



# The Munga 2024

## Rider Prep Document

Rider Version 2.0



The purpose of this document is to help you plan and prepare for the Munga 2024 Race. Use this document as a rough planning guide. We will send out additional updates leading up to the event.

Please familiarize yourself with the content of each updated version.



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## 1. Welcome!

Firstly, thank you and congratulations on entering the Munga! If it's your first time, you have no doubt realized this is no ordinary race. If you are back for another one, we wish you well and hope your experience is even better than the previous one! Please feel free to contact us at [jackblack@themunga](mailto:jackblack@themunga) or [alex@themunga.com](mailto:alex@themunga.com). if you have any questions. We are happy to assist in any way possible!

## 2. Sponsors

Firstly, thank you to every Sponsor that has taken hands with the Munga. We are truly thankful for every Partner that is taking this journey with us. We would like to mention a few very special partners:

**Title Sponsor:**



**Title Sponsor: Tshenolo Group of Companies**

The Munga has entered into a 3-year Title Sponsorship agreement with the Tshenolo Group of Companies! In this video, we'll share the story behind this partnership, our future strategies, and much more. Join us as we introduce Mr. Malusi Molewa, the man behind Tshenolo Group of Companies, and explore the synergies between our two organisations.



## **The Munga Welcomes the Tshenolo Group of Companies as Official Main Title Sponsor**

The Munga, renowned for its grueling ultra-endurance mountain bike races, proudly announces a significant partnership with The Tshenolo Group of Companies, naming them the Official Main Title Sponsor of The Munga events effective from August 1st, 2024. This collaboration marks a pivotal moment as The Munga celebrates its 10th Anniversary year with a new and esteemed partnership.

Founded in 2014, The Munga has established itself as a premier endurance cycling event, pushing the boundaries of human achievement across the rugged landscapes of South Africa. The partnership with The Tshenolo Group of Companies underscores a shared commitment to endurance, resilience, and environmental stewardship.

"We are thrilled to welcome The Tshenolo Group of Companies as our Official Main Title Sponsor," said Jack Black, co-owner of The Munga. "Their support comes at a pivotal time as we celebrate a decade of challenging the limits of human potential in endurance sports. This partnership signifies not only our shared values but also a commitment to fostering the spirit of adventure and sustainability."
















As a leader in waste management solutions, The Tshenolo Group of Companies brings a wealth of expertise and a commitment to environmental responsibility, aligning perfectly with The Munga's ethos of pushing boundaries while respecting the natural environment.

The partnership between The Munga and The Tshenolo Group of Companies is set to enhance the event experience, further solidifying The Munga's position as the pinnacle of endurance cycling globally. Together, they aim to inspire athletes and spectators alike to embrace challenges and strive for excellence.

**About The Tshenolo Group of Companies:** The Tshenolo Group of Companies is a leader in waste management solutions, committed to environmental sustainability and community development.



The Munga Sponsors – THANK YOU SO SO MUCH!!!!

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The Munga Sponsors – 2024 additional

<b>THE MUNGA</b>		
		Jan van Blerk Biltong  Corosal Fruit & Veg  Jan Viljoen
		
		
		
		
		



### 3. Sponsorship Voucher / Coupon Booklet:

[\*\*CLICK TO DOWNLOAD\*\*](#)

### 4. Race Rules:

Please check the latest rules doc at: <https://themunga.com/munga-mtb/>

### 5. CSA license

The Munga 2024 will NOT be a CSA sanctioned event, hence no license is required.

### 6. Medical Form

Please make sure this is signed and returned **one month** prior to race start. This means NOW 😊

(\*See next page)

You can send the signed and scanned Medical Document to [riderdocs@themunga.com](mailto:riderdocs@themunga.com),

**Subject: Piet Pompies Medical**

## Medical Form

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**\*Note: no rider will be able to begin the Munga without this signed and completed medical form by a qualified Doctor of Medicine! It must be done no earlier than 3 months prior to race day. If you Doctor does not approve and sign it for whatever health reason, this is not our fault, and you are still responsible for your outstanding payments.**

I, Dr \_\_\_\_\_, have been informed by my patient, \_\_\_\_\_, about the nature of the Munga mountain bike race. Specifically, that it is a 1000+km non-stop race with a five-day cut-off period, taking place in the Karoo in the middle of summer.

I have examined my patient and deemed them fit and able to compete in the Munga.

---

Signed

---

Date



## 7. Start

The Windmill Hotel and Casino, Bloemfontein is once again the start and registration venue for The Munga 2024. The Hotel is fully booked already but you can contact the Windmill Lodge regarding accommodation close to the start ([051 054 5000](tel:0510545000))

## 8. Finish

The Munga Race 2024 will once again finish at [Doolhof Wine Estate](#) in Wellington. With the Grand Dédale gate being a mere 20 meters from the finish line, there is no need to get back on the bike or drive anywhere, just arrive and relax!

**\*Please note:** Please contact Doolhof directly, so please liaise with the wine-farm for bookings.

**There is also a luxury tent option:**

<https://www.nightsbridge.co.za/bridge/book?bbid=26843&nbid=563>

**Note:** We understand the nature of the race and that riders will arrive at all hours of the night at Doolhof. While it is your responsibility to arrange transport and accommodation, there will be some tents with mattress and blankets at the finish line 24 hours a day. You cannot book these, but they will be available on a first come first serve basis at all hours of the night. You will also be able to shower at the finish line. The tent is only for the night, not the rest of your holiday!

For other accommodation options near Doolhof, see the following link:

<https://www.travelground.com/accommodation-near/doolhof-wine-estate>

## 9. Registration

Race registration will start at 10m on Tuesday the 26<sup>th</sup> in conference room B of the Windmill Casino. It will be open until 4pm. Registration will open again at 8am on Wednesday 29<sup>th</sup> and will close at 9am.



