

## MOMENTUM MEDICAL SCHEME ATTAKWAS EXTREME PRESENTED BY BIOGEN 2024 - RACE INFORMATION

1. As participants gear up for the Momentum Medical Scheme Attakwas Extreme, recognized as one of the most challenging mountain biking experiences, we emphasize the critical importance of hydration. Adequately stocked water points, featuring refreshments such as Coke, water, Biogen supplements, fresh fruit, and snacks, will be strategically placed along the route. Riders are strongly encouraged to prioritize proper nutrition, with a recommended fluid intake of 500 - 750ml per hour.
2. A reminder to all riders: It is imperative to bring your own bottled water for the race start.
3. The race cut-off time at the finish is set at 11 hours, with additional cut-offs enforced at water points (WP1 – 2.5 hours, WP2 – 4.5 hours, WP3 – 7 hours, and WP4 – 9 hours). Riders not complying will be removed from the course without exceptions, prioritizing the safety of all participants. (the cut-off times referred to applies to riders departing from the water point at the specified time, not arriving there)
4. The race organization holds the right to deny entry into the Attakwaskloof, even for riders reaching WP2 within the allocated time, if deemed physically unfit by the safety or medical officers. This decision is final.
5. Neutral technical support will be available at water points 2 and 3, with limited service at water point 4. Riders are advised to carry appropriate spares for their specific bikes, as no backup outside of designated areas is allowed.
6. Rider seeding details are accessible on the website. Riders must adhere to their allocated seeding batch, and starting in a different batch will result in a DNF (Did Not Finish) outcome.
7. Any rider considered medically unfit by the Attakwas Race Medical Team will not be permitted to continue.
8. Please note there are no road closures; standard traffic rules apply. Riders must adhere to traffic regulations, including stopping at stop signs and keeping to the left of the road at all times.
9. Following vehicles are strictly prohibited on the Attakwas cycle route. Any violation linked to a specific rider results in immediate disqualification.
10. All riders must carry a fully charged mobile phone with emergency numbers, including JOC (072 635 6035).
11. Riders choosing not to continue must stop at the nearest water point. If in a remote location, stay within sight of the road for sweepers to pick you up. Notify a Dryland official, not a marshal, of your withdrawal. Call the race JOC on 072 635 6035.
12. Littering is strictly prohibited. Deliberate discarding of items will lead to refusal of participation in future Attakwas Extreme events.
13. No helmet, no ride. Automatic disqualification applies if a rider is seen removing their helmet while riding.
14. Exercise extreme caution on technical descents in the Attakwaskloof.
15. Be courteous to fellow riders and yield to faster participants approaching from behind.
16. The race starts at 06:30 at Chandelier Game Lodge. Arrive early at your check-in venue/batch; late starts will not be allowed.
17. Do not attempt shortcuts; you may never be found.

Enjoy the ride and good luck!

