

THE ROCK

SPITZKOPPE COMMUNITY RUN
& MOUNTAIN BIKE CHALLENGE

14th SEPTEMBER 2019

SPITZKOPPE COMMUNITY RUN & MTB CHALLENGE

Half marathon run/walk: 21km
Fun Run: 10km
MTB half-marathon: 35km
MTB marathon: 70km

Entries:

Entry fee: N\$250

All entries receive free shirt

Entries are limited (first come, first served)

Online entries: www.raceday.events

Accommodation and meals:

- Accommodation not included in the entry fee
- Camping: N\$170 per person (adult) and N\$130 per person (child under 12)
- please note that camping is on first come first served basis, NO RESERVATIONS
- Day visitor rates: N\$60 per person (adult) and N\$30 per person (child under 12)
- Applicable Friday and Saturday
- Vehicle fees for the day waived for the event
- Meals: No pre-booked meals, only menu items
- Restaurant open until 21h00 on Friday night

Times:

21km walk: 06h45
21km run: 07h00
10km run: 08h00
70km MTB: 07h15
35km MTB: 07h30

Registration:

Swakopmund: Orano Mining Namibia offices, Wednesday, 11 September from 16h00 - 18h00

Windhoek: Raceday Events, 1 Parsival Street, Windhoek, Thursday, 12 September from 16h00 to 18h30

Spitzkoppe: Friday, 13 September from 16h00 to 20h00

Contact persons:

Christine or Sugnet: namibianadventureorganisers@gmail.com | **Johan:** raceday@raceday.events

- The Rock is an event invested in sport and the development of the Spitzkoppe Community and the #Gaingu Conservancy. Fifty percent of all proceeds from the accommodation and meals will go to the community for development, while daily vehicle gate entrance fees goes to the !Oe-#Gân Traditional Authority.
- Participants are encouraged to support the local sporting community through the donation of sport clothing and shoes, and old clothes, blankets and toys for the community in general.
- The Rock is also a green event, which means that we endeavour to minimize our environmental footprint as far as possible.