



URBAN-ULTRA COAST TO COAST CYCLE CHALLENGE
RIDER GUIDE

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URBAN - ULTRA
GET OUT THERE!



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 215km 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.

■ COVID-SAFETY - IMPORTANT PLEASE READ

• **COVID 19 Negative Test Result Required (max 96 hrs prior to event)!!**

- *To limit the possible spread of the virus we request that all riders are free of the virus so that we can operate the pods as per previous years in groups of max 40 people. You will also be required to sign a waiver agreeing to the terms and conditions of the event.*
- *Please ensure you do not gather in any groups – socially distance yourself (min 2m) from any other rider at the start, checkpoints and at the finish*
- *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 riders at feed stations, a member of staff will assist you to fill your bottle*
- *Sanitizer will be mandatory if you wish to take fruit from feed stations - or you can kindly ask a staff member to assist - sanitizer is provided*
- *Riders will wear masks unless riding – masks are mandatory at all other times (please keep it with you!)*
- *Riders not wearing a face mask when not riding will be kindly ask to wear one or leave (no excuses, we provide a bandana in your race pack)*
- *There will be no pre-event briefing, so you need to read your Rider Guide thoroughly*
- *Whilst on the ride, please allow as much space as possible whilst still drafting*
- *Note that transportaion for sweeper and return bus will be according to the covid safety protocol guidelines stipulated by the Covid Crisis Authority*
- *Riders are asked, that once their event is completed, to immediately leave the finish area. This is not our usual friendly community cycling style, (we all like to have a chat about those hills and your new carbon frame, or how that guy just couldn't keep up!), however we would like to keep bringing you these events for the entire season, so for the timebeing we would kindly ask that any post event 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 event. Please go straight to a testing centre and get yourself checked out.*



■ START/FINISH LOCATION

The Urban-Ultra 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 20th November 2020. 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 19/20th 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 04.00hrs to 05.30hrs (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. THERE WILL BE NO BRIEFING.

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 15:00hrs 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 (no suitcases please) with a change of clothing in the support car allocated to your pod, located at the start point - this will be taken to the finish point and available upon your arrival from the tennis courts. Please be patient if you arrive before your support car - the bags will be deposited as soon as the vehicle arrives at the hotel. Please ensure your bag is labelled with your pod letter, name and telephone number on the OUTSIDE of your bag so that you and we, can identify it.**

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 at the tennis courts. If you booked the bus and bike transfer, you must use the provided frame packing material to safeguard your bike from scratches, and then stow into the luggage compartment of the coach. We will of course take great care of your bike, however you must sign the waiver releasing any staff member or transfer service of damage to your bicycle should this occur en route.

■ INTERNATIONAL PARTICIPANTS

Please note that should you wish to collect your event pack on the day you need to click this upon registration.



■ EVENT PACK COLLECTION

A pack which will contain your special edition cycle jersey, mandatory bib and bike numbers, along with other goodies will be available for collection at Wolfi's Bike Shop, Sheikh Zayed Road, Dubai during opening hours 09:00 to 19:00hrs. Tel: +971 4 339 4453. Please refer to the website and your emails for updated information regarding collection dates. Only international or participants living outside of Dubai can collect their bag on event morning if you indicated this at time of registration.

■ 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. 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.

■ 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 (max 40 riders) will start out approx 2 mins apart following the route out from the Mamzar lagoons of Sharjah city. 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 on 102 just before the Mahafiz Interchange. You will then continue the 102 Sharjah-Kalba highway and begin the mountain section. Your next feed station will be at Wadi Helo. Following the mountain section, we stop opposite the ADNOC Kalba station to regroup any split pods to safely continue northwards towards Fujairah and the last feed station at Seapoint Street 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.



■ ** DIVERSIONS EN ROUTE

Please note that there are two changes to the advertised route, both occurring in Kalba. The first change is immediately following the descent from the first tunnel. You will NOT be climbing the second tunnel. Instead, you will turn a sharp RIGHT towards Ain Al Ghamour. CAUTION IS ADVISED on your descent to this point as it is still part of the descent. SLOW SPEED is advised to ensure you can make the right turn safely. The second diversion is from the end of the Kalba Corniche. Instead of turning right and going towards the beach, passing the university, you will now continue STRAIGHT at the roundabout and continue approx. 5km until you see arrows taking you back to the coastline and back along the beach. Both of these diversions are indicated on the maps. They will be manned by official vehicles and the arrows will point you in the right direction. The diversion will add approx. 10km to both the full and abridged rides.

