

# Donate!

## Together we can reach out to those in need and make a difference!

Meals on Wheels Cycle Challenge is an event that strives to bring relief to the Vaal Triangle's less fortunate and elderly. The Challenge was first initiated to provide for the elderly, but has since expanded to help those who aren't able to provide for themselves, those who earn no or very little income, child-headed households, orphans and the disabled.

Please support us by contributing tin food and blankets at registration on raceday!

## Race Guidelines

- The Route will be properly marked and marshals will be located at strategic points.
- Fast and flat Route, suitable for novices.
- Water points will be provided as follows:
  - One on the 53km route; and
  - Three on the 108km route.
- A compulsory pre-race briefing will be held 20 minutes prior to the start at the START.
- Prize-giving will take place at the finish venue once the results have been verified and after all category positions are filled.
- Medical assistance will be provided.
- Safe parking at the venue.
- Showers are available at the ablution blocks.
- All maps of the route will be on display at the entry tables on the Sunday morning of the event.
- All maps will be available on the MyActive website.
- Timing boards will be issued at registration. Please attach on seat post as instructed.
- The use of helmets is **Compulsory** for All Riders.
- Cyclists are to obey the traffic rules as well as the instructions of traffic officials and marshals.
- Cycling South Africa (CSA) Rules apply.
- 53km and 108 km entrants: No Board! No results!
- Please return timing boards at finish.

## Additional Information:

You will be required to produce your valid CSA license or proof of provincial affiliation at registration or you will be required to purchase a CSA day license.

For all the new CSA Racing and Licensing Rules and Regulations please visit the CSA website, <https://www.cyclingsa.com>

Honesty Seeding.

Safe Parking.

Maps will be provided online at MyActive in the week before the event.

For more information contact Spectrum Sport Events – 082 738 2909