



Heritage Day Weekend, September 23 and 24, 2011

Come and join us on the Friday for a night ride, under starry skies so clear, the milky way looks like a cloud band! 15kms to loosen you up for Saturdays 85 km “Grandmother!” The reverse of the usual Rhodes Extreme race.

For the 2011 Rhodes Extreme we have simplified the entry procedure. You can now choose whether you want the fully catered or just Race entry. We recommend the catered option. Our unique country fare served in a timeless manner makes the weekend hassle-free, healthy and creates a great atmosphere! Join us for:

- 1 nutritious breakfast (combining carb and protein)
- 1 relaxed and informal lunch
- 2 energy-rich dinners with veggies and salad
- Unlimited coffee with breakfast and dinner is included!
- A unique ‘pad-kos’ pack for your trip home

In addition, you also have the option to book the very same ‘fully catered’ meal packages for **non-participants and family** so that they can share in the fun.

Two events: there are two different event offerings over the weekend:

- **RHODES EXTREME:** multi day high-altitude MTB stage race for single riders and teams of 2 or 3 riders. A 15km night ride and the 85km ‘Grandmother’ ascent. Because of the extreme conditions, **single riders** are not recommended. If you are unable to raise a team or a team member withdraws suddenly, [contact us](#) and we may be able to pair you up or add you to an existing team.
- **RHODES RELAX:** is ideal for families, partners, young kids and teenagers - you can enter as a group or individually. Participants may, at their leisure, take part in any (or all) of the following activities: a 15km night ride on Friday and a guided ‘out-and-back’ ride on Saturday. Or they can just chill out in the village and have a coffee! Participation is free but donations will be gratefully received.

1. Select and enter Rider/s

Single rider R350 2 rider team. R700 3 rider team. R1050.

Team name

Rider 1

First name	Surname	ID Number	E-mail	Cell number	Postal Address
CSA Licence number	CSA Licence Type		Gender	Age on 31 December 2011	T-shirt Size
	CSA Racing License <input type="checkbox"/>		Male <input type="checkbox"/> Female <input type="checkbox"/>		XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>
	CSA Cyclospor License <input type="checkbox"/>				
Name of Medical Aid	Medical Aid Number	Emergency contact name	Emergency contact cell no.	Category	
				Open Men(19-29 in 2011) <input type="checkbox"/>	
				Open women (19+ in 2011) <input type="checkbox"/>	
				SubVet Men (30-39 in 2011) <input type="checkbox"/>	
				Veteran Men (40-49 in 2011) <input type="checkbox"/>	
				Masters Men (50+ in 2011) <input type="checkbox"/>	

Rider 2

First name	Surname	ID Number	E-mail	Cell number	Postal Address
CSA Licence number	CSA Licence Type		Gender	Age on 31 December 2011	T-shirt Size
	CSA Racing License <input type="checkbox"/>		Male <input type="checkbox"/> Female <input type="checkbox"/>		XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>
	CSA Cyclospor License <input type="checkbox"/>				

Name of Medical Aid	Medical Aid Number	Emergency contact name	Emergency contact cell no.	Category
				Open Men(19-29 in 2011) <input type="checkbox"/>
				Open women (19+ in 2011) <input type="checkbox"/>
				SubVet Men (30-39 in 2011) <input type="checkbox"/>
				Veteran Men (40-49 in 2011) <input type="checkbox"/>
				Masters Men (50+ in 2011) <input type="checkbox"/>

Rider 3

First name	Surname	ID Number	E-mail	Cell number	Postal Address	
CSA Licence number		CSA Licence Type		Gender	Age on 31 December 2011	T-shirt Size
		CSA Racing License <input type="checkbox"/>		Male <input type="checkbox"/> Female <input type="checkbox"/>		XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>
		CSA Cyclospor License <input type="checkbox"/>				
Name of Medical Aid	Medical Aid Number	Emergency contact name	Emergency contact cell no.	Category		
				Open Men(19-29 in 2011) <input type="checkbox"/>		
				Open women (19+ in 2011) <input type="checkbox"/>		
				SubVet Men (30-39 in 2011) <input type="checkbox"/>		
				Veteran Men (40-49 in 2011) <input type="checkbox"/>		
				Masters Men (50+ in 2011) <input type="checkbox"/>		

2. How many catering packages do you require. (Don't forget to include yourself!)

1 2 3 4 5 6 7 8 9 **Number of Adults at R300 per Adult.**

TOTAL R

1 2 3 4 5 6 7 8 9 **Number of Children (Under 12) at R150 per Child.** **TOTAL R**

3. Read the smallprint and check the tickbox

You must read 'Note to Riders, Entrants and Potential Entrants', which includes the 'Race Rules' and the 'Disclaimer of Liability and Waiver of Rights' at the end of this email.

