



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ KALBA HILLS CYCLE CHALLENGE

RIDER GUIDE

WELCOME TO THE URBAN-ULTRA™ KALBA HILLS CYCLE CHALLENGE



Start at the picturesque lagoons of Kalba, Sharjah and ride through the surrounding Kalba Hills undulating across the peaceful landscape to finally ascend the Kalba tunnel for a spectacular descent back into the east coast - the elite or social route stretches 70km or the challenge distance of 37km with approx 700m (for the full distance) of elevation along smooth tarmac roads.

■ START/FINISH LOCATION

The Kalba Hills Cycle Challenge will start at Sharjah Kalba Lagoon (N 25° 1'9.64" E 56°21'26.15") promptly at 07:00hrs (Waves for each category 70km elite first off) on Friday 17th March 2017. There is ample parking and rest rooms at the start. It is 1hr 34 mins from Dubai (138km).

Please ensure you arrive in plenty of time to collect your timing chip, and sign-in your attendance at the registration desk open from 05.30hrs to 06.30hrs (and collect your race pack if you are an international participant or living outside of Dubai and have requested event day pick-up). Briefing will be at 06.45hrs. The ride will start and finish at the same point.

Riders are asked to reach the finish no later than 10:00hrs for 70k and 08:30hrs for the 37km. (70k riders must reach end of first loop no later than 08:15hrs). Please make sure you give yourself plenty of time to get organised beforehand.

■ RACE PACK COLLECTION

A race pack which will contain your mandatory bib and bike numbers, and other goodies will be available for collection at Adventure HQ, Sheikh Zayed Road, Dubai. Tel: +971 4 346 6824 | +971 4 346 6909. Packs will be available from 14 - 16th March 2017. Only international participants and residents outside of Dubai can collect goody bags on the morning of the 17th, but must advise us of their intention by emailing us at: events@urbanultra.com before 12th March 2017.

Chips will be given at the sign-in desk on the morning of the event 17th March 2017. The event will be timed by ProChip - all chips are to be returned immediately at the finish line. These cannot be re-used without being re-programmed so they are of no use to you after this race. A cash deposit of AED 125 will be required at sign-in for the chip. Deposit will be returned at the finish when handing in your chip. Lost chips will be charged to the rider at AED 125.

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■ 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.

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. By participating, you agree to ride within the parameters defined by the organisers.

■ ROUTE

The race will start at the end of Kalba Lagoon near the University of Sharjah Community College. We will ride south along the Corniche and then make a turn west to tackle the undulating course along the Oman border fence. Turning again we will curve northwards and begin the ascent of the Kalba tunnel to finally make the steep and fast descent into the east coast again. At the flag you will either continue right for another loop or turn left back along the Corniche for the shorter Challenge distance into the finish.

■ CUT-OFF TIMES

Elite and Social riders of the 70k distance have 3 hours to complete the double loop distance. You must reach the end of first loop no later than 08:15hrs. Riders of the Challenge distance have 1.5hrs to complete the 37km single loop.

■ FEED STATIONS

Water/Feed Stops will be located at the start and finish as well as the base of the Kalba tunnel climb. 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.

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■ SAFETY SUPPORT VEHICLES, VOLUNTEERS & AMBULANCE SUPPORT

A number of support cars will be escorting the riders around the course. We will have an ambulance at the start/finish for emergency call out. Police support will assist with traffic control at junctions and roundabouts. **However, please note that the roads are quiet but not closed to traffic and you must pay attention to all road rules and regulations of the UAE.**

Although we welcome experienced support/team 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. Contact us: events@urbanultra.com

■ MECHANICAL SUPPORT

There will be no mechanical support cars along the route, 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 this race. This is a group race and social group ride. For maximum safety, only standard road bikes or Mountain bikes for the Challenge distance 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.

■ MANDATORY KIT

Helmets are mandatory. No helmet, no ride. 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.

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■ BRIEFING

You will be briefed at the start of the race/challenge (06.45hrs).

