

If it was easy ...



CAPE TOWN, South Africa's mother city and towering indigo mountains provides the backdrop to an extreme race of 250km over 5 days of RAW AFRICA. Live and run in some of the most beautiful and solitary landscapes Africa has to offer.

Anything is Possible
if You make it happen

Why You MUST Participate?

- ▶ RAW AFRICA – the ultimate sporting adventure
- ▶ Be part of the world's biggest Extreme Race Series
- ▶ Challenge yourself beyond your limits
- ▶ Start with RAW AFRICA and qualify for RAW ARCTIC in 2009
- ▶ Limited to a maximum of 300 competitors.

ENTER NOW



RAW Series
www.runacrosstheworld.com

Run Across the World Series is RAW – 5 days, 250km of intense running on the world's toughest trails in severe weather conditions: the scorching desert heat, the humid mountain ranges and the paralyzing arctic cold.

RAW is a set extreme ultra-marathons limited exclusively to a maximum of 300 die-hard competitors who are not afraid to explore their limits.

Your first challenge is to be one of those 300. Are you determined enough to be better than the rest?

When you enroll in a RAW event, you're in for the toughest challenge of your life.



▶ For further information, please contact: **Rory Coleman**
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ambit: on
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COURSE

Sunday 20th April 2008

Competitors arrive into Cape Town International Airport followed by a transfer to Race Hotel, in Hermanus.

Monday 21st April 2008

Transfer to Race Start.

Run **50km** from Cape Infanta to first camp at De Hoop

Tuesday 22nd April 2008

Run **43km** from first camp to the second camp at Cape Agulhus

Wednesday 23rd April 2008

Run **62km** from Cape Agulhus along Shark Coast to Danger Point

Thursday 24th April 2008

Run **60km** from Danger Point along the Whale coast to Hermanus

Friday 25th April 2008

Run **35km** from Hermanus over the Kleinrivier Mountains, through Botrivier and finish at the Arabella Country Estate. We stay at the Arabella Country Estate for Gala Dinner and transfer to accommodation at original Hermanus based Hotel

Saturday 26th April 2008

Transfer from Hermanus Hotel to Cape Town International Airport.

Guidelines

Included in the price are:-

- ▶ Airport Transfers on the first and last day
- ▶ Accommodation for two nights in a Hotel in Hermanus of Three Star category on Half Board basis
- ▶ Bottled drinking water
- ▶ While on the Race route, Accommodation in small Tents – more information below
- ▶ Camping Crew for services of pitching camps, provision of hot showers at the race villages
- ▶ Gala Dinner on 25th April at the Arabella Country Estate.

Excluded are:-

- ▶ Medical Check-ups
- ▶ Travel Insurance
- ▶ International Air Ticket
- ▶ Drinks
- ▶ Food during the race i.e. as from 21st April to 25th April 2008
- ▶ Personal items like laundry, telephone / fax bills etc.

Equipment

Survival gear

- ▶ Anti-Venom Pump
- ▶ Compass
- ▶ Clothing for 5 days of Ultra-Running
- ▶ Disinfectant
- ▶ 10,000 Calories of Food for 5 days of event
- ▶ Head Torch with spare battery
- ▶ Knife
- ▶ Safely Pins
- ▶ Sleeping Bag
- ▶ Signaling Mirror
- ▶ Space Blanket
- ▶ Suncream
- ▶ Sunglasses
- ▶ Rehydration Sachets
- ▶ Ultra-marathon Runner's Rucksack
- ▶ Whistle.

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FLIGHTS

To arrange travel to this event, please contact our RAW Agent in the country where you live:



UK & Ireland, Australia, New Zealand, South Africa and USA

Tel : +44 (0)845 026 4575 - Email: info@theextraordinary.co.uk

Contact: Sarah Chard



Belgium, France, Germany, Greece, Italy, Netherlands, Spain and Switzerland

Tel : +34 934 738 015 - Email: alex@deltaevents.org

Contact: Alexandra Panayotou

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Entry Fee: 2200 Euros

ABOUT ambit:on

At **Ambition Events**, we are all about empowerment. We offer a multitude of different life challenges for people of all abilities. We define human endurance through strenuous physical activity of intense races and extreme ultra-marathons in severely harsh conditions and terrains in the world's toughest destinations.

Through our races and ultra-marathons, we create a platform to carry out people's own challenges – whether personal, physical or spiritual.

Welcome to Our World
www.ambitionevents.com

Event Calendar

2008

RAW AFRICA - April 21st-25th 2008

RAW MEXICO - May 12th-16th 2008

RAW SPAIN - July 7th-11th 2008

RAW BRITAIN - August 4th-8th 2008

RAW JAPAN - October 6th-10th 2008

RAW EMIRATES - November 11th-15th 2008



More information at www.ambitionevents.com

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