

CAC Gravel African Championship 2026 & UCI Gravel World Series



WINDHOEK, NAMIBIA
22 August 2026

RIDER GUIDE

V3.1



CAC Gravel African Championship 2026 & UCI Gravel World Series



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CONTACT INFO

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General: info@khomas100.com.na



1. WELCOME MESSAGES

NCF PRESIDENT WELCOME MESSAGE



Welcome to the beautiful country of Namibia and our vibrant capital, Windhoek.

The Namibian Cycling Federation is thrilled to invite you to the Khomas100, CAC AFRICAN CONTINENTAL GRAVEL BIKE CHAMPIONSHIP 2026 & UCI GRAVEL SERIES powered by Hollard, set to take place on **22 August 2026** in Windhoek. I am pleased to announce that Hollard will be the main sponsor of this event, which is fully sanctioned by the Namibian Cycling Federation (NCF), the Confederation of African Cycling (CAC), and the Union Cycliste Internationale (UCI).

As President of the Federation, it fills me with great pride and excitement that Namibia will host this official Continental Gravel event. This event will be open to cyclists from all over the world and will become an annual tradition, cementing its place as one of the flagship races on the NCF calendar. With a massive prize pool and vouchers on the line, the stakes have never been higher for our competing athletes.

With Hollard's commitment to sponsoring this rapidly growing cycling series for the next three years, we are confident the event will continue to evolve and attract international attention. Having successfully hosted several International Championship races in Namibia in recent years, the NCF has proven its ability to organise world-class cycling events. This premier gravel race is a first of its kind for our continent, and we are certain it will be a tremendous success.

In addition to gravel bikes, we have made provisions for MTB bikes and E-Bikes in designated distances to ensure all cyclists can take part in the weekend's festivities. To our foreign riders and athletes from abroad, let the beauty of our scenic country be your home for the time you are going to spend racing and exploring the flora and fauna in and around our capital city.

I would like to express my sincere gratitude to the organising team, led by Johan Pretorius and others, our generous sponsors at Hollard, and everyone who has contributed to making this event a reality, including the commissaires, timekeepers, marshals, volunteers, and the NCF committee.

Kind regards,

Tauko Shilongo
President, Namibian Cycling Federation



Dear cyclists, supporters, volunteers, family members and spectators.

It is our immense pleasure to welcome you to this premier iteration of the Khomas100, an event that truly celebrates the spirit of adventure, endurance, and community. As Namibia's favourite insurer, we are honoured to be the title sponsor of this iconic race, now officially elevated as the CAC African Continental Gravel Bike Championship and a key fixture of the UCI Gravel Series. This spectacular event showcases the breathtaking landscapes and the "tough as nails" culture of our beautiful country and its people.

The Khomas100, Powered by Hollard, is far more than a race; it is a journey through Namibia's untamed terrain, offering cyclists of all skill levels the opportunity to challenge themselves. Whether you are a seasoned elite grinder chasing continental jerseys and UCI Gravel World Championship qualification slots, or a newcomer to the sport riding the open categories, the Khomas100 provides an unforgettable experience that tests your limits and rewards your perseverance.

At Hollard Namibia, we believe deeply in the power of community and the importance of supporting events that bring people together. Our multi-year commitment to this race reflects our dedication to fostering a corporate and social culture centered on health, wellness, and adventure. We are immensely proud to stand alongside the athletes who embody these progressive values and continue to inspire us with their raw determination and passion.

Gravel biking in Namibia has seen a remarkable surge in popularity over recent years. The diverse and rugged landscapes of our country provide the perfect structural backdrop for this exhilarating sport. From vast deserts to lush savannas, Namibia offers a myriad of gravel roads that cater perfectly to all tiers of riders. High-caliber events like the Khomas100 play a massive role in promoting gravel cycling internationally, attracting both local stars and elite international participation to our home soil.

But the exponential growth of gravel biking in Namibia is not just about registration numbers; it is about the individual stories of personal triumph, the unbreakable bonds forged out on the gravel plains, and a shared love for the great outdoors. As we celebrate this milestone edition of the Khomas100, we also celebrate the collective spirit of adventure that drives us all to explore, push past our boundaries, and achieve greatness.

We extend our heartfelt gratitude to the Union Cycliste Internationale (UCI), the Confederation of African Cycling (CAC), the Namibian Cycling Federation (NCF), and all the participants, volunteers, marshals, and supporters who make an event of this magnitude possible. Your collective enthusiasm and dedication are the true heart and soul of the Khomas100.

