



Bike Fest Paarl – Rhebokskloof – 3rd to 5th March 2023

With Bike Fest Paarl only hours away, Excitement is building for a weekend of Cycling, entertainment and loads of fun. ENTRY TO BIKE FEST PAARL IS FREE, So come enjoy a great day out with friends and family

Bike Fest Paarl Expo 3-5 March

With expo stands that include the premier bike brands, equipment and services providers in South Africa, we look forward to welcoming you to Rhebokskloof Wine Estate from 3-5 March .

There will also be big Screens that will be showing the Saturday Rugby as well as the Strada Bianchi Cycle Race, no need to rush home!

Where is Rhebokskloof Wine Estate

Rhebokskloof Wine Estate. Noord-Agter Paarl Road. Paarl

Parking

There will be Parking on the open fields at Rhebokskloof Wine Estate for the weekend. Just follow the Signs on Entry. Please note that you enter the Venue and Take Part at your own risk. You accept The Venue and Event Liability on entering the venue. Important to make sure your vehicle is locked and no valuables left in sight.

Bike Fest Paarl Weekend Schedule

Friday 3 March 2023

- 12:00: **Bike Fest – Paarl opens**
- 12:00 – 19:00: **Registration & Number Collection for various races opens**
- 12:00 – 19:00: **Bike Fest Expo**
- 16:00 – 18:30: **Schools & Junior Short Track Race**
- 18:30: **Schools Short Track Prize Giving**

Saturday 4 March 2023

- 06:00: **Registration & Number Collection for various races opens**
- 07:00: **80km Ultra Marathon**

- **08:30: 61km Marathon**
- **13:00: Prize Giving 80km**
- **13:30: Prize Giving 61km**
- **07:00 – 19:00: Bike Fest Expo**
- **08:00 – 19:00: Bike Fest Test track**
- **14:30: Kiddies Push Bike Race**
- **14:30: Kids 5km Race**
- **14:00: Enduro**
- **18:30: Prize Giving Enduro**

Bike Fest Paarl Expo activities 4 March

- 10:00 – Chat with Sram on the Couch
- 10:30 – Chat with Leatt Protection on the Couch
- 11:00 – Chat with Ryk Neethling
- 12:00 – Chat with Titan on the Couch
- 12:30 – Chat with Team Toyota Specialized
- 14:00 – Chat with Andrew Neethling and Stefan Garlicki On Progressive Riding
- 15:30 – Zandri Strydom and Michelle Heyns on Scott Contessa and test ride
- 16:00 – Chat with Pyga on the Couch

Sunday 5 March 2023

- **07:00: Registration & Number Collection for various races opens**
- **08:00: 43km Half-Marathon**
- **09:00: 26km Quarter-Marathon**

Bike Fest Paarl Expo activities 5 March

- 10:00 – Specialized Turbo Chat
 - 11:00 – Giant Bike Talk
 - 11:30 – Team Imbuku Giant Talk
 - 13:00 – Warren and Melissa Chat
 - 13:30 – Scott Bike Chat with Joggie Prinsloo
 - 13:30 – Team Scott Insect Science
 - 14:30 – Chat with Nikki about Trail Angels
 - 15:00 – Chat with Wahoo
- **08:00 – 17:00: Bike Festival**
 - **12:00: Prize Giving 43km**

- **12:30: Prize Giving 26km**
- **08:00 – 17:00: Bike Test Track**
- **14:15: - Kiddies Push Bike Race**
- **14:30 -: Kids 5km race**
- **17:00: Bike Fest – Paarl closes**

Important Route Information for MTB Events

Route Markers

All the Routes are Marked with White Correx Boards and BLACK ARROWS !! Please note that the various race routes are on existing Trails so there are permanent route markers with different colours (DO NOT follow other colour arrows) . there is also White Chalk on the ground in places for extra assistance.

