



The World's First Kids Only Stage Race Trail Run

All you need to know

1. **Dates** - 21 to 23 June 2019
2. **Venue** - Race Village is at In-House Learning centre, Wedgewood Nougat Farm, Birnamwood Road, Merrivale .inhousecentre.co.za
3. **Cost** - R2250 per child, fully inclusive
4. **Distances** - Long Legged Jack Russell is 7km and 5km. Short Legged Jack Russel is 5km and 3km.
5. **Ages** - Grade 1 to Grade 7
6. **Ratio of kids to adults** - 2,5 kids per adult
7. **Medical** - EMS - 1 x ILS, 1 x BLS paramedic, 1 x ambulance. All onsite for the duration of the weekend. www.medics.co.za
8. **Accommodation** - in tents (2 to 3 kids per tent) with thick foam mattresses. Race Village is inside an electric fence, security guards on patrol.
9. **Itinerary**

- **Friday 21 June**

- 14h00 to 17h00 - drop off, race registration, check-in to tent
- 17h00 all parents leave
- 18h00 - dinner
- 18h30 - Race Briefing
- 20h00 - lights out

- **Saturday 22 June**

- 06h30 - wake up call
- 07h00 to 07h30 breakfast
- 08h00 - Long Legged (7km) start
- 08h10 - Short legged (5km) start
- 09h00 to 11h00 - shower and recovery
- 11h00 - Tracey Zunckel trail running clinic (theory and practical)
- 12h00 - Lunch
- 13h00 - visit to Frosties Farms next door (hyrdoponic vegetables)
- **14h00 - 2 options, kids must choose 1**
- **Option 1** - MTB skills clinic with Pyga Bikes (kids to bring their own bikes)
- **Option 2** - Bear Grylls Survivor Course with Lee Fuller
- 15h00 - make fires and potjiekos, after demo by Jen Pretorius from the Farmer's Daughter
- 17h30 - potjiekos competition judging and dinner time
- 18h30 - race briefing including slide show and video of the days activities

- 19h30 - mini disco
- 20h30 - lights out

• **Sunday 23 June**

- 06h30 wake up call
- 07h00 to 07h30 breakfast
- **07h30 - parents welcome to come and watch**
- 08h00 - Long legged (5km) start
- 08h10 - Short Legged (3km) start
- 09h00 - Bruch
- 09h30 - Prize giving

9. Food - Catering by The Farmer's Daughter. Meals from Friday dinner to Sunday brunch - menu below:



Friday Supper				
	Meal			
	Sticky pork ribs and potato wedges, green salad, fresh bread rolls, gluten free rolls. Fresh juice and water, chocolate brownies for dessert.			
Saturday lunch				
	Meal			
	Beef or chicken burritos, cheddar cheese, salsa, shredded lettuce, tomato, cucumber, avo. Fresh juice and water. Tea and hot chocolate.			
Saturday dinner				
	Meal			
	Potjie kos competition sponsored ingredient items. Marshmallow smors for dessert. Fresh juice and water. Tea and hot chocolate.			
Saturday and Sunday breakfast				
	Meal			
	Toast syrup and cheese Boiled eggs, pork sausages. Cheese, Butter, Strawberry jam, Peanut butter. Weetbix, chocos. Fresh juice and water. Tea and hot chocolate.			
Sunday brunch				
	Meal			
	Filled rolls with chicken mayo or ham, cheese and tomato, take away juices. Home made chocolate crunchies.			

10. What to pack

- Warm sleeping bag, extra blanket, pillow
- Head torch, and spare batteries
- Running shoes
- Slops / strops
- Hat / Cap
- Tracksuit pants
- Jeans or long pants
- 2 x casual shorts
- 2 x tee shirts
- 2 x running shorts
- 2 x running shirts
- 4 pairs socks
- 2 sets underwear
- Windproof jacket
- Warm fleece or jersey
- Beani
- Gloves
- Scarf / buff
- Towel
- Personal toiletries and sunscreen
- Personal medicines (Medic will keep these)
- Healthy low sugar snacks (biltong / droewors / nuts / dried fruit / fruit etc)

11. What not to pack

- Cellphone / Tablet / Smartphone (we are on a technology free weekend)
- Cash (they will not need money)
- High sugar / fast food snacks

12. Race Director and enquiries

- Lee Fuller from Tugela Trails www.tugelatrails.co.za
- Phone 0725519132
- Email info@jackrussellrun.co.za
- Entries online jackrussellrun.co.za