

INFORMATION PACK

QARUN 44/66

MARCH 10, 2023.



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 vEgypt.

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.



QARUN

Ultra Egypt is excited to bring its second Qarun66 version in Fayoum after a successful start in Feb 2021. We have chosen to organize the race in the less trodden Lake Qarun Protectorate rather than the more popular Wadi El Rayan. The trail passes alongside iconic spots like Demieh El Sebaa, Qasr El Sagha, Jebel Qatrani, the petrified forest, the world's oldest paved road as well as a diverse array of moonscapes, deserts and mountains. The trail also witnesses a couple of escarpments and plateaus that have been formed over the many years this place existed!

RACE STATS

Single-stage ultra-marathon

Trail distances/elevations:

66 KM

44 KM

44 KM Relay

around 400m ascent

Location:

Lake Qarun Protectorate (North of Lake Qarun)

Date: 10 March 2023

Start time: 6 AM

WEATHER

It should be sunny and dry with highs 20 to 22 °C and lows of 5 to 6 °C

RACE LOCATION





WELCOME QARUNIANS

Qarun66 is Ultra Egypt's single-stage, ultra-trail marathon, taking place north of Lake Qarun in Fayoum on the 25th of February 2021. Fayoum is about 200 km west-south of Cairo.

We chose this location for its proximity to Cairo, as well as its untouched nature, wildlife, millions of years of history and geographical beauty.

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 one-day adventure.





WHY LAKE QARUN?

We chose to organize the race in the less trodden Lake Qarun Protectorate rather than the more popular Wadi El Rayan. The trail passes alongside iconic spots like Demieh El Sebaa, Qasr El Sagha, Jebel Qatrani, the petrified forest, the World's oldest paved road as well as a diverse array of moonscapes, deserts and mountains. The trail also witnesses a couple of escarpments and plateaus that have been formed over the many years this place existed!

The Lake is among the most ancient natural lakes on earth and is a part of the pre-existing Morris Lake. The place is known for its many water birds, the 276-acre island acts as the best spot for the reproduction of birds - *especially the flamingo, hence the race logo* (: The large variety of sea, river, and continent fossils have helped the place become an archaeologist dreamland. The fossils here date back to about 40 million years! We saw parts of the conserved fossil of the oldest monkey on earth at the protectorate while we were scouting the trail and so many petrified trees. Aside from fossils, the area is home to a large variety of very-much-alive amphibians, reptiles, and mammals which make a major part of the area's ecosystem.

Lake Qarun boasts of so many historical monuments and archeological artifacts, which made it an attraction for a large number of tourists every year. We at Ultra Egypt are trying to help and conserve the area's significance by attracting more international and local runners through our Qarun race.

ANCIENT FAYOUM

Fun Fact: Human habitation of the Faiyum region dates to c. 7200 BCE

Fayoum is and has always been a vast depression. Forty million year ago, Fayoum was totally submerged under the ocean. Today, the area is rich in preserved fossils of many extinct marine animals.

The name Fayoum derives from the ancient Egyptian word Pa-yuum or Pa-yom meaning "the Lake" or "the Sea" and refers to Lake Moeris, created by Amenemhat I (c.1991-1962 BCE) of the 12th Dynasty during the Middle Kingdom (2040-1782 BCE) when the kings of the 12th Dynasty paid special attention to it. Before then, the area was entirely covered by Lake Qarun. In an early effort at land reclamation, both Sesostris III and his son Amenemhat III of the 12th dynasty dug a series of canals linking Qarun to the Nile, to drain much of the lake.





FULL EXPERIENCE ITINERARY

THURSDAY 9TH OF MARCH

Arrival to the camp North of Lake Qarun, Here's the Google Maps location
Try to make it before dinner when we'll be waiting to welcome you. We want you to have a well-rested sleep in your tents to be fully ready for the race before sunrise!

FRIDAY 10TH OF MARCH

The race starts on the morning of Friday 10th at 6:00 AM, racers will pass by some iconic spots like Demieh El Sebaa, Qasr El Sagha, Jebel Qatrani, the petrified forest, and the World's oldest paved road, among other historical gems. The trail has little parts with soft sand, and full of hard sand, gravel, basalt rocks, etc. It is mostly flat and is quite reasonable for a transition from road running to trail ultramarathon. The race ends at 4 PM for the 44km runners and 8 PM for the 66k runners. We'll have a much needed Yoga session (stretching and breathwork) after the race, a celebratory Bedouin dinner and final ceremony to announce winners and distribute prizes. (non-participating family members may join us then)

*Runners opting to arrive on the race day, please make sure you are at the campsite at 5:30 AM maximum.

SATURDAY 11TH OF MARCH

We'll have breakfast together in the morning at the campsite followed by a Yin Yoga/stretching session. Around noon, we'll say our goodbyes and leave the campsite refreshed, carrying many memories.

