HOLLARD HEARTS FOUNDATION CYCLING FESTIVAL

18 OCTOBER 2026

WINDHOEK, NAMIBIA



RIDER GUIDE

V1.0

Hollard. HEARTS FOUNDATION CYCLING FESTIVAL



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CONTACT INFO

Email: raceday@raceday.events
Website: hollardheartscyclingfestival.com

ABOUT THE HOLLARD HEARTS FOUNDATION

Established in **2023,** the **Hollard Hearts Foundation** serves as Hollard's core platform for giving back to communities across Namibia. Built on the belief that enduring change begins with targeted, compassionate action, the Foundation channels resources into key development and welfare initiatives:

- **Empowering Education (The Amos Meerkat Project):** Transforming the future for over **5,000 rural school children** by equipping them with the essential books, educational resources, and stationery they need to learn, grow, and thrive.
- **Environmental Conservation:** Backing initiatives dedicated to preserving Namibia's rich biodiversity and natural heritage.
- **Elderly Care & Community Welfare:** Supporting programs and homes that provide dignity, care, and comfort to senior citizens and vulnerable groups.

Learn More & Explore Our Work:
Discover more about our foundation's initiatives and projects by visiting the Hollard Hearts Foundation Official Page.

Our Mission: Raising N$1 Million for Namibian Communities

How You & Corporate Namibia Can Make a Difference

We warmly invite the public, avid riders, and corporate partners across Namibia to stand with us:

1. **Register to Ride:** Enter one of the distances, bring friends or family, and take on the scenic open roads.
2. **Make a Direct Contribution:** Provide tax-deductible corporate or individual donations directly toward the foundation's initiatives.
3. Become an Event Sponsor: Partner with us as a brand sponsor to elevate road cycling and maximize community funding.

Partner & Community Appreciation

An initiative of this scale is made possible through dedicated collaboration. We extend our sincere gratitude to:

- **Our Generous Partners & Corporate Sponsors** who supply essential resources, support vehicles, and logistical funding.
- **Medical & Safety Teams,** including our ambulance crews and on-route safety marshals.
- **The Namibia Cycling Federation & the Ministry of Sport** for their leadership and sanctioning.
- **Our Organising Committee & Volunteers** whose dedication drives this event forward.

Carine Vos
Member, Hollard Hearts Foundation



2. EVENT OVERVIEW

INTRODUCTION

Welcome to the Annual Hollard Hearts Foundation Cycling Festival! This exciting event, taking place on **October 18,** offers riders of all levels a chance to challenge themselves against Namibia's breathtaking scenery.

Choose from three distances: **32km for beginners and families, 72km for weekend warriors,** and **100km for the racing snakes.**





3. RACE REGISTRATION

REGISTRATION DETAILS

Date: Friday, 16 October
Time: 17:00 - 18:30
Location: Hollard HQ, Corner of Jan Jonker Drive and Thorer Street
Google Maps: Click here to view

Upon registration, all participants will receive a **race pack.**

PRIZE GIVING

Cut-off time: 11:00
Prize giving will start: 11:30

RACE CATEGORIES

100km: Elite, Grand Master, Master, Veteran, Sub Veteran (podium and prize money).
72km: Open and Under 16 (podium and prize money).
32km: Open (no podium) and Under 12 & younger (podium and prize money).

RACE NUMBER REQUIREMENTS

- **Wear your number securely on your back with the provided pins,** it's your timing chip!
- **Return the number** after finishing the race to receive your medal.

E-BIKES AND PARA-ATHLETES

E-Bikes and Para-athletes are welcome. There are no podium prizes for these two categories. **No private support cars will be allowed on the route**. Riders receiving outside assistance, other than at the designated support stations, will be disqualified.



4. IMPORTANT RACE INFORMATION

UCI AND NCF SANCTIONED EVENT

This race is a **Namibian Cycling Federation (NCF) sanctioned event,** therefore, **UCI race rules will apply.** Riders are expected to display good sportsmanship and prioritise the safety of themselves and others.

