus transport specifically arranged for the participants.

■ **Mandatory Gear - IMPORTANT PLEASE READ!** *ITEMS TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT*

Please understand that we are trying to keep these low-key events fun and friendly, however, your bags will be checked for all mandatory items at race check-in. 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 very warm - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free.

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
- **HEADTORCH** (NOT supplied - not required for 15k runners)
- **ID CARD OR PASSPORT COPY** (provide a copy)
- **CELL PHONE** Fully charged with pre-programmed number of Race & Course Director 050 4462069 - only operational on race day.
- **WATER BOTTLE/FOLDABLE CUP** Drinks are pumped, NOT given in bottles or disposable cups.
- **MEDICAL INSURANCE CARD** UAE or Worldwide Health insurance is mandatory for participation (provide a copy)
- **WHISTLE**
- **SURVIVAL BLANKET** (not required for 15k runners)

- **EMPTY ZIPLOCK** - please take rubbish home, please do not drop any litter, however small along the course.
 - **COURSE MAP PRINTOUT**
 - **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, medical tape, Antibacterial cream, 3" wide Ace Bandage, Painkiller tablets, 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** Sunglasses, hat, sunscreen, scissors, spare duct tape, energy gels/nutrition, hand sanitizer, toilet roll, camera/extra battery, rain jacket.

HAPPY RUNNING - ENJOY YOUR RACE!

Please join the facebook group **Urban-Ultra Dubai**
so that you are kept up to date with all the latest information:
Urban-Ultra Dubai

RULES & REGULATIONS

- Runners shall receive no food or assistance outside of the race organisation checkpoints or risk disqualification.
- Runners must obey a marshall's instruction to retire from the race for reasons specified at the time. (e.g. late arrival, weather conditions, mandatory kit etc.)
- Runners should at all times carry the mandatory kit list, bib number and timing chip (if in use) and may not be passed to any other person than the one registered to it. Winners will be checked for mandatory kit at the finish line - any missing items will result in a time penalty for each violation and possibly disqualification.
- Litter found along the route left by runners or runners intentionally littering will be penalised.
- No shortcuts or lifts may be taken during the race. Any runners found to be cutting the course intentionally will be disqualified. Deviations deemed to be unintentional will be time penalised.
- Any runners deciding to withdraw must do so at a checkpoint. Runners will not be taken back to the finish until all runners are through that particular checkpoint and the checkpoint has finished its duties.
- Runners shall at all times be responsible for their own minor medical requirements except in cases of serious injury/condition. Medics are not in attendance for ailments such as sore muscles or blisters etc. in cases of serious injury, only registered Paramedic staff will be permitted to administer drugs/drip. Runners may not refuse medical advice/check-up and treatment for suspected serious injury or condition, refusal to do so will result in disqualification.
- Please advise Race Check in staff of any allergies/prescribed medicines you are taking.
- Runners must appreciate that the event takes place in remote areas where medical assistance or evacuation may be seriously delayed. You are expected to possess basic outdoor survival skills such as familiarity with outdoor gear and know how to administer basic first aid.
- The course may be changed due to weather or safety hazards. Rain or fog would adversely affect certain sections of the course.
- Course markings will be visible under normal conditions. Abnormal conditions may include sand, dust, fog, rain or any other condition that reduces visibility (other than darkness). If abnormal lighting conditions occur, a stage may be modified, delayed or cancelled until normal visibility conditions return.
- If you do not see a marker for 500m and you are not on the obvious or logical course, please return to the last known marker to re-evaluate and find the correct course.
- Every effort is made to keep the course markers in place for the duration of a stage. However, it is possible that markers may be taken, buried, blown over, covered or otherwise rendered difficult or impossible to find. It is your responsibility to pay attention to the markings and to make sensible decisions when following the course.
- Runners must not deviate from, move or remove course markers, doing so will mean disqualification.

COURSE MAP

