



Athlete Information Pack

100 Mile Ultra Trail Run

TABLE OF CONTENTS:

Introduction and Welcome.....	2
Event Itinerary.....	3
Wednesday 18 May 2022.....	3
Thursday 19 May 2022.....	3
Friday 20 May 2022.....	3
Saturday 21 May 2022.....	4
Sunday 22 May 2022.....	5
The 100M Mac Mac ULTRA Trail Run.....	6
100m Race Route	6
100m Runners Checkpoints & Cut offs.....	7
100m Compulsory Items.....	8
When you arrive at the FINISH!.....	9
GPS Route and GPX files.....	9
Tracking.....	9
Search and Rescue.....	9
Pre-Race Medical screening.....	10
Medical Support.....	11
Supporters.....	12
Prize Giving.....	12
Charities.....	13
General Race information.....	14
Race Rules.....	14
Objections.....	14
Procedures for lodging an objection.....	15
Terms and Conditions of Entry.....	15
Passports, Visas, Vaccinations, and inoculations.....	15
Entry Fees.....	16
Responsibility.....	16
Insurance.....	16
Medical.....	16
Itinerary Variations.....	17
Jurisdiction.....	17

INTRODUCTION & WELCOME

The MAC MAC team would like to send out a WARM WELCOME to each and every one of you!! The MAC MAC ULTRA PROSPECTORS Event is truly historic! We are as excited as you.

We will do everything we can to create an enjoyable weekend with us in this beautiful part of our country.

If you are reading this...it means that you have done your training and are getting ready for your run.

The 100M has lovingly been called “BEAUTY AND THE BEAST”! By linking some of Mpumalanga’s greatest hiking trails, MAC MAC is a unique race on its own. Amazing natural diversity from the historic towns of Pilgrims Rest, Graskop and the forestry town of Sabie. You will run through deep natural forest valleys and climb some of the highest peaks in Mpumalanga with spectacular ridgelines. You will also pass through some of the world’s oldest plantations.

Let get down to business....The Mac Attack plan

All runners will require a Covid Temperature check before proceeding with Registration. Unfortunately, anyone who fails a Temperature check will not be allowed to proceed with Registration and will be asked to leave the venue.

STRICT COVID REGULATIONS WILL BE FOLLOWED DURING THE COURSE OF THE EVENT.

WEARING OF MASKS AT RACE VILLAGE, REGISTRATION AND PRIZE GIVINGS IS COMPULSORY.

SOCIAL DISTANCING RULES TO BE FOLLOWED BY ENTRANTS AND SUPPORTERS AT ALL TIMES.

PLEASE MAKE USE OF SANITATION STATIONS THAT WILL BE PRESENT AT REGISTRATION, RACE VILLAGE AND CHECKPOINTS.

The information contained in this document is very important and must be read by all entrants.

EVENT ITINERARY

Wednesday 18 May 2022

A meal will be served for all 200 milers at Registration.

12h00 Race Registration, Mandatory Kit Check & Drop bag check-in
(200milers Only)

13h00-13h30 **COMPULSORY RACE BRIEFING TO BE ATTENDED BY ALL 200 MILERS.**

14h00 **START of the PILGRIM MAC MAC ULTRA 200 MILER at Merry Pebbles Resort in Sabie**

Thursday 19 May 2022

12h00 Shuttle departs from OR TAMBO AIRPORT.

Meeting Point: **DOMESTIC ARRIVALS INFORMATION DESK**

Please don't be late as the shuttle will not be able to wait for you!

Please reconfirm request for free shuttle (limited seats) and please state if you will need it for return on Sunday at 12h00 (after prize giving) Shuttle request is on a first come first serve basis.

If you are not one of the lucky early entries that requested a spot on the shuttle. No worries we have contracted with a reliable Shuttle Company for the transfer at R1200 return per person. Alternatively see if you can catch a lift with someone on the Mac Mac Attack Runners Forum <https://web.facebook.com/groups/464343104834415>

16h00 – 20h00 **VENUE: MERRY PEBBLES**

Race Registration, Mandatory Kit Check & Drop bag check-in (1)

Friday 20 May 2022

08h30 A SHUTTLE WILL BE AVAILABLE TO TRANSFER 100 MILERS FROM MERRY PEBBLES TO THE VINE RESTAURANT IN PILGRIMS REST

Please confirm your shuttle at registration (100 mile athletes only)

09h00-11h00 **VENUE: THE VINE PILGRIMS REST**

Race Registration, Mandatory Kit Check & Drop bag check-in (2) **(100 Milers Only)**

A meal will be served for all 100 milers at Registration.

