



Tropic of Cancer Marathon 2016

Abu Dhabi, UAE

The adventure of a lifetime!

Informal manually timed Run/Walk in desert environment

PARTICIPANT GUIDE

Introduction

Welcome and thank you for participating in the historic and first ever Tropic of Cancer Marathon (short form: TOCM) which takes place on Saturday, October 29, 2016 in the Al Qua'a desert in Abu Dhabi, United Arab Emirates.

This is indeed a momentous event as this is the first time ever in history that a full-fledged marathon event is being held along the Tropic of Cancer line of latitude that encircles the globe for approximately 36,788km (22,859mi).

World renowned extreme desert explorer, adventurer, sport endurance trainer, mental coach and author Max Calderan conceived the TOCM to motivate people from all over the world to lead a fit and healthy lifestyle, as also to offer participants the unique opportunity to sample and appreciate the beautiful and rugged Arabian desert first-hand in a fun, non-competitive and safe manner while also having the exclusive privilege of being able to cross on foot the Tropic of Cancer line that passes through Abu Dhabi emirate.

This first edition of the TOCM is a non-profit event and many dedicated individuals and organisations have toiled hard behind the scenes over the past few months to ensure the event's success for all concerned.

Although referred to as a marathon for simplicity sake, the TOCM, 2016 edition comprises 4 distinct course and distance categories:

- Ultramarathon (50km)
- Marathon (42km, 195m)
- Half-marathon (21km, 097m)
- Fun Run (10km)

These 4 categories have been created to allow a greater number of athletes to participate and taking into account participants' general physical endurance and mental capabilities.

As all the 4 categories' running/jogging/walking activity commences from 6:30am on Saturday, October 29, 2016 participants and officials are camping overnight in tents at the base camp in Al Qua'a desert from approximately 6pm onwards on Friday, October 28, 2016.

Location/Directions

Meeting point on Friday, October 28, 2016 is approximately 25km from Al Qua'a main road.

GPS coordinates for meeting point:

- 23°28'59.35"N (Latitude)
- 55°12'50.61"E (Longitude)

Base camp and TOCM start/finish point

The overnight base camp and TOCM start and finish point locations are one and the same. So, you do not have to worry about getting lost going from one place to the other!

Itinerary for Friday, October 28, 2016 (Base camp and overnight camping)

Driving time from Dubai to meeting point

The approximate driving time (on road) from Dubai city to the meeting point in Al Qua'a desert is approximately 3 hours, 15 minutes (non-stop driving) on E11 highway and the one-way distance is approximately 300km.

Shuttle service from Dubai to meeting point

If required, a shuttle service by saloon car/4x4 is available from Dubai city to the meeting point in Al Qua'a desert on Friday, October 28, 2016. Please call Matt Ficco on +971 501326319

Shuttle service from Abu Dhabi to meeting point

If required, a shuttle service by saloon car/4x4 is available from Abu Dhabi to the meeting point in Al Qua'a desert on Friday at 12:00 from bus station area. Please call Max Calderan on +971 0567145782

From meeting point to base camp site

If you plan on arriving at the meeting point in Al Qua'a desert in your own saloon car, you can park your car (it will be safe overnight) at the side of the road and you and your gear (tent, etc.) will be shuttled to the overnight base camp site by TOCM cars (4x4s) between 2pm and 6pm on Friday, October 28, 2016.

If you are an experienced off-road driver and have your own 4x4 (equipped with all recovery equipment) you can follow a TOCM 4x4 to the base camp site between 2pm and 6pm on Friday, October 28, 2016.

Please remember that the last 4x4 shuttle from the meeting point to the overnight base camp site is available **only until 6pm on Friday, October 28, 2016.**

Base camp and overnight camping

Participants and officials will camp overnight in Al Qua'a desert from 6pm onwards on Friday, October 28, 2016. The campsite is a relatively flat area amongst the sand dunes under the beautiful and pleasant night sky! The night temperature may go down to 18°C, so be prepared for a little nip in the air!

If you do not have a tent, you can buy a relatively inexpensive 1- to 2-person tent for approximately AED60-300 at any large hypermarket in Dubai. Communal tents are also available at the base camp.

