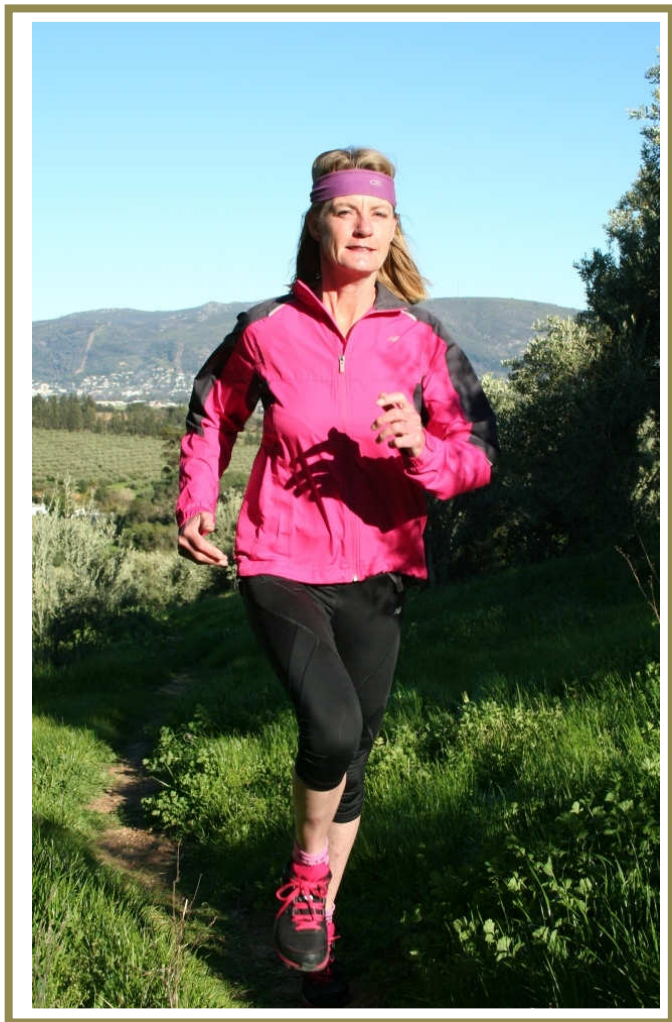


TRAIL RUN

Saturday

29 October 2011



The First 150 Online Entries for the Run
Will all receive an Olive Hamper..!

Online Entries (will open 1st September):
www.maniccycles.co.za

Entries limited to 500 Participants

Enquiries

Tel: (021) 876 4956

Cell: 082 578 3017

Email: info@maniccycles.co.za

Web: www.bufferolives.net

Facebook:

<http://www.facebook.com/bufferolivesmtbclassic>



BUFFET[®]

OLIVES

Directions

- Take the N1 in the direction of Paarl
- Just before the Huguenot tunnel tollgates, take the R101 (Sonstraal) off-ramp
- Turn left & proceed straight over two stop streets
- Drive 2km before turning right into Swawelstert Rd.
- Drive for 1,5km until you see the Buffet Olives sign
- Turn right onto a gravel road
- Look out for the Parking signs to your right

Route Description

Long Route: 25KM

The first six kilometres through olive groves on easy farm roads will enable the field to stretch out before the tough climb to the forest. A more gradual ascent follows in the shade of a pine forest before the course heads back down towards the finish line. Save your energy on the way back for a few short climbs before a final descent to the end through olive groves.

Medium Route: 15KM

This follows the same course as the long route until the forest. From here it is downhill all the way until a final sting in the tail near the end before a descent through olive groves to the finish.

Short Route: 5KM

This is an easy loop on farm roads through the olive groves.

Spectators are welcome to picnic under the trees and watch the fun. There will be food and drink for sale.

Distances: Times & Entry fees

REGISTRATION: 6H00 - 7H30

DISTANCE	TIME	Online Entry	Late Entry
25KM	7:30	R90	R120
15KM	7:45	R80	R110
5KM	8:30	R25	R50
DUO *	7:45	R150	R200
Day licence (for DUO)		R30	R30

DUO * = 15KM RUN (29 Oct) & 25KM MTB (30 Oct)

Prizes

Lucky draw prizes include Olive hampers, Wine & more..!

R 500 for the Men's / Women's Winners: 25KM