- 11h00-11h30 **COMPULSORY RACE BRIEFING TO BE ATTENDED BY ALL 100 MILERS.**
- 12h00 **START of the MAC MAC ULTRA 100 MILER at THE VINE RESTAURANT in PILGRIMS REST.**
- 16h00-20h00 **VENUE: MERRY PEBBLES**
- Race Registration and Mandatory Kit Check (3)**

SATURDAY 21 MAY 2022

- 03h45 **A SHUTTLE WILL BE AVAILABLE TO TRANSFER 50 MILERS FROM MERRY PEBBLES TO GRASKOP HUT**

Please confirm your shuttle at registration (50M athletes only)

Road to Graskop hut can be rough. High clearance vehicle highly recommended. Only use road entering from Graskop town. Follow Environmental Centre Signs from first 4 way stop when entering town.

- 04h30 **VENUE: GRASKOP HUT**

NO Late Registration available at Graskop Hut

- COMPULSORY RACE BRIEFING TO BE ATTENDED BY ALL 50 MILERS.**
- 05h00 **START of the PILGRIM MAC MAC ULTRA 50 MILER at the GRASKOP HUT.**
- 05h00 **VENUE: MERRY PEBBLES**
- Race Registration and Mandatory Kit Check (4)**
- 06h30 **COMPULSORY RACE BRIEFING TO BE ATTENDED BY ALL 46 KM RUNNERS**
- 07h00 **START of the MAC MAC ULTRA 46 km at MERRY PEBBLES.**

19h00 12-hour cut-off for the 46 km race.

46 km PRIZE GIVING @ Race Village MERRY PEBBLES

Dinner available at Merry Pebbles restaurant at own cost.

SUNDAY 22 MAY 2022

03h00 22-hour cut-off for the 50 miler race.

08h00 44-hour cut-off for the 100 miler race

08h00 90-hour cut-off for 200 miler race

10h00 50 miler, 100 miler & 200 miler PRIZE GIVING @ Race Village MERRY PEBBLES.

All entrants who finish on or before the final cut off will receive a medal

The prize giving will be followed by a lovely brunch at MERRY PEBBLES in the Restaurant*

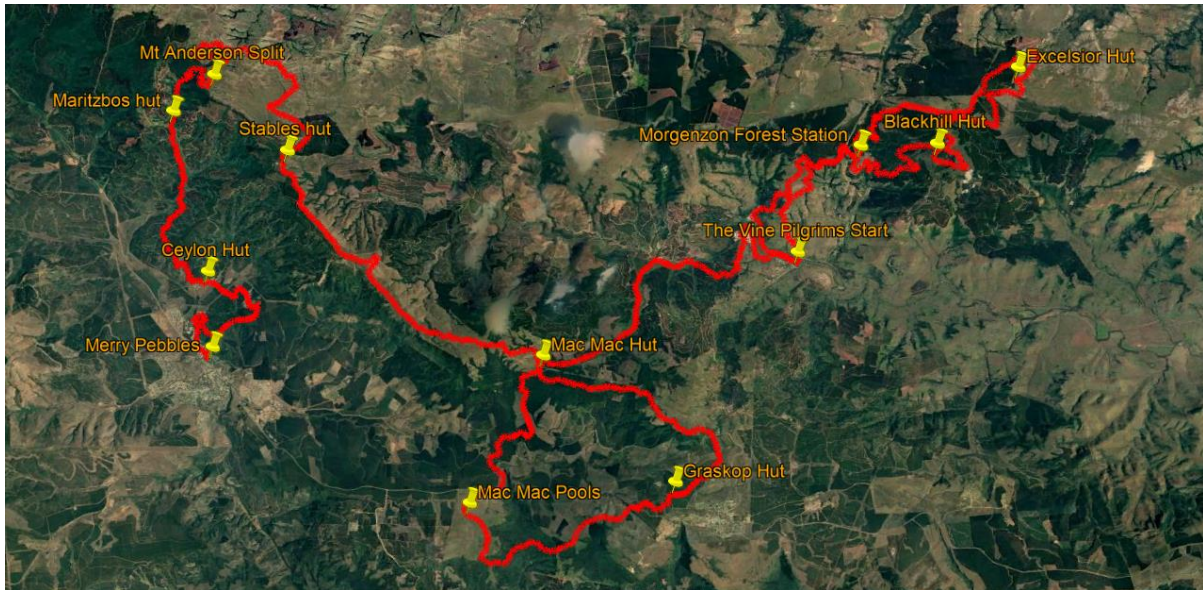
***All 200 miler, 100 miler & 50 miler athletes will receive a complimentary brunch.**

