

Event Briefing and information Pack for athletes.

Dear runners.

Herewith an informative information pack regarding the 2021 running of the Modder to Harties Ultra Marathon. As most of you are aware this event is usually hosted as a Comrades Long run of 60km. However, in light of the recent cancelation of the 2021 Comrades Marathon we understand that as runners we all want a challenge to look forward to and some motivation/reason to continue training. Hence we are still hosting the event in line with the Comrades virtual events. We will accommodate both a 45km and a 90km option for you as per the event flyer which you would have already seen.

Please take the time to familiarize yourself with the content of this letter and all the formalities and logistics for the weekend of the event on June 13th 2021.

PS: Below entry does not include your entry for the Comrades virtual race. Below is only the entry for this event and should you wish to use this event as part of the Comrades virtual race then you also need to enter that separately. We are merely offering you the support and planning to accommodate that event. You are welcome to run in this event without entering the Comrades virtual race. The choice is yours and either way we ensure you that you will have all the support on the day for what is gearing to be an event to remember! 😊

Event registration and number collection:

- Race Pack collection will be the day before on **Saturday the 12th of June 2021** from the Shell Garage, Thornhill Estate, Lethabong, Modderfontein. Corner of Queen Street and Centenary Street.
- Collection will be from **09h00 to 13h00.**
- Lots of wonderful race pack goodies to expect including a moisture control T-shirt
- In your pack will be your unique number which you will need to pin to your shirt for the event.
- **NB: Please note that you will be required to wear your club colours and 2021 License numbers in line with CGA rules and regulations.**
- I do believe that CGA 2021 License numbers have been distributed to the various clubs so ensure you chat to your respective club secretaries regarding your license numbers.
- Should you not have a license number and require one please advise the event coordinators accordingly.
- Please ensure to complete the Indemnity forms at registration along with the ICE contact persons details.
- We have to ask that each athlete completes an indemnity form prior to the event in understanding that this event is held at one's own risk.
- The Shell really makes a wonderful coffee so maybe enjoy a cup whilst you are there and familiarize yourself with the start location which the event coordinators will be happy to guide and brief you on. **NEW START LOCATION WILL BE TAROKO TRAILS, MODDERFONTEIN.**
- **NO RACE REGISTRATION WILL BE DONE ON THE MORNING OF THE EVENT.**

Parking and Transportation:

- Please note that Parking will be at the Taroko Trails, Modderfontein. Security will be on duty and ensure the safety of your vehicles during the day. Please note parking is still at your own risk and it's advisable that you don't leave any valuables in your vehicles.
- Ensure you arrive at least 1 hour prior to the event to avoid any rushing.
- Event briefing to begin at 4:45am followed by our anthem and Chariots of fire. Giving you a taste of the Comrades spirit and what we so dearly miss!
- 90km Event starts at **5am sharp** as it will be timed by Peak Timing and your time will be recorded from Gun to Mat!
- Both 45km and 90km events will meet at Taroko Trails for the event on the 13th of June.
- Once you have parked your vehicle, please make your way to one of the 4 buses parked at the start area to drop off your kit bags before the start of the event. Each bus is numbered so you will be able to easily find your bag again at the finish shoot.
- Buses will only depart after the start of the 90km event so please feel free to hand in any items you need to just before gun start at 5am sharp.
- 45km athletes will only board the buses after the 90km event has started and being set off. This way we can cheer them on for their start before making our way to Monte Casino, Fourways for the 45km start.
- 45km event buses will depart by no later than 5:15am from Taroko Trails.
- On arrival at Monte Casino the 45km athletes will be guided to the start line.
- 45km Event race briefing will take place at 5:45am and ready to start by **6am sharp**. Again the event will be timed from Gun to Mat by Peak Timing so no late start.
- After your start, the buses will then proceed to the finish line.
- 45km event should finish in time to see the 90km athletes finishing so please let us welcome them with a big applause on arrival.
- Please hang onto your race numbers as these will double up as your meal and drink ticket at the finish area. We will have lunch and beverages available for all athletes at the finish area.
- There will also be Beer and Gin on tap for those wishing to celebrate afterwards. This will be for your own account so please come with some tuck money.
- The official finish will be at ***Die Joint Koffiehuis***. They have one of the best views in Harties!
- Our final 90km runners will be expected to finish by 14h30 latest.
- Four buses will depart at 2-hour intervals and head back to , Monte and then Modderfontein, or as and when the bus is full.
 - 1st bus to depart at 11h00
 - 2nd bus to depart at 13h00
 - 3rd bus to depart at 15h00
 - 4th bus will take the last and final group at roughly 16:00

Cut off times (Only applicable to the 90km event):

- **PLEASE NOTE 9 HOURS IS THE CUT OFF TIME FOR THE 90KM EVENT.**
- See route description regarding details of 90km cut off times.
- There will be sweep vehicles on route to accommodate those athletes that fail to make any of the cut off times or who need to retire for any other reason.