To the cyclists out on the course, we wish you a safe, fast, and exhilarating ride. May you find joy in every single pedal stroke and immense pride in every gruelling challenge overcome along the route.

At Hollard Namibia, we are committed to being much more than just an insurance provider. We are your trusted partners in adventure, your supporters in every endeavour, and your champions in every race. Together, let's continue to embrace life with less worry and more fun, knowing that we are always right there in your corner, ready to support, protect, and inspire.

Here's to an unforgettable Khomas100 and to many more adventures ahead.



Jaco Lamprecht
Group CEO , Hollard Namibia



2. EVENT OVERVIEW



INTRODUCTION

Welcome to the Khomas100 Powered by Hollard, officially designated as the CAC Gravel African Championship 2026 & UCI Gravel World Series. Taking place on 22 August, this historic event brings together local passion, continental prestige, and global opportunity on a single starting line, offering riders of all levels a chance to test their limits against Namibia's breathtaking scenery.

KEY DATES AND LOCATIONS

Wednesday 12 August	Standard Registration closes 12 August 2026. If race categories are full there will be no late entries.
Thursday 20 August	Unofficial training: 09:00 – 17:00
Friday 21 August	Unofficial training: 09:00 – 17:00 Race registration, CYMOT, Kleine Kuppe: 15:00 – 18:00 Race briefing, CYMOT, Kleine Kuppe: 17:30
Saturday 22 August	Full distance Race Briefing: 06:45 Start at Tony Rust Race Track, C28, Windhoek: Male riders will start first and the female riders will have a separate start. Race cut off: Reach water point 5 by 15:00 or the sweeper vehicle will pick you up. Half distance Race Briefing: 07:45 Start at Gross Barmen Resort: 08:00 Race cut off: 14:00 Short distance Race Briefing: 08:15 Start at Gross Barmen Resort: 08:30 Race cut off: 12:30
	Awards Ceremonies All prize-giving ceremonies will take place at the NWR Gross Barmen Resort at the following times (subject to change): 13:30: Full Distance Elites, CAC Gravel African Champions and UCI Gravel World Series Qualifiers (Elite), as well as the Half and Short Distance podiums. 15:00: Full Distance Age Groups, CAC Gravel African Age Group Champions and UCI Gravel World Series Age-Group Qualifiers

3. RACE REGISTRATION



REGISTRATION DETAILS

Date: Friday 21 August

Time: 15:00 - 18:00

Location: CYMOT Hilltop, Kleine Kuppe (located next to the Grove Mall main entrance on the top level).

Google Maps: <https://maps.app.goo.gl/rwxUHz39pZykRevj6>

Upon registration, all participants will receive a race pack.

RACE PACK

- Number board with cable ties (securely fasten to your handle bars - doubles as timing chip)
- Wristband/s (to enter the NWR Gross Barmen Resort).
- Goodie bag items

WRISTBAND AND NUMBER BOARD REQUIREMENTS

Number Board:

- Fasten your number board securely on your bike (it's your timing chip).
- To ensure the timing system will be able to read the timing tag; bike number boards must be firmly fixed to the front handlebars and must not be obscured, bent, folded around the stem or frame, or hidden by brake/gear cables, maps, or any secondary items.



Use the front handlebars

Wristband:

- Wear your wristband at all times during the race.
- Your wristband grants you a finishers drink at the finish line and your finishers medal.
- Free entry to the NWR Gross Barmen Resort for the day.



NO folding



NO wrapping

SHUTTLE SERVICE AND BIKE TRANSPORT

Riders should arrange their own transport to and from the venues in advance.

E-BIKES

For the safety of our elite and championship field competing over the full distance, E-bikes will strictly only be permitted to enter the Half and Short distances.

This ensuring a fair, clear, and safe racing environment for the official continental and UCI World Gravel Series qualifiers, while still allowing our E-bike community to fully experience the electric atmosphere and incredible trails of the Khomas100.

4. IMPORTANT RACE INFORMATION



UCI, CAC AND NCF SANCTIONED EVENT

The Khomas100 is a Union Cycliste Internationale (UCI), Confederation of African Cycling (CAC), and Namibian Cycling Federation (NCF) sanctioned event. Consequently, official [UCI Regulations](#) and CAC Regulations will strictly apply across all fields. Riders are expected to display exemplary sportsmanship and prioritise the safety of themselves, fellow competitors, and race personnel at all times.