RACE RULES AND SAFETY GUIDELINES

- **No earphones** (including bone conduction).
- **No outside support or support vehicles** allowed on the route for 32km and 72km races.
- **No drafting behind vehicles.**
- **Obey all traffic laws** (keep left).
- **No clip-on handlebars** of any description allowed.
- **Minimum age: 17 years on 31 December** required for the 100km race.
- **Do not litter.** Anyone seen littering will be disqualified and will not be allowed to participate in any future races.

BIKE REGULATIONS AND MODIFICATIONS

- **Road bikes, mountain bikes, or gravel bikes are allowed.**
- Any handlebar style with one-piece construction is permitted (no clip-on extensions).
- Bikes will be **checked at the start** to prevent disqualification at the finish.
- E-Bike riders are welcome, but there will be no podium prizes for E-Bike riders.

SUPPORT VEHICLES AND SUPPORT

- Eligibility & Briefing: 100km race only; registered vehicles must attend the compulsory Friday 18:00 briefing to receive their ID and radio (miss the briefing = not permitted on course).
- Crew & Feeding Rules: Max 2 persons per vehicle; left-side feeding only (driver cannot feed). Feeding is permitted between Dordabis Bridge and Airport off-ramp, and on the return highway to Finkenstein Bridge (strictly no vehicles on the 6km Dordabis loop).
- Finish Routing: Vehicles must exit the active race line at Olympia Bridge, do not follow riders to the finish line via the highway.
- There will be backup vehicles and ambulances on the route for emergencies.
- Any rider seen using a support car will be disqualified.
- Supporters can wait for riders at the finish line in Wika street or at the Namibia Cricket Grounds (NCG).
- Sweep vehicles will follow the last rider to the finish. There will be cut-off times in place at certain points.

ROAD CLOSURE

There will be NO road closure. Follow the road and traffic rules at all times. Follow the road and traffic rules at all times. Keep left on the road, inside the yellow line, at all times. Pass slower riders on the right at a safe distance without putting any riders in danger.

EMERGENCY PROCEDURES

- If lost or in need of assistance, return to the nearest water point or contact the Race Director at **+264 81 260 1999.**
- Should you abandon the race, please inform the Race Director of your withdrawal at **+264 81 260 1999.**
- Ambulances will be on standby.
- Riders encountering injured riders must stop and assist. Inform the next rider to pass and alert the nearest race official.

GPS DEVICES AND ROUTE MAPS

- View routes on the website: Final routes coming soon.
- GPX files will be shared closer to the date.

RESULTS

- The timekeeper will produce an **overall ranking and race results**, which will be available after the race on the website and social media.

CANCELLATION POLICY

Refunds: A 25% refund will be issued for cancellations made **before 1 October.** No refunds will be granted after this date, and your entry fee will be donated to the Hollard Hearts Foundation.

Rider Substitutions: Rider substitutions are allowed **until 12 October.**
Late entries at registration are allowed at an additional fee.
Please contact raceday@raceday.events.



5. THE ROUTES

WATER POINTS

The **full distance route (100km)** features **4 water points.** The 72km and 32km will utilise the same water points. All riders are encouraged to carry their own tools, spare tubes, water bottles and nutrition. The water points will have water, Coke, fruit and snacks.

32km Route (1 Water Point)

- **Water Point 1 (17km):** On-ramp (heading back) at Finkenstein Bridge.

72km Route (3 Water Points)

- **Water Point 1 (23km):** Under the Kappsfarm Bridge (outbound).
- **Water Point 2 (42km):** On the Dordabis Bridge (heading back).
- **Water Point 3 (57km):** Near the Finkenstein Bridge (heading back).

