

35TH
momentum
KNYSNA FOREST MARATHON
2018



momentum

Pick n Play

HELD UNDER THE RULES OF ASWD, ASA and IAAF



ENTRIES

- Race Date is 7 July 2018. Compulsory Registration on 6 July 2018 between 10:00 and 22:00
- This is a pre-entry race only - no entries will be sold at registration or on race day. No postal entries.
- In order to Enter you will be required to create a profile at www.knysnamarathonclubportal.co.za by providing your email and a password.
- Please ensure correct entry of your Email address as this is used for all communications. Do not create alternative login profiles if you lose your login detail. Follow the recovery procedure or contact race office.
- Entries are limited to 1250 for the full marathon, and 7350 for the half marathon
- No Postal, faxed or telephone entries will be accepted
- Online is the only way to enter for this race.
- Online entries available at www.knysnamarathonclub.com Follow the link to the race page and after you have read all the rules and info proceed to the Portal page where you will select the race you want to enter.
- **Loyalty Entries** - As part of our Loyalty program, 2017 Entrants will have first choice to enter the 2018 Event. Entries open from 8:00 am on 15 February till 24:00 on 28 February. Your ID number will be compared to our list to be able to make an entry. **Momentum Multiply Clients** will be able to enter from 1 March to 3 March.
- General Online entries open 4th March at 8:00, and will close when the limit has been reached, or on 11 May, whichever incident arises first
- **Charity Entries** :150 Half and 30 Full Marathon Charity entries will be on sale from 15 February to 2017 **loyalty or new entrants** till sold out should you wish to avoid the stampede on 4 March. When 7200 Half Marathon Entries have been sold out, the last batch of 150 Charity entries will become available. Charity entries will cost R640 for the Half Marathon and R650 for the full marathon excluding Temp license or T-Shirt.
- Half Marathon Entries Cost **R140.00** (Inclusive of Event Transport, Entry and Race Fees and Online Fees as well as a **disposable electronic Timing Chip**)
- Full Marathon Entries Cost **R150.00** (Inclusive of Event Transport, Entry and Race Fees and Online Fees as well as an **disposable electronic Timing Chip**)
- Runners not licensed by ASA for the current year will need to purchase a temporary ASA running license available with the online entry at a cost of R38.00
- **A unique Unisex Moisture management, Long sleeve event T-shirt is available as an optional extra at a cost of R190. T-Shirts have to be collected in person and will not be handed to third parties. T-shirts not collected on Registration day will be sold on race day towards Charity. No T Shirts will be kept or distributed after the event**

- A number of payment options are available from the online entry portal including Card and EFT. Please follow payment instructions closely and if paying by way of EFT the **exact amount and the provided reference** must be used. Branch deposits will be available but will attract a cash handling fee.
- If you want to do the Big Five Competition (All major sporting events during the Pick n Pay Knysna Oyster Festival) please enter through the Big Five entry site. **Regular entries can not be upgraded to the Big Five and can not be refunded.**
- **Big Five Website - <http://www.oysterfestival.co.za/big-5-sport-challenge/>**

CONFIRMATION OF ENTRIES

- You will get a confirmation email as soon as you have made a successful paid entry to confirm the entry.
- After the entry list has been finalized, a race number will be allocated to each entrant. Your race number will be confirmed by the middle of June by email to all entrants. **This race number confirmation must be printed and produced at registration along with proof of ID.**
- See details on race number collection in the registration details section down below.

RACE CHARITIES

Our designated race charities for 2018 are:

- **HANDS & HEART PROJECT** (Youth skills development to empower unemployed youths to become productive skilled or self employed and they get supplied with a toolbox with the needed equipment to be able to go out and earn a living)
- **NSRI Knysna Station 12** (Local Knysna Station)
- **Die Werks winkel** (Creating employment for the disabled)
- **Knysna Child Welfare** (Multiple local projects for care and protection)

Knysna Marathon Club takes great care each year in selecting our event Charities as we operate in a small community and do know of the great needs that exist. Your compassion in including that something extra each year with your entry fee is sincerely welcomed by our selected Charities. The donations you make as well as the proceeds from the sale of the Charity tickets get split between these Charities for 2018. Our Charity Handover is a much anticipated yearly event and the thanks always come with tears of joy from the benefactors.

The **Clothing collection** is destined to become the biggest of its kind in the country and your gifts of clothing collected at Registration as well as along the

Race Routes make sure our underprivileged communities stay warm during the coldest part of winter. Please do not hand clothing directly to the local community. It only draws massive amounts of non-runners to the area resulting in Security risks and the clothes do not end up where it is needed most. We do have a properly organized distribution program managed by Knysna Marathon Club that collect and properly distribute the clothing where the need is highest.

