

THE CLUB



RUN

Complete Information Booklet

The long run weekend is **Here**.

INFORMATION IN BRIEF

Saturday: Club longest run

Date: Sat 04 May 2019

Distances: 21km, 30km, 42km and 60km

Time: 04:30hrs (arrival by 0400hrs for logistics and tog back check in)

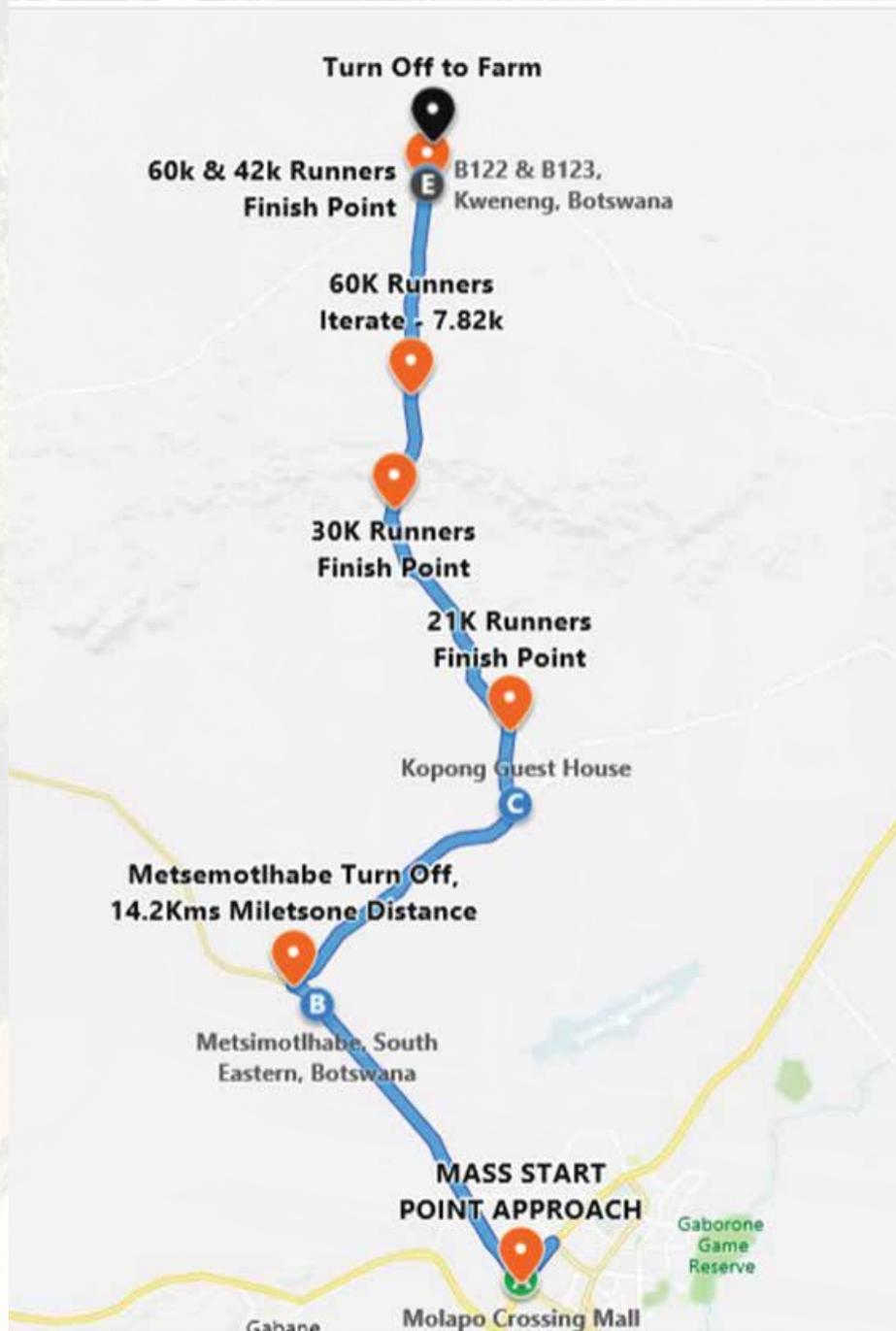
Route: <https://www.endomondo.com/routes/705874171>

Venue: The run will start by Molapo Crossing and end Kopong Hills

Cost: The run is free for ALL who have registered

The Route

The run is approximately 60km, From Molapo crossing traffic lights to the Kopong hills via Metsimotlhabe which is broken down this way:



The route will be marked appropriately to ensure all runners arrive to the finish line.

