

10th Nedbank sani2c

Final Instructions

Hi all Nedbank sani2c 2014 riders

If you know what is good for you, you will read these final instructions, because all this information is going to be important for you. They are designed for you to be on top of your game. Hopefully you have invested time and energy to ride for 3 days so it would be really wise to spend a few minutes focusing on this.

As the excitement builds with a few days to go there is some important info which you may need.

There are passionate farming communities waiting to feed, wash and water you all next week. There are farmers that will be putting their farming operations on hold to assure that you all have a great time and support their wonderful organizations in their respective communities.

The Nedbank sani2c has always been focused heavily on the riding experience and 2014 is no different. There are some welcomed changes to the route. As always there will be some surprises too.

We think you are in for a proper ride. We hope you are fit enough to enjoy each day. This ride is tough and it is far, but the route is designed to uplift you not break you. It has always been our philosophy is to create great riding and keep you smiling and coming back for more. Nothing makes us happier than to see you smiling on the finish line after a hard day on the bike.

Sponsors Welcome

The excitement is palpable for the 2014 Nedbank sani2c and no doubt we are all refining packing lists, route building or event preparations. No stranger to sport sponsorships in South Africa, Nedbank is excited at the prospect of entrenching the bank's unique expertise at the tenth edition of one of South Africa's premier multi-stage mountain biking events. Presented by Nedbank Private Wealth, we were delighted to make memorable cycling happen for the cyclists, volunteers and communities that experienced this truly remarkable event.

Nedbank's vision to be Africa's most admired bank is realised through delivering world class events like the Nedbank sani2c. Our sponsorship approach and philosophy ensures that sponsorships are selected for their alignment to business objectives as well as their ability to contribute to development and community upliftment. When you're caught up in the thrill of three days of unbelievable rollercoaster single track riding it's easy to forget the significant contribution the race makes to preserving the environment and empowering local communities. Any pain you feel in the legs will undoubtedly be relieved by the beautiful setting and the sense of achievement you will enjoy when you finish in Scottburgh.

The sponsorship of the Nedbank sani2c, presented by Nedbank Private Wealth, complements

Nedbank's current involvement in cycling and the partnership is a natural fit as it reaffirms Nedbank's reputation as South Africa's green and caring bank. The eco-friendly nature of the race, supported by the tree planting programme, lends itself to the protection and preservation of the fauna and flora along the route. In addition, the financial backing made available to participating schools and local communities along the 266km route further illustrates the uplifting benefits of sponsoring the event.

The Nedbank sani2c would not be possible without the vision of Farmer Glen, wife Mandy and his extended team and their personal desire to promote tourism and conservation of this area to the benefit of its people. We are delighted to be able to contribute to the vision in some way and thereby grow the sport of mountain biking domestically.

A special word of thanks to our fellow sponsors and of course, to you, the riders who will enjoy the challenges and pleasures of one of the greatest events on the South African cycling calendar. We look forward to welcoming you at Underberg Primary School.

Riding regards
Patrick Baransky
Nedbank Sponsorship Manager

REGISTRATION:

Registration is held at Underberg Primary school on the following days.

- Nedbank sani2c TRAIL : Monday 12 May 2014 from 11am till 5pm(Sandra & Judy will be there till 8pm)
- Nedbank sani2c ADVENTURE : Tuesday, 13 May 2014 from 11am till 5pm(Sandra & Judy will be there till 8pm)
- Nedbank sani2c RACE: Wednesday, 14 May 2014 from 11am till 5pm(Sandra & Judy will be there till 8pm)

CSA – Cycling South Africa membership

We are a CSA sanctioned event and all our riders except internationals require a CSA license to ride. Rather register online [here](#) to avoid the daily CSA fee and queuing at registration. Please don't send us your membership number - just bring confirmation with you to registration.

BLACK BOXES

Only race issued black boxes will be loaded on trucks to be transported to race villages. There will be a separate truck travelling from registration directly to Scottburgh with bike boxes and any other kit you will not require during the event.

PRE EVENT RACE BRIEFING. UNDERBERG PRIMARY SCHOOL.

Pre Event Race briefing for each event will be held at Underberg Primary school at 3pm (15h00) on each of the above days.

