



# ULTRA X JORDAN

# RACE INFORMATION PACK

2-6 OCTOBER 2023

30°58'N/36°23'E

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# WELCOME

Ultra X Jordan (previously the Wadi Rum Ultra) takes place in the land of Lawrence of Arabia. The mystical desert course takes competitors past historic sites, into dramatic wadis and over magnificent sand dunes.

An Ultra X race is the ultimate test of preparation. A participant who has planned and trained well will be a successful one. It is just as important that participants calculate their water, electrolyte and food requirements, as it is their pacing during this five day adventure.

This is not a self-supported race. Participants only need to carry their daily provisions of mandatory safety equipment, nutrition, and hydration. Race holdalls are transported between campsites by the organisers and water is resupplied at checkpoints approximately 10km apart. However, weight management is still crucial and runners are advised to only bring items which are essential to their health and comfort.

Ultra X welcomes both runners and walkers. All participants will likely be doing a combination of the two in order to get to the finish line, which is the most important thing.

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# RACE OVERVIEW

**Ultra X Jordan is a multi-stage ultra marathon that takes place over five days in the Wadi Rum Desert in October each year.**

Wadi Rum's nickname is "The Valley of the Moon" and participants will quickly see why. Its landscape, characterised by unique towering rock formations, is truly mind-blowing, as is the challenge. As locations go, this place is unrivalled in its beauty.

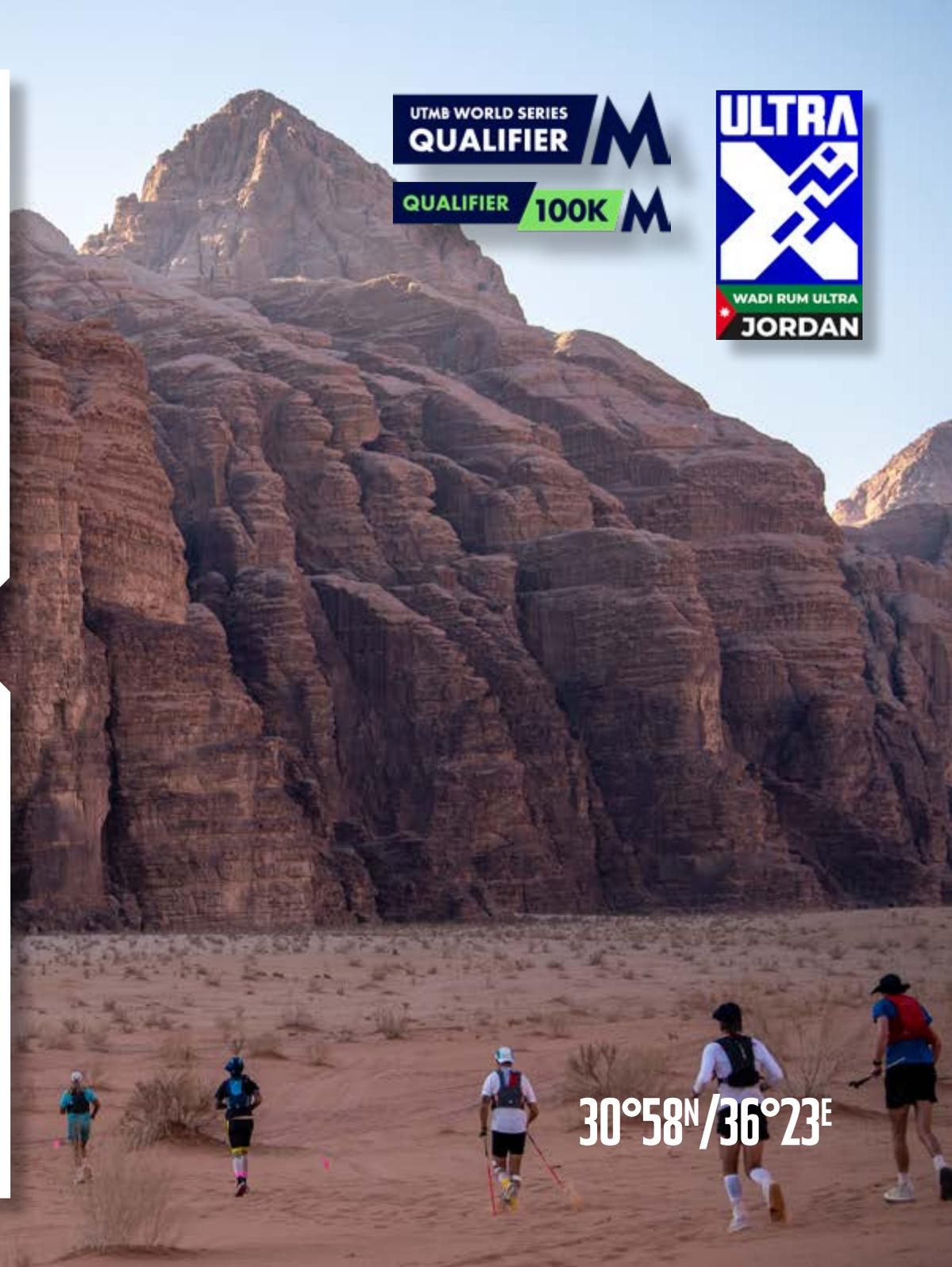
The course takes participants across vast desert landscapes, through rocky canyon valleys, and over sections of soft sand dunes, covering a total distance of 230km (143 miles).