***The 46km athletes attending, as well as family and friends, must buy their BRUNCH TICKETS at registration. The cost is R 80.**

It will not be possible to purchase tickets the morning of the prize giving.

THE 100 MILE MAC MAC PILGRIM TRAIL RUN

100 Mile Race Route



Total distance: 161

Total elevation gain: 7500m

Total elevation loss: 7640m

Total race time allowed: 44hours

MAC MAC Checkpoints, Medic checks & Specator points 100mile											
	Check Point	Km	Total km	Time In Quick	Time Out Slow	CP Rating	Spectator Point	Medic	Drop Bag	Bier	Cut off
		-	-								
1	Start/ Pilgrimsrest			12h00		Gold	Sp			B	
2	Morgenzon	8.7	8.7	13h00	15h30	Silver	SP	M			
3	Blackhill Hut	8	16.7	14h15	18h00	Silver					
4	Excelsior Hut	10.3	27	15h30	20h50	Silver					
5	Morgenzon	13.6	40.6	16h45	00h00	Silver	SP	M			00h00
6	Pilgrimsrest	11	51.6	17h45	02h00	Gold	SP			B	02h00
7	Mac Mac Hut	16.4	68	19h30	05h30	Gold		M	DB	B	
8	Graskop /Start 50M	13.9	81.9	21h00	08h45	Gold					
9	Mac Mac Pools	12.8	94.7	22h45	12h45	Silver	SP				
10	Mac Mac Hut	9.9	104.6	00h00	15h30	Gold		M	DB	B	16h00
11	Stables Hut	16.3	120.9	02h30	20h00	Gold		M			20h00
12	Mt Anderson Split	14.9	135.8	04h30	00h00	Silver		M			01h00
13	Maritzbos hut	6.2	142	06h30	02h30	Gold					06h00
14	Ceylon Hut	8.5	150.5	07h30	05h00	Silver	SP				
15	Merry Pebbles	9.5	160	09h00	08h00	Silver	SP	M	DB	B	08h00
		160									

NOTE: If the race doctor deems any athlete medically unfit to continue the race, his decision is final.

100 MILE RUNNERS COMPULSORY ITEMS

Item	Rating	Comment
Beanie / Buff	Compulsory	One of either
Cap / Visor	Compulsory	One of either
Long Thermal Tights	Compulsory	Sub-zero Temps are Possible

Thermal Top	Compulsory	Sub-zero Temps are Possible
Trail Running Shoes	Compulsory	Grip for Slippery surfaces
Water / Windproof Jacket with Hood	Compulsory	Must have Hood & tape-sealed seams
Gloves	Compulsory	Preferably thermal
Headlamp with Spare Batteries	Compulsory	Quality headlamp is vital.
Hydration Pack Minimum 1.5l	Compulsory	Essential
GPS Handheld / GPS Watch with Spare Batteries	Compulsory	Must be fully charged / Spare Batteries
Charged Cell phone	Compulsory	Must be fully charged
Space Blanket	Compulsory	Essential
Whistle	Compulsory	Essential
Emergency Rations 2 X Energy Bars	Compulsory	Must be produced at finish unless used in emergency
Zip Lock Bag X 1	Compulsory	Essential for protecting Cellphone
Cup	Compulsory	Mac Mac is a cup free event
Medical card	Compulsory	In case of emergency

Drop Bags

100 Mile runners have 1 drop bag that can be used twice at Mac Mac Hut

Drop bag for Mac Mac hut must be handed in at The Vine Pilgrims Rest (start)

AT THE FINISH

Drop Bags for the finish can be handed in at the start in Pilgrims Rest or Registration at Merry Pebbles

Shower facilities will be available.

