



# INFORMATION PACK

HATHOR100 VOL. II 10-13 DECEMBER 2020



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# ULTRA EGYPT

Building and fostering the trail running community in Egypt to boost our relationship and connection with the outdoors and nature  
Working directly with the Bedouin Tribes in South Sinai in bringing Hathor100, Ultra Egypt's flagship multi-stage ultra-trail marathon

**100 KM**  
OVER 2 DAYS

IN THE MOUNTAINS OF  
SERABIT EL KHADIM  
SOUTH SINAI

CAPPED AT  
**50**  
LOCAL & INTERNATIONAL  
**RUNNERS**  
IN 2019 & 2020 RACES

**100 RUNNERS**  
STARTING 2021

**DECEMBER**  
OF EACH YEAR

**30%**  
**RETURNING**  
**HATHORIANS**  
FROM 2019 TO 2020

UE's epic adventure experience left its racers in awe and deep love with the trails and Bedouin culture

# UE EXPERIENCE AND WAY FORWARD

A major part of our concept is to spread and ensure the continuity of Bedouin culture or– any other indigenous community we work with– as part of our social responsibility by noninvasively ameliorating their way of living through various sustainable initiatives.

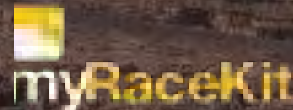
## OUR MAIN HAND-PICKED SPONSORS

### On Running

ON Running are Ultra Egypt's Main sponsors, they've been side-to-side with UE - giving the 6 female and male winners - their Swiss made lightweight shoe. ON Middle East play a strong role in spreading awareness of trail running and promoting UE across its channels.



Online Sports  
Retail Partner



Media Partner



## RACES/EVENTS IN MOTION FOR 2021

- Single stage ultra marathon in the magical desserts of Fayoum
- Multi-stage ultra marathon in the Red Sea Mountain Trail
- Technical race through Sinai's most prominent peaks and holy mountains
- Trail running training camp in Serabit El Khadim, Sinai



## WELCOME RACERS

Hathor100 is Ultra Egypt's flagship multi-stage ultra-trail marathon, taking place over two days in the mountains of South Sinai in December each year. About 85 KM south of Ras Sudr (Red Sea - Egypt) and 15 KM deep into the Sinai Peninsula lies the seldom visited Serabit Al Khadim.

We chose this location due to its proximity to both Cairo and Sharm El Sheikh, as well as its untouched nature, wildlife, thousands of years of history and legendary trails.

The course was designed with the first-time trail runner in mind as well as the professional, with a little something for everyone. Ultra Egypt welcomes both runners and walkers, however, you must be aware of the cut-off times. All participants will likely be doing a combination of walking/hiking & running to get to the finish line safely, which is the most important thing.

A participant who has planned and trained well for the race will have a successful one. It is just as important that participants calculate their consumption of water, electrolyte and food requirements, as it is their pacing during this two-day adventure.





## BEDOUIN COMMUNITY/ CULTURE

We work directly with the Bedouin tribes in the area of Serabit to bring an epic race experience. A major part of our concept is to spread and ensure the continuity of Bedouin culture. We will be eating Bedouin food (vegan/vegetarian/meat options available), drinking natural clean rain water sourced from their natural-materials built reservoirs, and snacking on naturally grown food, organic dates for fuel!

Accommodation will be in Bedouin tents in the camp surrounded by the mountains. On-route support will be provided by the UE team and Bedouin guides themselves, no one else knows the area, terrain, and wildlife better than they do, and we trust this will create an unmatched ultra-running experience for everyone involved.





## RACE OVERVIEW

The course is 100km over two days. Stage 1, Friday 11Dec is 40km and will commence at 6:00. Stage 2, Saturday 12Dec is 60km and will commence at 5:00.

On Thursday 10Dec afternoon competitors arrive at the base camp where we will rest, eat, mingle, and sleep for the 3 nights of the adventure. Everyone is welcomed to enjoy osteopathy/physiotherapy treatment in the campsite.

