



Mongolia Action Asia 3-day Ultra Marathon - 2018

Frequently Asked Questions (FAQ's)

Note that this document has been produced to answer frequently asked questions and to help you best prepare for the Mongolia 3-day race.

In addition to this document, all participants should ensure that they read (prior to the race) all sections of the Mongolia event page; which is listed on the Action Asia Events website. Event webpage link: <http://www.actionasiaevents.com/our-events/upcoming-events/2018-mongolia/overview.html>

What equipment should I bring?

Please refer to the list of equipment on the Action Asia Events – Mongolia event (equipment list) webpage. Please ensure that you bring all of the MANDATORY items listed. The RECOMMENDED items are optional but as the name suggests, highly recommended.

Equipment list webpage: <http://www.actionasiaevents.com/our-events/upcoming-events/2018-mongolia/equipment-list.html#content>

Note: If you are looking to purchase last minute equipment, please head to Action X Store in Sheung Wan or Discovery Bay.

Where can I find the trip itinerary?

Link: <http://www.actionasiaevents.com/our-events/upcoming-events/2018-mongolia/event-info.html#content>

What is included and what isn't include?

Please refer to the Action Asia Events – Mongolia event webpage, for a list of what is included and what isn't included with the registration fees.

Link: <http://www.actionasiaevents.com/our-events/upcoming-events/2018-mongolia/event-info.html#content>

What do I have to send to Action Asia Events pre-race?

Flight Information

For those that have already booked their flights, please email payment@actionasiaevents.com with your full flight details, inclusive of arrival and departure times and flight number.

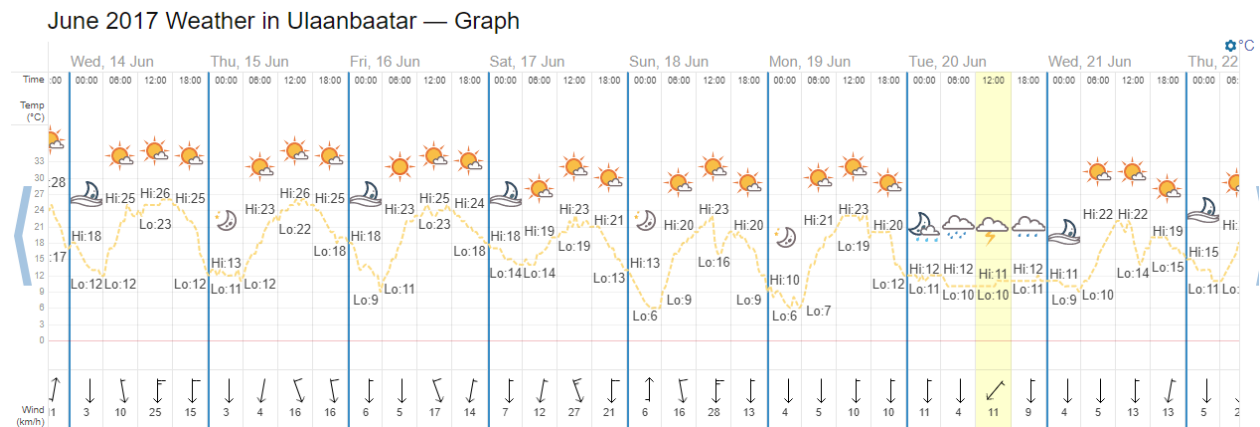
Accommodation Preferences

If you know other people that are participating in the race, please email payment@actionasiaevents.com with your preferred person(s) who you would like to share accommodation with. Please note that most Gers have four (4) beds each and the hotel accommodation will have 2 people per room.

What will be the overnight temperature? What is the temperature at the start of the race in the morning and what is the approximate temperature at the hottest part of the day?

Past Weather in Ulaanbaatar Link:

<https://www.timeanddate.com/weather/mongolia/ulaanbaatar/historic?month=6&year=2017>



High & Low Weather Summary for June 2017

	Temperature	Humidity	Pressure
High	34 °C (26 Jun, 14:00)	94% (20 Jun, 07:00)	1020 mbar (20 Jun, 07:00)
Low	1 °C (2 Jun, 04:00)	9% (9 Jun, 18:00)	1001 mbar (9 Jun, 17:30)
Average	19 °C	39%	1012 mbar

* Reported 1 Jun 00:00 — 30 Jun 23:30, Ulaanbaatar. Weather by CustomWeather, © 2018

Please note that in North the chance of rain is high in June, although it's lower than July. (2018 the race is in South Gobi so it's less likely to rain.)

Is a sleeping bag compulsory/necessary or are there bed sheets?

We would recommend all participants to bring their own sleeping bag (0 to -10 rating).

Yes, there are bed sheets, one small blanket and a small pillow in gers.

What training should I be doing between now and the event?

The key is to log in as many training hours as possible!

Michael Maddess (Mongolia Race Director and renowned ultra-marathon runner) recommends that runners try to complete 'Sandwich Training'. This type of training focuses on training over consecutive days.

So instead of training on alternate days (i.e. Monday, Wednesday and Friday) – like what most runners do - runners should focus on completing training on at least two back-to-back days. This way, your legs and body are better prepared for training on sore muscles and you'll have some idea of what to expect and hopefully a few sessions on recovery. One good way of getting rid of the soreness in the muscles is to learn how to massage your legs with your elbows by pushing down on the sore areas and slowly rotating. Some runners like to use a wooden roll, others have brought a golf ball while some get their friends to help give them that extra touch. The idea is to get the lactic acid out of the muscles and be recovered by the following day.