This is essentially no-frills camping, so get ready to rough it out a little; it adds to the life experience! You can pitch your tent anywhere you want. Remember to get an inflatable mattress, sleeping bag, blanket, to ensure you get a comfortable and good night's rest. Camp chair/stool is advisable, along with a mat or large cardboard piece that can be placed under the tent for a smoother sleeping surface.

Food and beverage

Bring/carry food and beverages for yourself, your partner or family. Bottled water will be provided for Saturday, October 29.

Toilet/bathroom

Carry your own toilet paper, portable loo; bathroom is out in the desert!

Itinerary for Saturday, October 29, 2016

- **Ultramarathon (50km)**
- **Marathon (42km, 195m)**
- **Half-marathon (21km, 097m)**
- **Fun Run (10km)**

All participants wake up at 5am. Individual breakfast. All 4 distances start at 6:30am (at first sunlight).

4 distances' itinerary

It is a common round-trip itinerary for all 4 distances (circular route with start and finish in the same place)

Course terrain

Soft sand, dry salt flats (in Arabic, *sabkah*), some low and high sand dunes

Ultramarathon (50km)

- Every 5km water stations and runners support by Dubai Offroaders
- 2 to 3 4x4s will always provide assistance to participants running along the Tropic of Cancer line
- Distance markers to guide participants

Marathon (42km, 195m)

- Every 5km water stations and runners support by Dubai Offroaders
- 2 to 3 4x4s will always provide assistance to participants running along the Tropic of Cancer line
- Distance markers to guide participants

Half-marathon (21km, 097m)

- Every 5km water stations and runners support by Dubai Offroaders
- 2 to 3 4x4s will always provide assistance to participants running along the Tropic of Cancer line
- Distance markers to guide participants

Fun Run (10km)

- Every 2km water stations and runners support by Dubai Offroaders
- 2 to 3 4x4s will always provide assistance to participants running along the Tropic of Cancer line
- Distance markers to guide participants

Basic desert equipment (recommended)

- Running or gym shoes
- 3 pairs of socks
- 1 pair of long pants
- 2 t-shirts
- 1 light jacket (for night)
- Hat with or without neck flap/cap/Arabic *ghutra*
- Sunglasses
- 1 LED head torch/flashlight fully charged/with spare batteries
- Mobile phone fully charged, mobile car charger
- Sunscreen
- Personal medication (if required)
- Salt supplements/electrolytes (recommended for those who already make use of it, but not necessary)
- Toothpaste, toothbrush kit
- Small towel
- Soap
- Cocoa butter for lip protection (recommended)
- Camera/mobile phone to capture great pictures. Think selfies on the Tropic of Cancer line!
- Backpack with water and snacks (energy bars) for the run
- Whistle (to signal for emergency)
- First aid kit (optional)
- Printout of this Participant Guide

We will start off in cool conditions at sunrise on October 29 but it will get progressively warmer later in the day, so long pants are recommended.

Weather

18 to 32°C on October 28 and 29, 2016 (expected).

Communications

Dubai Offroaders and the logistics team will communicate with each other via radios on Saturday, October 29, 2016 when providing assistance to participants. A strong GSM signal is not always available in the Al Qua'a desert area, so remember that you may not be able to reliably access Etisalat or du mobile service, WhatsApp, Google Maps, etc.

Time

All times pertaining to TOCM are in UAE time (UTC/GMT: +4 hours)

Caution

Remember that we are in an extreme desert environment so take common sense precautions for your own and fellow participants' physical safety. Bottled water and necessary logistics support will be provided but remember to carry along your own food and any other particular requirements that you may need as we are far away from civilization.

Carry strictly personal items and do not run with luggage. Any luggage can be safely kept at the TOCM start/finish point and collected when you finish.