By ticking this box, I warrant that I have read the aforementioned document and accept it. Furthermore, I warrant that all the people listed on this entry form have read and accept the aforementioned document and that I am authorised to bind the other entrants to this document.

4. Calculate amount to be paid. Add the race entry fee to the amount from the catering packages

5. Transfer the amount due to confirm your entries.

To guarantee your places in the RHODES EXTREME stage race, please make payment of the amount specified in the previous section to the Rhodes Mountain Bike Club (account details below). Electronic transfers are preferable please. Then email (rhodesextreme@gmail.com) or Fax (086 218 6946) the previous 2 pages to us. Within the week you will receive confirmation of your entries.

Bank: **FNB**

Branch: **210-220 Barkly East**

Account Name: **Rhodes Mountain Bike Club**

Account Number: **62044749333**

Reference: **(your name or your team name)**

NB: Entries will only be confirmed on receipt of payment!

6. Diarise these dates:

Registration at Rhodes Village: Friday 23 September : 15h00 – 19h00

Compulsory Pre-Race Briefing: Friday 23 September : 19h00

We look forward to seeing you on Heritage Day, 24 September 2011. Closer to the time, we will send you regular news bulletins outlining important information such as directions, programme of events, menus, packing lists, weather conditions, local area information and attractions as well as tips for a great ride.

7. Book accommodation.

Please ensure that you book accommodation soon as it fills up quickly! There are lots of options available. **For 2011, Jill Steynberg has kindly offered to act as Accommodation Liaison. Phone her on +27 (0)72 606 9627 and she will be able to tell you which units are still available.** This service is for information only. Booking will done through the respective agents.

Note to Riders, Entrants and Potential Entrants.

Riders who enter online through the www.rhodesextreme.co.za website, or in any other manner agree to the 'Race Rules' and 'Disclaimer of Liability and Waiver of Rights' which follow.

I warrant that I have read and accept the 'Race Rules' and 'Disclaimer of Liability and Waiver of Rights'. Furthermore, I warrant that all the entrants have read and accept the 'Race Rules' and 'Disclaimer of Liability and Waiver of Rights' and that I am authorised to bind the other entrants/riders to the Race Rules' and 'Disclaimer of Liability and Waiver of Rights'.

Extreme nature of the race.

Riders accept that mountain bike racing is by nature self-reliant and often held in remote areas. The Rhodes Extreme is the highest stage race in South Africa. As such it transcends high altitude, mountainous territory where weather conditions are unpredictable and can be extreme. All Rhodes Extreme riders must have full cognisance of the risks associated with an event of this nature and must prepare themselves accordingly; furthermore riders must participate with an understanding and acceptance of these variable conditions and the general dangers and inherent risks of mountain biking.

The event will take place irrespective of weather conditions, but the organisers reserve the right to cancel the event at any stage, should they consider that it is not within the best interests of participants.

Respect for landowners and the environment.

The Rhodes Extreme is a 'green' race. The race traverses privately owned, agricultural, heritage and ecologically sensitive land. In many cases, landowners have given special permission for the race to traverse their land without remuneration. Riders and spectators must be cognisant of the fact that the smallest piece of litter or pollution (be that a goo sachet or a water bottle) can cause harm or even death to valuable livestock. Thus, an ethos of utmost respect is paramount. Please do not litter!

Licensing requirements: CSA Sanctioned and approved race.

The Rhodes Extreme stage race is a CSA sanctioned race (falling under the auspices of Border Province). Thus all riders must be in possession of one of the following:

- CSA racing licence
- CSA cyclo sport licence
- Day licence (obtainable for R35.00 per day on registration in Rhodes Village)

Please note that your CSA Licence must be produced at registration (or day licences purchased at registration) before race packs and numbers are issued.

Disclaimer of liability and waiver of rights.