This is not a self-supported race. There are checkpoints stationed approximately 10km apart where competitors can access water, simple yet delicious nutrition, electrolytes and if necessary, medical support.

Weight management is still crucial, and runners are advised to only run with items which are essential to their health and comfort.

The terrain is quite diverse, so expect a lot of soft sand, hard sand, gravel and volcanic rock. The trails are mostly flat and are quite reasonable for a transition from road running to long-distance ultra-trail.

## TEMPERATURE & DAYLIGHT

Sinai's weather is easy to summarize, it is very hot and dry. However, there are significant differences in temperature between day and night. Considering some mountains are over 2.000 meters high, the temperature might sometimes vary for more than 30°C.

Despite very warm and sunny weather throughout the whole year, during December it becomes cold but still pleasant in the mornings. Expect highs of 20°C and lows of 0°C.

Sunrise is around 06:30 and Sunset around 16:45 giving daylight of around 10.5 hours, so both days of the race start in the cold dark.

# RACE LOCATION





## ITINERARY

### THURSDAY 10 DEC 2020

Departure at 6:30 am from Ard El Golf, Heliopolis, Cairo (at the UAE Embassy bldg. - Thawra st.) - a google location will be shared. Please arrive by 6:00 am to have enough time to load the luggage and settle in the busses. We aim to depart early to avoid any traffic and most importantly arrive early to our camp, enjoy some good food and relax (: We should arrive to our camp in Sarabit El Khadim before noon.

### FRIDAY 11 DEC 2020

The first stage starts at 6:00 am making a 40km loop south of the campsite and starts to the NE side of the camp. This day runners will experience a couple of sandy upward slopes and amazing valleys surrounded with beautiful rock formations. Towards the end of the route, runners will climb up a mountain to arrive at the Hathor Temple and enjoy a bit of a rest at the third checkpoint "at approx. 30km" at the top of the mountain.