All runners starting promptly at 0430hrs, Gaborone - Molapo Crossing (Arrive at 0400hrs for logistics and tog bag check-ins)

- 60km: Runners will start at Molapo, repeat 7.82kms from 42kms and finish at the Kopong hills.
- 42km: Planning to have a go at your first marathon? You will run on the route up to the last hill (where we park for BK Style, signage will be provided) giving you 40.5km. Then continue a kilometer towards Lentsweletau then back to parking to finish.
- 30km: From Molapo up to an additional 5km from Kopong turn off continuing straight towards the hills.
- 21km: From Molapo crossing to Kopong (First turn into Kopong by Filling station)

Important Information!

1. Starting Point

Starting point for all runners: Molapo Crossing just close to the Football courts. Start time 0430hrs.

2. Parking

The designated parking for Molapo Race is the parking closer to the Molapo crossing four ways next to the car wash at Molapo, security will be provided but runners are advised not to leave anything visible in their car as we are ultimately responsible for security of our own valuables.

3. Catering

We will provide mobile catering services with many stops (every 5km) to make your run as comfortable as possible.

Catering will comprise; Water, BOS Sport drinks, sweets, nutrition (bananas, oranges and potatoes etc) and so on.

There will be a braai at the 60km finish line of which you are required to be there to meet and greet fellow runners and explore joining striders. The braai is FREE for all. Bring your own celebratory drinks and these you can put in the support car at the startline.

4. Transport

We will have support cars manning the route and will transport those doing the shorter distances back to base to help with transportation.

For those finishing in Kopong we will urge you to assist with providing transport on the way back. Once we have confirmed the numbers, we will advise on further transport arrangements

5. Safety

- MRI will provide emergency support vehicle to respond to injuries that may occur during the run.
- Mogoditshane Police will offer a Police escort from the start and since it will be dark, we encourage runners to stay behind the police vehicle and run "harambe" style until it is lit and safe to turn on the speed (this is usually by the Kopong turnoff)
- The run starts when it is still dark, wear some reflective colours or reflective vests.
- Bring along a headlamp
- Where we reach sections that are dark we will switch to running on the left shoulder of the road followed by the support car which will provide the lighting.

6. Pacing

- The formation is Harambe (run together as a group) from Molapo to the Metsimothabe turn to Kopong or until there is sufficient light.
- The advisable pace will range from 7min per km to 7min 30s per km for the first 14.2km; We advise that for the first 14.2km we stick together more especially that it will be dark.

What to pack in your tog bag!

below tips will be helpful;

- a)** Pack a small backpack that you can throw into the catering van. In there put essentials you will need at the finish line. E.g. A dry sweater, flops, towel, lip balm, massage oil/gel, warm bottoms possibly as well.
- b)** Pack the night before. As soon as you get home pack everything you will need for the morning.
- c)** Sunscreen: you will be in the sun for most of the day so apply some and carry some along.
- d)** Vaseline: very good for chafing and blisters, apply some where you're likely to chafe. For ladies, apply some around the seams of your sports bra. Alternatively use a good baby bum cream i.e. fissan, bennetts' etc.

- e) Food - eat high carbohydrate meals on the days leading up to the run, your body needs to start storing glycogen. Papa, bread, Pasta, Potatoes, Bogobe. Stay away from curries especially the night before the run. Also eat potassium and magnesium rich food to help with cramping e.g. bananas, beets.
- f) Hydrate - don't forget your liquids. A dehydrated body might struggle to produce results.
- g) 0430hrs is cool, wear warm running clothes to start. As the sun comes out you can throw the sweaters into the catering van. If you have a buff it'll also help protect you from the cool air. Running gloves could be handy as well (we might have lows of 14degrees on the day).
- h) Caps and or sports sunglasses - As we reach Kopong we may encounter some sun, make sure you don't forget the protection.
- i) Pocket tissues - it's a long road! Though we will have some toilet rolls.
- j) Celebratory drinks - this is the run that deserves that celebratory drink at the finish line. So bring your own poison to celebrate. Caterers will serve delicious braai as we let our hair down after pounding the road.
- k) Running shoes - Do not forget these guys!
- l) Set alarm; at least 2 alarms and sleep early, very early! Saturday will require you to be focused and well rested, as such make sure you sleep on time and get the 8 hours your body needs. Set 2 alarms to make sure you get up. If in doubt book a wakeup call from the catering team.

I would like to implore all of you to attend in droves as we navigate this interesting terrain with our very own Shirley Mosiakgabo who is now a Comrades Ambassador.

I look forward to seeing you in our midst!

Regards
 Pele Moleta
 Club 60 LOC Leader

Benjamin Raletsatsi
 GSRC Chairperson

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