All Split Points for the Various distances are clearly marked. As per CSA Rules it is your responsibility as a competitor to know the route. Marshals on route are purely there for safety and not Directional marshals, do not rely on marshals for directions. Routes can also change at short notice, this might happen for safety or other reasons , the below route maps and profiles are correct at time of printing

There will not be any Technical Support on route, it is up to you as a rider to ensure you have the necessary equipment to do any repairs. There are also not Sweep Vehicles on routes due to the amount of Single Track, if you are unable to continue please make your way to the next waterpoint where you will be picked up and taken to the finish . IMPORTANT TO NOTE that safety of riders are our 1st priority and our support staff will only be able to take riders back to the finish after routes are clear, so please be patient.

Emergency Numbers

The Routes are packed with allot of Single Track, this makes it Very Difficult and impossible in places to get Vehicles. In a serious emergency please follow one of the following processes

- Alert a fellow cyclist who can identify exactly where you are and inform a marshal or support on route.
- Call the Following Emergency Numbers for Assistance 082 258 4494 / 078 965 1929 / 076 022 5141
- We also have a WhatsApp Bot with a emergency button Please save this number and use it in case of emergency 071 157 5976 just send WhatsApp to this number and select emergency , it will automatically send us a notification as well as your GPS location

Because of the nature of the trails and amount of single track , Please ONLY activate the emergency if a person cannot continue due to injury . If possible, the cyclist needs to continue to the next waterpoint or at least to a place on the route where vehicle can get access. AT ALL TIMES STAY ON THE ROUTE.

Clubs and Teams

There is a dedicated Warm Up Area as well as a area where clubs and teams can set up there Gazebos, so take advantage and spend the day with us

Showers, Bike Wash and Bike Storage

There are showers to freshen up after your ride. A Bike Wash to ensure your steed is cleaned as well as a bike store where you can leave your bike while you enjoy the day at the expo (no overnight storage)

Water Points

It is Important to ensure you have enough drinks, Electrolytes, and food on you. With the heat in Paarl, it is also vital to ensure you have sufficient sun block. There are water points on each distance as extra support.

75km MTB (Sat 4th March)

- WP 1- 20km
- WP 2- 28km
- WP 3- 42Km (Tech and feed station for S.A Champs . Laborie Wine Estate)
- WP 4- 50km
- WP 5- 60km
- WP 6- 65km
- WP 7- Finish

Important Notice from Cycling South Africa for Athletes Competing in the 80km S.A Champs

Trailforks Route : <https://www.trailforks.com/route/80km-bike-fest-paarl-sat-4-march/>

Google Maps : <https://www.google.com/maps/d/u/0/edit?mid=1pyAhNnzNaHmyji-Lsz958ew6yBy01E4&usp=sharing>

Strava : <https://www.strava.com/routes/3064919943608624968>

(Please note that all these versions differ in distance and elevation, we cannot control other platforms)

Outside Feed and Tech Support: SA XCM Championship, Paarl, 4 March 2023

Only riders in the 80km Marathon will be provided with 1 outside feed and tech support station at Laborie Wine Estate (Main Rd Paarl . Outside the Stoep Restaurant). This zone will be monitored by a commissaire.

It is not permitted for a feeder to place water bottles on to the bike, and - or place food and water bottles in the rider's pockets. All food and bottles must be handed to the rider - considered illegal technical assistance. It is forbidden for feeders to run beside their riders in the feed zone.

Authorized technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame. Complete bike changes are not permitted, and the rider must cross the finishing line with the same bike frame and handlebar number board that they had at the start.

Any seconding, feed or tech, outside of the authorised support station will lead to disqualification of the rider.

