

Technical Guide The HAJAR ULTRA

110 Km

سباق همم للجري الجبلي
HIMAM TRAIL RUN RACE
DECEMBER 2024



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HIMAM ADVENTURE 2024 ®

110 Km Route Description



The 110 km Al Hajar Ultra Race starts from Al Hamra, where it passes through farms and beautiful ancient villages for a distance of 4km before a climb to Misfat Al Abryeen, to reach the first checkpoint at approx. (7km). Then it continues through the falaj, and orchards in the village, before taking a steep climb for 4km to the second checkpoint, Hail Al-Juwayr at (13km). The path then continues with a continuous 6km ascent, reaching an altitude of 2000 meters above sea level at (19km). The terrain afterwards is almost flat for more than 4km, where the participant can run until reaching the third checkpoint, which is

Sharaf Al-Alamyn at (23.4km). From here, the track goes up again until reaching Qiyut checkpoint at (29.1km), which is the highest point on the race and the runner will be awarded to magnificent views. Then followed by a 10km on an undulating terrain until reaching Al Roos checkpoint at approx. (39.3km). From here, the path continues on a paved road for 4km until Al-Muhaibes checkpoint at (43km).

The path then goes down on a steep descent and through narrow ledges. It requires caution and vigilance to reach the bottom of the valley, especially if you get there in the dark. It then continues

up again on large and steep rocks in the canyon until it reaches the cable leading to Alila Hotel, where there will be a qualified technical crew to guide and assist the runners to harness and cross to the end of the cable safely. The participants will then reach the main aid station, Hail Al Diyar, at around (50km) where they will have access to hot food and their dropped off bags. From here, the path continues on a paved street for 2.5km, and then begins a steep descent to the bottom of the valley, followed by an ascent, to reach Aqabat Al-Biyout checkpoint at approx. (60.1km).

Part of the trail then follows a dirt road and also passes a narrow mountain ridge before reaching Safi Sahara checkpoint at (68.2km). The path then continues with a slight ascent and descent, passing through a historical village before reaching Wadi Bani Habib checkpoint at (77km). After that, it is almost flat with minor ascents and descents and continues for 6km until Saiq checkpoint (83.6 km). From here, the path descends and ascends again, passing through farms, orchards, falaj, and beautiful villages, to reach Al-Aqar checkpoint at (88.4km). It then goes on a steep descent for 4km, which requires caution in some places, until reaching Sallut checkpoint at (93.2km). Followed by a paved dirt road on a continuous steep descent until reaching Masirat Al-Rawajeh checkpoint at (97.1km). The trail then goes up and down through narrow paths and large rocks in the valley, reaching Al-Muaydin checkpoint at (105.2km). It then continues on a paved dirt road for 5km, reaching Tawi Saddah checkpoint at (110km). Finally, the last 4km is in the wadi to get to the finish line, in Bait Al Rudaida, Birkat Al-Mouz at (114km)



