



Dear Triple Troublers

Once again it seems we've managed to pull the Triple rabbit out of the hat and are excited at the prospects of once again spending an entire day of suffering out in the mountains around Hout Bay.

The usual details as below for Saturday - please read carefully to make sure everything goes as smoothly as possible for everyone, and to familiarise yourself with the strict points system that the run has become known for enforcing over the years.

For any disputes over the points, please note the race office does accept bribes in the form of Merlot or Pinotage.

**VENUE** - Again a big thank you to Velocity Sports Lab in Hout Bay for hosting us. For newcomers, this is directly across the road from the Chapmans Peak Beach Hotel at the foot of Chappies drive.

**WHEN YOU ARRIVE** - NB Please come inside immediately and sign in and make sure we have your cell number

**START TIME** - 6 for 6:08. (Except for Steve Haldane who has to aim for 5:45 to ensure he's there on time)

**FINISH TIME** - There is no official cut-off however we need to be done and dusted and cleaned up and packed up before 5pm, coincidentally around the same time as kick-off ... so, in fairness to the organisers and those who volunteer of their time to make your day fun, PLEASE be realistic about this when setting off for Chappies (the peak, not the bar) . Anyone in after 4:30pm = minus 5000 points. Anyone in later than 5:00pm = minus 5 million points and the opportunity to pack up everything (if you need us for anything, we will be across the road watching the game).

**THE OFFSIDE RULE** - Anyone sporting an All Blacks jersey = minus 50 million points

**THE FINISH & PRIZE-GIVING** - As we did last year, in keeping with the low-key nature of the Triple we will not be hosting a formal prize-giving ceremony. Minus 5 million points to the organiser for avoiding formalities and disappointing the fans who were hanging onto the hopes of scoring a spot-prize bottle of wine (bring some for the organiser anyway if you wish), but we are learning that keeping it simple is better and the vibe last year was enough to prove that the more relaxed approach was a good shift. In light of this, please note the following:

- When you finish the final peak, please collect your trophy and voucher
- The atmosphere at the end relies a lot on the supporters to make it what it is. When you are finished please stay and relax for a while, get a drink and welcome in those still running.
- NB Please note, the area that we occupy at Velocity is NOT to be abused as it will put the future of the run at risk and ruin it for everyone. Please have fun and relax in a responsible manner without disrupting their business.

**THE ROUTE** - in the free spirit of the run, where we rely largely on the honour system, there is one very simple rule that IS strictly enforced - you must touch all three beacons in order. Simple and not negotiable. Suther and Judas involve a small scramble to the beacon, yes - it has to be done. Further notes on the route:

- Suther Peak: Do not. DO NOT. **DO NOT** under any circumstances bush whack off the dunes to find a path. There are two obvious options, the quick (the lower path off the dunes) and the scenic (up at the top of the dunes - highly recommended) - either is fine, just **DO NOT** bushwhack.
- Judas Peak: The old path at the top (very close to the final turn to the beacon) has been closed some time ago, with a slight deviation - it is very clear, just please don't use the old path.
- Chapmans Peak: Feel free to re-enact the 3 minute time reward at the beacon (or longer if you wish) introduced after the fires of 2015 forced us to turn at the viewpoint. Sit back and contemplate life for a while, admire the views and where you've been out running that morning. When your three minutes (or longer) is up, head back down to bring it home. You may also wish to take the upper contour path from the saddle to Blackburn ravine and down to East Fort if the thought of adding on an extra hour to avoid 5kms of tar appeals to you.

**SUPPORTERS** - Friends, family, rent-a-crowd, and your cheerleaders are welcome to join in the festivities - the best places to catch the action are at Vida at base camp, or across the road at the Chappies Hotel, at the top of Suikerbossie (outside Ruyteplaats at the start of the Judas Peak trail) and on Chappies at the day-pass turnaround at the start of the trail.

