



RIDER INFORMATION PACK



**Making a difference
with each pedal stroke.
Legacy Ride4Hope**

**03-08
SEPTEMBER
2024**



WELCOME TO THE 2024 NELSON MANDELA LEGACY RIDE4HOPE, LET THE COUNTDOWN BEGIN...

2024 marks the 5th year of the Nelson Mandela Legacy Ride4hope and we are thrilled to see our first start and finish venue change, starting at the Nelson Mandela Capture Site, Howick in Pietermaritzburg and finishing in Umtata, Eastern Cape. For four days you will get to experience life on the road, not only riding but also leaving a Legacy in the Towns which we pass through.

The event is an all-inclusive and fully supported event. All you need to do is to bring a fully functioning bike with a fresh pair of legs!

In this document, you will find all the information you need about the event and what you need to do to ensure you are event ready.





Please note you required to stay in and with a group at all times. There will be two groups on the road for the four days, race director may allow for a third (in-between group) to meet everyone halfway, this is strictly dependent on the traffic management consideration. The groups are formed based on ability and assist with traffic management. Kindly note the event does not have full road closure, but has the support of traffic officials in the regions.

GROUP 1

Group 1 will be the fastest **(30+km/h)**

GROUP 2

Group 2 will be less focused on speed but more on group riding and their overall achievement **(20-25km/h.)**

GROUP 3

(Race directors' discretion)

This group will be put together as and when there's a need for it. This will be towards accommodating people's efforts and avoiding traffic congestion.

(25 – 30km/h)

- Bluu Car Rental Sweep vehicles are provided should you wish to rest and recover or retire for the day and start the following day.
- Bike mechanics provided, spares are on riders account.

Kindly visit DUNKELD CYCLES to take advantage of a 10% discount for a pre/post event service for Ride4hope participants.





Day1:

Howick Underberg

Distance = 144km
Elevation = 2528m
Scan Route



Day2:

Underberg - Kokstad

Distance = 128km
Elevation = 1475m
Scan Route



Day3 *GROUP1*:

Lusikisiki - Mthatha

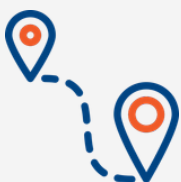
Distance = 128km
Elevation = 2732m
Scan Route



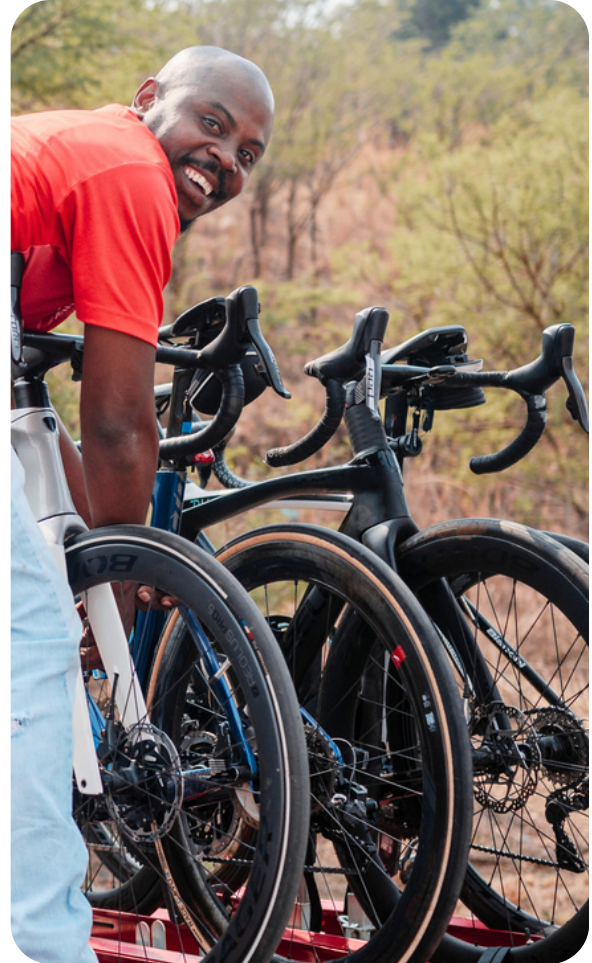
Day3 *GROUP2*:

Port St. John's - Mthatha

Distance = 92km
Elevation = 2003m
Scan Route



- There will be water and lunch stops.
- **NAMED SPORT** is the events official bike nutrition partner, we recommend you try them out well before the tour and take advantage of a pre-event 20% discount by using: RIDE4HOPE2024 at online checkout at **www.namedsport.com-za**
- **Batho Pele** EMS will be at your service in case of emergency.
- We are grateful to have once again the **Raf Buddy** riders joining us as Ride Captains and we welcome new entrants into the space, **Bazala Cycling Team** who will assist with the groups on the road and even lend a helping hand.



Friday, 30 August 2024

Registration & Kit collection

Nelson Mandela Foundation,
Houghton, Johannesburg
13:00 – 17:00

Out of town riders to collect on Tuesday, 03 September, Anew Hilton Hotel in Pietermaritzburg at check in.