Each day from Monday to Friday involves one stage, which will commence between 04:00 and 08:00 and range between 35km and 60km. There are checkpoints stationed approximately 10km apart where competitors can access water, shelter, and, if necessary, medical support.

Each night, competitors will camp in locations chosen to showcase the very best of the local area, where they can enjoy osteopathy/physiotherapy treatment, medical care, and hot water.

After the final stage on Friday, participants will have a chance to enjoy their first taste of 'real food' that week, as the race organisers host a big BBQ around the campfire. The prize giving and awards ceremony also takes place, as well as some local entertainment. The last night in the desert is always one to remember.

Ultra X Jordan is a UTMB® World Series Qualifier.



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# KEY INFORMATION

For the full race rules and regulations, see our [Terms & Conditions](#).

#### **Arrivals:**

We advise participants arrive into Queen Alia International Airport on or before Saturday 30th September. Participants are responsible for transferring themselves to their accommodation.

#### **Race hotel:**

[Regency Palace Hotel](#)

(Address: Queen Aliaa Street, Amman 11110 Jordan)

Those that wish to stay at the race hotel on Saturday 30th September and Saturday 7th October will have the option to book either a single or twin room when registering online (rooms are allocated at random unless specifically requested to share). It is a 45 minute journey from the international airport to the hotel. The hotel will be aware of late check-ins and will provide room keys on arrival.

#### **Race briefing and kit checks:**

Race welcome, safety briefings, and mandatory kit checks will take place at 09:00 on Sunday 1st October at the race hotel. All participants must attend the briefing (including those not staying at the race hotel) and are responsible for getting themselves there on time.

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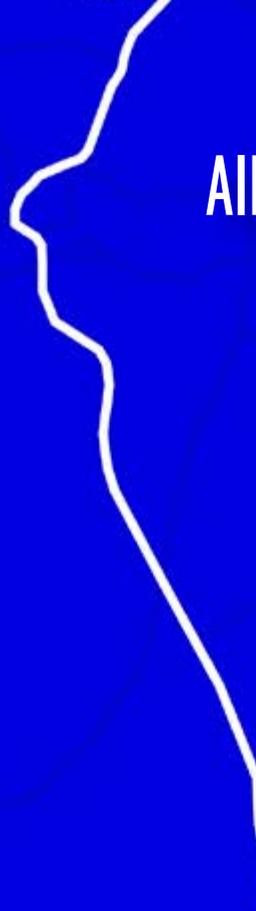


REGENCY PALACE HOTEL  
(RACE CHECK IN)



 41 MINS  
36.9 KM

## MAP OF AMMAN AIRPORT AND RACE HOTEL



2K

QUEEN ALIA  
INTERNATIONAL AIRPORT

 **JORDAN**

# ITINERARY

## Sunday 1st October

Race welcome, safety briefings, and mandatory kit checks will take place at the race hotel in Amman at 09:00. Following kit checks, all competitors will be transferred to Wadi Rum Village (where the tarmac ends) and then on to the first desert campsite.

## Race Week

Monday 2nd October - 38km

Tuesday 3rd October - 40km

Wednesday 4th October - 60km

Thursday 5th October - 48km

Friday 6th October - 34km

On Friday evening after the race, the organisers host a big BBQ around the campfire for the last night in the desert, where the prize giving and awards ceremony also takes place.

