

iTHEMBA PROJECTS



INFORMATION FOR CYCLISTS

Extreme challenge: As a challenge, not a cycling race, this event is a “Do it yourself” style challenge. You will be responsible for all of your own food, drink, tracking of your own elevation/vertical meters achieved, light for your bike, etc. The venue has a tap and a toilet. The aim is to see how far you can go in the 48 hr period.

1000m challenge: At this event, the challenge is to cycle a minimum of 1000 vertical metres, as an individual or team. Should an individual wish to qualify for an official everesting ride, they must abide by the everesting rules and guidelines (summarized below, found in full on the everesting website).

Everesting: In order to qualify as an official everesting ride, you must abide by the everesting rules. Please read the full rules here <https://everesting.cc/the-rules/>. In brief, the rules state:

The 8,848m/29 029ft is taken as your total elevation gain.

– If your descent includes a bit of climbing this still counts toward your total. Keep in mind that this is a climbing challenge, and routes with ‘kinetic gain’ should be checked via [the everesting calculator](#) first. The calculator has a built-in ‘check’ on descent elevation gain. You’ll know yourself from riding it in real life whether your chosen segment has a gain on the descent. We want to avoid ‘free metres’ where possible. A ‘rule of thumb’ should be applied when looking at a route with elevation gain on a descent or kinetic gain. If it feels like you are gaming the system, then you probably are! Ask us first if in doubt (it’s never nice explaining this afterwards).

– You may decide to push on past 8,848m to get to 10,000m, in which case your ride will *also* qualify for inclusion in the High Rouleur’s Society ([see the details here](#)). It’s a two-for-one deal!

– It does not matter how long the ride takes, but it *must* be ridden in one attempt (i.e. no sleeping in between). Breaks for meals etc. are fine. You can break for as long or as little as you like. Bear in mind break times add up quickly, and can add significantly to your elapsed time.

High Rouleur climb: One step beyond an Eversting attempt, those who wish to attempt a High Rouleur climb (as an individual) to be admitted into the High Rouleur's society will need to ride 10,000m and beyond in the 48hr time period. Full rules for cyclists attempting this can be found here (<http://highrouleur.cc/the-rules/>) This site explains rules for tracking your climb and how to official submit your results.

Tracking your climb:

Cyclists are responsible to come equipped with their OWN method to track their climb.

- Rides should be recorded with a dedicated GPS device which has an altimeter or barometer (i.e. not a Garmin Forerunner). In the event of failure of one of these devices you can use a phone or non-barometric device. Please keep in mind these rides receive special scrutiny to ensure the 8,848m target was reached. You will need to verify the height gained by the number of repeats of the segment climbed.
- In the event that barometric pressure affects the height recorded leave the ride in the original state and we can verify the height by the repeats of the segment that has been climbed.

Submitting a successful attempt

- Submit your ride on the eversting [submissions page](#). You'll need to connect your Strava profile (if you don't have one, create one) and a link to your ride.
- All Everesting submissions must be verified by our panel prior to being accepted as valid. We are thorough with our verification process so please give us a few days.

The venue:

Hilton College Nature Reserve, College Avenue, Hilton 3245. The hill being used for the challenge is near the Henley Lapa. Access a map here (<https://www.hiltoncollege.com/estate/estate-map/>)

The Lapa has a toilet and water tap. Supporters/seconds should bring their own chairs, food, drink, etc.

Health Risks:

As an extreme challenge, cyclists must be aware that there is no additional emergency medical support on site. **The closest hospital is Hilton Life Hospital, a 9 minute drive away.** As with any extreme sporting event, there is a risk of injury or death. All cyclists enter the challenge at their own risk.

Disclaimer for venue and event:

By entering the Hilton College reserve and registering for this event, you are accepting the following disclaimer:

1. Persons entering onto or using the Estate do so entirely at their own risk. Neither the Hiltonian Society nor any of its employees, servants, Hilton College parents, school boys or representatives will be liable for any loss or damage to any property, pets, injury to or death of any person or any direct and/or consequential damage of any kind suffered by any person entering onto or using the Estate at any time irrespective of whether such loss, injury, death or damage of whatsoever nature was caused by the negligent act or omission of the Hiltonian Society nor any of its employees, servants, Hilton College parents, school boys or representatives.
2. Should any loss or damage to any Society property or injury to or death of any Society employee, Hilton College parent, schoolboy, or any direct and/or consequential damage of any kind suffered occur, such visitor who causes (whether directly or indirectly) such loss, damage, injury, death or consequential damage shall be liable and held accountable for such loss, damage, injury, death or consequential damage.

Further, iThemba Projects, or any of their associates assisting with organizing this challenge will not be held liable for any loss or damage to property, or to injury or death or any direct and/or consequential damage of any kind suffered by any person on the premises or entering into this event. Participants do so entirely at their own risk.