



947. Vitality
SHORT RIDE

FINAL INSTRUCTIONS

947 Vitality Short Ride
Sunday, 17 November 2019



Ride day checklist and final instructions

There are a few things you need to remember to help your day run smoothly. Plan your arrival, allowing enough time to travel to the venue parking areas, and get to the Holding Area ahead of your start time.

Race number (mandatory)

Pin your unique race number to the back of your cycling shirt, over the pockets. Your race number is your identification while you are out on the route. Do not let anyone else ride with your race number, as we use this to access your emergency and medical details.

Bike Number Board (mandatory)

All 947 Vitality Short Ride cyclists will be issued with a unique bike number board that is to be attached to the front handlebars of your bicycle using the cable ties supplied. This bike number board is to easily identify 947 Vitality Short Ride cyclists along the route, crossing the finish line and if you are making use of the Melrose Arch return shuttle service. Do not let anyone else ride with your bike number board.

RaceTec chip (mandatory)

Secure the RaceTec chip to the bike clip on the front wheel of your bike. You can also use a Velcro strap to attach it to your left ankle, with the chip sitting on the outside of your leg. No chip, no ride; no time, no result. Should you not have purchased a RaceTec Timing Chip, you will not be able to claim your Vitality Points for the event as we will have no means of uploading your information to Vitality to award your points. Chips can be purchased at the Discovery 947 Ride Joburg Lifestyle Expo.

Helmet (mandatory)

Your safety is extremely important to us. Because of this, you won't be allowed to access the start pen or route without your helmet. No helmet, no ride.

Puncture kit

Bring spare tubes, a pump, tyre levers and tools with you. Mechanics are not always available.

Cash

Consider bringing cash along for the day in case you need a replacement tube on the route or you'd like to get a cold beverage and tasty hamburger at the finish. About R300 should be enough.

Cellphone

Carry your cellphone with you in case of emergency and to contact your family and friends after your ride.

Sunblock and sunglasses

The Joburg sun can get extremely hot, so make sure you're protected.

Filled water bottles

There are four water points along the Short Ride route, stocked with ice-cold water, Powerade and Coke. It's always good practice to ensure you have plenty to drink. We suggest you start riding with two full bottles, which you can refill at any of the waterpoints.

Food

The 947 Vitality Short Ride starts from 09h30. Certain restaurants inside Melrose Arch will be open but please make sure you eat a sensible breakfast and carry any energy supplements you may require. Just like your car can't run without fuel, your body needs its own energy. Test your breakfast on training rides. Don't try a new breakfast on the day of 947 Vitality Short Ride. See Nutrition on Route page.

Bike number and Action Photo sticker

Remember to stick your bike number onto your bike. If you get separated from your bike for whatever reason, the sticker will help us reunite you. Jetline Action Photo provides helmet stickers for you. If you would like to be identified for your commemorative photos, place one of these on the front of your helmet. You'll find these stickers in your race pack.

Parking

How to get to the 947 Vitality Short Ride

Parking for 947 Vitality Short Ride participants will be in the **underground** parking bays at Melrose Arch.

Please note: height restrictions do apply when accessing these parking bays. Due to the height restrictions in the underground parking vehicles with roof-mounted bike racks will need to make use of the the Drop Off Zone on Whitely Rd before accessing the Melrose Arch underground parking area.

Traffic will be busy, so give yourself enough time on the morning to get to Melrose Arch. We recommend arriving 2 hours ahead of your start time.

The basement parking areas are numbered. You may be directed to a different parking area from the one you planned to park due to traffic flow. Please remember the basement parking area number and where you exit into the Melrose Arch precinct on the morning or “drop a pin”.