## 10. Summary of Itinerary / Important times before the Munga Start

26 <sup>th</sup> Nov	10:00 – 16:00	Registration, Casino, Conference Room B
26 <sup>th</sup> Nov	10:00 – 16:00	Rider Pictures (for Wine Bottles) , Conference Room B
26 <sup>th</sup> Nov	16:00 to 17:30	Race Briefing (Compulsory), Conference Room B
26 <sup>th</sup> Nov	17:30 to 17:45	Questions & Answer Session, Conference Room B
26 <sup>th</sup> Nov	18:00 onwards	Dinner at Villa Rose, book direct with Tanya on  Whatsapp only - NO EMAIL at 0715476769 R350 per  person (Bookings before 22 <sup>nd</sup> November) .  or anywhere else (for anyone that wants to book)
27 <sup>th</sup> Nov	08:00 to 09:00	Late Registration, Casino, Conference Room B
27 <sup>th</sup> Nov	09:00 to 10:00	Collection of Tracking Devices, Conference Room B
27 <sup>th</sup> Nov	09:00 to 11:00	Bag Drop off at the Munga / FAW Truck – Next to the  Windmill Hotel. When facing the Hotel - Left hand side.
27 <sup>th</sup> Nov	11:00 to 11:50	Lining up for the Start
27 <sup>th</sup> Nov	12:00	The Start – Let “YOUR” Journey begin!

## 11. Race Briefing

This will take place from 16:00 to 17:30 on Tuesday, 26<sup>th</sup> November in the same conference room B as registration at the Windmill Casino.

## 12. Rider Bag transport from Bloemfontein to Wellington

As part of your entry, we will transport 1 x medium duffel bag and 1 x bike box/bag per rider from the start to the finish. At race registration you will see a 10 Ton FAW truck in the parking lot. Once you have packed up and checked out on Wednesday morning, please take your bag and or bike box to the truck. This will be delivered to Doolhof and stored for you, and it then needs to be collected by you when you get to the finish. If you do not make it to the finish, it is your responsibility to get your bag back!

Same with the bikes, when you get to the finish line, you can store your bike in their storage area until the respective bike companies collect all the bikes.



## 13. ER 24 – Medical Response Assistance

Arij van Vliet and his experienced Munga team has journeyed with us for the last 9 years! They understand the route, the riders and the terrain which is a massive help to us and to you!

They are not only the Medical Support team on the ground but also Meteorologist,



Sweepers, Motivators, Massagers, Road Surface Experts, Distance to the next WP/RV Informants, Psychologists, Mothers, Fathers, Hydration assistants etc. etc. You get the picture. They are on the road where the action is, and we are truly thankful to have them on Route again this year!

Please understand that the race route covers an area of more than 1150 km. There are in many areas no cellphone signal, hence making it sometimes difficult to get to riders in an emergency. **IF** you have an emergency and you do not have signal, please inform another rider or anyone that you might see or can find on the route....to relay the message ICE.

We use Garmin Inreach Satellite communication devices and could, based on your position get the closest Ambulance to you as quickly as possible!

Your emergency Munga 2024 contact details that we will print for you on stickers and that you will receive in your Goodie Bags are:

- Jack Black +27 82 37 47 27 3 (Race Director) – **ALWAYS CALL ON WHASAPP AS SIGNAL AT DOOLHOF IS NOT GREAT – 100% AVAILABLE**
- Alex Harris +27 83 383 73878 (Race Director)
- Arij van Vliet +27 84 473 5157 (Emergency & Safety Officer)

**Please note these numbers are not for your families to find out where you are etc. We are also not going to respond to non-riders and or family members calling us to inform us that YOUR HEART RATE IS NOW VERY HIGH – could we go and check up on you! They need to speak to you or follow the Dot Watching link! If it is an emergency, we will manage it accordingly, but we do get paranoid family members calling us unnecessarily! Remember what YOU signed up for and inform your families accordingly!**

## 14. GPS & Route Navigation

Remember that the Munga is a GPS only route. So, you need to be able to follow a course on a GPS to finish the Munga...simple! The best thing to do is to start this process early.

Popular units in the race have been Garmin, Wahoo, Polar and Bryton devices. All devices have their

idiosyncrasies and will go on the blink on occasion, so make sure you know your device well!

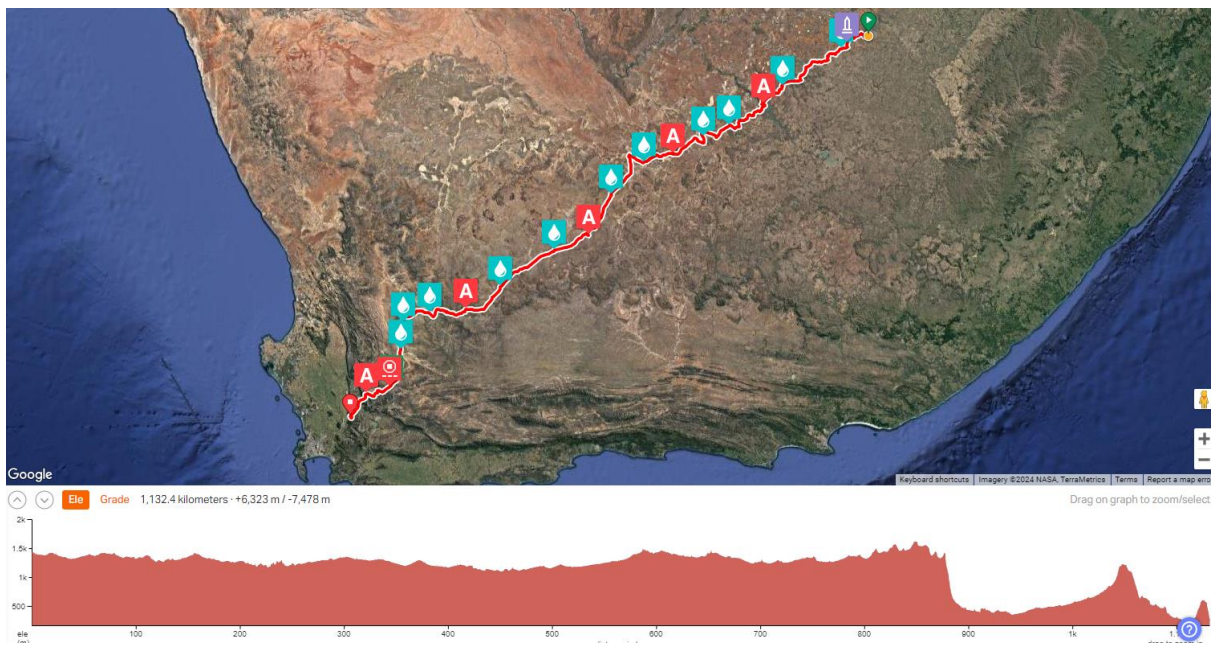
Visit <https://gravelandtour.co.za/> for deals on GPS's or advice in this regards.