RACE RULES AND SAFETY GUIDELINES

- No earphones (including bone conduction).
- No outside support or support vehicles allowed on the route.
- No drafting behind vehicles.
- Obey traffic laws (keep left).
- No clip-on handlebars allowed.
- Minimum age: Full Distance 19+ years old. Half Distance 17+ years old. Short Distance 15+ years old.
- Do not litter.

BIKE REGULATIONS AND MODIFICATIONS

- Ideal Setup: Gravel bikes with 40 – 50 mm width tyres are the ideal choice for this terrain.
- Mountain Bikes: Mountain bikes are welcome. If you wish to make specific modifications to your mountain bike for the race, please contact us at info@khomas100.com.na for more information.
- E-Bikes: E-Bikes are only permitted on the Half and Short distances for safety reasons.
- Road Bikes: Road bikes are strictly not allowed on the course.
- Make sure your bike is checked before the race to avoid disqualification.



One-piece MTB handle bar ends allowed



One-piece handle bar with short extension allowed



Standard gravel one-piece handle bar allowed



Standard MTB one-piece handle bar allowed



NO Aero/Tri-bar extensions



NO clip-on extensions



NO clip-on ends

SUPPORT VEHICLES AND NEUTRAL SUPPORT

- Support vehicles are prohibited for safety reasons. The event will have back up cars and ambulances on the route.
- Any rider seen using a support car will be disqualified.
- Supporters can wait at the finish line at the NWR Gross Barmen Resort.
- Neutral support with refreshments will be available at water points and tech zones.
- The sweep vehicles will follow the last rider to the finish. There will be cut-off times in place at certain points.



CUT OFF TIMES

Please take note of the official cut-off times to ensure a safe event for all riders and support crews:

Full Distance: Riders must reach Water Point 5 by 15:00. To make this cut-off, you will need to maintain an average speed of 16 km/h or faster. If you do not reach the checkpoint by this time, the sweeper vehicle will pick you up.

Half Distance: The official cut-off time is at 14:00.

Short Distance: The official cut-off time is at 12:30.

ROAD CLOSURE

There will be no road closures as we are using public roads. Authorisation has been given by the Roads Authority (RA) and the City of Windhoek (CoW). We appreciate your cooperation in clearing the streets from traffic as soon as possible to ensure a safe start for our riders.

EMERGENCY PROCEDURES

- If lost or in need of assistance, return to the nearest water point or contact the Race Director at +264 81 260 1999.
- Should you abandon the race, please inform the Race Director of your withdrawal at +264 81 260 1999 or info@khomas100.com.na.
- Ambulances will be on standby via MR24/7 Emergency Services.
- Riders encountering injured riders must stop and assist. Inform the next rider to pass and alert the nearest race official.

GPS DEVICES AND ROUTE MAPS

- Downloading the GPX course or Garmin file to a GPS device is mandatory for the full distance.
- View routes here: <https://khomas100.com.na/routes>
- GPX files are available on the Routes page on the above link.

RESULTS AND CHECKPOINT TRACKING

- There will be checkpoint tracking at three points during the race by **Bushwizard Timing**.
- Bushwizard Timing will produce an overall ranking and race results, this will be available after the race on the website and social media.

CANCELLATION POLICY

Refunds:

No full refunds will be given under any circumstances, however, tiered partial refunds are available based on how far in advance a cancellation is requested. View the website for more info.

Rider Substitutions:

Contact info@khomas100.com.na. Race substitutions can only be made up to 2 weeks ahead of the race.

5. THE COURSE



DETAILED INFORMATION

This section provides a breakdown of the routes, including:

Difficulty ratings:

Full distance: Intermediate level (4-8 hour ride). Ages 19+.

Half distance: Avid cyclist (3-5 hour ride). Ages 17+.

Short distance: Beginner and family-friendly. Ages 15+.

Terrain:

All routes consist mainly of unsurfaced gravel with some tarmac.

Elevation gain:

Full distance: Approximately 2300 meters.

Half distance: Approximately 669 meters.

Short distance: Approximately 285 meters.

WATER POINTS AND TECH ZONES

The full distance route features water points and three tech zones, strategically placed for refreshment and mechanical assistance.

The half and short distance routes will utilise waterpoints from the full distance route.

All riders are encouraged to carry their own tools, spares, nutrition and water.

