



KARKLOOF100 2017

THE GUIDE

INTRODUCTION

The inaugural Karkloof 100 takes place on the weekend of the 22-23 September 2017. There are obviously many logistical considerations that need to be accounted for with an event of this magnitude. This guide should address most of your questions whether you are a runner, pacer, seconder or spectator.

22 SEPTEMBER

Registration Opens: 3pm at Yard 41

Dinner Opens: 5.30pm

50 Miler Race Briefing: 6.30pm

100 Miler Race Briefing: 9.30pm

100 Miler Start Time: 10pm

23 SEPTEMBER

50 Miler Shuttle leaves from Yard 41 to Benvie: 6.00am

50 Miler Starts: 7.00am

100 Miler cut off at Benvie: 4pm

First runner expected at the finish: between 3pm and 5pm

Dinner served: 5pm

24 SEPTEMBER

Cut-off on the finish line: 10am

Prize Giving: 10.15am

RUNNERS SECTION

There will be a final instructions email sent out early in race week. But much of what you need to know is included in this guide and is published on the website. Read the section for pacers and spectators too, as it contains a lot of information applicable to runners too.

Aid stations will be plentifully supplied. To drink there will water and coke, tea, coffee and milo as well as hydration/nutrition supplied race sponsor [Tailwind](#). Food on offer will include sweets, chips, pretzels, potatoes with salt, sandwiches, peanuts & raisins, apples, oranges and soup. No gels or specialist race nutrition will be provided so runners must please plan accordingly and ensure that they have their own.

Runners may receive aid, collect or drop off gear at any check point, aid station or designated view point. These are outlined below under the section headed “Spectators”.

Pacers are permitted from the turnaround point at Benvie garden (check point 5) for the 100 mile runners only.

Pacers are not permitted for 50 mile runners.

PACERS SECTION

Pacers can be swapped out at any check point or designated viewpoint (for details see below under “Spectators”) on the return leg of the 100 mile course starting from Benvie Garden, WITH THE EXCEPTION of Rockwood Lodge which is CP 2 & 8. Rockwood Lodge will be out of bounds to the public, only official race crew will be able to access it.

As an alternative, there are two viewpoints very close to Rockwood that would serve as ideal pacer swap out points. The first is just before Rockwood – travelling from Howick on the Karkloof road, turn left onto the dirt road marked Curry’s Post which is 1.7km after the Karkloof Club. Travel for 3.4km until the intersection. This location will serve as a spectator view point and pacer swap out zone. The second is at Karkloof Canopy Tours which is well signposted from Karkloof road.

