



33 days to go

Well done on entering the 2021 Cableway Charity Challenge. It is going to be different, but also same-same, and most importantly – fun!

STRAVA

If you have not already, please download STRAVA on to your smart phone and start playing around with it. We will create a CCC club in due course that will record your laps for all to see. Throughout the 10 days you will be able to check out how others are doing and see if you want to drag yourself up the mountain one more time!

ROUTE

For those of you who have done the last past few years events, you will remember that after the first lap along Tafelberg Road, the route then changes to the contour path to get to Platteklip Gorge. This year you are welcome to do either route, mix it up, we don't mind – however we assume it will be quite handy to pass your vehicle to collect or drop off things – so for that Tafelberg road is best.

REGISTRATION

Registration is on Thursday the 8th of April at the lower cable station. Here you will collect your race T, race number and other complimentary goodies. You must wear your race top at all times to gain access to the cable car on the down trips. This in conjunction with your race number will ensure that you do not need to walk down!

ON THE DAY(S)

So long as the cable car is operating, you will have a lift down – it is imperative that you check on arrival that all is good. We are also supplying 2 complimentary “down” tickets for any friends or family that would like to support you on one of your ascents. By wearing your race T, you will also get to instantly recognise your fellow participants, so stop and have a chat – it is all for a good cause!

NUTRITION

You will need to provide your own specific nutrition (bars etc) for yourself, however we are working on providing a sandwich and a snack or two for each entrant – we are just working out with the Cableway how best to do this. Water will be provided for each entrant.

SPONSORSHIP

That's why we are here folks, to make a difference! The pandemic has put our beneficiaries under tremendous strain so let's do our level best to help them. Sponsorship is as little as R100 and your sponsors can be rest assured that all their pledges go to the beneficiaries as we are a 100% volunteer run event.

If you haven't received your signup email, which has a sample email to send to friends and family, please let us know so we can resend it.

CAPE TALK

https://www.capetalk.co.za/podcasts/127/lunch-with-pippa-hudson/490947/entries-now-open-for-the-2021-cableway-charity-challenge

Happy training!

Kind regards, The CCC Team



Thank you to our SPONSORS:



CCC is organised by JdJ www.jdi.org.za