INFORMATION PACK
Gattar 50 November 12th– 14th, 2021
GATTAR
ULTRA
EGYPT

ULTRA EGYPT

Trail running is one of the fastest growing sports on earth today. Ultra Egypt was created to grow and bring together Egypt's trail running community through epic races that take place in legendary destinations around Egypt.

WHAT MAKES US DIFFERENT

What makes UE races different from any other races is that they're designed with the highest level of sustainability and community guidelines in mind with the main objective of leaving no trace and placing the benefit of the local community at the forefront. All our races have a cap of 100 runners to ensure the preservation of the natural environment and offer an impeccable standard of service. We're pleased to note that more than 30% of our runners come back to run the same race again the following year, and more than 60% come back to do a new race.

THE BRAND

Ultra Egypt is not just a race; it's a journey where a group of people gather to form a small village to do something extraordinary. All runners feel part of a family and there is a heightened level of brand affinity. Ultra Egypt was created to grow and bring together Egypt's trail running community through epic races that take place in legendary destinations around Egypt.

GATTAR

We will be running on soft and hard gravel, with scattered sections of granite choss - i.e. broken rock - in uphill, flat, and downhill variations. The trail stays in an average elevation range of 30m, except for a few dispersed sections of sudden gain followed by gradual loss.

RACE STATS

Single-stage ultra-marathon

Trail Distance: 50 KM

Elevation gain: 800m

Location: Red Sea Mountains

Race day: Nov 13, 2021

Start time: 5 AM

WEATHER

25-30 °C during the day, 20-25 °C during the night.
Low to medium winds.

TRAIL LOCATION

WELCOME GATTARIANS

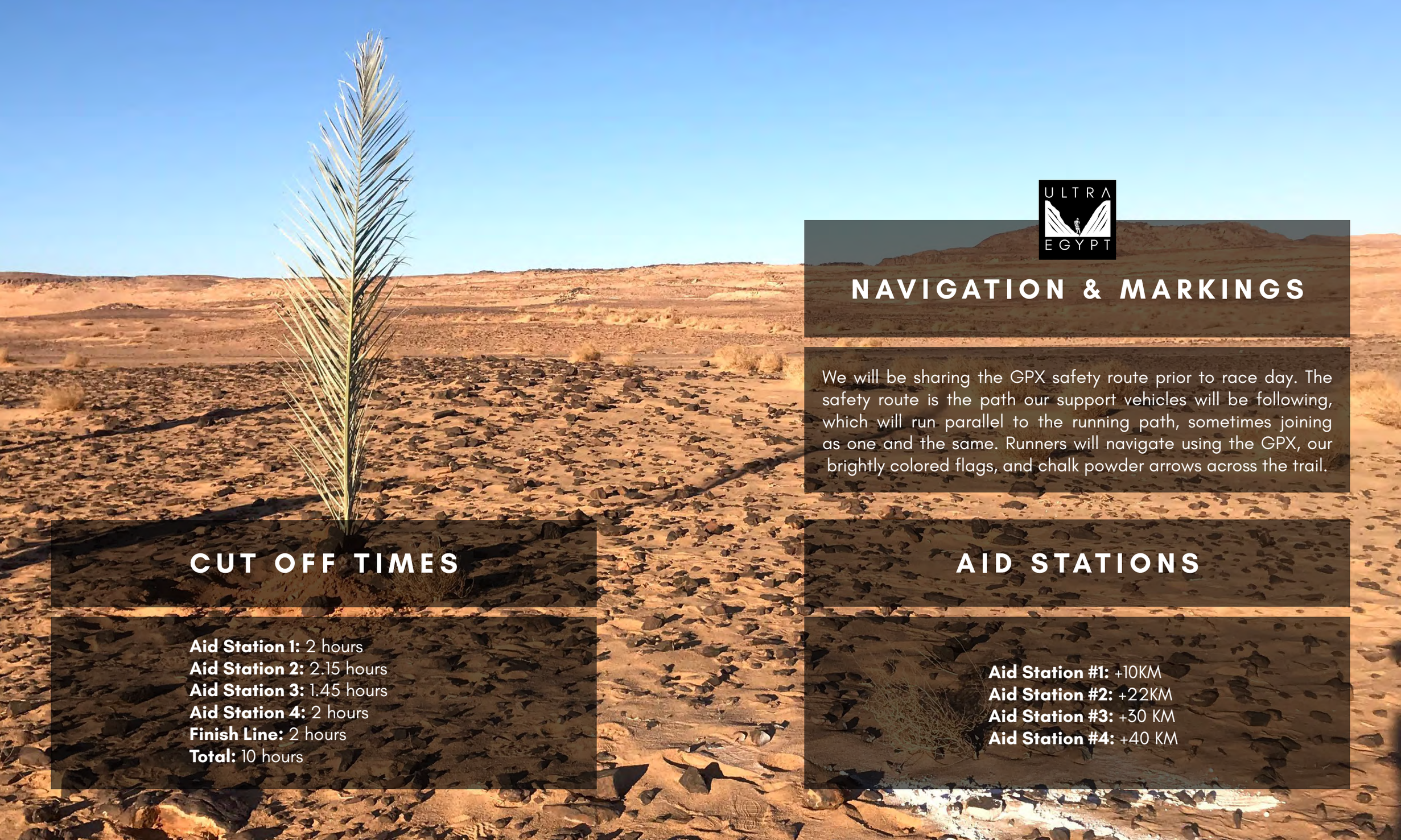
Gattar is our second ever single-stage ultra trail race. It is set in the Red Sea Mountains, and will be our 4th organized ultra trail race. We want to take this chance to thank you for being an integral member of this adventurous, absolutely wild and unstoppable community. Welcome home!

