



# HANSA FISH RIVER MOUNTAIN BIKE CHALLENGE

**DATE:** 7 & 8 October 2011  
**VENUE:** Cradock Sport Grounds  
**DISTANCE:** Day 1 – 85km  
Day 2 – 45km or 25km Fun ride  
**TIME:** Day 1 – 7:00  
Day 2 – 7:00

## ENTRIES CLOSE ON THE 2<sup>nd</sup> of SEPTEMBER 2011

Pre-entries for the 2 Day challenge INCLUDES a T-shirt, lunch on Friday & Saturday, free entry to Friday & Saturday night "festival" for cyclist and free camping at Cradock Spa for Thursday, Friday and Saturday nights, until 10h00 on Sunday morning, 9 October 2011.

### Route

#### DAY 1:

Distance – 85km

The terrain is typical Karoo bushveld with smooth open dirt roads linking all the jeep-track sections together. There will be rocky ascents & descents to keep you on your toes - basically 4 major climbs on this route.

#### DAY 2:

Distance – 45km or 25km Funride

Starting with a level-ish 4km distance before the 14km climb (from 890m to 1238m). Mostly open dirt roads till the rocky jeep-track sections in the mountains. Basically 2 major climbs on this route. The views on this route WILL make you want to stop and take it all in for a bit - and the climbs will allow you to do just that. After the main climb of the day at 18km, there is a short down hill before the next gentle climb of 3,8Km and then it's all downhill back to town.

### Link to Map:

<http://maps.google.co.za/maps/ms?hl=en&ie=UTF8&vps=1&jsv=255b&oe=UTF8&msa=0&msid=103775366411526214947.00048ab5061fee2c3484>

### GENERAL INFORMATION

1. The 2 Day Challenge consists of single track, jeep track and gravel road. You are advised to take the necessary precaution to prevent punctures.
2. The race course are long, please take plenty of food and liquid with you.
3. Cyclists not used to long rides are advised to pace themselves properly.
4. There will be vehicles at most marshal points. If you break down, push or carry your bike to the nearest point for a lift back to town after the race.
5. Ride on the route laid out.
6. Caution is required at main intersections and railways.
7. Remember you are riding on your own risk.
8. NO SECONDING is permitted on the route.
9. NO HELMET NO RIDE.
10. Keep to the left of the road, especially on gravel roads.
11. ENTRY COST for the 2 Day Challenge will include a T-shirt, lunch on Friday & Saturday, free entry to Friday & Saturday night "festival" for cyclist and free camping at Cradock Spa for Thursday, Friday and Saturday nights, until 10h00 on Sunday morning, 9 October 2010.
12. Wristbands in registration packs guarantee both lunches and entry to Sports Complex Fri & Sat. These are to be worn throughout the event.

### Registration

- Registration for cyclist taking part in the 2 day challenge is 14:00 – 20:00 on Thursday, 6 October 2011, at the **SPORTS COMPLEX PAVILION**.
- Registration for Day 2 will take part on the 8<sup>nd</sup> of October from 6:00 – 6:45 at the start.

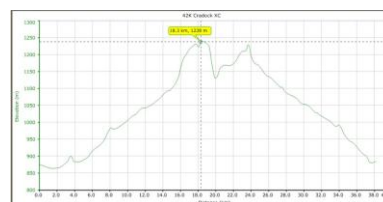
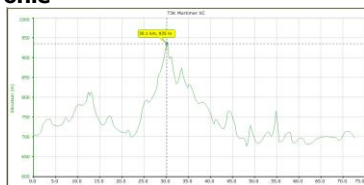
### Support Services

- Traffic police, marshals, water points, First aid. No seconding vehicles will be permitted on the route.

### Rules:

- Cyclists must ride on the left side of the road and obey all traffic marshals and road signs.
- No child under 10 may take part unless accompanied by an adult at all times.
- The Course Referee's decision is final.
- Cyclists must be present at the prize giving to receive their prizes.

