



JEEP Apparel Multisport Series – C u @ Shongweni !

Greetings Multisporters

Thanks to all of you for your support of the first event in the JEEP Apparel Multisport Series... we hope you'll be joining us for more fun and exercise in the great outdoors next **Sunday 9th August at Shongweni Dam.**

Just a reminder to get your entry in early (closing date for pre-entries is Thursday 6th August 17h00) – pay less and get more !

DIRECTIONS TO SHONGWENI

From Durban: take the N3 through the Marianhill toll and exit at the Shongweni / Assagay off-ramp. Turn left at the top of the off-ramp, travel approx 1km. Turn left at the Shongweni Dam sign board and take the first road to the right (sign posted and opposite Tongaat/Denny Mushrooms). Follow this road until you reach the gate to Msinsi Resorts. Proceed through to gate and down to the dam.

From Pietermaritzburg: take the N3 towards Durban and exit at the Shongweni / Assagay turnoff. At the top of the off-ramp turn right past the Zenex Petrol Station / Assagay Hotel and look for the sign to Shongweni Dam to the left (approx 1km). Take the first road to the right (sign posted and opposite Tongaat/Denny Mushrooms). Follow this road until you reach the gate to Msinsi Resorts. Proceed through to gate and down to the dam.



GARMIN GPS CO-ORDINATES

29°51'24.03? S

30°43'29.22? E

Be sure to arrive with enough time to spare – the venue at Shongweni Dam is quite compact with fairly limited parking space and the only entry/exit road is also used during the race so we need to minimise traffic entering the dam after 9am.

Registration and prize giving will take place from the new Umzinyathi Club House which has

been completely re-built after being burnt down last year. Umzinyathi Canoe Club has very kindly offered us the use of their facilities and we encourage everyone to support them by making use of the pub !

FAST FACTS TO REMEMBER!

Multisport Long Course: 5km Trail Run, 20km MTB, 5km Paddle

Multisport Short Course: 2.5km Trail Run, 10km MTB, 2.5km Paddle

MultiX Long Course: 5km Trail Run, 20km MTB, 2.5km Trail Run

MultiX Short Course: 2.5km Trail Run, 10km MTB, 1km Trail Run – **NEW by popular demand!**

Kids Multisport Dash: 15 minutes of mayhem, fun and games

Pre-entries close: Thursday 5pm prior to each event

Late entries: on the day at registration

Free entry at the gate between 6am and 9am – thereafter full gate fee applies so get there early

Enter online: www.maxcluer.com

Full catering from Piatto Events – full selection of healthy foods !

As always the best prizes you'll ever see at any event courtesy of our sponsors.

RACE DAY PROGRAMME:

07:00 - 08:45	Registration
09:00	Multisport Long Course Start. Individuals
09:10	Team Multisport Full Distance Start, Teams of 2 & 3
09:40	Full Distance MultiX Start, Individuals and Teams
10:00	Multisport Short Distance Start, Individuals
	Team Multisport Short Distance Start, Teams of 2 & 3
	Short Distance MultiX Start, Individuals and Teams
12:15	Kiddies Multisport Dash
13:00	Event Prize Giving

DON'T FORGET!

The **JEEP APPAREL MULTISPORT SCHOOL** will be offering multisport clinics the afternoon before each event, Saturday, at the venue. So get your camping gear together, grab family and friends and come and test out the course for the next day and get some inside info and tips from the TEAM JEEP athletes who will be on hand at these cool clinics. Contact

ewan@multisportschool.co.za for more info. Common make a weekend of it :)

For those of you who love your dogs, take the time to complete our short questionnaire – we will use this information to determine the feasibility of setting up a unique pet/owner event plus you stand a chance to win a fantastic Eukanuba hamper to the value of R1000.

FACEBOOK

Check out <http://www.facebook.com/group.php?gid=5135422626> for latest event updates.

YOUTUBE

Check out the race video at www.youtube.com/mcsmcc

Golden Rules:

No helmet, no ride !

No life-jacket, no paddle !

We look forward to seeing you there – bring your families, friends, work chinas and whoever you can get your hands on – mothers-in-law by special application only, read the fine print on your entry form

Miss it – Miss out!

