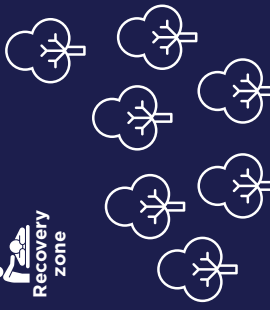
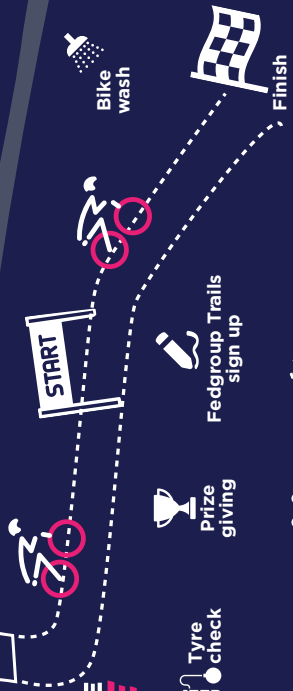




YOU ARE **HERE**



Cradle 100 – Race day checklist

Before leaving home, make sure you've got:

- Bike with pumped tyres
- Race pack or entry confirmation for race pack collection
- Helmet
- Cycling kit and shoes
- Sunglasses and sunscreen
- Water bottles/hydration mix
- Energy bars or gels

Here are a few other recommended items:

- Spare tube and tyre levers
- CO₂/mini pump
- Multi-tool

Bike computer or watch (charged)
Accessible medical aid details

Remember to:

- Arrive early for parking and warm-up
- Check your start time and seeding
- Fuel up and hydrate before the start
- Wear your race armband so you can redeem your food and coffee vouchers on the respective race days

See you on the start line!

Important information

Prize giving:

- Please note that **riders must be present at the prize giving event** to receive their prizes.

Bike safety:

- Please do not leave your bike **unattended** at any time.

Respect the route and facilities:

- **No littering.** Please dispose of all waste in the designated bins.

Food and coffee vouchers:

- Two-day stage racers: **Please ensure that you keep your race armband** on for the second stage of the race. Your armband will also be required to redeem your food and coffee vouchers on day two.

Start and finish areas:

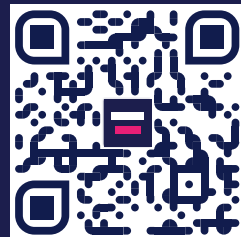
- The race chute is **restricted to cyclists only**.
- Spectators can **watch from behind the designated fencing**.

Event support:

- **Look out for the Cradle 100 crew** if you need assistance or have questions.

Access to Syringa Park:

- **Entry will be via Driefontein Road only.**
- **Use Waze for navigation.** Google Maps may direct you to Clinic Road, which will be closed on race day.
- **Scan the QR code below** for the correct parking location or enter these coordinates into your navigational app.
- **Coordinates: 26°01'04.2"S, 27°49'59.2"E**



Emergency contact:
Andrew Grobler
082 786 2988