Elevation Profile



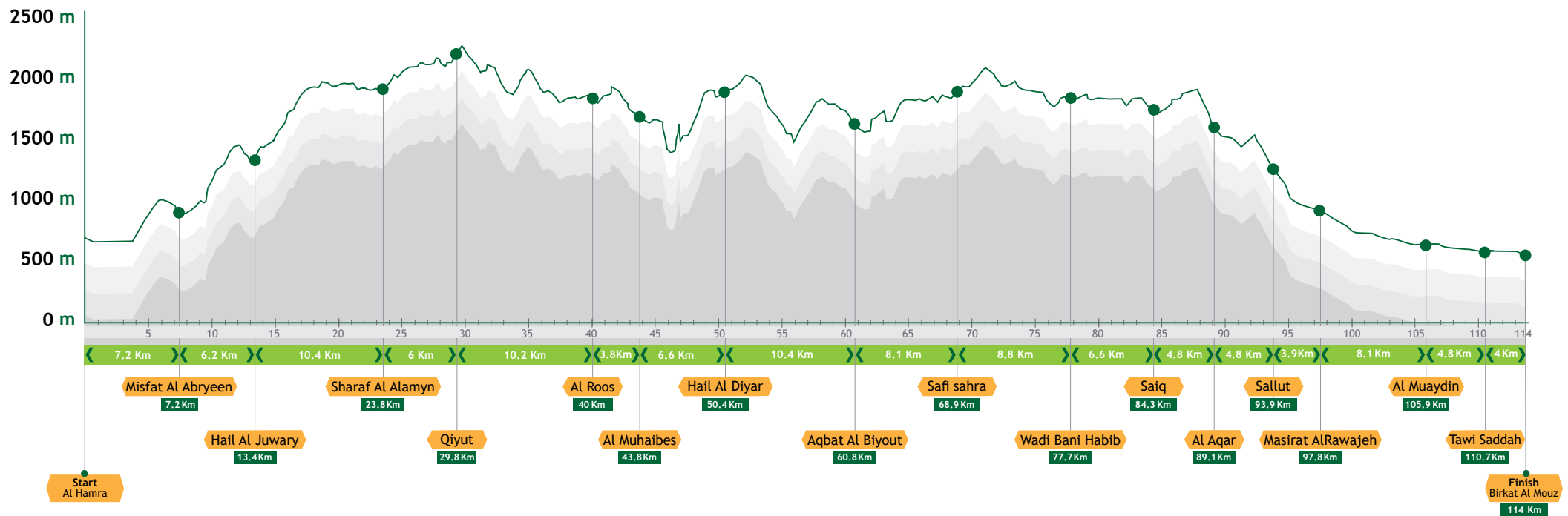
Race 110 km

Start Date
5/12/2024

Start Time
7:00 AM

Finish Date
6/12/2024

Finish Time
3:00 PM



Checkpoints Table 110 Km

CHECKPOINT	ALTITUDE (M)	INTERDISTANCE (KM)	DISTANCE (KM)	ACCUMULATIVE ELEVATION GAIN	ACCUMULATIVE ELEVATION LOSS	CUT OFF TIME	CREW SUPPORT	SERVICES	Location
1 Start: Al Hamra	650 M	- -	- -	- -	- -		-		»»»
2 Misfat Al Abryeen	930 M	7.2 Km	7.2 Km	400 M	120 M		NO		»»»
3 Hail Al Juwary	1370 M	6.2 Km	13 Km	1030 M	310 M		NO		»»»
4 Sharaf Al Alamyn	1980 M	10.4 Km	23.4 Km	1810 M	480 M	6:30 h 1:30 Pm	YES		»»»
5 Qiyut	2230 M	6 Km	29.1 Km	2160 M	580 M		NO		»»»
6 Al Roos	1910 M	10.2 Km	39.3 Km	2620 M	1360 M		NO		»»»
7 Al Muhaibes	1830 M	3.8 Km	43.1 Km	2790 M	1610 M		NO		»»»
8 Hail Al Diyar	1920 M	6.6 Km	49.7 Km	3470 M	2200 M	14:30 h 9:30 Pm	YES		»»»
9 Aqbat Al Biyout	1920 M	10.4 Km	60.1 Km	4140 M	2870 M		NO		»»»
10 Safi Sahra	1900 M	8.1 Km	68.2 Km	4490 M	3240 M		YES		»»»
11 Wadi Bani Habib	1860 M	8.8 Km	77 Km	4830 M	3620 M		NO		»»»
12 Saiq	1890 M	6.6 Km	83.6 Km	4990 M	3750 M	24:30 h 7:30 Am	YES		»»»
13 Al Aqar	1960 M	4.8 Km	88.4 Km	5250 M	3940 M		NO		»»»
14 Sallut	1570 M	4.8 Km	93.2 Km	5350 M	4440 M		NO		»»»
15 Masirat AlRawajeh	1130 M	3.9 Km	97.1 Km	5420 M	4940 M		NO		»»»
16 Al Muaydin	730 M	8.1 Km	105.2 Km	5670 M	5590 M		NO		»»»
17 Tawi Saddah	620 M	4.8 Km	110 Km	5690 M	5720 M		NO		»»»
18 Finish:Birkat Al Mouz	580 M	4 Km	114 Km	5700 M	5770 M	32:00 h 3:00 Pm	-		»»»



