



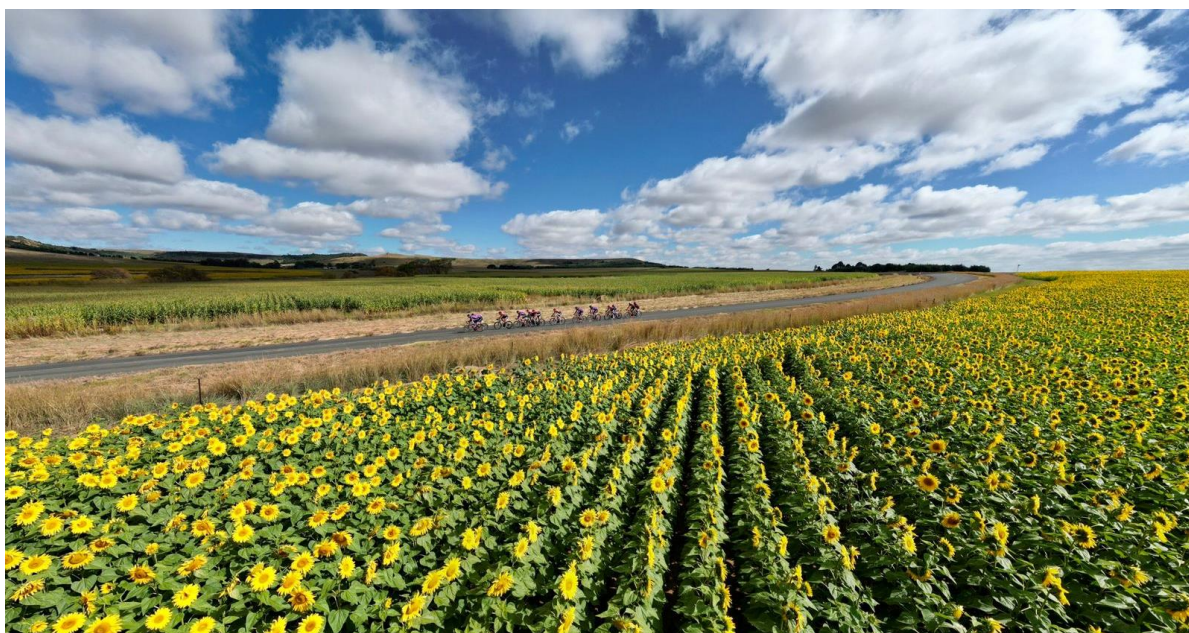
CANNONDALE MALUTI DOUBLE 90

RIDER INFORMATION

Saturday, 6 April 2024

06h30 – 16h45

Clarens, Free State



WELCOME!

The Pedal Power Association has hosted the prestigious OLD MUTUAL WEALTH *DOUBLE CENTURY*, 12-man team challenge, over some 200 km in the Swellendam region of the Western Cape since 1993. When we decided to find a region outside of the Western Cape to host another team challenge way back in 2016, Clarens situated in the Eastern Free State Highlands and known for its spectacular sandstone mountains and wonderful climate whilst regarded as one of the most picturesque areas in South Africa, was the perfect fit to host the CANNONDALE *MALUTI DOUBLE 90*. Post event feedback from participating teams in 2016 was extremely positive and from there, the event has grown in stature to become one of the most sought-after cycling events in South Africa. The PPA is very grateful to sponsors *Cannondale* and *NamedSport*. Thank you for supporting this magnificent event.

The CANNONDALE *MALUTI DOUBLE 90* is not an easy ride, and we hope that the teams have been able to put in ample training mileage, taking into consideration the average altitude of roughly 1900m and elevation gain of over 2200m. The cohesiveness of the teams will be tested to the limit through the various passes, a fitting, yet challenging environment for an event of the stature of the CANNONDALE *MALUTI DOUBLE 90*.

On behalf of the PPA, I wish all the teams the best of luck on the day, and we hope every participant will have a fantastic ride whilst enjoying the time and camaraderie that comes with such a team challenge. All the best with your final preparations and please travel safely.

