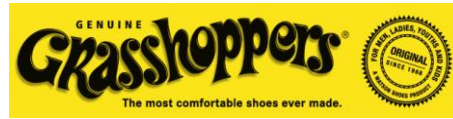
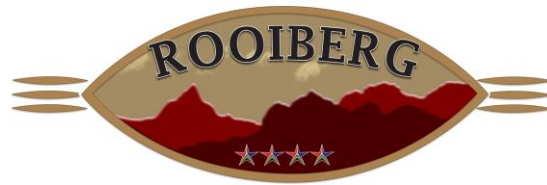


the uncensored adrenaline trail running experience



## Race Information (and other nitty-gritty stuff of little value)

Please read out loud and carefully

Dear participant

You have chosen to run what is to become one of the 'must run' trail runs that is presently on the trail running calendar. The information that follows will assist in not only planning your run but also what can be expected from the run. This is not a race. If you do race you will surely miss out on a very unique environment and will take no memories (and photographs) with you. Presently the giraffe, sebra and others are kept in a separate camp till the veld has recovered sufficiently to relocate them back. You are however likely to see Springbok, Koedoe, Caracal, Porcupine etc. on the run (I have seen them). We urge you not to rush but take back with you an experience. In order to achieve this there will be no awards to positions (e.g. first male / female etc.).

So – here goes!

### 1 Contact details

Henry Hill – Maverickmadness trailrunning experience	Fax: 086 555 6284
e-mail: hill.henry88@yahoo.com / henry@edendm.co.za	website: <a href="http://rooibergtrailrun.yolasite.com/">http://rooibergtrailrun.yolasite.com/</a>
Mobile: 082 906 7331	

### 2 How to actually get to the start

We, your trusted race organiser, prefer that you drive to Rooiberg – alternatively if you have lots of cash or even your own winged transport you can fly in (by plane obviously). The runway is located on GPS coordinates Latitude: 33° 45' 36" and South Longitude: 21° 32' 50".

**By road from Barrydale** take the R62 towards Ladismith. About 10km before Ladismith a good gravel road (R327) turns to your right. This will take you to Vanwyksdorp ±32 km due south. When you arrive at Vanwyksdorp slow down and take the first gravel road to your left. There is a Rooiberg Lodge sign on the fence. The road will lead you straight west to a very impressive thatch roof entrance on your left of the road, some 7.5 km's. Turn left and take this – now much narrower

– gravel road for 4.6 km which will take you to the front door of the lodge. This is where you will stay, enter end start / finish.

**By road from Riversdale** take the R323 due north for ±25 km towards the mountains through the Gracia Pass. On the Karoo side take note of a gravel road to your right (situated in a left turn). Put on your vehicle's flicker light and turn right onto a gravel road. After ±15 km the road splits (like a 'V'). Keep left – but still on the road please and keep going for another ±24 km. Close to Vanwyksdorp you will cross a bridge but do not take the first entrance into Vanwyksdorp. A little further there is another turn to your right – take this if you still want to get to the start in time. Keep on the gravel road for ±7.5 km – there is a 'you cannot miss' thatch roof entrance on the left of the road. Turn left and take this much narrower gravel road for 4.6 km which will take you straight to the lodge. This is where you will stay, enter end start / finish.

**By road from Ladismith** take the R62 towards Barrydale for ±10 km and you will find a left turn Vanwyksdorp signboard (courtesy of provincial roads) with road number R327. Take this gravel road – the road is good and one tends to go to fast. Yes I know that you are anxious to get to the start in time. Vanwyksdorp is ±32 km due south. When you arrive at Vanwyksdorp slow down and take the first gravel road to your left. There is a Rooiberg Lodge sign on the fence. The road will lead you straight west to a very impressive thatch roof entrance on your left of the road (7.5 km later). Take this – now much narrower – gravel road for 4.6 km which will take you to the front door of the lodge. This is where you will stay, enter end start / finish.

**By road from Calitsdorp** take the road signed 'Van Riebeeck Street Vanwyksdorp' directly opposite the Shell Ultra City in the main Road. Follow the road doing a right turn at the church and then another right further down. You are now on the road which will take you to the Rooiberg Pass. ± 44 km further. The tar road eventually becomes a gravel road and then at the bottom of the pass a fairly narrow 'one lane' to the top of the Rooiberg Pass. Enjoy the view since you have the opportunity. At the top of the pass is the only place where you have a great view of both the Swartberg Mountains in the north and the Langeberg Mountains in the south. Remember to turn right at the bottom of the zig zag of the pass (Rooiberg Lodge signboard). The road takes you through a gate (please open AND CLOSE) to the lodge hidden away at the top somewhere.