Access to parking at Melrose Arch

- If traveling from the South you will take the M1 N-bound and exit at Atholl Oaklands. Turn left onto Atholl Oaklands and take the first right turn into Melrose Blvd where you will be directed to access Parking 3 only.
- If traveling from the South Alternative you will take the M1 N-bound and exit at Corlett Dr. Turn left onto Corlett Dr. Keeping left, turn into Melrose Blvd where you will be directed to access Parking 1 or VA.
- If traveling from the East you will take the N3 S-bound, exit at Marlboro Drive. Continue on Marlboro Drive and exit left onto Bowling Avenue which becomes Katherine Street. Continue along Katherine Street and turn left into Pretoria Ave, left into Forrest Rd, right into Keurboom Rd, right into Cedar Rd, right into Central Ave, left into Cross Ave which becomes Atholl Oaklands. Cross over Corlett Dr into Atholl Oaklands and make your way to Melrose Arch where you will be directed to access Parking 2 or 3.
- If traveling from the East Alternative 1 they can take the N3 S-bound, taking Marlboro Drive into South Road into Rivonia exit and then go all the way along Rivonia / Oxford Rd, into Rudd Road and then turn left into Corlett Drive, turn right into Atholl Oaklands where you will be directed to access Melrose Arch Parking 2 or 3.
- If traveling from the East Alternative 2 they can take the N3 S-bound, taking Modderfontein Road turn right into Wordsworth Road. Stay on Wordsworth Road, which becomes Main Road, Canning Road, 9th Road, through Lombardy East and Kew. 9th Road then crosses over Louis Botha Ave and becomes Corlett Drive. Continue all the way along Corlett Drive, under the M1 Motorway. As you go under the motorway, keep left using the slip lane into Melrose Blvd where you will be directed to access Melrose Arch Parking 2 or VA.
- If travelling from the North you will need to access Melrose Arch by taking N1 S-bound, exit at Rivonia Road and continue all the way along Rivonia Road, which becomes Oxford Road. Take the slip into Rudd Road then turn left into Corlett Drive, turn right into Atholl Oaklands where you will be directed to access Melrose Arch Parking 2 or 3.
- If travelling from the North Alternative would be to access Melrose Arch by taking N1 N-bound, following the N12 / M1 coming past Gold Reef City. Continue on the M1 N-bound and exit at Atholl Oaklands. Turn left onto Atholl Oaklands and take the first right turn into Melrose Blvd where you will be directed to access Parking 3 only.

Drop Off Zone at Melrose Arch

If you are being dropped off make use of the dedicated Drop Off Zone inside Melrose Arch only before the start, opposite The Piazza inside Melrose Arch, which you will access from Atholl Oaklands into Whitely Road. This will be a one-way from Atholl Oaklands to Melrose Blvd only to assist with traffic flow.

Please note:

The M1 S-Bound (into Joburg CBD) is closed from Buccleuch interchange to the M2 interchange from 04:30-14:35 Alternative routes may be planned using the event interactive map that can be accessed at the following link: <http://www.947ridejoburg.co.za/interactivemap> to assist you navigate your way around route road closures on event Sunday.



