



"It's a simple piece of equipment - the bicycle. But in its simplicity lies its beauty. Cycling means different things to different people, but it all comes down to a feeling. That feeling changes - some days it's a feeling of freedom; others it's a feeling of control; then there are days when it's all about friendship, while on others you soak up the solitude, or sit tight through the suffering, or savour the speed. Whether you are carving your line smoothly around a corner; or feeling the burn of lactic acid in your legs as you conquer a climb; or just freewheeling slowly in the sunshine, celebrating your health, you receive a special gift each time you get on your bicycle. The feelings are yours alone and therefore more meaningful in their simplicity"

The Kakuzi Challenge is a Mountain Bike race through the Munyu Hills on the northern boundary of the land belonging to Kakuzi Limited near Makuyu. This year the event is generously sponsored by DHL again, with the support of Rift Valley Adventures, Hardi Kenya Ltd and Highlands Water Ltd. It is round one of the *Rift Valley Adventures MTB Race Series* and therefore points gained during this event will go towards the Championship.

There are two events running concurrently, one of 50km and one of 25km. The 50km event is a demanding route through the hills, incorporating some steep ascents and fast downhill sections through eucalyptus plantations, intermingled with beautiful acacia bushland. The 25km event is based primarily on the flatter acacia area. Both events share the same start / finish, which are positioned next to one of the area's scenic dams.

A kids' race will take place before the main event. This will be open to any child who is under 10 and will be supervised by an adult. It will be a race along the track leading into the campsite.

Arrival and Camping Details

The event will be run on **Saturday February 21st** and will start at **8:00am**. Entrants are advised to arrive at the venue the night before, as a campsite will be arranged at the start/finish area, water and barbeques will be provided, although you will be expected to bring your own food to cook on them. A central fire will be set up for all campers - no individual campfires will be allowed. You will also be expected to provide your own breakfast as well. Toilets will be provided, as will bins for your rubbish. Please remember that we are guests on this land, and therefore leave your campsite as you found it - clean and tidy. *No tents or bedding will be available from the organizers, so please make sure you are self-sufficient.*

Entry Formalities

The entry fee is Kshs.2,000 for either event. We encourage you to register before the competitors' briefing on the day of the race, we ask entrants to complete the attached registration documents well in advance using the attached form to both assist the organizers and to avoid disappointment. Please deliver form to Rift Valley Bike Shop, Lenana Forest Centre, Ngong Road. There is a limited entry, so latecomers may have to be turned away. Entry is Kshs2500 on race day

Alternatively entry fee can be included with the registration form, which should be mailed to the address on the form. All cheques should be made to **Nicholas Trench**. There is no camping fee, and the amount includes water during the event and lunch at the finish. The pre-race briefing will be held at 7:30am prior to the event start. All entrants must have completed any unfinished registration business by then.

The Event - 50 Km Route

Both Events start at the same place, with the 50km cyclists starting first. The route will be clearly marked and marshaled. The first 12km is over the murram farm roads, leading up to the hills. Once into the hills, the majority of the route is over tracks, some of which are technically demanding. The hills make up approximately the next 30km before the entrants enter the acacia bushland, made up of fast murram tracks interspersed with rocky valleys.

The Event - 25 Km Route

The less demanding route will remain below the hills, and will mainly run over the farm roads. Even so, it is advised that all entrants attain a certain level of fitness before the event. For the sake of safety, and the limited resources of the organizers, it has been decided to place a minimum age limit of 14 for unaccompanied cyclists, and 10 for those accompanied by a parent or guardian who will be required to sign an indemnity form on their behalf before the start.

Equipment

A good, sturdy mountain bike is essential. Bicycles that do not meet the minimum requirements required by the organizers will not be permitted, excluding the rider from entering the event. The course is demanding, and some of the ascents and descents will test both rider and steed. ***A HELMET IS COMPULSORY. ANY COMPETITOR ARRIVING AT THE START WITHOUT ONE WILL NOT BE PERMITTED TO CONTINUE.*** It is advised that each competitor carries enough water to complete at least 20km. Re-hydrant mixed into this water is a good idea.