All entrants (and their associates, families, supporters and connected parties) participating in any part or stage of the Rhodes Extreme or the Rhodes Relax do so entirely at their own risk and agree that they, their dependants or any other party shall have no claim whatsoever against the Rhodes Mountain Bike Club and its members, Anton Apps (Pty) Ltd and its staff, the Race Administrator, any individual organiser or official, marshal, medical personnel, assistant, helper, or agent or sponsor or any other person or body associated with the event in respect of any injury, death, loss or damage whatsoever, be they direct, indirect, special, consequential or otherwise, which participants or any other party may suffer arising from any injury to themselves or their property caused directly or indirectly by any act or omission, even if arising out of the negligent conduct or omission (including gross negligence) of one or more of the aforementioned parties.

Race Rules.

1 Riders' status at time of race.

- 1.1 All riders must be at least 19 years or older on 31 December 2011 (this is the standard MTB method of calculating age) unless permission is granted by the Race Administrator prior to the event.
- 1.2 All riders must be healthy, and in a fit state of training.
- 1.3 All riders must have acceptable (good) technical bike skills for off-road conditions.

2 Categories and prizes.

2.1 All riders must be 18 years or older and teams will be allocated to one of the following categories:

- 2.1.1 Mens team.
- 2.1.2 Womans team.
- 2.1.3 Mixed team.
- 2.1.4 Men.
- 2.1.5 Women.

2.2 Rules applicable to the allocation of "overall team winner" and "category winner" prizes for the race:

2.2.1 Overall team prizes: 1st, 2nd and 3rd place prizes will be awarded for the overall winning teams of the Rhodes Extreme "Grandmother".

2.2.2 Category prizes: 1st, 2nd and 3rd place prizes will be awarded for the overall winning teams in each category for the Rhodes Extreme "Grandmother" provided that they have not already received a team prize as outlined in 2.2.1.

3 Medical Condition

3.1 Participants may only be allowed to start any stage of this race if they are in good physical and medical condition.

3.2 During the Rhodes Extreme the Medical Officer reserves the right to withdraw any participant who he may deem physically or psychologically incapable of starting or continuing the race.

4 Registration.

4.1 Registration will take place at Rhodes Hotel at the following times:

- Friday 23 September : 15h00 – 19h00

4.2 No late registrations will be accepted, without prior arrangement and permission of the Race Administrator.

5 Race Briefings.

All riders are expected to attend this as important information relating to possible changes to the following day's stage and particular hazards could be announced. Riders who do not attend the race briefings and are not aware of any changes made will not be accommodated if they miss their start time etc, or any similar issue related to their not attending the race briefing.

5.1 A compulsory race briefing for both stages will take place in the Rhodes Hotel on:

- Friday 23 September : 19h00

6 Prize Giving and Award Ceremonies.

- 6.1 An award ceremony will be held in the Rhodes Hotel on:
Saturday 24 September at 18h00
- 6.2 All riders receiving an award are required to attend.

7 Bicycle type and condition.

- 7.1 Only mountain bikes may be used (including single speeds). Appropriate tyres for rough terrain are advised. Bicycles must be in good, safe working order, and at the discretion of the Race Administrator, will be allowed to start the stage each day. Any feature deemed unsafe by the Race Administrator (such as unprotected sharp bar ends, in-operative brakes, etc) will not be permitted and may result in forced withdrawal and disqualification.
- 7.2 Maintenance of the bicycles used in the race is the responsibility of each participant and the Race Administrator reserves the right to insist that a participant repair or attend to a bicycle should the Race Administrator be of the opinion that it is in an unsafe or dangerous condition.
- 7.3 The participants must start and finish the event with the same bike.
- 7.4 Riders may not change their bike or frame of their bicycle during the race without the permission of the Race Administrator. Change of a frame will only be allowed in the case of a warranty breakage.
- 7.5 Rims, spokes, tubes, tyres, hubs, chains, wheels, gears, hangers, sprockets, cables, brakes, forks and shocks may be replaced.
- 7.6 There will be no bike maintenance and spares provided during each stage.
- 7.7 No outside assistance for bicycle repairs will be allowed during the stages. Participants may only accept assistance from their partner or another competitor in the same race.
- 7.8 Riders are expected to complete the full distance of each stage within the time allowed. Repairs to bicycles during the stage must be carried out within this time limit.

8 Compulsory Head Lamps, Helmets and appropriate Riding Attire.

- 8.1 NO HELMET, NO RIDE. Only recognized hard-shell cycling helmets complying with recognized standards will be acceptable. The Race Administrator will rule on the permitted use of any questionable helmets. Any riders not wearing their helmets, with the retention strap properly fastened, at any time during the race will be disqualified.
- 8.2 Helmet-mounted cycling lamps are compulsory for the 'Night Lights' night ride. It is strongly advised that riders should have a minimum of three lights:

- 1 - one white forward-facing helmet mounted solid light
- 2 - one white forward-facing handle-bar mounted solid light and
- 3 - one red rear-facing saddle stem- or bike-mounted solid or flashing red light.

