



## 15th Edition

### Leg Race

**05 /10 DECEMBER 2022**

#### 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

##### **Monday december 5th**

Meeting of the participant at Avani hotel in Windhoek. Dinner and overnight.

##### **Tuesday december 6th – 1st leg**

8 AM. Transfer by bus (about 320 km) to the Sossusvlei Lodge, accommodation in the assigned bungalows, lunch.

4 PM. Technical checks and bibs delivery by the conference hall.

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 slower runners will finish the leg with dark, so a headlight is highly recommended.

Dinner in the Lodge and overnight stay

### **Wednesday, December 7th – 2nd leg**

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 7,00 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 8th – 3rd leg**

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)

At 6,30 a.m. start of the leg.

Lunch in the Lodge and afternoon at leisure.

At 7,00 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 09th – 4th leg**

Early wake up and breakfast

At 6.00 a.m. 45 km transfer with the Lodge vehicles to the famous “dune 45” for the start of the 4th leg.

At 7,00 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 backs to the Lodge, and afternoon at leisure.

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

at 6,30 p.m. short transfer by 4x4 in zone Sunset Cocktail

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

### **Saturday , December 10th**

At 10.00 a.m. transfer to Windhoek by bus, lunch onboard, arrival in Windhoek at about 3.00 p.m. in front of Avani hotel. Farewell and end of services.

Participants must arrange their own stay in Windhoek independently (or thorough Born2Run agency) according to their flight schedule.

### **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.

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.

### **IMPORTANT**

Covid19 safety rules and regulations will be updated regularly and in any case not later than 20 days prior to departure.

## **PARTICIPATION FEE (Without Flight)**

Trip registration:	€	90
Participation fee Windhoek/Windhoek	€	2.670
Runners registration fee:	€	190
Nordic Walking registration fee	€	190
Runners registration fee for Namibia/ZA residents	€	250

### **The registration fee includes:**

- Official T-shirt
- Official cotton T-shirt
- Official hat with veil,
- Medal
- FINISHER T-shirt
- Race assistance, technical and medical
- Sundowner cocktail party
- Bush Dinner on last night
- 4x4 transfers during the race days
- Park fees during the race days

### **The participation fee includes:**

- Turnaround bus transfer Windhoek-Sossusvlei Lodge.
- 4 nights in bungalow, A/C double room at Sossusvlei Lodge
- Full board treatment, including mineral water
- Touristic assistance for the entire period

### **Not included :**

- drinks
- tips
- all personal extras not mentioned above

### **SUPPLEMENTS**

Single room supplement at Sossusvlei Lodge and Avani hotel in Windhoek € 360



**THE RACE WILL BE CONFIRMED WITH MIN. 20 PARTICIPANTS**

**DEADLINE FOR SUBSCRIPTION: October 31th, 2022**

**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  
80% of the rate for cancellation until **59-30** days before the departure  
100% of the rate for cancellation from **29 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:**

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**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](http://www.100kmofnamibdesert.com)**



**IDEA AND GENERAL ORGANIZATION:**

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**TECHNICAL ORGANIZATION and DISTRIBUTION :**

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