**FOOD** - Please remember to bring a small contribution to the snacks table (20000 points to the 2nd tastiest contribution. Good luck to anyone thinking they can oust the existing number one. +1 million points and lifetime membership to the Triple for the chocolate brownie chef)

**SHIRTS** - JanTee is once again keeping the Triple Trouble on the fashion ramp with her much sought after shirts. They're really super this year (when are they not) so if you ordered one please collect when you sign in on arrival. Minus 10000 points to everyone who didn't order. (JT's rules)

**SPEAKING OF FASHION...** - If you like don't like getting sand in your dancing shoes when you're out on the trails JT will have some outrageously cool gaiters for sale on the morning of the run. Check them out on <https://www.facebook.com/janteedesign> and make sure to bring some cash along - (please direct all enquiries on these to JT)

**TOILETS** - There are NO toilets at the start as the gym will only open after we have started. Thereafter the toilets will be available to us. (And minus 1 million points if you're reading all this sitting on the toilet to save time in your day)

**SHOWERS** - There is no doubt that the Triple takes immense pride in leaving you with a slightly deranged, dishevelled, and derailed appearance, with scuffed limbs and torn clothes and a few wild-eyed stares after being on the receiving end of a few fynbos thorns, granite boulders, and knife-edge precipices. If however you prefer to ditch that hard-earned look and fit back into society immediately, there is the temptation of a nice warm shower upstairs in the gym awaiting you at the finish. Be warned, it does come at a price...

- minus 5000 points for scrubbing off mud.
- Minus 50000 points for scraping off blood.
- Minus 100000 points for applying dettol and plasters.
- Plus 1 million points for using duct tape instead of plasters.

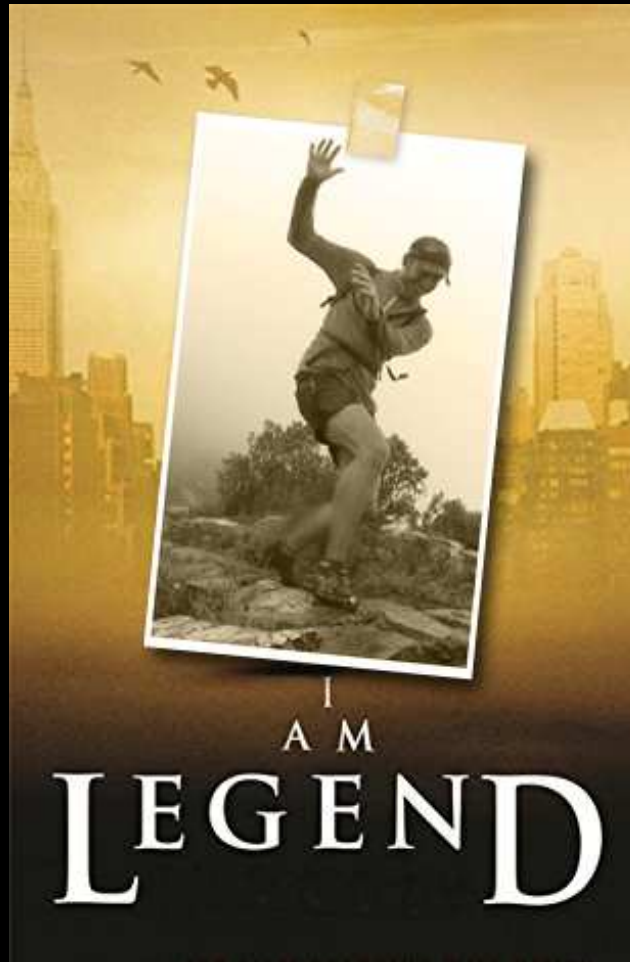
**THE WEATHER** - It seems we've tactfully dodged one of the few bouts of wet weather this season (plus 1 million points to the organising committee) and the forecast for Saturday is looking increasingly good... Yr.No have been known to get it horribly wrong in the past so rather be prepared and be cautious. Please don't take chances, you know how the weather on the mountains can change in an instant.

