



Athlete Race Guide 2025

Prepare to be our honoured guests at the eagerly awaited Western 4 Hope Race happening this Saturday! Anticipation is at its peak, and the weather forecast? Perfect! But that's not all – we've gone the extra mile to ensure a day packed with endless joy for every member of your family.

After an invigorating race, treat yourself to tantalizing food and revitalizing drinks. Meanwhile, the little ones can plunge into a realm of excitement at the specially crafted kids' park, guaranteeing giggles and play. And to add to the excitement, the lively tunes of Lekker FM will fill the air, keeping spirits high throughout the event. This event transcends mere competition – it's a jubilant celebration of fun, togetherness, and the thrill of the chase!

But that's not all! Remember, this race isn't just about the thrill of the track. It's also about making a difference. *A Big Shout out to our generous sponsor, Western Insurance, our event this year, and for the foreseeable future, is to address the plight of SASSA pensioners in need of old age care facilities. This will include accommodation, care, and material needs of pensioners, including frail care facilities. LCC is annually inundated with requests for accommodation for SASSA pensioners, whom we cannot assist due to our facilities and current beneficiaries...*

Don't miss out on being part of this incredible challenge for a GREAT cause - where you can Pedal for hope and run for change.

Welcome to the excitement! Here's everything you need to know before the adrenaline rush takes over

Event Location and Layout

The event will take place at Poortjie venue, Heidelberg located in Gauteng. View directions to the event <https://goo.gl/maps/fmJp55b4jyz8Mr1y9>

Site layout and directions to Registration and Start:

(Follow the yellow lines to registration and start)



(Subject to change)

Collection Details – Goody bag and number

Friday, 30 May anytime between **12h00 and 17h00** at RVLTN, 14 Voortrekker street, Unit 4, Heidelberg, Gauteng. – Google map <https://goo.gl/maps/bHtiwWDqLZqtANA9>

Saturday, 31st of May at the race the morning of the event from **06:00 to 20 min before the race start**

Race day Information

Venue opens at 06:00

Please be at the event at least 30 minutes before the race start. For late entries, be there at least 60 minutes ahead of your starting time.

Safety First

- Mandatory Helmets: NO HELMET.....NO RIDE – safety is paramount.
- Emergency Contact: Keep the emergency number handy: Henrietta 0825715421 and/or Jaco 072 575 0081
- Medical Support: Medics and Physio's stationed at the Venue Heidelberg Volunteer Medic Emergency nr 0761323067 and EMC Ops 083 307 6800
- Riders, please watch out for the runners on Route. Pass at safe distance.
- Runners, please KEEP LEFT on road for riders to pass on right side.
- At a certain section of the route, the 12km riders and runners, and the 30km and 60km riders will be in opposite direction of each other. Please keep right of the road.
- Do not pass riders or runners when not safe to do so. RELAX and rather enjoy the race!!
- Animal Holes: Overnight, animals may dig holes. Stay alert.

Course Etiquette

- Course Marshals: Look out for marshals along the course. Respect and assist them.
- Wildlife and Litter: Respect the environment; no littering. You share the farm with farm animals and antelope.

Race tips

- MTB 30 and 60km: There is a rather steep climb in the beginning of the race (from about 3km to 5.4km and on the 21.6km). Take it easy here so that you do not burn yourself out at the start of your race.

Route Directions

Great care was taken to mark the route as clear as possible. Ask other riders or marshals if not sure where to go.

Each distance is indicated by a different colour. There are also red or yellow stickers on the route to indicate you are on the route still.

Colours for each distance:

- 5km - black
- 12km - green
- 17km – yellow
- 30km – orange
- 60km – blue

Race Start Times

Race Briefing will be given 10 minutes prior to each race.

X-Country	MTB
▪ 5km - 09h20	▪ 5km - 09h20
▪ 12km - 09h10	▪ 12km – 09h00
	▪ 17km – 08h50
	▪ 32km - 08h30
	▪ 60km - 08h00

Waterpoints

Refresh at these points:

- **60km Blue:** 11km, 15km, 20km, 25km, 47km, 54km
- **30km Orange:** 11km, 15km, 20km, 25km
- **17km Yellow:** 2km, 4km, 8km, 14km
- **12km Green:** 2km, 4km, 6km, 9km

Timing

- Riders will be timed using Finish Time System number board and chip. (Lost board / chip R100)
- Please ensure that you hand in your timing board at the finish line (even if you do not finish).
- There are Timing Pods at the Start/Finish line.
- Results are streamed live online and can be viewed on <https://results.finishtime.co.za/results.aspx?CIId=35&RIId=5120>
- Strava Validation: Winners of different routes need to validate their times on Strava with the race official at the timing booth.
- The entire race route is now available on Dotwatch Mobile App. Download the app and allow friend and family to follow your real-time progress throughout the event. For more details on how the app works: www.dotwatch.co.za
Apple Store Download: <https://apps.apple.com/za/app/dotwatch/id6738303876>
Google Play Store Download: <http://play.google.com/store/apps/details?id=com.bisnetis.dotwatch>

Podium prizes

- There will be prizes for the various distances, except the 5km race.
- 12km MTB race: Prizes for children younger than 14 years only
- 19km MTB race: Prizes for children younger than 19 years only

- Strava Validation: Winners of different routes need to validate their times on Strava with the race official at the timing booth.
- Should you not complete the full distance of the race that you entered for, please report it to the race timers at the finish line in order for them to ensure you are allocated correctly on the official rankings.

Navigation

GPX files can be downloaded from our website: <https://race4hope.co.za/>

Additional Information

- For accommodations, contact Albertus: 079 179 1753.
- Kids park entry: R70 online for the day.
- Event photos will be available on Action in Motion's website after the event: <http://actioninmotion.photofrog.co.za/>
- To keep up to date with last minute changes and information, please join our WhatsApp group: <https://chat.whatsapp.com/IsWBRkjpBoXHNBBRzMQTzZ>

“Just be lekker”

"Race hard, stay kind." Remember, it's all about enjoying the event. While we strive to create an awesome experience for everyone, hiccups can happen even to the best. Keep in mind, this is a Charity Event, done out of love for our community. We're unpaid organizers, juggling countless details, and unforeseen challenges are part of the deal. Entry systems being super-efficient means people enter last minute and we cannot plan all logistics early, so patience is key. Want to pitch in? Reach out to the organizer and, as always, 'just be lekker' about it!"

Get ready for an incredible day of action, camaraderie, and thrilling competition. Let's make it memorable!

