

# The 10 to 4 2010

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

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



## Frequently Asked Questions (East African Residents)

### Where can we stay?

On Friday you can stay at our camp at the start with your own equipment or book accommodation in Timau or Nanyuki. If you choose to stay at our start camp please book through Tarpo directly: Nilesh on 020 651616 / 020 532060 / 0722 204747/ [info@tarpo.com](mailto:info@tarpo.com). The organisers of the 10 to 4 will not be responsible for arrangements made through Tarpo: Nilesh on 020 651616 / 020 532060 / 0722 204747/ [info@tarpo.com](mailto:info@tarpo.com).

On Saturday night, we invite you to stay after the event at our finish campsite which is in a lovely spot on Borana Ranch by the Ngare Ndare River. If you would like to book tents please book directly speak through Stu Cunningham on 0733 926431 or Fiona Ansett: [fiona.ansett@gmail.com](mailto:fiona.ansett@gmail.com). Alternatively, you can bring your own kit to the campsites along the river. Again we will not be responsible for any of your accommodation bookings you are to take care of your own arrangements. You can bring your own kit to the campsites and your own food or you can pay cash for food at each venue.

\* For VIP's (Sponsors etc.) and those who want a bit of luxury in the bush over the 10 to 4 weekend please ask Susie about our **Premium Camping** options.

The Organisers of the 10 to 4 will not be responsible for arrangements made through third parties.

### What about food?

You are welcome to bring your own food although meals will be available on a cash basis at each venue. From Friday evening you can buy food at the start camp through to breakfast on Sunday morning this is all on a cash only base and your camping quotes from the operators listed will not include any food. Please bear in mind that all catering is being done in a remote area and we cannot cater for special needs on an individual basis. If you have special dietary requirements or kids it is advisable to come with extra food and snacks to supplement what we have available.

Great News! Pies to go will be at the top camp on Friday and Saturday morning and at the finish camp on Saturday from midday through to the evening! A delicious range of pies at great prices will be of offer including the new breakfast pie! Delicious. Donation of 10/- will be given to the Mount Kenya Trust for each pie you buy!

### In the 10 to 4 Mobile Camps are there showers and loos?

Yes, but these are communal facilities and you may will have to share - unless you want to enquire about 'Premium Camping' at an extra cost. Speak to Susie directly about this.

### What is the approximate temperature?

From 35°C to 5°C. This is extreme range because of the start of the race which is at 10,000 ft. on Mt. Kenya. However apart from the start camp, temperatures will vary between around 35° - 12°C.

## Can you rent us bikes?

Sorry, you will have to make your own arrangements for bikes and it is recommended you know your bike and have it serviced well before the event.

## Can you give us a lift to the finish after the event to collect our cars?

We are sorry but no, the event is now too large to provide lifts for entrants. You will have to make your own arrangements (bring a friend, a spouse or a driver to help you). As it is the 10 to 4 it starts at one place and ends in another, this brings logistical issues but it would take the fun and the uniqueness away from the event if this wasn't the case.

## How long does it take to reach the top camp from Nanyuki?

You will need to leave Nanyuki Town by 6:15 in the morning at the latest if you are going to unpack and check your bikes, make the briefing, be recorded officially as a starter and have time to walk to the start. You are driving 18km past Timau town and then up a very steep hill for about 20 mins. We will record starters before they reach the start through a crush and therefore you will not be counted if you start after the official starting time of 8:30.

## How is the road down to the finish, can my driver manage if he/she isn't used to 4x4 roads?

It is advisable to travel in convoy with friends or others to the finish no matter what your experience.

## Suggested Clothes list and useful things to bring for the 10 to 4 weekend:

Your cycling kit for race day  
1 – 2 pairs washable trousers  
1 pair of shorts  
2 lightweight shirts/T-shirts  
1 long sleeved shirt  
2 pairs light-weight socks  
1 medium heavy sweater/sweatshirt  
1 hat for sun protection  
1 pair trainers or comfy shoes for walking  
Wind proof lightweight jacket  
Lightweight sleeping clothes  
Swimsuit  
Camera equipment - **READY CHARGED.**  
Dust proof camera bag  
Insect repellent  
Sun screen - high factor  
Lip salve with sunscreen  
Sunglasses  
Pocket torch

### Useful numbers for budget places to stay around Nanyuki and Timau

Nanyuki Sports Club  
info@nanyukisportsclub.co.ke / 062 31896 or 0721 325708 or 0734 440420

Kongoni Camp Nanyuki  
info@kongonicamp.com / 0720 542159 or 062 31225

Sportsmans Arms  
info@sportsmansarmshotels.com / 0734 944 077 or 0724 336499

Timau River Lodge  
timauriverlodge@hotmail.com / 062 41230



**TREAT YOURSELF TO OUR RANGE OF PIES PACKED WITH FLAVOUR**

For every pie bought 10/= ksh will be donated to the Mt. Kenya Trust