### SATURDAY 12 DEC 2020

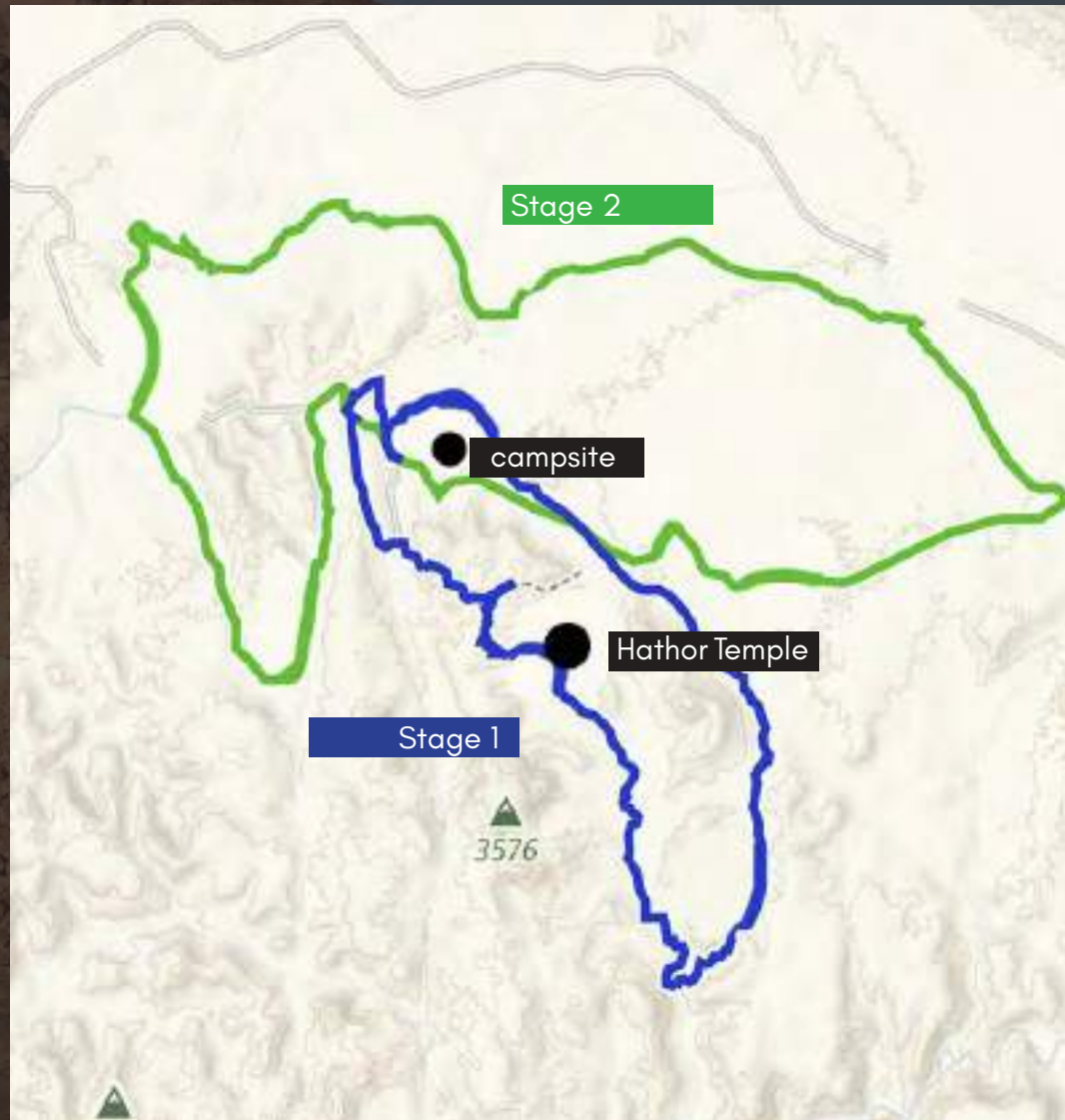
The second stage starts at 5:00 am forming a 60km loop north of the campsite but starts to the SE side of the camp. This day is more about open spaces, resilience of running over 10k with the view of Jebel El Tih "the lost mountain" (it stretches over 200km to the middle of Sinai) to your right side, then the trail takes you into those beautiful mountain passes and winds you through a maze of canyons and valleys.

### SUNDAY 13 DEC 2020

Breakfast at the campsite and depart back to Cairo around 9am. We should arrive at the same meeting point in Heliopolis.



# THE TRAILS





# ROUTES

Race organizers alongside the indigenous Bedouins of Sinai together strive to create each leg to take in the most beautiful and challenging aspects of the Serabit Mountainous area. The course takes runners through a well-diversified terrain with soft sand, hard sand, gravel and volcanic rocks – passing by mountain trails and canyons as well as dramatic cliff sides and flat terrains.

Stage 1 will pass by the Pharaonic Temple of Hathor, the first proper temple in the Sinai Peninsula built during the time of the 4th Dynasty of ancient Egypt.



## NAVIGATION & MARKINGS

The course will be marked at approximately 50m intervals using standing large palm tree leaves with the top part sprayed in pink/red color for better visuals and a white chalk material from the mountains in the area to mark on big rocks/ground – some sections will have more markings than others depending on the terrain.

Before the race briefing, we will send an email with the GPX and KML files to upload on your GPS device/mobile phone. It is mandatory that you have these files downloaded before the race.

We will have a couple of camels scattered across the trail with one of the camel riders always spearheading the runners – they will be at a minimum distance of 20 meters and maximum of 50 meters from the first position holder.

If a participant is in a situation where he feels he's really lost, you can start following the map on your GPS to get back on track. Staying attentive to course markings and runner's footsteps if the terrain allows will make you avoid any mishaps.

The checkpoints are approximately every 10km from start to finish line.





## ELEVATION PROFILE





## ACCOMODATION

Participants sleep in El Areesha, which is a simple rock-built space covered with palm leaves and covered all around with a tent-like material to safeguard from the cold, equipped with sockets, lighting, a mattress with a heavy blanket for each runner – however, it is highly recommended to bring your own sleeping bag. Sleeping area will be shared between an average of 10-15 competitors.