Always heed Dubai Offroaders and other logistics members' warnings as they will be able to warn you of any danger, be it other desert users, etc. If tired from running or feeling squeamish for any reason just raise your right arm for assistance and a Dubai Offroaders 4x4 will come to your immediate aid. You can rest/recover in the 4x4 or ask to be taken back to the TOCM start/finish point. On conclusion of the TOCM run on Saturday, October 29, 2016 you will be shuttled back by TOCM 4x4 to the original meeting point on Al Qua'a main road (where you may have parked your car). Alternatively, if you have so arranged, you will be shuttled back to Dubai city with your by now trusted 'shuttle master'.

Please be respectful of our surroundings in the desert and keep impact to a minimum. Any trash can be deposited into the the large black trash bags you will see at the base camp site and at the TOCM start/finish point.

Photo opportunities

You will have lots of unique photo opportunities during the 2-day period of TOCM. Remember to take photos of yourself, with old and new friends at the base camp, posing on the Tropic of Cancer line with the TOC memento board or with 'Mustafa' – the pet stuffed mascot of TOCM 2016! And best of all, you get a fantastic certificate to commemorate your historic participation in the historic TOCM! From WhatsApp, Facebook, Instagram, Twitter to Snapchat, get your pics and videos of TOCM 2016 rolling for the entire world to see and envy you! Yeah baby, we are talking about mega bragging rights here!

Emergency mobile numbers*

For any assistance on October 28 and 29, 2016, call:

Max Calderan
Event Director
+971 56 714 5782

Albert Mahesh
Logistics Support
+971 52 779 4602

Steve Fenwick
Logistics Support
+971 50 635 1037

Naveen Narayanan
Logistics Support
+971 50 724 1725

Matthew Ficco
Dubai Offroaders Team Leader
+971 50 132 6319

Arnold Pinto
Media & Marketing
+971 50 527 3351

*All the above mobile numbers are WhatsApp-enabled (but remember in desert is not always available strong signal for whatsapp and it could work only the traditional sms)

About the Tropic of Cancer

The Tropic of Cancer is one of the five major degree measures or lines of latitude that divide the Earth (the others are the Tropic of Capricorn, the equator, the Arctic Circle and the Antarctic Circle).

The Tropic of Cancer is a line of latitude that circles the planet at approximately 23.5° north of the equator. It is also the northernmost point on Earth where the sun's rays can appear directly overhead at local noon time.

The position of the Tropic of Cancer is not fixed, but varies in a complicated manner over time. It drifts south almost half an arc second (0.47") of latitude per year (it was at exactly 23° 27' in the year 1917 and will be at 23° 26' in the year 2045).

At the June or summer solstice (around June 21) when the Tropic of Cancer was named some 2,000 years ago, the sun was pointed in the direction of the constellation Cancer, thus giving the then new line of latitude the name the 'Tropic of Cancer'. The word 'Tropic' comes from the Greek word *tropos*, meaning turn, referring to the fact that the sun appears to 'turn back' at the solstices.

The Tropic of Cancer passes through only 17 countries, including the Bahamas, Mexico, Mauritania, Mali, Western Sahara, Algeria, Niger, Libya, Egypt, Saudi Arabia, India, China, UAE, Oman, Bangladesh, Burma and Taiwan. In the UAE, the Tropic of Cancer line passes

entirely through Abu Dhabi emirate for approximately 337km of sand dunes of varying heights and sand consistency and relatively even salt flats.

About Al Qua'a

Located approximately 130km from Al Ain oasis city, Al Qua'a (pronounced in Arabic, 'al-ko') is a little desert town where the borders of the UAE, Oman and Saudi Arabia meet. If heading out into the desert, it is best to stock up on food and other last-minute provisions in Al Qua'a town. Al Qua'a is also sometimes spelt as Al Quaa.

About Max Calderan

Max Calderan has numerous solo odyssey desert and wilderness world records to his credit. Among other feats of extraordinary human endurance, including crossing the hostile 154km length of the Tih Desert in the Sinai Peninsula in Egypt from south to north in almost 25 hours he has walked solo for 90 hours non-stop along the Tropic of Cancer line in Oman for 437km and in early 2016 he again walked solo for 340km non-stop along the Tropic of Cancer from the border of Saudi Arabia, through the UAE (Abu Dhabi) and up to the Oman border in 4 days.

