



Pre-race intel

Dear {{ contact.FIRSTNAME }},

We hope you are as ready and raring to go for this Saturday's Jonkershoek Mountain Challenge 2023 as we are!

This is your pre-race email with important details, so please take a minute to read the following:

ACCESS

1. Download, print and place your [PARKING PERMIT](#) on your dashboard
2. The venue for the race village where registration (number collection), kit-check and the start/finish is at the [OKKIE JOOSTE CULTURAL CENTRE](#)
3. Please follow the directions of the parking marshals and signage instructions when parking, and then follow the signs and directions to Okkie Jooste for registration & kit-check.
4. **DO NOT LEAVE ANYTHING VALUABLE IN YOUR CAR**, rather bring it and leave it at bagdrop.
5. **NO DOGS** are allowed. There is an enormous hungry boerbull on site...

REGISTRATION & KIT CHECK

1. Registration/number collection/kit check will be open:

FRIDAY 19 May from 17h00 - 19h00
SATURDAY 20 May from 05h30 onwards

2. Kit check is compulsory for 38km Classic participants **ONLY**. Click [HERE](#) for the compulsory kit list. Plan for Weather B, any change to that will be communicated.
3. No kit check for the 21.5km Lite or 12.5km Aspire.
4. If you do not have all of the required kit, you will NOT be given your race number and will NOT be allowed to run.
5. Substitutions and up/downgrades can be done during registration. A R50 substitution fee will apply.

START TIMES

1. For start times and expected winning times, [please click here](#)

RACE COURSE INFORMATION

1. Click [HERE](#) to download the GPX files.
2. Please familiarise yourself with the [CUT-OFF TIMES](#) and pacing chart and manage your race accordingly.
3. For position of aid stations and support [CLICK HERE](#).
4. Aid stations are CUPLESS, so please pack your own.
5. Aid stations are **SUPPLEMENTARY** and not to be used as part of your race fuelling plan.

RACE VILLAGE

1. Water and 1x Bos Ice Tea will be available at the finish, with more Bos Ice Tea for sale.
2. We will have boerie rolls and pizza for sale, as well as coffee all day, of

course.

3. **WE ARE NOT ALLOWED to sell ALCOHOL** at Okkie Jooste, so please bring your own in a marked cooler box and we can place this into the walk in freezer.
4. Supporters are welcome and there is a swimming pool if you feel like a bracing swim to wake you up!
5. Brad Williams Sport Massage will have a Recovery Zone setup at the venue.
6. **HOT SHOWERS** are available at the venue.

NO DOGS ARE ALLOWED at the event, at the venue or to run with

DO NOT LEAVE ANYTHING OF VALUE IN YOUR CAR

FOLLOW THE ACTION

Results are [live here](#).

Keep up with the conversation, for race updates follow us on Twitter @wildrunnerza or Instagram @wildrunnerza and use the hashtags #JMC23

COMMS WITH THE TEAM

For any race enquiries, please check our website at www.jonkershoekmountainchallenge.co.za or email info@wildrunner.co.za.

Kind regards,

Owen, Tam and the Wildrunner team

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info@wildrunner.co.za



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