What kind of terrain will we be running across?

Mixed rocks, grass and sand dunes – Est. 20% sand each day.

Do I need a specific pair of hiking or trail running shoes?

Running and trail shoes are ok. We recommend trail shoes in case it rains as wet grass can get slippery. Trail shoes will have better grip. If you need to purchase new shoes, we recommend Action X Store in Sheung Wan.

Note: The Race Director advises all participants to NOT use a piece of clothing or equipment for the first time in Mongolia. You should try that clothing/equipment first on some training runs. Ideally multiple times.

Is there dietary options for vegetarians or vegans?

Yes there are vegan and vegetarian options. FYI, the Race Director is also vegetarian.

What food is provided?

Breakfast on Friday June 15th, Sat June 16, Sun June 17 and Monday June 18

Lunch Fri June 15, Sat June 16, Sun June 17.

Dinner at Thurs June 14, Fri June 15, Sat June 16, Sun June 17 awards party. No alcohol is provided (it may be purchased).

<http://www.actionasiaevents.com/our-events/upcoming-events/2018-mongolia/event-info.html#content>

Where should I meet the group if I am not taking the group flight (June 14, Flight no. OM298, ETA 16:45)?

Please meet us at the official hotel (see event page) at 3:30pm on June 14. Bus will then depart to the airport to pick up the participants who take the group flight and go to the ger camp site altogether.

Can I leave my luggage at the hotel and collect it after the race?

Yes, you can leave your luggage at the official hotel only if you are arriving before the group flight (OM298, ETA 16:45 on June 14) and meet us at the hotel lobby on June 14 at 3:30pm. (Note: If you are

taking the group flight or meet us at the airport directly, you are not able to leave your luggage at the hotel.)

What is provided at the checkpoints?

Water, bananas and oranges (could change depending on the season) are provided at each checkpoint.

As listed on the Equipment List section of the Mongolia Event page, participants are encouraged to bring snacks (nuts, trail mix, gels, energy bars etc.) for pre-race, during the race and/or post-race. Just please don't leave empty wrappers on the course as we want to leave the location spotless clean and not upset the locals.

You are recommended to bring electrolyzed tablets, Nuun tablets, Pocari sweat powder or sachet powder (e.g. HKD50 for 5 sachet powder in a box at supermarkets in Hong Kong, HKD100 for 10 Pocari sweat powder at Action X Store). Tablets are the easiest to use. The majority of participants use them as they are easy to store in front pockets.

How often (km) are the checkpoints?

A checkpoint will be once every 10km (approx.). Total 3 checkpoints every day.

How is the course marked?

The course will be marked with colored orange and pink ribbons for different distance and AAE signage. The Race Director will advise this at the race briefing on the night prior to each race (race day 1 morning before the race if flight is delayed).

How often will there be signage / ribbons?

Approximately every 100m unless very tight sections where there will more ribbons at a higher frequency. Please listen to the race briefing every night before the race to see if any changes to this.

Is there electricity to charge phones, GPS watch etc.

No. No telephone reception and internet. Please bring your own charger. (No social media is available so we usually have a record amount communication between participants at this location because everybody was forced to talk to each other.)

Is there hot water?

No. Ger camp has shower for all but no hot water. You will be in Gobi desert so you will most likely don't want hot shower.

What are the sleeping arrangements like? I.e. how many beds per room?

First 3 Nights– 4 people per Mongolia Ger (same camp for 3 nights)

Night 4 – The hotel has two beds.

If you have not yet submitted your room requests, please do so by no later than **31/5** by emailing Jojo at payment@actionasiaevents.com.

Is there a bar?

There is alcohol available for purchase on all nights of the race. You can buy alcohol at Camp at est. USD 5 per beer. Please bring MNT as well.

How much should we budget for?

Budget amount depends on each individual participant. I.e. how much food or drinks they will purchase on each day.

How much MNT should we budget to bring?

Each day 100 USD = MNT 241,207 should be enough unless you are a heavy drinker/eater.... or like treating your friends.

What is the elevation gain and loss each day?

A rough idea on the course would be:

Ultra marathon category (total 100 km over 3 days):

Day 1 - 42 km (1300m – 1500m - 1300)

Day 2 - 40 km (1300m – 1500m - 1600m - 1300m)

Day 3 - 18 km (1300m – 1500m - 1400m - 1300m)

Explorer category - good for hiking (total 60 km over 3 days):

Day 1 - 22 km (1300m - 1500m - 1300m)

Day 2 - 20 km (1300m – 1650m - 1350m)

Day 3 - 18 km (1300m – 1500m – 1400 - 1300m)

Course link: <http://www.actionasiaevents.com/our-events/upcoming-events/2018-mongolia/course.html#content>

What other 3-day events does Action Asia Events host?

Nepal Action Asia 3-day Ultra (02 Nov-04 Nov, 2018)

Kazakhstan Action Asia 3-day Ultra (stay tuned to the AAE website for final date in 2018)

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Should you have any further questions, please email enquiry@actionasiaevents.com.

We look forward to seeing you in Mongolia!

Action Asia Events Team

www.actionasiaevents.com