RACE START TIMES

Race start times for A batch at all events are as follows: Batches start intervals are 10 minutes

- Day 1: 8am
- Day 2: 6am (Day light dependent)
- Day 3: 7am (***NB. All RACE competitors need to take note of the New Reverse Order Start for the last day. The Reverse order start does not apply to the TRAIL and ADVENTURE competitors. Please see all batch start times listed herewith.***)

BATCH START TIMES:

The batch starting times are detailed herewith. (***NB. All RACE competitors need to take note of the New Reverse Order Start for the last day. The Reverse order start does not apply to the TRAIL and ADVENTURE competitors. Please see all batch start times listed herewith.***)

Batch	Day 1	Day 2	Day 3	RACE Day 3
A	8H00	6H30	7H00	11H00
B	8H10	6H40	7H10	11H10
C	8H20	6H50	7H20	7H00
D	8H30	7H00	7H30	7H10
E	8H40	7H10	7H40	7H20
F	8H50	7H20	7H50	7H30
G	9H00	7H30	8H00	7H40
H	9H10	7H40	8H10	7H50
I	9H20	7H50	8H20	8H00
J	9H30	8H00	8H30	8H10
K	9H40	8H10	8H40	8H20
L	9H50	8H20	8H50	8H30
M	10H00	8H30	9H00	8H40
N	10H10	8H40	9H10	8H50

TOTAL Daily Distance

1. 81 km
2. 99 km
3. 86 km

TOTAL 266 km (Please note there will be cut off times for your safety especially on day2)

As you all know Day 2 is the big one. For your safety there will be cut offs along the way. The last

one being at Highflats Church (83km) the cut off here will be at 4.30pm

Cut off policy

Why a cut-off policy?

We have an incredible backup support crew who will look after you in day light hours. You will need to be in before dark each night and if you are not this impacts them and us as we spend too much time looking after the unfit and underprepared versus the majority of our riders.

The Nedbank sani2c, like the Comrades or Two Ocean's marathon is an event and it is about achieving something. It is not a bike tour. Only finishers of all 3 days will get the finishers T shirt in Scottburgh. However we think we are very nice people and we want everyone to finish. But when it comes to very lenient cut off policy we will have no exceptions as we bring in the honor of riding your bike from the berg to the sea.

And now for the good news.....

We will have a cut off at the last 2 water point of each day and one at the finish at 5pm. These cut-off 's very achievable and will be announced at race briefing each evening.

REVERSE ORDER START FOR THE RACE COMPETITORS ON THE LAST DAY.

Nedbank sani2c set for final day start

On the last day for the RACE event only, Day 3, C Batch will depart first at 07.00am, with 12 batches leaving at 10 minute intervals. Thereafter there will be a two-hour delay until approximately 11am. At 11am A batch and the leaders of each category will start. At 11h10 B batch will start.

PRIZE GIVINGS:

We will stage a prize giving at the race village each day for each event.

- Day 1. Mackenzie Club @ 17h00
- Day 2. Jolivet @ 19h00

Stage winner's dignitaries and overall category leaders should be present at the daily awards ceremony. Please meet at the stage area and report to the MC 15 minutes before the scheduled start of prize giving and race briefing (see schedule below).

FINAL PRIZE GIVING AND CLOSING. SCOTTBURGH MAIN BEACH.

We will stage the final prize giving after each event on Scottburgh main beach daily.

- Day 3. Scottburgh Main Beach @ 13h30

UNOFFICIAL AFTER PARTY. NEW RESTURANT AND BEACH BAR COMPLEX, MARINE PARADE, SCOTTBURGH. *(Dress code. Beach wear baggies and bikinis. Definitely no Speedo's please)*

This will be held at the New Restaurant and Beach Bar complex on Marine parade, Scottburgh each

evening after the completion of your event. All competitors, family and friends are invited to meet at the complex any time after finishing and party till late. Entertainment has been arranged for a festive closure to the Nedbank sani2c 2014. Remember to wear your baggies and bikinis. Definitely no Speedo's please.

SUPPORTER and Camper Vans etc.

Supporters/camper van drivers/moms/dads/uncles/private masseurs/bag carriers/little guys etc. are not allowed to enter the race villages. We simply do not have space available to accommodate any of these wonderful people. We realize that some of you may have woken up late but unfortunately there is nothing we can do. Supporters will not be allowed to drive in to pick up riders who are too tired to load their bags for those staying at B&B's. Please don't abuse our crew or security staff they are there to enhance your experience. They have strict instructions not to allow any unaccredited persons into the race villages.