**[CLICK HERE TO DOWNLOAD GARMIN DOCUMENT](#)**



## 15. Race Route:

The final GPX file will be sent to riders the week before. Please know how to load both a FIT and GPX file onto your devices, hence reviewing the Garmin document above. We will not be able to help riders at registration and even less on race day with loading files and or issues. You have plenty of time to prepare!



## 16. Race Distances

Official RVs and WPs	Distance from start (kms)	Distance from Last point
WP1	60	60
WP2	174	114
RV1 Vanderkloof	232	58
WP3	312	80
WP4	351	39
RV2 Britstown	411	60
WP5	456	45
WP6	544	88
RV3 Loxton - Jakhalsdans	615	71
WP7	669	54
Fraserburg	712	
WP8	766	97
RV4 Sutherland	829	63

JoJo	896	67
WP9 – Da Doer Padstal	940	44
WP10 – Tankwa Padstal	981	41
RV5 - Matroosberg	1042	61
Ceres	1082	
Finish Doolhof Wine Farm	1128	86

### Notes:

- There is a big gap between WP1 and WP2. Plan accordingly and look out for known reservoirs after the Steunmekaar Police station that might have water, there is also a Tap and Reservoir just after the Police Station on your right hand side.
- BEWARE of the Erdvark and other Creatures holes after Water Point 2 towards Vanderkloof. IT is as always there hence be awake and F O C U S!
- If you find a fridge in the veld between RV1 and RV2, you are not seeing things, a neighboring farmer often puts it out with Water in for Munga riders (note this is not a guarantee)
- There is a big gap between WP7 and WP8. The town of Fraserburg lies roughly halfway between these two so make sure you stop for water here. The Total Garage wil be open 24 hous and you could pre order when you get a signal 10km rom town.. Call to order, Maritza at +27 72 247 4569
- Lookout for farmers between Fraserburg and WP8 that do put out water / drinks for riders out of their own goodwill on the “Razzle Dazzle section after Fraserburg. Please be respectful and leave the place clean & tidy
- There is a JoJo tank (2023’s Wp9) - Old abandoned white house, with water between Sutherland and WP9, Da Doer Padstal which is a formal Water Point this year. It is on the right. **THE JOJO WILL BE PLACED ON THE STOEP! WE WILL ADD A MUNGA FLAG HERE.....**
- RV5 has moved back to Matroosberg Nature Reserve. So when you leave there make sure to top up with water in Ceres or along Bainskloof pass. Many people do not focus here and miss the next turn off and continue straight to Ceres. There will be a 6 hour minimum penalty if you miss the turnoff. Remember it is for YOUR safety.



## 17. Cut-off times

Each RV will have a rolling 24-hour cut-off as follows (with the exception of RV4 and RV5):

- **RV1 Vanderkloof: 12pm Thursday**
- **RV2 Britstown: 12pm Friday**
- **RV3 Loxton: 12pm Saturday**
- **RV4 Sutherland: 11am Sunday**
- **WP9 Da Doer Padstal: 5pm Sunday**
- **RV5 Matroosberg: 7am Monday**

The cut-offs will be strictly enforced with zero grace period at each RV. The cut-off implies you have to have signed out on the RV lead sheet and are out of the door by the cut-off time. While there is no sign in sheet at WP9, if you are not out by 5pm on Sunday you have missed the cut! If you miss the cut-off, you are out of the race!

**Note:** Riders that stay over at a Race Village after the cut-off time, this will be for their own account.

**Warning / Note** – Riders have in the past finished even though they were behind the “cut-off” on the tracking system, i.e. the dot watching system. PLEASE DO NOT STOP IF YOU ARE BEHIND – KEEP YOUR HEAD IN THE GAME! If you are making the Cut-Off times at the designated areas you will most likely make it to Doolhof in time! IF you feel sorry for yourself, call Jack Black for advise!

## 18. Rider Repatriation

We have been talking to locals at the various Race Village towns to see if we can assist riders that withdraw there to get back to either the Start or the Finish. Below is a list of the options available for the rider to use, should he/she wish so, but this is for the **rider's own account**.

Vanderkloofdam Area	Sonja 084 844 9449	R3500 for trip back to <b>Bloemfontein</b> , up to 4 riders
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(2 options)	Johan Coetzee 084 580 2464	R3500 for trip back to <b>Bloemfontein</b> , up to 4 riders
Britstown Area	Awie (Mirage Guesthouse) 061 6394 705	R4000 for the trip back to <b>Bloem</b> , up to 4 riders
Loxton / Sutherland to Tankwa Area	Gerda Sutherland Hotel 065 995 1697	R2500 for 1 person --- R3500 for 2 people --- R4500 for 6 people --- ...from Loxton area, Sutherland area via Tankwa to Sutherland or Ceres

**Note:** Any rider repatriation will only take place after the cut-off time at the particular Race Village, hence riders might need to wait for up to 24 hours. We will always try where possible to take any riders that stopped to the nearest race village. It is not always possible, hence saying “always try”. Please note that you may arrange your own transport (as it is your own responsibility after all) as long as there are no vehicles on the district roads.

