



# CYCLING & MARATHON START TIMINGS FOF 2022

**DATE: 6th NOVEMBER**

**VENUE: TILISI**

- 1 Registration is from 6 to 6.45AM and the races will start after a small briefing and prayer as per schedule below. Parking inside may be a challenge if you arrive after the start of the race, so do please ensure that you arrive well in time.
- 2 Please bring your water bottle - Water refilling will be available.
- 3 Be prepared for rain. The track is half murrum and half tarmac. Take it as a challenge and a different type of fun, but always being careful to avoid any injuries.
- 4 Road bikes are not recommended, and if you are using 1, do be extra careful in the murrum.
- 5 Bring waterproofs, just in case.
- 6 Dress warmly. Tilisi is higher than Nairobi and colder.
- 7 A bike mechanic and crew will be on site - but we request all to please come with their bikes checked and ready to use.
- 8 The PIN for Tilisi is : <https://goo.gl/maps/XbCjnX3z83b3zHYGA>  
Best way to get there is using the Waiyaki way highway, if coming from Westlands / Parklands.
- 9 We shall do a staggered start with the cyclists going first as follows:

| Time   | Category | Event          | Distance |
|--------|----------|----------------|----------|
| 7.00AM | 14 to 39 | Cycling start  | 24km     |
| 7.10AM | Over 40  | Cycling start  | 16km     |
| 7.20AM | U14      | Cycling start  | 8km      |
| 7.30AM | 14 to 39 | Marathon start | 16km     |
| 7.40AM | 40 to 55 | Marathon start | 8 km     |
| 7.50AM | U14      | Marathon start | 8km      |
| 8.00AM | Over 55  | Marathon start | 8km      |
| 8.05AM |          | Walk           | 8km      |