

Southern Breweries Trail Runs

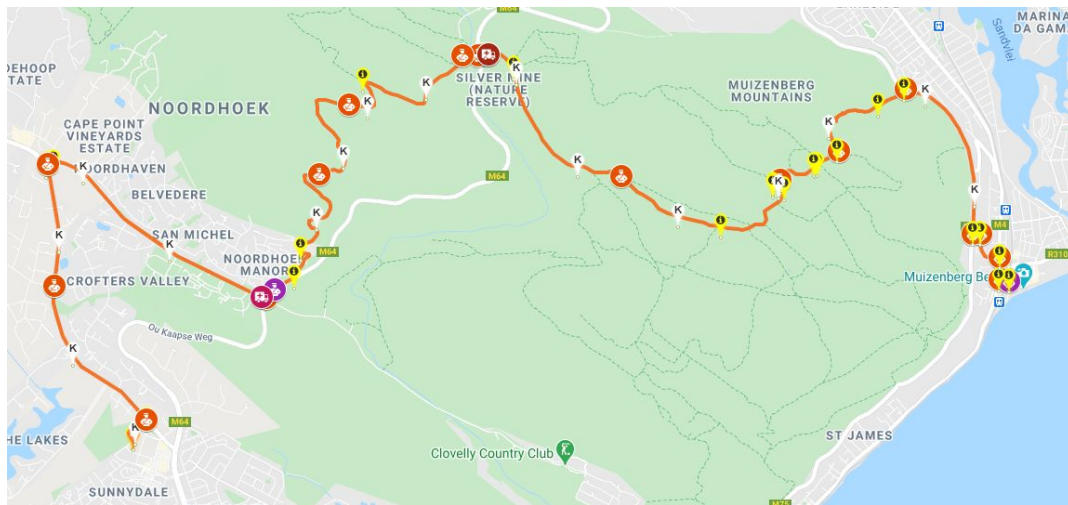
1st Leg

Where's the Beer

The Striped Horse to Long Beach Breweries

Date: 23 January 2021

Start at The Striped Horse, go over the pedestrian crossing and turn right into Main Road, turn left into Gill Road, left into Park Road, Right onto Boyes Drive, turn left onto Silver Mine Hiking trail, follow this route until it joins up with the jeep track, follow the jeep track until Silvermine gate 2, cross Ou Kaapse Weg into Silvermine one (adhere to the marshals at all time), turn left onto Ou Wa Pad, turn right onto Silvermine Road, turn slight left onto Noordhoek Road, cross to the right-hand side of the road at pedestrian crossing at Sea Cottage Dr, turn right onto Hou Moed Weg and finish at the brewery.



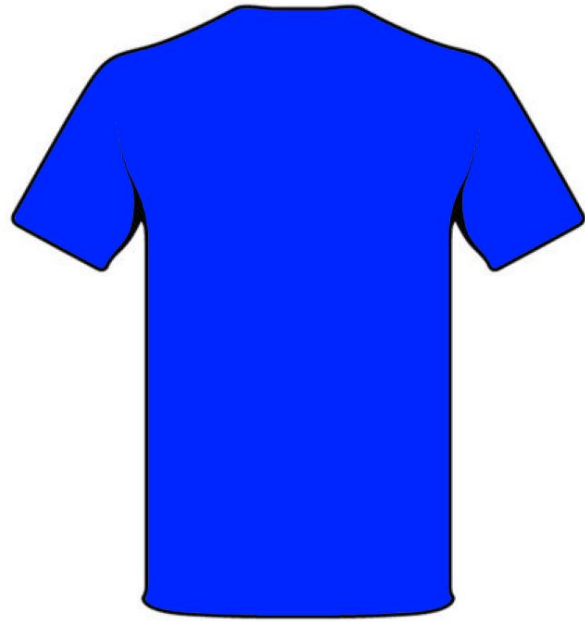
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FBEMS will be situated at Silvermine gate 2 from 7h30 until the last runner has passed. The medics will be on a Whatsapp group with the race organizer and lead marshal, every runner will be provided with the number for the race organizer as well as the lead medic for the day.