## 19. Tracking & Dot Watching

Each rider will receive the following at race registration:

1. 1 x Spot Trace tracker with four new AAA batteries installed
2. 1 x tracker bracket
3. 1 x large cable tie pre threaded through the bracket in the correct fashion

**The following notes are NB so pay attention:**

1. The tracker has already been turned on, and you may or may not notice a red or green blinking light. Please do not push “any” button, as you will then turn it off. Leave it as it is for the duration of the race! We will discuss this at race briefing as well!

2. The tracker has two sides to it. The topside, or signal side is black and needs to face up. The bottom side has the yellow sticker with the tracker number on it. This is the side that will face up when the tracker is given to you as we need to know what tracker you are getting.



**The bottom side of the tracker with the yellow sticker must face down into the bracket.**



The top of the tracker. This side must face up.

3. Once you receive your tracker, turn it around in the bracket so the yellow sticker side is now facing down. Make sense?

4. Don't take out the cable tie as it goes in a particular way to ensure the tracker sits flush in the bracket. Fasten the bracket to your handle bar using the cable tie. Once the tracker is snapped in, it is highly unlikely to come out, only in the most excessive of bumps or falls.
5. When you stop to sleep etc. your tracker will go into sleep mode. Please advise your family and friends that this is normal as it will be in a low power state and will show as a faded light.
6. The tracking page will go live the day before race start so you can point your family to the Munga website.
7. There are always one or two trackers that for whatever reason seem to be having an off day. If you seem to have one of those, we will do a swop out at RV1.

Lastly, you will sign a Tracker liability form on registration day which also specifies that you will be held liable for the replacement cost of the Tracker should you loose it for whatever reason.

## 20. Rider Profile Pic for tracking page

If you want a picture of you on the tracking website during the event, then send us a profile pic no bigger than 300kb (else will not upload) This is not compulsory, your name will still be on the tracking site. Please do not send it in the week of the event and expect it to be up on the tracking page! We need your pic at least 10 days before the event, else it will just be your name.



You can send to [riderdocs@themunga.com](mailto:riderdocs@themunga.com), Subject: Profile Pic.

Please save your picture as your NAME & SURNAME

## 21. Prize Money:

Price Money for 2024 is as follow = R70,000: Equally divided between Men and Ladies races:



1 <sup>st</sup> Prize	R20,000
2 <sup>nd</sup> Prize	R 10,000
3 <sup>rd</sup> Prize	R 5,000

## 22. Spectators

This one is a little bit tricky to explain. The Munga is a unique race. We understand that you have all taken time out to train and this has an impact on your family life, but your family and friends are not welcome, or allowed, on the route. This is for many reasons:

- The roads are all dirt and thus vehicles on the route cause plenty of dust, which makes the roads more dangerous to our riders.
- The Munga is a semi-supported race so having friends and family on the route makes it really difficult to police these rules and determine whether a rider is being unfairly helped. This makes it unfair to the other riders.
- The current Covid 19 pandemic has enforced stricter levels of hygiene and minimum contact between us as a race, and our farms that serve as water point hosts. It's simply unfair and irresponsible to go charging into a private farm just to see your rider.
- If you want your family to support you, let them follow you on the tracking, and if they have to drive down, let them stay on the tar roads and serve as your bailout plan if you scratch for whatever reason. Or ask them to volunteer to help man one of our points and that way they may get to see you.
- Sometimes being away from your family for five days is a good thing! It will make it that much sweeter when they see you cross the finish line.

So, while we cannot stop your friends and family from going into the towns, the following rules will apply:



- No public may enter any race village (the actual guesthouse) or water point.
- If a member of the public is found in a race village or water point, and is related to a rider, that rider will be given a time penalty of 6 hours that will be served at the next Race Village.
- If a friend or family member is seen in a vehicle on the route consistently, they will be asked to leave and return to the tar road. Refusal to do so will result in a penalty for the rider of 6 hours at the next Race Village.

## 23. Nutrition and Drinks:

Named Sport are now the official Munga nutrition partner. Named Sport will be supplying the following for this year's Munga :

- Hydratit Electrolyte solution
- Isotonic Hydro Zero tabs

Please make sure you use the following discount code if you want to try their product in the final few days!

The graphic is a promotional poster for 'THE MUNGA' race. It features a large orange background with a black, torn-paper-like edge on the right side. At the top center is the Munga logo, a stylized 'M' in red and black. Below it, the text 'THE MUNGA™' is written in large, bold, black letters, with 'THE TOUGHEST RACE ON EARTH' in smaller red letters underneath. In the lower-left quadrant, there is a black banner with the 'NAMEDSPORT® SUPERFOOD' logo in white and yellow. To the left of this banner is the 'TOUR de France' logo. Below the banner are two products: a box of 'HydraFit' and a bottle of 'NAMEDSPORT ISOTONIC DRINK'. To the right of the products, the text 'NEW SPONSOR' is written in large, white, bold letters. In the bottom right corner, the hashtag '#STAY TRAINED' is written in white, bold letters.



**NAMEDSPORT**  
SUPERFOOD

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[www.namedsport.com/za](http://www.namedsport.com/za) Valid until 31/12/2024

Finally, note that at all the Race Villages you will have access to fresh farm cooked hot meals and plenty of drinks. Water-points will have water predominantly with some other snacks.

**Bars:**

No bars are provided by the Munga! Check the addendum doc on Nutrition if you want to know why. So, if you want bars, you will have to bring and carry your own!

## 24. 10 x Water Points + 1 x JoJo

There are ten water-points on the race and one JoJo. These are mostly at farms in the middle of nowhere! Please respect the farm owners and don't assume there is a working toilet for your use. Pretend you are out in the bush!

### What can you expect at Waterpoints:

- WATER!
- A handful of mattresses to be able to lie down and take a quick nap. We cannot cater for all eventualities. Note this will be limited as Race Villages cater for sleeping etc.
- Snacks: Each water-point has been briefed to offer a sweet snack, as well as a savoury snack, boiled potatoes, so each will differ slightly, but you can expect some of the following items:
- Boerewors rolls
- Roosterkoek with mince
- Muffins
- Banana bread
- Boiled eggs
- Sandwiches (marmite, cheese, peanut butter...)
- Vetkoek with mince
- Biltong or dried wors
- Pancakes
- Carrot cake
- Some fruit like Bananas and apples, watermelons
- Plato ground coffee.
- Coke
- SuperM choc milk
- Nutritional supplements
- Friendly farmers!

