

Southern Breweries Trail Runs

2nd Leg

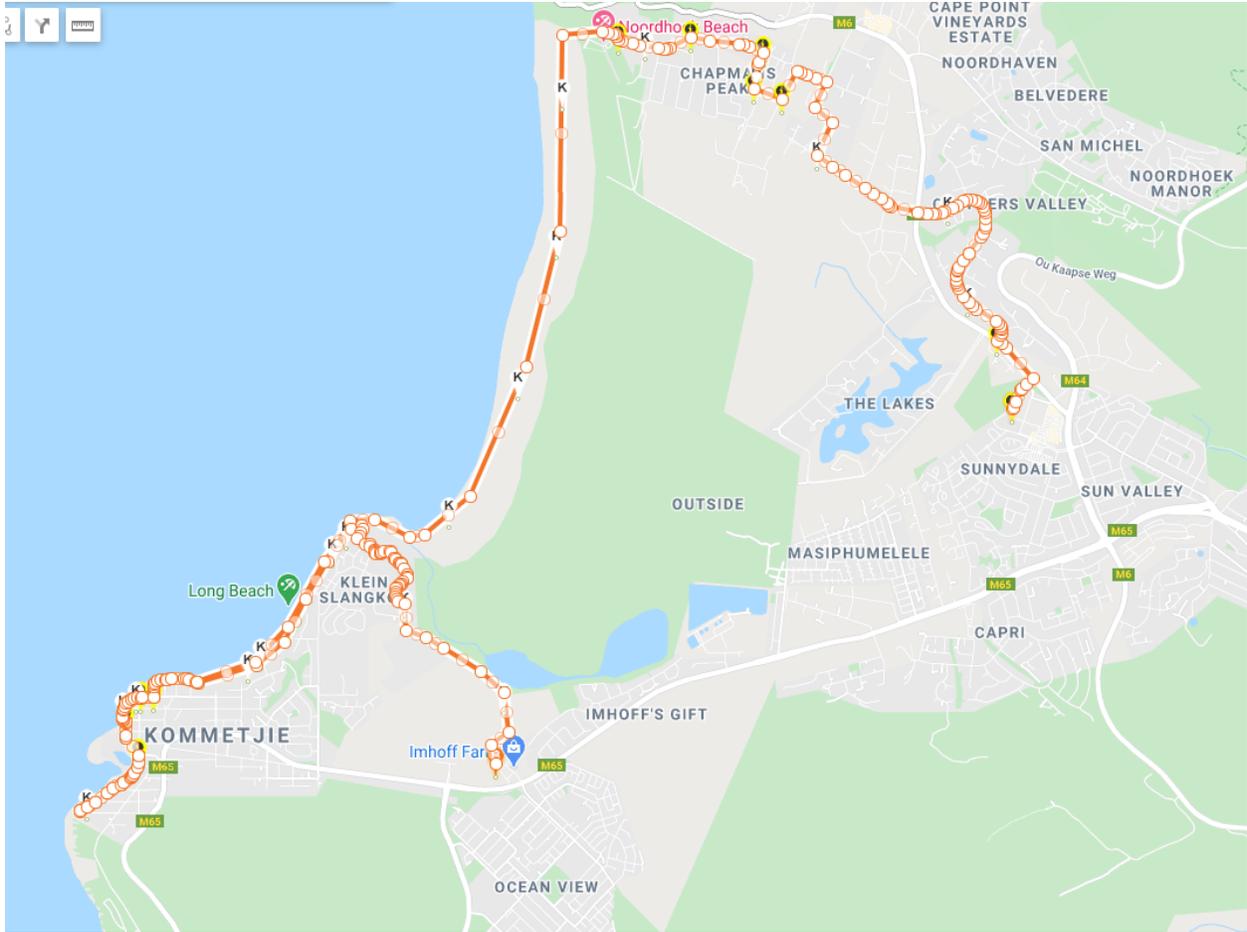
Beer is the Answer

Long Beach Breweries to Lakeside Breweries

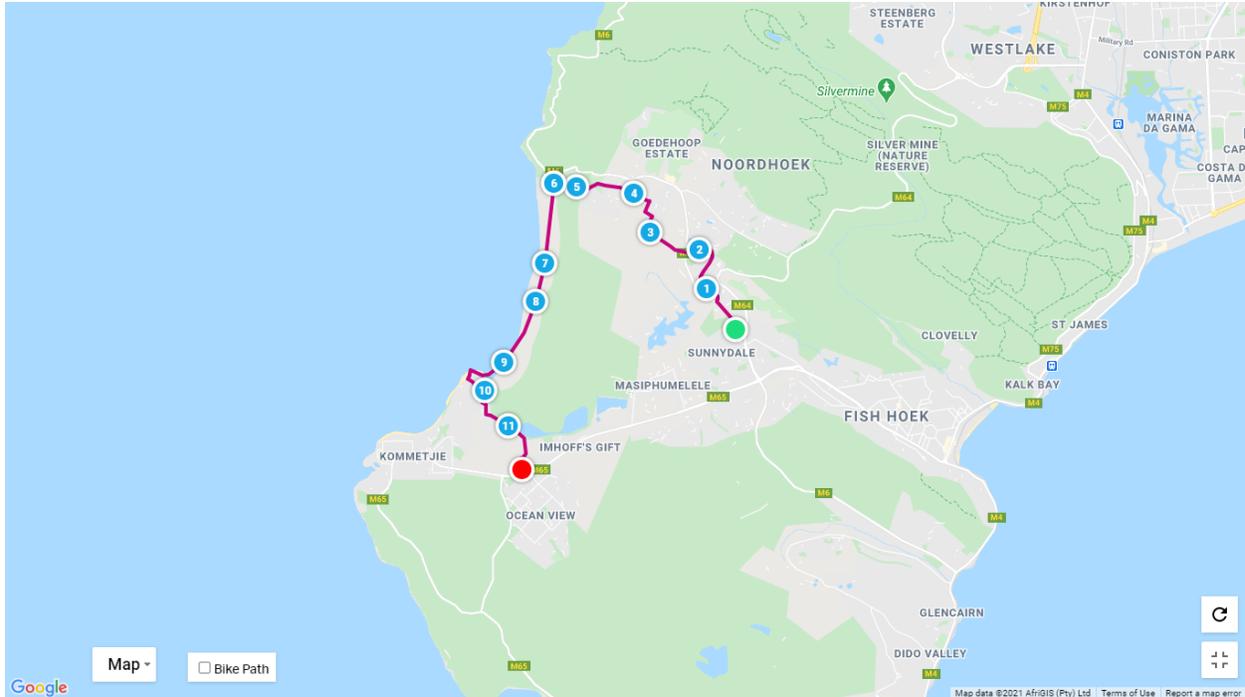
Date: 10 April 2021

18Km or 11Km route (you can change distance mid race!)

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 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>



<https://www.mapmyrun.com/routes/view/4215340852>

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 Beer is the Answer

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

There will be 2 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.

Cut-off for the 18Km is 3 Hours, if you are at the checkpoint after 9h00 we will transfer you to the shorter route.

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, recommended race pack.

1. Waterproof shell jacket
2. Whistle
3. First Aid Kit
4. Food - Enough to for at least 5 hours
5. Cell phone - keep it dry and have it fully charged
6. Water holder - a minimum of 750ml
7. Race Number
8. Cup - Water stations will be cup free.

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 race@capepointbrewery.co.za before the 2nd of April 2021.
8. No refunds. If it happens that the race gets postponed due to Covid 19 we will organize the race on the next date provided by SANparks.
9. 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.
10. Race Pack collections for Beer is the Answer will take place on the 3 April 2021 at Long Beach Breweries
 - Batch A 12h00 - 13h00
 - Batch B 13h00 - 14h00

- Batch C 14h00 - 15h00
 - Batch D 15h00 - 16h00
11. . 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.
12. Entries are limited
13. **You cannot collect a Race Pack on behalf of anyone else.**
14. **PLEASE NOTE: There will be NO REGISTRATION ON RACE DAY.**
15. **There will be 2 race in the 2021 series**
- **1st Leg The Striped Horse to Long Beach Breweries +- 17 Km. 6 March 2021**
 - **2nd Leg Long Beach Breweries to Lakeside Breweries +- 17.5Km. 10 April 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 or SANParks 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 or SANParks, its staff, venue owners, and any third party employed or contracted by Southern Breweries Trail Runs or SANParks 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 or SANParks 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 and SANParks.

3. Consent to treatment

3.1. I agree that if I suffer injury, Southern Breweries Trail Runs or SANParks may at my expense arrange for me to receive medical treatment and emergency evacuation services as Southern Breweries Trail Runs or SANParks 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 or SANParks 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 or SANParks 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 or SANParks, 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 or SANParks as a result of or in connection with any act, omission, default, failure or error on the part of southern breweries 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 or SANParks, 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 or SANParks 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 or SANParks.

5.4. I agree that Southern Breweries Trail Runs or SANParks 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 or SANParks 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 or SANParks at the event may be used for publicity in the future.

6.5. Clothing: Southern Breweries Trail or SANParks runs take no responsibility for incorrect fit of race garments or other clothing orders. 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 25th of March 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 25th March 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.

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.