



**URBAN-ULTRA NIGHT REBEL**  
**ATHLETE GUIDE**

**[WWW.URBANULTRA.COM](http://WWW.URBANULTRA.COM)**

**URBAN - ULTRA**  
**GET OUT THERE!**

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## ■ Race Pack Collection

Your goody bag which contains your race bib, and other mandatory kit will be available from Adventure HQ during opening hours at Times Square on Sheikh Zayed Road, Dubai - PLEASE CHECK YOUR EMAIL ONCE REGISTRATION IS CLOSED FOR DETAILS OF DATES FOR COLLECTION OR REFER TO THE EVENT PAGE ON OUR WEBSITE.

\* 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 Wadi Showka/Helo (25° 5'51.68" N 56° 1'49.78" E) on September 20th 2019. The new Covid-Safe Format means you can start your race between 6.30pm and 7.00pm! No runners will be permitted to run after 7pm.

## ■ Course

You have 4.5 hours to complete the 30k distance. The course is 95% gravel jeep track and remainder rocky wadi bed. The course is marked with reflective marker tape, only visible with a headtorch. **You will not be permitted to run without a torch or headlamp - this is NOT supplied.** The course is out and back along the same route.

Please know which turn you need to make for the distance you are running - you are responsible for making the turn at the correct distance marker which will be at one of three water checkpoints.

Please be respectful of our surroundings and keep impact to a minimum. Leaving nothing but footprints when we leave.

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. Due to Covid-safety, we would ask that supporters do not attend the event to keep gathering as small as possible.

## ■ Checkpoints

Water checkpoints will be located at the 5k turn for the 10k runners. At the 10k turn for the 20k runners and at 15k turn for the 30k runners. Water and electrolyte drinks will be provided during the race at the checkpoints but please make sure that your obligatory hydration pack is fully filled from your own supplies before the start. ALL runners for ALL distances need to carry water from the start.

For maximum Covid-safety, we will be asking you NOT to touch the water dispensers. A staff member with regularly sanitised hands will assist you filling your bottle or reservoir.

## ■ Camping/Accommodation

There are no hotels close by and although no campsite is designated, you are free to find yourself a place to pitch your tent, there are plenty of lovely areas close by but please note that gatherings are not permitted and you should camp well away from other people. You can also just drive up on the evening and return home after the race in your own vehicle. There is no transport provided for this event. All camping equipment and headlamps/torches are the responsibility of the participant.

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

***BY AGREEING TO RACE YOU ARE CONFIRMING THAT YOU HAVE VALID MEDICAL INSURANCE AND ARE AGREEING TO THE RACE WAIVER CONDITIONS AT THE END OF THIS DOCUMENT.***

**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 missing items will result in DQ. ***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.***

## ■ COVID-SAFETY - IMPORTANT PLEASE READ

### **\*\*NO Check-in ... No Briefing ... ARRIVE & RUN between 6:30pm and 7:00pm**

- *To limit the possible spread of the virus we are trying out a new format where you will 'ARRIVE & RUN'. This means that you must arrive between 6:30pm and 7:00pm. Runners can begin to run anytime during that slot. No runners will be permitted to run after 7:00pm (no matter how much you plead or cry!) The new format gives an extra dimension to your competitors too – no one can see who is ahead or behind, so it is all out if you want to win!*
- *Please ensure you do not gather in any groups – socially distance yourself from any other runner at the start, checkpoints and in the car park*
- *You will be requested to wash your hands thoroughly at the start of the race - water and soap is provided*
- *There will be NO TOUCHING the water dispensers by runners, a member of staff will assist you to fill your bottle*
- *Sanitizer will be mandatory if you wish to take fruit from checkpoints - or you can kindly ask a staff member to assist - sanitizer is provided*
- *Runners will wear masks unless on the course running – masks are mandatory at all other times (please keep it with you!)*
- *Runners not wearing a face mask when not running will be kindly ask to wear one or leave (no excuses, we provide a bandana in your race pack)*
- *There will be no pre-race briefing, so you need to read your Athlete Guide thoroughly*
- *Whilst on the course, please allow as much space as possible between runners or if passing someone*
- *Because of the staggered start we will not know who has won the race until everyone has finished, therefore we will award trophies at a later date without a gathering. We will notify winners by email or telephone the following day to arrange trophy presentation.*
- *There will be fruit on checkpoints BUT NOT at the start/finish point - only water will be available at the start/finish point*
- *Runners are asked, that once their race is completed, to immediately leave the area. This is not our usual friendly trail community style, (we all like to have a chat about PBs and how lost you got, or how there weren't enough markers!), however we would like to keep bringing you these races for the entire season, so for the timebeing we would kindly ask that any post race nattering be done away from the finish line in groups no larger than 5 people.*
- *If you are experiencing ANY signs of the covid virus - PLEASE DO NOT attend the race. Please go straight to a testing centre and get yourself checked out.*