### Route Profile



# Entry Form

**Race inquiries:** Christiaan Moolman - 0845141498  
 Olivia Moolman – 082 827 3354  
**Email Entries to:** [fishrivermountainbike@gmail.com](mailto:fishrivermountainbike@gmail.com)  
**Fax to:** 086 270 7052

## PARTICIPANTS INFORMATION

<b>First Name:</b>		<b>Surname:</b>	
<b>ID Number:</b>		<b>Date of Birth:</b>	
<b>Gender:</b>	<input type="checkbox"/> M	<input type="checkbox"/> F	

## CONTACT DETAILS

<b>Email address:</b>		<b>Contact nr:</b>	
<b>Postal Address:</b>			
<b>Town:</b>			
<b>Postal Code:</b>			

Please order me a T-shirt at additional cost of R80

## EMERGENCY INFORMATION

<b>Contact Person:</b>	
<b>Contact number:</b>	
<b>Medical Aid Name:</b>	
<b>Medical Aid Number:</b>	

T-Shirt size	<b>S</b>
	<b>M</b>
	<b>L</b>
	<b>XL</b>
	<b>XX-L</b>

## RACE INFORMATION

<b>Day 1: 85km</b>	<b>Entry Fee: R275</b>	
<b>Day 2: 45km</b>	<b>Entry Fee: R145</b>	
<b>Day 2: 25km Fun ride</b>	<b>Entry Fee: R70</b>	
<b>2 Day Challenge: 85 km +45km</b>	<b>Entry Fee: R420</b>	
<b>Category:</b>	<b>M</b>	<b>F</b>
<b>Junior</b>		
<b>Elite 19+</b>		
<b>Sub Veteran (30 – 39)</b>		
<b>Veteran (40 – 49)</b>		
<b>Master (50 – 59)</b>		
<b>Grand Master (60 -69)</b>		
<b>Open Men/Ladies (45km/25km only)</b>		

**Banking Details:**  
 Fish River Mountain bike Challenge  
 ABSA  
 334218  
 9248613397

## IDEMNITY

I participate entirely at my own risk and agree that they shall have no claim whatsoever against the sponsors or, any other organizing body, any individual organizer or official, any marshal, assistant, helper or agent, sponsor, school employee, school parent, any local authority or their employees, owner of private land or farms utilized for the event, or Traffic authorities, in respect to any loss or damage, medical or other expenses incurred whatsoever, which a participant or any other person may suffer, arising from any injury or death of a person or loss or damage to property as a result of, or arising out of, whether directly or indirectly, participation in any event, including that persons arrival thereat and departure there from and attendance at any ceremony of function thereof, howsoever and from whatsoever cause such loss or damage may arise and regardless of whether or not same shall have been caused directly or indirectly, by negligence, (even gross negligent) or intention conduct by one or more or all of the aforementioned parties. By appending our (my) signature(s) hereto, we acknowledge having read and understood the contents and consequences of all the above terms and conditions, understand that there are potential dangers within the event which could be harmful and agree to be bound by these terms and conditions and abide by all the rules of the event, organizers and sponsors.

In consideration of the acceptance of my entry, I for myself my executors, heirs, administrations and assigns, do hereby release and discharge the Hansa Fish River Mountain bike Challenge, any and all sponsors, any and all volunteer groups, all medical personnel, any and all local authorities from all claims for the injuries, damage or loss I may suffer caused by negligence of any of them and arising out of my participation in this event, including pre and post race activities.

I am physically fit and sufficiently trained to participate in this endurance event and assume all risks for such participation. Also I grant permission to the Hansa Fish River Mountain Bike Challenge and its authorized agents to use my name, photographs, video-tapes, broadcasts, telecast, advertising promotion or other account of the event free of charge.

Signature: \_\_\_\_\_

(Parent or Guardian if a minor)