## Saturday 7th October

On Saturday morning, competitors will have the option to visit the Lost City of Petra for a few hours before returning to Amman for aprox 1800. Alternatively, runners may choose to join the transfer straight back to Amman from the desert. This is your choice.

## Sunday 8th October

All good things must come to an end! Participants are free to transfer to the airport on Sunday for return flights, or to begin their well deserved holiday. For those staying in country, we suggest booking with a local tour company – please get in touch for recommendations.

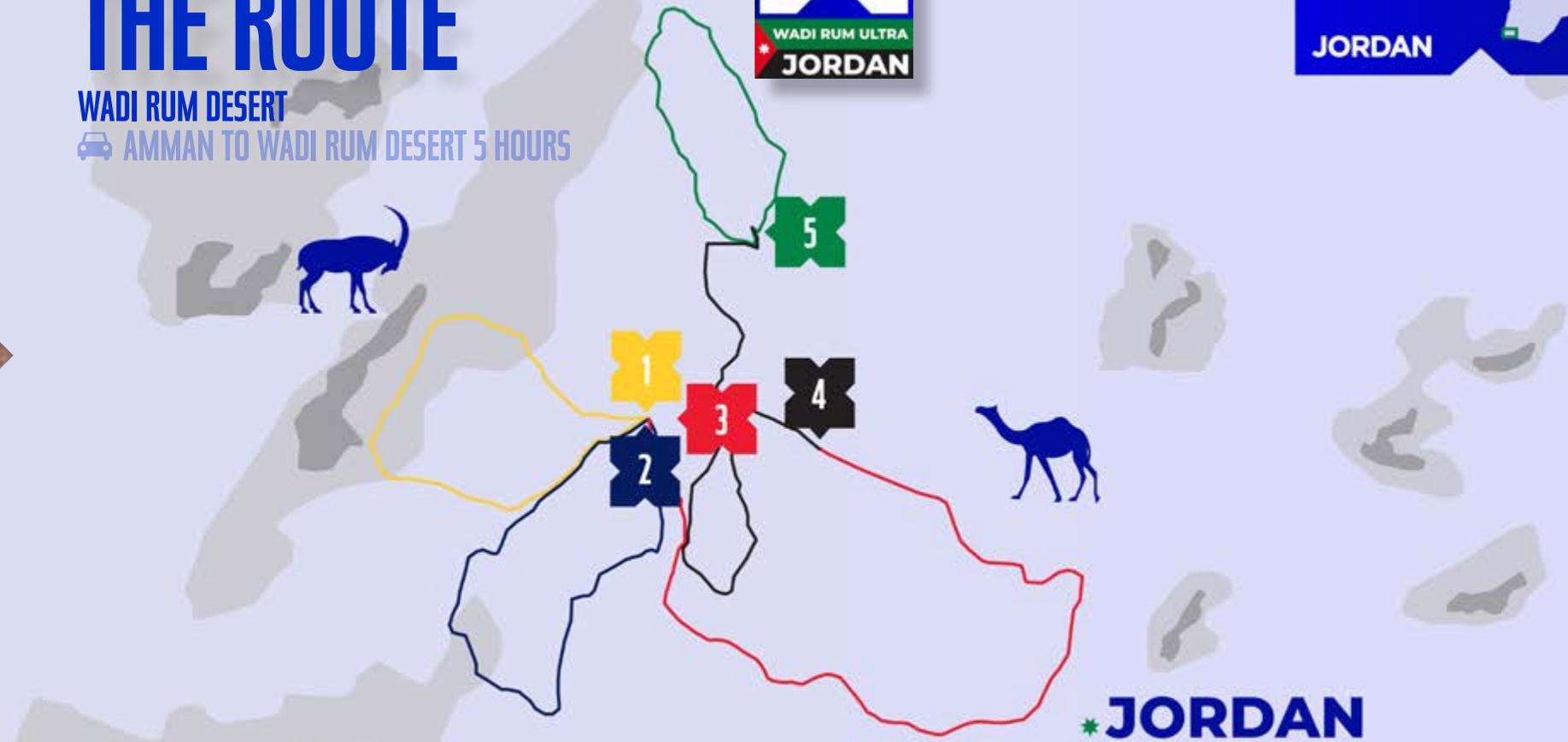


30°58'N/36°23'E

# THE ROUTE

WADI RUM DESERT

🚗 AMMAN TO WADI RUM DESERT 5 HOURS



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# THE ROUTE

The race organisers create each leg to take in the most beautiful and challenging aspects of the spectacular Wadi Rum Desert.