SUBSTITUTIONS

- Due to scammers selling Fraudulent “Substitution Codes” and a growing trend of non-runners buying high demand event entries to simply re-sell for profit to unsuspecting runners, Knysna Marathon Club have made the call to do away with substitutions in total.
- **Entries will be sold on a use it or lose it basis. You cannot pass your entry to a someone else. This is considered race fraud.**
- No up or down grades between the 21km and 42km can be done.
- 100 Extra entries are made available to cater for a slightly higher no-show rate due to no substitutions.
- These steps are taken to give the real runners a better chance to obtain a legal entry.

REGISTRATION

- The registration and finish venue will remain at the central town venue.
- Registration and number collection will be open from 10h00 to 22h00 on Friday 6 July 2018.
- There will be no registration or number collection on Saturday morning. **No exceptions.**
- If you cannot collect in person at the times specified with proof of ID on Friday please do not enter for this event. **No third party collections are allowed.**
- The race number confirmation together with positive Photo identification such as an ID book or a drivers license must be produced at registration.
- **NO POSITIVE ID, NO RACE PACK.**
- T-shirts not collected in Person at Registration will be sold on behalf of our Charities on the Saturday. No T-shirts will be posted or kept for entrants not collecting at Registration.
- At registration you will receive your race number, t-shirt (if ordered), goodie bag and final instructions as well as a **FREE** electronic timing tag.
- The race number contains a tear-off section with the words "T-shirt"(if ordered) which must be torn off and exchanged for a t-shirt. No tag, no t-shirt. It also contains a tear-off section with the words “taxi” which must be torn off and handed to the loading staff on Saturday morning in order to be transported to the Race Start . Do not tear off until needed as it cannot be replaced and you will not be able to get to the start venue.
- The top tear off on your race number can be securely attached to your tog bag for handing in at the Biddulphs Transport trucks at the Race start (see

Route). Due to the nature of the service provided we do not accept responsibility for the bag or valuables placed in them.

ROUTE

- The taxi pickup point to the start is from Vigilance Drive as per the map on the website.
- Parking is available at Loerie-park and along George Rex Drive.
- Entry into the Taxi Loading area is only available from the George Rex Drive Direction.
- Taxis leave from Vigilance Drive from 04h30 onwards. Please comply with the final instructions in your race pack.
- A tog bag vehicle will be on hand to transport your tog bag back to the finish venue. Please do not leave any valuable items in your tog bag. Race organizers do not accept any responsibility for any loss. . Bags will be available for collection from 10h00 in the main Registration area.
- All the home comforts have been laid out at the start in the Forest - there will be free tea, coffee and biscuits for all athletes served in the PnP Bedouin tent.
- The 42.2km starts at 07h00 and the 21.1 km starts at 08h00.
- The timing starts at the firing of the starters pistol and not when you cross the start line.
- Maps of the 21km and 42km routes are available from the website
- Water and other suitable refreshments will be provided at approximately 3km intervals on the route as well as at the start and finish
- Distance markers will be placed on the right hand side of the route at every km
- The cut-off time for the 21.1km is 3 hours 30 minutes, and the 42.2km 5 hours 30 minutes. Should race officials determine that you will miss the cutoff or appear to be under duress, you will be removed from the course for your own safety.
- The two event race numbers that you will receive must be worn on your chest and back and must both be visible at all times.
- The provided Disposable timing chip must be securely attached to your shoe.

AFTER THE RACE / FINISH

- **To celebrate the 35th running of the event a unique indigenous timber shield** will be available to the first **800 finishers in the 42.2km**; silver medals for the first 800 finishers and bronze medals for the rest
- All 21km finishers will receive a bronze medal.
- Permanent numbers will be awarded to the runners completing their 10th **42.2km**.

- Runners finishing their 25th 42.2km will receive a special stinkwood shield
- Prize giving will commence at the finish area at 12H45.
- One Lucky runner will win a R10 000 Lucky Draw at prize giving.
- Your disposable timing tag that you wore during the event will be collected at prize giving to be part of the draw. The lucky draw prize will not be paid out before verification of participation in the event
- You must be present to be eligible for the lucky draw prizes. The organizers decision is final in awarding the lucky draw prizes.
- Prize and Lucky draw Money will be paid to your bank account by way of EFT.
- Prize Money will only be paid out once the race results have been verified.
- Appeals contesting results and prize money need to be lodged within half hour after conclusion of Prize giving. The head referee will be in attendance behind the prize giving stage.
- **Athletes are responsible to collect their own prize money or make a written arrangement before Prize giving commences, with the Event Organizer failing which prize money is forfeited. (ASA Rule 2.10)**
- Full prize money details on the event main website page.
- A free Taxi Shuttle service will be provided to get the runners from the Finish back to the Taxi Pick up point near Loeri Park.
- Showers will be available at The Knysna Marathon Clubhouse. (at Loerie-park entrance near the taxi loading point)
- Toilets will be available at the Taxi pickup point, at the race start and at the Finish venue.