As you will experience the Nedbank sani2c has a relaxed welcoming vibe throughout the 3 days. The race villages go to great lengths to make their villages special. Please do not try and get your unpaid supporters, private masseurs, mechanics who are not staying the village into the village without their supporter band. We will have to unleash the wrath of the farmers on anyone who abuses our goodwill.

While we like to have a professional but relaxed attitude, the challenge of putting on an event like this, requires controls to be in place. We know that as level headed people you will respect the few rules we do have.

Non identified people can obviously be a security risk to all our riders. So all people in race villages will have to have identification.

Please don't contact the race crew or office to ask for extra passes as we are simply full.

DAILY HIGHLIGHTS on SuperSport each night

The Nedbank sani2c will be delivered by Super Group on SuperSport 6 at 9pm / 9:15pm each night.

THE WEATHER

The weather over this time is very unpredictable and the nights can be close to freezing so come prepared. A good proper winter sleeping bag is essential, a bed sheet, a pillow and warm PJ's should do the trick. Don't forget to pack your bath towel.

NEDBANK Insurance Bridge

Scottburgh lagoon will once again see Nedbank sani2c competitors providing a lot of action in the form of the Nedbank Insurance floating bridge. Invite your friends and family to meet you at Scottburgh main beach. Stay over in Scottburgh or the surrounds to chill out, meet for the AFTER PARTY and watch the pros come in during the Reverse order Start on the RACE event on the last day. Remember to pack beach clothes add to the theme, baggies and bikinis.

NEDBANK sani2c cycling kit available (limited numbers and sizes left)

A limited number of Nedbank sani2c cycling jerseys will be available at registration.

GoPro Moment of the day

Bring your GoPro with you to Nedbank sani2c and submit footage or photos to our Big Shot media crew at both Mackenzie or Jolivet race village and you could be selected for the GoPro moment of the day.

Find the GoPro stand at registration in Underberg for product accessory and editing demos. Chat to their experts on how to get the most out of your camera and accessories. GoPro heroes will be available to answer any questions you may have.

WIN A GOPRO HERO 3+ SILVER EDITION

IN GOPRO'S MOMENT OF THE DAY

Submit your footage or photos to Big Shot media at either the MacKenzie or Jolivet stops and you could be selected for the GoPro moment of the day.

The best moment of the day over the 2 days of racing walks away with a GoPro Hero 3+ Silver Edition from World of Heroes.



Visit www.facebook.com/WOHZA after you finish your Sani2C adventure, post any content or visuals from your race to go into the draw for an additional GoPro Hero 3+ Silver Edition in our on-line competition. Don't forget to tweet @WOHZA or mention us on Instagram @WOHZA for extra entries and chances to win.

Terms & Conditions Apply. Z&C. Entries close Friday 23 May. Winners announced on WOHZA platforms on Tuesday 27 May.



OMNICO Exclusive distributor of GoPro, South Africa.



Join us at

THE GOPRO VILLAGE

situated in the registration area for product, accessory and editing demos. Come and chat to our experts on how to get the most out of your camera and accessories.



Our GoPro Heroes will be in the village during registration to answer any questions you may have with regards to your camera, available accessories or how to get the best possible footage from your GoPro.

EDITING DEMOS

Happening daily during registration at the following times in the GoPro Village:

14:30, 15:30, 16:30, 17:30



Nedbank Tour de Tuli prize

Time to dress up Wild at Heart. Be creative, any wild team dress will stand you in line to win a 2014 Nedbank Tour de Tuli paid-up entry prize for two riders. This premium event is oversubscribed and takes place in August over 5 days through Botswana, Zimbabwe and South Africa through untamed wilderness area containing the big 5! Best outfit judged over the 3 days.

Thule Prize

Thule will offer as a prize for each of the Nedbank sani2c rides this year. Visit the Thule stand at registration and simply complete the word search and hand them in at the Thule Stand at registration in order to stand a chance to win a Thule Bike Case to the value of R10499. Samples of these quality Thule bike cases will be displayed at their stand for you to have a look at.

The winners will have the choice of either the Thule Round Trip Transition (hard shell) or the Thule Round Trip Pro (soft shell) version.