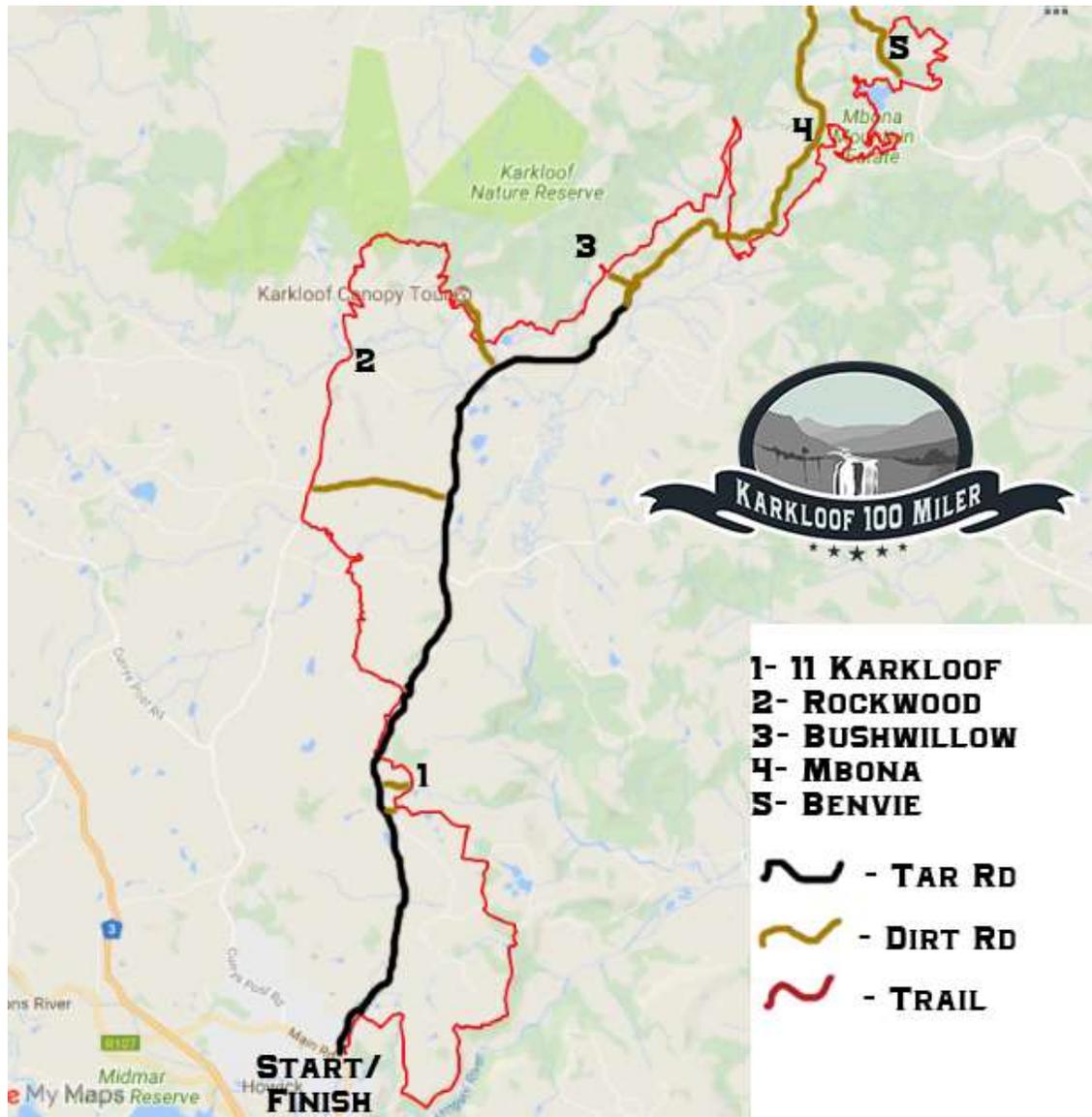
Pacers need to run with a “pacer” number which will be supplied at registration. This will need to be exchanged when pacers swop out. Only one pacer may be with any participant at any time.

Note: Pacers may assist their runners in any way, other than by pushing, pulling or carrying them.

SPECTATORS AND CREW SECTION

The access roads to checkpoints and viewpoints are a combination of tar and dirt but all are in good condition and passable by normal car. As always in South Africa, please watch out for potholes! Please do not go in search of you own spectator points as you may jeopardise the future of the race by annoying local land owners.

MAP



Start / Finish: Yard41 (29 28' 57"S 30 14' 03"E)

A well-known and popular destination on the Midlands Meander, Yard 41 and The Farmer's Daughter restaurant are ideally located and set up to accommodate runners, their support crew and spectators. Their delicious menu will be available; their dishes are extraordinary

and the coffee is sublime! There is plenty of parking and toilet facilities obviously available and for runners and crew there are hot showers.

The 100 milers will set off from Yard 41 on Friday night 22 September at 22H00 and the leaders are expected to get back in around 20 hours later (possibly quicker) during the late afternoon of Saturday 23 September.

The 50 milers will be expected to be maintain a quicker pace over their shorter course and could complete their race in around 8 hours. They will start at 07H00 on 23 September from Benvie Garden (the 100 mile turn around point) and we might expect the leaders to reach Yard 41 from 15H00 of the same day.



Viewpoint: Wessa, Umgeni Valley (29 28' 47"S 30 14' 16"E)

Wessa, Umgeni Valley is very close (entrance approx. 0.5km from Yard 41) to the start / finish venue in Howick and is well signposted from the Karkloof road. On the return leg spectators will be able to enter the reserve during daylight hours. A R30 fee is payable at the office inside the reserve.



Checkpoint 1 & 9: 11 Karkloof Rd (29 25' 45"S 30 14' 50")

This is an official aid station and checkpoint. The 100 mile front runners will be expected to come through CP1 at around 23H30 – 00H00 and CP9 from around 13H30. The 50 mile leaders will come through CP9 from about 13H00. It is clearly signposted to the right off the Karkloof road when travelling from Howick.

This will be a particularly festive viewpoint where runners will run through the old mushroom tunnels. There will be fires and music, sherry and coffee. There are toilets on site too.