■ KING AND QUEEN OF THE MOUNTAIN BY ROTOR

This year's ride features an exciting component in the form of King and Queen of the mountain titles sponsored by Rotor. Special climb sections will be indicated with the flags, the fastest rider for each category (1 male and 1 female), will be awarded the special KOM and QOM jerseys. Riders wishing to participate in this competition MUST be a registered strava member, and must log their strava segment no later than midnight on Nov 20th 2020. **PLEASE make sure you join the Urban-Ultra Coast to Coast Cycle Challenge strava club ...**

■ CUT-OFF TIMES & POD SPEEDS

Riders are asked to reach the finish no later than 15:00hrs 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).

■ ABRIDGED RIDERS

Riders of the abridged version of the event will finish their ride in Kalba at the CP3 checkpoint. You will be taken by bus with your bike to the Finish point at Le Meridien Al Aqah. This bus will depart once all riders of the abridged ride are aboard. This may mean a little wait at Kalba, but you can pass the time by cheering in the other riders, take refreshments and admire your finisher's medal!



■ FEED STATIONS

Water/Feed Stops will be located at 4 points. Water, nuts, dates, oranges, bananas and electrolyte (Stealth - Secret Training) 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 feed stations have toilets for comfort breaks except Seapoint Street CP4.

- **CP 1 - Red/White chequered Cafe at Mahafiz interchange (approx. 55km)**
- **CP 2 - Wadi Helo village (approx. 117km)**
- **CP 3 - Opposite ADNOC Station Kalba (approx. 139km) (This is the finish point for the Abridged ride)**
- **CP 4 - 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

■ 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. If you experience a flat tyre, please get into the support car with your bike if possible and repair, and you will be dropped off once it is safe to do so back into your pod. If this is not possible, you must repair and join another pod behind yours. Please do not ride alone.

■ BIKES, NUMBERS AND BIBS

TT bike, TRI bikes/bars, folding bikes 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

Due to the covid safety protocol we will not be making a briefing prior to start.

■ TIMING SYSTEM

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

■ BUS TRANSPORTATION

You have the option to purchase a return bus trip with your bike, back to Sharjah. You will find this option in the STORE at an extra cost. The return bus will depart from the hotel at approx. between 17:30-18:00hrs back to Sharjah. If you booked the bus and bike transfer, you must pack your bike using the provided packing material and then stow your bike in the luggage compartment of the coach upon arrival into the finish and collect your



receipt. This receipt indicates the bus you should travel on, along with your bike. Multiple buses will all leave at the same time with your bikes on board, so if you want to arrive with your bike, please make sure you are on the same bus. Depending on traffic which can be very heavy in Sharjah please allow 2.5 - 4 hours for the journey. 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.

■ 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 collect your wristband at the entrance to the BBQ for identification to hotel staff, it is NOT in your Goody Bag.** Alcoholic drinks are available but must be purchased separately and are not included in your entry fee. Extra BBQ tickets for family and friends can be purchased in the STORE for an additional cost.

■ THE UAE - IT IS STILL HOT IN NOVEMBER - AND WEATHER CAN BE UNSTABLE i.e. STORMY/RAINING

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.

We have also experienced freak storms, wind and rain on the ride, so it is important to be prepared for all eventualities. Take a light rain jacket, make sure your bike is properly serviced and in good working order i.e. brakes and wheels are clean, debris free and work adequately on downhill sections in wet weather.



■ 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.

COVID 19 NEGATIVE TEST RESULT

ALL riders MUST present a Covid 19 Negative test result (PCR Swab Test) max 96 hours prior to riding.

MASK WEARING

ALL riders MUST wear a face mask if not riding during the event. This includes all areas at the start and finish, unless eating/drinking.

TRANSFER OF ENTRIES

Transfer of your entry to another person may only be done until the date Nov 2nd 2020. This is done online 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, however, full refunds are subject to your registration insurance upon entering. Only up to Nov 1st 2020

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 140/200km of challenging terrain and have trained adequately to do so comfortably.

TT BIKES, TRI BIKES/BARS, FOLDING BIKES 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. By signing the waiver you agree to the T&Cs of bike transfer.