Toilet



Hot Food



Water



Food

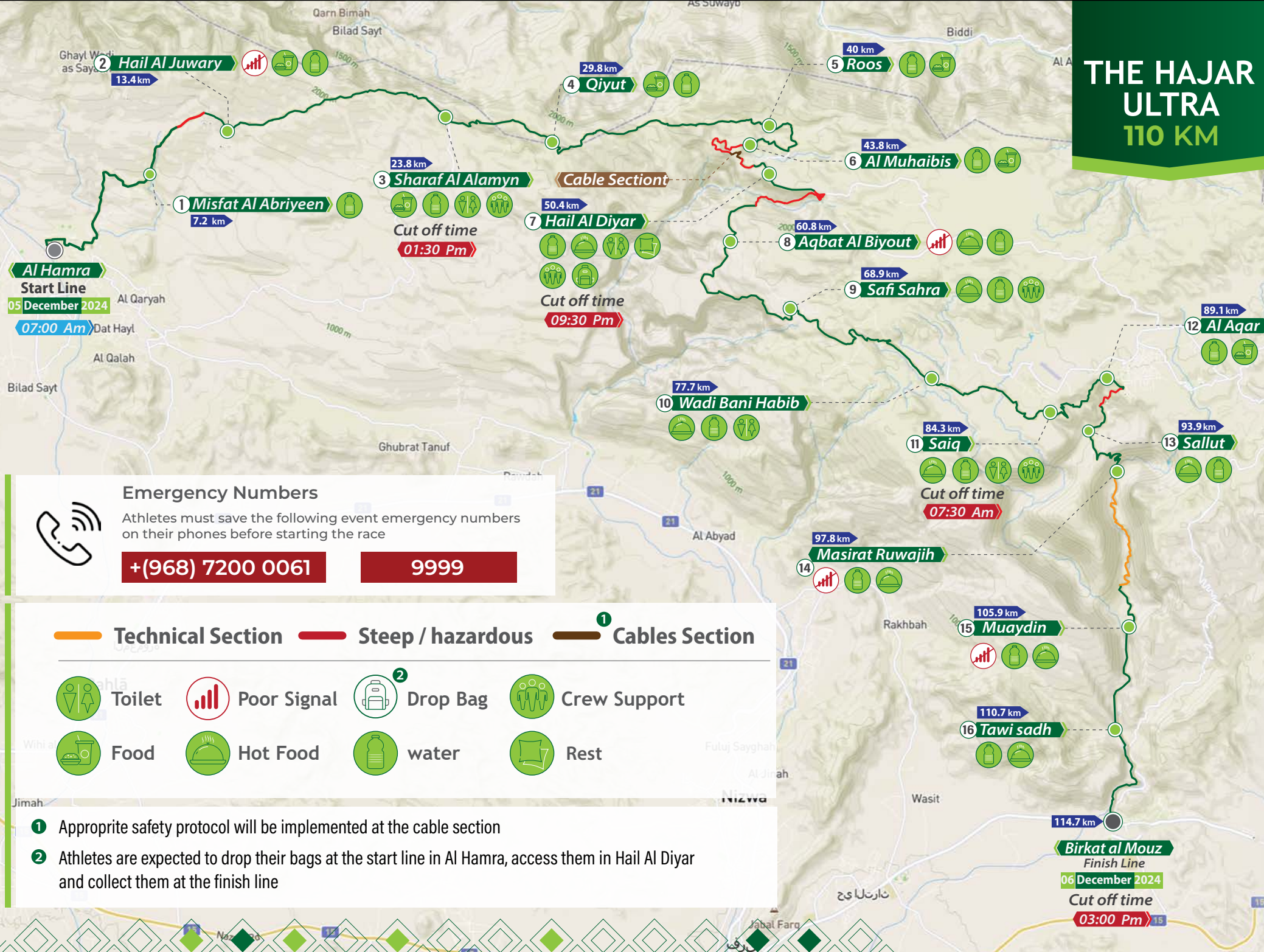


Rest



Drop Bag

THE HAJAR ULTRA 110 KM



Emergency Numbers

Athletes must save the following event emergency numbers on their phones before starting the race