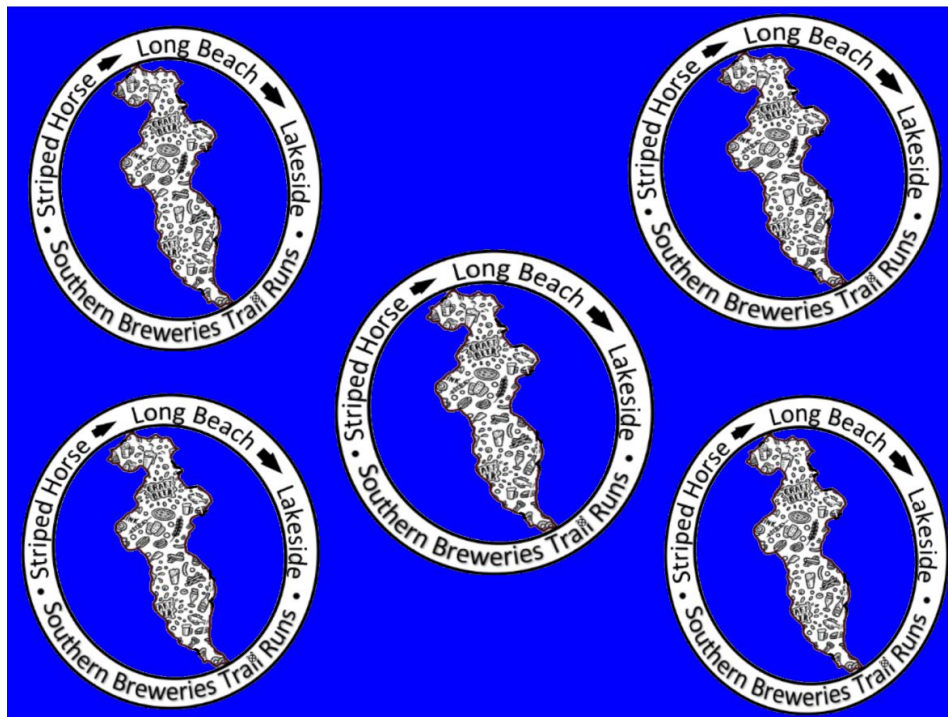
The race organizer will keep the medics informed of where the first and the last runner is, through the marshal Whatsapp group



