

- Facts:**
- 195 or 100 km or 42 km
 - Rocky mountains
 - Luxuriant oasis
 - Huge desert
 - Red sand giants dunes
 - Beaches of fine sand
 - Variety of the trail

**RAID IN THE
COUNTRY OF
SINBAD THE
SAILOR:
THE DESERT OMAN
RAID
(ULTRA TRAIL)**



Raid Sahara Organisation (RSO) organizes the edition in the incenses country:

An ultra 6 stages in Oman, this edition will be under the sign of mountains, oasis, wadis, desert and dunes
Event open to every regular sportsman, walker or runner, professional or amateur.

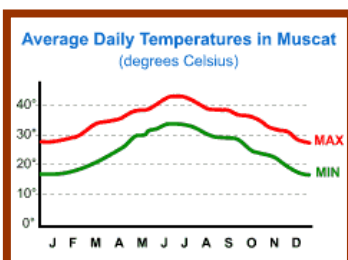


Oman where is it... ?

The sultanate of Oman is situated at the south point of the Arabian peninsula between Yemen and the UAE. The rich historic past, the kindness of the population, the climate, the geographical variety : desert, high steep mountains, huge desert with ochre sand dunes, luxuriant and refreshing oasis, the 1700 km of coast with crystalline water considered as a shelter of a very diverse fauna, makes a very convenient country for the tourism and the ultra raid.

Oman identity Card :

- **Time zone** : Gmt +4
- **area** : 309500 km²
- **Capital** : Muscat
- **Population** : 2 567 000
- **Currency** : rial OMR
- **Language** : Arabic, English is very used
- **Economy**: based on a recent and essentially oil development: 50 % of the GDP, 75 % of the budgetary receipts, 77 % of the receipts of export. Efforts are made in the other sectors as the harbour activity and the sector of the tourism. In this domain the country possesses real assets with magnificent and varied landscapes and welcoming population..
- **Visa** : compulsory.
- **Temperature** : see the chart



3 Races :

Raid 195 km

- Prologue 4 km
- Stage 1 : 32 km
- Stage 2 : 43 km
- Stage 3 : 20 km
- Stage 4 : 33 km
- Stage 5 : 24 km
- Stage 6 : 42 km

Trail 100 km

- Prologue 4 km
- Stage 1 : 33 km
- Stage 2 : 43 km
- Stage 3 : 20 km

Oman Marathon

- Stage 5 : 42 km

1. **Desert Oman Raid** : 195 km (100 miles) in 6 stages 6000 D+
2. **Desert Oman Trail** : 100 km in 3 Stages - 5000 D+
3. **Dunes Oman Marathon** : 42 km in one stage

Raid in 5 stages with night camp, for a run of 162 km

➤ **stage 1 : 33 km** : from the ocean to climb the mountain...

Departure : from the beach of White Sand
CP1, across the wadis
CP2 in the oasis, then cross rocky roads in the mountain

➤ **stage 2 : 43 km: Canyons in the mountain**

Departure from the mountain, we will cross some more refreshing wadis.

➤ **stage 3 : 20 km from the mountain to the ocean**

➤ **stage 4 : 33 km from the Town of Bedyā to the Dunes by night**

➤ **stage 5 : 24 km the Wahiba désert**

Departure : crossing the sand dunes
CP1 : red high dunes

➤ **Stage 6 : 42 km the marathon**
final sprint of 30 km along the dunes .

➤ **time limit of run :**

the limit time of passage check are calculated under the average of 4km/hour, it is 10 hours for a run of 40 km. This time limit allow everybody to manage his own run..

Check point with food and water supplies every 12 km and signs every 400 m depending the environment

➤ **departure** : early morning departure depending of temperature. It will be given all together,,except for the last day,it will be given in reverser stopwatch., the last runners will go first.

➤ **advices :**

shoes : at least 1 size ½ bigger than your usual size.

feets : foot care(bath of betadine 10 days before,, thread, needles.

Bandages elasto skin 2cm ,scissors, compresses double

Frictions: elasto for all the parts (shoulders, thighs, toes)

Mandatory material: cover Blanket-mirror of signalisation-a whistle-a frontal lamp with spare battery - a lighter -a small case of emergency - a roller of elasto - a compass - a pocket knife - 2 Cyalum - 2 handkerchiefs in paper - system of hydration: tins or bag minimum 2 litres

➤ **Briefing** : a briefing will be set every evening before the diner to explain the next stage.

➤ **Rewards** : they will be confirmed at the end of the registrations and are variable according to the numbers of runners.

➤ **Medical supervision** : on all the RSO raid, we have a French doctor + a nurse. The medical staff depend of the number of runners.. with more than 20 runners we have kiné and osteopath.





