



URBAN-ULTRA BIG STINKER
ATHLETE GUIDE

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URBAN - ULTRA
GET OUT THERE!

Welcome to the fully-supported mountain trail running adventure that will start and finish at the same location - in the spectacular area of Khatt in Ras Al Khaimah. It is a challenge and requires some fitness and training, but generous cut-off times allow most physically fit, determined and well-prepared runners to get to the finish.

■ Race Pack Collection

Your event pack which contains your race bib 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 packs 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. These will be waiting for you to collect from the Admin table at the start point.

■ Location/Directions

All runners will start at 7.00am. (NO BRIEFING).

The single stage cross-country adventure will start and finish at the bottom car park below the Khatt Springs Golden Tulip Hotel, Ras Al Khaimah (N25°37'1.84" E56° 0'41.58"). Accessible by saloon car. Race starts at 7.00am sharp! (Please arrive by 6.30am)

■ 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.

You will run up and over a beautiful mountain (540m) ascent and descent per 15k loop. All runners now complete the extended loop with slightly more elevation with the 45k runners taking 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 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.

■ Race Distance Accuracy

We try to make the distances as accurate as possible, however due to the nature of trail and also the differences between GPS watches, please understand that the full distance may vary plus or minus a couple of km, and will never be exact. This is the nature of trail running and more often your distance will exceed the distance advertised. If it's a bit more, you just get to enjoy it a bit more!

■ Checkpoints

Water, Sharbatly fruit, nuts and electrolyte (Aqualyte) 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

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 - however please note any local laws regarding camping during this Covid pandemic).

■ Race Waiver and Covid Safety

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 signing the waiver upon registration and again at the sign-in desk before you race, you agree to these terms and conditions of entry. The Covid Safety protocol and FULL RACE WAIVER can be found at the end of this document. Thank you.

■ **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 (1 minute added per missing item) - **DISQUALIFICATION at Race Director's discretion.**

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.

