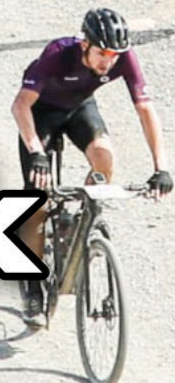




De Rustea
ESTATES

Enduren

2024 Riders Handbook



GRAVEL
WORLD SERIES

PRINCE ALBERT
SOUTH AFRICA

RACE EVENTS

Gran Fondo - 170km, 2900m ascent - UCI Qualifying race

Start: Church Street, Prince Albert in front of Swartberg Hotel

Date: 27 April 2024

Time: 7:00 am (Sunrise 7:05am)

Finish: Church Street, Prince Albert

Cut off time: Sunset 17:54 pm - 10hrs and 54 mins (Avg. Speed required: 15.0 km/h)

This is a tough race and is not suitable for entry-level riders, there are 3 gravel sectors on the route, finishing with a massive climb over the notorious, gravel Swartberg Pass.

Cut off before the pass climb at WP-3 at 15:34 pm



Medio Fondo 80km, 1800m ascent. - UCI Qualifying race

Last 75km of the Gran Fondo route.

The start is at the De Rustica Estate Olive Farm. Signage will be on both sides of the gravel turnoff. Leave your vehicle in safe parking on a farm field to collect later or have someone drop you off there. There will be a security detail present.

Registration 7:00am to 7:45 am on the 27th April 2024 at race start or day before in Prince Albert.

Start: De Rustica Estate Olive Farm

Date: 27 April 2024

Time: 8:00 am

Finish: Church Street, Prince Albert in front of the hotel.



UCI Gravel World Series (UGWS) Medal

Every rider who finishes in the top 25% of his/her age group in the qualifier events shall be given a UGWS medal in addition to the normal Swartberg 100 finishers medal. To ensure all concerned riders receive their medal and confirmation of qualification, we will set up a desk where these medals will be distributed to the participants following the race. The top 3 finishers per age group receive their medal on the podium.

UCI Gravel World Series Jersey

TREK UCI Gravel World Series will provide a jersey for every winner in his/her age category for both men's and women's races. There will also be a jersey for the overall male/female winner.

UCI Elite start group

As per UCI stated rules: "A Trek UCI Gravel World Series event should have one start with all age groups combined. In front, there should be a preferred start box with maximum 25 riders. The riders can apply to be a candidate to be put in the preferred start box with the organiser and it's the organiser who allocates the 25 spots for the preferred start box.

Women categories can start together with the men, but in case the number of women at the start is growing, it is advised to have them start separately after the men with an interval of minimum 2 minutes. The preferred start-box will then also apply for the women start."

Please check our website for all the links to the TREK UCI Gravel World Series qualifying information.

The Swartberg 100 Gran Fondo does not have a financial sponsor and therefore no cash prizes will be offered. We will work tirelessly again next year to obtain a sponsor.



KING/QUEEN OF THE MOUNTAIN

Given that the Swartberg climb is right at the end of the race and podium winners normally grab the KOM/QOM prizes as well, we decided this year to make things a little more interesting.

We are using RFID tags and immediate communications from reader points along the route. We can therefore announce where you are along the route, improving safety and making it more interesting for spectators and loved ones waiting for you at the finish line.

Further to this we are setting up readers at the bottom of the pass and at the top allowing us to create a KOM/QOM competition for a period of time during the race, so a bit like a time trial. We will have a published leader board at the start and allow the competition for both the Medio and Gran Fondo to run until 13:00, which will be a cut-off time for the competition at the base of the pass.

This means that if you wish to compete in the KOM / QOM competition you need to pass the RFID scanner at the base of the pass before 13:00 pm.

For Gran Fondo riders it means you need to average 23.33 km/h for the first 140km to ensure you make the cut-off for the KOM/QOM competition. Medio Fondo riders will have plenty of time.

So if you not going for the win, pace yourself and take the KOM / QOM !



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EVENT REGISTRATION

Race Registration occurs at the Swartberg Hotel Conference Centre, Church Street. (At Start Finish Banners)

Registration will be between the hours of :

2pm to 8pm on Friday the 26th of April 2024

5:45am to 6:45 am on Race day the 27th for the Gran Fondo, Staffetta and e-Fondo

7:00 am to 7:45 on Race day the 27th of April for the Medio Fondo at the De Rustica start.

BIKE BOARDS with RFID tags and cloth numbers will be issued. You can keep your cloth number but we most definitely need the BIKE BOARDS back, the RFID tags are expensive. If you DNF please make sure you give your bike board to official personnel on route or hand it in at the race finish. Much appreciated thanks.

Late entries will be allowed at registration and are subject to late registration penalties.

Gran Fondo late entry cost per rider: R2300.00

Medio Fondo late entry : R 1350.00

PARKING

A section of Church Street will be closed to traffic from:

07:00 am on Friday the 28th April until 10:00 am on Sunday the 30th of April.