We chose this third epic destination for being a living testament to how history, culture, and adventure offer an experience unlike any other. The trail will have you crossing land where footprints are scarce and the mountains stand tall and uninterrupted. It will be a run amongst giants, as the Race Director, Hazem Shamy, describes it.

ULTRA EGYPT

ELEVATION PROFILE

GATTAR



NAVIGATION & MARKINGS

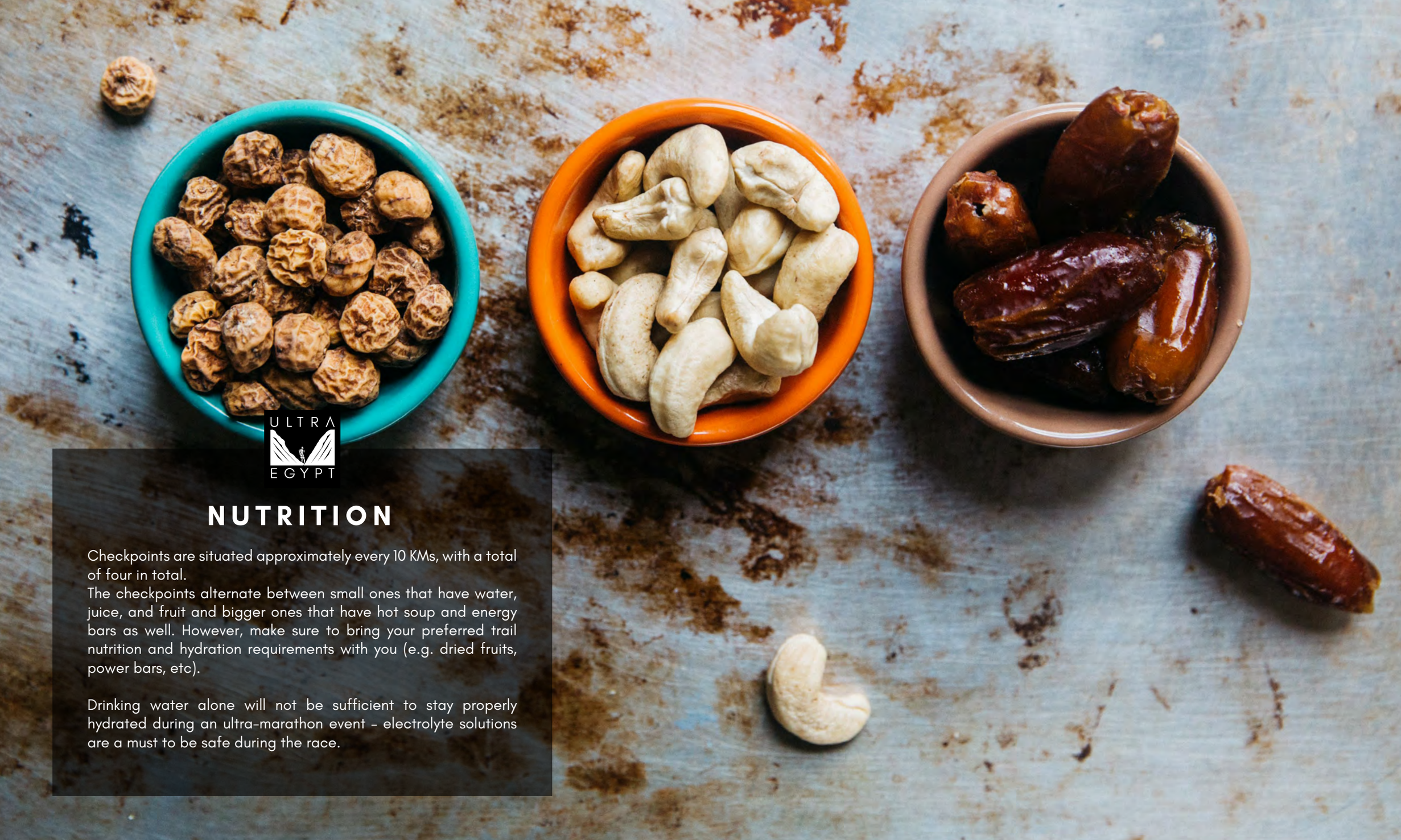
We will be sharing the GPX safety route prior to race day. The safety route is the path our support vehicles will be following, which will run parallel to the running path, sometimes joining as one and the same. Runners will navigate using the GPX, our brightly colored flags, and chalk powder arrows across the trail.