We look forward to seeing you on the start line on the 6th of April.

Steve Hayward: Chairman PPA.

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EVENT PROGRAMME

Friday, 5 April 2024

- 12h00-18h30 Team Number Collection - Protea Hotel by Marriott Clarens, downstairs in the conference room. Access via Van Der Merwe Street (Dirt Road)
- 18h30-23h30 Riders Carbo Load Night -
Pasta meals available at Protea Hotel by Marriott Clarens (booking essential) – only sit-down bookings available. Please contact the Hotel at 058 256 1212 to book.

Saturday, 6 April 2024

- 05h45 Coffee will be on sale at Bean to Clarens opposite Protea Hotel
- 06h00 Teams to be in start chute at least 20 minutes before the team's start time
- 06h30 First team starts!
- 11h30 Cut-off to arrive at Team Support Zone in Kestell
- 12h30 – 17h00 Official Team Photos under the tent on the square (there will be a small break for prize giving at 15h00 and the team photos will resume after prize giving).
- 14h30 Cannondale Strava 'KOM'/ 'QOM' competition closes
- 15h00 Lucky draw and prize-giving to take place as soon as finalised.
- 15h30 Cut-off at Water Point 5 inside the Golden Gate Reserve
- 16h45 Cut-off at finish line

NUMBER COLLECTION

Friday, 5 April 2024 12h00-18h30

Protea Hotel by Marriott Clarens (downstairs in the conference room. Access via Van Der Merwe Street (Dirt Road)

Number collection will NOT be allowed on the morning of the event.

The team captain or a representative of the team must collect the race numbers for the whole team at Number Collection (team members may not collect race numbers individually).

BIKE MECHANICS: Cycle World, Bethlehem will have a mechanic on standby at Number Collection to assist with bike spare sales and any mechanical issues.

Mechanics will also be available from 05h30-08h00 on the morning of the event (on the Square). After the start, they will move to the Team Support Zone in Kestell.

SUBSTITUTIONS

If you have any changes to your team, it must be done manually at Number Collection on Friday, 5 April 2024.

There will be a fee of R200 for each substitution, change or addition. This will be payable at Number Collection. *Please ensure that the **individual collecting the team's race packs is aware of any such fees that need to be paid, and has all the relevant details of the substitute rider/new rider.***

If the correct procedure is not adhered to and any team member is found to participate without officially been entered into the Cannondale Maluti Double 90 and/or completed a valid substitution, **the entire team may be disqualified.**

The onus is on the Team Captain to ensure that the Events Office has been notified of all substitutions.

NO SUBSTITUTIONS, ADDITIONS, CHANGES OF ANY KIND, OR NUMBER COLLECTION CAN BE DONE ON THE MORNING OF THE EVENT, OR ONCE NUMBER COLLECTION HAS CLOSED.

SUPPORT VEHICLE DRIVER BRIEFING

Please ensure you read the support vehicle driver briefing that has been loaded onto the website.

Team support vehicle accreditation will be issued at Number Collection upon submission of a completed support vehicle form. No vehicles will be allowed in the team support zone without the correct official event accreditation. Teams may be disqualified for receiving support from any vehicles deemed to be unofficial.

On race day, team support vehicles will leave Clarens at 08h20 or later (approximately 20 min after all the teams have started). Team Support vehicles may not follow the riders but must travel via the N5 directly to and from Kestell. Please note that teams may be disqualified if any support vehicles follow their teams or assist teams anywhere along the route other than at the official Team Support Zone in Kestell.

Please note that the layout of the Team Support Zone is shown in the support vehicle driver briefing.

TEAM CATEGORIES AND PRIZE-GIVING

Your team's category is determined by the first 6 riders to cross the finish line of the Cannondale Maluti Double 90, not by the make-up of the team when you enter.

Open Team

A team consisting of all conventional cyclists, which does not fit any of the other classifications.

Mixed Team

A team where at least three women finish in the first six team riders across the line, failing which the team will be classified Open.