There is ample parking on the **Swartberg Hoerskool rugby fields**, a small fee will be charged by them to help fund school events. Please make use of this facility, the funds go to a good cause and your vehicle will be looked after. Monies will be collected at the entrance to the field. There is no other paid parking in the town. There will be signs directing you to the parking area on the vehicle detour route.

Tented Village parking

If you have booked a camping site you can park your vehicle close by. You will first need to register to receive your wristband parking permit. You can then retrieve your car and drive it to the "tent parking area" which is near your tent.

Directions to "tent parking area": Travelling North, right into Pastorie Street, first left into De Beer Street, first right into Deurdrift, first left into Hope Street (Gravel), tents on your left 100 m down. Make sure you are wearing your wristband parking permit. You will not be allowed to enter the "tent parking area" without the wristband.

Parking at Medio Fondo

There will be parking in a field next to the start of the Medio Fondo A security detail will be present during the day. The local farmer advises you carry your bike out of the field to the gravel road, as they have encountered thorns (duiweltjies) on the field.



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WATER POINTS

GRAN FONDO



COKE
ENDUREN NATURAL ENDURANCE DRINK
WATER
BAR-ONE MINIS
KOEKSISTERS



Thanks to Coca Cola for sponsoring all the water-points



COKE
ENDUREN NATURAL ENDURANCE DRINK
WATER
BAR-ONE MINIS
FRUIT
KOEKSISTERS



Thanks to Enduren for sponsoring all the water-points



COKE
ENDUREN NATURAL ENDURANCE DRINK
WATER
BAR-ONE MINIS
KOEKSISTERS-
MARSHMALLOWS AND JUB JUBS
BANANAS
POTATOES
SAUSAGE BRAAI



Thanks to De Rustica Olive Farm for providing and manning WP2



COKE
WATER
BAR-ONE MINIS



BRAAI PRODUCTS

Thanks to SAFARI braai products for providing and manning WP3



Thanks to SQUIRT for providing chain lube at the water-points

Medio Fondo Riders will have WP-3 and WP-4 as their first and second water-points



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DRIVE BACK SERVICE

Prince Albert Animal Welfare / Prince Albert Dieresorg (PADS) NPO 043 813

PADS are organising volunteers to drive your vehicles back from the **Medio Fondo** start. You can contact them by sending an e-mail to animalwelfarepa@gmail.com

They will contact you and make arrangements, this service is entirely run by PADS staff.

All proceeds will go to assisting animals in the area.

COMMS POINTS



The following sticker will be found on signposts etc. along the route. We check for areas with cellphone coverage of mainly MTN and Vodacom signals. We have found that Vodacom has the better overall signal en-route. Please use these points to contact anyone if you need assistance. We will publish emergency numbers and Joint Operations Command numbers at registration.



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RACE RULES

All Races

The event sponsors, organisers, staff and anyone having anything to do with this event are not responsible for your safety or well being. You are responsible for you! We will however go out of our way to ensure that you can safely navigate the course with SAPS, traffic police, medics, marshals and communications on-hand to assist you.

Participants must conduct themselves at all times in a manner that will not bring discredit to themselves, or to the event.

It is a cycle race, participants must complete the entire course on the same bicycle frame, all other components and equipment may be repaired or replaced during the event.

Logic prevails, participants can't take shortcuts or hitch a lift in a vehicle.

No outside support is allowed, spectators may not follow riders around the course.

Drafting is allowed, drafting behind motorised vehicles is forbidden.

E-Bikes will not be allowed to accompany riders or participate in any of the races.



Aero Bars with elbow rests or bars that protrude into the cockpit area of the bicycle will not be allowed. We will allow the design as pictured alongside, two straight bars of no more than 20cm will also be allowed if fastened in the same manner as in the picture. This is for your own safety and the safety of other cyclists - no debates, not negotiable.

Participants must wear a properly approved helmet while operating their bicycle.

There are no road closures, participants must obey all rules of the road. There will however be assistance at the intersections with marshals and traffic police. Please obey marshals at all times.

You are responsible to get yourself around the course or get picked up if you decide to abandon. We will assist where we can with cut-off and where riders abandon but we cannot guarantee transport back to the start.

Cut off times are as stipulated for each race in the "Event Descriptions". You may not pass a cut-off point on the Gran Fondo if asked to stop.

Challenges to event results must come from a registered participant, must be made in-person, to the race commissaire and must be made no later than 1:00pm on Saturday the 29th of April 2023.

PLEASE SEE UCI GRAVEL WORLD SERIES WEBSITE FOR FURTHER RULES AND REGULATIONS



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TENTED VILLAGE

Each year we have offered Luxury tents and meals, which has become progressively more expensive.

This year we have listened to feedback from many riders and we are offering our event field with clean, new ablution block with campsites at a reasonable price.

