



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ COAST TO COAST CYCLE CHALLENGE
RIDER GUIDE

WELCOME TO THE URBAN-ULTRA™ COAST TO COAST CYCLE CHALLENGE



In collaboration with Dubai Roadsters, this unique, non-competitive cycle challenge takes you east from the spectacular city of Dubai, through the stunning Hajar Mountains across to the east coast of Kalba, Sharjah and then north all the way to Fujairah and your final destination, Le Meridien Al Aqah - the route stretches 220km with approx 1300m of elevation along smooth tarmac roads, winding through dunes, over mountain climbs and along the beautiful east coast highway to the finish where you can enjoy the fine sandy beaches of Fujairah.

■ START/FINISH LOCATION

The Coast to Coast Cycle Challenge will start at Meydan Race Course in Nad Al Sheba promptly at 05:30am on Friday 18th November 2016. Please ensure you arrive in plenty of time to check-in at the registration desk (and collect your goody bag if you are an international participant).

The ride will finish at Le Meridien Al Aqah in Fujairah. Riders are asked to reach the finish no later than 2.30pm.

Please make sure you give yourself plenty of time to get organised beforehand. You may deposit a small bag with a change of clothing in the support car, located at the start point - this will be taken to the finish point and available upon your arrival.

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. A designated and secure area will be available to rack your bike until your departure - all bikes must be claimed by using your shirt bib number - which will be checked against your bike number.

■ INTERNATIONAL PARTICIPANTS

We welcome overseas participants to enjoy the beauty of the UAE by riding the Coast to Coast Cycle Challenge. We have a number of special rates for hotel stays and can include sightseeing excursions as well as bike rides with local groups or private tours during your stay for an additional cost. Please email events@urbanultra with your requirements or for more details.

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■ GOODY BAG COLLECTION

A goody bag which will contain your limited edition cycle jersey, mandatory bib and bike numbers along with other goodies will be available for collection at Wolfi's Bike Shop, Sheikh Zayed Road, Dubai. Tel: +971 4 339 4453. Bags will be available from 11 - 17th November 2016. Only international participants can collect goody bags on the morning of the 18th, but must advise us of their intention by emailing us at: events@urbanultra.com before 11th November 2016.

■ 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. There will be a number of rides, organised locally, which you will be expected to join (international participants must state rides they have completed recently in preparation), in order to prepare you for the long distance and of course the climbs.

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, riders will be organised into small pods at the start line, each with their own Ride Captains. You are kindly requested to stay with this rider pod and remain together for the duration of the ride.

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■ ROUTE AND RIDER PODS

Each rider pod will start out approx 1 minute apart following the route out to Academic City. We will then continue to the second round about and take a right turn on to Hatta Road/Al Awir Road E44, crossing Al Ain Highway and passing the Football Stadium on the right to the next roundabout where we go left towards the petrol station situated at the Road 611/Al Awir. We will then join the 611 highway, turning off on to the Sharjah-Kalba Road direction Kalba at Exit 70. Following the mountain section, we will regroup any split pods to safely continue northwards towards Fujairah.

■ CUT-OFF TIMES & POD SPEEDS

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. Water, fruit and energy drinks 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.

- **Al Awir Petrol Station (approx. 40km)**
- **Showkah - start of the mountains (approx. 110km)**
- **Kalba Petrol Station (approx. 160km)**

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■ SAFETY VEHICLES & AMBULANCE SUPPORT

Support cars 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.

■ MECHANICAL SUPPORT

There will be support cars along the route, however, you are requested to carry your own supply of spare tubes and a 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.

■ BIKE NUMBERS AND BIBS

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.

■ MANDATORY KIT

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 and a mobile phone.

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■ BRIEFING

Each pod will be briefed at the start of the challenge and by their individual Ride Captains. Please respect the instructions of your Ride Captain at all times. Riders ignoring these instructions are putting their own and the lives of others at risk.

■ TIMING SYSTEM

The 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 Dubai. You will find this option on the Registration page as an added option at an extra cost. The return bus will depart from the hotel at approx. between 5-6pm back to Dubai. The drop point will be at the same point of pick up (Meydan Race Course 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. Alcoholic drinks are available but must be purchased separately and are not included in your entry fee.

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■ THE UAE

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.

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

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

TRANSFER OF ENTRIES

Transfer of your entry to another person may only be done until the date of the close of registration for the event. This is done online via Hopa Sports or Premier Online - select the Transfer Registration option in the Transactions section of your profile manager to do so. 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 via PO, however, full refunds are subject to your registration insurance on entering.

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 220km of challenging terrain and have trained adequately to do so comfortably.

ROUTE & ELEVATION



START LOCATION

