



TIPS & INSTRUCTIONS MAGALIES ADVENTURE 2019

Hi there

Congratulations on having entered the **2019 Cool Ideas Magalies MTB & Trail Running Adventure** presented by The Leverage Corporation and hosted at The Cog & Sprocket at The African Pride Mount Grace Country House and Spa!

Directions: [CLICK HERE](#) for directions.

We are really looking forward to hosting you, as this event is one of our highlights of the year. We also have over 300 participants taking part on both days, so please make sure that you get there nice and early, as parking can sometimes be a bit of a challenge.

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, particularly the MTB & Trail Running start times.

Race Number Pick Up (NOTE NEW DATE)

This will take place at [Adega](#) in Rivonia - on **Thursday 26th September** from 12h30 to 17h00. You need to collect your race number and goodie bag. It's close to the freeway, so access should be fairly easy. The address is: Rivonia Crossing 2, 3 Achter Road corner Witkopp Road, Rivonia (Situating in the same complex as The Barnyard Theatre).

If you have any friends who wish to ride or run, they can catch a late entry on Wednesday, but must bring cash for the fee. Regrettably, no goodie bag or shirt.

The Route (Special Notice)

If you want to see the Route Maps, check them out on our [website](#); plus there will be enlarged copies on display at Number Collection.

Race Timing & Seeding

Timing will be done by **Finish Time** and we will be operating on a voluntary seeding system, for both the 2-day and 1-day events.

Each of the Trail Runs will be timed as well.

Riders will receive a number board and runners will receive a wrist band, both with chips for timing. Please ensure you return these at the Finish - failure to do so will result in you being billed R150 for the board or wrist band.

MOUNTAIN BIKING INFORMATION

If you are only running, you can ignore this section.

Race Details

Saturday 28th September

08h00 for the 65km Magalies Adventure. Three water points at 24km, 38km & 55km.

Sunday 29th September

08h00 for the 50km Magalies Adventure. Two water points at 27km and 39km.

08h15 for the 25km Mini-Magalies. One water point at 15km.

Should anything change, more details will be communicated to you at race briefing.

Cut Off Times

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

Cut off times are as follows:

Day 1: 65km –there will be a cut-off at Water Point 2 – 38km - at 11h30.

Day 2: 50km - 5 hours or 13h00 - there will be a cut-off at Water Point 2 – 39km- at 11h30.

Tech Zone

There will be a Tech Zone at Mount Grace and they will also be at various water points to provide assistance. Note that limited parts are available, so please check your bikes before you arrive at the race with your own spares.

The Bridgestone Bike Wash

After the ride, have your bike washed, compliments of Bridgestone by the Bridgestone Bike Wash team

TRAIL RUNNING INFORMATION

If you are only riding, you can ignore this section.

Race Details

Saturday 28th September

07h45 for the 25km. Two water points at 5km and 15km.

08h15 for the 16km. Two water points at 5km and 9km.

08h30 for the 8km. One water point at 5km.

08h45 for the 4km. No water point – please carry your own refreshment.

Should anything change, more details will be communicated to you at race briefing.

Cut Off Times – The cut-off will be at 12.00 – Should runners not make the cut-off, they will be ferried back to the start point.

25km – Please note – 10.00 will be the cut-off time at 16km

GENERAL INFORMATION

Race Meals and Snacks

Before and after the race you can enjoy some great coffee at The Cog.

The Cog & Sprocket is fully licensed, so they will be able to serve your favourite liquid refreshment. Over and above this, they will also be serving light meals on both days, plus craft beer available for purchase from Bavaria.

Alcohol

Please note that Mount Grace is a licensed establishment, and it is illegal to bring in your own alcohol to the venue.

Marshals

There will be a number of Think Bike marshals on the route, as well as medical officers from SpecialOps99 and Mogale Traffic Department 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, so you **DO NOT** have right of way.

Shower Facilities

There are shower facilities available, so bring along a tog bag with a towel and a change of clothes.

Lunch: From 11h00 on both days. Check with "The Cog" for their specials.

Prize Giving:

Saturday:

Trail runners – 11.00

MTB'ers – 65km 1-day cyclists – 12.00

Sunday

MTB'ers – 12.00

Please refer to the website for [age categories and prizes](#) for the MTB 2-day race. All other races will award a prize for 1st, 2nd and 3rd. As usual, there will be spot prizes for participants!

Mike "Blossom" Applewhite

Please spare a thought for our good friend Mike "Blossom" Applewhite. Bloss, a good friend to many of us, passed away on Saturday the 22nd of September 2018 from an unexpected heart attack.

Bloss's wide circle of friends miss him at The Cool Ideas Magalies Adventure and on all other rides. His demeanour, sense of humour and the memory of his ability to walk all the hills and ride downhill like a maniac will always be with us.

Last year we decided to call Sunday "The Bloss Memorial Ride" as a special salute to Mike and his cycling "prowess". Please keep an eye out for his good friends with slightly different number boards saying "Bloss' Memorial Ride".

Mike was a passionate supporter of the **Bara Burns Unit**. And so we have adopted the **Bara Burns Unit** as our preferred Bloss Charity.

If you entered on the Sunday, **R50 from your entry will go to the Bara Burns Unit**. They will also be in attendance at the Cog & Sprocket, so should you wish to pledge more to the unit, you will be able to chat to them directly.

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** – [CLICK HERE](#) to read.

Here's hoping you are going to have a great weekend. If you have any questions, please feel free to mail us on info@leveragecorporation.co.za or call Irene on 082 787 3317.

See you at the **Adega** - Rivonia Crossing 2, 3 Achter Road corner Witkoppen Road, Rivonia - for goodie bag and race number pickup on **Thursday 26th September from 12h00**.

For information please visit our website, www.magaliesadventure.co.za.

Regards

Rob Jackson

and The Leverage Corporation Team

SPONSORS



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.

www.leveragecorporation.co.za