ROUTE & ELEVATION





PARKING & START CHUTE

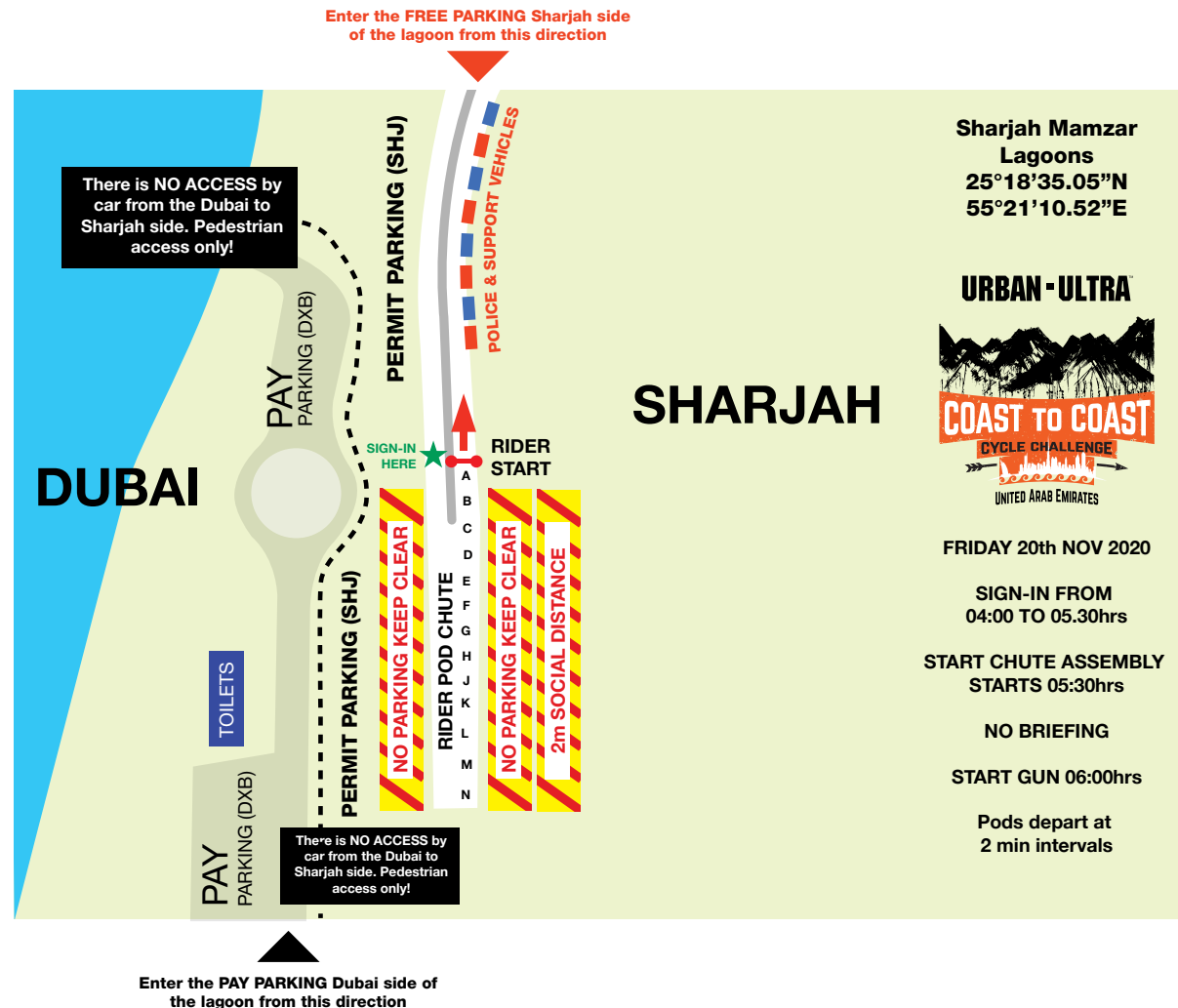
IMPORTANT

You will find a Parking Permit in your Goody Bag, please place it in your windscreen if you park on the Sharjah side of the lagoon overnight.

You must pay for parking on the Dubai side and may be given a fine if left overnight.

