

The Deelfontein Dome Fest

Adventure Run



Sunday 30 October 2016

Welcome to adventure running in the rugged bergland of the Vredefort Dome Heritage Site! This social trail run aims to provide runners with an opportunity to experience the challenges and the beauty of the Dome without the stress and bustle of a competitive event.

Four distances cater to the needs of all trail runners: The 35km trail challenges the serious professional with rough terrain, steep climbs and numerous summits. The 20km and 12km events use trails on the same type of terrain but offer distance choices to suit individual preferences. The 5km trail takes you through picturesque bushveld without big altitude differences. All four races are on single track trails through breathtakingly beautiful natural surroundings in the heart of the Vredefort Dome World Heritage Site. The Dome is the site of the largest meteorite impact on earth, caused by the collision between our planet and an asteroid 10km in diameter roughly two billion years ago. Today the area is famous for its unique geology and unspoilt nature.

At Deelfontein, nestled in a secluded valley between two high ridges, you can experience the near-pristine natural surroundings, get away from the bustle of the city, test your mettle against the challenging trails, and cool off in the crystal clear swimming pool at the finishing line.

Distances:

- 5 km (easy-going trail in the valley)
- 12 km (challenging mountain terrain)
- 20 km (stretch your limits!)
- 35 km (for the professionals and other madmen)

Rates:	35km	R150
	20km	R130
	12km	R100
	5km	R80

Entries: From 6h30 on the day of the run.
Please arrive timeously and have the correct amount ready.

Starting time:	35km	7h00
	20km	7h10
	12km	7h20
	5km	7h30

Directions: www.deelfontein.co.za

Please note: The trails are on well-marked hiking and MTB trails. There will be no marshals. The trails are well marked, and runners need to self-navigate. A map of the trail will be supplied. There will be self-help water points, but please carry own water. Please carry a whistle and a space blanket. Emergency backup organised. No prizes, no time-keeping.

Facilities: Ablution block and swimming pool at finishing line. Please shower before using the pool! Fires will be supplied; bring along your meat and braai next to the swimming pool after the run. For those who want to stay over on Saturday evening, there is self-catering accommodation available in two guest houses and a bush camp at 25% discount.