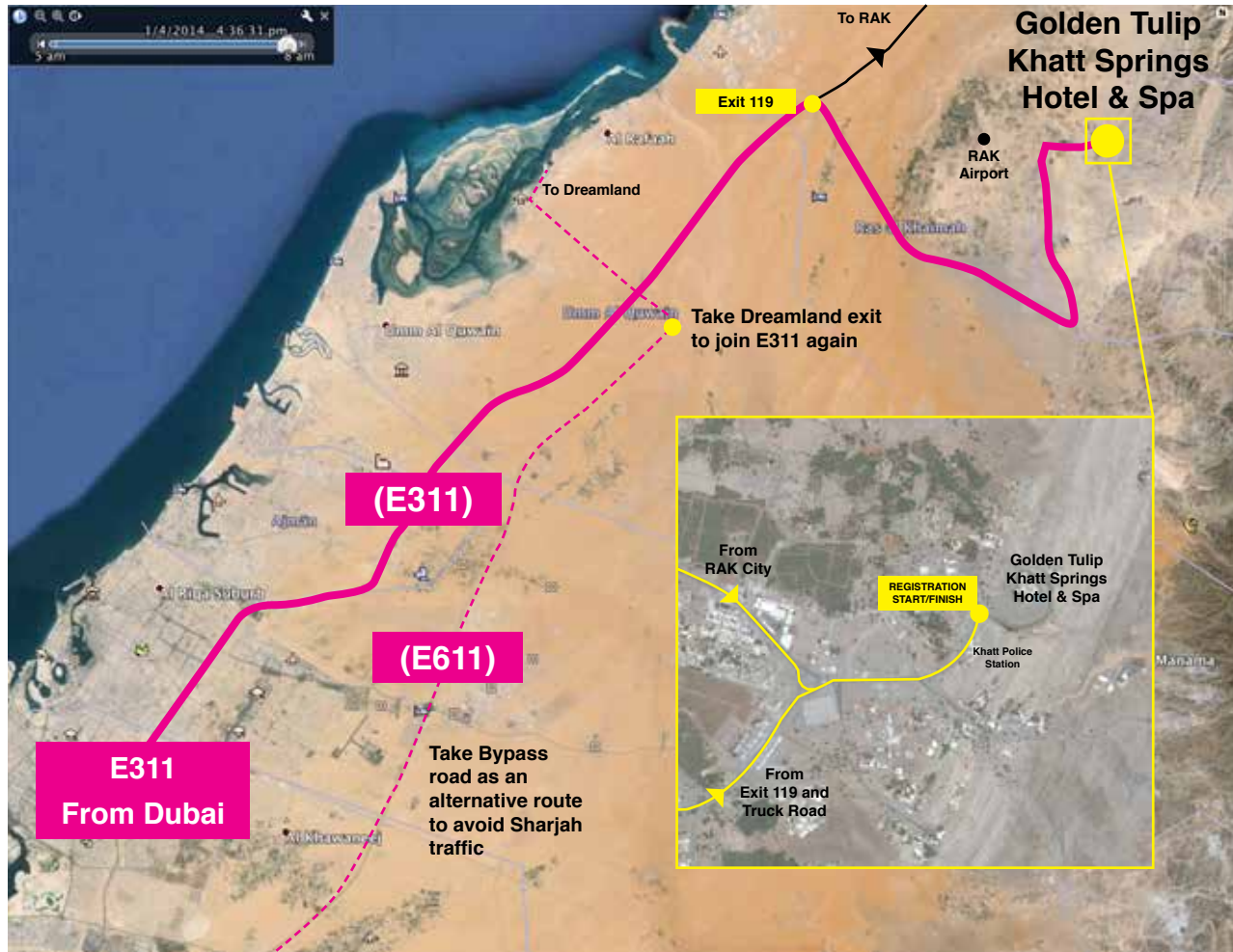
- **1.5 LTR HYDRATION** - Full to capacity at the start line. ALL runners regardless of distance MUST carry water. (5k Juniors running with parent/guardian may share water with adult. Adults running 5k distance must carry minimum of 500ml water please).
- **CELL PHONE** - fully charged with pre-programmed number of **RACE DIRECTOR +971 50 4422934** - 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.

OPTIONAL/RECOMMENDED GEAR

Sand gaiters (plastic bags taped to your feet or store bought), Sunglasses, Peaked hat with or without neck flap, Sunscreen, Waterproof (ziplock) for phone, Small scissors, Light jacket/fleece, Survival mirror, Lighter or waterproof matches, Spare Duct Tape, Energy Gels/Nutrition, Survival blanket ...

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 lower car park at the base of the hotel below the Khatt Springs Hotel, NOT at the hotel itself.

Once parked, walk towards the Khatt Springs Spa and you will find the start/finish line