+ (968) 7200 0061 **9999**

Legend:

- Technical Section
- Steep / hazardous
- Cables Section

1 Appropriate safety protocol will be implemented at the cable section

2 Athletes are expected to drop their bags at the start line in Al Hamra, access them in Hail Al Diyar and collect them at the finish line

Mandatory Kit

The availability of personal kit will be checked in the same day of the Race Pack Collection and receiving the bib numbers. Runners must be responsible for keeping the mandatory kits with them from the start to the end of the race

- 

Running backpack
- 

Trail running shoes
- 

Mobile phone
- 

First aid
- 

Wind breaker and waterproof jacket
- 

Saharan cap to protect from sun
- 

Head torch with spare batteries
- 


Supply of water of 1.5 Liters
- 


Food reserve
- 


Whistle
- 


Survival blanket

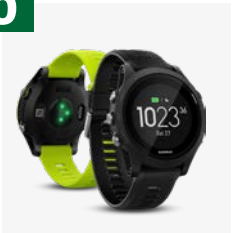
Optional Kit

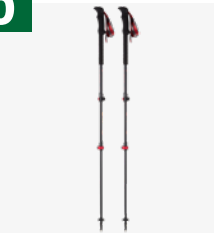
- 


Warm clothes
- 


Beanie hat
- 

Gloves
- 

Sunglasses
- 

GPS watch
- 

Trekking poles
- 

Sun cream
- 

Contingency cash money

Rules & Regulations



Short-cutting the route:

Subject to organizers decision



Refusal to have mandatory equipment checked: Disqualification



Discarding waste:

30 minute penalty



Assistance outside of authorized zones:

1 hour penalty



Lack of visible race-bib:

15 minute penalty



Use of poles not carried from the race start: 1 hour penalty



Using other runner's bib number to participate in the race
Disqualification



Missing item(s) off the mandatory equipment list: 1 hour penalty



Not assisting a person in difficulty:
1 hour penalty



Cheating: Disqualification - subject to organizer decision



Lack of respect for others:

Subject to organizers decision



Departure from a checkpoint after time limit: Disqualification



No passage through a check point:
30 minute penalty

Travel Guide



Flights and Visa:

The easiest way to travel to Oman is by air. You can fly to Muscat International Airport, which is the largest airport in Oman. There are direct flights to Muscat from major cities around the world.

- You may check Oman Air's official website to see the direct flights on offer and to enjoy hospitable services.
- A tourist visa is required to enter Oman. Check the local customs website here to see which tourist visa is suitable for your country of origin. Some visas can be obtained upon arrival.



Taxi and Mobility:

Driving cars is the dominant mode of transportation in Oman while public bus transport is most efficient in the capital city of Muscat. In the airport, you may choose to rent a car to drive at ease, hire a car with a tour guide, or utilize local taxi services for short distance commute. You may opt for pre-booking before arrival for a smoother experience.

- OTAXI: Use OTAXI, a mobile app for short journeys.



Connectivity:

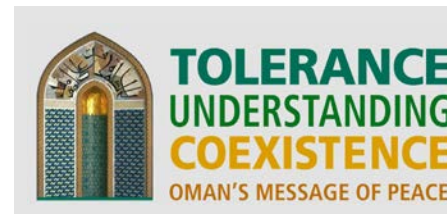
Oman has a reliable and affordable mobile network, and it's easy to purchase a SIM card on arrival at the airport. Most hotels and restaurants offer free Wi-Fi. Local SIM providers: Omantel - Ooredoo - Vodafone



Culture and Customs:

Oman is a conservative Muslim country, and it is important to be mindful of local customs and traditions. It is important to dress modestly when in public places.

As a general guideline, attire should be loose-fitting, long-sleeved tops and pants that cover the arms and legs. While running, you may opt for breathable options to avoid excessively revealing clothing. If you are attending the prizegiving ceremony, is scheduled on Friday 06 December 2024 at 7:45 PM, the dress code is smart casual as among the attendees are local representatives and officials.





