



team RSO

RAID SAHARA ORGANISATION

OMAN Marathon



Oman Marathon : 42 km of giant dunes

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.

CP 3 : 24 km

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 :



Thursday: Arrival in the morning at Muscat 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

- **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)

- **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

Include: - Food- the race - road book –Race organization and assistance- visit 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)