A meal will be provided for all 200, 100 & 50 miler finishers.

200, 100 & 50miler runner is entitled to a free basic massage at the finish on a first come, first serve basis.

A Massage can be booked with our Physios from Lowmed at registration. The following times are available:

- * Thursday 19 May from 16h00 to 20h00 @ Merry Pebbles
 - * Friday 20 May from 16h00 to 20h00 @ Merry Pebbles
 - * Saturday 21 May from 05h00 @ Merry Pebbles before the start of the 46km until 19h00
-
- 46km runners can book a 20 minute massage @ R150.00 (EFT, Cash or Card payments accepted)
 - All strapping is done @ R50.00
 - Full physio sessions are available and can be claimed from Medical aid

TO AVOID DISAPPOINTMENT PLEASE BOOK YOUR SESSIONS BY SENDING A MAIL TO: drshs@lowmed.co.za

TRACKING OUR 100M ATHLETES

All 200,100 & 50miler athletes will be provide with a Sporttrax tracking unit. Link will be on the Mac Mac webpage. www.macmacultra.com

There are 15 Check Points along the route. Including the Start & Finish.

All Gold Check Points will all be equipped with water, Tailwind energy drink, fruit and a variety of foods.

All Silver Check Points will only be stocked with basic supplies.

PLEASE REMEMBER THE **NO CUP NO RUN** policy! We will not be providing any disposable cups, **you must carry your own cup.**

GPX Route File

Final GPX files will be available on the website by Tuesday of Race Week.

This is done as late as possible to ensure that any minor last minute course changes are included in the files. Please **DO NOT** use GPX files from previous years as these may not include changes to the course that have been made for 2022.

Using the GPX viewer apps on you cell phone works well even in airplane mode to save battery power.

<https://play.google.com/store/apps/details?id=com.vecturagames.android.app.gpxviewer>

<https://apps.apple.com/za/app/gpx-viewer/id1511582047>

SEARCH AND RESCUE

It is critical that participants ensure that they have checked in at each check point as they progress through the course.

If a participant retires from the race, they must make sure that their running number and tracking unit is handed in at the check point.

The race directors, medics, media teams and sweeps will be moving around on the course.

Pre-race medical screening:

To ensure the Mac Mac Ultra is one of the safest trail run races in the country, we implemented a compulsory pre-race medical screening questionnaire.

This medical questionnaire is compulsory as part of the registration process for the 2022 Mac Mac Ultra. The present focus is to collect medical information prior to race, to help you with individualised medical advice towards safer race participation.

All injury and illness information, as well as running/training data will be kept confidential, and will only be used in emergencies. It also forms part of an anonymous survey to guide future injury prevention strategies and medical interventions amongst trail runners.

You cannot get disqualified from the race based on the medical info you provide.

Click on the link below or scan the QR code for online completion of your medical questionnaire.

Link:

https://pretoria.eu.qualtrics.com/jfe/form/SV_9XFJk3P8DHYWI0C



MEDICAL SUPPORT

Each participant must fill in the medical information card when registering. This card needs to be carried by you **AT ALL TIMES**.

Each participant may be asked for a medical certificate from their doctor deeming them fit to participate.

If the participant knows of any precondition that they feel may affect them during the event, they must bring this to our attention when entering. There will be medical staff on the route. If the race doctor feels that the participant is endangering themselves by continuing, the participant will be withdrawn from the event. **The race doctor's decision in this regard is final.**

Adventure medics will roam the route as well as the Off Road Rescue Unit.

A medical team will be at the finish until the last participant is in.

The race doctor will be stationed at CP Stables until all participants are through this CP, and thereafter will move to the finish line.

SUPPORTERS

Supporter access is only possible at CP's 1,2,5,6,9,14,15. Support to runners may only be provided inside the perimeter of this Check Point.

No Pacing allowed

The actions of the participant's supporters are the responsibility of the participant and in the case of them not complying with any rules, that participant will be disqualified.

No vehicles, other than official race vehicles, are permitted along the run route itself.

