



URBAN - ULTRA™

GET OUT THERE!

URBAN-ULTRA™ BIG STINKER ATHLETE GUIDE

WELCOME TO THE URBAN-ULTRA BIG STINKER 2020



■ Race Pack Collection

Your goody bag which contains your race bib, and other mandatory kit will be available for collection from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai ONLY from Jan 7-10th 2020.

* Please note that goody bags will not be taken to the start line. RUNNERS will not be allowed to start without the mandatory kit list specified. For international participants or participants living outside of Dubai, we can take your bags to the start line as long as you indicate upon registration the option for Race Day collection.

■ Location/Directions

The single stage cross-country adventure will start and finish at Khatt Springs Golden Tulip Hotel, Ras Al Khaimah (N25°37'1.84" E56° 0'41.58") on Jan 11th 2020. Accessible by saloon car. Race starts at 7.00am sharp! (Check-in CLOSES at 6.30am. Compulsory briefing at 6.45am).

■ Course

The course is 95% gravel jeep track and remainder rocky and single track path. The course is marked with pink dots on rocks - and pink crosses where confusion may occur, but mostly it is a very obvious circular clockwise loop.

The 45km ultra distance is a UTMB Qualifying Race worth ITRA 2 pts!

You will run up and over a beautiful mountain (540m) ascent and descent per 15k loop in Ras Al Khaimah. The 45k ultra distance will be an extended loop with slightly more elevation taking you to in excess of 1500m for the whole distance. Please be respectful of our surroundings and keep impact to a minimum. Leaving nothing but footprints when we are there.

Please note, that the course road is not closed to traffic, and locals use parts of it to access their villages. Be aware that you may encounter a minimal amount of cars or trucks whilst running. To keep this traffic to a minimum, we would ask that any supporters do so from the START/FINISH point so we minimise any chance of accident or injury and churning up dust for the runners.

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■ Checkpoints

CP1 will be located at the start/finish line, you will pass the 6k summit marker at the top of the climb, which is the turn left for ALL runners towards CP2 and then returning back along the same route and onto the descent back into CP1. Water, fruit and electrolyte drinks will be provided during the race at all checkpoints but please make sure that your obligatory hydration pack (1.5 ltr) is fully-filled from your own supplies before the start. All runners for all distances must carry the mandatory water.

■ Camping/Accommodation

As the Golden Tulip Khatt Springs is currently closed, your options are either driving to and from the site for the event or camping. (No campsite is allocated but you are free to find yourself a place to pitch your tent, there are plenty of lovely areas close by and up the mountain). Cars are not permitted to park in the finish area. Any runners camping in this area, please be aware that you will not be permitted to drive your car out through the finish area until all runners have completed the race.

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

By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

Please understand that the list has been given from personal race knowledge and experience for your own safety and is not there just make you carry more stuff! **Accidents happen and your first aid kit, whistle and mobile phone are essential for your safety.** When it is hot - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Winners will be checked for complete kit, time penalties apply for each missing item. **Please advise the Race Director if you have any medical condition we should be aware of.**

We are always trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small. **NO plastic bottles or disposable cups are provided during the event. You must bring your own cup/drinking bottle.**

- **1.5 LTR HYDRATION** - Full to capacity at the start line. ALL runners regardless of distance **MUST** carry water.
- **CELL PHONE** - fully charged with pre-programmed number of **RACE DIRECTOR +971 50 4422934** or Thuraya **+882 1621206101** - only operational on race day.
- **WHISTLE** to signal for emergency
- **COURSE MAP PRINTOUT OR IMAGE ON YOUR PHONE**
- **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, Medical tape, 3" wide Ace Bandage, Painkiller tablets (Aspirin, etc.), Anti-inflammatory tablets (Voltaren, Ibuprofen etc.).

NOTE: The list is a guideline to the content of a first aid kit. Random checks will be made for complete kit - missing items will be given time penalties. 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.

