

# EVENT INFO

<b>RACE STARTS @ FLORADALE NURSERY</b>	<b>04h00</b>
<b>1ST TEAM IN MACLEANTOWN</b>	<b>07h15</b>
<b>LAST TEAM IN MACLEANTOWN</b>	<b>11h30</b>
<b>1ST TEAM FINISH @ T58</b>	<b>10h30</b>
<b>LAST TEAM FINISH @ T58</b>	<b>18h00</b>
<b>PRIZE-GIVING</b>	<b>18h00</b>



## REGISTRATION

Wednesday 8th July, 6pm @ Table 58. Riders will receive their personalised race-boards and ride-bangles. Write emergency contact and medical aid details on your ride-bangle. Alternatively, collect your race-board and ride-bangle on the morning of the event at 3-30am at the start.

## THE EVENT

Meet at Floradale Nursery @ 3-30am on Saturday 11th July. Race starts @ 4am sharp. Race ends on the deck at Table 58. Riders will receive their shirts at the finish line.

## PRIZE GIVING

Table 58 @ 6pm. First 3 men \* First 3 ladies \* First 3 riders over 100kg \* Lucky-draw prizes too.

## ROUTE

The route will NOT be marked.

Download the route from the website, alternatively ride with someone who is familiar with the route.

## BRUNCH STOP

This will be in Macleantown at km 80.

There will be chicken sosaties, potatoes, refreshments, and snacks to take with you for the second half. Ablution facilities are also available here.

This is a great spot for your supporters to meet up with you.

## WATERPOINT & CHECKPOINT AT KM 120

This is where you must make sure you get your checkpoint sticker to put onto your race-board.

No nutrition at this point, only refreshments.

## SELF-SUFFICIENCY

Ensure you carry enough food and hydration to get to the brunch-stop at km 80.

Water only available at km 80 and km 120. **NB: Ensure you get a sticker at the km 120 checkpoint.**

Ensure you carry a spare tube, etc. There is no mechanical back-up on route.

## SWEEPER VEHICLE

Sweeper will follow behind last rider. Should you not be able to continue, please wait patiently until the sweeper vehicle gets to you.

## IMPORTANT

Helmets compulsory. Front & rear lights compulsory. No marshalls, obey the rules of the road.

No refund if you cannot participate. Substitutions R50.

**EVENT ENQUIRIES: MARK 082 440 8840**