8.3 Generally accepted protective cycling clothing, including a shirt, must be worn at all times during the race.

8.4 Proper, fully enclosed cycling shoes, or at least running shoes must be worn at all times, and it is advised that riders have two pairs of glasses (or two sets of interchangeable lenses) for the following conditions:

- bright, high UV protection dark sunglasses for the day stages
- clear, yellow or colourless glasses for low light intensity and night stage

9 Compulsory Equipment.

In accordance with CSA rules, paramedic and medical services will be provided during the race and for a period after the completion of each stage. However, due to the self-reliant and remote nature of this mountain bike race each team is required to carry the following items to be prepared to deal with emergencies they may experience:

9.1 A multi-tool per team to effect repairs to bikes.

9.2 At least 1 spare tube per rider.

9.3 At least one good pump, a puncture repair kit, and a set of tyre levers per team

9.4 At least 2,0 litres of hydration liquid per rider at the beginning of each stage (2 x water bottles or a large Camelbak).

9.5 A windbreaker or preferably a lightweight rain jacket.

9.6 A space blanket per rider

Optional Recommended Equipment:

9.7 Sterile First Aid dressings

9.8 Adhesive plasters

9.9 Sun block with a minimum SPF 15

9.10 Lip Balm

9.11 Whistle

9.12 A chain breaker and power links.

10 The Race Stages and Cut-off times.

The race will consist of two stages on days 1 and 2. Day 2 is a marathon stage.

10.1 At least four refreshment stations (water, energy drinks, and food) will be provided at appropriate points on the main race

10.2 The total race distance will be between +-100 km

10.3 Riders must complete the full distances of both stages of the race to be a "Rhodes Extreme Official Finisher" and record an official result

10.4 Cut-offs will be strictly applied and participants who do not reach these points in time will be obliged to withdraw. Cut-off times are as follows:

- 'Night Lights' night ride (Stage 1)
 - finish within 2 hours
- 'The Grandmother' (Stage 2):
 - Lesotho View (+-30km) – 3.5 hrs
 - Naude's Nek (+-51.5km) – 6.5hrs

- Rhodes (+- 85 finish line) – 9 hrs

11 The Start.

The Race Administrator reserves the right to change start times at his own discretion. Stages will start at the following times:

- 'Night Lights' night ride (Stage 1):Friday 23 September 19h30
- 'The Grandmother' (Stage 2):Saturday 24 September 07h30

11.1 The start pens will open 30 minutes before the start of each stage.

11.2 Riders will be seeded for each stage according to their times from the previous stage.

11.3 The start will remain open for 15 minutes after the start of each race for any late starters.

12 Rider Times.

12.1 Individual times will be recorded, however team times will be determined by the time of the last team member to cross the finish line. Team members must finish within 2 minutes of each other. Time penalties will be applied at the discretion of the Race Administrator should team members not finish within two minutes of each other.

12.2 Timing will start with the start siren or gun at the above times.

12.3 Riders who start later than 15 minutes after the designated start time will not be included in the stage results and will be responsible to follow the route on their own to catch up with the sweep vehicle.

12.4 Any rider not able to make the start deadline must report to the Race Administrator before 07h15 for permission to make a late start.

12.5 The cut-off time will not be adjusted for any rider permitted to make a late start.

13 Rider Identification and Timing.

13.1 Riders must display their official Rhodes Extreme race number boards on the front of their bike at all times during a stage. Riders not displaying official race numbers will be regarded as non-participants, and prevented from continuing on the route by marshals.

13.2 Race number boards must be properly attached to the handlebars of the bike with cable ties provided. Riders will be required to remove and reattach numbers if they are found to be obscured. Riders must not cut, modify or mutilate their race number boards in any way. No stickers may be added or removed.

13.3 It is each rider's responsibility to keep their race numbers and stickers (if applicable) relatively clean and legible at all times, and no rider may start a stage with a dirty number. Loss of a race number board will cost R100 to replace

14 Nutrition and Hydration.

14.1 Riders must ensure that they keep themselves properly hydrated and carry sufficient nutrition for the duration of each stage.

14.2 Rhodes Extreme will provide water and limited volumes of food and energy drinks, at neutral feed stations and appropriate refreshment stations on the route.