Women's Team

An all-women team finishing with between 6 and 12 riders. (There needs to be a minimum of 6 all-female teams participating to qualify for this category).

PRIZE MONEY:

Category	Position	Prize Money
OPEN	1 st	R 17 000.00
	2 nd	R 10 000.00
	3 rd	R 5 000.00
MIXED	1 st	R 17 000.00
	2 nd	R 10 000.00
	3 rd	R 5 000.00
WOMEN	Podium medals awarded to top 3 women's teams. Minimum 6 teams for category prize money.	

Teams with single bikes and tandems combined, or teams comprising of only tandems will be given an official team result (Open Team category) but will **not** be eligible for any team prizes.

Teams with fewer than 6 riders are welcome to participate but will not receive an official team result.

PRIZE-GIVING for the top 3 teams in the above categories and the presentations of the KOM/QOM awards will take place no later than 15h00 on the Square, or as soon as the results have been finalised.

TEAM PHOTOS

We're introducing team photos for all participating teams! Get ready to capture the spirit of the race and your team's triumph. The stage will be located on Clarens Square under the tent.

The stage will be open from 12h30 till 17h00 on a first come first served basis. Team photos will break for prize giving at 15h00 and resume after.

Photos will be sent to team captains the week following the event.

CANNONDALE STRAVA 'KOM'/'QOM' COMPETITION

The Cannondale Maluti Double 90 will have enough challenges on its own for the average competitor - so we've decided to throw in a little something to spice things up: The Cannondale King of Maluti (KOM) / Queen of Maluti (QOM) Hotspot - monitored by Strava.

Once your team has entered the Golden Gate Highlands National Park, you will be steaming towards the finish line in Clarens with only 40 km to go - but not until you have conquered a few steep climbs.

Shortly after the Waterpoint (#4) at Protea Corner, we have introduced a **2.35 km timed section** near the 150 km mark that includes the notorious 'Mineshaft'. With gradients spilling over at 16%, what better place to test the legs of the climbers? The climb ends at the top of the 'Mineshaft' just before the last water point.

Look out for the route markers that will indicate the start and end of the Strava section. To

qualify for the King of Maluti / Queen of Maluti title and prize, you will need to do the following:

- Be a registered Strava rider (check your app store or ask any experienced cyclist should you need assistance to get the app); use this link to register if not already on Strava <https://www.strava.com/register/free>

You **do not** need to be part of a club on Strava

The fastest time receives prize money. (Your data must be uploaded before 14:30 on the day in order to reflect on Strava.)

This race-within-a-race is powered by Strava. The organisers and sponsors cannot take responsibility for any data or application failures that occur on the day.

(Please note that the Cannondale Strava KOM/QOM winners must be present at prize-giving to collect their prize, or it will roll over to the next fastest rider.)

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TIMING

Timing for the event is done by Finish Time. All participants will receive a tail board in their race pack that **they must use**.

Please watch this video for instructions on how to fit your timing board here:

<https://www.malutidouble90.co.za/timing/>

PLEASE REMEMBER YOUR TAIL BOARD ON THE MORNING OF THE EVENT!

No tail board, no result.

Results can be viewed here: <https://results.finishtime.co.za/results.aspx?CId=35&RId=4052>

ROAD CLOSURES

CLARENS: Market Streets' East and West and Van Zyl Street, as well as one lane of the Main Road leading up to the Square will be partially closed from 05h30-08h30 for the start of the event. Please note that all parking immediately around the Square is reserved for team support vehicles and participants who do not cycle to the start, will have to find parking along side roads.

Blignaut Street in Kestell will be closed for the team support zone and only team support vehicles displaying the correct event accreditation will be allowed into the Team Support Zone.

Main Road and Van Zyl Street near the Square will be partially closed for the finish.

There will be no other general or rolling road closures along the route and participants are requested to adhere to all traffic rules at all times and obey the instructions of traffic officers and event marshals.

KESTELL: A section of Blignaut Street will be closed from 09h00-12h00. Team Support vehicles: Please follow the directions to the Team Support Zone via the N5.

