



MOUNT KENYA TRUST
10to4 MOUNTAIN BIKE
CHALLENGE
February 2018 www.10to4.org

Frequently Asked Questions - 2018

How do I enter?

Please enter online here: <https://goo.gl/forms/OXCMiLY3fqTQSeEs1>

Early bird entries close at midnight on the 15th December 2017. All entries close at midnight on Friday 2nd February. You cannot enter on the day.

I can't see my name on the start list?

The start list and your number will be emailed out one week before the race and will be available on the website. If you do not see your name, please contact us via eventmanager@10to4.org.

Do you have a waiting list?

No, we don't have a waiting list, and we don't re-sell places when cyclists or runners withdraw from the event.

My plans have changed, I no longer want to/can race & I would like to withdraw?

This is not a problem but please let us know using the same email that you have registered with. We don't transfer entries between competitors, we simply give you the appropriate amount of money back as outlined in the cancellation policy.

Are there separate race waves & awards?

Yes. There are prizes for the top 3 in each race category.

On Day 1 (Friday 9th), there is *one bike race* called the Extreme.

On Day 2 (Saturday 10th), there are *three bike races*; the Classic, Slide and Rush. There is also *one running race* – the Chase.

On Day 3 (Sunday 11th morning), there are *four bike races*; 4-6years, 6-8 years, 6-12 years and 9-12 years.

When do I have to register?

The registration desk will be open from 2pm at Borana Race Village on Thursday 8th February, Friday & Saturday all day and early Sunday morning for the children's race.

There will also be a registration desk open on Saturday 10th morning from 6.00am at the Horse Patrol Team base, Kisima. There are no other options and please remember your race number for ease of registering (this will be sent out on the start list). You *cannot* enter on the day.

Are there route maps available?

Yes, the course maps are available for you to download from our website. It is possible that these routes may be subject to change, however we are confident that these are the routes that will be used.

How hilly is the bike/run course?

Please choose a race to suit your own ability and fitness. The Hardcore is the longest, most difficult and technical race over a two-day period. This is for fit and experienced mountain bikers. The Classic is the second hardest, followed by the slightly shorter Rush. The Slide is appropriate for all and children between the age of 10 – 12 years old can participate, but must be accompanied by an adult.

Children between 4 – 12 years old can join the Children's race on Day 3.

The Chase is approximately a 26km run and will follow the end of the Classic route up to the split point in the Ngare Ndare forest, where it will turn left and continue down the Slide route.

How long will it take me?

This is dependent on training and fitness. As a rough guide, the EXTREME race can take riders between 5 to 8 hours and the Day 2 events can take between 2 to 6 hours. The running race can take between 2 to 4 hours.

What type of bike and equipment would you recommend using?

A well serviced mountain bike is essential. Ensure that you are self-sufficient in the event of a flat tyre, other technical or personal issue – cycling gloves, padded shorts, water bottle, cycle pump, spare tubes, cycle repair tools, mobile phone and sunscreen are considered essential items.

Can I hire a bike?

No bikes cannot be hired at the event.

Can I get bike supplies before or at the event?

Yes – a range of good quality items from puncture repair kits to clothing will be available to buy on site. However to guarantee a particular item, please preorder from Bikes and Outdoor Adventures: +254 773 757 621 or visit www.bikeshop.co.ke

What are the common mistakes by competitors?

Not arriving early enough. Remember there is a lot to do before a race and we check in every bike to make sure race stickers are in the right places, this takes time so please allow for this and the inevitable toilet queue.

Getting lost on the way to the Borana Race Village and the Saturday Kisima START line. We will do our utmost to have clear signs out. Please do not leave it too late to get to the site on the Friday evening if you are camping. Google pin drops will be available on the website and will be emailed

out closer to the event, along with directions.

What are the start times on Day 1, 2 and 3?

Please check your start time carefully. Note: ALL Day 2 bike races are **ONE way**. This means there is a different START and END location.

Bike Race	Time	Location
DAY 1 – Friday 9 th Feb EXTREME	7.00am briefing. 7.30am START.	START & END: Borana Race Village
DAY 2 – Saturday 10 th Feb CLASSIC, RUSH, SLIDE	8.00am briefing. 8.30am START ALL RACES	START: Kisima Farm END: Borana Race Village Note: ONE WAY RACE
DAY 3 - Sunday 11 th Feb MINI 10TO4 4-6yrs 6-8yrs, 6-12yrs, 9-12yrs	Briefing for all races 7.30am 8.30am START (4-6yrs) 8.00am START (6-12yrs)	START & END: Borana Race Village
Run Race	Time	Location
DAY 2 – Saturday 10 th Feb CHASE	6.45am briefing 7.00AM START	START & END: Borana Race Village

Is transport available to the start line on Day 2?

