

Cape Summer Trail Series® 2018

Race 2: 30 January 2018

Kirstenbosch Gardens ([Directions](#))

LONG Course: 10km | 19:00

SHORT Course: 5.8km | 19:21

[Route Maps & Profile](#) [Weather Prediction](#)

LET THE KIDS RUN FREE!

Wildrunner is offering all kids under the age of 10 the opportunity to run the Cape Summer Trail Series® for free. Offer only valid for pre-registered children. Email info@wildrunner.co.za for more information.

Important: Family and friends supporting you on race day will need to pay the normal Kirstenbosch Gardens gate entry fee. It is a real privilege to be able to run in these gardens at night.

Also important: Headlamps are **COMPULSORY** for both the Long and Short Course.

RACE NUMBER COLLECTION (ON THE DAY)

- On Tuesday 30 January from 17:00 to 18:30 at the start venue.
- Keep your number for the rest of the Series®.
- Blue number = LONG COURSE / Red number = SHORT COURSE
- If you purchased anything online when you entered - a Born to Run Wild t-shirt, Wildrunner hoodie, multifunctional headwear, socks or anything else - please remember to go to the Trail Store to collect your merchandise.

CAUGHT SNOOZING AND HAVEN'T ENTERED YET?

- Race 2 is SOLD OUT, NO ENTRIES AVAILABLE ON RACE DAY.
- Entries are open online for [Race 3 and 4](#), don't miss out.

UPGRADES, DOWNGRADES AND SUBSTITUTIONS

- Upgrades, downgrades and substitutions on race day from **17:00 to 18:30** only, no later - we still need to input this data into our timing system before the races start.
- **Substitutions cost R30.**

BATCHES

- The batch number you chose when you entered online is **printed on your race number. Make sure you start in the correct batch. Starting in the wrong batch will influence your finish time and may lead to disqualification.**
- **Please note, you cannot change your batch during the Series.**
- For more information on how the batches work [read this](#).
- Listen to our vibey MC announcements on race day when he calls the batches to start.

RACE BLING

- **To qualify for a Trail Series® medal you need to complete either the Championship (LONG course) or Challenge (SHORT course) Series.** This means you need to run at least three long course races, or three short course races - two long courses and two short courses do not qualify as a complete Series.
- Medals will be available at race 3 & 4 for Series finishers.

FOOD, DRINKS, GEAR

- **There are no water points** on the long or short route, **please bring your own water for the run.**
- **Mountain Dew and Capri Sun** will be handing out one drink per person at the finish line.
- The **#TrailStore** will be there selling cool trail running merchandise. Sizes and stock are limited.
- Outdoor Kitchen will be selling delicious burgers, boerie rolls, chips, (vegetarian) salads and more so bring along some extra cash.
- There will be coffee on sale, bring some cash for a Cuppa Joe!

ACHES AND PAINS?

- [Peak Performance Fitness](#) will be at the race, offering **free** 10-minute massages. Pop in at their stand to aid your recovery or boost your pre-race warm up.

WHERE IS MY PHOTOGRAPH?

- Like our [Trail Series](#) Facebook page to see all the photos and results after the event.
- Keep up with live race commentary on Twitter [@wildrunnerza](#) or Instagram [@wildrunnerza](#) and use the hashtag #capesummertrailseries

NO DOGS ARE ALLOWED at any of the events, as spectators or as running buddies.

COMMS WITH THE TEAM

For any race enquiries, please check our website at www.trailseries.co.za or email info@wildrunner.co.za. We do love hearing from you, but Facebook questions, DMs on Instagram and queries sent via a Tweet will be answered during business hours only, unless you catch a team member in a moment of insomnia.

See you on the trails as we kick off the year on a high note with some Trail Series® fun!

The Wildrunner Team