



Mongolia Action Asia 3-day Ultra Marathon - 2017

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/2017-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/2017-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 Causeway Bay.

Where can I find the trip itinerary?

Link: <http://www.actionasiaevents.com/our-events/upcoming-events/2017-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/2017-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.

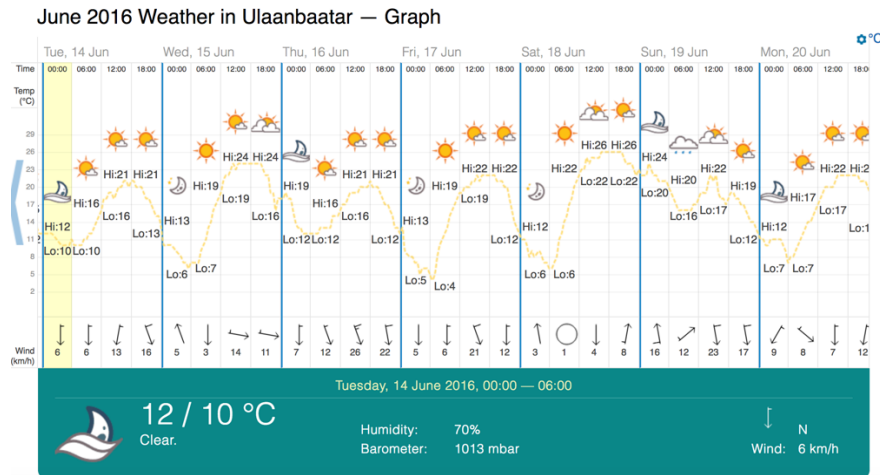
Accommodation Preferences

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 (Best Western Premier Hotel) 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?

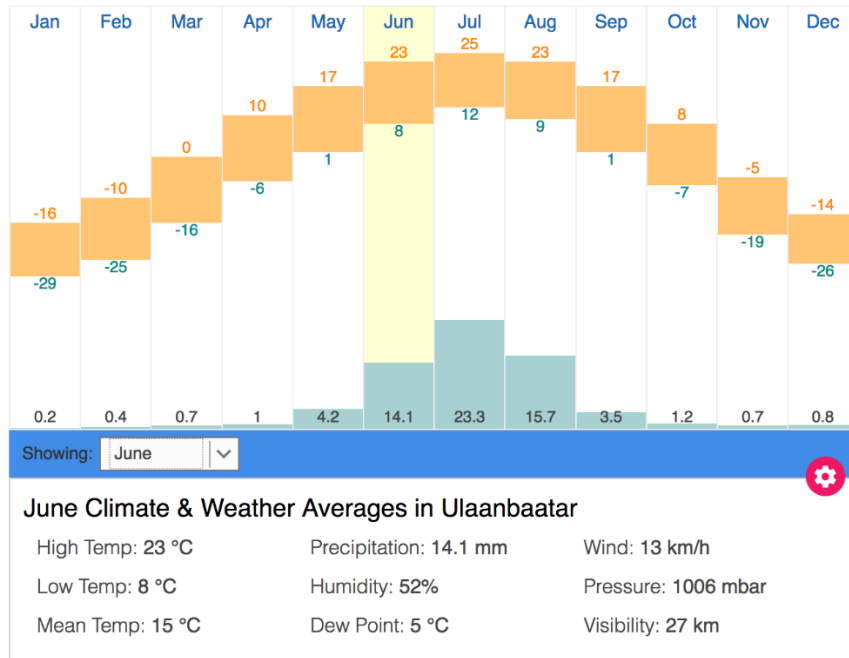
Past Weather in Ulaanbaatar Link:

<https://www.timeanddate.com/weather/mongolia/ulaanbaatar/historic?month=6&year=2016>



Annual Weather Averages Near Ulaanbaatar

Averages are for Ulan-Bator, which is 14 kilometers from Ulaanbaatar.



Please note that the chance of rain is high in June, although it's lower than July.

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

We would highly 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.

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?

Grass and small rolling grass hills.

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.

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 16th, Sat June 17, Sun June 18 and Monday June 19.

Lunch Fri June 16, Sat June 17, Sun June 18.

Dinner at Thurs June 15, Fri June 16, Sat June 17, Sun June 18 awards party. No alcohol is provided (it may be purchased).

<http://www.actionasiaevents.com/our-events/upcoming-events/2017-mongolia/event-info.html#content>

Where should I meet the group if I am not taking the group flight (June 15, Flight no. OM298, ETA 16:45)?

Please meet us at the official hotel – Best Western Premier Hotel lobby (address as per below) at 3:30pm on June 15. 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.

Prime Minister Amar's street 15

Ulaanbaatar 14200, Mongolia

Tel: +976 11 323162

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

Yes, you can leave your luggage at the hotel only if you are arriving before the group flight (OM298, ETA 16:45 on June 15) and meet us at the hotel lobby on June 15 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. (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.

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 Vicky 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 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/2017-mongolia/course.html#content>

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

Nepal Action Asia 3-day Ultra (Oct 28- Oct 30, 2017)

Lijiang, China (2017 completed 1-3 April 2017.... 2018 race date TBC)

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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