Front



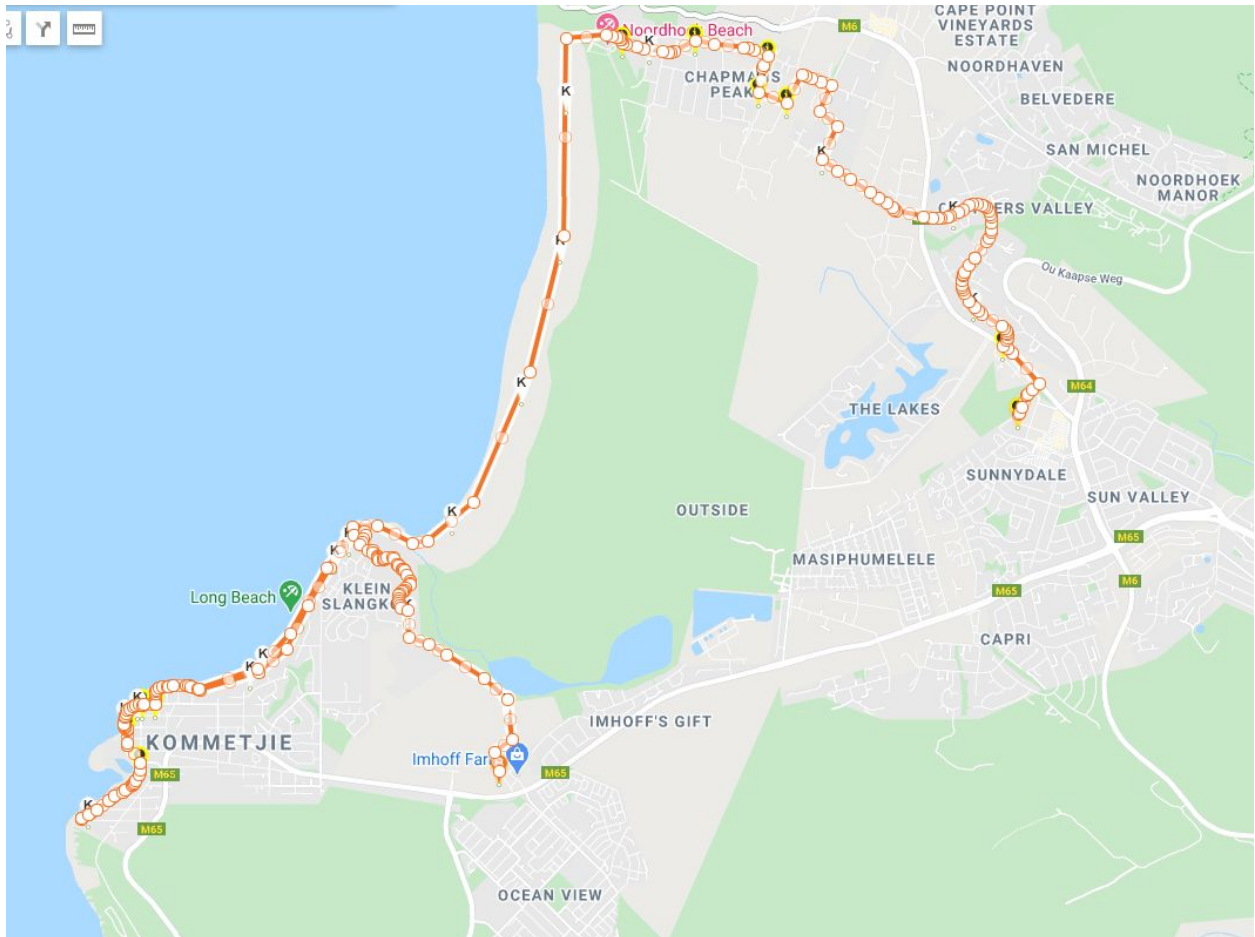
Back



Buff design

2nd Leg
Beer is the Answer
Long Beach Breweries to Lakeside Breweries
Date: 6 March 2021

Start at Long Beach Breweries, cross over the road and run on the right-hand turn right up Seacottage, cross over to Katzenellenbogen Street at the pedestrian crossing, turn right onto Buren Rd, turn left onto Leerdam Rd, turn right onto Avondrust St, turn left, onto Avondrust Cir, turn left onto Sleepy Hollow Ln, turn right onto Pepper Ln, turn right onto Heldray St, turn left onto Beach Rd, turn left onto Noordhoek Beach, turn around at the start of the Kommetjie wooden walkway, run back on the beach until Blue Whale Way footpath, follow the footpath and finish at Imhoff farm.



<https://www.google.com/maps/d/u/0/edit?mid=1WpsdnH1paSOWR0PV9g9CZELh69thhsgo&ll=-34.124832282688544%2C18.354121365803064&z=14>

Safety

Each runner will be provided with a race number and each runner will have to check-in at every checkpoint if they do not check in a search party will be sent out at the runners expense.

Check Points for Where's the Beer

1. The Striped Horse
2. Silver Mine Gate 2
3. Bottom of Ou Wa Pad
4. Long Beach Brewery

Check Points for Beer is the Answer

1. Long Beach Brewery
2. At kilometer 8 on the beach
3. Lakeside Breweries

There will be 4 sweepers with two-way radios and WhatsApp group chat on the route that will team up with the last 2 runners of the race, they will check in with the race organizer at regular intervals.