Race Rules

As a round of the *Rift Valley Adventures MTB Series*, we have agreed to abide by the rules governing the Series. These are attached to this information sheet. Any rider who is felt by the organizers to be in breach of these rules will be excluded from earning any points in the Series, and will be reported to the Series organizers. Any further action will be taken at the discretion of the Series organizers.

Categories

Categories are as follows:

- Open (50km Event)
- Women (50km Event)
- Veterans - Over 40 (50km Event)
- Juniors - Under 18 (50km Event)
 - Open (25km Event)
 - Women (25km Event)
 - Veterans - Over 40 (25km Event)
 - Juniors - Under 18 (25km Event)
 - Winner of Kids' Event

Prizes will be presented directly after the race and before lunch. If there are less than 3 competitors in any category, that category will be nullified and entrants will be automatically moved to the next available category.

After Event Formalities

Lunch will be provided to all competitors after the race. Non-participants are welcome to buy lunch at Kshs.500 per person.

Medical and Route Facilities

First aid will be available throughout the event, and marshals will be in radio contact with the organizers. There will be water points at regular intervals along the route, where re-hydrants and moral support will also be available.

Directions

Makuyu is about 45 minutes north of Muthaiga roundabout, and about 15 minutes north of Thika. Once you have turned off the tarmac, there is approximately 10km of murram road. Therefore its advisable to leave one and a half hours at least to reach the campsite from Muthaiga.

A route map to the venue will be sent out with confirmation of registration. There will also be signposts along the route in. Please ensure that you arrive at the camp site in good time to register before the briefing. The camp is situated in a very scenic area, so arriving early will enable you to appreciate it properly.

Fund Raising

The Kakuzi Challenge is not a fund-raising event; it is an event for Mountain Bikers. That said, as with previous years, any funds remaining after the event 's expenses have been covered will go towards the assistance of the community on Kakuzi 's boundary. Details will be given at the riders' briefing.

Further Information and Queries

If you have any further questions, please contact Nick Miller (0724 252401) or Nick Trench (0733 603840), or by e-mail: kenya@riftvalleyadventures.com / nicholas.trench@hardi.co.ke.

Entry forms should be forwarded to Nick Miller at kenya@riftvalleyadventures.com, or can be left at The Bike Shop at the Lenana Centre on Ngong road. Payment can also be left there.

ENTRY FORM - Please fill one form for each Entrant.

If you are coming as a party, please include the names of ALL non-cyclists on one of the party's form(s). This is important, as the landowners require information concerning everyone entering onto their land. It is only necessary to complete the payment details on one form per group if the amount is to cover more than one entrant. In the same respect, it is not necessary to complete the address for each entrant if they are all family members. Please use common sense wherever necessary.

1. Name of Cyclist:

Age of Cyclist:

I wish to enter the 50km Event 25km Event (please tick one box)

Blood Group of Cyclist:

Address of Cyclist:

Tel:

E-mail:

Signature of Cyclist:

How did you hear about the event?:

2. I will be accompanied by the following non-cyclists, and will be responsible for their conduct during our stay on land belonging to Kakuzi Ltd.

Disclaimer:

The signature above confirms that I/we agree to save harmless and keep indemnified the organisers, land owners and local communities assisting in promoting, sponsoring and organising this event, and their respective officials, servants, representatives and agents from and against all actions, claims, costs, expenses and demands in respect of death or injury to myself/ourselves or any damage to or loss of my/our property howsoever caused, and notwithstanding that the same may have been contributed to or occasioned by the negligence of the said bodies, their officials, servants, representatives or agents.

Please fill out signed registration forms and pay in advance at Rift Valley Bikes, Lenana Forest Centre, 0724252401.

I have paid amount at Rift Valley Bikes. Date:

I have enclosed cheque no. , made to 'Nicholas Trench' or

I will bring cash to the venue for a total of: Kshs. covering myself
and others.