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OPTIONAL/RECOMMENDED GEAR

Waterproof (ziplock) for phone,

Small scissors

Energy Gels/Nutrition

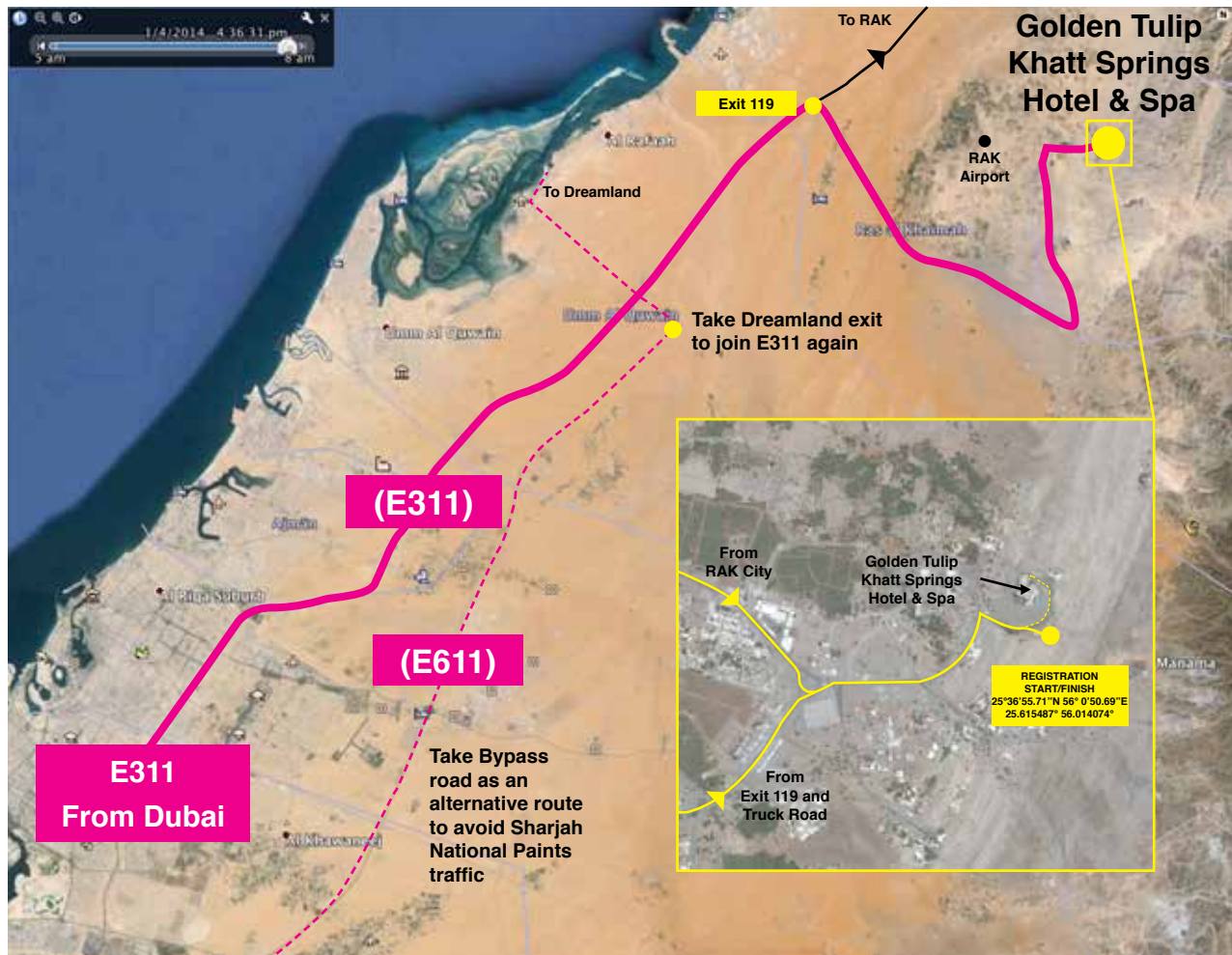
Watch/timing device

Blister care

Light jacket

HAPPY RUNNING - ENJOY YOUR RACE!

LOCATION MAP



1. Take the E311 (Emirates Road) from Dubai direction Sharjah/Ras Al Khaimah
2. Take Exit 119 (towards Fujairah).
3. Continue along the truck road and at the R/A at the main highway take a left towards RAK Airport.
4. There will be signs now directing for Golden Tulip Khatt Springs Hotel and Spa

Follow signs for the hotel and Khatt Police Station.

The start line is located in the valley behind the hotel. Please park your vehicle in the lower car park at the base of the hotel next to the Khatt Springs Spa, NOT at the hotel itself. There will be no parking at the actual start line.

Once parked, walk through the hotel gate and 200m turn off the tarmac and continue down into the valley where you will find the start/finish line

GPS COORDINATES

25°36'55.71"N 56° 0'50.69"E

or

25.615487° 56.014074°

TRAIL RUN COURSE



Dots show the way.

!! CROSS indicates incorrect path!



TRAIL RUN COURSE