**RESPECTING MOTHER NATURE** - The Triple tends to attract a small field of like minded people, the type who generally sincerely get it without having to be told the do's and don'ts and who hold an inherently natural respect for their playground. In light of this, I'm not going to rant on about littering etc, as you know it already, but rather I'd like to share something positive in the following link to something exciting that one of our eager-&-keen Triple Trouble participants, and a well know face amongst the more elite Cape based trail runners, is working on. <https://www.facebook.com/SUPAalternatives/> Karoline will have samples along on the day so feel free to chat to her about it afterwards.

**PHOTOGRAPHS** - We do not have an official photographer out on the route so please take your phone / camera with and email through a selection afterwards. Best photo wins a bottle of cheap red wine.

**CRYING** - The Triple has a bright and colourful history of bringing out the best, and sometimes the worst, in its rich assortment of participants over the years. So, as organisers with a personal touch, we do what we do best, we allocate points to justify the scale of suffering and personal growth:

- Tears shed through emotional self-doubt while having a moment on the side of the mountain wondering if you can finish = minus 500 000 points
- Tears shed through genuine injury will be awarded based on the severity of the situation - factors to be taken into account are size of the wound, if any bones are broken (and visible, plus 10 million, and a visit from the organiser at the hospital)
- Tears shed through incessant hayfever because you've been getting a bit up close and personal with the fynbos = 5 million points
- Broken leg or rib = 10 million points, and your choice of a signed poster of Brian Keys or Stevie Haldane (the latter being self awarded 5 million points for 'being a legend'. See below a photo of the poster in question. Please contact Steve directly should you wish to order, I don't want to know... )



- Please note - no helicopter evacuation is available so consider the above signed-poster option carefully... tough call indeed.
- Limping home held together by duct tape and cable ties = 20 million points (and still officially the highest points honour yet in the Triple)
- Loudest scream in the shower from fynbos = 500 000 points and the Evil Fynbos Award
- Loudest scream on the roadside from genuine tar wound = 500 000 points and the Evil Cats-eye Award
- Faking it just to get points = the Hugh Hefner Award

**SAFETY SAFETY SAFETY \*\*NB\*\***

**Please note, there are no marshalls to help you cross the roads, no kit-checks, no medics, no emergency rescue teams on standby**

## **YOU ARE TO BE SELF-SUFFICIENT AND CAREFUL.**

**Please do not take chances, you are responsible for your own actions out there.**

**SELFLESS HEROICS** - Despite the desperate plea for common sense, every year we still somehow manage to supply the village of Hout Bay with an idiot or two... and, as kind caring organisers we allocate the points accordingly to ensure these names and acts are proudly carved into the history of the run:

- Any act of stupidity or recklessness that the organisers hear about = minus 100 000 points
- Having your buddies carry you off the mountain = minus 200 000 points
- Pulling a Pikker-Washkansky move (otherwise known as 'getting lost in the mountains') = minus 200 000 points.
- Saving some pride by performing the Washkansky-Comeback (returning from your mountainous detour with scones and coffee from the 12 Apostles Hotel) = 100 000 points (not valid if the coffee is cold)
- Pulling a Pikker-McIntosh move (otherwise known as 'getting hopelessly lost in the village streets'... I never thought it possible amongst streets in grid formation) = minus 500 000 points.
- If you're noticing a common thread here with the name Pikker you're not imaging things. The lad has a remarkable list of achievements, but sadly absolutely no sense of direction. Thankfully, for the organisers and those who could potentially and unwittingly follow in his footsteps alike, he has chosen to ensconce himself in the anonymity of ten thousand road runners lining up for glory on the start line of the Gun Run the following day, where the potential hazard of straying off course is a near impossibility. Mark, your company and entertainment will be sorely missed and we hope to have you back again to lead us all astray again next year.
- Helicopter-Evacuation - minus 100 million points and a fuel bill from Search and Rescue to match. Don't even go there. Unless you're really desperate for that poster

**THE SUNFLOWER FUND** - As always, the Triple Trouble takes great pride in raising funds for the Sunflower Fund and the ongoing effort to cover the costs of adding donors to the bone marrow registry. Thank you to everyone for the contributions.

Any further news will be posted on the website <http://houtbaytripletrouble.co.za/>

See you on Saturday!

Eric