Monday, 02 September 2024

Bike Drop off

• Cycle Lab, Fourways **12:00 – 15:00**

VIP Bike Transport - Bared (082 571 5557)

Tuesday, 03 September 2024

Traveling details

OR Tambo International – King Shaka Inter
FA 288 – 16:00
Cape Town Inter – King Shaka Inter
FA 145 – 15:30

Missed flights and changes will be on riders account and unfortunately Ride4hope is unable to provide support for missed flight.

Riders from outside JHB to travel with their bikes and bike bags.

Accommodation: Anew, Hilton Hotel. PMB
14:00 Check-in.

Welcome dinner – 19:30 for 20:00 Anew, Hilton, PMB.



Wednesday, 04 September 2024 - Hulamini, uMgeni-uThukela Water & TKZN Day



DAY 1

Nelson Mandela Capture site,
Howick – **Underberg, Sani Pass Hotel**

Depart Anew Hotel, Hilton : **7:00AM**

Jabula Primary School, Howick: **7:30AM - 8:30AM**

Nelson Mandela Capture Site,
Howick: **09:00AM - 9:30AM**

RIDE START: 9:30AM, UNDERBERG – 16:30PM



Day1:
Howick Underberg

Distance = 144km
Elevation = 2528m
Scan Route



Thursday,
05 September 2024
ROMPCO Day



DAY 2

START: 9AM

Sani Pass Hotel, Underberg
– **Nomzamo Primary School, Kokstad**

ETA Nomzamo Primary School, Kokstad : **2PM**
Official Hand Over: **2PM - 3PM**

3PM depart by bus for Ingeli Hotel, Kokstad (**30min drive**)

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Day2: Underberg - Kokstad

Distance = 128km
Elevation = 1475m
Scan Route



Friday,
06 September 2024
ABSA Day



DAY 3

START: 9AM

Lusikisiki – Mthatha

Bus depart @**6AM**
(Group 1 **(128km)**)

Distance = 128km
Elevation = 2732m
Scan Route



START: 9AM

Port St. John's
- Mthatha

Bus depart @**6AM**

Distance = 92km
Elevation = 2003m
Scan Route



ETA for both groups, Kwa-Payne Primary, Mthatha: 2pm
Ride to Accommodation: Garden Court Hotel, Mthatha.

Saturday,
07 September 2024
MTN Day



DAY 4

START: 8AM

Garden Court Hotel: **8AM**

Qunu Junior Secondary School: **9:30AM - 10:30AM**

Nelson Mandela Museum: **10:30AM - 11:00AM**

Depart Qunu – Mthatha **@11:00AM**

ETA Garden Court Hotel: **12:30PM**



Closing Dinner: **18:00PM**

REVISED ROUTE;
MTHATHA – QUNU – MTHATHA
50KM



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DAY 5

Sunday, 08 September 2024

Breakfast: 06:30

Bus & Vehicles depart Garden Court Mthatha to East London Airport: 09: 00

Flight to OR Tambo @17:00

Flight to CT @15:30

Bus & Cars depart Garden Court Hotel – Anew Hotel, PMB: 09:00



Other FAQ's

Start times:

You are best advised to arrive early to deal with any mechanical issues or last minute I forgot something!.

What do I wear?

Helmets complying with international safety standards are compulsory for the duration of the ride. Closed cycling shoes,
Four cycling jerseys & Bibs will be provided to be worn by all riders.

Be sure to include a lightweight rain jacket, arm warmers, short and long sleeve gloves and Post riding wear, (and evening wear)

Please bring small back/back pack that stays in the bus for your pre/post ride clothing (trainers and jacket)

Lost property

We will have a lost property box which will be placed at all dinners, should you misplace anything. Please place or retrieve lost property from here. Lost property will be kept for one week after the event, and thereafter donated to charity.

Do I need a bike bag or box?

No, please do not bring bags or boxes (**EXCEPT for Cape Town Riders**). These take up valuable space. The support crew will pack the bikes with care (however you are responsible for insuring your bike against any damage for the duration of the event, including transit).



Massages

We have a team of sports therapists for the event. They will be available at the start, and in the evenings. These are complimentary but are very popular so please book early. There will be a room provided at each hotel as a massage area which will be confirmed with the riders.

Checklist of what is useful to pack

- Cell phone ☐
- Cell phone charger ☐
- Sun block ☐
- Chamois cream ☐
- Lip balm ☐
- Pain killers ☐
- Anti diarrhea ☐
- Anti-inflammatory ☐
- wipes ☐
- Towel ☐
- HRM and strap ☐
- Helmet ☐
- Sunglasses ☐
- Plastic bag for dirty cycle kit ☐
- Water bottles ☐
- Gels, drink powders and energy bars. ☐
- ICE band ☐





See you soon!

If you still have any questions,
then please feel free to contact us
on info@legacyride4hope.com
Luthando: 078 375 9309

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to our partners & sponsors**