■ TIMING SYSTEM

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■ THE UAE

Temperatures during the race are likely to be around 25-30°C. An ambulance is 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. No changes may be made once race registration is closed.

WITHDRAWALS/CANCELLATION

Riders are able to withdraw from the event ONLY PRIOR to race registration closing. Full refunds are subject to your registration insurance on entering. No changes may be made once race registration is closed.

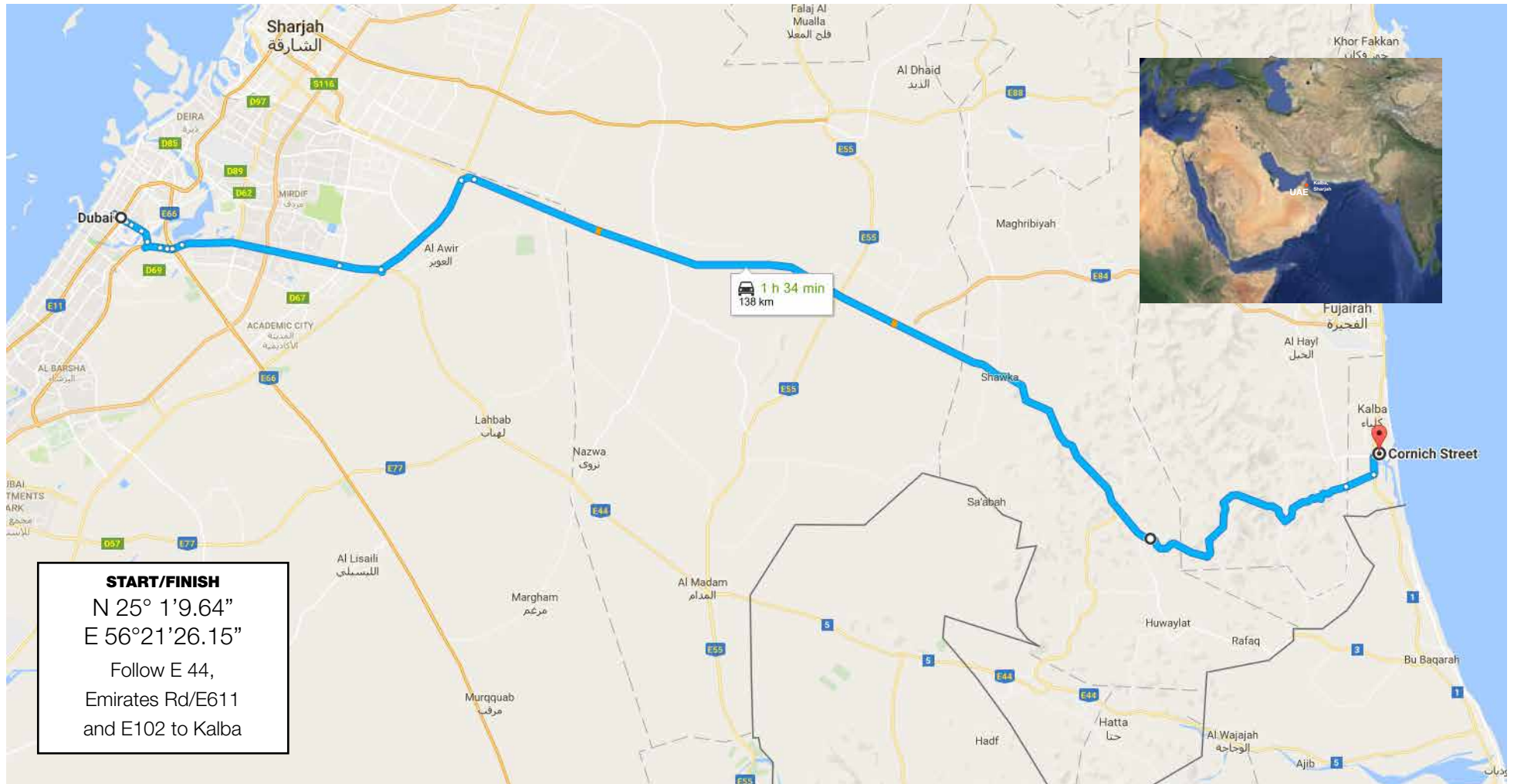
MEDICAL FITNESS DECLARATION/WAIVER

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 70km of challenging terrain and have trained adequately to do so comfortably.