We will have a refill station at the dam with a medic which will assess every runner and runners will only be allowed if given the go-ahead by the medic (if not our runner will get a lift to the finish.)

Runners provisions

Each runner will be provided with an emergency number, each runner must have a running pack which will be checked at number collection.

1. Space Blanket - essential for all-weather conditions
2. Waterproof shell jacket
3. Whistle - Essential for all-weather conditions (the rescue signal for a whistle is 6 long blasts - stop- then repeat until someone finds you. Don't stop because you have heard a reply - rescuers may be using your blast as a direction finder.
4. First Aid Kit
5. Food - Enough to for at least 5 hours
6. Cell phone - keep it dry and have it fully charged

7. Water holder - a minimum of 750ml
8. Backpack/Hydration pack/Hip belt/Hydration Belt- all race equipment must fit into the bag/belt.
9. Race Number
10. Thermal Base Layer - if you are not wearing it have it in a waterproof pack
11. Hat/Cap/Visor
12. Buff/Beanie
13. Compass/GPS
14. Please install MySOS app on your phone
15. Cup - Water stations will be cup free.

Safety warning to our runners

Warm, windy, and misty is generally the type of weather expected for the **Southern Breweries** Trail Runs. The weather at sea level is usually very different from that on the top of the mountain, so one needs to be prepared. Please refer to the Race Equipment list for the exact gear/equipment you will need to carry with you on race day.

Before race day, you will be sent a route map and the route description. All the necessary emergency numbers along with "what to do in an emergency".

Runners route info for Where's The Beer Run

Distance: 17 Km

Elevation gain: 593 meters

Elevation Loss: 594 meters



Race Rules.

1. This is a carry my own race and runners must have all the required equipment.
2. This race is not affiliated with WPA or ASA.
3. Your race number must be visible at all times.
4. Prizegiving will take place at 10h00, you have to be present to claim your prize.
5. If you experience any Covid-19 symptoms or have been in contact with any person that had Covid-19 in the last 14 days, please do not attend the race.
6. Masks will be mandatory at the start and the finish of the race.
7. Substitutions have to be made manually by sending all the information to marieta.stevens@gmail.com before the 6th of November.
8. No refunds. If it happens that the race get postponed due to Covid 19 we will organize the race on the next date provided by SANparks.
9. T-Shirt orders close on the 1st of January 2021. Please send your required size to marieta.stevens@gmail.com
10. The organizer has Public Liability Insurance (PLI) cover. This does not include personal accident insurance for competitors. We recommend that you arrange your own personal accident insurance, ambulance cover, and income protection insurance before participating in the Event to cover any unforeseen personal costs you may incur due to ambulance trips, medical expenses, or time off work due to injuries sustained whilst participating in the event.
11. Race pack collection for Where's The Beer Run will take place on 16th of January 2021 at the Striped Horse. -

- Batch A 10h00 - 11h00
- Batch B 11h00 - 12h00
- Batch C 12h00 - 13h00
- Batch D 13h00 - 14h00

12. Race Pack collections for Beer is the Answer will take place on the 27 Feb 2021 at Long Beach Breweries

- Batch A 10h00 - 11h00
- Batch B 11h00 - 12h00
- Batch C 12h00 - 13h00
- Batch D 13h00 - 14h00

13. . Please bring the following with you to Registration: A form of photo ID (passport or ID card/document), your Space Blanket, your Waterproof Jacket, and your mobile phone in order to collect your Race Pack.

