

Dear RMB UTCT Runner

Welcome to the RMB Ultra-trail Cape Town 2022!

This is the final email you will receive from us before your race. Please treat this as the **RACE BRIEFING** and give it a thorough read as we won't be having a Race Briefing ahead of Race Day.

Please take note of the start times and dates.

	Race Start times
FRIDAY 25/11	
PT55km	07H00 from Llandudno Primary School Park at Cape Town High School and catch the MyCiTi Bus through to Llandudno from 05h00 on Race Day
EX23km	09H00 from Alphen Trail Park at Cape Town High School and catch the MyCiTi Bus through to Alphen Trail, Alphen Drive, from 06h30 on Race Day
UTCT100 Miles	17H00 from Gardens Rugby Club Park at Cape Town High School and catch the MyCiTi Bus from 14h00 on Race Day
SATURDAY 26/11	
UT100km	06H00 from Gardens Rugby Club Park at Cape Town High School and catch the MyCiTi Bus up to Gardens Rugby Club from 04h00 on Race Day
SUNDAY 27/11	
TM35km	06H00 from Gardens Rugby Club Park at Cape Town High School and catch the MyCiTi Bus up to Gardens Rugby Club from 04h00 on Race Day

MOST IMPORTANT:

- Install the [MySOS App](#) via the Apple Store or Google Play and register your profile by selecting UTCT to connect directly with us during emergencies (if your profile is not automatically found please change your email to the one that is registered by the App Store).
- Save the UTCT emergency number on your Phone NOW: **021 023 2720**
- As part of your Compulsory Gear, you must have a **Waterproof Jacket (Seam Sealed with an**

integrated hood). if you don't have one/or don't want to purchase one, you have to borrow one for your race. This is non-negotiable. You will not be issued your race bib without one. More info on **Compulsory Gear is in this email below and on our website.**

- Plan to make use of the MyCiti Bus to get to the Race Village during Registration and to get to your race starts on Race Day. More on this to follow.

PARKING AND GETTING TO OUR RACE VILLAGE:

There is NO parking at the venue. UTCT has arranged a **Park and Ride Service** in conjunction with MyCiti Bus from [Cape Town High School \(Hatfield Street, Gardens\)](#) to the Start Finish Venue, available from Wednesday 23 to Sunday 27 November. This service will be the quickest and simplest way to get to the venue, as well as to Llandudno if you are doing the PT55km or to Alphen Trail if you are doing the EX23km. Alternatively, you can make use of Uber.

REGISTRATION & COMPULSORY GEAR CHECK:

Please note the Registration dates and times.

Dates	<ul style="list-style-type: none">• Wednesday 23 November: 12h00 to 19h00 (All Distances)• Thursday 24 November: 12h00 to 19h00 (All Distances)• Friday 26 November- 12h00 to 19h00 (TM35km, UT100km, UTCT100 miler)
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NOTE: NO Registration on Saturday 26 or Sunday 27 November.

- Every runner will need to register in person with a form of identification (SA ID, Passport or Driver's licence).
- **No one can collect your race number on your behalf.**
- Please bring your race pack with all the compulsory gear that you have to use on race day with you to Registration. You will not be allowed to register or collect your race number without **passing the Compulsory Gear Check first.**
- You will be issued a wrist tag that cannot be removed without cutting it off. If you are not wearing your wrist tag on race day you will not be allowed to run.

ROUTE INFORMATION:

Route Marking: The route will be fully marked with reflective flags and direction arrow boards. If you have not seen a route marker for more than 400m please retrace your steps. If you feel route markers have been tampered with, please call the emergency number on your bib and let the organisation know.

We have reduced the number of marshals out on the route to bring down the number of people involved with the event. Please keep a lookout for chalk paint directional signage on trail to road crossings, as well as Turnback signs which will indicate you have missed a marker prior to this.

You can download the route GPX to load to your watch via the UTCT website in the route section.

SPORTRAX TRACKING:

Our timing system is by Sportrax. Your friends and family will be able to track you online via our [website](#). Go to the Home Page and find the link there.

USEFUL & IMPORTANT INFORMATION:

MYSOS:

RMB Ultra-trail Cape Town will use mySOS for emergencies. mySOS app is a Smartphone app available for both iOS and Android. MySOS is the solution for access to the closest and most appropriate emergency service without scrolling through the contact list or memorising numbers. MySOS can not only be used during our events but every day. Download here: <http://www.mysos.co.za/download.html>

(a) allows registered users at an accredited event to access the mySOS Events Emergency Assist functionality

(b) allows participants to contact the events emergency coordinator directly through the app, by means of a dedicated events emergency button with default event emergency contact numbers

(c) allows you to activate an emergency response for yourself or on behalf of someone else

(d) auto-notifies the event's emergency coordinator on your behalf and provides them with the necessary information.

For more information: <http://mysos.co.za/>

Please make sure you have the Emergency Number saved in your contacts. **UTCT EMERGENCY NUMBER 021 023 2720.**

MEDICAL EMERGENCIES:

If you abandoned the race at any time, please notify the nearest Aid Station or marshal. If you fail to notify race officials, you will be banned from participating in the future (unless assisted from the course by First Aid crews).

