

Dear Competitor,

The Twiga Trek will take place on Saturday 28th October, 2023 at Vipingo Ridge Sundowner Bar and Cycle Track.

Team entries will be accepted in two ways, either by completing the entry form via the website <https://www.kenyakeshoschoolforgirls.org/twiga-trek/> (www.kenyakeshoschoolforgirls.org under fundraising events – Twiga Trek) after which you will receive a confirmation email once the form has been correctly submitted or you can hand in your forms to the Kenya Kesho School for Girls team members, Daniel and Nazia when they visit your company/ school.

IMPORTANT – team entry forms must indicate the name of the team leader and include an email address or telephone number so that any important information and changes can be communicated in advance of the event.

The team briefing for all teams is at **07:00 hrs on Saturday, 28th October, 2023**. Any other last minute and important route and safety information will also be communicated at this time. **It is vital that all teams are present for the briefing and that the briefing starts promptly. Getting teams organized for the Trek may take some time.**

Once the formalities are completed, all teams will be issued with their competitor's packs containing t-shirts, team numbers, starting time and place etc.

The event starts at 08:00 hrs on Saturday, 28th October, 2023 and the latest finishing time being 12:00 hrs, in good time to allow for the calculation of the results before the prize giving, which will be at 14:00 hrs.

Food, snacks and drinks will be available at the Vipingo Ridge Sundowner Bar. **Please note that spectators will not be allowed to bring their own food and drink to the venue. Disposable plastic bottles will not be allowed at the venue.**

To guarantee an entry to the Twiga Trek please ensure entries have been completed and submitted by 19th October, 2023 – latest. The originals of any scanned or photocopied documents can be handed in at the Briefing meeting on the Saturday, 28th October, 2023 at The Vipingo Ridge Sundowner Bar.

We do hope that you will be able to take part in what will be a fun and exciting event.

Thank you in advance,

Sandra and Peter Ruysenaars.



"Together we will"

Sandra and Peter

2023 TWIGA TREK – ENTRY INFORMATION

Entries will only be accepted if payment has been made in full through by **Friday, October 19th, 2023.**

Mpesa Paybill No 929010: for Name – please enter Team/ Individual Name. The Paybill Name will appear as Kenya Kesho Trust.

NCBA – Account No. 7809720012: Kenya Kesho Trust

Please email a copy of the deposit slip to the email address below stating your team/ individual name;

info@kenyakeshoschoolforgirls.org

The Twiga Trek will start at 8.00 hrs sharp on Saturday, 28th October 2023 at The Vipingo Ridge Beach Bar and Cycle Track

The Twiga Trek will be over around 12:00 hrs and the Prize Giving Ceremony will be at 14:00 hrs; enjoy the rest of the day with family and friends at the Ridge.

There will be food, snacks and drinks available at the Sundowner Bar during the event.

Please note that spectators will not be allowed to bring their own food and drink to the venue.

HELMETS ARE COMPULSORY. NO HELMET - NO PARTICIPATION.

TEAM INFORMATION

1. Teachers Teams will consist of three members.

Each team will be required to raise a minimum Sponsorship pledge of KES 16,000.

2. Children's Teams will consist of four members (6-8 years old and 9-12 years old)

Each team will be required to raise a minimum Sponsorship pledge of KES 16,000.

***Early Bird Registration is valid till 6th October 2023.**

LATE ENTRIES WILL BE ACCEPTED UNTIL 19th October, 2023.

PRIZES

Prizes will be awarded for the following categories:

- ✓ 1st, 2nd and 3rd in the children's team categories (6-8 years old and 9-12 years old)
- ✓ 1st, 2nd and 3rd in the teacher's team category
- ✓ Team collecting the highest sponsorship money

If you have any queries kindly call any of the numbers below;

Daniel +25472752481

Nazia +254745242595



"Together we will"

Sandra and Peter

2023 TWIGA TREK RULES

- 1 Each team should consist of four riders at the start of the event (Children's Team) and three riders (Teacher's Teams), with their bicycles (no motorbikes permitted) and cycling gear. **Helmets are compulsory. No helmet - No participation.**
- 2 Each team must raise a **minimum** of KES 16,000 which must be deposited into the Kenya Kesho Trust bank account or paid via the Mpesa Paybill No. 929010
- 3 There will be a final briefing for all teams at the Vipingo Ridge Sundowner Bar at 07:00 hrs on Saturday, 28th October, 2023. It is mandatory for all teams to attend. Any last minute changes to the course or the rules necessitated by conditions will be communicated to all competitors then.
- 4 It is imperative that everyone is punctual. The briefing which should be over by 07:30 hrs leaving enough time for the teams to assemble at their start controls. The event will start at 8:00 am on Saturday, 28th October, 2023.
- 5 Checkpoints will be marked by officials at the control points. All times are rounded to the nearest minute. All times will be recorded from the checkpoint phone clock.
- 6 All Teams finish by returning to the Vipingo Ridge Sundowner Bar spot no later than 12:00 hrs. Teams that have not managed to complete the course will be stopped by the officials at the first checkpoint that they reach with less than 5 minutes to their finish time. They may not continue on to any other checkpoints.
- 7 Teams must visit all the checkpoints once only. Teams may visit the checkpoints in any order. During the event, the arrival and departure time of a team at a checkpoint will be recorded when the last member of that team reaches the checkpoint.
- 8 When you arrive at a checkpoint the official will mark both your arrival and departure time as one and the same. **Take care to only leave through the marked departure area.**
- 9 Teams must stay at a checkpoint until all surviving members of that team arrive. Teams may continue with only 3 members, but once one member of the team has dropped out that person may not rejoin. Dropping out is defined as not leaving the checkpoint with the other team members. **Team members may only drop out at a checkpoint.** For safety reasons, the checkpoint officials must be informed.
- 10 It is the responsibility of the teams to make sure that the correct times for arrival and departure are entered onto the official's control cards.
- 11 Teams need to be self sufficient between checkpoints. They may only seek assistance from other teams. Once at a control, teams may be helped with repairs etc. by anyone. However, some areas of the course (including all checkpoints) are closed to spectators in vehicles. If spectators drive into these areas for any reason, they risk the disqualification of associated teams.
- 12 Teams should be independent and should not be lead around the course by their supporters. Officials **will** disqualify a team if they feel that their supporters have behaved in a manner that is not in keeping with the spirit of the event or if they are judged to have broken any of the rules. The organizers and officials' decisions are final.