VENUE LAYOUT



CLARENS PRESIDENT SQUARE

*Note: VOC will be at the Protea Hotel Conference Centre



PARKING

Please note that all parking around the Square in Clarens will be reserved for team support and official vehicles until 08h30.

Please cycle to the start, or park in one of the side streets off the Square. Please do not obstruct any driveways and do not use any parking bays in front of restaurants or businesses as those are reserved for their customers.

RACE DAY MUST HAVES

Without these three things, you will not be able to start the Cannondale Maluti Double 90.

- Official race number - To be worn low down on your back.
- Your Finish Time Tail Board - To be mounted on your bike.
- Your helmet - Don't embarrass your team by trying to go topless. No helmet, no ride.

RACE DAY START LINE PROCEDURES

Teams must be at the start chutes at least 20 minutes before the team's start time. Teams will be checked in by the event crew (don't forget your helmet, tail board and race number, you won't be allowed into the start chutes).

Cycle World's bike mechanic will be on standby at the Square to provide last minute assistance should you need it.

Your team's start time is as per the official start list. If you arrive late, your start time will not be adjusted. So please don't be late!

RACE DAY EMERGENCY AND SWEEP PROCEDURES

If you experience an emergency during the event, please phone **083 414 1442**. This number is also printed on your race number.

When reporting an emergency, please make sure you have the:

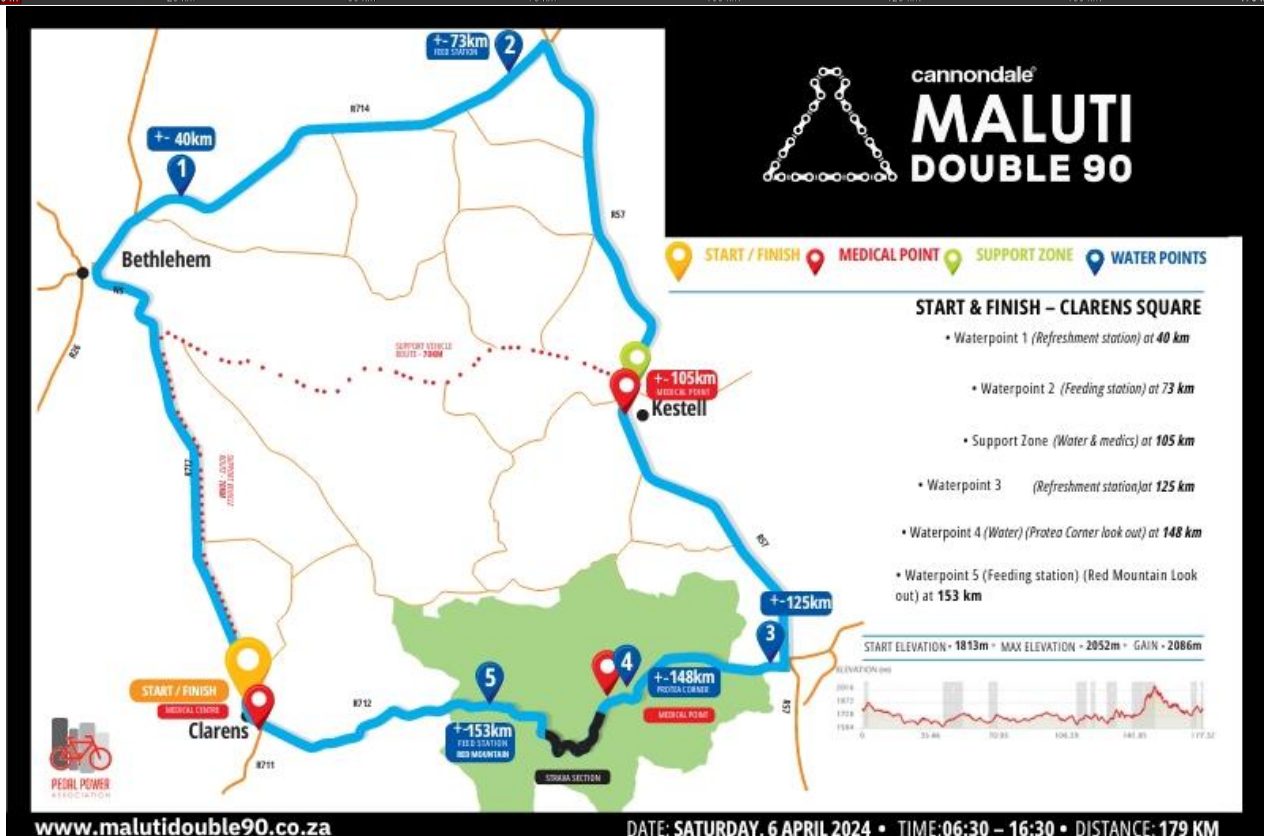
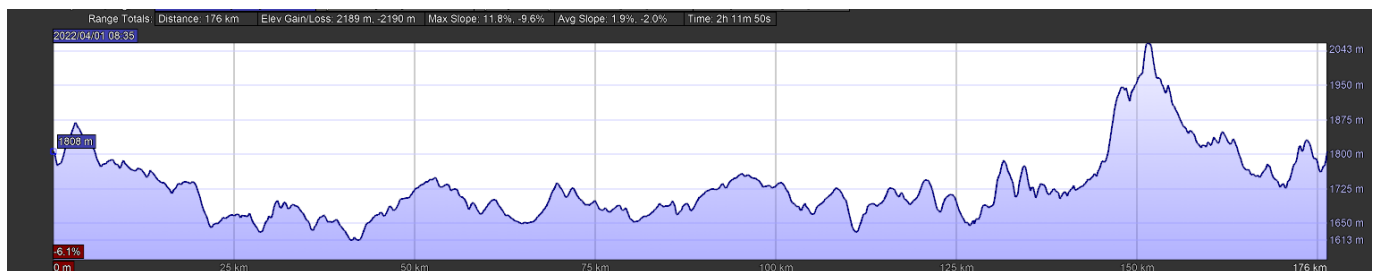
- Race number of the cyclist involved
- Accurate / exact location

