

FAQ FRU 2020

What is included in the costs?

- Entry: 1 x Entry into either the 100km or 65km race
- Accommodation: In 2 spectacular race villages (Hobas and Ai-Ais) in 2.5m x 2.5m x 1.9m canvas tents with a stretchers and mattress.
- Additional: Event goody bag.
- Catering:

Dates	Breakfast	Lunch	Dinner
Friday			x
Saturday	x		x
Sunday	x		

Prize Giving Ceremony:

The prize giving is a brief ceremony announcing the different winners of the respected categories. And takes place in the hospitality tent at Ai-Ais, 08:00.

Shuttle service:

The Shuttle departs Ai-Ais after the prize giving at 08:30 and expected time of arrival in Windhoek is approximately 18:00. Shuttle will stop in Mariental & Keetmanshoop for passengers to use rest rooms and purchase food & beverages.

Race Cut off Times:

- 100km: Sulphur Springs (Check point 2) - 12:00
- 100km & 65km: Causeway Kochas Drift (Checkpoint 3) - 23:00 (Main water / snacks point)
Cut off times are in place for safety reasons and will have to be strictly adhered to.

Water:

The team will test the water early in May to establish the exact quality of the water, but even if the Fish River has stopped flowing, the water in the pools are safe for consumption. Should you however wish to make use of filter / chlorine tablets, this is your choice. Some pools may appear murky, however again OK to drink. If this puts you off, then choose the larger pools and fill your bottles from a little below the surface. There will be bottled water at Kochas drift (Last check point approx. 25km from Ais Ais).

Mandatory Equipment:

1. GPS (with loaded track) NB: Mobile phone GPS / basic wrist watch GPS - are not suitable as you require at least 20 hour endurance on batteries and need to follow a preloaded track.
2. Head torch (Preferably with flashing light option)
3. Water purification tablets / equipment (optional)
4. Min 3lit water capacity
5. Basic medical aid kit
6. Hat / head protection against sun
7. Matches / fire lighter
8. Thermal protection (Space blanket)
9. Whistle

Medical requirements:

A requirement from the National parks, for all people entering the Fish River Canyon, is to complete and submit a medical checkup form. This form needs to be filled in by your GP and provided to the race organizers at registration. (You will receive this document once you have been successfully entered the event and has paid your entry fee in full)