Water Point Details (Full distance only):

- **Water point 1 (40km):** SuperC/Pepsi: Offers drinks and snacks.
- **Water point 2 (60km):** Cycletec: Offers drinks, snacks and a tech zone.
- **Water point 3 (80km):** Hollard: Offers drinks and snacks.
- **Water point 4 (98km):** CYMOT: Offers drinks, snacks and a tech zone.
- **Water point 5 (117km):** Indongo Toyota: Offers drinks and snacks.
- **Water point 6 (128.5km):** Hollard: There will be water and soda only.

Tech Zones:

CYMOT and Cycletec will offer tech zones at water points 2 and 4 for the full distance race.

Mannies Bike Mecca will offer a tech zone at the start/finish at the NWR Gross Barmen Resort for the half and short distance races.

ROUTE MAPS AND DESCRIPTIONS

Links to downloadable GPX files will be available on the website, view the routes here: <https://khomas100.com.na/routes>.

FULL DISTANCE ROUTE MAP (143KM)



Route link: <https://khomas100.com.na/routes>

Route characteristics:

- This course is ideal for intermediate level cyclists, you should comfortably be able to cycle for 4-8 hours.
- Mostly unsurfaced roads, including gravel roads.
- There is an elevation gain of approximately 2300 meters.

Route Description:

- Start from 7:00 from Tony Rust Race Track, Windhoek.
- If you're not at water point 5 by 15:00 the sweeper car will pick you up. So you have to ride faster than 16km/h.
- See GPX file. There will be directional signage at some points as well as danger zone areas.



HALF DISTANCE ROUTE MAP (84KM)



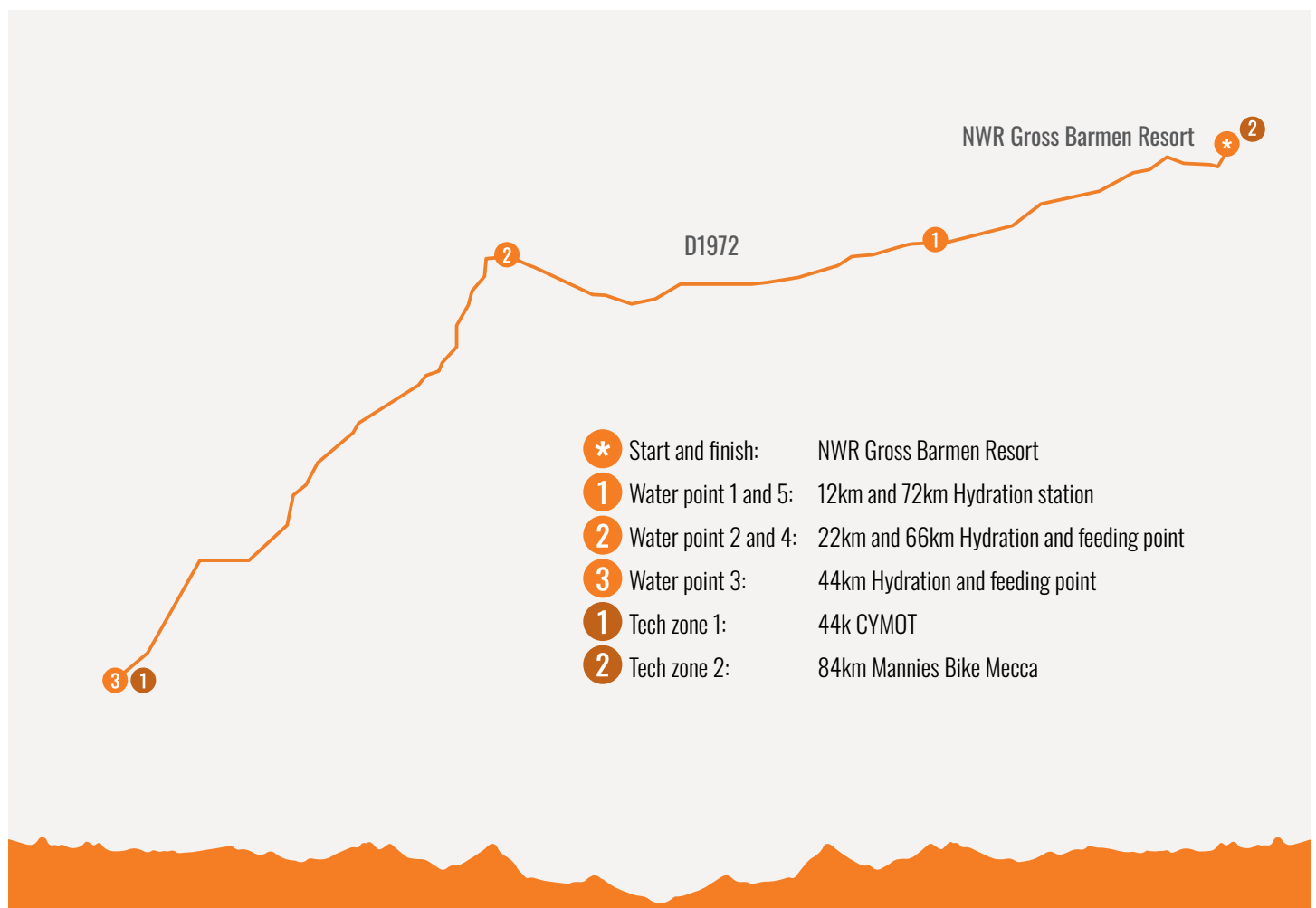
Route link: <https://khomas100.com.na/routes>

