

RACE INFORMATION

Entries:

- ☛ Closing date: - Postal: 5 December 2008
- Online: 11 December 2008
- Late: 08h15 on 13 December 2008
- ☛ How to enter: - Post entries to : West Coast Cycle Race, PO Box 1177, Langebaan, 7357.
- Web entries at: www.pedalpower.org.za
Registration & Late entries: Friday, 12th 15h00 to 19h00 and Sat. From 5h30
- ☛ Payment options: Acc Name: West Coast Honorary Rangers
Acc No.: 288187385, Standard Bank, Branch code: 50511
Cheques made out to West Coast Honorary Rangers
- ☛ Temporary number for non-PPA members: R5 (bought at entry table at day of race)
- ☛ Postal entry confirmation: You will receive e-mail, phone or fax confirmation of acceptance

Registration:

- ☛ When: - Friday 12 December: From 15h00 until 19h00 for 80km & 30km races
- Saturday 13 December 2008 from 05h30
- ☛ Where: - At West Coast National Park Office, Main Street (Hoofstraat) Langebaan.
- ☛ Directions - From Cape Town take any of the possible routes that will bring you to the R27 West Coast Road near Melkbosstrand. Continue north on the R27 Road for approximately 80km to the Langebaan turn-off at the One Stop Garage. Drive straight into Langebaan along Oostewal Street. Pass through 4 stop streets and turn right into the first street thereafter, just before an open piece of land on your right, at the T-junction turn left which will lead to the WCNP office.

Race:

- Starting times: 80 Km @ 08h00
30 Km @ 08h45
- Route: Cyclists for both events leave the venue and proceed toward the northern gate of the West Coast National Park. From there the event takes place exclusively within the confines of the National Park. For the duration of the race the Park will be closed to all traffic except official race vehicles. The deceptively hilly route follows the winding road around the lagoon. Beautiful scenery with possible animal sightings will add interest to your ride. A great way to finish the official PPA ride calendar.
- Refreshments: Water & Coke will be provided at water points.
Medical: The South African Paramedic Services will be on standby.
Prize giving cut-off time: 12h00
- Rules: The race will be conducted under the PPA Cycle Tour Rules.
- ☑ Competitors must wear helmets and 2008 PPA seeded funride numbers, or a temporary funride number on their back.
 - ☑ No child under 10 years of age may take part unless accompanied by an adult participant at all times.
 - ☑ The use of tri-athlete or time-trial bars is prohibited in the interest of safety for group riding.
 - ☑ PPA members with seeded numbers must wear the number for preferential start.
 - ☑ Un-seeded and non-PPA members must purchase a temporary number at the entry tables at registration (Friday - Saturday)
 - ☑ Cyclists with temporary numbers will start in groups after seeded cyclists.
 - ☑ The event ends with the lucky draw. Prize winners must collect their own prize.
 - ☑ Cyclists must obey all traffic rules. Cyclists must STOP if so instructed.
 - ☑ Cyclists must pull off the road to do repairs.
 - ☑ Cyclists may only receive refreshments at designated feeding points.
 - ☑ No seconding will be allowed. No cars allowed in Park during race.
 - ☑ No littering on route, except in litter boxes near water stations and at every km board.
- Prize giving: Will be held at 12h30, Great lucky draw prizes and giveaways.

Food Stalls: Beer tent and food stalls at WCNP offices.

MEDALS

☛ Medals for all finishers

PRIZES

Many lucky draw prizes on the day:

- ☛ One R1000 and two R500 prizes
- ☛ Stay at Duinepos in WCNP
- ☛ Stay in Guesthouses
- ☛ SANParks Wild Cards,
- ☛ Restaurant vouchers, etc, etc.

FOR INFORMATION

Call Elbeth on 022 772 1021
E-mail: ebleroux01@telkomsa.net
Or

Langebaan Tourism Office on (022) 772 1515
Website: www.langebaaninfo.com
Or
www.live2ride.co.za/westcoastcyclrace

For accommodation: call Langebaan Tourism Office on 022 772 1515
Tourism info: www.langebaaninfo.com

PPA Emergency phone: 083 414 1442

Come & enjoy the Hospitality of the West Coast

LANGEBAAAN IS ONLY 125KM FROM CAPE TOWN