100km Route (4 Water Points)

- **Water Point 1 (23km):** Under the Kappsfarm Bridge (outbound).
- **Water Point 2 (64km):** On-ramp turning back from the Airport on the highway.
- **Water Point 3 (70km):** On the Dordabis Bridge (heading back).
- **Water Point 4 (85km):** Near the Finkenstein Bridge (heading back).

ROUTE MAPS AND DESCRIPTIONS

Visit our website for updates and more info.
hollardheartscyclingfestival.com



100KM FULL DISTANCE ROUTE MAP

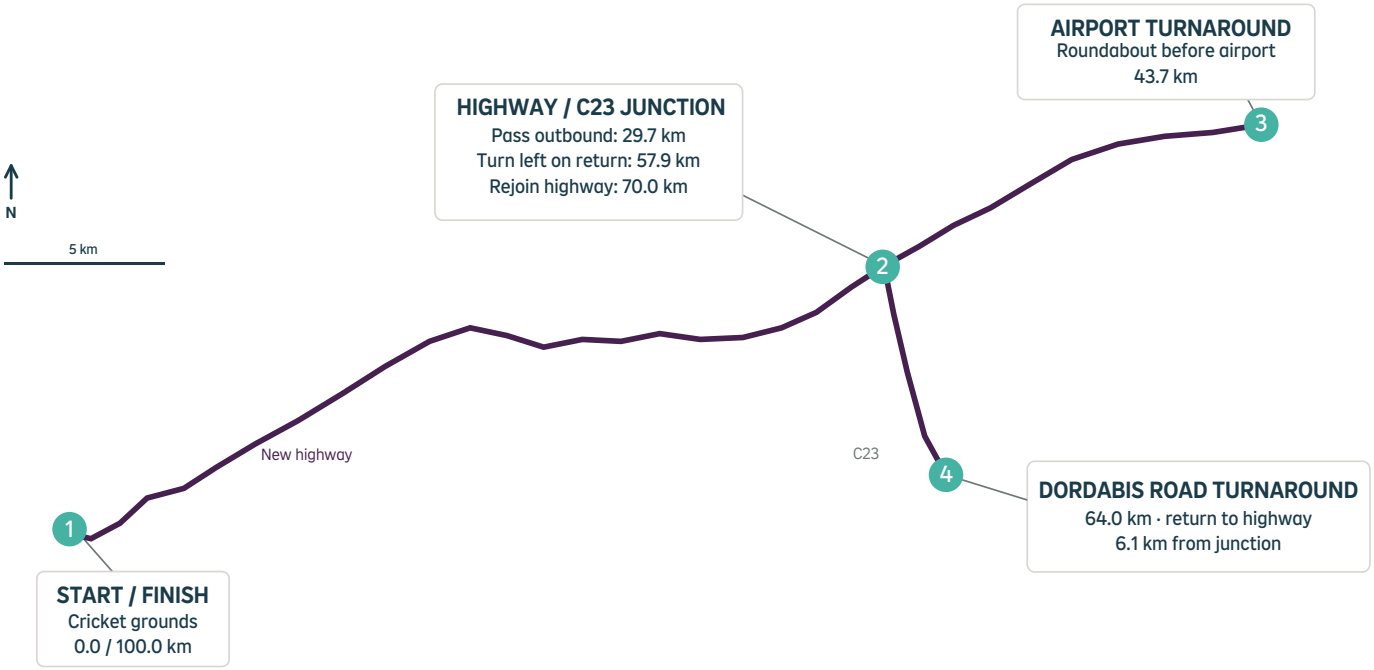
Route characteristics:

- This course is ideal for **intermediate-level cyclists.** You should comfortably be able to cycle for 3-4.5 hours. Cut off at 11:00.
- There is an elevation gain of approximately **800 meters.**