CUT OFF TIMES

Aid Station 1: 2 hours
Aid Station 2: 2.15 hours
Aid Station 3: 1.45 hours
Aid Station 4: 2 hours
Finish Line: 2 hours
Total: 10 hours

AID STATIONS

Aid Station #1: +10KM
Aid Station #2: +22KM
Aid Station #3: +30 KM
Aid Station #4: +40 KM



NUTRITION

Checkpoints are situated approximately every 10 KMs, with a total of four in total.
The checkpoints alternate between small ones that have water, juice, and fruit and bigger ones that have hot soup and energy bars as well. However, make sure to bring your preferred trail nutrition and hydration requirements with you (e.g. dried fruits, power bars, etc).

Drinking water alone will not be sufficient to stay properly hydrated during an ultra-marathon event - electrolyte solutions are a must to be safe during the race.

ULTRA EGYPT

MEDICAL PARTNER

PHYSIO AND OSTEOPATH TEAM FROM PHYSIQUE CLINIC

PHYSIQUE
PHYSICAL THERAPY AND REHABILITATION

A team of physical therapists will accompany us throughout the race to help out the racers continue their their 50 KM run. As Hathor and Qarun racers will attest, Physique's team of experts have been a tremendous support in Hathor 100 last December.

ULTRA EGYPT

INCLUSIONS

5,500 EGP

- [x] 2 NIGHTS' ACCOMMODATION IN BEDOUIN TENTS
- [x] 2 DINNERS AND BREAKFAST ON THE 15TH, 16TH, AND 17TH *(meat and vegan options)*
- [x] WATER AND BASIC NUTRITION ON THE COURSE
- [x] ON-SITE MEDICAL TREATMENT FOR RACE RELATED INJURIES
- [x] EMERGENCY EVACUATION
- [x] TRANSPORTATION

SAFETY AND SECURITY

We value our racers' safety and security and work very hard to limit any risks involved. As such, at all times, there will be a camel spearheading the group and another one at the tail end of the racers. There will also be a medical convoy boarded by trained doctors and physical therapists with medical kits, extra nutrition and water as well as a 4x4 boarded by Ultra Egypt race director and staff.

A mandatory race kit will be shared with you once you are accepted. Nevertheless, it is absolutely crucial to have the map downloaded on your phone or GPS tracker or similar device before you arrive at the campsite, as the network could get patchy.

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

PRIZES

The top three female and male runners will win **vouchers** from TriSouq.com, a leading endurance sports online store that services the entire Middle East.

The first winners will get a voucher worth 750 AED; the second, 500 AED; and the third, 300 AED.

ULTRA EGYPT

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