



14th Edition

Leg Race

08 /16 DECEMBER 2019

INTRODUCTION:

A desert race, but in southern Africa, far from the geo-political problems affecting the north Africa countries: a totally safe race. Running in the desert doesn't necessarily means sleeping on the ground, eating ugly food, carrying heavy packs; there's another way to experience the desert with its fascinating features: the 100 km of Namib Desert. It's the only 5 stars race, both for the environment of Namib Desert, the most beautiful and ancient desert in the world and for the accommodations in a fantastic 5 stars lodge.

A very demanding race, but with luxurious 'Five Star' accommodations that allow you to prepare and recover to face the 4 competing days, each one different from the other one. You will run many kilometres through the oldest desert in the world, you will face a marathon the 3rd day, and the grand finale with the climb of the Crazy Dune, the highest dune in the world. A great atmosphere, natural beauty, fascination, but also relaxation and comforts: these are the race program ingredients, that will make a vacation of sport, nature and... Adventure..

DAY BY DAY PROGRAMME

Sunday december 8th

Approaching day by flight to Windhoek

Monday december 9th

Arrival in Windhoek. Meeting at the airport or later in front of the Christian Church in Windhoek (Robert Mugave Ave) with the runners travelling with different flights. Transfer by bus (about 320 km) to the Sossusvlei Lodge, dinner and accommodation in the assigned bungalows, relax.





Tuesday, December 10th

Wake up and Breakfast.

at 10.00 meeting for opening event

At 10.30 a.m. Technical checks and delivery of the bib number by the conference hall.

At 12.30 p.m. lunch

At 6.15 p.m. (5.45 p.m. for the walkers) first leg start, 15 km at sunset, finish line at the lodge.

Finish of the race at sunset. The less fast runners will close the leg with dark, so must carry a headlight.

Dinner in the Lodge and overnight stay

Wednesday, December 11th

Early wake up and breakfast.

At 6.00 a.m. short transfer of about 10 km to the start line of the 2nd leg

At 6.30 a.m. start of the leg - about 21 km in the Sesriem Canyon with finish line at the Lodge.

Lunch and afternoon at leisure.

At 06,30 p.m. General meeting by the conference hall, technical briefing of the 3rd leg and slide show with pictures of the first two legs.

Dinner in the Lodge and overnight stay

Thursday December 12th

Early wake up and Breakfast

At 6.00 a.m. short transfer (about 3 km) to the start line of the 3rd leg: 42,195 km (marathon)

Start and arrival at the lodge.

Lunch in the Lodge and afternoon at leisure.

At 6.30 p.m. general meeting by the conference hall, technical briefing of the 4th leg and slide show with day pictures.

Dinner in the Lodge and overnight stay

Friday, December 13th

Early wake up and breakfast

At 5.00 a.m. 45 km transfer with the Lodge vehicles to the famous "dune 45" for the start of the 4th leg.

At 6,00 start of the fourth leg. About 26 km run, with finish line in the heart of Sossusvlei big dunes. Award official ceremony and lunch

Transfer back to the Lodge, and afternoon at leisure.

At 6.00 p.m. meeting by the conference hall and slide show.

At 6.30 approx. p.m. short transfer by 4x4 in zone Sunset Cocktail

At 8.00 p.m. final "bush dinner" organized by the lodge

Saturday , December 14th

Wake up, breakfast and lunch at the Lodge.

At 2.00 p.m. transfer to Windhoek by bus, arrival in Windhoek at about 7.00 p.m., accommodation in hotel, dinner and night.

Sunday, December 15th

Wake up and breakfast.

At 10 pm (or own time) transfer to the airport in time for the flight departure. End of services.



Monday, December 16th
Arrival at your destination.

PARTICIPATION FEE
8TH DECEMBER – 16TH DECEMBER 2019

Program flight **NOT** included € 2.640,00
(land services from Dec 9TH till Dec 15th)

Registration Fee to the Program € 90,00

Registration to the Race € 190,00

Including: official T Shirt, hat with veil, flag, memory medal and finisher t-shirt.

Nordic Walkers Registration € 190,00

Min. 8 participants

Including: official T Shirt, hat with veil, flag, memory medal and finisher t-shirt.

SINGLE ROOM SUPPLEMENT (if available) € 360,00

The participation fee INCLUDES:

- transfers from/to airport
- 5 overnights stays in double bed bungalow with bathroom and a/c in the Sossuvlei Lodge
- Full board from dinner on dec 9th through lunch on dec 14th including mineral water at main meals
- Opening cocktail and race presentation on Dec. 10th in the acacia shade
- dinner and overnight in Windhoek on Dec. 14th, stay in double room with breakfast
- all transfers by 4x4 vehicles
- touristic assistance for the whole trip
- participation in the race program or walkers' program or companion program
- technical and medical assistance
- entry to the Park in the 3 days of the race
- Sunset cocktail on Friday 13th Dec
- final 'Bush Gala Dinner'

The participation fee NOT includes:

- flight and airport taxes
- wine, beer, sparkling water during meals
- everything that is not mentioned in the previous heading 'The participation fee INCLUDES'

THE RACE WILL BE CONFIRMED WITH MIN. 20 PARTICIPANTS

DEADLINE FOR SUBSCRIPTION: September 22nd, 2019



Penalty in case of cancellation:

30% of the rate for cancellation until **90 days** before the departure
50% of the rate for cancellation until **89-60** days before the departure
75% of the rate for cancellation until **59-30** days before the departure
90% of the rate for cancellation until **29-16** days before the departure
100% of the rate for: - cancellation from **15 days to the day of departure**
- in case of NO-SHOW

- in case of not regular personal expatriation documents
REGISTRATION FEE TO THE RACE and REGISTRATION FEE TO THE PROGRAM
are **not refundable!**

Documents and vaccinations:

A valid passport with at least 6 months period before expiry is required. No visa is required for the European Community citizens. Non-EC travellers should better check with their own authorities/government in their own country of origin.

No vaccination is mandatory, except for people coming from a country with current infections alert. The anti-malaria prophylaxis is important only during summer and for people travelling in the north of the country: in the Namib Desert zone it is not necessary.

All information and suggestions can be obtained by own competent sanitary inspector's office.

It is compulsory for all participants to show a medical certificate issued by a sports medical centre with a cardiac stress test, stating the athlete is physically fit for this race.

Medical Assistance and Insurance

Only Italian competitors will be insured for repatriation due to health reasons. This policy will be undersigned by the organisation.

A personal health and repatriation insurance is required to the non-Italian runners/walker

There will be medical assistance throughout the race.

The competitors participate under their own responsibility and the organisation cannot in any way be held responsible for accidents, falls or illness during the run. Competitors cannot prevail over third-party even in case of contact or accident caused by a third-party.

The organisation is not required to provide insurance for any civil risk and is relieved of any responsibility for accidents, death or damage faced by the athletes during the race

Website : www.100kmofnamibdesert.com

IDEA AND GENERAL ORGANIZATION:

ZITOWAY Sport & Adventure – Modena info@zitoway.com +39 059 359813

TECHNICAL ORGANIZATION and DISTRIBUTION :

Melville Agency – Born 2 Run Reggio Emilia born2run@melville.it +39 0522 272266