Competitors run sections of the famous Jordan Trail, exploring vast desert landscapes, traversing slot canyons, climbing soft sand dunes, and running under the light of the starlit sky.

The route may change slightly each year depending on the weather and other varying factors.

The ground under foot varies between hard packed sand, dry riverbeds, thin trails, and soft sand/dunes. Only the most experienced sand runners will be able to run the whole course. Most participants will run between 30% and 60% of the course.

# COURSE MARKINGS

The course route will be marked at approximately 40m intervals using coloured flags.

Areas where competitors are likely to be running in darkness will be illuminated with glow sticks or reflective tape and are likely to have course marshals stationed more frequently.

For those that use GPS watches, the GPX files for each day of the race will be shared with competitors closer to the race date.

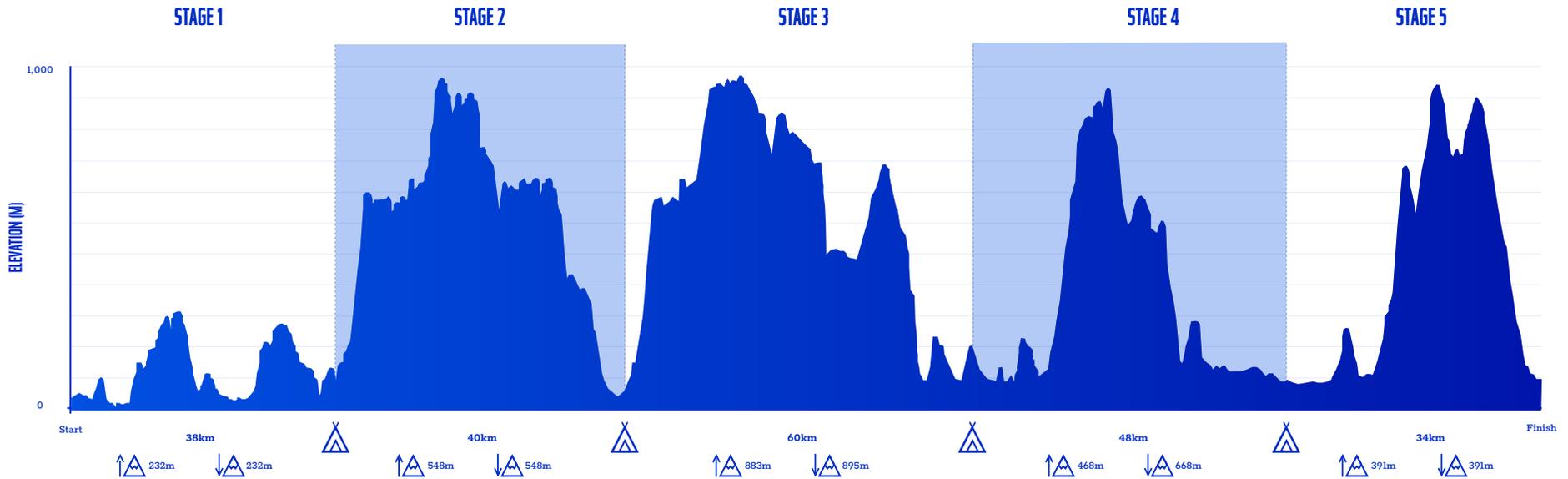
There are checkpoints approximately every 10km. If temperatures are unusually high, checkpoints may be stationed more frequently.

# ELEVATION PROFILE



🏁 220KM  
⬆️ 2,522M

🕒 5 DAYS  
⬇️ 2,734M



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# STAGE 1

.....

Day one is a looped route. The course weaves through wide, rocky canyons and vast, echoing landscapes. From the campsite, competitors head into a long valley before emerging onto the open desert.

Breathtaking panoramas, lined with rock formations on either side, provide epic scenery for competitors as they loop back into base camp for the evening. The terrain on day one is mostly rocky ground and hard-packed sand - a gentle introduction to the week.

 **38KM**

 **08:00**

 **232M**

 **232M**



# STAGE 2

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Day two is a looped route. The second stage begins similarly to the first - lots of hard-packed sand, rocky terrain and open desert landscape. The sheer vastness and silence can be mind-blowing when first experienced.

