

THE PICAROON

24TH JUNE 2018 - HOW IT WORKS

The Picaroon is Joburg's Coldest and Dirtiest Tri-event. This document details how it works on the day.



THE PICAROON

The Picaroon has three (3) different disciplines:

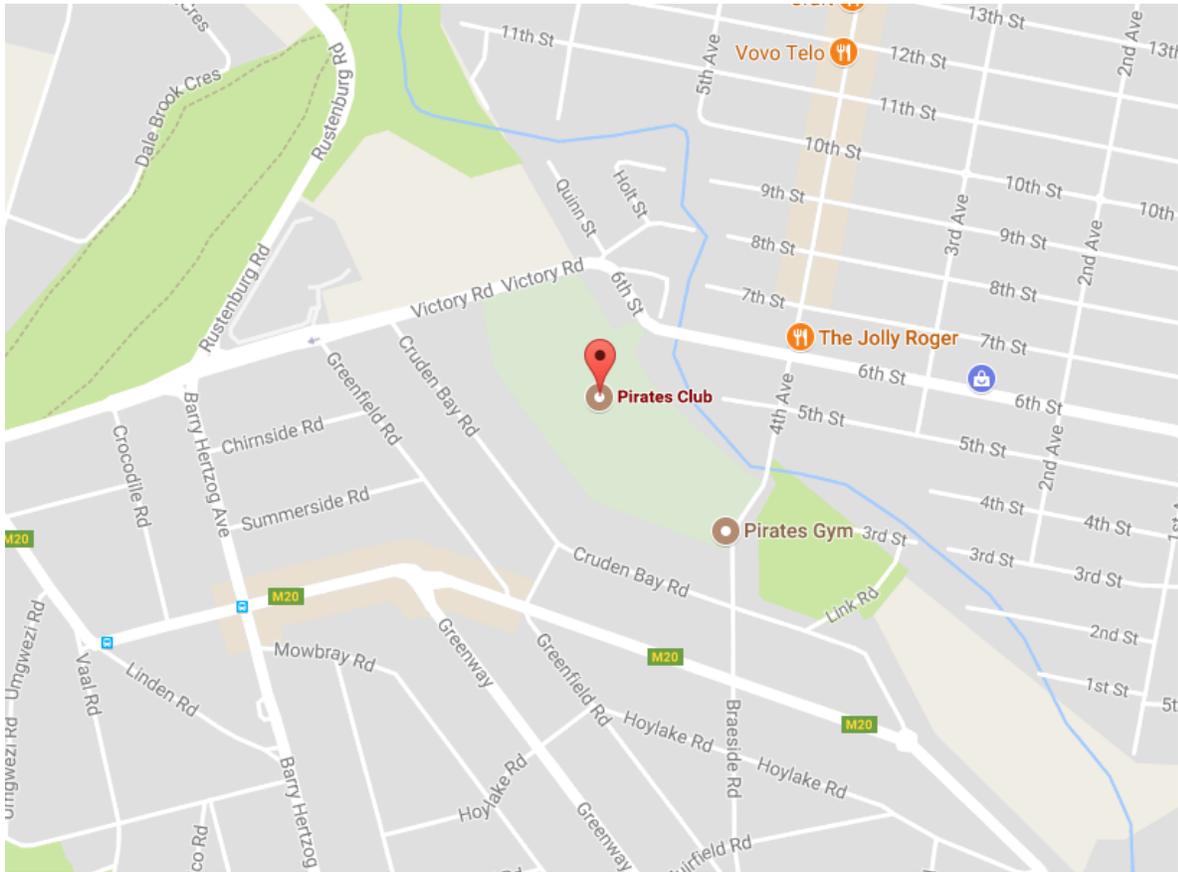
- MTB Cycle
- Trail Run
- The Penguin Swim

In a change from previous editions each discipline has only one distance option. The cycle and the run are individually timed whilst the swim is a mass participation with everyone going off in waves.

We are cognisant of the proximity of the Picaroon to the Comrades marathon with some participants only having 2 weeks between the two events. Due to the possibility of some tired legs the distances are limited to reasonable lengths.

PICAROON LOCATION

The Picaroon starts and finishes at Pirates Club in Greenside. The Pirates Club is on the Braamfontein Spruit and the picaroon takes place in the green belt and surrounding areas. The address of the Pirates Club is 25 Braeside Road, Greenside.



PICAROON TIMETABLE

In a change from prior years, and in order to eliminate waiting around, the cycle and the trail run will lead straight into each other. If you are cycling you can go out on the run at your convenience. If you aren't cycling you can go out on the run anytime after the first cyclist arrives back at Pirates. Participants need to complete the disciplines in the allotted time so that we can do the swim as a mass event.

7:55am – Picaroon Registration

13:00pm – Penguin Swim

8:00am – Picaroon Start (with the MTB)

13:30pm – Lamb Spit at Pirates Club

12:50pm – Travel to Emmarentia Dam

CHECKPOINTS

Each discipline has three checkpoints out on course. Participants will need to visit each checkpoint and return to Pirates with their stolen stash to qualify as completing that discipline. As always the checkpoint is marked with a book hanging from a tree / fence. Tear out and bring back your appropriate page – makes for some reading if you are getting bored.



PICAROON MTB CYCLE

The cycle consists of a single figure of eight loop which needs to be completed in 2h30. The loop is a 24km leg that starts through Delta Park before heading west towards Alberts Farm, before returning through the botanical gardens.

PICAROON TRAIL RUN

The run is a lumpy 14.5km route that includes large portions of the Delta Park park run route before heading back for a quick visit to the big fountain in the botanical gardens. The run needs to be completed before 12:50pm.

PICAROON PENGUIN SWIM

The swim is a 60m swim in Emmarentia Dam that takes place from the Emmarentia Sailing Club. The swim is around a buoy and back. Penguins are known to inhabit Antarctica and whilst it may be cold, the dam is even colder. Participants go off in waves and we encourage spectators for the swim leg.



The swim is the highlight of the event and we encourage all participants to partake in the swim. We have flotation devices for those that are concerned about their swimming abilities.

PICAROON RANKINGS

We are moving from our previous ranking system to one that is more competitive and reflective of your abilities and your speed. Each participant will need to record their start and finishing times and will be ranked based on aggregate times over the cycle and the run. For those that only do one discipline you will receive the cut-off time for the other discipline for your ranking.

PICAROON AID POINT

There is only one waterpoint at the Picaroon. The cycling and running disciplines start and finish at Pirates where the waterpoint is based. The waterpoint will have a number of different refreshments and snacks in order for you to rehydrate and replenish before heading out on the next leg or moving on to the cycle.

THE PICAROON COST

The cost of participation is R100 regardless of number of disciplines being participated in. This is to cover the cost of the limited edition, highly sought after, Picaroon branded handout and the cost of the massive waterpoint.

Any net proceeds will go towards the Pirates Road Running Development Program.

THE PICAROON PARTY

There will be a lamb spit braai (or vegetarian baked equivalent) at Pirates Club after the swim. We will have some tasty lamb fresh off the spit plus delicious sides for anyone that wishes to stick around for the braai. The cost per head for the braai is R100 and we need you to confirm your spot so that we can cater with the appropriate quantities.

REGISTRATION DEADLINE

As we need quantities for both the braai and the sought over Picaroon handout participants need to register by the 15th June 2018.