Yes – for 3,000KSh per person (and bike), we can provide one-way transport to the start line. Please pay on your entry form. This is **pre-book** only and cannot be accessed on the morning of the race. Places are not allocated until payment has been made. Bikes must be dropped on Friday evening at a designated point. More details closer to the event.

What waterstops do you have on the course?

There are lots of waterstops along each race course. Available at the water stops will be water, gels, rehydrants and bananas. It is advisable to carry your own water bottles too refill at the stations. Waterstops will also have basic first aid kits along with contact to emergency medical services.

Extreme: Largely unsupported – riders must carry their own water and refill at the 3 water points.

Classic, Rush and Slide: 6-10 water points (depending on race).

Chase: 3-5 water points

Children's race: 1 water point.

How do competitors get a disqualified in the race?

Be familiar with the race rules. These are:

1. A correctly fitting cycle helmet must be worn while riding on any stage.
2. Bikes should be fit for purpose – a mountain bike in good, mechanical repair.
3. A full disclaimer must be signed and exchanged for your race number.
4. Ride of way – This is a very simple concept that applies to all mountain bikers. If you are walking on a section because it is too technical or you are tired, you must *give way* to those riding. If you are behind someone pushing, simply ask for '**ride of way**'.

5. Give way – if there is a faster rider behind you, try to find a safe place to let him or her pass you. Shortcuts are not permitted.
6. Offensive language will not be tolerated to any of the Tropic Air 10to4 team.
7. Dropping litter or damaging the environment you are riding through.
8. Although not mandatory, membership of AMREF – the Flying Doctor – is highly recommended. Without AMREF medical insurance, the participant is aware that medical and flight costs must be paid BEFORE any treatment. By signing a disclaimer, the participant is fully aware of this agreement.

What can family do while I'm racing?

We will produce a spectator guide for the event that will be published in the immediate lead up to the event. There will be spectator points accessible by vehicle. The Borana Race Village will have a range of food and drink outlets, along with merchandise for sale and entertainment later in the day.

What accommodation is available?

There are three accommodation options:

1. Bring your own tent and camp at the Borana Race Village. On site camping is specific to the event and you cannot ordinarily camp at Borana. Shower and toilet facilities are available on site. **Please no open fires** - it is likely to be dry in February and we do not want any bushfires.
2. Borana Lodge offering eight unique, double cottages. For more details: www.borana.co.ke or email bookings@borana.co.ke.
3. Cunningham Safaris - +254 721630908 or bwana.stuart@gmail.com

No third party camp providers without prior permission.

Is there food and drink available?

Yes a range of food and drink outlets will be available. More information closer to the event.

What happens in a medical emergency?

The race operates in remote locations. If you are involved in or witness an accident, please report immediately to the emergency contact number (available closer to the event) or a water stop. Basic first aid will be administered at all water stops, and along the route by ambulances and sweeper cars.

For serious incidents, the Tropic Air helicopter will evacuate participants to Cottage Hospital, Nanyuki or to an airstrip, for onwards AMREF Flying Doctor medical evacuation pickup to Nairobi. **By signing the disclaimer, the participant agrees to all hospital or medical center charges, and any ongoing medical expenses, to be the sole responsibility of the participant.** PLEASE NOTE – in an emergency, it can be very difficult to organise air-evacuation from health care insurers, even if you have evacuation cover. Without cover, air evacuation alone can cost \$4,000 and must be paid prior to flight. The quickest and safest way to evacuate in Kenya is via AMREF <http://flydoc.org/>. You can purchase membership for the event for just 1,000KSh on your entry form. Please also provide the correct valid health care insurance and/or AMREF membership information on entry, to make an emergency situation efficient.

What are the race cut off times?

Nearly all participants finish the race and only through multiple flat tyres or other unforeseen issues will a rider or runner need to pull out. A sweeper car will be moving around the course to pick up anyone who has a problem. The cut off times for the HARDCORE on Day 1 is 4.00pm. The cut off time for the CLASSIC on Day 2 is 12.00noon. Do not worry, most riders reach this point well before cut off but if you reach this stage after 12noon, you will just be directed onto the shorter RUSH route. The cut off time for the CHASE on Day

2 is 9am at the split point.

What time is prize giving?

Day 1 & Day 2 races (Hardcore, Classic, Rush, Slide & Chase) - 3.30pm on Saturday afternoon.

Day 3 races (Children's) - 11am on Sunday morning.