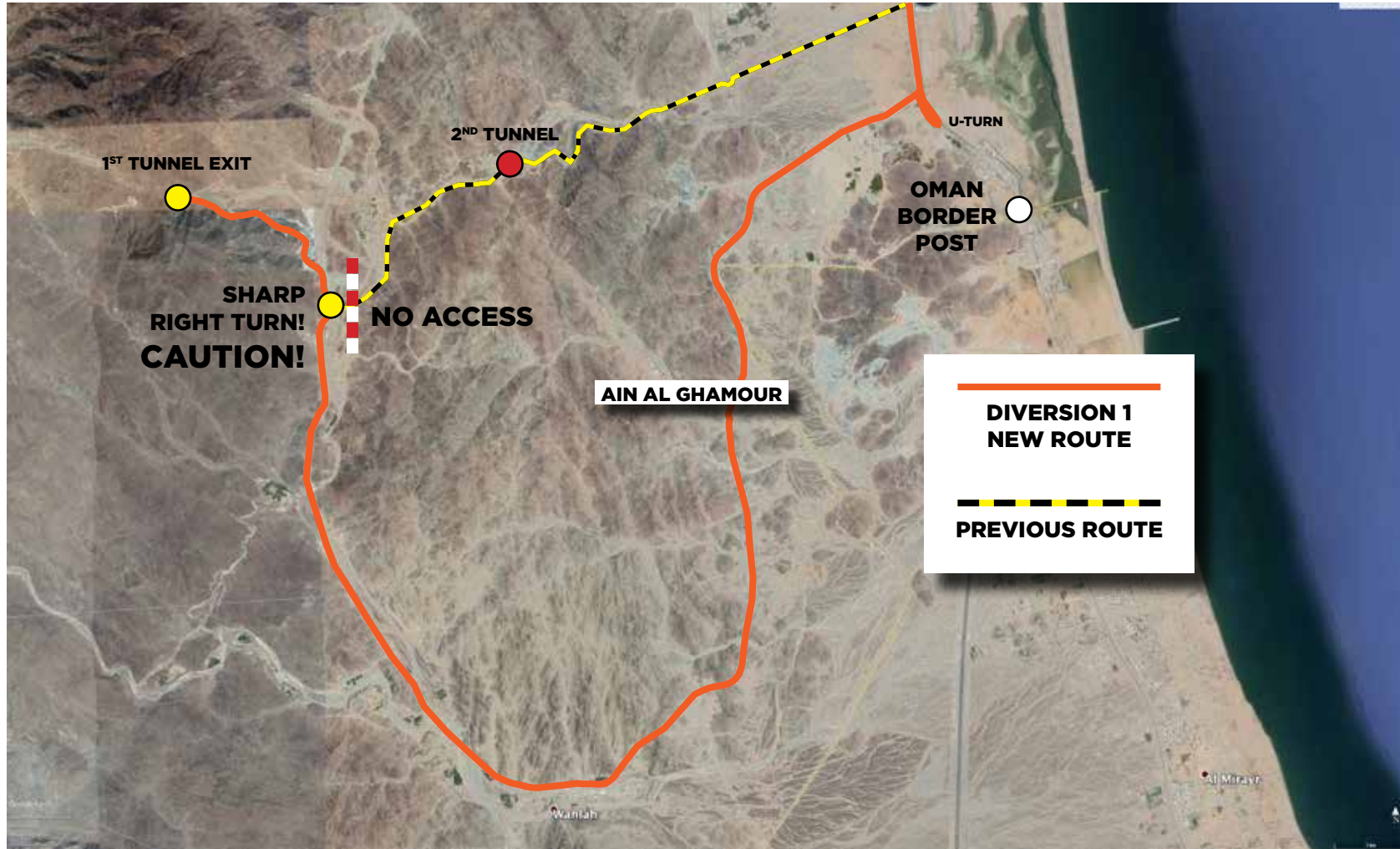
PLEASE RESPECT the 2m social distance rule. Wear masks at all times unless you are riding.

You MUST wash your hands prior to start.





DIVERSION 1 - AIN AL GHAMOUR





DIVERSION 2 - KALBA CORNICHE





EVENT WAIVER - BY BEGINNING THE RIDE YOU AGREE TO THE BELOW

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

I know that swimming, cycling or running are potentially hazardous activities. I should not enter and participate 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 event.

I hereby certify that I am in good health and I have trained for the distance of the race, which I am entering. I assume all risks associated with participating 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, 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 video and photograph me before, during and after the activity, and use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including any marketing and/or commercial purpose, on any media, including but not limited to: social media, electronic media, print media etc. Transport of luggage and bicycles. Every effort will be made to keep your bike and luggage in the same condition it was loaded in. I do not hold any person, driver or organisation responsible for any damage caused during load, off load or transfer of my luggage or bicycle. I understand that event insurance does not cover the transportation of my luggage or bicycle or any medical treatment sustained during the ride or any post ride treatment due to injuries sustained during the ride.

I hereby state that I have submitted an official (PCR) Covid 19 Negative Test Result as part of the terms and conditions to ride. Should I contract the virus as a result of the ride or post race celebrations, I do not hold any person, driver or organisation responsible for any subsequent treatment, hospitalisation, illness or death. I agree to contact the organisers should I find myself positive post ride, in order that contact tracing can be carried out and the spread of the virus limited as soon as possible.