



Stellenbosch Farm Run – 28 July 2018 Spier Wine Estate

The Stellenbosch MTB Challenge will take place on the Sunday, but trail runners can also enjoy this beautiful area on the Saturday with three distances, so that everyone can take part! Join in on the festive winter outdoor weekend in the Winelands with lots on offer at the start/finish for the whole family. Early bird special till 27 June!

DATE: 28 JULY 2018
VENUE: Spier Wine Estate
REGISTRATION: From 08h00 at the venue
START TIMES: 6km: 09h30, 10km: 09h15, 20km: 09h00
COST: Pre-entries (closing date: 23 July 2018)
7km – R115, 11.5km – R145 & 20km –R200

TIMING: Timing will be done with Amarider Trail Tags. No tag, no time: available for rent for R20 on the day or buy for R100 and use at all our events!

CONTACT: 021 884 4752 or email: entries@dirtpass.co.za and see the website for further details:
www.dirtopia.co.za

GENERAL INFO: Make sure you pre-enter to get the discount and that you can secure your spot, as entries are limited! The early bird special will run till 13 June and you will receive 10% off your entry fee. A medal to all finishers. You can choose if you'd like to be timed by Amarider Trail Tag, as the results are immediately live on the website. The refreshment station will have Powerade, fruit & jellies/nuts and drinks at the finish for all! Massages at the finish & kids play area. GREAT prizes from FALKE, Capestorm, Spier Wine Estate and many more.

ROUTE INFO: All Route profiles can be found on the website: www.dirtopia.co.za

20km - Elevation: 230m

The 20km run route is fairly flat except for a nice kick at the 11km mark. The route is fast and flowing, mostly on wide track and dirt roads. With only 230m of elevation this is the perfect route to try your first offroad endurance run. There are 2 waterstations, 1 at the 6km mark and the 2nd at 14km.

11,5km - Elevation: 150m

With only 150m of climbing the route is fast and flat with the biggest climb at only 50m of elevation over 1km. There is 1 waterstation at the 6km mark.

7km - Elevation: 80m

The perfect route for beginners on open wide tracks and minimal elevation. Note that there are no waterpoints on this route.