Toilets and cold showers are available at the camp.

One of the great perks about Hathor 100 is having the base camp as your home for the 3 nights of the adventure since participants will start and finish at the camp on both days.

Competitors will be allocated their spots at random by gender, unless specifically requested to pitch your own tent in the designated area for personal tents (participant needs to provide his/her own tent).

Tent partners support each other on the trail and often turn into strong freindship. There is no doubt that one of the best things about multi-stage ultras are the lifelong friendships forged along the way.



## NUTRITION

Bedouin cuisine breakfast and dinner will be available at base camp throughout the itinerary.

On the trail, simple nutrition such as water, dates, bananas, oranges, and hot soup and our all-time favorite date balls from Sinai will be available. Some stations will have power bars and hydration solution (electrolytes), but make sure to bring your preferred trail nutrition and hydration requirements with you. Drinking water alone will not be sufficient to stay properly hydrated during a multi-stage ultra-marathon event – electrolyte solutions are a must to be safe during the race.



**DNF**

DNF stands for DID NOT FINISH.  
There are three cases for a DNF:

1. If you choose to DNF.
2. If our doctors deem it medically necessary to discontinue running.
3. If you break the Rules and Regulations.
4. If you break one of the cut-off times



## STRUCTURE

If you DNF on day 1, you forfeit the entire race.

If you complete the first distance (40KM) and wish to forfeit the second (60KM), you will receive an E-certificate that you have completed the 1/2 Hathor 100.

If you start the second distance and forfeit anytime throughout, it will be considered a total DNF

## 6 WINNERS

Will receive top-end Swiss made trail running shoes courtesy of our sponsor partner ON Running.

Winners are the first 3 male and 3 female arrivals to complete the full distance (100KM).



## SAFETY

A safety and emergency protocol has been put in place between Ultra Egypt and the Bedouin tribes. It is imperative to know what to expect so you can focus completely on the trail.

1. There is a checkpoint every 10 KM on average with basic nutrition and first aid kits.
2. At the tail end of the runners, a number of vehicles and camels will be following, boarded by doctors with medical kits, Bedouin guides and leaders, extra nutrition and water as well as Ultra Egypt race director and staff.
3. At base camp, we will have a medical unit and an ambulance for anyone needing immediate medical intervention/evacuation.
4. A mandatory race kit will be shared with you once you are accepted

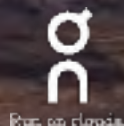


## SECURITY

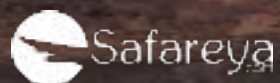
Serabit Al Khadim is hundreds of Kilometers away from North Sinai and is barricaded naturally by mountainous terrain in every direction. Hathor 100 was developed by Ultra Egypt in partnership with the resident tribes and tribe leaders, and a tight security protocol was put in place. Bedouin tribes have lived in the area of Serabit Al Khadim for thousands of years and their knowledge of the area is unmatched by anyone else.



## SPONSOR PARTNER



## MEDIA PARTNER



## SUPPORTERS



## COMMUNITY PARTNERS



## ORGANIZER





## INCLUSIONS

- Transport to/from Cairo
- 2 nights accommodation in tented Bedouin camp
- Breakfast and dinner (meat and vegan options)
- Water and basic nutrition on the course
- On-site medical treatment for race related injuries
- Emergency evacuation

## PRICE

**375** USD  
FOR  
LOCALS

**575** USD  
FOR  
FOREIGNERS  
AND EXPATS

## COMMUNITY WORK

Ultra Egypt is keen on helping all the communities it works with, we focused in Sarabit area on upgrading schools' amenities, solar panels for bedouin houses in the middle of the mountains, water sources through digging wells and/or building rain reservoirs, etc...





**LEAVE NOTHING BUT FOOTPRINTS,  
TAKE NOTHING BUT GLORY.**