



A MTB CYCLE TOUR – 28 AUGUST TO 05 SEPTEMBER 2018

Introduction

On behalf of St Stithians College and the Thandulwazi Maths & Science Academy, we would like to invite you to join us for an information evening on the **Thandulwazi Coastal Cycle Challenge (TC³)** taking place along the untamed West Coast of South Africa from Friday, 28 August to Wednesday 05 September 2018.

An 8-day, fully supported MTB cycle tour, starting in Alexander Bay and ending in Cape Town is planned. This fantastic event will afford you the opportunity to explore the beautiful West Coast of South Africa at a leisurely pace with a group of like-minded cyclists.

This is planned as a bespoke cycle tour and it is NOT a race. We hope to attract cycling enthusiasts/nature lovers, both male and female, who have the requisite fitness levels to ride 100 kms per day, at a reasonable pace, over a number of days, in a beautiful and unspoilt part of our country. Support vehicles will be in attendance for the entire tour to assist and support the riders.

The Cycle Tour is also a fund-raising initiative for the Thandulwazi Maths & Science Academy, with the intention being that this becomes an annual event.

The Route

Day 1 – Alexander Bay to Port Nolloth – 85.2 kms – (Ascending 300 m, Descending 317 m)

Day 2 – Port Nolloth to Koingnaas – 127 kms – (Ascending 571 m, Descending 482 m)

Day 3 – Koingnaas to Nuwefontein – 127kms – (Ascending 874 m, Descending 985m)

Day 4 – Nuwefontein to Strandfontein – 116kms (Ascending 881m, Descending 985m)

Day 5- Strandfontein to Elands Bay – 104 ks (Ascending 851m, Descending 900m)

Day 6 - Elands Bay to St Helena Bay – 97 kms (Ascending 295m, Descending 246m)

Day 7 – St Helena Bay to Grotto Bay – 98 kms (Ascending 389m, Descending 420m)

Day 8 – Grotto Bay to Cape Town Waterfront – 66 kms (Ascending 177m, Descending 159 m)

Total distance is approximately 820 kms.

Many of the roads are graded dirt roads and therefore the tour will be on mountain bikes. In June, the organisers will reconnoitre the route to confirm the final route and distances.

Dates

Friday, 28 August to Wednesday, 05 September 2018.

We are limited to a maximum of 15 cyclists. Final selection will be on a first come basis, subject to an assessment of the cyclist's fitness and experience of long rides.

The Cost

The cost per cyclist is R 15 000 per cyclist (to cover the items listed below) plus you will need to raise an additional R 10 000 in sponsorships. Please note that all proceeds go to Thandulwazi.

The cost covers the following:

- Transport for cyclist and bikes from Johannesburg to Alexander Bay
- All overnight place including Dinner, Room (shared basis), Breakfast and a packed lunch daily
- Support vehicles accompanying the group for the entire ride
- Physiotherapist
- Access to emergency services
- Basic nutrition during the ride (Water, energy drinks, energy bars)
- Two sets of branded cycling kit (Bib shorts and cycling top)
- Kit bag
- Branded event clothing

Excluded:

- Transport back to Johannesburg from Cape Town
- Special nutritional requirements
- Bike spares (Note we will have a selection of basic spares – tubes, tires etc. which can be purchased along the ride)

Information Evening and Presentation – Tuesday, 10 April 2018 at 17:30 for 18:00

Do join us at the Information Evening taking place at the One & All Conference Room, next to the Higher Ground, on **Tuesday, 10 April 2018 at 17:30 for 18:00**. Here we will give you an overview of the tour; further information about the route; a breakdown of the costs; and what is expected of you from a fundraising raising perspective.

A cash bar will also be available. We look forward to seeing you there.

SAVE THE DATE!

When	Tuesday, 10 April 2018
Where	One & All Conference Room (Higher Ground)
Time	17:30 for 18:00
Contact:	foundation@stithian.com / 011 577-6193