**\*Note:** ice is not a requirement for the water points. It is simply impossible for some of the farms to be able to produce and keep ice. However, you may find some water points are able and willing to provide ice. The problem with this is that it may create the expectation for ice everywhere! Remember, this is not part of our promise to you!

**Respect to fellow riders, hosts and the principle of abundance:** We try not hold back any of the snacks etc at the water-points, so don't fear that the first riders might finish them and there will be nothing left for the back riders. But we also need you to help us. This problem has mostly to do with the energy nutrition, so please make sure you only take what you need, and not more, as chances are you will waste it! "Waste not Want not"!

## 25. 5 x Race Villages

There are five Race Villages on the race. The Race Village locations, procedures and protocols are as follow:

- All five RV leads will have the GPX file on their laptops in case you need to download it again.
- All five race villages are in or close to towns:
  - RV 1: Vanderkloof dam (Monte Crouse lodge)
  - RV 2: Britstown (Transkaroo hotel)
  - RV 3: Loxton (Jakhalsdans – about 5km out of town)
  - RV 4: Sutherland (The Sutherland Hotel)
  - RV 5: Matroosberg
- **Please be courteous to the Race Village Volunteers, Owners and their staff. They are doing us a favour by opening their Lodges, Hotels and Farms!**

**NB! RV hosts and support staff are volunteers doing this out of love and a spirit of giving, please do not abuse them or be disrespectful! They are providing services under Munga guidelines and instruction that try to accommodate all participants, not just you. Rooms/beds are not always abundantly available in small karoo towns, so if rooms have twin beds, you might very well have to share this with one of your fellow riders. We can't let another rider not have a place to sleep because you want your own room. Obviously, RV leads will be considerate of Male and Female riders when allocating rooms. Any riders not respecting or adhering to the RV Hosts in this regard, will be contravening the spirit of the Munga and could be disqualified from the race. Being tired is no excuse for being disrespectful!**

- As you arrive at a RV, the first thing you need to do is sign in on the RV sheet, even if you are moving on without staying.
- The Race Village lead will ask you whether you want to eat, sleep, shower, massage or push on etc. If you are going to sleep, please tick the 'sleep' box on the sign in sheet as it helps our long term planning.
- You are welcome to stay as long as you want in the race village, up to the cut-off time before moving on.
- When you are ready to leave, please make sure you sign out on the RV sheet.
- Those who are racing up front will have no issues with potentially waiting as the places will be empty. Those near the back of the field, we ask that you are more patient, as the RV leads will be under enormous flux, especially RV1! However, these riders should be more relaxed anyway. Remember that some of the guesthouses will be a few hundred meters away from the RV. Don't let this stress you as you are riding 1000+ km in 5 days, in case you forgot! Go with the flow and enjoy the event!



- **Please don't fight with an RV lead if he sends you to a guesthouse down the road. It's that or the pavement! If you want to fight call Jack Black on 0823747273,**
- Many of the lodges and homes etc. will have multiple beds in rooms. Again, for those racing, this will not be relevant, but for the slower riders, be prepared to share rooms. Most of you will end up riding in small groups anyway, so to make the RV leads job easier, let them know when you sign in if you are in a group of three or four so they can allocate a room accordingly.
- In all RV's the bike mechanic station and massage ladies will be very close to the sign in sheet and RV leads, so you can sit and have a meal and decide where you want to go and what you want to do.
- The actual race village will be headquartered in the commercial hotels and guesthouses listed above.

### What can you expect at Race Villages:

- A bed with a blanket and pillow so you do not have to carry any sleeping stuff. RV 3 will have some additional tents if required. RV4 may also have some tents.
- A hot shower. Towels will also be available. Soap may or may not be available. Plan accordingly.
- Hot meals. These will be farm cooked home-style meals. Portions will be served but you are welcome to have seconds. This is primarily to avoid unnecessary wasting which is typical when riders dish for themselves. \*Please note: for a rider who is sleeping at an RV, we will typically cater two meals. However, riders have been known to 'languish' at RVs for as long as they can, eating as much as they can. If an RV lead thinks you are abusing the system, they may just charge you for the 3rd meal!
- Food Lovers ground coffee.
- Juice, SuperM chocolate milk, water and all meals will be provided for free.
- Remember that these are commercial lodges and hotels etc, so if you want anything else like a beer or wine or chocolate etc, you are welcome to pay for it. We encourage this as it means something more for the venues.
- Nutritional supplements
- Charging facilities: All five RV's will have power. At the check in station, there will be a usb bank with adaptors etc. so make sure you carry a usb charging cable for your device, and also a 2 pin/usb plug. Because some of the houses are private homes, these may not have 2 pin adaptors, so if you really want to be sure, carry a small 2pin/3pin adaptor.
- Washing: Some of the Race Villages might have people available to wash kit, but this is not included or compulsory, so plan accordingly. Any charges for this service will be for your own account















## VanH – Munga Cycling Apparel

VanH are the official cycling shirt partner of the Munga. Please note that the stripes protocol requires someone to have completed a full event in the cut-off time in order to be able to wear a shirt with stripes. But anyone is welcome to wear a shirt with the Munga logo.

Go and check out their Munga themed kit and feel free to order.

