



ANANTARA
ADVENTURE
CHALLENGE

2 0 1 4

SWIM.
BIKE.
RUN.
PADDLE.

Frequently Asked Questions

1- How do I guarantee a place in the Anantara Adventure Challenge?

Upon registration and paying the non-refundable deposit. Entries are limited to 25 team registrations of two competitors. Total of 50 participants. First registered, first confirmed basis.

2- How do I know that I am entered for the race?

If you are unsure if you are registered for the event, kindly follow the procedure below:

- Check to see if you received a confirmation email from us.
- If you have a confirmation email then you have a place in the race.
- If you have not received an email please check that you provided us with a correct email address
- Check if the emails are being directed into your junk folder
- Check if the emails are being rejected by your email server
- If you have checked and still do not have an email please contact emlifestyle@anantara.com

If you have been charged the entry fee but have not received any emails from us then please contact us. We will respond to let you know whether you are entered or not.

If you are concerned that you are not entered to the race please do not leave it until the last minute to send as your query.

3- My contact details have changed since my entry, how do I change them?

Following your registration we will be sending you emails with important information updates, if your contact details change please contact us at emlifestyle@anantara.com and we will happily update them.



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CHANGES & WITHDRAWALS

4- I am unable to race, what are my options?

Before contacting us please read the terms and conditions that you agreed to when you entered, which were sent as part of your confirmation email. Any response to email enquiries regarding withdrawal will direct you to the Withdrawal Policy. As stated in the Terms & Conditions there will be absolutely no refunds.

Teams may make changes to the team members, but must let us know a minimum of 15 days in advance! Any changes that are not confirmed by the race organizer will not be allowed. If this rule is broken the whole team will be disqualified and further action may be taken.

Note that only withdrawals actioned by mail or email will be accepted. All withdrawal emails will be kept on file. The date of receipt of letters or email will be considered as the date of withdrawal.

5- Can I give my place to another person?

Under no circumstances will places be transferable to another person unless authorized 15 day prior to the event date. Unauthorized racing in the place of another person is also strictly forbidden and ID checks will be performed upon check in.

GENERAL INFORMATION

6- What is the race format?

The event has three stages:

- 1) Qasr Al Sarab Desert Resort: 17 km Fat Bike / 4km Dune run + cultural quiz.
- 2) Desert Islands: 800m open water swim / 30km mountain bike + cultural quiz.
- 3) Eastern Mangroves Hotel: cultural quiz + 7km double Kayak / 5km run.

7- What will be involved in the cultural challenge?

Cultural Challenge will be a combination of Q&A and orienteering style events.



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GENERAL INFORMATION CONTINUED

8- How will I travel from place to another?

Competitors are required to provide their own transportations in order to participate in this event, if you would like us to arrange transportation please contact emlifestyle@anantara.com.

9- Can I visit the properties prior to the event to practice?

Yes you can, contact emlifestyle@anantara.com for more details. Please note exact route will not be available.

10- Does the package and entry fee cover meals?

Breakfast and dinner are included in the entry fee. An additional 20% discount is offered for lunch.

11- Can I bring supporters with me?

Yes you can.

At Qasr al Sarab and Eastern Mangroves day visits are allowed for supporters, however they will not be included in the package and not allowed to use the hotel recreational facilities or the competitor guest room.

At Sir Bani Yas Island supporter access will not be possible unless they are staying guests of the resort.

Email crome@anantara.com for preferential room rates mentioning Anantara Adventure Challenge Supporters.

12- Can my supporters follow me during the race?

Only in designated areas.



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GENERAL INFORMATION CONTINUED

13- What is the minimum age for the race?

Competitors must be 18 years old or older.

14- Do the teams need to be male and female?

Yes and please note that rooms will be on sharing basis and twin rooms might not be available.

15- Will I receive a refund if I do not complete the race within the allocated time frame, or if I do not complete the race at all?

Refunds are not applicable in any instance related to event performance or otherwise. Should you complete the race outside the allocated time period, you will receive a 10 minute penalty, which will be added to your overall completion time for each stage.

16- What sort of weather can I expect at the event?

The temperatures in November can vary between an average high of 30° and an average low of 17°.

17- When will I receive my race pack?

Race packs will not be sent out by post. They will be available for collection prior to the event date, upon arrival.

18- How will the timing be recorded?

The timing will be recorded by stopwatch for each leg in every stage.

19- Will there be hydration stations on the course?

Yes, there will be hydration stations positioned throughout all parts of the course and in the transition areas. They will consist of Water, Energy Drinks, and sun cream. There are aid and water stations spread through out the race. On the run they will be approximately every 2km and on the Bike they will be every 5km.



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SWIM

20- What sea temperature can I expect in December?

The mean sea temperature in Abu Dhabi for December is a minimum of 21°C and maximum of 27°C.

21- Will I be required to wear a wetsuit?