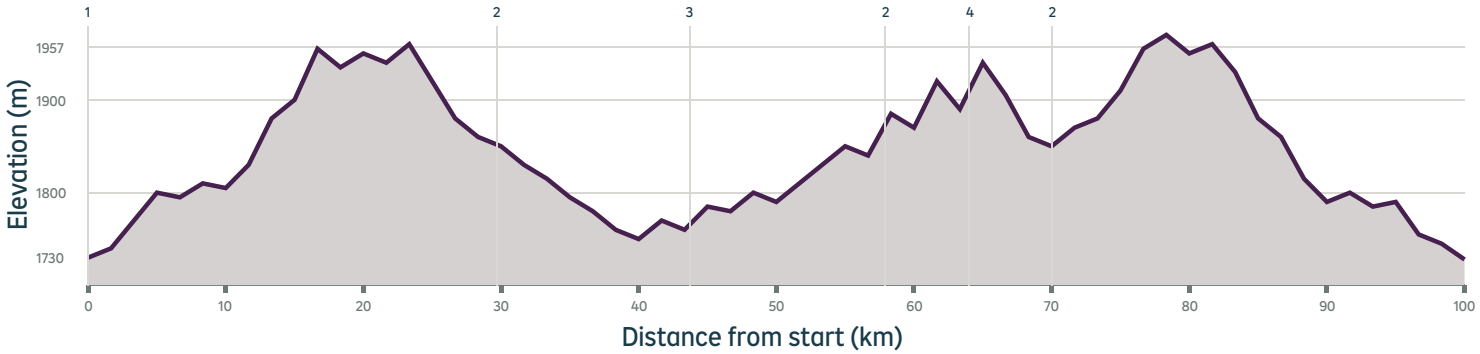
Route Description:

- Start at 6:30 AM for the men and 6:40 for the women (race briefing 6:25 and 6:35).
- Start in Wika street behind the rugby stadium and Namibia Cricket Grounds (NCG). There will be directional signage and marshals on the course.

100.0 km	822 m	1,957 m	1,730 m
TOTAL DISTANCE	RECORDED ASCENT	HIGHEST POINT	LOWEST POINT



ELEVATION PROFILE



Route sequence

Cricket grounds > new highway > airport roundabout > highway / C23 junction > Dordabis road (6.1 km each way) > highway > exit before Truck Port > cricket grounds

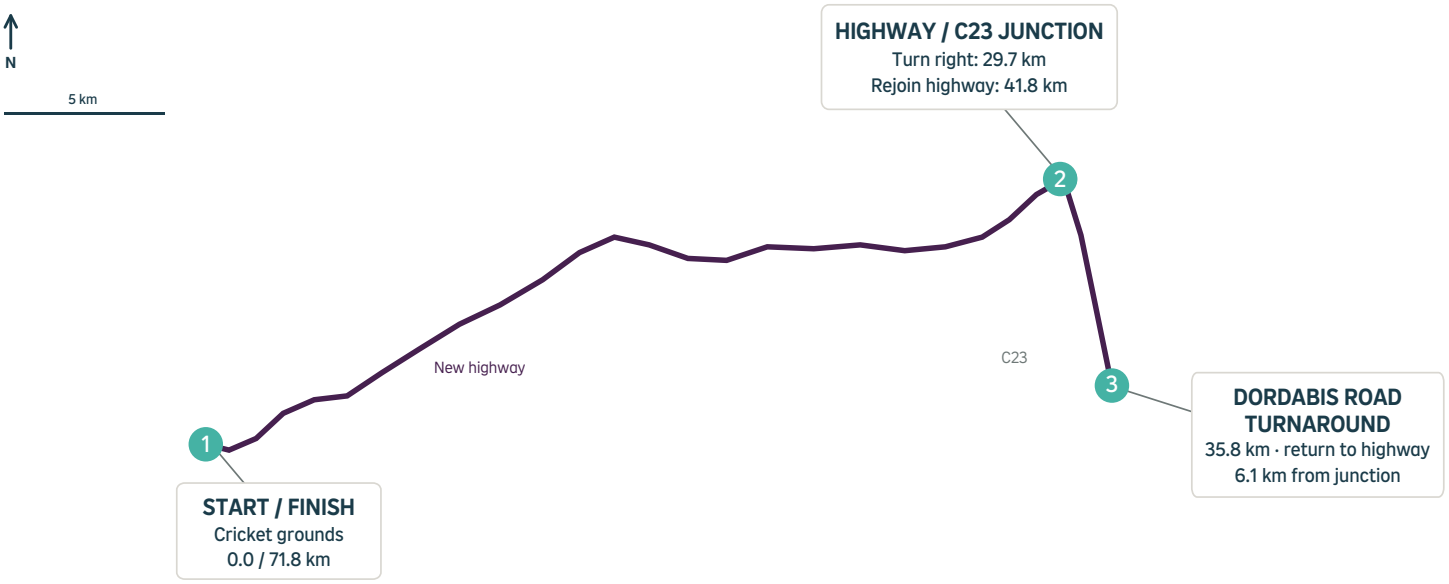
Distances rounded from GPX sections. Junction positions approximate.