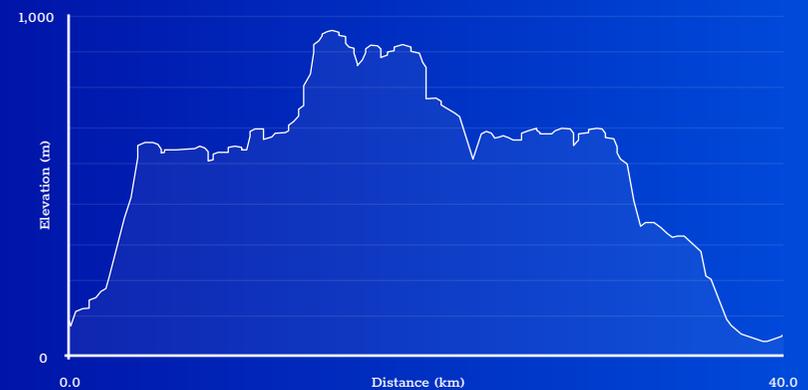
The second day also provides a more thorough introduction to Wadi Rum's soft sand dune sections, which are scattered throughout the last 10km. Competitors should be mindful of the following day's long stage when travelling across these demanding dunes.

 **40KM**

 **08:00**

 **548M**

 **548M**



# STAGE 3

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The big one! The long stage starts at 04:00, when the desert sky is shining bright with stars. Although most runners typically set off with a head torch, they quickly realise they can see better without it. There's nothing quite like descending into the "Valley of the Moon" as the first light of day breaks across the dunes.

Day three is a point-to-point route. The early kilometres are undulating but runnable, dropping in and out of dried-up river beds. The last 20km stretch features an uphill soft sand section which leads all the way towards Rock Camp.

🏁 **60KM**

🕒 **05:00**

⬆️⬆️ **883M**

⬆️⬆️ **895M**



# STAGE 4

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Day four is a point-to-point route. The fourth stage is one of the most beautiful and varied. Competitors head north from Rock Camp and through a series of small canyons with some rocky terrain. These canyons were the hiding place of Lawrence of Arabia and the only section of the course that vehicles cannot access. Think thin, technical canyons and bright red, ancient rock formations.

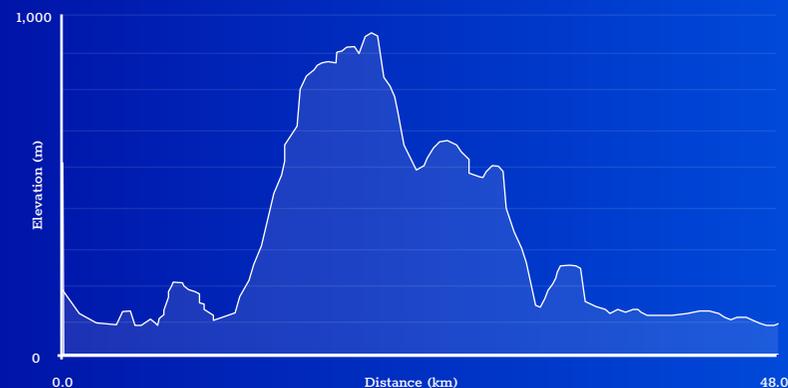
The day finishes with a downhill runnable section across a vast desert plain, with the final campsite for the week visible from a distance.

🏁 **48KM**

🕒 **07:00**

⬆️⬆️ **468M**

⬆️⬆️ **668M**





# STAGE 5

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Day five is a looped route. The course encompasses vast, open sections of Wadi Rum Desert, the surface of which has been likened to Mars. Competitors begin with a short climb before crossing an expansive desert plain, and traversing a series of technical rocky canyons.

As competitors loop back towards campsite and catch their first glimpse of the big blue arches, the enormous sense of achievement is often overwhelming. A big campfire, BBQ, awards ceremony, and local entertainment awaits.

 **34KM**

 **08:00**

 **391M**

 **391M**



**30°58'N/36°23'E**

# MEDAL RIBBONS

All finishers will receive a race medal. Different medal ribbons will be awarded based upon the finishing times outlined below. Those that do not want a medal will be able to opt-out at race registration.

As part of our [Sustainability Policy](#), the Green Ribbon will be awarded to the competitor that displays the highest commitment to reducing their environmental impact both in preparation for and during the race (as determined by the organisers).