We will provide a shuttle service back to the start/finish but cannot guarantee the frequency of the service. We recommend you put somebody on standby or call for a taxi. If you become immobile and need to consult with a medic you will need to take the following steps:

STEP 1: Initially use your first aid kit, stay warm and dry and be visible.

STEP 2: Trigger the emergency help button via the mySOS app which will trigger your location to Search and Rescue (pre-installed on your Phone)

OR

Phone the emergency number located on your race number, and you will be asked your race number, name and location - help will be sent on its way.

IF THERE IS NO CELL RECEPTION

STEP 1: Initially use your first aid kit, stay warm and dry and be visible.

STEP 2: Attempt to trigger the emergency help button via the mySOS app regardless, a delayed signal may be found which will trigger your location to Search and Rescue Teams (pre-installed on your Phone).

STEP 3: Wait for an assisting participant who will find the nearest marshal or staff member who will make contact with Race HQ.

STEP 4: A medical and rescue team will be dispatched to your location.

Runner Tracking: Your race bib contains your timing chip. **IMPORTANT:** your bib number must always be facing forward, fully visible and fixed to the outside. If you don't follow this guideline it will slow your progress as staff look for your race number and cause congestion at timing points.

Retiring from the course: DNF (Did Not Finish) - Should you need to drop out of the race, you will need to continue to the nearest Aid Station and inform the station captain. In addition, you are able to withdraw from the race via the mySOS app.

We will provide a shuttle service back to the start/finish but cannot guarantee the frequency of the service. We recommend you put somebody on standby or take an Uber.

Tog Bag Facilities:

There will be a Tog Bag Facility at the Race Village. Please drop this off at the designated area and provide your own bag. We will be collecting bags at the PT55km start in Llandudno and at the EX23km start at Alphen Trail and bringing them back to Gardens RC for you when you finish.

Drop Bag - UTCT100 miler & UT100km:

There will be a Drop Bag for the 100 miler and 100km runners.

100 miler: Your bag will be taken to the Simon's Town Aid Station (100km mark). Please use the printed tag and bag provided as part of your race pack to put any dry clothes, nutrition, shoes, etc. No hiking poles are allowed in these drop bags. If you start with poles you need to finish with poles. Drop this bag off at Race Village just before the start of your race.

100km: Your bag will be taken to Hout Bay (59km mark). Please use the printed tag and bag provided as part of your race pack to put any dry clothes, nutrition, shoes etc. No hiking poles are allowed in these drop bags. If you start with poles you need to finish with poles. Drop this bag off at Race Village just before the start of your race.

Please note: used bags will be returned to the Race Village for you to collect once you have finished. The last opportunity to collect bags will be by Sunday 28 November at 18h00. UTCT will not assist in returning drop bags after this date.

Your Drop Bag is made out of a durable fabric and is a reusable bag that you can use as a shopping bag, a beach bag, or for wet clothes in the boot of your car. Its uses are endless, but the point is we want them to be used and reused and are part of us ensuring our event is more environmentally friendly with a focus on sustainability. If you aren't going to use it again after the event, please return it to us so we can reuse them for next year.

Weather

[The forecast](#) is looking good at this stage with moderate temperatures, however, be prepared for the forecast to change in the lead-up and during your race.

SECURITY ON ROUTE:

We are mindful of the fact that some of you will be running through the night and to ensure runner safety at all times on route we have employed the following measures:

- Bhejane Security Services: There will be two security guards at the Aid Stations and Timing Points on the route.
- CCP Security Services: There will be teams of security at Sandy Bay and Rocket Road, Karbonkelberg and Harbour Heights.
- Deep Blue Security Services: There will be teams of security on the Deep South Trails from Blackhill through to Kommetjie and along Noordhoek Beach. We have also secured the services of the local community to patrol Noordhoek Beach.
- Sergeant Bradley Green from Metro Police will also have a mobile patrol unit that will be patrolling sections of the City trails on quad bikes from the Block House through to the finish.

AFTER UTCT:

- Bring a change of warm clothes and a towel, hot showers are available, but remember to keep them short to save water!

- **Runner Zone:** We have created a Runner Zone where you can help yourself to something to eat and drink to ensure you refuel post race. The Runner Zone gives you a chance to regroup with your running mates and share a few war stories when you finish. Bring some cash for afterwards as there is a fully stocked bar and food vendors on site.
 - **Prize Giving:** Join us on Sunday 27 November from 12pm for our official Prize Giving.
 - Cover Band **Me & Mr Green** will be playing on the finish line from 14h30 onwards.
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A FINAL NOTE FROM THE TEAM:

We wish you all the best for your run. A big thank you to our sponsors and partners for making it possible for us to host you in this beautiful city! Whatever your race goals are - from winning to just getting to the finish line, or enjoying some time out on the trails with your friends, we hope you achieve them and more!

Please remember that all the race information is on our website, including route maps, MyCiTi Bus Schedules, GPX files and compulsory gear. Visit our [website](#).

We look forward to hosting you over the next few days & thank you for your support.

Thanks

Team UTCT