72KM ROUTE MAP

Route characteristics:

- This course is ideal for the **avid cyclist** who can cycle comfortably for 2-4 hours. Cut off is at 10:00.
- There is an elevation gain of approximately **500 meters.**
- Start in Wika street behind the rugby stadium and Namibia Cricket Grounds (NCG).
- Start at 7:00 AM (race briefing at 6:55).

71.8 km	647 m	1,957 m	1,730 m
TOTAL DISTANCE	RECORDED ASCENT	HIGHEST POINT	LOWEST POINT



ELEVATION PROFILE



Route sequence

Cricket grounds > new highway > turn right onto C23 / Dordabis road > turn around after 6.1 km > highway > exit before Truck Port > cricket grounds

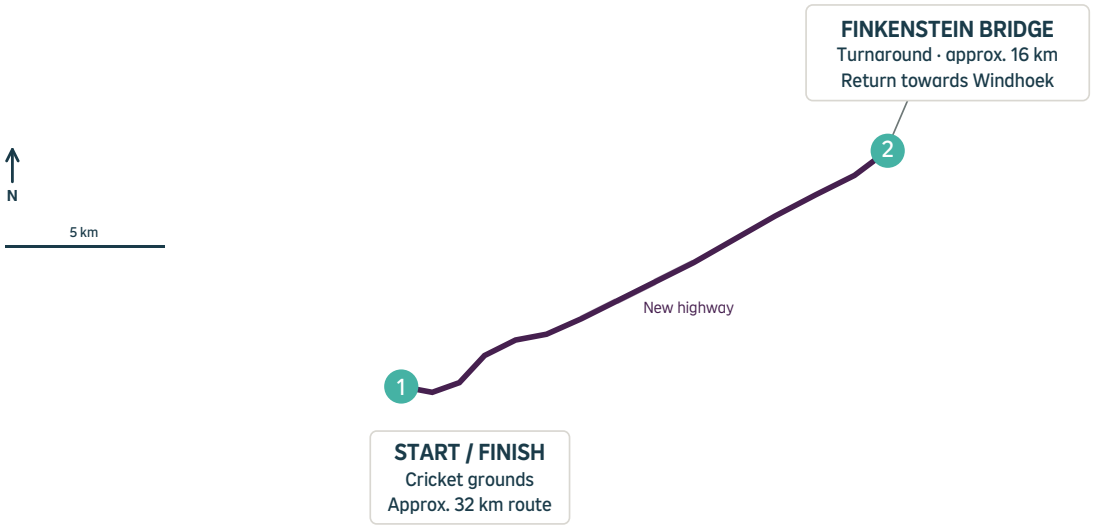
72 km course: 71.8 km measured from GPX sections. Distances rounded. Junction positions approximate.

