

Spur Cape Summer Trail Series® 2017

Race 1: 15 January 2017

Lebanon Forest ([Directions](#))

LONG Course: 13.4km | 07:30

SHORT Course: 6.3km | 08:05

[Route maps & profiles](#) [Weather prediction](#)

CELEBRATING OUR



Kids under 10 run for FREE!

As part of our 10-year anniversary, Wildrunner is offering all kids under the age of 10 the opportunity to run race 1 in the Spur Cape Summer Trail Series® for free. Offer only valid for pre-registered children and those registering at pre-registration. See full details [here](#).

PRE-REGISTRATION

- **Friday, 13 January from 12h00 to 18h00** at the Mountain Club of South Africa's Cape Town Club House (97 Hatfield St, Cape Town City Centre - [Directions](#)).
- Bring your printed Quicket ticket along to pre-registration.
- **Keep your number for the rest of the Series.**
- If you purchased anything online when you entered - a Spur Trail Series® t-shirt, Wildrunner hoodie, multifunctional headwear, socks or anything else - please remember to go to the Trail Store to collect your merchandise.

RACE NUMBER COLLECTION (ON THE DAY)

- **Sunday, 15 January from 05h30 to 07h10** 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 Spur Trail Series® t-shirt, Wildrunner hoodie, multifunctional headwear, socks or anything else - please remember to go to the Trail Store to collect your merchandise.

LATE ENTRIES

- Limited race 1 entries available on race day, only between **05h30 and 07h10**. **IF YOU'RE NOT IN THE QUEUE BY 07h10 YOU WILL BE SHOWN AWAY EMPTY-HANDED.**
- Late entry fee of R30 for on-the-day entries.

UPGRADES, DOWNGRADES AND SUBSTITUTIONS

- Upgrades, downgrades and substitutions on race day from **05h30 to 07h10** 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](#).
- Make sure you listen to the announcements on race day to start in the correct batch.

MEDALS

- To qualify for a Spur 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.

ON THE DAY

- **There are no water points** on the long or short route, **please bring your own water for the run.**
- Spur will be providing a jumping castle to keep the little ones entertained while you run.
- **BOS Sport** 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.
- Spur will be selling delicious burgers so bring along some extra cash.
- There will be coffee on sale, bring some cash for a Cuppa Joe!
- [Peak Performance Fitness](#) will be at the race again, offering free 10-minute massages. Make sure you pop in at their stand to aid your recovery.
- Show us your 'Trail Face' - Like our [Trail Series](#) facebook page so we can tag you in personalised photo's of yourself on race day.
- Keep up with the conversation, for live race updates follow us on Twitter [@wildrunnerza](#) or Instagram [@wildrunnerza](#) and use the hashtag #spurtrailseries

NO DOGS ARE ALLOWED at any of the events, at the venues or to run with.

For any race enquiries, please check our website at www.trailseries.co.za or email info@wildrunner.co.za.

See you on Friday as we continue the Spur Trail Series® fun!
The Wildrunner Team