### 3 Pre-entries or not?

Due to T-shirts and other race paraphernalia that needs to be ordered BEFORE the run this will be a PRE ENTRIES run only. Entry forms must be e-mailed or faxed. Fax to 086 555 6284 or e-mail to [hill.henry88@yahoo.com](mailto:hill.henry88@yahoo.com) or [henry@edendm.co.za](mailto:henry@edendm.co.za) Remember to submit proof of payment. Your ID is your reference number!!

#### Banking details:-

Account holder: H J Hill	Nebank George	Cheque account: 1067 805 451
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### 4 Closing date of entries

Closing date of entries – in other words – your completed entry must be received by the race organiser **BY NO LATER THAN 27<sup>th</sup> May 2013.**

### 5 Registration

Registration will take place on Friday 21<sup>st</sup> (this is the night before the run!). If for some reason you cannot make it then limited time till around 06h45 on race day will be granted to collect your goody bag. **COMPULSORY** run briefing starting at 07h00. At registration you will be handed your unique run number, T-shirt, route map and goody bag.

## 6 Run number

Your unique run number – must be worn on the front of whatever you are wearing. It might be painful should you decide not to wear a running top since the number must be pinned to your clothing. We think this (not the pain), but the personalised number will add some personality in case you loose yourselves along the way. Please do not remove your number should you be eaten by a caracal – we need to identify you, the runner!

## 7 Accommodation

Accommodation at the lodge the night before and / or after must be booked by yourselves. **Limited accommodation available – so book early.** The 4 star – yes 4 star – accredited lodge is making great accommodation available at a prize that you will find now where else – guaranteed! You have a choice of [1] up market chalets OR [2] up market loft accommodation OR [3] camping (non official camping). Please look at the quality of the accommodation on the website.

**YOU MUST BOOK YOUR OWN ACCOMMODATION** – herewith all the lodge details:

Reservations and inquiries:-

Tel: 028 551 2622

fax: 086 592 2603

Email: info@rooiberglodge.co.za

**Website:** [www.rooiberglodge.co.za](http://www.rooiberglodge.co.za)

Please remember to mention that you are there for the run in order to qualify for the super discount!

## 8 Pre run briefing (a post run briefing would obviously be of no value)

The run briefing will start in the hall opposite the reception the morning of the run - Saturday at **07h00 SHARP**. Attendance is compulsory since we will explain the 'where's and what's' of what you will endure for the next couple of hours (hopefully not days).

## 9 Start

The start (AND FINISH) of what we believe will be an unique experience WILL BE AT THE Rooiberg Lodge. All distances start at the same time, namely 07h15. Please note that not all runners in all distances will finish at the same time!

## 10 Event Photography

Lots of unofficial photographs will be taken and will be available to you at no extra charge after the event.

## 11 Medical support

**YES** – medical facilities and support along the way, and at the finish, will be available to you – the valued dedicated trail runner. You will not be assisted if you are caught napping under a gwarriebos somewhere.

## 12 Route description – also see the brilliant map with info prepared by the race organiser – that's me!

Provision has been made for runners that wish to choose between either a  $\pm 15$  km or  $\pm 37$  km or  $\pm 50$  km distances. Do not be fooled by the distances that appears to be 'on the short side'. The terrain can be unforgiving. There is also an unofficial 26km.

All start with an immediate ascent within the first 100 meters of the run. The ascent of  $\pm 7$  km will take you to the highest point in the run @ 938 msl. Please look around and enjoy the magnificent views, kloof and mountain fynbos. At the top you **turn left** and run down for the next  $\pm 7$  km. Don't try to see how fast you can go – your knees will pay the prize and the rocky, loose stones makes it equally dangerous. At the bottom of the zig-zag there will be a checkpoint and water point.

**NOTE – ALL RUNNERS WANTING TO DO THE SHORT DISTANCE MUST TURN LEFT HERE BACK TO THE LODGE – MEDIUM AND LONG ROUTES TURN RIGHT**

The brave at heart turn right back to the thatch roof main gate and almost 16 km into the run. Do a left turn onto the main gravel road for 150 meters. Turn right back onto the jeep track and through one of the game fencing gates – **CLOSE THE GATE** – we would hate to call you back after the run to search for sebra that has gone astray due to you not closing the gate. Follow this track for a distance of 1km and do a sharp right turn at the thorn bush. This will be the last of a decent running surface for a while After approximately 0.7km you will turn left and then follow game tracks down the kloof for almost 2km. Turn left out of kloof when you smell the river in front of you. Enjoy the kloof and **STAY IN THE KLOOF!**. Keep left on the left bank and follow for a short distance to the banner where you can cross safely. You have now done 19km's of the run. You have the choice of turning 'short' and back to start – this will give you 26km. Alternatively you can cross river and continue on route for the 37km or 52km. **YOU WILL GET BACK TO THIS POINT MUCH LATER.** Follow route markers to the top of the ridge – stay next to game fence. You will close to the top reach the famous DITCH (OUTCH!) This is short but steep. Zig zag your way UP to the next water point and just over 22km into the run. **ENJOY THE VIEW AROUND YOU.**

