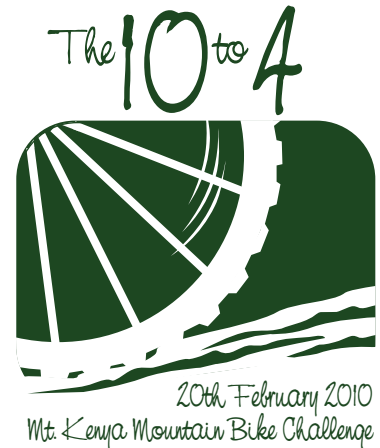


# The 10 to 4 2010

[www.mountkenyatrust.org](http://www.mountkenyatrust.org)

[www.10to4.org](http://www.10to4.org)



## INFORMATION SHEET

**RIDE FOR OUR FORESTS, OUR WILDLIFE AND OUR PEOPLE.  
MAKE A DIFFERENCE AND SIGN UP FOR THE 10 TO 4. KENYA'S  
GREATEST MOUNTAIN BIKING CHALLENGE.**

The MOUNT KENYA '10 TO 4' MOUNTAIN BIKE CHALLENGE is a unique event via spectacular wildlife rich forests and bush habitats, wheat farms and settlements. Starting at 10,000 ft on the Mt. Kenya moorlands and forests above Timau on the boundary of the National Reserve the route descends through farms, villages and smallholdings, the Ngare Ndare forest, ranch land and conservation areas, and finally to the Ngare Ndare River near Borana Lodge at about 4,500ft. The main event or the EPIC is approximately 70km and is for very fit cyclists and professionals and who want an exciting challenge that includes uphill sections with several tough climbs and diverse, sometimes rough terrain. The RUSH is a 50km event for mid level cyclists who still want a really excellent challenge, Finally there is the SLIDE which is approximately 35 km and ideal for those who want to enjoy a fun down hill ride. There are just a few gentle brows to climb, and this event is largely aimed at families and cyclists who are new to mountain biking or just keen to take in the breathtaking views without the challenging climbs. Kids under 12 years must be accompanied by adults at all times. Wildlife, vehicles and other cyclists demand that you are all alert and your children are taken care of.

**Date & time:** All races start at 08:30 am on Saturday 20th February 2010. Please be at the Timau '10 to 4' campsite (Start camp) not later than 07:30 am. Cyclists will need to walk their bikes from the Start Camp to the Start Line for a pre-race briefing at 08:00 am, at the latest. *Please note you will have needed to register in Nairobi fully by Saturday 13th of February at the Born Free offices in Karen on Dagoretti Road, or have come to the Nanyuki Airstrip on or before Saturday 13th February. Your final chance to enter after the 13th will be on Friday the 19th at Nanyuki Airstrip in between 11:00am and 5:00 pm.*

**Location:** To get to the start camp drive past Timau town for 19 km until you reach the Petrol Station on the right, then turn right through a marked gate AFTER the Petrol Station and follow the signs to the campsite near the start (approx 5.5km from the main road).

**Fundraising:** Profits are for the conservation projects of the Mount Kenya Trust and local schools and community projects along the route. Competitors are requested to raise a minimum sponsorship for these worthy causes; a sponsorship form's are provided for this purpose. There is a fantastic prize for the individual who raises the most and a trophy for the team who raises the most.

**Entry procedure:** Email Susie (contacts at the end of this info sheet) for a copy of the Entry Form. Entries and accommodation bookings will be accepted on a first-come first-served basis up to a maximum of 120 cyclists for each event. Your entry form together with full payment for all members of your party must be submitted by Saturday February 13th 2010. Entries can be sent or delivered as indicated on the forms attached. Please ensure all forms are completed fully to avoid rejection. Scanned and emailed forms will be accepted if deposit slip is included to show the deposit has been made into the Trust's bank account. Details

of the account are on the entry form. Late entries and registration will ONLY be accepted between 11:00am and 5:00pm on Friday 19th February at the Nanyuki Airstrip. THERE WILL BE NO REGISTRATION ON THE DAY OF THE EVENT.

**Overseas Entrants:** If you do not live in East Africa you will need to make special arrangements via Susie Weeks at the Mount Kenya Trust ([susie@mountkenyatrust.org](mailto:susie@mountkenyatrust.org)). There are also special 10 to 4 packages and safaris on offer for Overseas entrants. See [www.karisia.com](http://www.karisia.com) or ask about our Borana package.

**Age limit:** Cyclists must be aged 14 years or over for the EPIC and the RUSH and 10 years or over for the SLIDE. If an entrant is 18 years or under he or she must get a parent or guardian to sign the entry form and indemnity on their behalf.

**Medical:** There is basic medical support en route, and other emergency evacuation to Nanyuki Cottage Hospital as a back up will be provided. There will also be a medical tent at the finish. Please note that the organizers will not be responsible for any costs incurred at any hospitals or medical centres etc.