Route characteristics:

- This course is ideal for the avid cyclist who can cycle comfortably for 3 to 5 hours.
- Mostly unsurfaced roads, including gravel roads.
- There is an elevation gain of approximately 669 meters.

Route Description:

- Start at 8:00 from NWR Gross Barmen Resort (<https://maps.app.goo.gl/jPc9pt13RQMPHvnn8>).
- Cut off: 14:00
- Follow the route to water point 3, where you will turn around and return to the finish at Gross Barmen.



SHORT DISTANCE ROUTE MAP (44KM)



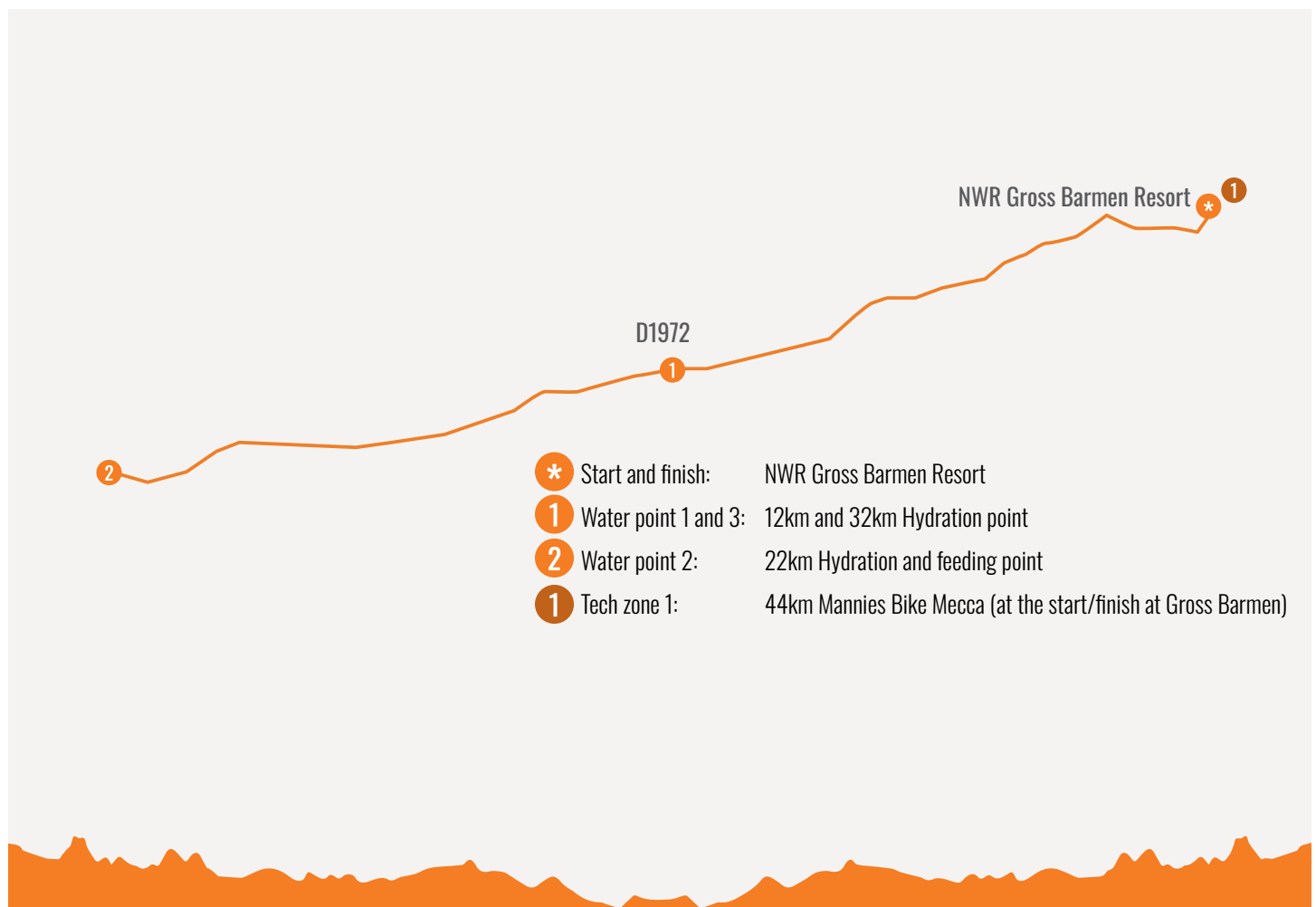
Route link: <https://khomas100.com.na/routes>