Avoid dehydration

The most common health issue one can face while in a desert environment is dehydration. The main cause of dehydration is sweating and not replacing lost fluid through drinking water. However, other factors like dieting, consumption of alcohol, coffee or tea, and sugary drinks and physical activity such as running/jogging/walking, or other strenuous exercise also contribute to dehydration. A gastrointestinal illness (upset stomach causing diarrhoea and vomiting) can also cause dehydration. Systems of dehydration are loss of lucidity and confusion, leading to dizziness and cramps and may end in unconsciousness. Every participant should ensure they drink plenty of water at regular intervals during the 2-day TOCM and keep children well hydrated too. In case of suspected dehydration, the person should sit in the shade (in a cool air-conditioned vehicle if possible) and drink large amounts of water every few minutes. Also, apply a wet cloth to their head and continuously fan them. In the absence of the exacerbating circumstances mentioned before (dieting, gastric illness, etc.) recovery from dehydration should be quick but the person must continue taking water throughout the day.

LOCATION MAP

Official Charity of TOCM 2016

Al Jalila Foundation

Al Jalila Foundation is a global philanthropic organisation dedicated to transforming lives through medical education and research. The Foundation was founded by His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai in April 2013, to position Dubai and the UAE at the forefront of medical innovation. Al Jalila Foundation is fully funded by the generosity of donors. 100% of funds donated to Al Jalila Foundation are invested into medical research, education and treatment in the UAE.

www.aljalilafoundation.ae

Official Partners of TOCM 2016

NATGENE

NATGENE specialises in Gut Flora and DNA testing. Natgene© FLORA is an innovative analysis based on next-generation DNA sequencing technology (NGS) and is able to check the status of general inflammation. In the custom report, in addition to the results, there are nutritional and integration of useful tips to re-establish the correct intestinal balance. Natgene© DNA tests are for those who care about their health and, in particular: healthy people who want to learn to know their body with the aim of keeping undamaged their state of health and prevent problems; sick people, to understand some of the possible genomic causes responsible for their disease state; agonistic and amateur athletes determined to reach their 'optimum' organic, to increase performance and reduce the incidence of injuries (and recovery).

www.natgene.net

MonViso

Monviso is 100% natural mineral water from the Monviso Mountain in the Italian Alps. This water has purity unmatched by any other brand. Originating from Europe's highest source at 2,042m altitude and protected at 3.8°C away from pollution and human settlement, Monviso is bottled at source in northwest Italy at the foothills of Monviso Mountain – the mountain whose water has been celebrated for its unique rejuvenating properties since ancient times. Monviso water is minimally mineralized and extremely light, with one of the world's lowest sodium levels. Monviso's unique composition makes it perfect for everyone, including infants, and safe for consumption in large quantities.

www.monviso.com

MONTURA

MONTURA specializes in ergonomic technical clothing for the world's most extreme environments.

www.montura.it

Dubai Offroaders

This group of like-minded off-road enthusiasts has been going off-road in the UAE and neighbouring GCC countries since the group was founded in 2008.

www.dubaioffroaders.com

Weekends with Albert

Off-roading has been Albert's passion the day he set his hands on the steering wheel at a fun drive. It is not a surprise that eventually, this is what Albert does for a living. The desert beckons and Albert has scoured the tracks like the back of his hand ever since. Cars and off the track adventure is the second best thing in Albert's life, following his family, of course.

www.weekendswithalbert.wordpress.com

ROYAL POLYCLINIC

Royal Aesthetica Polyclinic provides a dedicated 360 degree examination related to sport and well being. It includes lifestyle and risk factor assessments starting from dedicated genetic test, gut flora analysis, posturology analysis and target nutrition.

All the participants of TOC Marathon will have a first free posturology consultancy with a dedicated physiotherapist.

www.royalpolyclinic.ae

TAG Heuer

TAG Heuer S.A. is a Swiss manufacturing company that designs, manufactures and markets watches and fashion accessories as well as eyewear and mobile phones manufactured under license by other companies and carrying the TAG Heuer brand name.

www.tagheuer.com

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Instagram: www.instagram.com/tropicofcancermarathon