

BREEZATHON RULES & GENERAL INFORMATION

- There will be a Le Mans style start i.e. all paddling competitors will start outside No. 3 Smith Street, Langebaan and they will be required to run, with their paddles, to their boats which will be positioned on the beach.
- For safety and logistical reasons the number of entrants will be limited. Entries will be accepted on a first-come first-served basis with preference being given to last year's entrants. The organisers reserve the right to accept or reject any entry.
- Entry fees will not be refunded should the race be cancelled for any reason beyond the control of the organisers or for safety reasons, nor will they be refunded to any entrant who does not compete in the race.
- Entrants are required to supply their own equipment for the race.
- Registration will take place at No. 3 Smith Street from 5-6pm the day before the event, at which time race numbers will be allocated. A race briefing will take place at 6.50am on race day.
- A map of the route will be available at registration. Please familiarise yourself with the route. A time penalty (minimum 5 minutes) will be imposed by the organisers on any competitor who does not complete the official route. Competitors must pass through the turning points of both the cycle and run legs or face disqualification.
- The race will commence with the 3km paddling leg, followed by the 17 km cycle leg and it will conclude with the 5 km run leg.
- The transition area to be used between the 3 legs of the race will be the grass area in front of No. 3 Smith Street, Langebaan. The procedure regarding the transition area will be fully explained at the start.
- The race will have a time limit of 3 hours and any competitors still on the course at 10.00a.m. must retire from the race.
- All competitors undertake to participate at their own risk and the sponsors and organisers will not be held responsible for any injury, illness or accident occurring during or as a result of the race. Competitors are required to sign an indemnity to this effect when completing their entry forms.
- Coke and water will be provided to all competitors at the transition area for the full duration of the race. Refreshments will also be provided at the turning point of the run leg. Competitors must however ensure that they attend to their own refreshment needs during the cycle leg as no refreshments will be provided on this leg.
- Performance and other prizes will be awarded at the prize giving which will commence shortly after last competitor is complete.
- Team entries of two or three members will be permitted. Each team member must complete at least one full leg of the race. The run leg only may be divided between two team members, each person running half the leg. In this instance, the team will not qualify for the fastest prize in the run section.
- A Tandem team must consist of two members and they must use at least one piece of shared equipment (ie. a tandem bike or double ski (or both)) to be classified as a tandem, the remaining legs must be completed together (ie. the time will be taken only when both

members have crossed the line). Tandems will fall into their own category and not be eligible for recognition in the Individual category.

- No team competitor is allowed on the course once he/she has completed their leg, ie. a person entered as a team paddler only may not cycle on the route after their paddle.
- **All paddlers are required to wear PFD's (Personal Flotation Device's/Life Jackets). NO PFD - NO PADDLE!**
- Cyclists must keep to the left hand side of the road, whilst runners must run on the right hand side of the road (towards on-coming traffic). **Please obey the rules of the road at all times – we do NOT have any right of way. PLEASE EXERCISE DUE CARE AND CAUTION.** It is better to arrive a few seconds late in this life, than a few seconds early in the next. **Helmets are compulsory on the cycle leg. NO HELMET - NO RIDE!**
- An after party will take place on the lawn in front of No. 3 Smith Street, Langebaan. Boerewors rolls will be provided free of charge. Please bring your own liquid refreshments.

Indemnity

- I / We undertake to abide by the rules regulating the event and hereby undertake to participate at my / our own risk and will not hold the organisers, sponsors or any other person responsible for any injury, illness or accident, of any kind or nature, occurring during or as a result of the event.