

THE COOL IDEAS MAGALIES TRAIL RUNNING ADVENTURE



Saturday 21 November

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DISTANCES:

SAT 21 NOV - 5, 10, 15 & 20KM

VENUE: MOUNT GRACE COUNTRY HOUSE & SPA,
MAGALIESBURG

ENTRY NUMBERS STRICTLY LIMITED



Hi there

We are looking forward to hosting you this weekend at the Mount Grace Country House & Spa for the **Cool Ideas Magalies Trail Running Adventure**.

Just a few important updates for you. Please do read on.

Please remember that we will have over 400 participants taking part on Saturday (there's a mountain bike race on at the same time), so please make sure that you get there nice and early, as parking can sometimes be a bit of a challenge.

Race Number Pick Up

This will take place at Adega in Rivonia - on **Wednesday 18 November (tomorrow)** from 12h30 to 17h00. You need to collect your race number and if you entered early, and were part of the first 200, a complimentary T-Shirt.

The address is: Rivonia Crossing 2 Centre, 3 Achter Road corner Witkoppen Road, Rivonia (Situated in the same complex as The Barnyard Theatre).

If you have any friends who wish to ride or run, they can catch a late entry tomorrow, but must bring cash for the fee. Regrettably, no shirt.

Adega have some unbelievable lunchtime specials, so come and enjoy a special Portuguese experience.

COVID COMPLIANCE

We are in the middle of a Global Pandemic and there are strict rules in place. Like them or not, we have to comply. It will mean that things will move slowly before the start, so we ask you to please be patient.

1. All participants must complete this form 24 hours before they run. To download the form **CLICK HERE**.
2. You must then print out and bring the completed form with you on race day.
3. There are two access points at the venue. A Covid Compliance officer and a Medic from SLA will take your temperature, which must be noted at the bottom of the form.
5. If you did not collect your race number at Rider Registration on the Wednesday, you will have your temperature noted down and then you need to hand the form in when you collect your number.
6. You will NOT be allowed to start unless you have had your race number marked off by one of our team.

Start Times

Cool Ideas Magalies Adventure Start Times: Trail Running

Trail Run Start Times – Saturday the 21st of November

- **25km - 06h30**
- **15km - 07h15**
- **10km - 07h30**
- **5km - 07h30**

Please Note: Participants' briefing will commence 10 minutes before the start. Runners who do not attend the race briefings and are not aware of changes made will not be accommodated if they miss their start time, or any similar issue related to their not attending the race briefing.

PRIZE GIVING

Owing to Covid regulations, we will **NOT** have a prize giving but we will contact all prize winners and have their prizes delivered to them.

We will have a special number of lucky draw prizes to give away and you will be notified accordingly.

Race Details

Please refer to the [website](#) for Route maps, and water point locations.

Should anything change, more details will be communicated to you at race briefing.

GENERAL INFORMATION

THE ROUTE

In many instances, you are running on private land where the trails have been opened to us exclusively. Kindly treat these trails with respect. Please obey the marshals at all times.

LITTERING

We have a strict no littering policy and if you are caught littering, you will be asked to leave the course and immediately be disqualified. If you are reported for littering, you will also be disqualified.

PARKING AT MOUNT GRACE

Please obey the security staff and park in the designated parking areas. Do not try and park in or near the start area. You will be turned back. **Only cars with official vendor stickers will be allowed access to the start area.**

CATERING

Mount Grace will be offering a selection of snacks and meals

Breakfast Buns

Boerewors Rolls

Chicken Prego Rolls

Pre-packed Salads: Potato / Greek

Steak Rolls
Muffins
As well as a selection of your favourite "cold" one's.

We will also have a vendor selling imported Belgian Beer, G&T on tap and more.
All are Covid compliant.

MASSAGE FACILITIES

Bookings are essential, and can be done by emailing Sandra Botes on sandra.sportsmassage@gmail.com.
Alternatively, you can book on the day.

MARSHALS

There will be a number of Think Bike marshals on the route as well as Mogale Metro and SLA Medics in attendance.
Please obey their instructions at all times. Failure to do so may lead to disqualification.

RULES OF THE ROAD

Please obey all instructions and please remember that if you are running on a dirt or tar road, you need to obey the rules of the road. We do not have road closure; you **DO NOT** have right of way.

And finally: Please respect the Trail Runners Code. You aren't the only one out there. Have a look at our [TLC Code of Conduct](#).

Here's hoping you are going to have a great weekend. If you have any questions, please feel free to mail us on info@leveragecorporation.co.za or call Irene on 082 787 3317.

See you at the **Adega** - Rivonia Crossing 2, 3 Achter Road corner Witkoppen Road, Rivonia - for race number pickup on **Wednesday 18 November from 12h30**.

Regards,

Rob Jackson
and The Leverage Corporation Team

Sponsors



www.leveragecorporation.co.za

The Leverage Corporation is a specialist marketing & sales consulting, events & hospitality company. With a keen focus on Mountain Biking & Trail Running, we are a market leader in the sector hosting some of the most prestigious events as well as several smaller customised corporate events.