**Prizes:** There will be cash prizes for both men and women 1st, 2nd & 3rd overall in the EPIC. There are token prizes for the 1st over 40, 1st over 50, 1st over 60 and best under 18 for the EPIC for both men and women. There will also be a prize for the most successful team in the main event. Teams must register with a team name if they wish to be listed as a competitive team for prizes. Teams must also have at least five members competing in the same event to qualify. For the RUSH there will be small prizes for the winners and in the SLIDE there will be prizes for the top 3 boys and top 3 girls in the 10 – 13 age-group. There will be a significant prize for the individual entrant who raises the most sponsorship.

#### **Meals and Accommodation:**

**START CAMP:** There will be a campsite available at the Start for those who want to bring their own tents or book standard level tents through Ruth or Vicky at Tarpo on 020 651616 / 020 532060 / 0722 204747 / [info@tarpo.com](mailto:info@tarpo.com). Water, basic toilets and a mess area will be provided at the camp. Dinner on Friday and breakfast on Saturday will be available and there will be a cash bar on Friday night. Costs will be distributed nearer the time.

**FINISH CAMP:** At the finish camp you may bring your own tent or organise for a tent to be put up for you by Stu Cunningham & Fi Ansett who will take bookings no later than February 15th 2009. Contact them on: 0733 926431 / 0721630908 or [fiona.ansett@gmail.com](mailto:fiona.ansett@gmail.com). There will be several caterers providing food and drink (for cash) at the finish camp from mid morning on Saturday through to breakfast on Sunday morning.

Alternatively, there are a number of hotels in Nanyuki, which you may book direct.

Please book your tents and pay direct to these operators.

**Transport:** Everyone must provide their own transport to the '10 to 4' Start Camp. We urge everyone to be accompanied by a non-cycling person who can drive their vehicle to the finish on Ngare Ndare Ranch. Spectators and supporters can use the downloadable map showing the Start Camp, how to reach the finish and indicating spectator points along that route. Spectators may watch the start and early part of the race from the Start Camp but will not be able to leave the Start Camp until the sweeper vehicle has passed. It is essential to have a vehicle with good ground clearance to reach the spectator points and the finish. There will be no transport back to the start camp if you have not made your own arrangements so you must talk to friends who are also going to the 10 to 4 if you cannot make your own arrangements for your vehicles. Security will be provided for any cars that may be left at the Start Camp. (See disclaimer on entry form). We urge everyone to be completely self-sufficient.

**Route facilities:** There will be water points along the route but you should also carry your own water. All

junctions will be manned by marshals or well sign posted, and the distance remaining will be marked at suitable intervals. A sweeping vehicle, with medical personnel, will follow the cyclists. Motorbikes will also be on the route to enhance marshalling and safety on the route.

**Equipment:** In addition to a mountain bicycle you will need to bring a helmet, water bottle, puncture repair kit and tools (you must be totally self-sufficient in this respect – if you get a puncture or any other mechanical problem you will have to repair it yourself). Gloves, snacks and sunscreen are highly recommended. It is also strongly recommended that you use ‘slime’ or tyre weld (available at bike shops, Nakumatt, motor boutiques and other motor outlets) if you want to avoid punctures. The route is rough and those who do well in the event tend to have both fitness and slime on their side! If you are camping with your own equipment at either campsite you will need a tent and sleeping bags. It would be advisable for everyone camping to bring a torch. It will be very cold at night so warm clothing and sleeping gear are very important if you are camping at the start (10,000ft!). The finish (at 4,500ft) can also be surprisingly cold once the sun’s gone down.

*Disclaimer: All riders are strongly advised to wear a suitable cycling helmet at all times during the race. The organisers will not be responsible for injuries to any cyclists, whether arising from failure to wear a helmet, or otherwise. The organisers will not be responsible to cyclists, spectators or anyone else for any loss or damage to person or property, including vehicles and bicycles, or for any injury, accident, illness arising, directly or indirectly, from participation in the event. Entrants will be asked to sign a legal disclaimer to this effect and you will not be allowed to start unless you have done so.*

**Fitness:** 70 km event or EPIC: This is a hard, challenging ride for those who wish to race but is also open to anyone who is fit and wants to take part at their own pace; there is absolutely no pressure to race. The ride will take between 2 and 5 hours, depending on your fitness. The 50km event or RUSH also requires fitness and training. For those of you who are new to the event please note that the both the EPIC and the RUSH routes are rough and very steep in parts and *not* all downhill! The route will be closed at 14:30 and anyone who has not completed the event by this time must board the sweeping vehicle. The 35 km ride is much easier and should take fit adults about one and a half hours to complete, and everyone should be able to complete it within 3 hours. The younger cyclists could take around 3-4 hours. Note that the downhill sections are still dangerous and you need to take great care on all events.

**On Entering:** When you have submitted your, fully completed, entry form together with disclaimer and payment you will receive a race number. The spectator route is strictly the only route non-cyclists can take to spectator points and the finish on Saturday and back on Sunday. Overseas entrants will receive the pack after arrival in Kenya.

**Queries:** *If you have any queries please contact Susie Weeks at Nanyuki Airstrip on 0722 436641 or Lillian Wanjiku in the Kisima Office at Wilson Business Park Tel. 020 607891 or email: [susie@mountkenyatrust.org](mailto:susie@mountkenyatrust.org) / [lillian@mountkenyatrust.org](mailto:lillian@mountkenyatrust.org).*

