



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 picturesque lagoons of Sharjah city, through the stunning Hajar Mountains across to the east coast of Kalba and then north all the way to Fujairah and your final destination, Le Meridien Al Aqah - the route stretches 200km 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 Sharjah Mamzar Lagoons (25°18'35.05"N 55°21'10.52"E) promptly at 06:00hrs on Friday 18th November 2016. There is ample parking. You can approach and park, on the Dubai Mamzar side or the Sharjah side. There is a parking permit in your race pack which validates parking on SHARJAH side only for overnight 18/19th Nov. This is NOT for Dubai - be aware which side is which. There are toilets located at the start on the beach. Please ensure you arrive in plenty of time to sign-in at the registration desk open from 03:00hrs to 04:45hrs (and collect your goody bag if you are an international participant and have requested event day pick-up). Line-up into speed pods (fast at the front, slower towards the back) will be at 05:30hrs. Briefing will be at 05:45hrs.

The ride will finish at Le Meridien Al Aqah in Fujairah (25°30'32.77"N 56°21'44.90"E). Riders are asked to reach the finish no later than 14:30hrs which is a minimum of 27.5kph average speed. Please bear in mind that it will be dark when we start the ride at 06:00hrs and sunrise is 06:38hrs- please make sure you have front and rear lights.

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 (there is no pool access for non-guests). 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. If you booked the bus and bike transfer, you may rack your bike directly onto the truck as you arrive at the finish where staff will help to load your bike securely.

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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.

GOODY BAG COLLECTION

A goody bag which will contain your limited edition cycle jersey, mandatory bib and bike numbers, luggage tag for bus transportation 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 13 - 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

A 'pod' is a pre-determined group of riders with a designated speed. The pods will be organised based on the km speed you have estimated you will average and have submitted on your registration, so please be honest. Each rider pod (35-39 riders) will start out approx 2 mins apart following the route out from the Mamzar lagoons of Sharjah city. (If there are any large groups who want to ride as a 'pod', please email with the names of all riders in that group asap. Please only submit large groups of riders if you are able to ride at the same average speed. Contact us: events@urbanultra.com). We will then continue through the city on main roads 116 on to Meliha Rd towards the 611 where we cross under it onto our first Feed Station at the Mleiha ADNOC station at 74km. You will then continue the Sharjah-Kalba highway and begin the mountain section. Your next feed station will be at 117km at Wadi Helo. Following the mountain section, we stop at the ADNOC Kalba station at 139km to regroup any split pods to safely continue northwards towards Fujairah and the last feed station at Seapoint Street 176km before you reach the finish. Please do not make a stop at the top of the first tunnel, this is a very dangerous spot to congregate, you should continue straight through the tunnel and descend on the other side, stopping at the feed station for recovery.

■ CUT-OFF TIMES & POD SPEEDS

Riders are asked to reach the finish no later than 14:30hrs which is a minimum of 27.5kph average speed.

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).

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■ FEED STATIONS

Water/Feed Stops will be located at 4 points. Water, fruit and energy drinks (Aqualyte) 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. All ADNOC stations have toilets for comfort breaks.

- ADNOC Station Mleiha (approx. 74km)
- Wadi Helo village (approx. 117km)
- ADNOC Station Kalba (approx. 139km)
- Seapoint Street (approx. 176km)

■ SAFETY SUPPORT VEHICLES, VOLUNTEERS & AMBULANCE SUPPORT

Support cars will be identified with safety info and numbered, and assigned to each pod. They 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.** Although we welcome experienced support drivers in their own cars, please note that this is ONLY permitted if the drivers are submitted to the organisation prior to the event (not on the day of the ride). We will need the mobile number, email address and licence plate number in order to contact and brief them. Any riders with drivers should contact us immediately so that we can add them to the list of vehicles on the route. If you are not registered with us, you will not be able to access the rider pods between official police and emergency vehicles.

Please also note that support drivers are not exclusive to the club or group that they are supporting. Other riders may well join the pod and should be accommodated. Contact us: events@urbanultra.com

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■ MECHANICAL SUPPORT

There will be support cars along the route, however they are not bike mechanics, 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.

■ BIKES, NUMBERS AND BIBS

TT bikes and TRI bikes/bars are not suitable for group rides. This is a group ride. For maximum safety, only standard road bikes are permitted for this ride. 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. Your number will be used to identify you with your bike at the bike park on collection.

■ MANDATORY KIT

It will be dark when we start the ride at 06.00hrs and sunrise is 06:38hrs - please make sure you have front and rear lights. 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 (Emirates ID or International ID), and a mobile phone.

■ BRIEFING

You will be briefed at the start of the challenge (05.45hrs) and by your 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. Remember, this event is NOT a race.

■ TIMING SYSTEM

We would to emphasise that the Coast to Coast Cycle Challenge is not a race and therefore will not be timed.

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■ BUS TRANSPORTATION

You have the option to purchase a return bus trip with your bike, back to Sharjah. You will find this option on the Registration page in 'Store' as an added option and extra cost. The return bus will depart from the hotel at approx. between 17:00-18:00hrs back to Sharjah. You and your bike will be safely and securely transported back to the start point. The drop point will be at the same point you started (Sharjah Lagoons Car Park), with no stops along the way. If you booked the bus and bike transfer, you may rack your bike directly onto the truck as you arrive at the finish where staff will help to load your bike securely for the trip back. If you have purchased a bus transfer, you will find a luggage label in your goody bag, please use this to identify the bag you wish to load onto the outward bound bus for you to collect on arrival at the finish line.

■ BBQ BUFFET AT LE MERIDIEN AL AQAH

Your entry price includes a celebration buffet and soft drinks on the private lawns of the hotel - please wear the supplied wristband for identification to hotel staff. Alcoholic drinks are available but must be purchased separately and are not included in your entry fee. Should you wish to have friends or family join us at the BBQ, please purchase additional BBQ Buffet tickets in the 'Store' on the registration site.

■ 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.

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■ 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 200km of challenging terrain and have trained adequately to do so comfortably.

BIKES

TT bikes and TRI bikes/bars are not permitted. This is a group ride and for maximum safety, only standard road bikes are permitted to ride in group formation. 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. Your number will be used to identify you with your bike at the bike park on collection.

Bikes will be transported back to the start point in a secure manner, however, race organisers or anyone associated with the event cannot be held responsible for any damage caused during transportation.

ROUTE & ELEVATION



START LOCATION

