We’re a few days away from the most exciting Saturday on the mountain biking calendar. Here is everything you need to know for a fun day on the fat tyres out in the beautiful Simonsberg Conservancy and winelands on **Saturday, 2 March**.

It promises to once again be a great day for weekend warriors and pros alike, with past champions Sam Gaze and Howard Grotts mixing it up with locals such as Alan Hatherly, all using the race as a shakedown and form tester ahead of the ABSA Cape Epic.

**PLEASE NOTE: E-BIKES ARE NOT PERMITTED AT THE 2019 EVENT.**

**Registration dates and times**

**Thursday, 28 February 2019**
Rondebosch Golf Club – Klipfontein Road, Mowbray
10h00 – 18h00
In order to collect your race pack at registration you need to bring either the email or SMS containing your name and race number.

One of your riding buddies having FOMO and would still like to enter? Limited late entries will be accepted at registration venues. PPA discount does not apply for late entries.

Please note: There will be no registration on the day of the event.

As in 2018, the parking, start and finish are all at The Purple Windmill, Klapmuts off the R44. (A little confused about the venue name? Don’t worry – it’s exactly the same venue as last year – just the name has changed!)

From Cape Town: Take the N1 and then the R44 turn-off to Klapmuts. From Stellenbosch: Take the R44 in the direction of Klapmuts and follow the signs.
• **Permanent RaceTec MTB number board.** This will become your timing chip for all RaceTec-timed MTB events going forward. There will be RaceTec representatives with additional MTB number boards available to purchase (for R50) at the info tent on event day.

• **Cape Town Cycle Tour MTB Challenge event sticker.** Each distance has a different coloured sticker. This will be in your race pack, apply it to the top of the number board. **60km = blue, 40km = green, 20km = yellow**

• **Seeding sticker.** Also in your race pack, attach it to the bottom right corner.

• **Medical emergency number** on your mobile: **087 820 5605.** Medical personnel will be stationed along the route.

• **Helmet.** Simple: no lid, no ride.

• **Slime.** As in, fresh tyre sealant. This is a notorious season for those evil devil thorns in the Boland. There will only be a mechanical station at
Delheim for the 40km and 60km riders. So please come prepared to deal with punctures!

AT THE START YOU WILL FIND:

- **Info tent** - for any last minute questions or to purchase a replacement MTB number board.

- **Dirtopia Bikeshop** will be at the start to assist with minor bike adjustments and will be selling any last-minute spares you may need.

- **Toilets**

Arrive at your start chute **at least 30 minutes** before your start time.

- **60km Start** - 07h00
- **40km Start** - 07h45
- **20km Start** - 08h30

[Downloadable route details here](#).
**Cut-off times**

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<th>Distance</th>
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<th>Time</th>
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<td>20km</td>
<td>Warwick</td>
<td>13h00</td>
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<td>40km</td>
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**SPECTATOR POINTS**

There are several **spectator points** where family and friends can catch the action.

- Muratie Wine Estate
- Delheim Wine Estate
- Uitkyk Wine Estate
- Warwick Wine Estate

Check out where they are and how to get there below.

**SPECTATOR SHUTTLE SERVICE** A shuttle service will run from the demarcated area in the race village to these spectator spots.
If you can’t be there in person, download the RaceTec app and follow your favourite rider online.
If you failed to keep it rubber-side-down or are feeling a bit the worse-for-wear, there is an expert medical team on hand.

Introduced with much success in 2018 the Thule Bike Park is where you’ll need to leave your bike after you’ve finished.

Jetline Action Photo will be on their post as always, with photographers stationed along the route to capture you in action. Photos will be available online in the week after the event.

Available online from RaceTec about an hour after the last cut-off.

A lucky draw will take place at 11h00, with some great prizes from Canal Walk, Influence Clothing, Thule and Garmin to be
PRIZE GIVING
Prize giving will take place opposite the shade tent from 10h30.

EVERY DROP COUNTS: *The Western Cape is still a water scarce area, so there won’t be a bike wash or showers at the finish.*

NB! THIS IS A NON-SMOKING EVENT
No smoking along the route or at the venue.

PROTEST PROCEDURE
Any *protests* relating to the main race as well as to 1st, 2nd and 3rd place must be reported to the info tent an hour before prize giving.

COMBO MEDAL
If you complete the 60km route and the Cape Town Cycle Tour you are eligible for a *2019 combo medal*. If this is you, expect communication in the weeks following the Cape Town Cycle Tour.
TOP TIPS

• Please ensure that you do not leave any bikes on the back of the car unattended or any valuables in sight – rather leave your bike in the Thule Bike park until you are ready to leave!

Traffic authorities are known to set up road blocks, so please:
• Do not drink and drive.
• Remember to not let your bikes on bike racks obscure your number plate. This could land you a hefty traffic fine.

Oh, and one last thing. This is the Boland. In Summer...It’s going to be hot. 30s for sure. Please wear lots of sunblock and don’t forget to hydrate!
We look forward to seeing you on Saturday!

Social media corner

Don’t forget to dish the dirt on the MTB Challenge!

Facebook: @CycleTour
Instagram: @CTCycleTour
Twitter: @CTCycleTour

Use the hashtag #MTBChallenge2019