15 Seconding and Support.

15.1 Riders may not receive outside assistance or help, other than from their team partners or fellow riders, at any point along route.

15.2 No outside seconding, assistance or feeding other than that provided by Rhodes Extreme at an official refreshment station is permitted.

15.3 Bike repairs may be carried out on the route without outside assistance, but care must be taken not to obstruct other riders.

15.4 No towing between riders is allowed, in line with international rules.

- 15.5 Riders are not permitted to draft behind cycles not participating in the Rhodes Extreme, but may however draft behind their partner or other participating riders.
- 15.6 No drafting is permitted behind any other vehicles on the route, including private motorcycles and race support vehicles.
- 15.7 Supporters are not permitted to follow or drive ahead of riders or be on any section of the course, while the race is in progress, on any of the stages.
- 15.8 Riders who are not entered in the event are not permitted to ride on the course or any sections of the course. Refer to Rule 15.2. If such riders are found to be on the course and they can be linked to a participating team, that team will be penalized at the discretion of the Race Administrator.

16 Complaint and protest resolution.

- 16.1 Any complaints or protests must be submitted in writing, on official protest forms available from the Race Office, to the Race Administrator, by the rider concerned within the allocated time period after crossing the finish line.
- 16.2 A deposit of R150 must accompany the protest, before the protest will be considered.
- 16.3 If the protest is upheld, the deposit will be refunded. If it is not upheld, it will be donated to Rhodes MTB Club fund.
- 16.4 Race protests must be submitted within 15 minutes of the rider crossing the line or within 30 minutes of the results being posted respectively.
- 16.5 The Race Administrator will adjudicate any dispute, and his decision will be final & binding.

17 Ethical and Environmental Considerations.

The Rhodes Extreme is a 'green' race. The race traverses privately owned, agricultural, heritage and ecologically sensitive land. In many cases, landowners have given special permission for the race to traverse their land without remuneration. Riders and spectators must be cognisant of the fact that the smallest piece of litter or pollution (be that a goo sachet or a water bottle) can cause harm or even death to valuable livestock. Thus, an ethos of utmost respect is paramount.

- 17.1 Littering on the stages, damage to property, lighting of fires or damage to the environment will not be tolerated in any way whatsoever.
- 17.2 Physical and/or verbal abuse of Rhodes Extreme officials, crew, marshals, the public, spectators, medical attendants, supporters, media, other participants or the traffic officials will not be tolerated.
- 17.3 Infringements of the above rules will result in disciplinary action and possible disqualification.

18 Basic Race Rules and Etiquette.

- 18.1 All riders must complete the entire distance of the race.
- 18.2 While utmost care will be taken to mark and marshal the route, the responsibility for following the official route lies with the rider.
- 18.3 No rider is permitted to take any shortcuts, or take any advantage of a similar nature over other participants.
- 18.4 Riders who leave the stage for any reason whatsoever must return into the stage at the same place from where they exited it.
- 18.5 Any walking, running, or riding by any rider, with the intention of not directly rejoining the course, or any other activity in breach of the regulations, which takes place outside the demarcated stage area, can result in disqualification.
- 18.6 A rider may not receive any outside technical assistance from anybody, other than a fellow competitor.
- 18.7 Riders must act in a polite manner and permit any faster rider to pass unhindered as soon as conditions allow.
- 18.8 Riders must respect the environment, and ride only on the official demarcated route.
- 18.9 No pollution or littering of any kind is permitted.
- 18.10 No glass containers are permitted.
- 18.11 Riders must not use abusive language, act in an unsporting manner, be disrespectful to Rhodes Extreme officials, crew, marshals, the public, spectators, medical attendants, supporters, the media or the traffic officials.
- 18.12 Riders are expected to administer basic first aid to injured team partners and other riders, and if required, take necessary steps to summons assistance in the case of a serious injury.

19 Doping.

- 19.1 Rhodes Extreme reserves the right, in terms of SA Mountain biking rules and regulations, to implement doping tests on any riders.
- 19.1.2 Positive results will result in immediate disqualification, and forfeiture of any result by the rider concerned.

20 Organisers' right to change rules.

The rules and regulations pertaining to the Rhodes Extreme may change slightly in the period leading up to the race. The final version will be communicated at the race

briefing or by notice immediately prior to the race and it is compulsory for riders to attend this race briefing. The rules will be displayed on www.rhodesextreme.co.za and the onus lies with riders to familiarise themselves with these rules immediately prior to the race.

Last updated 07 July 2011