<https://vanh.co.za/collections/munga-10-year>

The Munga 10-Year Celebration

			
Munga 10-year Celebration Base Layer in Fossil R 499.00	Munga 10-year Celebration Base Layer in Sand R 499.00	Munga 10-year Celebration Emergency Gilet R 1,099.00	Munga 10-year Celebration Emergency Jacket R 1,299.00
			
Munga 10-year Celebration jersey in Fossil R 1,699.00	Munga 10-year Celebration jersey in Sand R 1,699.00	Munga 10-year Celebration long sleeve jersey in Fossil R 1,899.00	Munga 10-year Celebration long sleeve jersey in Sand R 1,899.00
			
Munga 10-year Celebration UV Sleeves in Fossil R 399.00	Munga 10-year Celebration UV Sleeves in Stone R 399.00		

## 26. Packing list

### Packing List

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#### **\*Please note the following:**

1. This list is divided into two parts. The first part details the compulsory equipment that is required by every rider as per rule 15. The second part details optional equipment. This part will be very much dependent on whether you are racing, or making the cut-off as to how much risk you want to take, and how much of that stuff you want to leave behind.
2. Conditions in the Karoo in summer vary dramatically. Typically, mid-summer conditions are dry and hot, with days often reaching in the 40's, and evenings being quite cool going down to the low teens. However, it is not unknown to have a cold front come through, as has been the case during the week of the 16<sup>th</sup> of November 2015 when Sutherland got down to -2c, in summer! So be warned, this is an extreme environment where much can change. You are advised to pay close attention to the weather in the days leading up to race day and plan accordingly.

#### **Compulsory equipment (stuff you **have to** carry!):**

1. [3 liters of water \(we recommend 3,5 to 4 Litres\)](#)
2. [A fully charged mobile phone at the start of the Race \(and Power Bank ICE\)](#)
3. [A working light on the front as well as the rear of the bicycle at the start of the race](#)
4. [A working GPS unit](#)
5. [A Spot tracking device \(supplied by us\)](#)
6. [Small ER medical kit \(given to you at registration\)](#)
7. [Space Blanket \(given to you at registration\)](#)



## Optional equipment

- ✓ [Clothes](#)
- ✓ [Normal riding clothes \(shoes, socks, riding shorts, shirt, helmet, gloves, sunglasses\)](#)
- ✓ [Spare socks](#)
- ✓ [Leg warmers](#)
- ✓ [Arm warmers](#)
- ✓ [Riding vest](#)
- ✓ [Rain jacket](#)
- ✓ [Warm jacket](#)
- ✓ [Buff](#)

## Toiletries and medical

- ✓ [Chamois cream](#)
- ✓ [Sun cream](#)
- ✓ [Lip ice](#)
- ✓ [Tooth brush and toothpaste](#)
- ✓ [Anethane \(local anaesthetic cream for a numb bum\)](#)
- ✓ [2 x small plasters \(for small cuts and scrapes\)](#)
- ✓ [2 x small alcohol swabs](#)
- ✓ [Personal medication](#)
- ✓ [Imodium or Kantrexil \(recommended\) tablets for stomach](#)
- ✓ [Rehydrate sachet / Drip Drop or any other Electrolyte Supplement](#)
- ✓ [Water purification tablets \(if you are suspect of water from windmills/reservoirs on route\)](#)

## Bike spares

- ✓ [Spare slime tube / tube](#)
- ✓ [Spare valve](#)
- ✓ [Valve key \(small piece of plastic to tighten valve\)](#)
- ✓ [Puncture repair kit:](#)
  - [Patch or gator](#)
  - [Plugs](#)
  - [Plug tools](#)
  - [Glue](#)
  - [Patches \(if your slime tube fails\)](#)
  - [2 x bombs](#)
- ✓ [Spare hanger](#)
- ✓ [Chain break tool \(check you chain size\) & 2 x power links](#)
- ✓ [Spare saddle bolts](#)
- ✓ [Multi-tool](#)
- ✓ [Cables](#)
- ✓ [Brake pad](#)
- ✓ [Mini pump](#)

## Other considerations

- ✓ [Water Bottles, Camelback or Uswe Hydration Packs](#)
- ✓ [Top Tube Bag](#)
- ✓ [Saddlebag](#)
- ✓ [2 pin/USB adapter for charging](#)
- ✓ [Phone cable](#)
- ✓ [Batteries, Battery booster pack / Power Banks](#)
- ✓ [Garmin or GPS cable](#)

**\*Note:**

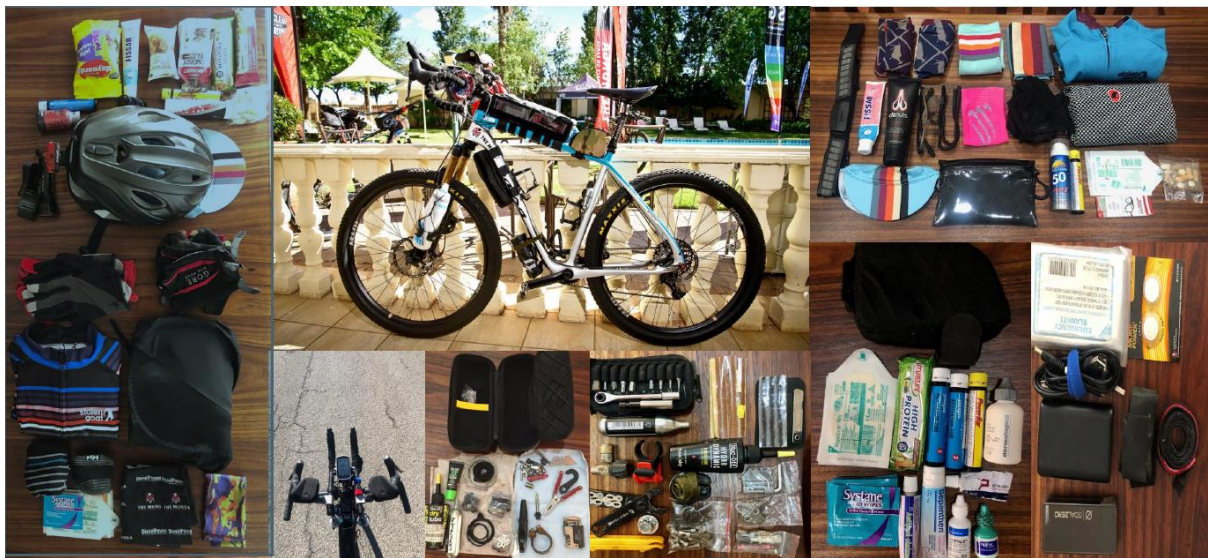
- [Soap and towels will be provided at the RV's](#)
- [All sleeping stuff like pillows and blankets and beds or tents will be provided at mainly the RV's! There might or might not be enough at some WP's depending on the weather conditions. We will try our utmost best to plan the best we can.](#)
- [There are sections of remote track where our emergency partners may not be able to get to you immediately. Expect not to see a medical vehicle for up to four hours. Hence the need to carry the small medical kit.](#)

This list is by no means a thorough list but serves mainly as a guideline. The onus is on you the rider to plan and pack accordingly, depending on your risk profile. It is your responsibility to make sure you know how to use your stuff and are adequately prepared.