PLEASE REMEMBER...

- **Teams must stay apart on the route except when overtaking: One team may not join another team along the route under any circumstances.**
- Teams may be disqualified if substitute riders have not been correctly entered.
- To refrain from littering. Dispose of empty water bottles, gel sachets, food and any other refuse in designated refuse bins at water points or the finish.
- To avoid obstructing other teams. Ride within the yellow line as far as possible. Please allow faster teams to pass. Do not ride more than two abreast.
- That teams may be disqualified for crossing the white line. No exceptions, no warnings. Keep left!

For a complete set of the Cannondale Maluti Double 90 rules, please see www.malutidouble90.co.za

ROUTE PROFILE AND MAP



ROUTE DESCRIPTION AND NOTES

The Cannondale Maluti Double 90 starts off tough and finishes tougher. Why do we say this? From the start line, there's a 500m neutral zone as you freewheel down Main Road to the main road between Fouriesburg and Bethlehem. Please watch out for the sharp left turn as you get to the T-junction, as you would have built up some speed on the downhill.

After the left turn onto the R712, you'll straightaway be faced with a 2 km climb. Take it easy, you will immediately get into a rhythm – there's a long, steady descent on the far side to help you recover.

The road between Clarens and Bethlehem is the narrowest of the entire route. We ask that you keep left and ride **NO MORE THAN TWO RIDERS ABREAST** in this section. Please move into single file if the next team wants to overtake – similarly, we ask that faster teams remain in single file while overtaking on this section of the route. Our ThinkBike Motorcycle marshals will be on route monitoring this – please comply with their instructions.

After 30 km, you'll turn left onto the N5 at a T-junction. **PLEASE KEEP LEFT** as far as possible on the N5, as this section could be dangerous with fast-moving vehicles and trucks. (This is where all Team Support Vehicles turn right to go to the Team Support Zone.)

You'll exit Bethlehem at roughly 40 km, with the first water point on your left as you turn right onto the R714 to Warden Road (40.6 km).