Route characteristics:

- This course is ideal for beginners and family friendly.
- Mostly gravel roads.
- There is an elevation gain of approximately 285 meters.

Route Description:

- Start at 8:30 from NWR Gross Barmen Resort (<https://maps.app.goo.gl/jPc9pt13RQMPHvnn8>).
- Cut off: 12:30
- Follow the route to water point 1, where you will turn around and return to the finish at Gross Barmen.



6. QUALIFIERS AND PRIZE BREAKDOWN



KHOMAS100 FULL DISTANCE

ELITE MALE & FEMALE	1st: NS20 000 + UCI MEDAL, JERSEY AND UCI GRAVEL WORLDS SLOT	2nd: NS15 000 AND UCI GRAVEL WORLDS SLOT	3rd: NS10 000 AND UCI GRAVEL WORLDS SLOT
KING & QUEEN OF THE MOUNTAIN	1st: NS5 000		
CAC GRAVEL AFRICAN CHAMPION MALE & FEMALE	1st: NS5 000, CAC MEDAL/JERSEY		

AGE GROUP	GENDER	PRIZE VOUCHER	UCI MEDAL/JERSEY GRAVEL WORLDS SLOT*	CAC MEDAL/JERSEY	KHOMAS100 FINISHERS MEDAL
19-34	MEN \ WOMEN	✓	🏆	🏆	🏆
35-39	MEN \ WOMEN	✓	🏆	🏆	🏆
40-44	MEN \ WOMEN	✓	🏆	🏆	🏆
45-49	MEN \ WOMEN	✓	🏆	🏆	🏆
50-54	MEN	✓	🏆	🏆	🏆
	WOMEN**	✓	×	×	🏆
55-59	MEN	✓	🏆	🏆	🏆
	WOMEN**	✓	×	×	🏆
60-64	MEN \ WOMEN**	✓	×	×	🏆
65-69	MEN \ WOMEN**	✓	×	×	🏆
70-74	MEN \ WOMEN**	✓	×	×	🏆
75-79	MEN \ WOMEN**	✓	×	×	🏆

*UCI Gravel World Championships Qualification Slots are strictly calculated according to the official percentage of starters per age group in accordance with the UCI Regulations. Eligible riders will be formally notified of their qualification status post-race.

**Competitors in the Women 50+ and Men 60+ age groups may elect to ride the Full Distance Route, but they will not be eligible to qualify for UCI or CAC medals, jerseys, or qualification slots on this course. To maintain championship qualification eligibility, these specific age groups must enter and complete the Half Distance Route.

The CAC Gravel African Championship: The first eligible African male and female rider registered in the Elite category to cross the finish line will be crowned the Elite Gravel African Champs. There will be age-group recognition as well.

View rules on the [website](https://www.khomas100.com/na).