60km MTB (Sat 4th March)

- WP 1- 16km
- WP 2- 26km

- WP 3- 40km
- WP 4- 46km
- WP 5- 50km
- WP 6- Finish

Trailforks Route: <https://www.trailforks.com/route/61km-bike-fest-paarl-4th-march-2023/>

Google Maps: https://www.google.com/maps/d/u/0/edit?mid=1A-h5CkcSOnELSoxOYB_qCgYBs_u4cE&usp=sharing

Strava: <https://www.strava.com/routes/3064920597949175624>

(Please note that all these versions differ in distance and elevation , we can not control other platforms)

Enduro MTB (Sat 4th March)

- WP 1 – 22km
- WP 2- Finish

Google Maps : <https://www.google.com/maps/d/u/0/edit?mid=1bggwPuQXqPOYGA-qUR8U1TouvBOjVyE&usp=sharing>

(Please note that all these versions differ in distance and elevation , we can not control other platforms)

45km MTB (Sunday 5th March)

- WP 1- 12km
- WP 2- 20km
- WP 3- 30km
- WP 4- 35km
- WP 5- finish

Trailforks Route : <https://www.trailforks.com/route/43km-xcm-and-ebike-route-bike-fest-paarl-5-march/>

Google Maps : <https://www.google.com/maps/d/u/0/edit?mid=10p5H-jpf4BWivY8kjFiz-DO1GogKPqo&usp=sharing>

Strava : <https://www.strava.com/routes/3064920942917190134>

(Please note that all these versions differ in distance and elevation , we cannot control other platforms)

26km MTB (Sunday 5th March)

- WP 1- 12km
- WP 2- 18km
- WP 3- Finish

A note on the 26km. This route has a lot of single track with 2 large climbs. The elevation is about 500m but mostly in these 2 climbs. The newbies and youngsters will enjoy all the flow but IF YOU ARE NERVOUS, GET OFF AND WALK. The 26km includes by popular demand our Skydive Flow Trail. But to get to this trail you must climb. Take it easy and enjoy it. It is advisable if a youngster is riding they need to be a regular rider.

<https://www.trailforks.com/route/25km-bike-fest-paarl/>

Who Can Take Part in the MTB Races

ANYONE can enter and take part in the Bike Fest Paarl Mtb Events. Although we have also incorporated the S.A XCM Champs into Bike Fest Paarl Events there are separate time slot start times for public entries

See Below for Distance and Age Categories for Distances

Friday 3 March 2023

• 16:00 – 18:30: Schools & Junior Short Track Race

- 13-14 yrs
- 15-16yrs
- 17-18 yrs

Saturday 4 March 2023

• 07:00: 80km Ultra Marathon

- o Elite Men 19+
- o Elite Women 19+
- o Sub Vet Men 30-29
- o Veteran Men 40-49
- o Open/ Public entrants 19+

• 08:30: 61km Marathon

- o Junior Men 17-18
- o Master Men 50-59
- o Sub Vet Women 30-39
- o Veteran Women 40-49
- o Junior Women 17-18
- o Open/ Public entrants 17+
- o E-Bikes 19+

• 14:00 – 14:30: Kiddies Push Bike Race

- Kids with Push Bikes

• 14:30: Kids 5km Race

- Kiddies and Parents can enter.

• **14:00: Enduro**

- Enduro Lite 12 yrs. +
- Enduro Full 15 yrs. +

• **18:30: Prize Giving Enduro**

Sunday 5 March 2023

• **07:00: Registration & Number Collection for various races opens**

• **08:00: 43km Half-Marathon**

- o Youth Men 15-16
- o Youth Women 15-16
- o Master Women 50-59
- o Gr Master Men 60+
- o Gr Master Women 60+
- o Open/ Public entries 15+
- o Ladies Open/ public entries 15+
- o E-Bikes 19+

• **09:00: 26km Quarter-Marathon**

- o Sub Junior Boys 13-14
- o Sub Junior Girls 13-14
- o Open/ public entries 11+
- o Ladies Open/ public entries 13+

• **14:00 – 14:30: Kiddies Push Bike Race**

- Kids with Push Bikes

• **14:30: Kids 5km Race**

- Kiddies and Parents can enter.