RULES AND REGULATIONS

- **Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserve the right to accept / reject any entry received.**
- **Club Colors: 2018 ASA** Registered Athletes must participate in their correct club colors. ASA registered runners as well as Temporary runners will be provided with two personalized event number bibs that must be worn on the front and back of the vest and be visible at all times during the event. No advertising allowed. Temporary licenses available with your entry at a cost of R38. If you are a registered runner and want to run in a costume you will need to purchase a Temporary License.
- **Temporary License:** Athletes not belonging to a registered **ASA running club**, licensed for the current year will need to purchase a Temporary License in order to take part in the event. Temporary Licensed athletes will not be covered by the ASA National runner insurance.
- **Cut-off time: 21.1km = 3 ½ hrs**

- **Cut-off time: 42.2 km= 5 ½ hrs** (To use as a qualifier you will need to observe the target event requirements)
- **Runners still out on the route after the cutoff times might be picked up and returned to the finish venue due to the opening of traffic lanes and withdrawing of event support.**
- **Distance markers:** Will be placed at every kilometer. Kilometer markers count down towards the finish line.
- **Foreigners:** All foreign athletes must comply with IAAF rule 142.2 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day when requested to do so by the race officials.
- **Proof of Age:** Athletes must give proof of their age at the request of the Race Referee. (Original ID / Birth Certificate / Permanent Residence Permit)
- **Minimum Age: 21.1 km = 16 yrs**
- **Minimum Age: 42.2 km= 20 yrs**
- **Refreshment Tables:** Water tables will be available at approximately 3 km Intervals
- **Road:** Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.
- **Private vehicles:** No Private vehicles will be allowed on the race route or near the Start area in the Glebe. No Private drop-off of runners at the start. The provided Taxi service is the only way to get to the Race Start.
- **Movement of emergency vehicles:** For safety reasons and to prevent delays in deploying emergency vehicles the use of personal music players or other devices with headphones is not allowed. Any person using such device shall not be eligible for prizes and will be disqualified without a warning and could be removed from the route.
- **Safety Rule (All Distances):** No Earphones or personal music players (ASA Rule 34.10.6), Animals (ASA Rule 34.10.1), Racers (ASA Rule 34.10.3), or Wheelchairs (ASA Rule 34.10.4) allowed.
- **Course use:** On all dirt road sections as well as tarred sections not demarcated, the runners must keep to the right hand side of the road to allow passage of emergency vehicles and landowners.
- **Seconding:** No seconding will be allowed on the routes due to access restrictions.
- **Medical:** Medical support will be available at the Finish venue as well as at certain points on the routes. Medical staff may remove a runner from the course should they have reason to suspect that continuing might pose increased health risks to the runner.
- **Age Tags:** Participants will be eligible for prizes in the OPEN category and the age category for which they have entered. Age Category details will be contained on the Event Race number bibs and additional Age Tags do not need to be worn.

- Participants may enter the age category corresponding to their chronological age or any younger category down to the Open Category.
- **Objections and Appeals:** Any objections or appeals must be logged with the Head Referee within 30 minutes after Prize Giving. The Head Referee will be available at the podium to receive any objection or appeal in the prescribed manner till 30 minutes after the conclusion of Prize giving. No objection or appeal will be entertained after this time as per **ASA rule 27.1** The head referee may require payment of R500 fee to loge the appeal. This payment could be forfeited if the Appeal is not successful
- **Disclaimer** - The organizing body reserves the right to alter these rules and regulations to comply with updated National rules and regulations as published by ASA and Provinces from time to time.

MORE INFORMATION

- Refreshments and food will be on sale from 10h00 on Friday 6th July as well as on race day
- Ablution will be available at the Taxi pickup point, the starting point in the forest and at the finish venue.
- Results will not be posted to competitors after the race. An SMS will be sent to competitors after the race with the finishing time.
- Full results will be available on www.knysnamarathonclub.com a few days after the race.
- Jetline Action Photo is the official race photographer and the images can be ordered from them after the event. A link to their website will be added to the race results
- Knysna Marathon Club reserves the right to alter or add to these rules and conditions at any time.
- For race enquiries contact Marianne Brown: kmc@telkomsa.net
- For up to date information and online entries go to www.knysnamarathonclub.com

Indemnity

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers and physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-

race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

Minor Release: and I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

I have read and understand the Race info and rules as posted on the event website and will abide by them.

Printed name of participant.....

(parent/guardian in the case of a minor).....

Phone:..... Signature:.....

Date:.....

End