GPS COORDINATES

25°36'55.71"N 56° 0'50.69"E

or

25.615487° 56.014074°

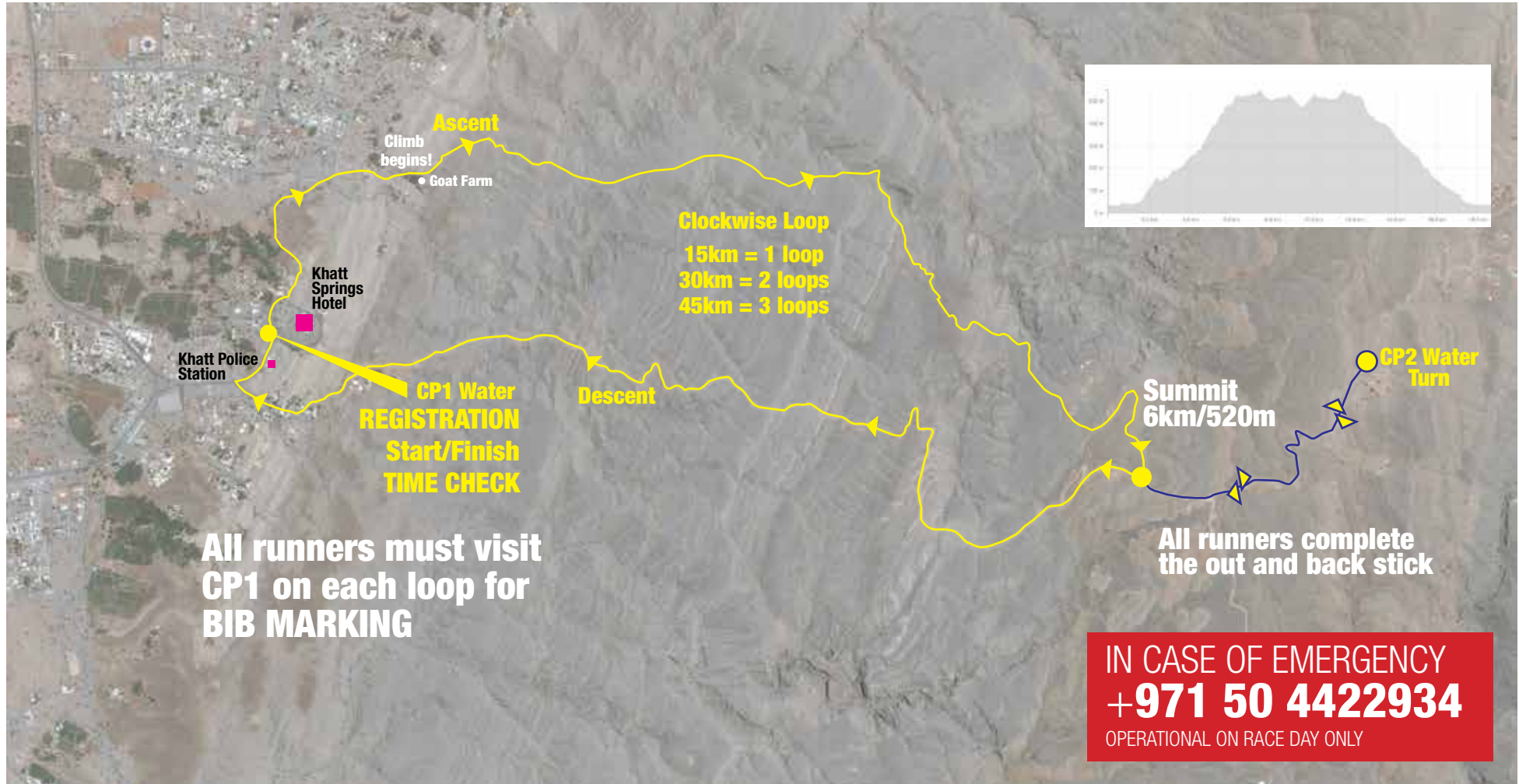
COURSE MARKINGS



ORANGE dots show the way.

!! CROSS indicates incorrect path!

COURSE



■ COVID-SAFETY - IMPORTANT PLEASE READ

****NO Check-in ... No Briefing ... WAVE 1 at 7.00am**

- *To limit the possible spread of the virus we will operate a wave start for the 3 distances. Waves with 5 min intervals will be operational. 45k runners will begin in Wave 1 at 7am, 30k runners in Wave 2 at 7.05am and 15k runners in Wave 3 at 7.10am.*
- *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*
- *We will award trophies at a later date without a gathering. We will notify winners by email or telephone to arrange trophy presentation*
- *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.*

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

PLEASE READ THIS DOCUMENT (THE “WAIVER AGREEMENT”) CAREFULLY BEFORE PARTICIPATING. 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.

COVID 19

I hereby state that should I contract the virus as a result of the event, I do not hold any person, driver or organisation responsible for any subsequent treatment, hospitalisation, illness or death. I agree to contact the organisers immediately should I find myself positive post event, in order that contact tracing can be carried out and the spread of the virus limited as soon as possible.