WAIVER OF LIABILITY, ASSUMPTION OF RISKS, RELEASE & INDEMNITY AGREEMENT

To be signed by all Participants/Parents/Guardians

In consideration of being permitted to participate in the sport and activities of the Twiga Trek 2023, and having voluntarily elected to participate, or as parent(s)/or legal guardians) of the Participant who is a minor, covenant and agree:

- 1.1. I have read and understood the Rules, Terms and Conditions of Participation (and have explained them to my minor Participants) and will comply with them at all times. The Management and/or professional guides, at their sole discretion, may terminate participation of the named participant at any time if they fail to abide by the Rules, Terms and Conditions of Participation. Management and/or professional guides also reserve the right to modify or cancel the Twiga Trek 2023 due to unfavorable weather conditions or technical difficulties.
- 1.2. I comprehend and appreciate that there are foreseeable, unforeseeable and inherent dangers and risks of harm involved in the Twiga Trek 2023 sport and activities.
- 1.3. I acknowledge that the activities can be physically and mentally intense. I know and understand that the risk of injury from the activities is significant, including the potential for partial or total disability, paralysis and death, and while personal discipline can minimize this risk, the risk of serious injury does always exist.
- 1.4. I recognize that these risks and dangers include, but are not limited to, those arising from participating in an outdoor environment and exposed to the elements. I acknowledge that these risks may arise from the conditions and use of bicycles and related equipment.
- 1.5. I understand that these risks and dangers may be caused by my negligence or the negligence of others.
- 1.6. I acknowledge and understand that included within the scope of this waiver and release is any claim or cause of action arising from the performance, or failure to perform, of any maintenance, inspection, supervision or control of the applicable Twiga Trek 2023 equipment and for the failure to warn of dangerous conditions existing during Twiga Trek 2023, for failure to maintain or inspect equipment supplied to me, for any negligent selection or retention of certain management or professional guides, or negligent supervision or instruction by management or professional guides.
- 1.7. I understand and agree that all of the risks and dangers described throughout this agreement, including those caused by my negligence and/or others, are included within the waiver and release described herein. I as a Participant knowingly and freely assume all such risks, both known and unknown.
- 1.8. I, as a Participant, as parent(s) or legal guardian(s) of a Participant who is a minor, HEREBY RELEASE, DISCHARGE AND HOLD HARMLESS Vipingo Ridge, Kenya Kesho Trust, the Twiga Trek 2023 officials and participants, and other organisations and representatives and agents from and against any and all claims, liability and/or causes of actions I may have or that may be made on my behalf or by my spouse, children, heirs and legal representatives, for death, wrongful death, personal injury (whether physical, emotional and/or psychiatric or any combination thereof), loss of consortium, property damage and/or breach of contract or any other damage, occasioned by, arising out of or incidental to my participation in the activities of the Twiga Trek 2023 in general whether or not resulting from or caused by negligence by, of and/or on the part of Vipingo Ridge, the Kenya Kesho Trust, the Twiga Trek 2023 officials and participants, and other organisations and representatives and agents.

1.9 I shall defend, indemnify and save harmless from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including Advocates fees, brought as a result of my participation and to reimburse them for any such expenses incurred. I agree that this Agreement may be pleaded as a bar to any action, suit or proceedings taken at any time by me on my behalf.

1.10 I as a Participant, as parent(s) or legal guardian(s) of a Participant who is a minor, further expressly agree that the foregoing waiver, assumption of risks, release is intended to be as broad and inclusive as is permitted by the Kenyan laws and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I give consent for photographs and videos to be taken during the event and for those photographs and videos to be used in the press, for publicity and/or for social media purposes.

I consent

- I, as a Participant, hereby and accordingly append my signature.

Participant's Name: _____

Participant's email address: _____

Participant's telephone number: _____

Participant's Signature: _____ Date: _____

- I as parent(s)/legal guardian(s) hereby and accordingly append my signature on behalf of my child or my charge.

Parent's/Guardian's Name: _____

Parent's/Guardian's email address: _____

Parent's/Guardian's telephone number: _____

Parent's/Guardian's Signature: _____ Date: _____

