

HOLLARD HEARTS FOUNDATION ROAD RACE

19 OCTOBER 2025

WINDHOEK, NAMIBIA

RIDER GUIDE

V1.3



Hollard.
HEART'S
FOUNDATION
ROAD RACE



HOLLARD HEARTS FOUNDATION ROAD RACE

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CONTACT INFO

Website: hollardheartsrace.com

General: info@hollardheartsrace.com

WELCOME MESSAGE FROM THE HOLLARD HEARTS FOUNDATION MEMBER



As Member of the Hollard Hearts Foundation, I am proud to announce the first-ever Hollard Hearts Foundation Road Race, set to take place on the streets of Windhoek on 19 October 2025.

Established in 2023, the Foundation serves as Hollard's platform to give back to communities. Through our Amos Meerkat project, we're changing the future for over 5,000 rural schoolchildren by equipping them with the books and stationery they need to learn, grow, and thrive. Our fundraising efforts also extend to environmental conservation and elderly care projects. To learn more, please visit:

www.hollard.com.na/about-us/hearts-foundation.

This year, we aim to raise N\$1 million for these important causes. We invite the public and corporate companies in Namibia to help us make a difference, whether by

- Registering to Ride
- Making a Donation
- Sponsoring Events

Your participation helps us make a real difference where it matters most.

This event will not only help raise funds but also promote road cycling in Namibia. On 19 October, the newly completed freeway will be used for an exciting race with a marked route, water points, and marshals ensuring rider safety.

We are deeply grateful to our partners and sponsors who are ready to help make a difference, including those providing ambulances, support vehicles, and safety marshals. Special thanks to the Namibia Cycling Federation, the Ministry of Sport, and our dedicated organising committee.

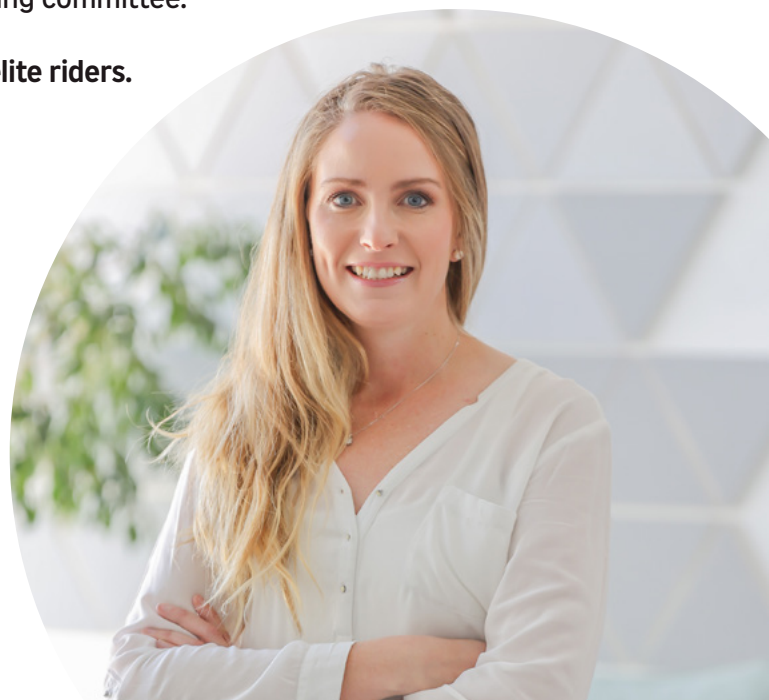
And finally, don't miss out on the N\$100,000 prize pool for elite riders.

Entries open 1 July 2025.

Yours in cycling,

Carine Vos

Member, Hollard Hearts Foundation



2. EVENT OVERVIEW

INTRODUCTION

Welcome to the inaugural 2025 Hollard Hearts Foundation Road Race! This exciting event, taking place on **October 19, 2025**, offers riders of all levels a chance to challenge themselves against Namibia's breathtaking scenery.

Choose from three distances: **30km for beginners and families, 70km for weekend warriors, and 100km for the racing snakes.**



3. RACE REGISTRATION

REGISTRATION DETAILS

Date: Friday, 17 October, 2025

Time: 17:00 - 18:00

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**.

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. **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.
- **No drafting behind vehicles.**
- **Obey all traffic laws** (keep left).
- **No clip-on handlebars** of any description allowed.
- **Minimum age of 18** 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.

SUPPORT VEHICLES AND NEUTRAL SUPPORT

- Support vehicles are prohibited for safety reasons. The event will have backup cars 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).
- Neutral support with refreshments will be available at water points and tech zones.
- 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 **road closures** as we are using public roads, but not all roads will be closed off to traffic. Follow the road and traffic rules at all times. Authorisation has been given by the **Roads Authority (RA)** and the City of **Windhoek (CoW)**. We appreciate your cooperation in clearing the streets from traffic as soon as possible to ensure a safe start for our riders.

EMERGENCY PROCEDURES

- If lost or in need of assistance, return to the nearest water point or contact the Race Director at **+264 81 126 0501**.
- Should you abandon the race, please inform the Race Director of your withdrawal at **+264 81 126 0501**.
- Ambulances will be on standby with Delta Emergency Rescue. **Dial 977 if you have an emergency.**
- 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

- Downloading the GPX course file to a GPS device is mandatory for the full distance.
- View routes here: 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 August 30, 2025**. 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 October 5, 2025**.

Late entries at registration are allowed at N\$250.

Please contact info@hollardheartsrace.com.

5. THE ROUTES

WATER POINTS AND TECH ZONES

The **full distance route (100km)** features **3 water points** and **1 tech zone**, strategically placed for refreshment and mechanical assistance. The **70km route** utilise **water points 1**. All riders are encouraged to carry their own tools and spare tubes. Two water bottles should be enough for the 30km route.

