

## Spur Cape Summer Trail Series® 2017

Race 4: 26 February 2017

Oak Valley ([Directions](#))

XL Course: 25.5km | 06:30

LONG Course: 15.75km | 07:30

SHORT Course: 7.3km | 07:51

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

### XL RUNNERS ONLY

All XL runners will need to collect a new race number from registration!

There is an aid station for XL runners, **a re-usable cup is compulsory for all XL runners.** [Here's why.](#) Wildrunner Eco-cups can be bought online when entering or at the Trail Store.

### REGISTRATION/RACE NUMBER COLLECTION

- **Sunday, 26 February from 05:30 to 06:15** (For XL runners) and **07:00** (For long and short) at the start venue.
- If you have lost your race number, please come to registration and the team will help you out.
- **Blue number = LONG COURSE / Red number = SHORT COURSE / Green number = XL COURSE**
- If you purchased anything online when you entered - please remember to go to the Trail Store to collect your merchandise.

### LATE ENTRIES

- Late entries are only available if online entries have not sold out. Pre-entry online is highly recommended.
- If race entries are available they can be bought at registration from 05:30 - 06:15 (Registration open until 07:00 for Long and Short runners). A late entry fee will be charged after 06:00. **Late entry fee is R30.**

### UPGRADES, DOWNGRADES AND SUBSTITUTIONS

- Upgrades, downgrades and substitutions on race day from 05:30 - 07:00 only, no later - we still need to input this data into our timing system before the races start. Substitutions cost R30.

### 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.](#)

## SERIES RUNNERS - 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.
- Please check your [provisional race results](#) online before **24 February** and email [info@wildrunner.co.za](mailto:info@wildrunner.co.za) with any queries.
- Medals will be available at the Trail Store at race 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. There is an aid station for XL runners only, **a re-usable cup is compulsory for all XL runners**. Wildrunner Eco-cups can be bought online when entering or at the Trail Store.
- BOS Sport will be handing out one drink per person at the finish line.
- The #TrailStore will be there selling cool trail running merchandise, come and check out the new [Raidlight](#) gear as well. Sizes and stock are limited.
- Spur will be there with their signature burgers so bring along some cash.
- [Peak Performance Fitness](#) will be at the race, offering free 10-minute massages.
- Spur will be there with a jumping castle for the kids.
- Like our so we can tag you in personalised photo's of yourself on race day.
- Keep up with the conversation, for live race updates follow us on Twitter [@wildrunnerza](#) or Instagram [@wildrunnerza](#) and use the hashtag #spurtrailseries
- For info on future competitions and race information like our [Trail Series®](#) Facebook page
- The #Steenberg #cameratrapp will be set up somewhere on the trail, for more information about this competition [click here](#). Only a selection of photos will be posted to our Facebook page.

## IN CASE YOU MISSED IT

- Race & Provisional Series results are available [here](#).
- Race 3 Photos available [here](#).
- Steenberg Vineyards is offering all CSTS17 Entrants a 10% on all wines bought from the cellar door. For more info click [here](#).

**NO DOGS ARE ALLOWED** at the event, at the venue 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 Sunday as we continue the Spur Trail Series® fun!  
The Wildrunner Team