I have included entry forms for all these entrants, duly signed, and have listed the names of all non-cyclists who will be accompanying us.

Please note: Entries on day of race will be charged 2500/- per participant

Please e-mail or fax all completed forms to kenya@riftvalleyadventures.com

P.O. Box 1138, Nanyuki, 10400.

Official Use Only

Money/cheque received by:

Signed:

Date:

Race Rules

(These rules are excerpts of the *Rift Valley Adventures MTB Series* Rules that are deemed pertinent to the DHL Kakuzi Challenge.)

RIDERS NOTE

Mountain-bike events are conducted in the spirit of self-contained, self-reliant back-country cycling. Riders participate in The DHL Kakuzi Challenge with an understanding and acceptance of this ethos.

1. RIDERS

1.1

Minimum age of participation is 16 years on the day the race starts.

2. MEDICAL & INSURANCE

2.1

Riders will only have their entries confirmed after The DHL Kakuzi Challenge Race Committee have received signed Entry and Indemnity Forms.

2.2

Riders must be in good health and well trained.

3. BICYCLES

3.1

Only mountain bikes in good working order will be allowed to start the race.

3.2

No more than one bike and one set of wheels per rider are allowed. Riders must start and finish the event on the same frame and wheels. Only under exceptional circumstances may a frame or wheels be changed (see Rule 3.7).

3.3

Bikes must be race-ready at the start of each stage, as well as during the race. Race-ready will mean the following:

3.3.1

The front number board is securely fitted and visible from the front.

3.3.2

The bike is in safe working order.

3.4

Maintenance of bicycles during the race is the responsibility of each rider.

3.5

Riders must complete event with the same bike. Tubes, tyres, chains, cables and brake pads may be replaced.

3.6

In all cases of maintenance and repair, riders are required to complete the full distance of the event with their bikes and within the time allowed.

4. HELMETS AND CLOTHING

4.1

A rider not wearing a helmet at any stage of the race will be disqualified.

4.2

All helmets must comply with international ANSI standards.

4.3

Appropriate riding attire, including a shirt, must be worn at all times.

4.4

Eye protection is strongly recommended.

4.5

Fully enclosed footwear must be worn.

6. RIDER IDENTIFICATION

6.2

Bike numbers must be firmly fixed on the front of the bike, and must not be obscured by cables or any other item.

6.3

Race numbers must not be modified or mutilated in any way, including cutting, trimming, adding stickers, or removing existing stickers.

7. OBLIGATORY EQUIPMENT

7.2

Any riders on specific personal medications are responsible for supplying and carrying such medication.

9. ROUTE AND STAGES

9.1

Riders must complete the full designated route and distance of the event.

9.2

Only riders who complete the event will be considered The DHL Kakuzi Challenge finishers.

10. RACE TIMING

10.1

Only individual rider times will be recorded.

10.3

The starting line will remain open for 15 minutes after the start.

10.4

Riders who start later will not appear in the event results and will not qualify as a race finisher.

10.5

Any rider who cannot make the start deadline must report to the Organziere within 15 minutes of the start to request approval for a late start.

10.6

The finish cut-off time will not be adjusted for riders who are permitted a late start.

12. TRAFFIC REGULATIONS

12.1

The DHL Kakuzi Challenge will not have exclusive use of any public roads during the race.

12.2

All regular traffic regulations must be observed at all times during the race. (In Kenya we drive/ride on the LEFT-HAND SIDE of the road!)

13. CHECKPOINTS

13.1

In each stage, there will be mandatory checkpoints.

13.2

Riders that do not pass the checkpoints will be disqualified.

13.3

The exact location of the checkpoints will not be published, and hidden checkpoints are not excluded.

13.4

The exact locations of water stops will be published.

14. REGISTRATION AND BRIEFING

14.1

A complete race briefing will take place at 7:30am before the race starts. By this time, all riders must have registered. No late registrations will be accepted.

15. NUTRITION AND HYDRATION

15.1

Riders retain the ultimate responsibility to carry enough water and nutrition with them.