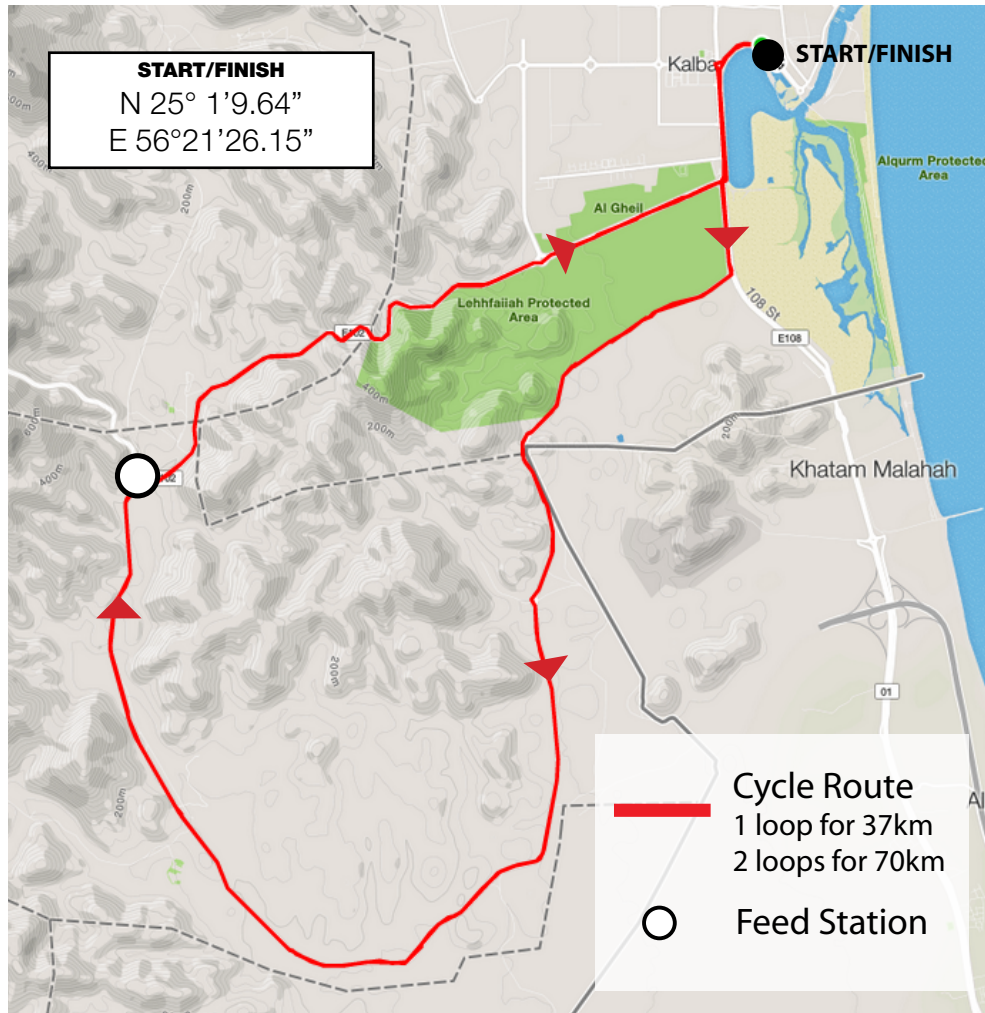
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DRIVE FROM DUBAI



37KM AND 70KM ROUTE



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