**At this point you have the choice to turn left towards the medium 37km run OR turn right down the valley to do the full challenging 52km run.**

#### MEDIUM DISTANCE RUNNERS ONLY – READ ON

At this point a very comfortable flatish section can be enjoyed for the next 3km. At the top of another short zig zag – enjoy the scenery first before your decent – turn left. The road will take you all the way to a low water bridge and some refreshments. You have now covered 27km of the run. At this point the medium and long distance runners join again for the remaining 10km's.

#### MEDIUM AND LONG DISTANCE RUNNERS – this applies to both distances

At this point (low water bridge) an easy almost 3km is run in the riverbed of what can be a ferocious river. Find your own way but stay in the riverbed. You will again reach the familiar banner that you left earlier when you crossed the river. Keep a clear head – wind your way UP for approximately 800 meters which will take you to the top of the last climb and back on the jeep track. At the top you have done 30km on the medium distance and a full marathon distance (42km) on the long distance. Hang in there. You will now run another 2.3km back to the main gate and thatch entrance. Follow gravel road to the lodge where you started much earlier the morning.

#### THIS SECTION ONLY APPLIES TO THE LONG DISTANCE RUNNERS ONLY.

At the point of the split follow the jeep track down the valley for approximately 2.5km to a short, dry riverbed crossing. follow the route markers all the way UP for  $\pm 2$ km – again – and stay next to game fence. At the end of the jeep track it appears as if you cannot continue – **ALMOST** – find your way down this technical section to the entrance of a kloof which will be marked. **It can be done! This is a long down – take caution please!**

The GPS coordinates at the entrance of the kloof that will take you due north is  $33^{\circ} 46.260$  S and  $21^{\circ} 35.761$  E. At the bottom of the kloof you have covered 29km's. Stay in the beautiful kloof that will zig zag up and up. At distance  $\pm 33$  km the jeep track split. **The left turn is slightly hidden away – make sure you turn left!** This track will take you back – **SORRY** – all the way to the river.

Down at the river a magnificent house will appear in front of you on the other side of the river bank. Keep right and you will cross the river at distance ±37 km. Keep slightly towards your left and you will find another jeep track that will take you back all the way to the 'good gravel road' that leads to the low water bridge. FOR THE REST OF YOUR RUN READ SECTION TITLED "MEDIUM AND LONG DISTANCE RUNNERS – this applies to both distances"

## **WELL DONE – YOU HAVE FINISHED THE ROOIBERG TRAILRUN CHALLENGE**

### **13 'Along the way' support**

For your convenience we have made three water points available (not that you will be needing them). The first will be positioned at the bottom of the zig-zag at approximately **13 km**. The second water point will be at the split of the medium / long distance – **22 km into run**. The third water point will be positioned down at the low water bridge where the medium and long distance routes join up again – **27km or 40km into your run**.

### **14 Weather**

A proper Klein Karoo trail run can only be run when the summer sun is not blazing down on you. Therefore this is a winter run. There is good news and less good news that goes with that. The good news is that the day temperature will be great with little chance of rain. The less good news is that the nights and the start of the race **WILL BE COLD** – brace yourselves with a possible 0°.

Bring enough warm clothing and arm / legs warmers for the start. If you are camping warm sleeping bags etc **IS A MUST!**

### **15 What to bring - suggested**

As an experienced trail runner you should know by now what to bring and what works for you – however – below a list of what I think you should bring for the run:

Good trail running shoes – you will definitely need this. The majority of the run is rocky.

Comfortable running clothing.

'Camelback' with sufficient capacity – one liter capacity will be to little.

Head protection (hat – not helmet) and sun glasses.

Sunscreen / anti chafing cream.

Space blanket. Always advisable to have one.

Whistle.

Small camera. Please take lots of pictures.

**Running / trekking pole for sections on the medium and long distance will be of great help, otherwise not needed.**

## **Enjoy the Midwinter Rooiberg Trailrun Challenge 2013**

on behalf of Maverickmadness Trail Running

&

Conservation guru and owner of Assegaay Bosch, Pieter Coetzee (and spouse Hanna)