Melrose Arch Start Zone & Load Times

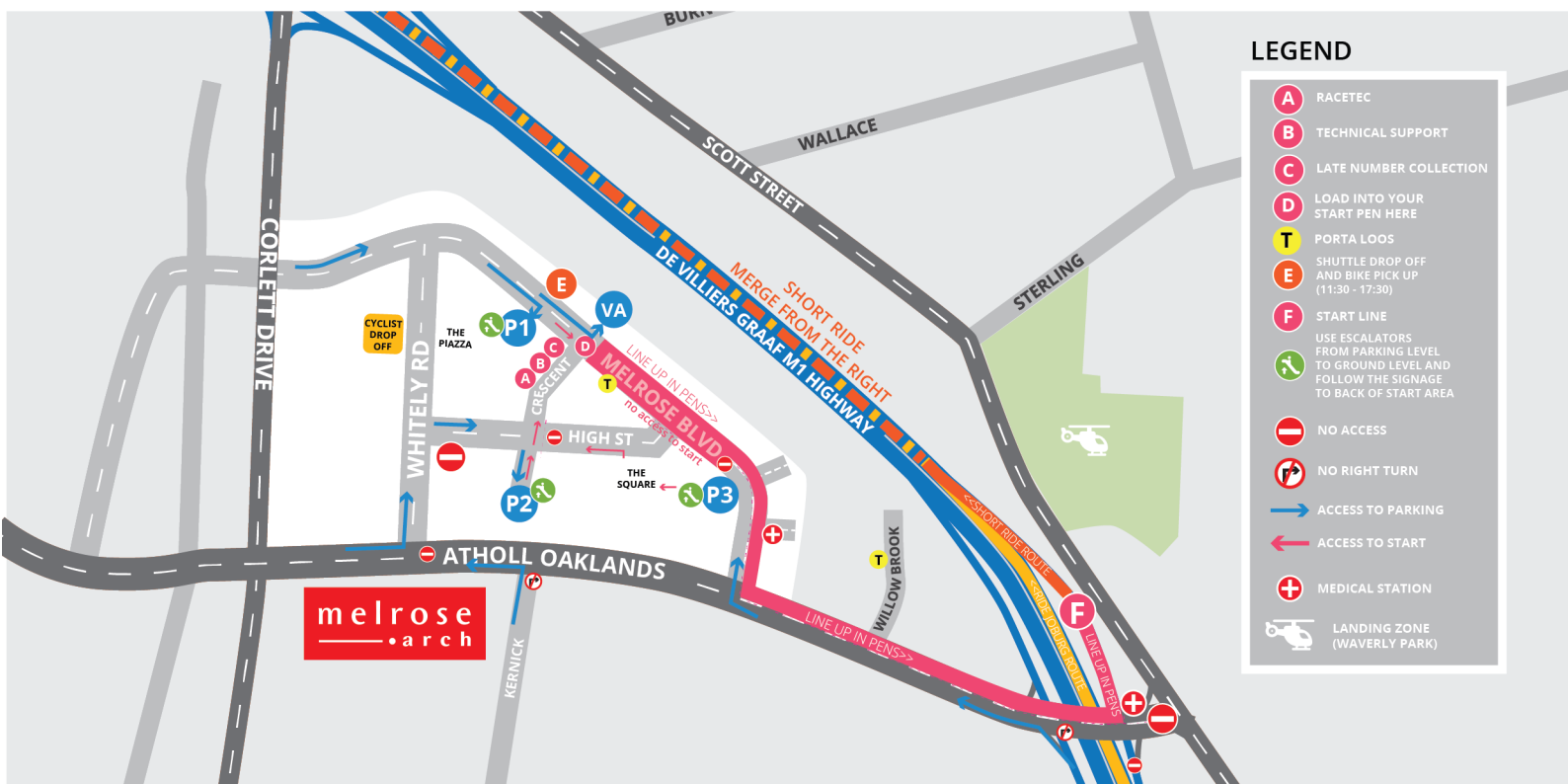
All cyclists of the 947 Vitality Short Ride are required to load in through the Check Gates at the back of the Holding Area, which is at the intersection of Crescent Drive and Melrose Blvd, (opposite Worley Parsons / Virgin Active) to your start pens on Melrose Blvd.

Please note:

If you arrive late and miss your batch load-in time, you will not be able to start with your allocated batch, you will be included in the next batch loading.

Start Group	Arrive at holding area	Pen open	Start time
Group V1	08:00	08:45	09:30
Group V2	08:00	08:45	09:36
Group V3	08:00	09:00	09:42
Group V4	08:00	09:13	09:48
Group V5	08:00	09:18	09:54
Group V6	08:30	09:37	10:00
Group V7	08:30	09:45	10:07
Group V8	09:00	09:51	10:14
Group V9	09:00	09:58	10:21
Group V10	09:15	10:05	10:28
Group V11	09:15	10:12	10:35
Group V12	09:15	10:19	10:42

Venue and parking map



Route

What you will encounter along the route

Vehicles

The 947 Vitality Short Ride event enjoys the advantage of full road closure of the 94.7km Ride Joburg route. There will be officials on the route to provide support to the organisers and joint operations centre, as well as emergency vehicles and sweep support vehicles.

Pedestrians

In certain areas along the route, you will find that there are many spectators and general pedestrians going about their business. Be aware at all times.

Road surface

The 947 Vitality Short Ride organisers work closely with the Johannesburg Roads Agency and the Gauteng Department of Roads and Transport help fill potholes and improve the road surface. We also employ a private mechanical broom to clear the route of debris. However, be aware of loose sand or uneven surfaces. Always think about what might lie ahead of you. Road hazards such as potholes and poor surfaces will be marked on the road with bright yellow duct tape or paint. Please look out for these markings and avoid the hazards for your own safety. Also, point the hazards out to your fellow riders.

