

SUNDAY 16 JANUARY 2011

LEAGUE & FUNRIDE



If you did not get the chance to ride the Exciting and Challenging route of the Cycle Lab Cape Cobra Challenge which includes 6 climbs and its famous finish on top of Ou Kaapse, then Don't Miss the Opportunity to do so!

DISTANCES

Road: 85km, 30km

Kiddies Junior Race: 1km, 2km, 4km, 5km

STARTING TIMES

Road Route 30km @ 06h00; followed by 85km

The First Kiddies Race starts @ 08h30

VENUE

Start—Reddam House Constantia, Reddam Avenue

Finish— Ou Kaapse Weg at Silvermine

ENQUIRIES

Nouchy Bergonzoli (021) 700 1060

Eulogy du Plessis (021) 510 5329

EMAIL

nouchy@cyclelab.com or tours@cyclelab.com

PRIZE GIVING / CUT-OFF

12h00 Reddam House Constantia

REGISTRATION

Online: visit www.cyclelab.com under online entries - Please note you may collect your helmet sticker on registration day or on the day of the event—Look out for demarcated area.

Pre-entries: Saturday 15th January 2011 from 10:00 • 15:00 @

Cycle Lab Westlake / Southern Suburbs

Cycle Lab Northgate Island / Central

Cyclelab Tygermanor (Macdonald Center) / Northern Suburbs

ENTRIES CLOSE

Online entries close Wednesday 12 January 2011 at 23:00

Pre-entries close on Saturday 15 January 2011 at 15:00

DIRECTIONS TO VENUE

Take the M3 from Cape Town past UCT. Up Edinburgh Drive, over Wynberg Hill and down onto the Blue Route Freeway. Continue to the end of the Freeway and turn right into Steenberg Road. Go straight ahead and pass the next two sets of traffic lights (Westlake Drive & Ou Kaapse Weg). At the circle point take the second road to your right into Reddam Avenue until you have reached Reddam House School where you will be guided to the parking area.

Please note NO PARKING will be allowed at the Steenberg Village nor along Reddam Avenue in front of the American Embassy. Please respect the allocated parking areas.

ROUTE DESCRIPTION

ROAD RACE –The long and medium routes starts with a neutral zone from Reddam Avenue to the circle point on Steenberg Road; Racing starts 15 meters onto Steenberg Road, straight across set of traffic lights of Ou Kaapse road, right at traffic lights of Westlake drive Road to the T-junction; right onto Boyes Drive, then right to Fish Hoek, left at Fish Hoek circle, right over Black Hill. From there

The long route: will go left to Kommetjie over Slangkop through Misty Cliffs / Scarborough, right to Cape Point through Simon's Town, 600m pass Red Hill, left into Maritime Reaction Squadron (caution sharp left corner), right at T-junction on top, left into Dido Road through Da Gama Park, left onto Main Road, left up Black Hill, through Sun Valley fourway intersection, left to Noordhoek / Chapman's Peak, right into Silvermine road, left into Ou Kaapse Weg for the hill top finish. The medium route: will go through Sun Valley fourway intersection, left to Noordhoek / Chapman's Peak, right into Silvermine road, left into Ou Kaapse Weg for the hill top finish.

PICK N PAY JUNIOR KIDDIES RACE – Fun rides exclusively for children held within the boundaries of Reddam House School property. Lots of prizes and goodies with Pick n Pay kiddies entertainment corner and lots, lots more! Entry Fee: R15 per child.

ENTRY FEES

**Distances: 85km R100 Pre-entries PPA Members, R160* Non PPA
R150 Late Entries PPA Members, R200* Non PPA
30km R80 Pre entries PPA Members, R140* Non PPA
R120 Late Entries PPA Members, R180* Non PPA**

***Inclusive of R35 CSA new day license fee and of a R5 temporary Race no. for NON PPA members.**

No easy or family entries will be accepted. Remember to bring and wear your PPA funride number or a temp day number will have to be bought. Additional CSA day licenses required for Non CSA riders. If you are a CSA Licensed Rider (**OR** 'Out of Town' participant) and want to take part in the **Pro Classic Series** category groups (Elite, Sub Vets, Vets, Ladies etc.) **DO NOT** complete an entry online! For more information, contact Eulogy du Plessis on tours@cyclelab.com or 021 510 5329. Neutral zone from the finish on top of Ou Kaapse Weg to Reddam House Constantia, where great lucky draw prizes await. See Cycle Lab website www.cyclelab.com or the Pedal Power Association website www.pedalpower.org.za for more information.

All proceeds will go a long way in establishing a much needed eye clinic in an impoverished area. We thank you for your support. For more information on LIONS International contact Pierre Theron 0824945464