KHOMAS100 HALF DISTANCE PRIZE BREAKDOWN

AGE GROUP	GENDER	PRIZE VOUCHER	UCI MEDAL/JERSEY	CAC MEDAL/JERSEY	KHOMAS100 FINISHERS MEDAL
50-54	WOMEN	✓	🏅	🏅	🏅
55-59	WOMEN	✓	🏅	🏅	🏅
60-64	MEN \ WOMEN	✓	🏅	ONLY 60+ CATEGORY	🏅
65-69	MEN \ WOMEN	✓	🏅	ONLY 60+ CATEGORY	🏅
70-74	MEN \ WOMEN	✓	×	ONLY 60+ CATEGORY	🏅
75-79	MEN \ WOMEN	✓	×	ONLY 60+ CATEGORY	🏅
17-18	MEN \ WOMEN	✓	×	×	🏅
19-29	MEN \ WOMEN	✓	×	×	🏅
30-39	MEN \ WOMEN	✓	×	×	🏅
40-49	MEN \ WOMEN	✓	×	×	🏅
50-59	MEN	✓	×	×	🏅
E-BIKE	MEN \ WOMEN	✓	×	×	🏅

KHOMAS100 SHORT DISTANCE PRIZE BREAKDOWN

AGE GROUP	GENDER	PRIZE VOUCHER	UCI MEDAL/JERSEY	CAC MEDAL/JERSEY	KHOMAS100 FINISHERS MEDAL
15 - 16	MEN \ WOMEN	✓	×	×	🏅
Open 16+	MEN \ WOMEN	✓	×	×	🏅
E-BIKE	MEN \ WOMEN	✓	×	×	🏅

7. THE START AND FINISH



START

Location: Tony Rust Race Track, C28, Windhoek

Parking:

Drivers can drop and go or park in the designated area to clear the exit for riders. Riders can proceed to the track and start location. Supporters can wait for riders at the finish. No support allowed on the route.

Start Procedure:

- The full distance race starts from 7:00.
- Riders will register and proceed to the starting area.
- Men will start first and ladies will start a few minutes after.

Race Briefing:

A mandatory rider briefing will be held at least 15 minutes before the start of each race. Attendance is crucial for all participants.

FINISH

Location: NWR Gross Barmen Resort (<https://maps.app.goo.gl/jPc9pt13RQMPHvnn8>)

The full distance race concludes at the entrance of the NWR Gross Barmen Resort after riders follow the D1972 east and turn towards the resort.

The half and short distance races will both start and finish at the NWR Gross Barmen Resort.

Finish Line Festivities:

- Each rider will receive a refreshing drink at the finish line (remember to keep your wristband on).
- Up to 5 guests per rider can enjoy free entry and access to resort facilities.
- Family members may also enter for free with a wristband (amount of wristbands per rider will be confirmed).
- Consider extending your stay at the resort by booking a room or chalet for a relaxing post-race weekend.

Race Village:

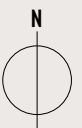
The NWR Gross Barmen Resort will transform into a vibrant race village offering various amenities for riders and spectators.

- | | |
|---------------------------|--|
| • Sports Massage Area | • Hot and Cold Pool Facilities |
| • Hollard Tent | • Shower Facilities |
| • Gross Barmen Restaurant | • Bike Racks |
| • Coffee/food Pop-Up | • Parking |
| • MBM Tech Zone | • Accommodation |
| | • Gross Barmen Spa Facilities (bookings essential) |

NWR GROSS BARMEN RESORT LAYOUT



- 1 Start and Finish Line
- 2 Medal Collection
- 3 Cyclists enter/exit main gate
- 4 MBM Tech Zone
- 5 Massage Area
- 6 Hollard Tent (Prize Giving)
- P Parking (Vehicles enter at different entrance)
- S Showers



8. THINGS TO DO IN WINDHOEK



Windhoek, Namibia's vibrant capital city, offers a captivating blend of history, culture, and modern amenities. Nestled amidst Namibia's central highlands, Windhoek serves as the perfect base camp to explore the country's breathtaking landscapes after your Khomas100 adventure.

SHOPPING, EATING, AND ACCOMMODATION

Shopping:

Unleash your inner shopaholic at the iconic Grove Mall of Namibia, boasting a diverse selection of stores and restaurants. Explore Maerua Mall for additional shopping options. Stock up on travel essentials and local treats at the conveniently located Maerua Super Spar.

Dining:

Windhoek caters to all palates! Indulge in a juicy burger and decadent shake at Rocco Mamma's (Grove Mall/Maerua Mall). Craving meat? Butcher Block Steakhouse offers a carnivore's paradise. For a taste of the ocean, head to Cape Town Fish Market (The Weinberg) for delicious seafood. Unwind after your race with a scenic meal at Droombos Restaurant, renowned for its beautiful surroundings or. The Tap-A-Meal mobile app also has a wide variety of eat in options.