**Black Ribbon**  
Under 27 hours



**White Ribbon**  
Under 30 hours



**Blue Ribbon**  
Over 30 hours



**Green Ribbon**  
Environmental award



# KIT CHECKS

This is the process by which the race organisers will ensure participants have the mandatory kit and are carrying the correct number of calories.

Kit checks will take place the day before the race (Sunday 1st October) at the race hotel. Any participants caught throwing away equipment or food after this process will be penalised.

To make scrutineering more efficient, each food item must be labelled with the number of calories it contains. Food parcels which have been assembled by the participant must have a sticker estimating their calorie content. In line with our [Sustainability Policy](#), participants must also label all packaging with their bib number. Any packaging found littered will put the corresponding participant at risk of disqualification.

# SLEEPING

The living accommodation consists of tents shared by between six and 15 competitors. Participants must provide their own roll mats, sleeping bags and pillows.

Tent partners often become close friends and support each other throughout the race. There is no doubt that one of the best things about multi-stage ultra marathons are the lifelong friendships forged along the way.

Although competitors must carry essential safety equipment (such as water bottles, daily nutrition, etc) in their running packs, their race holdall (containing sleeping equipment, clothing, meals etc) is transported between each campsite by the organisers.

We recommend a foam or puncture proof roll mat.



# NUTRITION & HYDRATION

One of the most important aspects of preparing for any Ultra X race is calculating personal nutrition and hydration requirements. Participants want to bring enough to be fully fueled but not so much that they are carrying unnecessary weight.

Participants will also want to bring electrolyte solutions. Drinking water alone will not be sufficient to stay properly hydrated during a multi-stage ultra marathon event.

It is useful to contact runners who have experience in multi-day racing, as they will have expertise in this area. Participants will be invited to join the [Ultra X Competitors Facebook Group](#) upon registering for the race, where they can contact members of our friendly and experienced community.

Competitors will need to be self-sufficient (supply their own food) from Sunday 1st October to Saturday 7th October.

We highly recommend bringing dehydrated or freeze dried food that can be easily rehydrated with hot water, which is supplied at each campsite in the morning and evening.

**Participants are required by race rules to bring a minimum of 2,000 calories per day for each day of the race. Participants must also carry 800 calories of emergency fuel each day, which must only be consumed in an emergency situation.**

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## IV'S

If it is deemed necessary by the race doctors for a participant to have an IV, a time penalty of 1.5 hours will be given on each occasion. If a participant contests the IV and the doctor deems them to be at risk, they may have to be pulled from the race.

To avoid this situation, we advise the regular consumption of electrolytes and to avoid drinking excessive amounts of pure water when out on the course.

## DROP OUTS

This is an extreme event and voluntary or imposed withdrawal does happen. This is taken seriously and handled with great respect by the race organisation.

Participants may withdraw from the event at any time. We request that any competitor who wishes to stop their race informs the organisation and hands in their bib number to a race marshal.

Should a participant retire or be withdrawn from the event, all additional costs incurred (accommodation, transfers, food, etc) must be covered by the participant.

If you cannot finish a stage (as long as you are cleared by the medical team) you may start the following day's stage. However, you will not receive a rank or medal. If you cannot finish a second stage your race will be over.

## FOOD & COOKING

There is no cooking with gas allowed during Ultra X events. For food, the organisers will provide hot water with which participants can rehydrate their dehydrated meals. Hot water will be available at camp two hours before the scheduled race start each day and after the finish each day.

## CUT-OFFS

Exact cut-offs will be communicated to competitors before each stage of the race. Participants must have departed the checkpoint before the cut-off time, or they will not be allowed to continue.

We want everyone to finish the race whilst enjoying the scenery. We therefore have generous time allowances of 2 hrs and 45 mins for every 10km. Earlier start times are available for slower runners on day three.



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# BODY MAINTENANCE

The physical exertion of multi-stage ultra running can have a negative impact on the body and feet. However, it doesn't have to be damaging.

To ensure participants do not spend their evenings in the medical tent, it is important they not only take care of their feet during the race but also pay extra attention to toughening them up during training.

Suitable running socks must be worn. Participants should try and select those that are comfortable and trial different options in training.

Blister treatment after each stage will significantly impact both performance and enjoyment. Neglecting this area of body maintenance is one of the most common causes of retirement from the race. If you look after your feet, they will look after you!

Bear in mind that our experienced expedition medical team are there to help. If a participant has any questions, niggles or injuries, they are encouraged to consult them. It is vitally important that niggles are addressed sooner rather than later.