Mechanics

There is mechanical support at Melrose Arch and at the four water points. At these stations you'll see skilled bike mechanics that you may recognise from the local bike shops in your community. You can buy spare parts from the mechanics. You can pay cash, or use you cellphone banking or the Zapper App.

Water points

There are four waterpoints along the route. These are the last four on the Ride Joburg route, waterpoint 6; 7; 8 and 9. These waterpoints stocked with ice-cold Powerade, Coke and water. There will be medical, physiotherapy and chiropractic support at the water points, as well as mechanical support and toilets.

Nutrition

To help boost energy levels, we have a few healthy ways to sustain your energy levels on the route:

- Racefood FARbars and FASTbars at water points 6 and 7
- Nutriseed at water points 8 and 9

We suggest you carry additional energy supplements - please don't use a new or untried supplement on the day.

Keep the route clean

Remember to STASH YOUR TRASH until you can dispose of your rubbish in a responsible way.

Netcare 911 and Voltaren

World-class medical assistance and physiotherapy support will be available at the water points along the route. Their response vehicles will be dispatched as needed. **If you or a fellow cyclist require urgent medical attention, call 082 911** and give your location. Remember to save this number in your phone in case it's needed in a hurry. There is a Netcare hospital at the finish venue, and the Voltaren physiotherapists and chiropractors are located at the hospital and in the hospitality area.

Sweep buses and trailers: Sweep = Rescue

Cyclists who do not make the cut-off points or cannot continue their ride will be swept off the route to the finish venue at Riversands Commercial Park. Sweep pick up points are at the water points. So, try to get yourself to a water point or alternatively flag down one of the official vehicles and ask them to request that the JOC (Joint Operation Centre) dispatches a vehicle as available. Place your bike frame sticker (find this in your Race Pack) on your bike to ensure that you can be reunited with your bike back at Riversands Commercial Park.



Cut-off times

Cyclists must complete the 947 Vitality Short Ride within a certain time, and cut-off times will be in place. This is to ensure that residents and motorists are not inconvenienced longer than is necessary, as well as for your safety.

Rider awareness on route

Riding in a bunch is not something you may do every time you get on your bike. Be aware of those around you and consider the following to avoid causing unnecessary crashes:

1. Think about the cyclists behind you. Don't do anything that is unexpected, like braking or turning suddenly (unless you're avoiding a hazard).
2. Think about what may be coming up ahead of you on the road and make provision in good time.
3. Keep your position on the road constant and avoid moving from one side to the other unexpectedly. Always be aware of those around you.