32KM ROUTE MAP

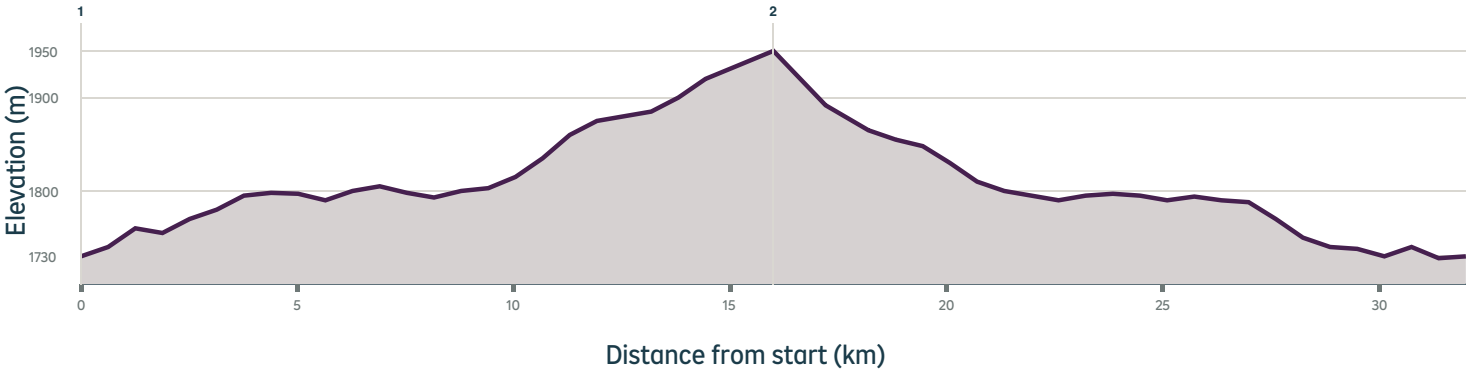
Route characteristics:

- This course is ideal for **beginners and is family-friendly.** Cut off is at 10:00.
- There is an elevation gain of approximately **200 meters.**
- Start in Wika street behind the rugby stadium and Namibia Cricket Grounds (NCG).
- Start at 7:10 AM (race briefing 7:05).

32 km	291 m	1,950 m	1,730 m
TOTAL DISTANCE	ESTIMATED ASCENT	HIGHEST POINT	LOWEST POINT



ELEVATION PROFILE



Route sequence

Cricket grounds > new highway > Finkenstein bridge > turn around > return on highway > exit before Truck Port > cricket grounds

6. PRIZE BREAKDOWN



GRAND PRIX SERIES
TOTAL N$620,000

OVERALL GRAND PRIX SERIES TOP 3 MEN & WOMEN:
- **1st:** N$250,000
- **2nd:** N$50,000
- **3rd:** N$10,000

PRIZE BREAKDOWN (Hollard Hearts Foundation Cycling Festival)
TOTAL N$150,000

100KM | KOM/QOM:
- **1st:** N$2,000

100KM | GC MEN & WOMEN:
- **1st:** N$25,000
- **2nd:** N$15,000
- **3rd:** N$5,000

100KM | ELITE MEN & WOMEN:
- **1st:** N$1,500
- **2nd:** N$1,000
- **3rd:** N$500

100KM | SUB VETERAN / VETERAN / MASTER / GRAND MASTER MEN & WOMEN:
- **1st:** N$1,500
- **2nd:** N$1,000
- **3rd:** N$500

72KM | OPEN OVERALL MEN & WOMEN:
- **1st:** N$1,000
- **2nd:** N$750
- **3rd:** N$500

72KM | 16 YOUNGER OVERALL MALE & FEMALE:
- **1st:** N$1,000
- **2nd:** N$750
- **3rd:** N$500

32KM | U12 & YOUNGER OVERALL MALE & FEMALE:
- **1st:** N$750
- **2nd:** N$500
- **3rd:** N$300

7. THE START AND FINISH

START

Location: Wika street near rugby stadium and Namibia Cricket Grounds (NCG) (start and finish).
Parking at the stadium is plentiful. Drivers will be directed to a designated **Rider Drop-Off Zone** where riders can disembark with their bikes and proceed to the start. Supporters can wait for riders at the Finish. Do not park in or near the start shoot, you won't be able to leave until all riders have finished.