Water Point Details (Full Distance Only):

- **Water Point 1 (30km)** under the Dordabis Bridge
- **Water Point 2 (50km)** under the Dordabis Bridge coming back

Tech Zones: There will be tech zones. Freshly ground coffee and snacks will be available at the stadium before the race starts.

ROUTE MAPS AND DESCRIPTIONS

Visit our website for updates and more info.

<https://hollardheartsrace.com>



100KM FULL DISTANCE ROUTE MAP

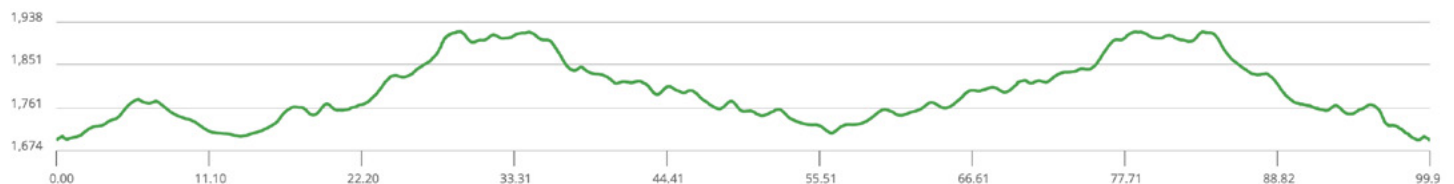
Route: Routes coming soon.

Route characteristics:

- This course is ideal for **intermediate-level cyclists**. You should comfortably be able to cycle for 3-5 hours.
- There is an elevation gain of approximately **800 meters**.

Route Description:

- Start at **6:30 AM** (race briefing at 6:25)
- Start in Wika street behind the rugby stadium and [Namibia Cricket Grounds \(NCG\)](#). There will be directional signage and marshals on the course.

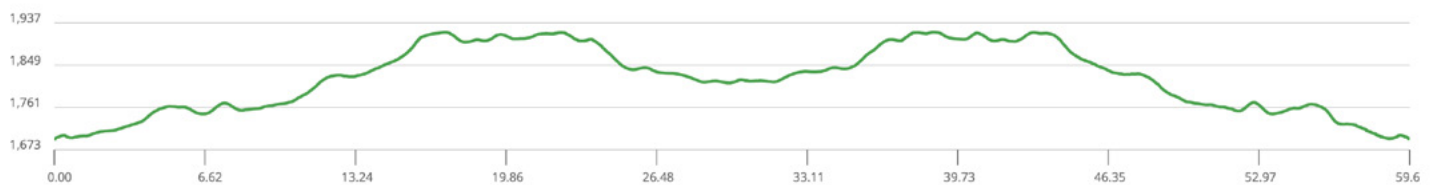


70KM ROUTE MAP

Route: Routes coming soon.

Route characteristics:

- This course is ideal for the **avid cyclist** who can cycle comfortably for 2-4 hours.
- There is an elevation gain of approximately **500 meters**.
- Start in Wika street behind the rugby stadium and [Namibia Cricket Grounds \(NCG\)](#).
- Start at 7:15 (race briefing at 7:05)

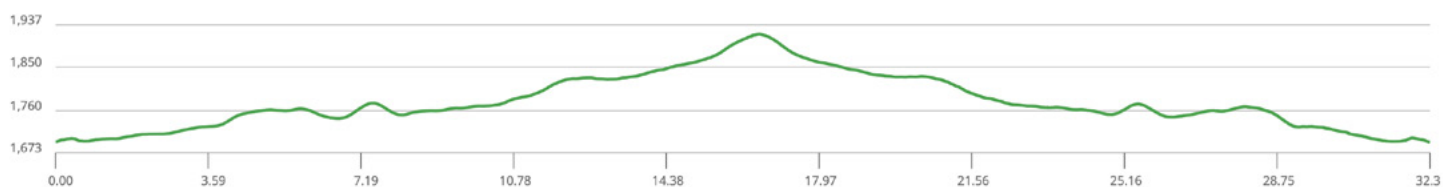


30KM ROUTE MAP

Route: Routes coming soon.

Route characteristics:

- This course is ideal for **beginners and is family-friendly**.
- There is an elevation gain of approximately **200 meters**.
- Start in Wika street behind the rugby stadium and [Namibia Cricket Grounds \(NCG\)](#).
- Start at 7:15 (race briefing at 7:10)



6. PRIZE BREAKDOWN

100KM FULL DISTANCE PRIZE BREAKDOWN TOTAL N\$100 000

ELITE MEN:

- 1st: N\$25 000
- 2nd: N\$15 000
- 3rd: N\$5 000

ELITE WOMEN:

- 1st: N\$25 000
- 2nd: N\$15 000
- 3rd: N\$5 000



7. THE START AND FINISH

START

Location: Wika street near rugby stadium and [Namibia Cricket Grounds \(NCG\)](#) (start and finish).

Parking: 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 for 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:

- Hollard Hospitality Tent
- Coffee Pop-Up Shop
- Tech Zone
- Kids Pedal and Play Park
- 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 81 126 0501).
- 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



Project Manager & Race Director
Anri Parker

Logistics
Raceday

Start Sectors
Kirsten Klein

Speaker & Prizegiving Ceremony
Patrick De Goede

Press And Media Officer
Lume Durant and Lisa Gale Stofberg

Website, Graphic Design and Copywriting
Marcelle Eloff - Njami Design Studio

President Of The Commissaires Panel
Brendan Dickerson

Timing
Raceday Events

Emergency Services
Delta Medical Services

Motor Support:
Cycletec

Photography and Social Media Design
Stefan Oosthuizen

Videography
RB Media



10. SPONSORS

Hollard.