Cut-off time-table

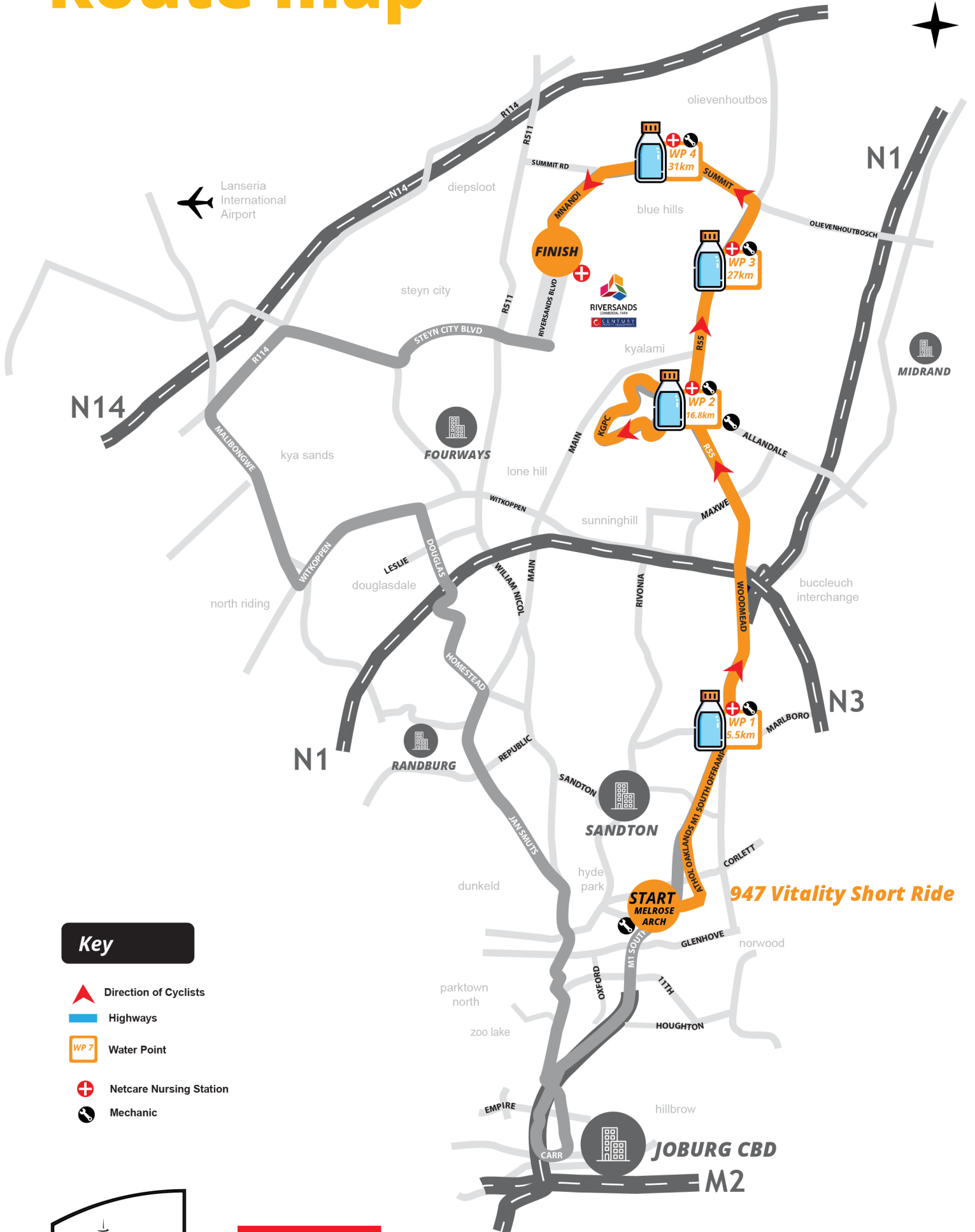
	Point on route	Distance	Time
E	(1st) 6th Water Point on M1 South at Marlboro Rd	(5km) 58km	13:28
F	(2nd) 7th Water Point at KGPC (Short Cut)	(16.5km) 70km	14:16
G	R55 and Kyalami Blvd (Business Park)	75.60km	14:38
	(3rd) 8th Water Point at R55 and Mimosa Rd	(26.5km) 80km	14:56
	(4th) 9th Water Point at Summit Rd and London Rd	(30.7km) 84km	15:12

*details subject to change

Profile



Route map



947 Vitality Short Ride

Key

-  Direction of Cyclists
-  Highways
-  Water Point
-  Netcare Nursing Station
-  Mechanic



Subject to change without prior notice. This route plan will be updated as and when needed.

Finish and hospitality village

It has been a long ride; time to relax

Your 947 Vitality Short Ride finishes at Riversands Commercial Park. The finish line is along Riversands Boulevard between Circles 9 & 8. It is a downhill finish, so be aware of your space and what is ahead of you. Between Circles 7 & 6 you will receive your medal and an ice-cold Coke, Coke Zero or water.

Hospitality village

You can head towards the main hospitality field to your left at Circle 6 or drop your bike at the Nightwing Courier Bike shuttle service. There are a range of public caterers and a beer garden where you can unwind after your ride. Make sure you take your cellphone along if you are planning to meet up with family and friends at the finish area. The area is vast and it is very difficult to find people if you do not plan your movements with them. There may be cellphone congestion due to high volumes of people so the organisers have installed cell boosters in the venue to counter this issue.

Medical message

If you are cramping or feeling unwell after your ride, please go immediately to the Netcare 911 Hospital, located next to Circle 6. Do not get on the bus if you are in any way unwell. Rather let the Netcare doctors have a look at you!

Physiotherapy and chiropractic support

Check the middle page for a map of the venue. Voltaren physiotherapists and chiropractors are available at the finish area (on the main hospitality field) to give your tired legs a rub-down.

Bike Loading (between Circle 6 & D)

Nightwing Couriers have been appointed as the official transport company responsible for transporting bicycles back to Melrose Arch.