Program:



Saturday: meeting point Saturday morning in Muscat Airport or in Majan Hotel (Muscat).
Sunday: transfert to the campement of White Sand beach
Monday: stage 1
Tuesday: stage 2
Wednesday: stage 3 and 4 (by night)
Thursday: stage 5
Friday: stage 6(Marathon) . Finish along the coast, rewards and typical night feast with giant BBQ.
Saturday: airport transfer and departure from Muscat
 Airlines schedules under reserves of the carrier

- **Visa :**
arriving in Muscat airport (12 euros)..
- **luggage :**
Cabin : take your camel back in cabin and your running shoes. Mind to follow the new restrictions for the cabin bags (no liquid + de 200 ml) solar lotion, food gel, put them in your hold luggage.
hold : mind to stick your luggage with name/ addresses
- **insurances :**
RSO get a civil insurance and a repatriation insurance for all the runners, participants and supervision staff. The insurance start in Oman until Oman departure.
- **cancellation :** we propose a cancellation insurance that grant you the total refund at 30 days before departure. Then the amount is on our own conventions. If you do not take this insurance, the refund amount taken will be on your own insurer
- **Medical certificate :** it is part of the registration card, and no runners could take the departure without this formality. if the runner is a doctor, he should consult an other doctor and get the approval.

meals :
 the schedule of the meals are set the day before according the duration of the stage et the departure time. .
 breakfast : bread, coffee, tea
 lunch :salad, vegetables, bread



diner :
 pastas,
 rice,
 meat or
 fish



The Road Book

DESERT OMAN RAID
DESERT OMAN TRAIL
DUNES OMAN MARATHON

DESERT OMAN TRAIL 100 KM

INTERNATIONAL CHALLENGE

White Oasis Bivouac 1
20th Century Towers Bivouac 2
Pisloque: 4.5 km
Ocean peak Bivouac 3
CP1 km 0
CP2 km 28
CP3 km 32
CP4 km 42
CP5 km 52

PROLOGUE 3.5 km
Start: White Oasis
Finish: Ocean peak
Terrain: 100% dunes
Elevation: +5000/-

ETAPE 1 STAGE 1 50 km
Start: Ocean peak
Finish: 20th Century Towers
Terrain: 100% dunes
Elevation: +5000/-

ETAPE 2 STAGE 2 50 km
Start: 20th Century Towers
Finish: Ocean peak
Terrain: 100% dunes
Elevation: +5000/-

ETAPE 3 STAGE 3 50 km
Start: Ocean peak
Finish: White Oasis
Terrain: 100% dunes
Elevation: +5000/-

Legend: Yellow = Dénivelé (up/down) - ; Orange = Dénivelé (up/down) +/- 100 m ; Red = Dénivelé (up/down) +

Raid Sahara Organisation

DESERT OMAN RAID
DESERT OMAN TRAIL
DUNES OMAN MARATHON

DESERT OMAN RAID
170 km en 5 étapes - 3 étapes de montagnes et 2 étapes de dunes - 5000 (+)
170 km en 5 étapes - 3 montagnes stages and 2 stages of dunes - 5000(+)
170 km en 5 étapes de 1 - 3 étapes de montagne y 2 etapas de dunes - 5000 (+)

DESERT OMAN TRAIL
100 km en 3 étapes - Montagnes calculées : 40000+ / 100 km en 3 stages - only mountains: 40000+
100 km en 3 etapas de montaña - 45000 +

DUNES OMAN MARATHON
42 km - Sables et dunes glorieux / 42 km - Sand and giant dunes /
42 km - dunes de arena gloriosas

Ravitaillements et Check Point / **Abastecimientos y Check Point**

There will be 10-15 km x 2 y 2 km de points de ravitaillement. Check Point point sera ravitaillé par une tente, un véhicule, et 2 accompagnateurs de course accompagnés d'un ou plusieurs membres du Raid Sahara. There will be 10-15 km x 2 y 2 km de puntos de abastecimiento. Check Point point será abastecido por una tienda, un vehículo, y 2 acompañantes de carrera acompañados de uno o varios miembros del Raid Sahara.

Matériel Obligatoire / **Equipo necesario**

Un sac à dos ou un double sac à dos avec une réserve d'eau de 2 litres
une couverture de survie
un bâton
une lampe frontale avec piles de rechange
un bracelet GPS
un trackbook
une boussole
2 cartes
un iPod

Un sac à dos ou double sac à dos avec una reserva de agua para 2 litros
una manta de supervivencia
un bastón
una linterna frontal con pilas de reemplazo
un reloj GPS
una brújula
2 mapas
un iPod

Equipment Required / **Equipo necesario**

- A backpack or two better bags
- A reserve of water for 2 litres
- A survival blanket
- A walking stick
- A frontlight with spare batteries
- A frontlight compass
- A compass
- 2 Maps
- Lighter
- A small iPod or MP3
- Una mochila o dos bolsas
- Una reserva de agua para 2 litros
- Una manta de supervivencia
- Un bastón
- Una linterna frontal con pilas de reemplazo
- Un reloj GPS
- Una brújula
- 2 Mapas
- Un Cuchillo
- Un pequeño iPod o MP3

Supplies and Check Point

There will be a check point every 10-15 kilometers. Each check point will have a tent and a vehicle - and will be staffed by 2 race marshals and 1 or more members of the Raid Sahara. The check point will be equipped with water, fuel, food and shelter.

ETAPE 4 STAGE 4 42 km
Start: Safari Camp
Finish: Safari Camp
Terrain: 100% dunes / Sables

ETAPE 5 STAGE 5 42 km
Start: Safari Camp
Finish: Safari Camp
Terrain: 100% dunes / Sables

Top-shirt 35€
CO photos

RaidLight Ufo

RAID SAHARA



The » Bivouacs «



An Extraordinary adventure
by RSO-5 Continents