The R714 towards Warden is a lovely section of undulating hills amongst the farms. Please stay within the yellow line and allow faster teams to pass.

The second water point (#2) follows at roughly 73 km, just before turning right onto the R57 towards Kestell. Again, this section has a good road surface, rolling hills and good road shoulder. You will be able to meet up with your Team Support Vehicle at the official **TEAM SUPPORT ZONE** in Kestell (105 km). Please note that all teams must turn off the R57 and pedal into Kestell and through the Team Support Zone, even if you decide not to stop there for any refreshments – it's part of the official route. The Team Support Zone will be a **neutral zone**, meaning your clock will stop for 30 minutes once you cross the first timing mat in Kestell and will restart once you cross the exit timing mat out of Kestell. The neutral zone has been extended due to the deteriorating condition of the road surface in Kestell.

Please note that there is a **CUT-OFF** at the Team Support Zone. If you arrive there after 11h30, you will not be able to continue.

Once through Kestell, Team **Support Vehicles will return to the venue via the N5**, while teams turn right onto the R57 towards Phuthaditjhaba. Water Point (#3) follows at 125 km, shortly before the right turn onto the R712 towards the Golden Gate Highlands National Park and Clarens.

You'll enter the Golden Gate Highlands National Park at 133 km. Now follows the most scenic section of the Maluti Double 90. It's also the hilliest. Please keep an eye open for game as you pedal through the park – there are no fences, and quite a lot of zebra and buck.

Water Point (#4) is at Protea Corner at the top of the first climb inside the Golden Gate Highlands

National Park where you'll be able to top up your water. The medics will also be stationed here.

Now get ready for the Cannondale King of Maluti / Queen of Maluti, with prize money for the fastest time up the "Mineshaft".

The last Water Point (#5) follows at the top of the Mineshaft, and at 160 km you'll exit the Park and start the last rollers towards Clarens.

Please keep some energy left for the last 500m after the sharp right turn into Clarens. You'll be pedalling up the same hill you freewheeled down at the start of the ride, so many hours ago. You'll feel it.

At the finish, please clear the road as fast as possible and collect your finisher's medal and Coke on the Square. After that, we invite you to relax a while on the Square or go and support the restaurants in town. Refreshments will be on sale at the restaurants around the Square, including the Clarens Brewery. There will be medics available should you require one, as well as physio's.

ELEVATION: Just over 2 000m of climbing across 180 km.

TEAM SUPPORT ZONE

Riders may only receive mechanical support and feed from their Team Support Vehicles at the Support Zone in Kestell.

Teams are allowed one support vehicle each, which will transport the team's spares as well as water and own food to the Team Support Zone at Kestell. Teams must register their vehicles and drivers with the Event organisers at the Number Collection on Friday, 5 April 2024 between 12:00 – 18h30. All vehicles must be visibly marked. Team vehicles may not follow their teams en route at all (teams found to be doing this may be disqualified) but must travel directly via the N5 to Kestell and back. Riders are advised to drop clothing that they may not wish to take with them for the latter part of the event with their own support teams at the Team Support Zone. We unfortunately cannot guarantee that any clothing dropped off at water points will get to the finish line.

*** There will be a 30min "time out" at the Team Support Zone in Kestell. The team's clock will stop once the 6th rider of the team crosses the first timing mat at the team support zone. The team's time (and the individual times of all riders in the team) then starts again as soon as the first rider of the team crosses the timing mat at the exit of the Kestell team support zone. If no one has crossed with exit mat within 30 minutes of entering the team support zone, then the clock will start adding to your final result again.**