Note\*

8. Towels will be provided so don't carry any mainly at Race Villages
9. All sleeping stuff like pillows and blankets and beds or tents will be provided at mainly the RV's! There might or might not be enough at some WP's depending on the weather conditions. We will try our utmost best to plan the best we can.
10. All Race Villages and Water Points have charging facilities; however you should carry at least 1 spare set of batteries for your electronic devices
11. Our emergency partners are ER24, but there are sections of very remote track that they may not be able to get to immediately. Hence the need to carry the small medical kit.
12. The Spot Tracking device has new batteries pre-loaded that should last the five days. If your battery starts going flat, our Race village leads will have replacement batteries to do a battery swap. How will you know if the batteries are going flat? We will inform you, as the system will send us a warning email. So you don't need to pack any tracker batteries!

This list is by no means a thorough list but serves mainly as a guideline. The onus is on you the rider to plan and pack accordingly, depending on your risk profile. It is your responsibility to make sure you know how to use your stuff and are adequately prepared. Note also, there is no longer a compulsory bike check at registration or the start. It is a time consuming and pointless exercise. However, there will be a compulsory gear check at some point in the race, with a 30 to 60 minute penalty for any item missing.



## 27. Bike-packing with Gravel & Tour



The official Munga gear partner for all our events.

We attempted to cover gear that we are familiar with and have tried over the last 15 years riding the Munga, Freedom Challenge RASA's, 1000 Miler and other endurance races. Since Gravel & Tour started this journey, it has always been an arduous and time-consuming task to source the right gear for our next adventure. Whether it's for racing, touring, long days in the saddle or manic dashes through the night, we have always tried to find the best solution for any given challenge. We have tried to focus on The Munga as well as on the Munga Grit races and tried to reference both in the Strategy and planning.

In short, at Gravel & Tour we offer kit that we have put through the grinder ourselves; curated gear that has been tried and tested in some of the world's harshest conditions such as the Munga and it worked.

We are also looking at two vastly different markets with both International as well as Local suppliers, to make it more affordable for everyone. This document is compiled by a panel of multiple Munga finishers, and experienced Endurance & Gravel riders who love the sport, love the Munga, love the Freedom and love tough relentless Endurance type of events!

Gravel and Tour is a Partner of the Munga, and Freedom Challenge, but more importantly a partner to each individual participating in this year's Munga or Munga Grit events.

Please see the Munga Brochure below: - (best viewed on a PC)

[Munga 2022 - General Packing and Strategy Planning Information Brochure - Compiled by Jack Black - April 2022](#) Let Gravel and Tour worry about getting YOU the right gear! Please remember to use the code: **MUNGA2024** when checking out for a 10% discount. This discount applies to Grit rides also.

Support Gravel and Tour at : <https://gravelandtour.co.za/>. or Contact Jack Black at 0823747273 or [jackblack@gravelandtour.co.za](mailto:jackblack@gravelandtour.co.za)

### 13. Safety: Lighting (Front & Back Lights)

Working lights front and back are **compulsory** for the duration of the event. **We expect you to at least have working lights after sundown and before sunrise, although for safety we would recommend to always have a RED LIGHT on at the back of your bicycle.** Make sure you are enlightened and have a chat to Jack Black at [Gravel and Tour](#) for all your lighting and charging needs. He can give you the best advice and tell you who has Munga discounts and stock available etc.



### 14. Charging (Lights, Tracking, Phone Etc)

There are USB A Charging stations (no USB C) at the Water Points and Race Villages. It is your own responsibility to carry a 2 point plug adapter if you need to charge your light or anything non USB related. Do not expect the Farmer to give you his as you will forget to give it back! CARRY YOUR own!

## 28. Bicycle Supply Chain - our bike service partner

We currently do not have any bike service partner, so please make sure you get your bike properly serviced at your LBS!

## 29. Isober King & Queen of the Mountain

This year the KOM segment is sponsored by Alcohol Breathalyzers: <https://breathalysers.co.za/>

We have a STRAVA King of the Mountain (KOM) section with a prize money of R2,000 for the fastest male and female rider up this section. There will also be a consolation prize of R1,000 for the slowest rider up this section. In addition, each winner will receive a breathalyser unit! Please upload your ride to Strava within 5 days of the event finish to be eligible for this. The KOM of the mountain link on Strava: <https://www.strava.com/segments/30441732>





## 30. Messages

We have done away with Messages so if you really need one! Toughen up buttercup this the Munga

## 31. Bicycle transport

See below for some bicycle transport options from Joburg and Cape town to help transport bikes.

### Gauteng: Joggie Bicycle Transport

- <https://bicycletransport.co.za/product/the-munga/>

### Western Cape: Manic Cycles

- [francois@maniccycles-cw.co.za](mailto:francois@maniccycles-cw.co.za)
- 082 413 8935 or 076 993 0674

### MoveMyBicycle

- <https://movemybicycle.co.za/collections/races>

**Contact Number:** 082 413 8935 or 076 993 0674

## 32. Shuttle service: Wellington

Anyone looking for a transfer service out of Wellington, contact Chris James:

- [chris.james1409@gmail.com](mailto:chris.james1409@gmail.com)
- 073 694 8897

Or EZ Shuttle

- <https://www.ezshuttle.co.za/>
- 0861 397 488 (EZSHUTTLE)



### 33. Refund / Roll over and Substitution policy:

As per the terms and conditions when you entered the race, the Munga has a zero refund policy. There are many reasons for this and you are welcome to contact us off line to find out more. However, we do not want you to think that you will just lose your money. If the Munga has to cancel an event for whatever reason, we will credit you your monies to any future event of your choice, indefinitely, and we will waive any admin fee. So you will never lose your money – period!

