



Breede Valley – Sports Weekend
24 & 25 September 2021
Mountain Mill Shopping Centre
WORCESTER

IMPORTANT - Event Information

Online entries close 22 September 2021.

Please bring a COPY of your paid entry confirmation to present at registration.

Registrations & Collections: Mountain Mill Shopping Centre (Food Court)
5km Inflatable Obstacle Fun Run | Trail Run | MTB | FunDuro

LIMITED LATE ENTRIES will be available at registration – CASH ONLY

- **Thursday** 23 September: 15h00 – 18h00
- **Friday** 24 September: 06h30 - 09h00 and 12h00 - 17h00
- **Saturday** 25 September: 06h30 – 09h00

Please note that FunDuro participants should register through the Ryder App, but will also be able to enter for the race at the venue on event day @ Conradie Family Vineyards from 09h00 until 10h30.

DIVISION START TIMES:

NB: Participants need to be ready and at the venues **30min BEFORE division start time** to go through COVID screening check-in point.

Friday 24 September: Mountain Mill Shopping Centre

- 5km Inflatable Obstacle Fun Run: from 09h00 until 10h00 (Batches of 50 – 100 people every 10min)
- 15km MTB: 08h30
- 40km MTB: 08h15
- 85km MTB: 08h00



Saturday 25 September: Mountain Mill Shopping Centre

- 5km Inflatable Obstacle Fun Run: from 09h00 until 10h00 (Batches of 50 – 100 people every 10min)
- 10km Trail Run: 08h30
- 21km Trail Run: 08h00
- **FunDuro: 11h00 @ Conradie Family Vineyards**

EVENT TIMING:

Events at the Breed Valley - Sports Weekend will be timed using data from the popular fitness app, Strava. To ensure your results are calculated and included in the official results, please take the following steps:

BEFORE RACE DAY

1. Create an account on MTBRoutes.co.za (cyclists) or Ozone-Challenges.Africa (Runners) by going to <https://mtbroutes.co.za/community-registration/> or <https://ozone-challenges.africa/community-registration/>
2. Head to mtbroutes.co.za/strava-connect (cyclists) or ozone-challenges.africa/strava-connect (runners) after you have signed into your account
3. Click the 'connect with Strava button'
4. Log in to your Strava account and click authorise
5. Make sure you get a message welcoming you by name and indicating that your account has been successfully connected.

ON RACE DAY

1. Ensure you have your running or cycling device on you and that it is fully charged. If you have forgotten your device or do not have a GPS watch or cycling computer, you can record your activity on your phone using the Strava app.
2. Make sure you start recording at the beginning! If you only start your device some distance into the race, Strava will not calculate your results.

Questions? webmaster@mtbroutes.co.za.



Additional Info:

- Face masks to be worn in the event area as per government rules and regulations.
- Participants must please bring the following:
 - Water bottles or camel packs. Water filling stations will be provided on route.
 - Nutrition supplies (Trail Run, MTB and FunDuro)
- Bag drop area will be available at this event to use at own risk.
- Parking will be available at the venue.
- Athletes who finish at De Wet Cellar can make use of the free shuttle service back to Mountain Mill Shopping or arrange for a friend/family member to pick you up at De Wet Cellar after your race.
- During the event, participants are to practice physical distancing and make use of hand sanitizers provided at disinfection points.
- Participants receive a medal upon completing the event and will then need to **leave the event area/venue immediately.**
- Event will be Live Streamed via Digi TV.
- Event photos will be loaded onto our Facebook page <https://www.facebook.com/thelegendrunner> after the event.

COVID SCREENING:

Temperatures of all participants will be taken upon entering the race venue.

If you are experiencing one or more of the following **COVID-19 symptoms**, please do not enter the event venue or participate in this event:

- ***Fever or temperature above 38 degrees Celsius***
- ***Persistent cough***
- ***Persistent shortness of breath***
- ***Persistent joint or body pain (that is not sports related)***
- ***Severe headache of unknown origin***
- ***Sore throat and/or swollen tonsils***
- ***Persistent diarrhoea for more than 2 days***
- ***Loss of taste or smell***
- ***Excessive tiredness of unknown origin***

The event organisers reserve the right to deny entry to anyone with Covid-19 related symptoms or who do not adhere to any of the rules and protocols put in place for this event.