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THE COOL IDEAS CRADLE MOUNTAIN TROPHY



For more info visit



www.mountain-trophy.co.za

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Hi there

Congratulations on having entered the 12th edition of **The Cool Ideas Cradle Mountain Trophy**.

Kick-off is on Saturday, and we can't wait to host you.

As you well know, our President moved the country to adjusted Level 2. Fortunately this does not affect us as our numbers comply with these restrictions.

As you may also know, we were scheduled to host this in April, but we all know the reason for the change.

We are really pleased to be back, and will be part of this race. We have riders and Trail Runners, so please make sure that you get there nice and early.

There are some really important things to take note of, especially with all the logistics involved in this event, so please do read everything carefully.

Remember to wear your mask at all times.

Get there early. You need to queue so we can take your temperature. (See section on Covid Compliance)

RIDER REGISTRATION & RACE NUMBER PICKUP

This will take place at **Adega Restaurant in Rivonia** on **Wednesday, this Wednesday, the 2nd of June** from **12.30 to 17.00**. (Please note from 12.30)

You need to collect your race number and if you entered early, and were part of the first 150, a complimentary T-Shirt.

The address is: Rivonia Crossing 2, 3 Achter Road corner Witkoppen Road, [Rivonia](#).

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 ride or run.
2. You must then print out and bring the completed form with you on race day.
3. If you are participating on both days, a separate form must be completed for each day.
4. There is one access point at the venue. A Covid Compliance officer and a Medic 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

Saturday 24 October:

07.15 - Trail Run – 20km

07.30 – Cradle Mountain Trophy (2-day) & Cradle Mountain Challenge. (1-day 75km) – Voluntary Seeding

08.00 – Trail Run – 5km, 10km, 15km

Sunday 25 October:

08.00 – Cradle Mountain Trophy (2-day) Riders and 1-Day 45km riders.

08.15 - Cradle Mountain Mini 25km

THE ROUTES

MTB

Day 1 is 75km, and Day 2 is 45km and 25km

Routes and profiles can be found on [the event website](#).

TRAIL RUN

Routes are 5km, 10km, 15km and 20km

Routes and profiles can be found on [the event website](#).

RACE TIMING & SEEDING

Timing will be done by **Spectrum Sport Timing**. We will be operating on a voluntary seeding system

CUT OFF TIMES

Please note that we will be enforcing cut off times, but as you can see, they are quite generous.

Cut off times are as follows:

Saturday: 75km – There will be a cut off at Water Table 3 (57km) at 12h30 for all riders.

PLEASE NOTE THAT THERE WILL BE NO EXCEPTIONS HERE. THE FARMERS CLOSE THEIR GATES AND YOU WILL NOT BE ABLE TO GET OUT OF THE FARMS.

Sunday: 45km - There will be a cut off at the 35km mark – 4 hours or 12.00.

The Think Bike marshals reserve the right to cut you off after the cut-off points should they feel that it is necessary.

MTB WATER TABLES

We will have at 3 water tables on Saturday and 3 on Sunday for the 45km riders and there will be 1 water table for the 25km.

Details will be communicated to you at race briefing; alternatively, you can view these on [the route maps](#).

MTB ROUTE

In many instances, we are riding on private land. We travel over 50 privately owned farms and the trails have been opened to us exclusively. Kindly treat these trails with respect.

Special Note:

You will have to cross over a busy tar section in the heart of the town of Magaliesburg; please be vigilant at all times. Obey the rules of the road and stay on the left hand side of the road.

Please obey the marshals at all times

TRAIL RUN WATER TABLES

5km Water Points

Table 1 - 2.7km (Scorpion Hill)

10km Water Points

Table 1 - 2.7km (Scorpion Hill)

Table 2 - 6,8km (Scorpion Hill)

15km Water Points

Table 1 - 2.7km (Scorpion Hill)

Table 2 - 6,8km (Scorpion Hill)

Table 4 – 9,4km (Old Mill)

21km Water Points

Table 1 - 2.7km (Scorpion Hill)

Table 2 - 6,8km (Scorpion Hill)

Table 3 – 10,9km (Maloney’s Eye)

Table 4 – 14,9km (Old Mill)

TRAIL ROUTE

You will be running almost exclusively on private land. We travel over 50 privately owned farms over the weekend and the trails have been opened to us exclusively. Kindly treat these trails with respect.

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 HAPPY ACRES

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.**

VENDORS

We will have early morning hot drinks, and daytime caterers, The Filthy Moustache, all Covid compliant, who will be selling snacks and burgers etc. A selection of Belgian beers and G&T on tap, courtesy of Beer & Barrel, will be on sale. Krank'd Clothing will also be there with some great sport kit.

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.

BIKE SERVICE PACKAGES

Feathertec Cycle Repairs and Maintenance is offering you the Technical support at the event.

To book your **Bike Maintenance Package** please email hatfieldcycles@gmail.com

MARSHALS

There will be a number of Think Bike marshals on the route as well as Mogale Metro and 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 riding 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.

THE COOL IDEAS BIKE WASH

After the ride, have your bike washed, compliments of Cool Ideas by the Cool Ideas Bike Wash Babes.

PRIZE GIVING

Saturday Prize Giving will take place for the Trail Runners at 10.00

Saturday Prize Giving for the 75km will take place at 11.00

Sunday Prize giving will take place at 12.30 for the 2-Day riders, the 45km, and the 25km

Please check the website www.mountain-trophy.co.za to view the categories.

We will have a special number of lucky draw prizes to give away, and this will be done during the event and immediately after.

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

Have a safe and fantastic ride.

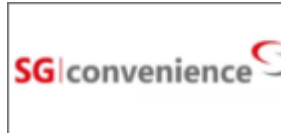
For information please visit our website, www.mountain-trophy.co.za or contact us on – info@leveragecorporation.co.za

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.

