

# Spur Cape Winter Trail Series® 2017

Exciting News! The Spur Cape Winter Trail Series® kicks off this weekend with Race 1 at Paul Cluver.

See below for everything you need to know for pre-registration and for this weekends race.

Join the online conversation by using the the following hashtags #SpurTrailSeries #UnleashYourWildstride  
#SpurSports

## Spur Cape Winter Trail Series® 2017

Race 1: 23 July 2017

Paul Cluver ([Directions](#))

LONG Course: 15.6km | 09:00

SHORT Course: 8.8km | 09:21

[Route maps & profiles](#) [Weather prediction](#)

### PRE-REGISTRATION (Recommended)

- Thursday, 20 July from 12h00 to 18h00 at the Protea, Fire & Ice Hotel. (New Church St, Tamboerskloof, Cape Town, 8001 - [Directions](#)).
- Bring either your printed Quicket ticket or proof of your ticket on your cellphone along to pre-registration.
- **Keep your number for the rest of the Series.**
- If you purchased anything online when you entered - a Spur Trail Series® t-shirt, Wildrunner hoodie, multifunctional headwear, socks or anything else - please remember to go to the Trail Store (*roaming store at every race and at pre-registration*) to collect your merchandise.

### RACE NUMBER COLLECTION (ON THE DAY)

- Sunday, 23 July from 06h00 to 08h30 at the start venue (Paul Cluver).
  - **Keep your number for the rest of the Series!**
  - **Blue number = LONG COURSE / Red number = SHORT COURSE**
  - If you purchased anything online when you entered - a Spur Trail Series® t-shirt, Wildrunner hoodie, multifunctional headwear, socks or anything else - please remember to go to the Trail Store (*roaming store at every race*) to collect your merchandise.
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## LATE ENTRIES

- Limited race 1 entries available on race day, only between **06h00 and 08h15**. **IF YOU'RE NOT IN THE QUEUE BY 08h15 YOU WILL BE SHOWN AWAY EMPTY-HANDED.**
- **Late entry fee of R30** added for on-the-day entries after 7h30.
- Reception in the area is poor, please bring along cash to avoid delays waiting for the card machine.

## UPGRADES, DOWNGRADES AND SUBSTITUTIONS

- Upgrades, downgrades and substitutions on race day from **06h00 to 08h15** only, no later - we still need to input this data into our timing system before the races start.
- **Substitutions cost R30.**
- Reception in the area is poor, please bring along cash to avoid delays waiting for the card machine.

## BATCHES

- The batch number you chose when you entered online is **printed on your race number**. **Make sure you start in the correct batch. Starting in the wrong batch will influence your finish time and may lead to disqualification.**
- **Please note, you cannot change your batch during the Series.**
- For more information on how the batches work [read this](#).
- Make sure you listen to the announcements on race day to start in the correct batch.

## MEDALS

- **To qualify for a Spur Trail Series® medal you need to complete either the Championship (LONG course) or Challenge (SHORT course) Series.** This means you need to run at least three long course races, or three short course races - two long courses and two short courses do not qualify as a complete Series.
- Medals will be available at race 3 & 4 for Series finishers.

## ON THE DAY

- **There are no water points** on the long or short route, **please bring your own water for the run.**
  - Spur will be providing a jumping castle to keep the little ones entertained while you run.
  - **Quality Beverages** will be handing out one drink per person at the finish line.
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- The **#TrailStore** will be there selling trail running gear, casual wear and technical [Raidlight](#) gear. Come and check out the unique Born to Run Wild Hoodie Series. Sizes and stock are limited. Snapscan welcome!
- [Raidlight](#) will be setup at the **#TrailStore** selling awesome technical trail running gear and hydration packs. They will be running a **try before buy** setup. Limited items available for this.
- Raidlight will also have an expert trail running rep at the store for any questions you may have on trail running gear or tips on taking on longer distance trail runs.
- Stick around for prize giving, **Raidlight** will be giving away awesome product spot prizes.
- **Scandalous Foods** will be selling delicious food so bring along some extra cash.
- There will be coffee on sale, bring some cash for a **Cuppa Joe's!**
- **PPFitness** will be setup and doing 10min massages pre and post race.
- Show us your 'Trail Face' - Like our [Trail Series](#) facebook page and check out the new **#Steenberg #Cameratrap competition!**
- Keep up with the conversation, for live race updates follow us on Twitter [@wildrunnerza](#) or Instagram [@wildrunnerza](#) and use the hashtag **#spurtrailseries**

NO DOGS ARE ALLOWED at any of the events, at the venues or to run with.

For any race enquiries, please check our website at [www.trailseries.co.za](http://www.trailseries.co.za) or email [info@wildrunner.co.za](mailto:info@wildrunner.co.za).

See you on Thursday and then Sunday as we continue the Spur Trail Series® fun!  
The Wildrunner Team

[#SpurTrailSeries](#) [#UnleashYourWildStride](#)

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