If you want to cancel, substitute or roll over your entry, then the following fees apply:

1. **Substitution** (you want another rider to take over your entry): Accepted anytime up to **the online entry closing date**. The substitution fee is 10% of the full price entry fee of The Munga. This will be added to your entry basket, and once paid (with the substitution details of the other rider), your substitution will be confirmed.

2. **Roll over** (if you cannot for whatever reason do the race) you can roll over your entry once, to the following year: Accepted anytime up to **the online entry closing date which is 1 month before the race start** at 10% of full entry fee!

\*IMPORTANT NOTE: **The Munga will only substitute or roll your entry over once.**

After that its use it or lose it!. **Please do not email or phone us two days before the race asking for a sub or roll over, as then time has passed!** Please note YOU CAN ONLY ROLL OVER AN ENTRY ONCE!

Thank you for understanding and cooperation.

### 34. Safety and flood/storm protocol:

This is a new addition to our race prep doc after the crazy weather conditions experienced during the 2021 Munga Race. In truth, those kind of conditions are super rare but there is some thought that global weather patterns are starting to shift, and that maybe extreme storms may become commonplace. Either way, it helps to have some idea of what you should do if we encounter those conditions again.

**Safety:** The first thing to realise even though we stress this point again and again, is that our race is semi-supported. This means that you may not see a medical vehicle for a few hours at a time as they are predominantly located at the race villages, until such time that they are dispatched for an emergency. This is part of the reason why we force our riders to carry the small medical kit and space blanket, and being proficient in their use, as there is a good chance that if something happens to you, you might need to use it! While we would love to have a medical vehicle watching every rider, the non-stop nature of our race makes this simply impossible. So, what this means is that there is a high level of independence and self-sufficiency required. If you get bitten by a snake, or have a heart attack in the middle of nowhere, there is a chance you may die! Let this sink in because when you sign up for the Munga, you are accepting this fact! At the start of the race, all the medical vehicles are closer together and easier to engage, but after a day, these same vehicles are now spread out working magic in the middle of nowhere!

**Storm/flood protocol:** Significant amount of rainfall in a small period of time has two main hazards, **lightening** and **flooding**:

**Lightening:** this is probably a small risk due to the terrain of the Munga, but plenty lightening was seen during the storm around Ouberg in 2021. So, if you are caught in a storm where there is lightening activity, try and stick to the following basics:



- Try stay indoors until the storm passes (if you are outside on your bike and cannot find indoor shelter, then do the following)
- Get off any high ground or elevated ridges, so don't hang around on the top of a hill or pass
- Don't sit under an isolated tree
- Climb off your bike and lay it on the ground some distance away from you (10 to 20m)
- Sit on the ground in a hunched position (don't lie flat on the ground)
- Make sure you are sitting away from anything that can conduct electricity (puddles of water, fences, windmills etc.)
- Sit it out and ensure you wrap yourself in your space blanket if you are getting cold.

**Flood:** the parts of the Karoo and Tankwa that the race goes through seldom gets rain, so when it does storm, rivers can suddenly spring up out of nowhere.:

- If you know there is big rainfall expected, try and sit out the storm in the comfort of a race village or water-point
- If you come across a flooded river, don't try and cross it. Rather wait until the water subsides. Even with huge amounts of rain like in December 2021, the flooded rivers subsided within a few hours. See the time waiting as time to rest, or even try and catch some sleep. Remember, your life is more important than a medal, and the stories will be worth it!

#### One of the flooded rivers before WP9 in the Tankwa - December 2021



## 35. Social Media – EP Digital SA



EP Digital SA as a Silver Sponsor and the Official Marketing and Social Media Partner for The Munga events are our leaders in digital content creation and marketing. EP Digital SA is devoted to sharing The Munga's unique spirit and unforgettable moments through dynamic and impactful storytelling. Also trailing the roads along with our riders during each event.

Also serving as the Official Photographers, Media Partner, and Videographer, EP Digital SA is here to capture the energy, resilience, and camaraderie that make The Munga truly exceptional. In addition to capturing live moments, they are also managing The Munga website, creating engaging content that highlights the event's essence, from rider achievements to sponsor highlights. Riders, Partners, and Sponsors are encouraged to share their photos and stories with EP Digital, who will help amplify these memories across The Munga's digital channels. For media-related submissions and queries, reach out directly to EP Digital SA – [info@epdigital.co.za](mailto:info@epdigital.co.za)

### **Doolhof Diaries: Celebrating Rider Stories**

In collaboration with The Munga and Doolhof Wine Estate, EP Digital SA curates the Doolhof Diaries segment on The Munga website—a dedicated space to celebrate rider journeys and personal stories. Riders can submit their stories of grit and inspiration to Doolhof Diaries, contributing to the collective story of The Munga.

### **Additional Services by EP Digital SA**

EP Digital SA offers a range of digital marketing services, from comprehensive website management and engaging content creation to strategic media planning, photography and video production. Their



commitment to authenticity and quality ensures that every story, milestone, and moment is shared with the community in impactful ways.

### 36. Final Race Prep doc

There will be additional updates to this document. Please familiarise yourself with the content to stay abreast of any changes that is important to know.

Please do not hesitate to contact us with any questions or uncertainties. We are here to make your ride experience count!

Please feel free to contact us if you have any questions:

- Jack Black +27 82 3747273 or [jackblack@themunga.com](mailto:jackblack@themunga.com) alternatively
- Alex Harris +27 83 383 7378 [alex@themunga.com](mailto:alex@themunga.com)

Good Luck with your preparations for the 10<sup>th</sup> Anniversary Munga!

**HAVE FUN, BE SAFE AND WE WISHING YOU A  
BLESSED & AMAZING EXPIERIENCE!!!**

**The Munga Team**





