



15th Edition

02 DECEMBER /07 DECEMBER 2024

INTRODUCTION

A desert race in southern Africa, in a wonderful, totally safe country. Running in the desert doesn't necessarily mean sleeping on the ground, eating ugly food, carrying heavy packs; there's another way to experience the desert with its fascinating features: the 100 km of Namib Desert. It's the only 5 stars race, both for the environment of Namib Desert, the most beautiful and ancient desert in the world and for the accommodations in a fantastic 5 stars lodge. A very demanding race, but with luxurious 'Five Star' accommodations that allow you to prepare and recover to face the 4 competing days, each one different from the other one. You will run many kilometres through the oldest desert in the world, you will face a marathon the 3rd day, and the grand finale with the climb of the Crazy Dune, the highest dune in the world. A great atmosphere, natural beauty, fascination, but also relaxation and comforts: these are the race program ingredients, that will make a vacation of sport, nature and... Adventure.

Find all details and full information about the country, climate, accommodations, travelling, documents, suggested equipment and assorted tips for the race on our website: <https://www.zitoway.com/en/100km-of-namib-desert/>

DAY BY DAY PROGRAMME

Monday december 2nd

Meeting of the participants at 4 stars hotel in Windhoek. Dinner and overnight.

Tuesday december 3rd – Transfer to Sossusvlei and 1st leg

8 AM. Transfer by bus (about 320 km, 5 hours) to the Sossusvlei Lodge, accommodation in the assigned bungalows, lunch.

4 PM. Welcome drink, technical checks and bibs delivery by the conference hall.

6,15 p.m. first leg start, 15 km at sunset, finish line at the lodge.





Finish of the race at sunset: the slower runners will finish the leg with dark, so a headlight is highly recommended.

8.00 PM Dinner in the Lodge and overnight stay

Wednesday, December 4th – 2nd leg

Early wake up and breakfast.

At 6.30 a.m. short transfer of about 10 km to the start line of the 2nd leg.

Start of the leg - about 21 km in the Sesriem Canyon with finish line at the Lodge.

Lunch and afternoon at leisure.

At 7.00 p.m. General meeting by the conference hall, technical briefing of the 3rd leg and slide show with pictures of the first two legs.

8.00 PM Dinner in the Lodge and overnight stay

Thursday December 5th – 3rd leg

Early wake up and Breakfast

At 06.00 am shirt transfer (about 3km) to the start line of the 3rd leg: 42,195 km (marathon)

At 06.30 am start of the leg

At 07.00 pm general meeting by the conference hall, technical briefing of the 4th leg and slide show with day pictures. Dinner in the lodge and overnight stay.

Friday, December 6th – 4th leg

Early wake up and breakfast

At 6.30 a.m. 45 km transfer with the Lodge vehicles to the famous “dune 45” for the start of the 4th leg.

At 8.00 start of the fourth leg. About 26 km run, with finish line in the heart of Sossusvlei big dunes. Award official ceremony and lunch. Transfer backs to the Lodge, and afternoon at leisure.

At 6.00 p.m. meeting by the conference hall and slide show.

at 6.30 p.m. short transfer by 4x4 in zone Sunset Cocktail

At 8.00 p.m. final “bush dinner” organized by the lodge

Saturday , December 7th

At 10.00 a.m. transfer to Windhoek by bus, lunch onboard, arrival in Windhoek at about 3.00 p.m. in front of Avani hotel. Farewell and end of services.

Participants must arrange their own stay in Windhoek independently (or through Born2Run agency) according to their flight schedule.

IMPORTANT NOTE

The program is actually pretty intense, but it's possible to add days before and after the race program to make it more relaxed. Extra rates upon request.

TOUR EXTENSION 7th-14th DECEMBER

As an option after the race, we offer a week-long tour program, from 7 to 14 december (8 days/7 nights), during which we'll offer the chance to visit some of the most beautiful and fascinating spots of center-north Namibia. The trip features a 4x4 van/minibus with driver and a guide from our organization who leads the tour and nights in comfort lodges, with three meals a day. Detailed program and price upon request.



Documents and vaccinations:

A valid passport with at least 6 months period before expiry is required. No visa is required for the European Community citizens. Non-EU travellers should better check with their own authorities/government.

No vaccination is mandatory, except for people coming from a country with current infections alert. The anti-malaria prophylaxis is important only during summer and for people travelling in the north of the country: in the Namib Desert zone it is not necessary. All information and suggestions can be obtained by own competent sanitary inspector's office. **It is compulsory for all participants to show the medical form provided by the organization, filled, signed and stamped by own doctor.**

The race will be confirmed with a minimum number of 20 participants.

Deadline is 30/11/24, unless the event should be sold out before that date.

PARTICIPATION FEE (Without Flight)

Trip registration:	€	90
Participation fee Windhoek/Windhoek	€	2.970
Runners registration fee:	€	190
Nordic Walking registration fee	€	190
Runners registration fee for Namibia/ZA residents	€	250

The registration fee includes:

- Race logo T-shirt
- Race logo hat with veil,
- Medal
- FINISHER T-shirt
- Race assistance, technical and medical
- Sundowner cocktail party
- Bush Dinner on last night
- 4x4 transfers during the race days
- Park fees during the race days

The participation fee includes:

- Turnoaround bus transfer Windhoek-Sossusvlei Lodge.
- 4 nights in bungalow, A/C double room at Sossusvlei Lodge
- Full board treatment, including mineral water
- Touristic assistance for the entire period

Not included :

- drinks
- tips
- all personal extras not mentioned above
- International and domestic flights



SUPPLEMENTS

Single room supplement at Sossusvlei Lodge and Avani hotel in Windhoek (subject to availability)

€ 460

THE RACE WILL BE CONFIRMED WITH MIN. 20 PARTICIPANTS

DEADLINE FOR SUBSCRIPTION: 30 NOV. 2024

Penalty in case of cancellation:

30% of the rate for cancellation until **90 days** before the departure

50% of the rate for cancellation until **89-60** days before the departure

90% of the rate for cancellation until **59-30** days before the departure

100% of the rate for cancellation from **29 days to the day of departure**

- in case of NO-SHOW

- in case of not regular personal expatriation documents

REGISTRATION FEE TO THE RACE and REGISTRATION FEE TO THE PROGRAM

are **not refundable!**

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No vaccination is mandatory, except for people coming from a country with current infections alert. The anti-malaria prophylaxis is important only during summer and for people travelling in the north of the country: in the Namib Desert zone it is not necessary.

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It is compulsory for all participants to show a medical certificate issued by a sports medical centre with a cardiac stress test, stating the athlete is physically fit for this race.

Medical Assistance and Insurance

Only Italian competitors will be insured for repatriation due to health reasons. This policy will be undersigned by the organisation.

A personal health and repatriation insurance is required to the NON-Italian runners/walker

There will be medical assistance throughout the race.

The competitors participate under their own responsibility and the organisation cannot in any way be held responsible for accidents, falls or illness during the run. Competitors cannot prevail over third-party even in case of contact or accident caused by a third-party.

The organisation is not required to provide insurance for any civil risk and is relieved of any responsibility for accidents, death or damage faced by the athletes during the race



Website : www.100kmofnamibdesert.com

IDEA AND GENERAL ORGANIZATION:

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TECHNICAL ORGANIZATION and DISTRIBUTION :

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