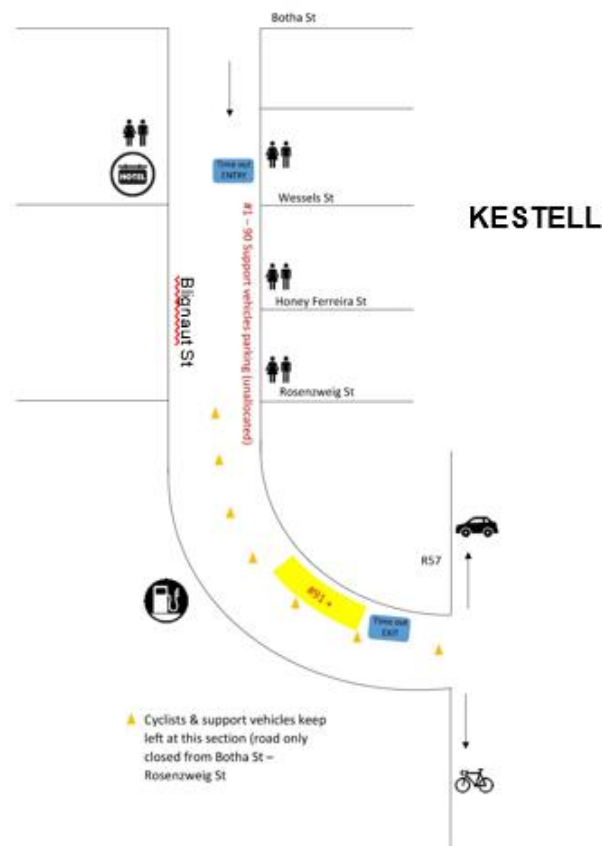
The Kestell Hotel will be open for business and will sell light refreshments to support vehicle crew, *please do support them!* The toilets at the Kestell Hotel will be open to Cannondale Maluti Double 90 participants.

Water and Coke will be available at the Team Support Zone for teams without Team Support Vehicles. An ambulance will be on stand-by here.

The Team Support Zone is closed to the public. Your team vehicle will only be able to access this area if the official event accreditation (which will be handed out at the Team Support Vehicle briefing) is displayed.

When leaving the Team Support Zone, please watch out for other teams and team vehicles. Riders will exit Kestell via Blignaut street, while Team Support Vehicles go back to the finish as they came into Kestell.

TEAM SUPPORT ZONE LAYOUT



WATER POINTS

Waterpoint 1: 40 km (just outside Bethlehem): Water, Coke and Named supplements.

Waterpoint 2: 70 km (just before the right turn to Kestell): Water, Coke, bananas, potatoes, sweets and Named supplements.

Waterpoint 3: 125 km (in between Puthaditjaba and Golden Gate Highlands National Park): Water, Coke, bananas, potatoes, sweets, banana bread and Named supplements.

Waterpoint 4: 148 km (shortly after you entered the Golden Gate Highlands National Park), at the Protea corner look-out: Water, Coke and Named supplements.

Waterpoint 5: 153 km (in Golden Gate Highlands National Park, at the top of the KOM/QOM): Water, Coke, bananas, sweets, banana bread and Named supplements.

Toilets: There will be toilets at waterpoint 2, Kestell and in Golden Gate National Park at the Glen Reenen picnic site.



CUT-OFF TIMES

Participants are required to reach the finish line in Clarens by 16h45. Cut-offs will be implemented along the route, as indicated in the table below.

A sweep vehicle will indicate the rolling closure of the course. Any rider found on the route after the cut-off time, will be disqualified.

Team Support Zone (Kestell)	105 km	11h30 (to arrive at the TSZ)
Water Point 5 (inside Golden Gate)	156 km	15h30
Finish line (Clarens)	180 km	16h45

SWEEP VEHICLES

Cyclists unable to continue with the Cannondale Maluti Double 90 after the Team Support Zone at Kestell (105 km), should board their Team Support Vehicles at the Team Support Zone. Cyclists unable to complete the race elsewhere along the route, must board one of the three roaming sweep vehicles which will transport them to the finish line. Please note that sweep vehicles will only travel to the finish line once the vehicles are full.

WEATHER UPDATE

We are expecting a cool day, please be prepared for the cooler weather with a high of 20°, very little wind and a possibility of light drizzle.

We trust you will have a great ride on Saturday and look forward to welcoming you to the 2024 Cannondale Maluti Double 90.