Start Procedure:
- The full distance race begins at 06:30 AM at the stadium.
- Half distance starts at 7:00 and short distance starts at 7:10.
- Riders will enter from the east side and proceed to the starting area.

Race Briefing:
A **mandatory rider briefing** will be held at least 5 minutes before the start of each race. Attendance is crucial f or all participants.

FINISH

Finish Line Festivities:
- Each rider will receive a refreshing drink, medal at the finish line.

Race Village:
There will be a vibrant race village offering various amenities for riders and spectators:
- Food and drink vendors
- Coffee Pop-Up Shop
- Kids Pedal and Play Park
- Kids Fun Ride
- Family Entertainment
- Parking



8. RACE DAY ESSENTIALS

RACE DAY ESSENTIALS

Riders are expected to be self-sufficient whilst racing.
Make your ride as smooth as possible by ensuring you pack the following items:

1. **Helmet:** Safety first! A helmet is mandatory for all riders.
2. **GPS Device:** Not essential, but useful, the route will be marked.
3. **Clothing:** Dress appropriately for the weather conditions. Expect hot and dry temperatures and bring layers to adjust as needed.
4. **Mobile Phone:** Keep your phone fully charged and save the emergency number **(+264 81 260 1999).**
5. **Lighting:** Ensure you have red rear lights for visibility, especially during the early morning start.
6. **Bike Repair Kit:** Be prepared for mechanical issues with a comprehensive kit including spare tubes, chain links, lube, and essential tools.
7. **Nutrition and Hydration:** Plan your nutrition and hydration strategy beforehand. Water points will be available every 25-30km, but bring your own bottles and hydration packs for additional support.
8. **Other Essentials:** Sunscreen, sunglasses, a face buff, and a basic first-aid kit.

SAFETY TIPS AND RECOMMENDATIONS

1. **Familiarise Yourself with the Course:** Study the route maps and descriptions to anticipate challenges and plan accordingly.
2. **Ride Safely:** Follow traffic laws, be aware of other riders, and avoid risky maneuvers.
3. **Communicate:** Use hand signals to communicate with other riders and alert them of potential hazards.
4. **Pace Yourself:** Start at a comfortable pace and gradually increase your speed as you feel more energized.
5. **Listen to Your Body:** Pay attention to your body's signals and adjust your pace or take breaks as needed.
6. **Stay Hydrated:** Drink regularly to avoid dehydration, especially in the hot Namibian climate.
7. **Fuel Your Body:** Consume energy-rich snacks and gels throughout the race to maintain your energy levels. Do not use new supplements on race day.
8. **Emergency Preparedness:** Know the location of water points and tech zones in case of mechanical issues or emergencies.
9. **Enjoy the Ride:** Remember to have fun and appreciate the stunning Namibian scenery!

9. ORGANISING COMMITTEE

Hollard HEARTS FOUNDATION CYCLING FESTIVAL

Project Manager & Race Director
Johan Pretorius - Raceday Events

Speaker & Prize Giving Ceremony
Patrick De Goede

Press And Media Officer
Lume Durant and Lisa Gale Stofberg

Website, Graphic Design and Copywriting
Marcelle Eloff - Axiom Plus

President Of The Commissaires Panel
Brendan Dickerson

Timing
Raceday Events

Photography
Stefan Oosthuizen

Videography
RB Media



10. SPONSORS

Hollard.

Standard Bank

Heineken 0.0

MANNIE'S BIKE MECCA IMPOSSIBLE IS NOTHING

Cycletec

Galito's FLAME-GRILLED CHICKEN

PEPSI

SuperC ENERGY

CYMOT SINCE 1948

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