The Nightwing Courier 'Bike Catchers', who will be easily identifiable in their uniform and official event accreditation lanyards, will be ready to catch 947 Vitality Short Ride cyclists before Circle 6 to facilitate the loading of bikes for transport back to Melrose Arch. Should you not be returning to Melrose Arch after your ride, you can just advise them that you do not require the shuttle service.

Bike shuttle trucks, operated by Nightwing Couriers, will be used to load your bike onto from the Shuttle Bike Park at Riversands Commercial Park located between Circle D and Circle 6. No bikes will be permitted on the busses. The Nightwing Courier staff will accept your bike for loading and issue you with a numbered colour coded wrist band as proof of receipt thereof. One band you will be required to wear on your wrist, the other will be attached to your bicycle.

Your bike will then be loaded and safely be transported ahead of you to Melrose Arch.

By using the Nightwing Courier Bike shuttle service, you agree to receive sms communication regarding the transport of your bicycle.

Shuttles Riversands Commercial Park to Melrose Arch (post ride)

Shuttles from Riversands Commercial Park to Melrose Arch will be returning cyclists and their bikes after the 947 Vitality Short Ride. These shuttles will depart from dedicated Melrose Arch Shuttle pick up points located at Riversands Commercial Park between Circle 6 and D and will be easily identified by signage on the digital display boards around the venue.

Shuttle Bus Loading (between Circle 6 & 5)

Shuttle busses, operated by MegaBus, will load at the Shuttle Pick-Up Point at Riversands Commercial Park between Circle 6 and Circle 5 and managed by our Shuttle Bus Supervisor. No bikes will be permitted on the busses. Shuttles will depart Riversands Commercial Park as soon as the busses are fully loaded with the last shuttle bus expected to depart Riversands Commercial Park at 16h00.

Bike Collection at Melrose Arch

Upon arrival at Melrose Arch, all bikes will be offloaded at the secure bike-park for collection. For security reasons, you will need show your numbered colour coded wrist band to the Bike Park Supervisor who will then handover your bicycle to you. No bicycles will be released without a matching wristband and bike number, nor can



someone collect your bicycle on your behalf. The Bike park at Melrose Arch will close at 17h00.

Please note: All bikes not collected from the Melrose Arch Bike Park by 18h00 on event day, will be removed from the venue and riders will then have to make contact with Nightwing Couriers to obtain their bikes.

Melrose Arch Parking Exit

If you have made use of the underground parking at Melrose Arch, please ensure that you collect your complimentary parking ticket from the event crew when collecting your bicycle. You will not be able to exit any of the Melrose Arch parking areas without a valid parking ticket.

Results

Go to www.947ridejoburg.co.za from 18:00 on Sunday, 17 November to check out your provisional results. These exclude category positions.

You can download your Discovery 947 Ride Joburg certificate from the RaceTec results website from 30 November 2018.

Photographs

Check out your official Discovery 947 Ride joburg photographs, which will be available on www.jetlineactionphoto.com, and remember to add your pictures to our Facebook pages and on Twitter.