14. Entries are limited

15. **You cannot collect a Race Pack on behalf of anyone else.**

16. **PLEASE NOTE: There will be NO REGISTRATION ON RACE DAY.**

17. **There will be 2 race in the 2021 series**

- **1st Leg The Striped Horse to Long Beach Breweries +- 17 Km. 23 January 2021**
- **2nd Leg Long Beach Breweries to Lakeside Breweries +- 17.5Km. 6 March 2021**

Terms and Conditions

I accept that the event is of an adventurous nature and involves an element of personal risk. Southern Breweries Trail Runs shall not be held liable in any way for any injury, loss of life, or damage to property, however caused and the participant hereby indemnifies Southern Breweries Trail Runs? Trail Run, its staff, venue owners, and any third party employed or contracted by Southern Breweries Trail Runs harmless from any such claim.

The participants accept full responsibility for all risks involved. 1. Assumption of Risk

1.1. I certify that I have been advised that and am aware that participation in the event involves significant risk of injury, trauma, harm, and damage to me, other participants, spectators, and other persons attending or in the vicinity of the event and with this knowledge I voluntarily participate in the event fully accepting all such risks if they arise which may result in personal injury, death and damage.

1.2. I am aware that the event will take place at a time and location that may make access to medical treatment and facilities difficult and that trail running is physically exerting and may result in injury, trauma, death, or damage and that I may be exposed to natural elements such as storms and dangerous wildlife.

2. Representations and Warranties I represent and warrant that:

2.1. I am in sufficiently good physical condition to safely participate in and complete the event and have no disability, impairment, or ailment that will prevent me from safely participating in the event or that will be detrimental to my or any other person's health, safety or physical condition while participating in the event or while at or near the event.

2.2. The answers and information I have given in the registration form are all true and correct and that Southern Breweries Trail Runs has relied on the answers and information in permitting me to participate in the event.

2.3. I understand that this document is binding on me and creates an enforceable legal relationship between me and Southern Breweries Trail Runs.

3. Consent to treatment

3.1. I agree that if I suffer injury, Southern Breweries Trail Runs may at my expense arrange for me to receive medical treatment and emergency evacuation services as Southern Breweries Trail Runs deem appropriate and I understand that any personal injury that I incur may be worsened or compounded by not only my actions but by the actions, omissions or negligence of others.

3.2. I agree that I am responsible for my own medical and ambulance insurance as well as insurance for my personal belongings.

3.3. I further understand that it is my responsibility to be medically fit to run.

4. Release and Discharge I hereby unconditionally release and forever discharge from all liability Southern Breweries Trail Runs and its directors, members, officers, employees, volunteers, agents, contractors, sponsors, and proprietors of any land on which the event or any part of it is conducted from any and all claims, suits, demands, expenses, costs, damages or proceedings of any nature whatsoever arising from any personal injury, death, property damage or loss sustained by me as a result of my participation in the event and I hereby agree not to take legal action of any kind against Southern Breweries Trail Runs in connection with the event or my participation in it.

5. Indemnity

5.1. I hereby unconditionally indemnify and hold harmless, and shall keep indemnified and held harmless Southern Breweries Trail Runs, its directors, officers, agents, marshalls, contractors, helpers, sponsors, local authorities or their employees and proprietors of any land on which the event or any part of it is conducted from and against all liabilities, claims, suits, demands, expenses, costs, actions and proceedings of any nature whatsoever that may be brought against Southern Breweries Trail Runs as a result of or in connection with any act, omission, default, failure or error on the part of Dumbie Trail Run, including any negligent act, omission, default, failure or error occurring wholly or partly during the event.

5.2. I hereby unconditionally indemnify and hold harmless, and shall keep indemnified and held harmless Southern Breweries Trail Runs, its directors, officers, agents, marshalls, contractors, helpers, sponsors, local authorities or their employees and proprietors of any land on which the event or any part of it is conducted as a result of, or arising out of, whether directly or indirectly, the participant's arrival and departure therefrom, attendance at registration, prize-giving or other function thereof, any loss or damage to personal property or other equipment, however, such loss or damage may arise regardless of whether or not the same shall have been caused directly or indirectly by the negligence, albeit gross, of one or more of all the aforementioned parties as set out.

