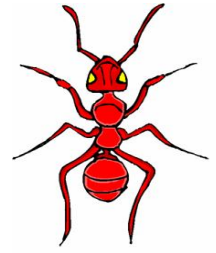


Red Ants Rumble 150km Adventure Race Final instructions



Registration Venue:

The race registration venue will be at Stanford Lake College on the R71 road, 7km's east of Haenertsburg (approximately 60kms east from Polokwane). Registration will be at the Outdoor Adventure Centre on the Lake. Registration will commence at 6pm on Friday 27 January – race booklet and maps will be handed out at race registration – the earlier you arrive, the more time you will have to sort out your maps. Race briefing will be at 8pm. ALL TEAMS MUST BE PRESENT AT RACE BRIEFING. Pasta will be available at registration (a plate of pasta and salad per competitor is included in the race entry fee). Extra pasta for supporters can be paid in cash on the day, at R40 per person. There will also be a tuck shop open on Friday night and Sunday morning. Hot dogs will be available for sale on Sunday morning at the tuck shop.

Directions

From Pretoria/ Johannesburg, take the N1 north to Polokwane/ Pietersburg. Approximately 10km's before Polokwane you will pass a Shell Ultra city, 2 km's after the Shell, turn LEFT towards (N1) Louis Trichardt/ (R71) Tzaneen, this road makes a turn back over the highway. Continue on this road, crossing one set of robots and one 4- way stop. At the next intersection, take the R71 road to Tzaneen.

There are heavy road works and stop-go controls on the R71 between Polokwane and Haenertsburg.

Allow at least an extra 30 minutes travel time on this road. Google maps link for these directions:

<http://maps.google.com/maps/ms?ie=UTF&msa=0&msid=202220813715866513431.0004b6a0fcab5ccdcacc1>

Alternatively, if you want to avoid the road works, use the following directions:

1. Travel east on the R71 (Tzaneen/Haenertsburg road) for approximately 20 km's from Polokwane.
2. At Paledi mall/ Sasol Garage/KFC, turn LEFT towards Mankweng Hospital and University of Limpopo
3. Continue for 22 km's on this road and then turn RIGHT to "Magoebaskloof"
4. Continue straight on this road for 8 km's until the tar ends. 1km after the tar ends, you will reach a T-junction. Turn LEFT.
5. Continue straight on this road for 8 km's until you reach the R71 tar road, and then turn RIGHT
6. Stanford will then be on your right after approximately 6 km's (NOTE: if you are coming from this direction, Haenertsburg will still be 7 km's further past Stanford)

The option above is quicker than the stop-go road works on the R71, but there is dirt road involved, which will be muddy if it rains. Use your discretion on the day. Google maps link for these directions:

<http://maps.google.com/maps/ms?ie=UTF&msa=0&msid=202220813715866513431.0004b6a10f984c9367a8e>

Bike drop off before registration: IMPORTANT!!!

All mountain bikes are to be dropped off at the Haenertsburg Village Hall in the main street of Haenertsburg (Rissik Street) before teams can register and receive their maps on Friday. Please report to the marshal when dropping of bikes. Teams can only drop off bikes from 4pm onwards on the Friday afternoon. Teams must leave their helmets, bike shoes, bike spares and bike lights with the bikes. Teams can also leave food with the bikes. However, EVERYTHING THAT IS LEFT WITH THE BIKES MUST BE TAKEN WITH THE TEAM WHEN YOU COLLECT YOUR BIKES DURING THE RACE.

Race boxes: IMPORTANT!!!

Teams will be allowed to pack one (1) race box (which will be transported by the race organizers), which each team will need to supply themselves. This box may contain anything from bike spares, clothes, food or any other equipment. As there will be limited space in vehicles for race organizers to transport team boxes, the **maximum dimensions** of the box must be: 50cm x 35 cm x 35 cm. Please make sure that your

team box is labeled with your **team name**, and is handed to race organizers, **before race start on Saturday morning**.

Taking photos at each checkpoint:

There are no actual Checkpoint flags or punches at any of the CP's along the route. Photos of your team mates must be taken at each "Checkpoint" with a digital camera. ENSURE YOU HAVE A WORKING DIGITAL CAMERA! The camera must be separate from your cellphone (I.e. they cannot be one and the same).

Camping accommodation - Friday and Saturday night:

Teams can set up their own camp at Stanford Lake College on Friday night. Please ensure that you bring your own tents, sleeping bags and camping mats. Tents can be left standing for when teams finish the race. Please however store valuable in your vehicles! Cost of camping on both nights is included in the entry fee. Ablution facilities are available on site.

Other accommodation options:

Other accommodation in the area and in the Village of Haenertsburg for families and supporters is available, for more information, check out:

<http://www.magoebasklooftourism.co.za/accommodation.html>. Families and supporters are welcome to camp at Stanford on the Friday and Saturday night. However, teams wishing to stay Sunday night in the Magoebaskloof area will have to find alternative accommodation, as Stanford will not be available for use on Sunday Night.

First Aid kit minimum requirements:

Pain killers
Anti-inflammatory cream and tablets
Anti- histamine cream and tablets
Anti- septic cream
Adhesive strapping tape and duct tape
2 crepe bandages
5 Gauze pads
Various sized plasters (minimum 10)
4 Re- hydrate sachets (or similar)
Latex gloves and CPR mouth piece

Additional Equipment/ clarification:

Highly recommended: Bike lock/chain (long enough to lock 4 bikes together) – can be left with your bikes when you drop them off at the Haenertsburg Village Hall and taken with on your mountain bikes for the rest of the race. Not compulsory, but will assist marshals at transition areas to keep bikes safe.

Camping gear: tents, sleeping bags and mattresses for Friday and Saturday night at Stanford Lake College. Race sleeping bags (compulsory): 1 bag between 2 people. I.e. one bag per pair, 2 bags per team of 4.

Medical aid form and next of kin details:

All team members MUST bring their medical aid details and next- of- kin contact details to race registration. PLEASE FILL IN THE ATTCHED Medical aid form and next of kin details, and bring it to registration. You will be required to sign an indemnity form at race registration.

Rules and regulations:

This race subscribes to all general rules of Adventure Racing, please be familiar with all the general rules and regulations stipulated on the Adventure Racing SA website (www.ar.co.za).

Some general rules to bear in mind...

- All team members must be within 50 meters of each other at all times.
- All mandatory team and individual equipment must be carried by the team at all times, except where otherwise stipulated.
- No GPS equipment with digital interface allowed.