

## The 2019 Cool Ideas Cradle Mountain Trophy



THE COOL IDEAS CRADLE MOUNTAIN TROPHY  
6 & 7 APRIL 2019  
WWW.MOUNTAIN-TROPHY.CO.ZA



### TIPS AND INSTRUCTIONS

Hi there

Congratulations on having entered the 10<sup>th</sup> edition of **The 2019 Cool Ideas Cradle Mountain Trophy**. Our 10<sup>th</sup> year. Can you believe it?

Kick-off is in just over a week's time, and we can't wait to host you.

Have a look at the video below to get you ready for what's to come. This should really get you in the mood.



Yes, **Cool Ideas** are back again, and this year promises to be even better. **Cool Ideas offer Fibre to the Home**, so check out their [website](#). We are looking forward to a long and exciting relationship with them.

This event is one of our highlights of the year, so we're really pleased you will be part of this race. We have over 1000 riders and this year, over 250 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.

## **RIDER REGISTRATION & RACE NUMBER PICKUP**

This will take place at **Adega in Rivonia** on **Wednesday the 3rd of April** from **12.30 to 17.00**. (Please note from 12.30)

You need to collect your race number and goodie bag. It's close to the freeway, so access should be fairly easy.

Please ask the race official if you were one of the "Early Bird" entrants who qualified for a long-sleeve shirt for being in the first 300 entries.

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

[CLICK HERE](#) for Directions

**Adega** have some unbelievable lunchtime specials, so come and enjoy a special Portuguese experience. [Find out more.](#)

## **START TIMES**

Please be aware that there are over 1000 participants taking part in this event, so please do try and get to the start well in advance.

### **Saturday 6 April:**

**07.30** – Cradle Mountain Trophy (2-day) & Cradle Mountain Challenge. (1-day 75km) **PLEASE NOTE NEW START TIME**

Riders will be seeded into 4 batches starting at 7-minute intervals.

**08.00** – Trail Run – 4km, 8km, 15km & 25km

Runners will all start together

### **Sunday 15 April:**

**07.30** – Mini-Adventure (25km)

**08.00** – Cradle Mountain Trophy (2-day) Riders will be seeded into 4 batches starting at 5-minute intervals.

**08.20** - Cradle Mountain Adventure (1-day) 45km **PLEASE NOTE NEW START TIME**

## **THE ROUTE**

**Day 1 is 75km, and Day 2 is 45km.**

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

## **RACE TIMING & SEEDING**

Timing will be done by **Spectrum Timing and there is a chip on your board**. We will be operating on a seeding system. Your seeding will be based on previous results, and from the **SA Seeding Index**. **The seeding applies to the 2 day and 1-day 75km riders only.**

Your seeding will be posted on the website – [www.mountain-trophy.co.za](http://www.mountain-trophy.co.za) from 2<sup>nd</sup> April. Alternatively, you can find out more at Rider Registration.

You will be seeded into batches and you will get your seeding at rider registration, together with your number board.

**SPECIAL NOTE:** Please be aware that you need to start in your batch. Moving forward will result in your immediate disqualification. You will be able to move back to a lower group, but you will need to inform the timing officials.

If you have any queries regarding your seeding, please take this up with the **Enquiries** desk at registration.

**Please do NOT contact the offices of The Leverage Corporation to query your seeding.**

## **START BATCHES**

Please take note of this, as it is extremely important. You will be supplied your batch sticker at Race Registration. You need to place this on the bottom left hand side of your number board.

Batches will start at 7-minute intervals on Saturday and 5-minute intervals on Sunday.

## **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:

**Day 1:** 75km – There will be a cut off at Water Table 3 (52km) at 12h30 for all riders. There will also be a cut off at Water Table 4 (60km) at 13h00.

**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.**

**Day 2:** 45km - There will be a cut off at the 36km mark - 3 hours or 11.30.

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

### **WATER TABLES**

We will have at 4 water tables on Saturday and 2 on Sunday.

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

### **THE 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:***

*On Day 1, you will do your first section on tar, so please be vigilant here as we do not have road closure. Please obey the marshals at all times*

*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.*

### **LITTERING**

We are riding through **The Cradle of Humankind**, which is a **World Heritage Site**, so there are some sensitive areas - bear this in mind at all times. This means that 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 MAROPENG**

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**

Maropeng will be selling burgers. Boerie rolls, chicken burgers and there will be a bar service available.

We will also have Mogallywood Breweries in attendance. We have bought a few Kegs of their finest, so the first round will be on The Leverage Corporation. Please note that this is only while stocks last.

## MASSAGE FACILITIES

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

## BIKE SERVICE PACKAGES

**Feathertec Cycle Repairs and Maintenance** is partnering with **Hatfield Cycles** to offer you the Technical support at the event.

To book your **Route 66 Bike Maintenance Package** please email [hatfieldcycles@gmail.com](mailto:hatfieldcycles@gmail.com)

## SPECIAL ACCOMMODATION PACKAGES

We have **some exciting packages** for you if you have not yet booked your accommodation for Route 66.

### Kloofzicht Lodge

Kloofzicht Accommodation Special: Book for you and a partner for Friday and Saturday night at the luxurious Kloofzicht Lodge:

- Per room rate – R2,450 bed & breakfast.
- Subject to availability, so book today.
- Max people per room – 2.
- First come, first served.
- Bookings must be made directly with [Kloofzicht Lodge Reservations](#) or view their [website](#)
- Rate only valid from 5 & 6 April '19.

### Valverde Eco Hotel

Based in the Cradle, they have a special package for Cool Ideas Cradle Mountain Trophy riders. Book for you and your partner.

- Per room rate – R1 090 bed & breakfast. (They will early packed breakfast for those racing)
- Subject to availability, so book today.
- Max people per room – 2.
- First come, first served.

Rate R1090 for two people B&B on their superior double.

Book now on <https://www.nightsbridge.com/bridge/book?bbid=24199>

## SHOWER FACILITIES

We have made shower facilities available and these will be at the finish of each stage, so bring along a tog bag with a towel and a change of clothes. Please note that the showers will be at **Hominin House** which is located to the left of the main car park – please follow the signs.

## **MARSHALS**

There will be a number of Think Bike marshals on the route as well as Mogale Metro and ER 24 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 BRIDGESTONE BIKE WASH**

After the ride, have your bike washed, compliments of Bridgestone by the Bridgestone Bike Wash Babes – or bloke.

## **PRIZE GIVING**

We will have a prize giving on **both Saturday and on Sunday**.

**Saturday 10.45**–This will be for the Cradle Mountain Challenge – for 75km 1-day riders only.

Please check the website [www.mountain-trophy.co.za](http://www.mountain-trophy.co.za) to view the categories.

Final prize giving will take place on **Sunday at 12.00**. We will have category winners prize giving.

If you are a **Category winner on Sunday**, you are expected to be in attendance. Categories can be viewed on the [Prizes page](#) of the event website.

We are also pleased to announce that **Cool Ideas** will have a special number of lucky draw prizes to give away, so best you stay for prize giving!

**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](http://www.mountain-trophy.co.za) or contact: Irene Pilavachi – [irene@leveragecorporation.co.za](mailto:irene@leveragecorporation.co.za)

Regards

Rob Jackson

and The Leverage Corporation Team

Sponsors



[www.leveragecorporation.co.za](http://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.

