



OMAN Marathon

DESERT OMAN RAID DESERT OMAN TRAIL DUNES OMAN MARATHON







Start from Safari Camp at 7 pm

CP 1:10 km

Food solid and liquid. Follow the Wadi to CP2.

CP 2: 18 km

Food solid and liquid. 1st crossing dunes to CP3.

Food solid and liquid. Follow the Wadi to CP 4.

CP 4: 32 km

Food solid and liquid. 2nd dune crossing to the finish. Medical supervision. Provide reserve liquid and solid finish

CP 5 : 38 km

No food. Control of the runners in dunes.

Final to Safari Camp









OMAN Marathon

Road Book

42 km

5 Check Points

- ***** KM 10
- **❖** KM 18
- **❖** KM 25
- **❖** KM 32
- **❖** KM 38

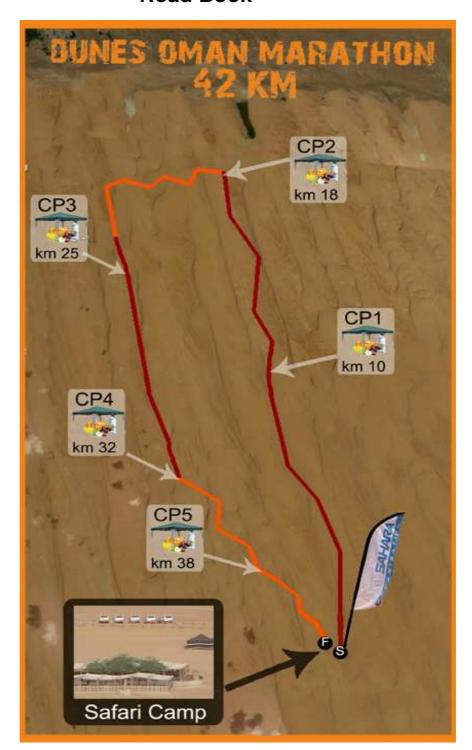
Food

Water Fruits Energy bars

Rewards 500 € for the record Tee shirts Lots « Raidlight »

Record 2010:

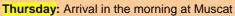
4:20:00





OMAN Marathon

Program:



transfer to Wadi Bani Khalid Oasis and after to the Safari Camp

Friday: The race: Oman Marathon

Rewards

Saturday: transfer to Muscat, BBQ party.

Sunday: airport and departure from Muscat in the morning

- Signs: every 400 m depending the environment.

- **Mandatory material:** cover Blanket-mirror of signalization- a frontal lamp with spare battery a lighter -a small case of emergency a roller of elasto a compass a pocket knife system of hydration: tins or bag minimum 2 liters
- 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)
- **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 another doctor and get the approval.
- **Medical supervision:** on all the RSO raid, we have a French doctor + a nurse. The medical staff depends of the number of runners. with more than 20 runners we have kiné and osteopath.
- Visa: arriving in Muscat airport (12 Euros).

- Insurances:

RSO get a civil insurance and a repatriation insurance for all the runners, participants and organization staff. The insurance start in Oman until Oman departure.

- -cancellation (98 €): we propose a cancellation insurance that grant you the total refund at 30 days before departure. Then the amount is on our own conventions.
- -repatriation (35 €): Europ Assistance, It is valid for one year in the world.

Duty of Marathon :

890 € (4 Days/3 nights)

An extraordinary adventure

<u>Include:</u> - Food- the race - road book -Race organization and assistancevisit to the Oasis of Wadi Bani Khalid souks and muscat - bivouacs - 3 nights

Not include: Ticket plane cancelation insurance - visa (12 €) – Repatriation insurance (35€ one year) Europ Assistance.

290 € (Race only, without plane, hotel or Transfer)