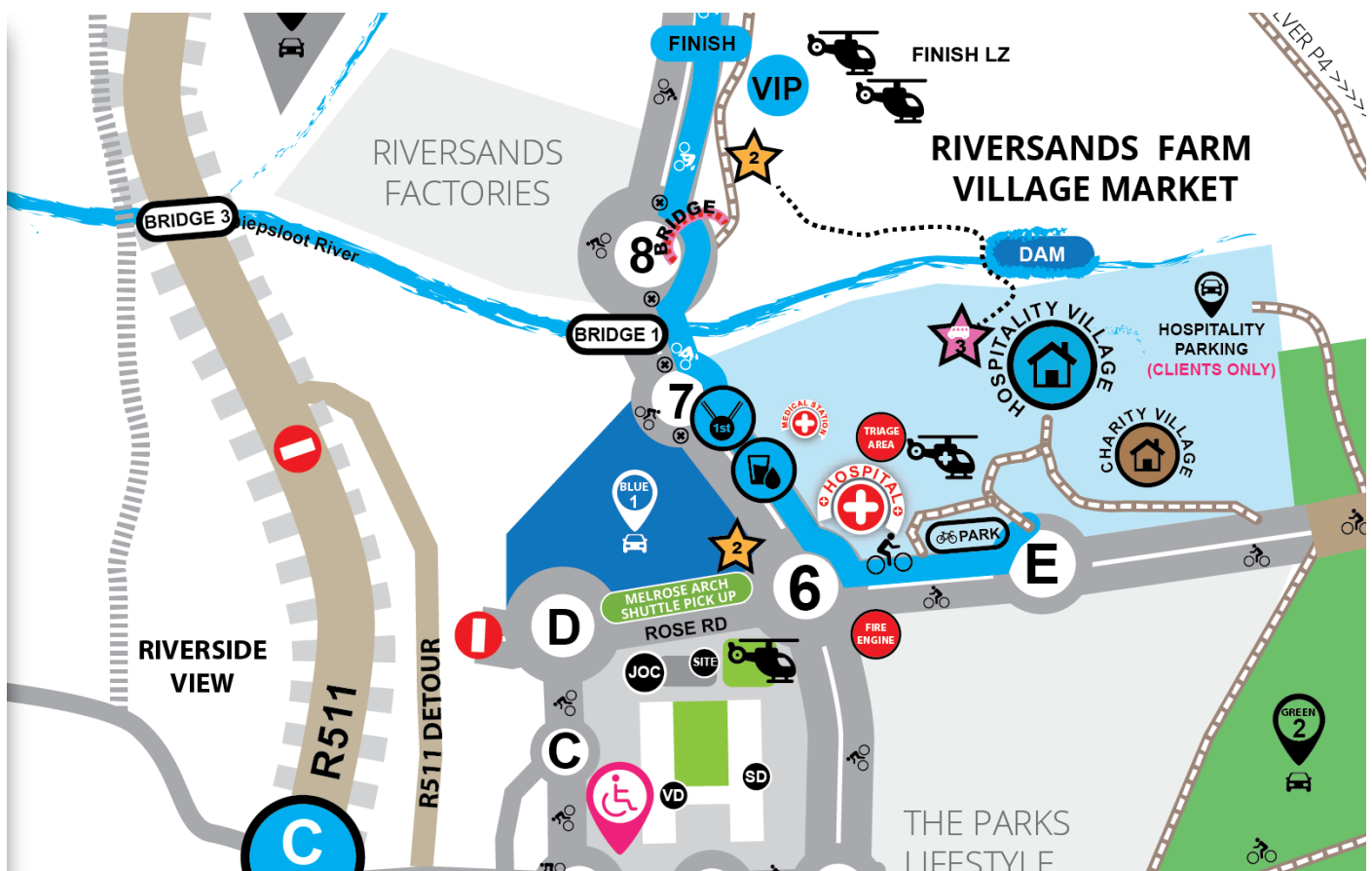
Spectators at the finish line - with map

Riversands Commercial Park is a very large venue.

Please take a look at the venue map to find the distances between the circles along Riversands Boulevard and to see where the finish line is.

There are spectator facilities, which include grandstands and toilets. Refreshments will be on sale at the finish line.

To get there, you can walk up to Circle 8 and use the pedestrian bridge to cross over the route. You can also catch a shuttle bus from the hospitality village up to the finish line and back again, or you can chill out and wait for your riders at the Purple parking area. Bring a gazebo and relax! The spectator areas are indicated in the map below by ★ and the shuttle is indicated by ☆



Short Ride top tips

9 top tips to make your 947 Vitality Short Ride a success

- 1 Keep your phone in a ziplock bag to avoid sweat and moisture damage to your phone.
- 2 Height restrictions apply when accessing the underground parking at Melrose Arch. Don't attach your bike to the roof of your car.
- 3 "Drop A Pin" on your smartphone when you park. This will help you find your vehicle when you finish the ride.
- 4 Freeze one of your water bottles overnight.
- 5 Do not look behind you while cycling, as this will cause you to inadvertently swerve and possibly touch wheels.
- 6 Download the 947 App, available on Android and Apple devices. Listen to 947 for traffic on your way in and out of the venue.
- 7 On twitter #AskNondwe for any queries on the day. Nondwe will get back to you ASAP.
- 8 Download the free Racetec App on Android or Apple devices to track cyclists on the day.
- 9 For any queries please call the Call Centre on 011 017 2700 or go to www.947ridejoburg.co.za.

