

## Entries open for two-day MTB Challenge

(Cape Town, 07 December 2009) Entries for the first two-day Cape Argus Pick n Pay MTB Challenge have already opened.

The MTB Challenge will now take place the weekend preceding the Cape Argus Pick n Pay Cycle Tour, on Saturday 6 and Sunday 7 March 2010, to accommodate the tremendous growth this event has experienced. The two-day event will cater for all riders, from families who'd like to introduce their children to the sport, to the hard-core competitors who are in it to win it.

The shorter routes have been scheduled for Saturday, 6 March:

- The 13km family ride is perfect for novice riders and families with children;
- The 26km mountain bike course is ideal for intermediate riders and requires moderate skill levels in order to tackle the descents and single track sections.

The longer routes will take place on Sunday 7, March:

- The 35km route is exciting yet very strenuous, make no mistake. If you doubt your ability at all, rather stick to the 26km route.
- The 55km MTB Challenge requires not only endurance but also excellent handling skills. This one is only for experienced mountain bikers.

Trail builder extraordinaire, Meurant Botha, will yet again treat riders to painfully steep climbs, daring downhills and of course, a few surprises!

### How to enter

Riders can enter online by visiting [www.mtbchallenge.co.za](http://www.mtbchallenge.co.za). Entries are limited to 4 750 so enter soonest to avoid disappointment. No late entries will be accepted on race day for the 26km, 35km and 55km routes.

Participants who complete the 55km MTB Challenge **AND** the Cape Argus Pick n Pay Cycle Tour will receive a special commemorative medal.

Boschendal Wine Estate will once again host the Cape Argus Pick n Pay MTB Challenge. If dirt is not your thing, bring a blanket, relax on the lawns, taste some of the local estate wines and enjoy a great family day out.

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