Guided Supporters Trip Pilgrims Rest (Prospectors Section)

100 Mile Supporter that wants to follow their runners on the Prospectors (Blackhill & Excelsior) section can book a seat on the PatKat Truck. Truck leaves Morgenson Forest Station 13h00 Friday. First stop Blackhill hut then Excelsior hut, before returning to Morgenson Forest Station just after dark. Cost R200. WhatsApp Kathi on +27 63 018 1655 to book.

No vehicles, other than official race vehicles, are permitted along the run route itself. PatKat Truck is an official permitted vehicle.

PRIZE GIVING

Prize giving will be at MERRY PEBBLES on Sunday 23 May at 10:00. This will include a breakfast.

PLEASE REMEMBER TO BUY BREAKFAST TICKETS FOR FAMILY AND FRIENDS AT REGISTRATION FOR R70

Trophies will be awarded to 1st, 2nd and 3rd Men's finishers and 1st, 2nd and 3rd Ladies finishers in all distances.

We ask that all podium finishers please be present at prize giving.

All finishers will also receive a medal.

THERE IS NO PRIZE MONEY AWARDED FOR THE MAC MAC ULTRA PILGRIM TRAIL RUN

FURTHER INFORMATION

Any changes or extra information, will be posted on Social media and emails sent out to runners. We will also mail a detailed Race Briefing Document during race week. Please also refer to the website and engage on the Runner's Forum where necessary.

MAC MAC ATTACK RUNNERS FORUM

CHARITIES

We are proud to introduce to you the charities that MAC MAC ULTRA is supporting.

We aim to, through these organisations, be able to initiate a positive influence towards the People, Environment & Animals of the community of Sabie.

You can make a difference by bringing the following items with to registration:

UBUNTU COMMUNITY CARE CENTRE

Food, household items and clothing for the kids

Mass Animal Sterilisation Trust

Dog food

SABIE PRIDE PROJECT

Black Refuse bags

For financial support to any of the charities please contact:

joycomley@gmail.com

PATKAT HORSE TRAILS // REDEVELOPMENT

Building material, Bedding, Cutlery, Horse food, Financial Support

More info contact Kathi on +27 63 018 1655 or email

katharina.hilbrandt@web.de

GENERAL RACE INFORMATION

RACE RULES

The following rules apply to all entrants. Anybody found in contravention of these rules will be disqualified immediately. Please familiarise yourself with these rules.

- Only official participants displaying their race numbers are allowed on the route. Race numbers and race packs must be collected at registration. Please supply your own pins / race belt to secure the race number.
- The race numbers must be worn on the front at all times and must be clearly visible.
- Other than the participant's race number, personal advertising is permitted on clothing provided that it is not in conflict with any of our official sponsors.
- It is compulsory that participants run with a hydration pack with drinking bottles or bladder that can carry a minimum of 1,5 litres of water between Check Points.
- Water bottles and bladders can be re-filled at the Check Points, which are situated on average 10 km apart.
- Water will not be handed out in sachets.
- Each participant must carry a flashlight/headlamp (plus spare batteries).
- Any participant found running in the dark without a working flashlight/headlamp will be withdrawn from the event.
- The route will be clearly marked with orange tags and reflective markers that will be clearly visible at night.
- Intersections will be clearly marked with directional markers to indicate which way to go.
- If for any reason a participant leaves the marked route, he/she must return to the point of departure by foot.
- Any participant caught deliberately running off the route will be disqualified.
- This event is a foot race and the entire route must be traversed by foot.
- Any participant with a disability of any kind that would require a form of mechanical device is to bring this to the attention of the race organisers for approval.
- Walking poles may be used.
- Except in an emergency, no assistance may be accepted by any participant between Check Points.

- If any emergency assistance is received between Check Points, this must be brought to the attention of the Check Point Captain at the next Check Point.
- Each participant must ensure that he/she has been checked in at each Check Point. Failure to check yourself in at the Check Points will result in disqualification – even if you complete the course. This is a safety requirement and is non-negotiable.
- Any form of litter or destruction of the natural habitat will result in disqualification. Nothing at all may be discarded between Check Points i.e. food wrappings, fruit peels, wet wipes etc. You must carry your waste to the next Check Point and discard it there in the bins provided.
- Any interference with another participant will result in disqualification.
- All participants must register and collect their race pack at the designated registration points on the times provided.
- Smoking is not permitted for the duration of the event.
- All athletes are required to start with a minimum of 1,5 litres of water.
- NO head phones or listening devices will be allowed. Any athlete caught with such a device will be disqualified. This is a safety requirement. You need to be aware of your surroundings at all times.