Currency:

The official currency in Oman is Omani Rial (OMR). ATM machines are within reach but it's best to carry some cash, especially when you're traveling outside main cities. Many shops and restaurants accept credit cards, but it's always a good idea to have cash on hand. ATMs can be located through Google Map easily.

Accommodation:

You will receive preferred hotel options by the race organization. However, if you prefer to look for accommodation options that are close to the race location, you may search for a hotel or serviced apartments. The locations of the race are multiple, with Al Hamra being the start of the 110KM distance, Imti in Izki being the start of the 55KM distance and Birkat Al Mouz being the start for 20KM and the finish for all distances

Weather:

December in Oman is the perfect time for trail running with comfortable temperatures and cooler weather at higher elevations, such as the Al Hajar mountain range, where the event will take place. Ensure that you are prepared with appropriate clothing and gear.

AWARDS & PRIZES

Female Runners



2nd Place
700 OMR



Champion
800 OMR



3rd Place
600 OMR

Male Runners



2nd Place
700 OMR



Champion
800 OMR



3rd Place
600 OMR

4th – 10th runner ups will be rewarded with prizes.



























































All runners crossing the finish line will receive a finisher medal

The first male and female finishers in the following age groups will be awarded with a trophy:

Under 25 M/F (under 25) Seniors M/F (25-39) Master 40 M/F (40-49) Master 50 M/F (50-59) Master 60 M/F (60+)

The prize giving will take place at the race village in Birkat Al Mouz on Friday 06 December 2024 at 7:45 PM. Winning runners will be awarded for their efforts. Attendance is open for all. The ceremony will be attended by some of Oman's VIP delegates and promises to be the perfect way to celebrate the athletes.

Hotel & Accommodation

1		Golden Tulip Nizwa	NIZWA		16		Durat Nizwa hotel	NIZWA	
2		Bait AlSabah Heritage Inn & Cafe	NIZWA		17		Old Town Hotel	NIZWA	
3		ALSMOU apartments	NIZWA		18		Omani Guest House	NIZWA	
4		Nizwa Hotel Apartments	NIZWA		19		Nizwa Heritage Inn	NIZWA	
5		Antika Hotel Apartments	NIZWA		20		Alaqur View Inn	NIZWA	
6		Al Karam Hotel Apartment	NIZWA		21		Al Bustan Inn HOTEL	NIZWA	
7		EWANN HOTEL APARTMENTS	NIZWA		22		Salam Inn	Alhamra	
8		Intercity Hotel Nizwa	NIZWA		23		The Wadi Inn	Alhamra	
9		Nizwa Inn Hotel	NIZWA		24		Bait Al Aali	Alhamra	
10		Aryaf Nizwa Hotel apartments	NIZWA		25		Al hamra Heritage Inn	Alhamra	
11		Tanuf Residency Hotel	NIZWA		26		The View	Alhamra	
12		Falaj Daris Hotel	NIZWA		27		Basmat almifah guest house	Alhamra	
13		Al Diyar Hotel	NIZWA		28		Al Misfah Hospitality inn	Alhamra	
14		Aldar Inn	NIZWA		29		Bait Baityn	Alhamra	
15		Antique Inn	NIZWA		30		Hissen Al-Misfah	Alhamra	

Click the location icon for easy transfer

Race Pack Collection



Location / Birkat Al Mouz

The race village



Tue 3rd Dec 2024
04:00 PM – 10:00 Pm

Wed 4th Dec 2024
02:00 PM – 10:00 Pm

Thu 5th Dec 2024
10:00 AM – 10:00 Pm

Fri 6th Dec 2024
10:00 AM – 12:00 Pm



Location / Muscat

(Exact location will be announced)



Date: 30-Nov & 01-Dec 2024

Time: will be announced

Remarks:

- Participants must collect their race pack in person; no proxies are allowed to pick up on their behalf.
- When collecting the race pack, participants must present all mandatory gear specified in this guide for inspection.
- A valid ID (passport, national ID, or driver's license) must be shown when collecting the race pack.
- Participants are required to sign a waiver or disclaimer form upon collecting their race pack, acknowledging the risks and agreeing to the event's terms and conditions

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