**The vast majority of race dropouts are due to feet and hydration neglect. Participants who stay on top of these controllables have a much higher chance of finishing the race.**

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## EQUIPMENT

A comprehensive Kit List will be issued to participants upon registration. This will contain all mandatory and recommended kit and equipment.

## CLOTHING

What a participant chooses to run in is up to them. We recommend trying different options to find out what is most comfortable over long distances. Many of our competitors choose to wear the same outfit every day as their 'go-to' kit, but others like to alternate.

As the race organisers transfer a bag between campsites, participants have the luxury of being able to bring a change of clothes for the week, and something to keep warm in the evenings when the temperature drops.

## ANIMALS

Animals are a very low safety risk in Wadi Rum Desert but some are more dangerous than others. Arabian sand cats, snakes, and scorpions live in the area but will almost always avoid humans when possible.

## SUITABLE FOOTWEAR

Well in advance of the race, participants will need to decide on the right footwear.

The heat and friction produced whilst running not only puts shoes under extreme stress, it also causes feet to swell. As is good practice before any race, participants should ensure their shoes are sufficiently worn in. The same can be said for all kit and equipment – it must be comfortable over long distances.

The choice between trail or road shoes is up to the competitor. The course is split between soft and hard packed sand, but road shoes should be sufficient.

## CLIMATE

October temperatures are generally quite high, but are considered mild for this region. The weather is typically dry and hot during the day and cool at night. Daytime temperatures average around 28°C, but can range from 15-35°C. Temperatures drop significantly at night, ranging from 15-18°C. As such, it is important that competitors have equipment that prepares them for different conditions.

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# BAGS & RACE HOLDALLS

**Participants are allowed three bags for the week:**

**Main travel bag (25kg):** This main travel bag will be left at the race hotel in Amman and will contain any clothing and travel items that are not required during the race. Once departed for the desert on Sunday, participants will not have access to this travel bag until arriving back in Amman on Saturday afternoon after the race.

**Race holdall (18kg):** This will be transported between camps by the race organisers and should contain everything required for the entirety of the race. Participants will have access to their race holdalls in the campsite after each stage. It must be a waterproof holdall bag and must not exceed 18kg. Holdalls weighing more than 18kg will not be allowed on the coaches when we depart for the desert. They will be weighed. Any items which are attached to the outside of the bag or sticking out will not be transported to the desert.

**Running pack:** This is the bag participants will carry each day whilst running. Running packs must fit inside the 18kg race holdall when travelling from Amman to the desert. Running packs must also be large enough to carry the mandatory items on the kit list.

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# INSURANCE

Personal insurance that covers ultra marathon trail running is required to participate in this event. If a participant does not have sufficient insurance, they will not be allowed to race.

Company insurance is included in the entry fee. However, the overall cost of the event for the individual is significant. We require participants to be covered in case of cancellations before, or injury during, the event.

Proof of adequate insurance must be submitted via the [MyEvents](#) portal on [Active.com](#) no later than two months before the event. A personal link will be sent to participants upon registration.

There are several insurance companies that offer ultra marathon trail running cover. We recommend:

ITRA Insurance  
The British Mountaineering Council

# SAFETY

Although not mandatory, it's always a good idea to consult a doctor before taking part in extreme endurance challenges and to discuss vaccines and medication before travelling.

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# WHAT'S INCLUDED?



Included?	Yes	No
Race entry	✓	
Accommodation during the race (2-6 October)	✓	
Transfers between Amman and Wadi Rum Desert	✓	
Fully marked course	✓	
Medical staff on course and at all campsites	✓	
Osteopathy staff on course and at all campsites	✓	
Drinking water at checkpoints on course and hot water for preparing food at all campsites	✓	
Ground assistance and full safety support	✓	
Digital copies of all images from event photographer	✓	
UTMB® World Series Qualifier race	✓	
Finisher's medal	✓	
Flights		✗
Accommodation before or after the race (accommodation at the race hotel can be purchased as an add-on at checkout)		✗
Personal food, kit and equipment (see <a href="#">Kit List</a> )		✗
Comprehensive insurance (to cover cancellations, loss of items, injury etc)		✗
Training costs		✗
Spending money		✗
Transport home for runners who are disqualified or withdraw early		✗



**YOU CAN DO SO MUCH MORE  
THAN YOU THINK YOU CAN**



**30°58<sup>N</sup>/36°23<sup>E</sup>**

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