5.3. I agree that Southern Breweries Trail Runs will not be liable for and I waive any right to claim any loss or damage, personal injury, death, economic loss, or consequential loss whether in tort, in contract, under statute or otherwise, for any default, failure, negligence or error on the part of Southern Breweries Trail Runs.

5.4. I agree that Southern Breweries Trail Runs liability under any statutory right or any condition or warranty implied or any relevant legislation which cannot be lawfully excluded is, to the full extent permitted by law, limited to payment by Southern Breweries Trail Runs of the cost of having the event supplied again. I accept that I take part entirely at my own risk.

6. Terms and conditions of entry

6.1. I am duly aware of the risks and hazards inherent upon entering the event locations and participating in the event at these locations.

6.2. I voluntarily elect to enter the event locations and ride in the event. I enter the event at my own risk and responsibility and I have informed myself of the nature of this event and am aware that I will be exposed to risks that I am not normally exposed to.

6.3. I have read and I agree to the Terms & Conditions of entry to this event.

6.4. All photographic and video material taken by Southern Breweries Trail Runs at the event may be used for publicity in the future.

6.5. Clothing: Southern Breweries Trail runs take no responsibility for incorrect fit of race garments or other clothing ordered. No refunds or exchanges.

7. Cancellation, Refund & Substitution Policy:

Th of 7.1. No refunds will be paid, you can substitute your entry by email before the 9th of January 2021, an R100 substitution fee will be charged.

7.3. Should you be unable to run, a substitution can be made by selling your entry to another runner and changing the details in your entry.

7.4. Substitutions are made with a non-negotiable R100 substitution fee before 4 January 2021.

8. Race rules:

8.1. Competitors:

8.1.1. Competitors need to be 18 years or older to enter.

8.1.2. There will be no unofficial participants in the race, running under someone else's number will result in disqualification.

8.1.3. No person will be allowed to run under someone else's name. The proper procedure is to be followed to make a substitution.

8.1.4. If you withdraw from the event, competitors must notify the race timekeepers or a marshal immediately.

8.1.6. Compulsory equipment is non-negotiable. Failure to comply will result in time penalties or disqualification, at the Race Director's discretion.

8.1.7. The following kit is non-negotiable and will be checked at the start of each stage: Shoes, Hydration Pack/ 1 Litre Water, Charged Cell Phone, Race Number, Energy Bars/ Food, Waterproof Jacket, Space Blanket, Medical Kit.

8.2. Medical Care:

8.2.1. Paramedic crew will be available for medical treatment and consultation.

8.2.2. The medical crew has the authority to withdraw a competitor from an event

should the competitor's further participation in the event possibly result in permanent injury, disability, or death to the competitor.

8.2.3. Competitors are obliged to carry their personal medications on them. The medical crew will not be on hand to supply personal medication should the competitors concerned have failed to supply their own.

8.2.4. The medical crew will provide immediate emergency treatment and stabilization. Should a competitor require transport by road or air ambulance, the cost of any transport out of the race environment will be carried by the patient.

8.2.5. Competitors are strongly advised to take appropriate medical insurance against the costs of emergency evacuations and repatriation.

8.3. General:

8.3.1. All participants are responsible for their own transport to and from the finish and start line.

8.3.2. Strictly NO SMOKING will be allowed.

8.3.3. No dogs allowed.

8.3.4. Littering in any way is prohibited.

8.3.5. Any competitor wishing to complain about any aspect of the event can do so. Complaints may only be made with first-hand knowledge. No second-hand reports will be accepted or considered.

8.3.6. Abusive language will not be tolerated. Persons wishing to express outrage will do so in a controlled manner.

8.3.7. Any individual, male or female, will be barred from all events for life if found to have used physical violence during the course of the event.

