



RSO Team

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.



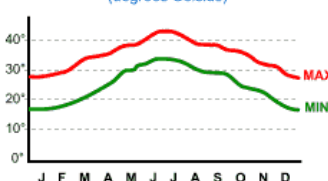
Oman where is it.... ?

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

Average Daily Temperatures in Muscat
(degrees Celsius)





3 Races :

Raid 195 km

- Prologue 4 km
- Stage 1 : 32 km
- Stage 2 : 43 km
- Stage 3 : 20 km
- Stage 4 : 20 km
- Stage 5 : 42 km
- Stage 6 : 24 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 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 : 32 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 : 20 km from the Town of Bedyá to the Dunes by night**

➤ **stage 5 : 42 km the Wahiba désert**

Departure : crossing the sand dunes

CP1 : red high dunes

➤ **Stage 6 : 24 km**

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.

➤ **advises :**

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 in Muscate , Majan Hotel *****

Sunday: transfert to the beach of White Sand

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





Le Road Book





The » Bivouacs «



An Extraordinary adventure
by RSO-5 Continents

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