- If you fail to make any of the cut off times, please do adhere to the instructions of the route marshals to climb into one of the allocated sweep vehicles. Reason is that the water tables need to then pack up their station swiftly and move onto the next station.
- Should any of the 90km runners fail to meet a cut off times between the 20km and 50km markers you will have an opportunity to continue along the 45km event route and finish with them should you wish. This will give you 60km and avoid having to run the entire way around the dam. This way you still get in a solid run and get to welcome in the rest of the 90km runners for their arrival.

Marshals and road safety:

- Understand that this is not an official race nor can we call it that. There are no official Marshals on the route. However water tables are strategically placed at the turning points for the most part of the event.
- We will try to create some awareness to motorists at the hot spots along the course where the roads may be narrow and ensure runners navigate these sections with caution.
- We ask for each participant to please ensure they fully understand and have read the indemnity form. As much as we try our best to ensure your safety on the day, we also ask that you exercise some vigilance on the roads and watch out for motorists.
- As you know there are some narrow sections of road towards Harties so please run 1 abreast and look out for motorists that may not realize you are there.
- Be cautious of any intersections that may not have any points men and ensure you only cross when safe to do so.
- Remember this is a training event and not an official race. There are no road closures, and we must adhere to the rules of the road.
- If possible, try to run with a buddy on the day and look out for your fellow runners.
- Familiarize yourself with the route and understand some of the direction of the course. We will do our best to guide you but ask that each runner do some studying of the route.
- If you are unsure of the route each water table will have instructions and directions to the next water point and so on. Please feel free to ask them for directions to the next station and so forth.
- It may also be advisable to run with the copy of the route description page. Just fold it up small and keep it in a little plastic cover or bag so it does not get wet. Then you have something to refer to during your run and ensure you do not miss any turns.
- Alternatively, you can load the route from Strava onto your watches if you have one of those fancy watches. 😊
- Each water station will be equipped with various first aid items and should you require any form of assistance they will be on standby to help you.
- The first aid assistance is limited, and should you feel unwell we ask that you also take it upon yourself to call it a day should you feel unfit to continue. We do not want any runners to risk their own health on the day.
- Please also note the emergency contact number on your race numbers should you need to report an incident.

What to expect on route?

- Fully stocked aid stations and water tables. 32Gi have also sponsored supplements every 2nd water station for your convenience.
- Sweep vehicle support crew.
- Support bikes for each of the lead groups
 - 90km Leading Male group
 - 90km leading female group.
 - 90km Silver bus
 - 90km Bill rowan bus and cut off bike.
 - 45km leading male
 - 45km leading female

Covid-19:

- Note that wearing of masks prior to the start as well as at the finish will be compulsory.
- Social distancing is advised before, during and after the event.
- If you have contracted or being in contact of anyone with Covid-19 it will be your responsibility to inform the event organizer prior to the event to ensure you have been cleared prior to participation.

Final note:

Unfortunately, this run is not open to spectators in light of the current global Pandemic, with this in mind we have to ask runners to inform their loved ones not to second them along the way. You will have all the support you need on the day as we make all efforts to limit larger than necessary gatherings. I trust you understand this requirement in aiding us to conform with all Covid-19 protocols.

Lastly please note that this is considered a training and Comrades simulation event. This is NOT and official race. However in line with the latest CGA approval and regulations we do still require you to wear your club kit as well as your 2021 license number. No chip is required for this event. We also ask that you wear your race number supplied at registration as this will serve as a reference for the various aid stations to keep count of all the runners on route and ensure that you are accounted for from start to finish.

Should you have any event questions please feel free to give me a shout and I'll gladly answer any of your questions.

Till then best of luck with your training and we look forward to seeing you at the start line on the 13th of June.

Yours Truly

Fabio La Mantia

0782958646