Pack List

Click [here](#) for your pack lists.

Remember to pack your own unique quick chain links, a unique derailleur hangar or anything else unique to your bike.

Nedbank sani2c Warm clothing drive.

This project was initiated in 2012 after a suggestion from one of our riders. This initiative has proved to be a great success helping to strengthen our relationship with all those along the route.

We all have old jackets and items of warm clothing cluttering our cupboards. Bring any unwanted items of adult or children's clothing with to registration in Underberg and we will arrange to have it distributed along the race route after the event. This is one small way we are able to convey our thanks to the many people along the route who together allow us to have so much fun.

You would be amazed how appreciative they are for these items of clothing we no longer need.



WTB Tubeless Conversion

South Africa was designed for tubeless tyres. This message is especially for our overseas riders. You can only run tubes if you want a miserable journey to the sea.

Please assure that you are tubeless or have tubeless conversion done by your bike shop before you leave home.

Tread Buffalo Category (teams must have a combined weight over 180kgs) – teams who wish to compete in this must have a weigh in at registration. Tread will be there to register you.

Red Bull Run

Once again Red Bull will be out on the route where you will need those pick me ups most. The Red Bull Run will be a fun section where you can use your wings and let it flow without pressure in your own time.

Community Projects

We don't like to talk too much about what we do for your communities along the race route. We would rather you find out for yourself should you be interested. The fact that you have entered Nedbank sani2c means that you are making a difference in the right way to more people than you know.

There are a couple of really feel good things that happen on events like this. At Nedbank sani2c we have many community based projects. All of these add value to the event and the communities through which they pass. This is the sani2c model that has evolved over the past 10 years and will continue to do so for as long as we can ride bikes.

Here's a sneak preview of the route building and maintenance project.



Route building and maintenance for the benefit of the local community, the event, landowners and others, opening further opportunities such as trail running, birding and hiking thereby creating jobs and an appreciation for our environment.



Our new test project. Locally run B&B and trail center. (You will pass by this building nearing completion on Murrays meander on Day 2.) The success of this project will create jobs year round for these communities. They will run and maintain these

centers on our route attracting riders and their families wanting to visit these areas. This will open up tourism opportunities and create jobs close to their homes and thereby maintaining strong family values.



Our tree planting projects. Based in Rural communities and on commercial farms (See test plots at Mackenzie Club and on many route.)

Another project which has literally saved lives is Charlie's Cat Walk. This community project was initiated in 2012 and is situated as you approach Jolivet on Day 2. These two pictures tell the story. In 2012 4 kids lost their lives on this treacherous section of road. We used to take the route on a big detour to avoid this road. Thanks to you, Barloworld CAT, and the hard work of Charlie Shewan we have a real feel good ending into Jolivet. This is power of mountain biking.



Before ...and **After** ...

GET SOCIAL WITH Nedbank sani2c

Join our Facebook page to connect with riders like yourself! Watch out for our charity auctions, race updates, rider blogs and general chat.

Alternatively you could follow us on **Twitter!**

Follow:

@farmer_glen for route and other updates

@sani2c_scoop

@nedbanksport

Facebook: www.facebook.com/sani2c

sani2c blogs: <http://www.sani2c.co.za/Blogs/bloggers.aspx>

TWITTER “Photo/experience of the Day”

Share your Nedbank sani2c photo or experience of the day via twitter and stand a chance to win daily prizes. You must use the event hashtag to qualify.

#s2cTrail

#s2cAdventure

#s2cRace

#10yearsofthrills

Thanks for entering Nedbank sani2c 2014 we are excited and ready for you all and we know the schools and communities are delighted with the opportunity to use the event to raise much needed funds.

See you all very soon
Kind regards

Farmer Glen

NEED SOME INSPIRATION:

Hopefully some of these route videos of sani2c will get you going and to give you an insight into the beauty you can expect from the race. **Let's start with Murray's Meander...**

<http://www.youtube.com/embed/8xPb7aREL9E>

<http://www.youtube.com/embed/9Pk1fPmEroc>

Now that we're all fired up, let's look at a quick overview of each day from a riders' perspective. **Check these out:**

<http://www.youtube.com/embed/5Q81IOHExh0>

<http://www.youtube.com/embed/G3dZVswHZcU>

<http://www.youtube.com/embed/6qRmcMfVkiq>