

MTB EVENT

ENTRIES

STARTING TIMES 18 Km @ 07h30
38 Km @ 08h00

ROUTE
THORBURN
SECURITY SOLUTIONS

Both races begin at the golf driving range of the Langebaan Country Estate. The shorter of the two takes place wholly within the Estate. The route for both races includes a few relatively tough climbs, which when completed, rewards one with beautiful panoramic views of the area, especially the lagoon. The longer route, traverses both farm land and the beautiful West Coast National Park.

estate
ELECTRICAL

REFRESHMENTS Water & Coke will be provided at water points.

FOOD STALLS Beer tent and food stalls at Langebaan Country Estate.

MEDICAL The South African Paramedic Services will be on standby.

CUT-OFF TIME 11h30

- RULES**
- The race will be conducted under the PPA Cycle Tour Rules.
 - HELMETS ARE COMPULSORY.** We strongly recommend helmets complying with the ANSI Z90/4 or Snell standards.
 - Cyclist must obey all traffic rules and officials and STOP if so instructed.
 - Environmentally Friendly Funrides: Cyclist may not litter on the funride route or trail.
 - Cyclist **MUST** keep left of the white line at all times, and may not receive refreshments whilst on the move.
 - An adult participant must accompany children under 12.
 - No seconding or following vehicles permitted.
 - Tri-athlete and time-trail bars are prohibited.
 - Cyclists participating in all PPA funrides are strictly subjected to PPA standard rules and regulations, which are available from the PPA office on request or from the PPA website.
 - Cyclists participate in PPA funrides entirely at their own risk and waive all claims against the PPA, its organisers and ANY other party or person. Cyclists who are minors must have this form signed by their parent/guardian who thereby indemnifies the organisers in certain circumstances as set out in the PPA standard rules.
 - Prize giving: Will be held at 11h45



PEDAL POWER
ASSOCIATION



South African
NATIONAL PARKS
Honorary Rangers

Weslander



REGISTRATION

WHEN Friday 10 NOVEMBER 2017: From 15h00 until 19h00 for 38km & 18km races
Sunday 12 NOVEMBER 2017: From 06h00 - 07h45

WHERE At Langebaan Country Estate, 1 Oostewal Road, Langebaan. Follow the signs.

DIRECTIONS From Cape Town, take the R27 (West Coast road) past Melkbosstrand. Continue north on the R27 for some 90 km to the weighbridge turnoff to Langebaan. Take your first left and keep left at the T junction. Keep on this road until the intersection to Oostewal Road. Turn right and drive a further 1.35km where you turn left at the entrance to the Langebaan Country Estate. Follow the signs to the registration venue. (GPS Coordinates S33:04:20.6. E18:03:15.6)



CLOSING DATE FOR PRE-ENTRIES Postal: 10th NOVEMBER 2017
Online: 10th NOVEMBER 2017
Late: 07h45 on 12th NOVEMBER 2017

HOW TO ENTER Postal: Langebaan Country Estate Cycle Challenge, PO Box 369, Langebaan, 7357.
Online: www.racetec.co.za / www.pedalpower.co.za
Fax: (022) 7722 787 (including bank deposit slip)

PAYMENT OPTIONS Acc Name: SANParks Honorary Rangers
Acc No.: 1585 392 448, Nedbank Current Account, Branch code: 198 765
Ref: WCOA LCE plus your name

NON-PPA MEMBERS Temporary number at R5 (available at entry table at day of race)

NUMBER BOARD Temporary number board at R25 (available at entry table at day of race)

AT LANGEBAAN COUNTRY ESTATE

Pasta Evening
Friday 10 Nov
with registration
15h00 to 19h00
Choose from 3 from R55pp

Finish Area
Food stalls &
Kiddies area will
be available on the
LCE Driving Range

**Saturday Road
FUNRIDE (11 Nov)**
80km @ 07h00
30km @ 07h45

WWW.LCECYCLECHALLENGE.CO.ZA | INFO@LCECYCLECHALLENGE.CO.ZA

Graham Down: 081 827 8903 / Kate Richardson: 076 400 6044

ACCOMMODATION

Langebaan Country Estate: 022 772 2112 / WWW.LCE.CO.ZA
www.capewestcoastpeninsula.co.za

Tourism Office on 022 772 1515 / Tourism info: www.langebaaninfo.com
PPA Emergency phone: 083 414 1442

LANGEBAAN IS ONLY 125KM FROM CAPE TOWN

Come & enjoy the Hospitality of the West Coast

#LCECycleChallenge

/LagoonCycleChallenge

/LCELagoonCycle



LANGEBAAN
COUNTRY ESTATE