The Organisers reserve the right to advise on the wearing of wetsuits dependent upon water temperature immediately prior to the race. Competitors should be prepared for both a wetsuit and non wetsuit swim.

22- I am not a confident swimmer, what should I do?

We must stress that you need to be up to an adequate swimming ability and that you are confident you can complete the respective event (swim / kayaking). There will be a swim safety team on hand to help out should circumstances arise.

If you are unsure of your swim pace we suggest starting at the back of your wave, this will mean less congestion so you can swim at the pace you find comfortable.

BIKE

23- Can I use my own bike?

Yes you can, you require two types of bikes: fat bike and mountain bike.

Fat bike can be offered in Qasr Al Sarab stage with these specifications: Surly Moonlander Bike, Space Black, 28mm offset fork, ultra light tire, casing/Kevlar.

Mountain bike can be offered in Desert Island stage with these specifications (Giant 26" hard tail mountain bike. 9 speed drive train, front and back "V" brakes, 80mm travel on front shock no lock out). However for your comfort if you wish to bring your own bike, a transportation service will be provided from Qasr Al Sarab – Sir Bani Yas – Eastern Mangroves.



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BIKE CONTINUED

24- What is a Fat bike?

Please visit <http://surlybikes.com/bikes/moonlander>

25- Will helmets be provided?

Helmets are mandatory and can be provided, however we recommend for your comfort you bring your own.

26- What kind of pedals on the bikes?

We will provide standard bicycle pedals. Tools and assistance can be provided if you wish to bring your own pedals.

27- Is the event draft legal?

The event is not draft legal for any category.

28- What is drafting?

Drafting is when cyclists race in a pack and one cyclist shelters behind another to save energy. This is what you will see in the Tour de France. Drafting is against the rules for all competitors for safety reasons. You must not take shelter cycling behind or cycle beside another competitor during the race. You can be disqualified from the race for drafting.

The draft zone is a rectangle measuring 12m long x 3m wide. The centre of the leading 3 metre edge is measured from the back edge of the back wheel. An explanation of drafting is shown over.



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See the diagrams below for events where left hand side road rules apply.

Diagram 1 Distance of Drafting Zone for ALL Competitors



Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

Diagram 3 Blocking



A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

Diagram 4 Drafting and Not Drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.



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BIKE CONTINUED

29- Where do I wear my race number while on the bike leg?

Race numbers must be fixed to the back of all competitors while on the bike leg. This can be done using pins or a race belt.

30- What will the bike course consist of?

Mountain Bike: Mostly flat, rolling hills at the half way point, no technical descents. The start of the route will be very fast with a very small incline until the 7km mark. From there you will find a few rolling hills with a fast non technical decent. There is one technical accent followed by a long downhill on tarmac. From there on the race is flat until the end however the second half of the route could be met by a head wind (depends on wind speed).

Fat Bike: Small rolling dunes followed by flat salt areas. Accents on larger dunes towards the halfway mark followed by smaller rolling dunes on the top followed by downhills. Expect some pushing on loose surfaces.

KAYAKING

31- What do I wear for Kayaking?

We recommend you wear running clothes however go barefoot as you might get slightly wet. Your footwear will be located at the transition point.

RUN

32- Is the run course flat?

In Qasr Al Sarab the course will consist of navigating sand dunes of varied heights, and at Eastern Mangroves there is a flat road course.

33- Where do I wear my race number on the run?

Your number must be displayed on your front, either by swiveling round your race belt, or by pinning the number in four corners to the front of your t-shirt.



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CLIMATE & MEDICAL ADVICE

34- How much fluid should I take before the race?

Prerace hydration is an important part of race strategy. You may be well into the ride before your stomach is settled enough post swim to accept further fluids. Drink enough fluid, preferably electrolyte drink, to feel full but comfortable. 750ml of sports drink in the hour leading up to the start plus a gel 30 minutes pre start is a good guide.

35- Do I need sunscreen?

Sunscreen is definitely needed.

36- What are the main hazards of exercise in heat?

The main hazards are overheating, over hydrating and under hydrating.

37- How often should I take on fluids?

Fluids should be taken frequently. A good guide is approx 500-750ml per hour making allowances for temperature and humidity.

38- How often should I take on food/energy?

A good guide is 1 gel and ½ a bar per hour

39- What are symptoms of heat exhaustion?

Confusion, muscle cramps, heavy sweating, headaches, nausea/vomiting and dizziness.



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CLIMATE & MEDICAL ADVICE CONTINUED

40- Should I be wary of taking too many fluids?

The biggest cause of major medical problems in endurance events is over-hydration. Keep a watch on you fluid intake and limit it to 750ml/hour or 1000ml/hr if extremely warm. Drink predominately electrolytes. Over-hydration can be a major problem in the long course, less so in the short course.

41- Will there be sun-cream available on the course?

Yes, sun-cream will be available at aid stations.