Included :

- Use of camp site Friday 26th and Saturday 27, departing Sunday 28th at 12 noon.
- Includes 2 persons per site with the option to add up to 4
- Gas & off grid solar powered ablution blocks with clean, regulated pressure showers, basins and toilets.
- 24/7 security guards patrolling the area
- In quiet area on the edge of town
- 800m from the start line of the Gran Fondo
-

This excludes:

- Braai Fires / fireplaces are not catered for
- Loud music will not be allowed
- Only 1 vehicle per campsite
- There will be a list with your name on upon arrival at the camping site, where you will be directed to your camping plot.

Book your campsite online on our store - <https://www.mtbafrica.com/store.html>



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RESTAURANTS



Jeremy's

RESTAURANT & WINE BAR
PRINCE ALBERT • GREAT KAROO

Open Tuesday to Saturday: - Dinner from 5pm (kitchen closes at 9pm).

- Charcuterie deli from 10am.

- Charcuterie and cheese platters are served with cold refreshments (of the alcoholic kind) at our wine bar during the afternoon.

Dinner bookings: 063 682 5302

Cooking classes: see schedule on instagram @ jeremys_princealbert



Swartberg Hotel

Swartberg Hotel

VICTORIA DINING ROOM

Serving dinner every evening. Open 6pm to 10pm (Kitchen closes 9pm)

Bookings essential.

GREEN PRINCE GIN BAR & LADIES BAR

The Green Prince Bar is stocked with a selection of the finest local gins. The Ladies Bar offers a cosy atmosphere with a lounge area.

DELI & COFFEE SHOP

Coffee shop serves breakfast and lunch, open from 7am.

Wonderful gifts in the Deli, open from 8am.

MONT D'OR SPA

Our therapists know what works to help you relax, de-stress and feel great. Catering for both men and women.

Spa bookings: 0799013628 (bookings essential)



Yellow House

PRINCE ALBERT

Lunch available between 12h00 and 15h00 and dinner between 18h00 and 20h30. Please book to avoid disappointment.

We are serving rib-eye and lamb shank, among others, as well as innovative vegetarian and vegan options. Our pizzas are legendary. We also offer gluten-free bases and a jolly nice vegan pizza..

When the weather permits, outside seating next to the dam is a treat. Our wine and drinks list caters for both connoisseurs and thirsty guests and our locally roasted coffee blend makes people return time and again.

Bookings call or whats app Petro on 082 480 3725

Karoo Charcoal @ Karoo View Cottages, Prince Albert

Boutique restaurant – specializing in great steaks, curries and fresh seafood.

Open Tues, Wed, Thurs, Fri and Saturday nights - 18:00 to 21:00

Seating is limited, please book early. Contact us to discuss your pre-race and post-race favorite foods, we will do all we can to make up the dish of your choice.

Pre-ordering is essential. Contact us for a sample menu.

Bookings and Pre Orders on 0828825342 -call or What's app.

info@karooview.co.za

Karoo Charcoal



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RESTAURANTS & FOOD



African Relish Chef's Café Trading Hours

Deli Shop Open from Tuesday – Saturday 09h00-21h00

Café Open from Tuesday – Saturday

You can contact us on the following number to reserve your table at our open-air restaurant:

Tel : 023 541 1386

Cellphone : 082 774 5609 / 083 383 2591

The Rude Chef

The Rude Chef (opposite Swartberg Hotel)

Delectable home-cooked meals, a hand-picked selection of wines and a vibrant atmosphere.

Open from 12:00 to 21:00'ish Mondays to Saturdays and from 17:00 on Sundays.

Booking essential. Contact: Henriëtte 073-120-1243.

“Die Markie”

Prince Albert Markie

Every Saturday morning from 08h00 to 12h00.

A variety of food items, fresh produce, 2nd hand goods and handmade items available and plenty of seating to relax and enjoy a coffee or something to eat.

Contact the Prince Albert Tourism office for more information

Tel 023 5411 366

Watershed

Trading Hours: 7am - 6pm

Artisan sandwiches, delicious gluten free cakes and home made waffles. Outdoor bar for refreshing cocktails and ice cold champagne. Beautiful retail spaces, doggie couture, Mohair products and decor.

Contact: Kevin 083 7492719

Prince Albert Café

88A Church Street, Prince Albert

Contact Marion for bookings

on 083 657 1574



TREK

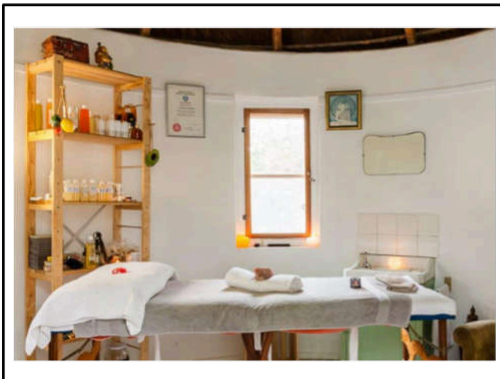
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MASSAGES & OTHER



Simply Saffron Wellness offers a variety of treatments for tired bodies and legs. Three therapy rooms available.

Operating Hours: 8AM to 6PM

Message 0719328382 for bookings