Accommodation:

Rest and recharge at a variety of hotels to suit your style and budget. The luxurious Belvedere Boutique Hotel offers a touch of elegance. Arebbusch Travel Lodge & Apartments provides comfortable and convenient lodging. For a touch of international hospitality, consider the Hilton Windhoek or the Town Lodge. Many more options are available on Booking.com.

Remember to book your 50% discount stay at the NWR Gross Barmen Resort for a relaxing stay after your race.

Transport:

There are multiple taxi-hailing apps (LEFA, Bolt, Indrive and Yango), shuttle services and car rental companies in Windhoek. Keep in mind that the airport is about a 40 minute drive from town.

CULTURAL ATTRACTIONS AND ACTIVITIES

History and Museums:

Immerse yourself in Windhoek's rich history at the Alte Feste Museum or take a guided tour to explore our wonderful city.

Township Tours:

Experience the vibrant energy of Katutura Township, a historical settlement offering a glimpse into local life. Take a guided tour to learn about the community's culture, art, and history.

Outdoor Activities:

Hike or bike the scenic trails around Windhoek, offering panoramic views of the city and surrounding landscapes. Visit one of the many lodges around Windhoek for a sunset game drive.

9. RACE DAY ESSENTIALS



RACE DAY ESSENTIALS

Riders are expected to be self-sufficient whilst racing.

Make your ride as smooth as possible by ensuring you pack the following items:

- 1 Helmet:** Safety first! A helmet is mandatory for all riders.
- 2 GPS Device:** For the full distance route, a GPS device is essential to navigate the course.
- 3 Clothing:** Dress appropriately for the weather conditions. Expect hot and dry temperatures and bring layers to adjust as needed.
- 4 Mobile Phone:** Keep your phone fully charged and save the emergency number (+264 81 260 1999).
- 5 Lighting:** Ensure you have red rear lights for visibility, especially during the early morning start.
- 6 Bike Repair Kit:** Be prepared for mechanical issues with a comprehensive kit including spare tubes, chain links, lube, and essential tools.
- 7 Nutrition and Hydration:** Plan your nutrition and hydration strategy beforehand. Water points will be available every 25-45km, but bring your own bottles and hydration packs for additional support.
- 8 Other Essentials:** Sunscreen, sunglasses, a face buff (for dusty conditions), and a basic first-aid kit.

SAFETY TIPS AND RECOMMENDATIONS

- 1 Familiarise Yourself with the Course:** Study the route maps and descriptions to anticipate challenges and plan accordingly.
- 2 Ride Safely:** Follow traffic laws, be aware of other riders, and avoid risky maneuvers.
- 3 Communicate:** Use hand signals to communicate with other riders and alert them of potential hazards.
- 4 Pace Yourself:** Start at a comfortable pace and gradually increase your speed as you feel more energised.
- 5 Listen to Your Body:** Pay attention to your body's signals and adjust your pace or take breaks as needed.
- 6 Stay Hydrated:** Drink regularly to avoid dehydration, especially in the hot Namibian climate.
- 7 Fuel Your Body:** Consume energy-rich snacks and gels throughout the race to maintain your energy levels. Do not use new supplements on race day.
- 8 Emergency Preparedness:** Know the location of water points and tech zones in case of mechanical issues or emergencies.
- 9 Enjoy the Ride:** Remember to have fun and appreciate the stunning Namibian scenery!



10. ORGANISING COMMITTEE

Race Director

Johan Pretorius - Raceday Events

Course Manager and Route Directions Coordinator

Johan Pretorius - Raceday Events

Logistics Partner

DHL

Announcers and Prizegiving Ceremony

Patrick de Goede

Press and Media Officer

Hollard Marketing Team

President of the Commissaires Panel

Brendan Dickerson - Namibian Cycling Federation

Secretary

Elanor Grassow - Namibian Cycling Federation

Timing

Bushwizards Timing

Emergency Services

Delta Medical Services

Motor Support

Indongo Toyota

Catering

Gross Barmen

Website, Creative and Copywriting

Marcelle Eloff - Axiom Plus

Photography and Social Media Design

Stefan Oosthuizen

Videography

RB Media

11. SPONSORS



Hollard.



Cycletec



Checkers
better and better