OBJECTIONS

Objections against another participant will be regarded in a very serious light, so please report a contravention of any of the rules by another participant or participant's supporters.

Be sure of the objection and complaint before lodging an objection.

PROCEDURES FOR LODGING AN OBJECTION

If a participant witnesses a contravention to the rules by another participant, record the name and/or number of the participant breaking the rule.

Try to solicit a witness and take down the name and number of the witness.

Report the incident to the Check Point Captain at the next Check Point and give a brief description of what occurred, as well as the details of the witness.

Complete an objection form at the finish of the race. The fee for this is R300.00. **If the objection is valid the fee will be refunded.**

TERMS & CONDITIONS OF ENTRY

The Mac Mac Pilgrim ULTRA Trail Run is organised by Fresh Trails (FT). The following constitute the terms and conditions applicable to all entrants in the Mac Mac Pilgrim ULTRA Trail Runs.

PASSPORTS, VISAS, VACCINATIONS AND INOCULATIONS

(For International Competitors)

Make sure that your passport is valid for international travel, and that it will be valid until at least three months **AFTER** you return from South Africa.

The responsibility for the provision of current and valid passports, visas, vaccinations and inoculations, where required, is that of the participant alone and Fresh Trails shall not be responsible or liable for any consequence of any nature arising from the entrant failing to ensure that he or she has complied with all such requirements.

ENTRY FEES

The event entry fee does not include personal items, beverages, meals and ant items not specifically stated in the itinerary.

Until Fresh Trails has received full payment, we reserve the right to change the entry fee.

However, once full payment is received, the price is guaranteed.

RESPONSIBILITY

Fresh Trails, their servants and agents shall not be responsible for, and shall be exempt from, all liability in respect of any injury, loss, damage, accident, delay or inconvenience to any person, or his or her luggage, or other property, wherever, whenever and howsoever the same may occur.

Fresh Trails is not responsible or liable for any loss, injury, damage, accident or inconvenience to any person, or his or her luggage, or other property as a result of their exposure to any of the wildlife within the route.

Fresh Trails is not responsible or liable for any act of God, strike, riot, civil disobedience, theft or other condition or event beyond its control.

INSURANCE

It is the participant's responsibility to make sure that he/she has sufficient medical insurance, including medevac and hospitalisation, should the need arise.

MEDICAL

Each participant must fill in the medical information form when registering.

If the participant knows of any precondition that they feel may affect them during the event, they must bring this to our attention when entering.

Race organiser **may** ask for a medical certificate from athletes' medical attendant.

There is a 4x4 ambulance with paramedics on the route for the duration of the event.

Any costs incurred should hospitalisation be necessary, are for the participant's account.

ITINERARY VARIATIONS

While every effort is made to keep to all published itineraries, we reserve the right to make changes for your convenience.

In some cases, weather conditions can necessitate an alteration in the event itinerary or race route, and this does not constitute any reason for refund.

No refund for unused services will be considered. Fresh Trails reserve the right to correct printing errors or omissions at any time, unaffected portions will continue to remain valid.

JURISTITION

Fresh Trails and the customer hereby consent in terms of Section 45(1) of the Magistrate's Court Act No. 32 of 1944 as amended in respect of any proceedings which may be instituted by either of them to the jurisdiction of the Magistrate's Court which at the time of such proceedings has jurisdiction over them in terms of section 28 (1) of the aforesaid Act, but acknowledge that the party suing shall have the rights should it in its discretion desire to institute action in a competent division of the Supreme Court of South Africa in which event, the costs of such action shall be determined in accordance with the tariff or fees applicable to the Supreme Court in force at such time.

Fresh Trails and the customer expressly agree that the laws of the Republic of South Africa shall govern this agreement and any claim as more fully envisaged above.

Wow, that's a lot to take in and some serious stuff too, BUT the most important thing to remember is to have a great time at Mac Mac Pilgrim Event!!!!