Another spot to note in this area is Le Petit, a coffee shop just before 11 Karkloof when travelling from Howick. It will be open from 8.30am until 4.30pm, serves great coffee and has a small shop. The route passes right alongside the coffee shop.



Viewpoint: 4-way intersection south of Rockwood (29 21' 49"S 30 13' 32"E)

Travelling from Howick on the Karkloof road, turn left onto the dirt road marked Curry's Post which is 1.7km after the Karkloof Club. Travel for 3.4km until the intersection. This location will serve as a spectator view point and pacer swap out zone. There will be no refreshment or toilet facilities available here.

The 100 miler leaders might start coming through here on the out leg from around 01H00 and on the return leg from around 11H30, and the 50 miler leaders from about 12H00.



Checkpoint 2 & 8: Rockwood lodge

Please note that this is the only CP that is **not accessible to the public**. Only race officials and crew will be able to access this CP.



Viewpoint: Karkloof Canopy Tours (29 19' 03"S 30 15' 45"E)

Karkloof Canopy Tours is well sign posted from Howick and the Karkloof road and will serve as a spectator view point and pacer swap out zone. Toilet facilities will be available. The 100

mile leaders could pass through here on the out leg from around 02H00 – 02H30 and on the return leg from about 10H30. The 50 mile leaders from around 11H00.



Checkpoint 3 & 7: Bushwillow Camp (29 19' 03"S 30 17' 43"E)

This is an official aid station and checkpoint. Follow the Bushwillow Camp sign to the left a few kilometres after the road turns to dirt. This is a great spot for spectators with lovely lawns and facilities including toilets/showers. The 100 mile front runners will be expected to come through CP3 at around 03H00 - 03H30 and CP7 from around 09H30. The front of the 50 miler pack from around 10H00.

SA Legion will be stationed at Bushwillow to cheer on runners and help keep their supporters fed and hydrated with a small selection of eats and drinks that they will have on sale.



Viewpoint: Karkloof Road Crossing (29 18' 41"S 30 19' 32"E)

Travelling from Howick on Karkloof road, approximately 13km after the Karkloof Club (and approx. 2.5km after the Bushwillow turn off) is a point at which the runners will cross the Karkloof road. Leaders of the 100 miler could cross over here any time from 04H00 on the out leg and from 06H30 on the return leg. Leaders of the 50 miler from 09H00.

Spectators who stop at this viewpoint are advised that the Karkloof road can be busy at times and are requested to please be cautious and aware of traffic and vehicles. There will be no refreshment or toilet facilities on offer here.



Checkpoint 4 & 6: Mbona (29 17' 31"S 30 20' 59"E)

This is an official aid station and checkpoint and can be seen easily on the right hand side of the road after driving up the hill from the viewpoint at the road crossing. Leaders of the 100 miler might begin to come through here on their out leg from about 04H30 – 05H30 and on the return leg from around 07H30. The front end of the 50 mile pack possibly from just before 08H30. There won't be food and drink available to spectators at this CP, but there are toilet facilities.



Viewpoint: Bottom Mbona Gate (29 16' 43"S 30 22' 04"E)

This can be found by driving past the Benvie Checkpoint, but only after turning right at the first Benvie sign of the Karkloof Rd (dirt). The gate is at the bottom of the hill and can easily be seen on the right hand side.

This is just a marshalled view point, 5km along the trail, from Benvie Garden.



Checkpoint 5, The Turn Around: Benvie Garden (29 16' 01"S 30 21' 46"E)

This is an official aid station and checkpoint. The 100 miler leaders might reach the turn around point from as early as 06H00. From here they will be able to make use of their pacers. From Mbona Aid Station drive up the big hill to the top of the Karkloof Range. Keep going once at the top and only turn right at the Benvie signpost. From here you can follow the Benvie signs or head straight to the bottom Mbona Gate.

This is the start venue for the 50 mile race at 07H00 on Saturday morning 23 September 2017.

There will be plenty of activity at Benvie! As well as being the turn around point for the 100 milers and start venue for the 50 miler participants. On the same day Benvie will be holding their famous Open Garden and spectators are encouraged to take advantage of this wonderful opportunity for only a small fee payable at the entrance.

Race spectators are requested to please not use the parking area reserved for visitors to the Open Garden unless they are doing so themselves.

The Howick 1st Scout will be set up at Benvie to man this aid station and cheer on the 100 milers as they pass through as well as keeping supporters and spectators happy with tea, coffee, cooldrinks, muffins and burgers that they will have on sale.

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