## **OPTIONAL/RECOMMENDED GEAR**

Spare face mask

Sanitizer

Waterproof (ziplock) for phone,

Small scissors

Energy Gels/Nutrition

Watch/timing device

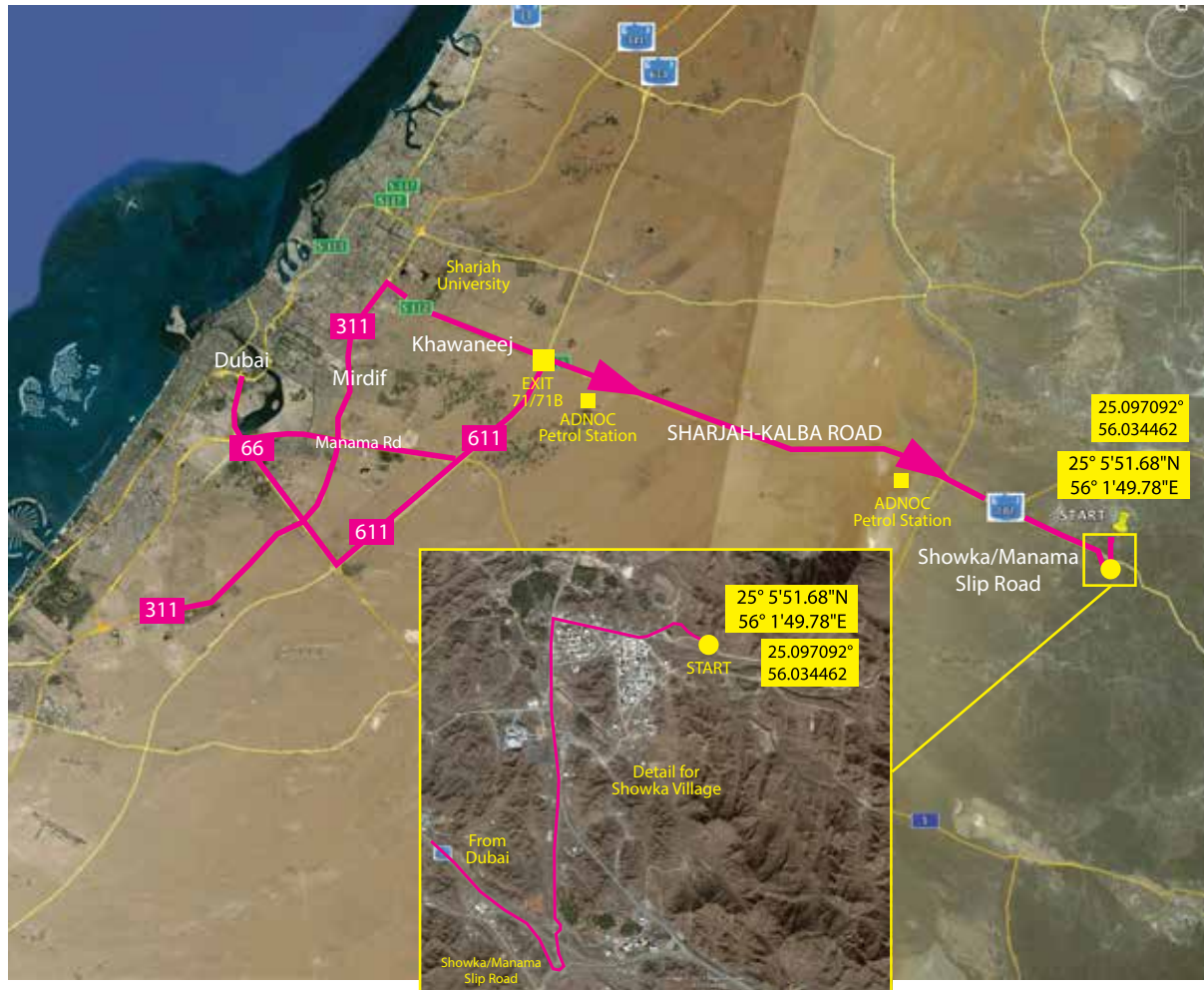
Blister care

Light jacket

**RACE WAIVER:** Please note that although our races are fully covered by insurance and medical services are in place, these are in service for the duration of the race and for emergency treatment only. By agreeing to participate, you understand that Urban-Ultra, any of its staff, race partners or related companies are not liable for any injuries sustained during the race or any medical treatment after emergency care has been administered. By registering for the race you agree to these terms and conditions of entry. The FULL RACE WAIVER is at the end of this document. Thank you.

# **HAPPY RUNNING - ENJOY YOUR RACE!**

# LOCATION MAP



1. Take the 611 from Dubai, direction Sharjah
2. At the Sharjah/Kalba/Fujairah turnoff onto E102 (Exit 71 and then 71B) heading east from 611 - keep right and you will pass the ADNOC petrol station on the right.
3. Continue along the road and past the second ADNOC petrol station until you see the sign for Showka/Manama on the right. Turn off and take the 3rd exit under the bridge at the R/A and continue straight past one sign for Shawka on the right and until you reach a row of shops and a second sign pointing right to Showka. Turn in and you will see a tall blue water tower on your left - drive across the small bridge following the tarmac road past some villas and a health clinic. The road will turn into gravel and 300m further you will see the start line.

START LINE GPS COORDS:

**N25°5'51.68 E56°1'49.78**

Please check the Urban-Ultra Dubai facebook page for a drop pin to the start location.



# TRAIL RUN COURSE



**NO RACE BRIEF!  
READ YOUR ATHLETE GUIDE**

**START  
FROM 6:30PM - 7:00PM  
GOOD LUCK**

**\*30K CUT-OFF TIME  
4.5 HOURS**

**IN CASE OF EMERGENCY  
+971 50 4422 934  
thuraya +882 162 1206101**

**OPERATIONAL ON RACE DAY ONLY**



# URBAN-ULTRA™



## GET OUT THERE

## RACE WAIVER

**PLEASE READ THIS DOCUMENT (THE “WAIVER AGREEMENT”) CAREFULLY BEFORE SIGNING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.**

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run.

I hereby certify that I am in good health and I have trained to run the distance of the race, which I am entering. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants or animals, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running race, I, for myself and anyone entitled to act on my behalf, waive and release Urban-Ultra or Phishface, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.