

# **GOLDEN GATE DINO CHALLENGE 2025**

## **FINAL INSTRUCTIONS**

26 February 2025

### **REGISTRATION AND RACE NUMBER COLLECTION**

Late registration and race number collection will be at the Golden Gate Hotel on Friday 7 March from 15:00 until 18.00.

Late registration and race number collection at Golden Gate Hotel from 04h30 Saturday 8 March until 15 minutes before the start of your race.

Runners and cyclists can collect their collapsible race cup at registration.

### **RACE BRIEFING**

Race briefing will be held at the Golden Gate Hotel Friday 7 March at 18h30.

### **PRIZE GIVING**

Golden Gate Hotel 15h00 Saturday 8th March

### **RACE START TIMES (All Saturday 8 March)**

#### **TRAIL RUN**

40km: 06h00  
25km: 06h15  
10km: 06h30

#### **MTB**

44km: 06h45  
22km: 07h00

#### **FUN RUN & RIDE**

5km: 07h30

### **COMPULSORY KIT - TRAIL RUN**

**40km**

- Race number
- Backpack to hold minimum 1.5L liquid
- Basic first aid kit including space blanket and whistle
- Buff
- Waterproof jacket
- Headlight and spare batteries
- Cell phone
- Emergency food
- GPS device

## 25km

- Race number
- Backpack minimum 1l
- Cell phone
- Basic first aid kit including space blanket and whistle
- Emergency food

## 10km

- Race number
- Cell phone
- Backpack /belt to carry min 250ml liquid

## Recommended

- Hiking poles
- Thermal pants and top
- Extra socks

## COMPULSORY KIT - MTB

- Race number
- Helmet

## CUTOFFS

### Trail Run

- Cutoff 1 at Wilgenhof at 12h30
- Cutoff 2 at radio towers/hotel **junction** at 14h00
- Cutoff 3 at Glen Reenen Rest Camp/Brandwag Buttreass **split** at 17h00
- 40km runners have until 18h00 to complete the route

### MTB

- Cutoff at Wilgenhof at 12h30

Run Collective will be at the event for last minute purchases and support.