15.2

The DHL Kakuzi Challenge Race Organisation will provide water at 2 stations on the route.

16. SECONDING AND SUPPORT

16.1

Competitors may not receive any outside technical assistance.

16.2

No outside seconding or mechanical assistance is permitted under any circumstances.

16.3

Outside assistance includes assisting with bike maintenance, water and nutrition support and physically assisting riders.

16.4

Bike repairs may be performed on the route but without obstructing other riders.

16.5

Neutral feeding, watering and medical assistance will be supplied by the Race organizers.

16.6

Riders are not allowed to draft behind other riders who are not participating The DHL Kakuzi Challenge, but may draft other riders taking part The DHL Kakuzi Challenge.

16.7

No other form of drafting is permitted whatsoever, including, but not limited to, private vehicles, motorcycles and trucks.

16.8

Specific escort or seconding vehicles not provided by The DHL Kakuzi Challenge Race Organisers are not permitted to follow the race route. However, supporters may drive their own vehicles along public roads to reach vantage points to vocally support riders.

17. WITHDRAWALS

17.1

Riders that cannot continue the race, for whatever reason, must immediately inform the Race organizers. This can be done at the race start, the finish, at checkpoints.

18. ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

18.1

No littering or unnecessary damage to the environment will be tolerated.

18.2

Litter relating to sports nutrition water stations will be tolerated within the direct area of the stations.

19. PROTESTS

19.1

Any protests must be submitted in writing within the allocated time period (see 19.4 & 19.5 below).

19.2

A deposit of KSh 1000 must accompany any protest before the protest will be considered.

19.3

If the protest is upheld, the deposit will be refunded. If the protest is not upheld, the deposit will be forfeited to Organizing Committee.

19.4

Race protests must be submitted within 15 minutes of the rider crossing the finish line.

19.5

Result protests must be submitted within 15 minutes of the results being posted.

20. DOPING

20.1

The DHL Kakuzi Challenge Race Organisers reserves the right to take doping tests on all riders.

20.2

Positive results will lead to disqualification from The DHL Kakuzi Challenge, and those results will be forwarded to the national cycling federations.

21. DISQUALIFICATION AND PENALTIES

Riders may be disqualified at the discretion of Race organizers for any one or more of the following reasons including, but not limited to:

21.1

Riding at any point on any stage without a helmet.

21.2

Excessive littering.

21.3

Disrespect or damage to the environment.

21.4

Bad sportsmanship.

21.5

Abuse of Race Officials.

21.6

Traffic rule violations.

21.7

Breaking of The DHL Kakuzi Challenge Race Rules as described above.

21.8

Rule infringements and penalties are provided in the Table at 24 below, but are not limited to that Table (see 23 below).

21.9

Time penalties will be applied to stage results, as well as to overall race results or general classification.

22. BASIC MOUNTAIN-BIKE RACING RULES AND ETIQUETTE

22.1

Riders must complete the entire distance of the race, and the responsibility for following the official route lies with the rider.

22.2

A rider is not permitted to take any shortcuts or to omit a circuit, or take other advantage of a similar nature against opponents.

22.3

Riders who exit the route of the course for any reason must return to the course at the exact same point from which they exited.

22.4

Any walking, running or riding by a rider that is carried out without the intention of directly rejoining the course, or any other activity in breach of the regulations that takes place outside of the marked course area, can result in disqualification.

22.5

A rider cannot receive any technical assistance along the course from anybody, other than an official DHL Kakuzi Challenge rider.

22.6

Riders must act in a polite manner at all times, and permit any faster rider to overtake without obstructing.

22.7

Riders must respect the countryside and ride only on the official route. Riders must avoid polluting the area, and not leave any waste or litter.

22.8

No glass containers of any kind are permitted on or near the course.

22.9

Riders must not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials, or ignore the race regulations.

23. DISCRETION OF THE RACE ORGANIZERS

Where any additional rule interpretation is required, or where specific provision for any incident has not been made in these rules, the decision of the Race organisation will be final.