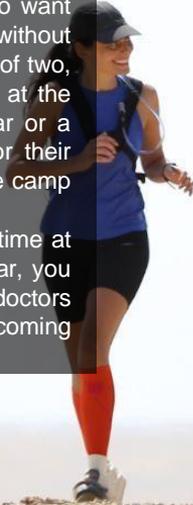




44 KM RELAY EXPERIENCE

Ultra Egypt's Third volume of the single-stage Qarun ultra trail race is open to experienced, new, and beginner runners alike. Those who want to train for long distances and get a taste of an ultra trail race without having to run the entire 44 KM distance can still compete in teams of two, each cutting half the distance (22 KM). The first runner will start at the start line and the second runner will be transported by a 4x4 car or a truck to the second checkpoint at 22 KM at 8:00 AM to wait for their teammates to arrive. The first runner will be transported back to the camp between 10 and 11 AM.

Don't worry; if you are part of a relay team and you spend some time at the second checkpoint waiting for your teammate or the pickup car, you can enjoy getting a quick physiotherapy session by the amazing doctors of Physique Team, grabbing a snack, or cheering for the incoming runners.





TRAILS

QARUN 66



QARUN 44





ELEVATION PROFILE





NAVIGATION & MARKINGS

The course will be marked using standing palm trees at approximately 100-200m intervals using flags and/or standing large palm tree leaves, 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 s/he feels s/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 11km from start to finish line.

CUT OFF TIMES

Qarun 66 race starts at 6:00 and has a total race time of 14 hrs. Racers need to leave CP3 @33K before 13:00 and arrive at the finish line before 21:00.

Qarun 44 race starts at 6:00 and has a total race time of 10 hrs. Racers need to leave CP2 @22K before 11:00 and arrive at the finish line before 16:00.

The cut-off time for the first runner is 10 AM at CP2 and the second runner is 3 PM at the 44 KM finish line, or 4 hours for each runner.



NUTRITION

Checkpoints are situated every approximately 11 km. So, for the 66km, there are five checkpoints and three for the 44km.

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, always safe to have what your tummy is used to 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.



MEDICAL PARTNERS

PHYSIO AND OSTEOPATH TEAM

A team of physical therapists will accompany us throughout the race to help out the racers continue their 44km or 66km run. As Hathor 100 racers will attest, A team of experts have been a tremendous support in Hathor 100 last December.





YOGA & BREATHWORK FOR LONG-DISTANCE RUNNING

Yoga compliments all sports and running is no different. It can help runners with better focus and better breathing efficiency. It also helps with flexibility and balance which can reduce the risk of injury and a lot more. We will be practicing Pranayama to improve our breathwork and blood flow as well as gentle Ashtanga to stretch our muscles and recover with Ohoud.

Ohoud Saad is a certified Life Coach, cake designer and baker, freelance writer, and Yoga teacher. After witnessing yoga change her and improve her quality of life through years of practice, she felt the urge to give back and got certified to teach Ashtanga Yoga. She's been teaching Ashtanga's Primary Series in a way that is fresh, challenging and suitable for everyone for the past 7 years. She is the Founder of Bindu by Ohoud, Egypt's online yoga platform to shop, read, and practice.





INCLUSIONS AND EXCLUSIONS

FULL EXPERIENCE

- ✓ 2 NIGHTS' ACCOMMODATION IN BEDOUINTENTS
- ✓ FULL MEALS (BREAKFAST, SNACK/LUNCH & DINNER) (meat and vegan options)
- ✓ WATER AND BASIC NUTRITION ON THE COURSE
- ✓ ON-SITE MEDICAL TREATMENT FOR RACE RELATED INJURIES
- ✓ EMERGENCY EVACUATION
- ✗ TRANSPORTATION
- ✗ FLIGHTS
- ✗ ENTRY FEE TO THE PROTECTORATE IS EXCLUDED (APPROXIMATELY EGP 50)

RACE AND RUN

- ✗ NO ACCOMMODATION
- ✓ DINNER ON THE 25TH
- ✓ WATER AND BASIC NUTRITION ON THE COURSE
- ✓ ON-SITE MEDICAL TREATMENT FOR RACE RELATED INJURIES
- ✓ EMERGENCY EVACUATION
- ✗ TRANSPORTATION
- ✗ FLIGHTS
- ✗ ENTRY FEE TO THE PROTECTORATE IS EXCLUDED (APPROXIMATELY EGP 50)



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.

You can get your top-end Swiss ON Running shoes from TriSouq.com



SPONSOR PARTNER



Run on clouds.

MEDICAL PARTNER

COMMUNITY PARTNERS



MEDIA PARTNER



ORGANIZERS



SUPPORTERS



MINISTRY OF ENVIRONMENT
اتراولبينة





E P I C R A C E S
L E G E N D A R Y D E S T I N A T I O N S