

## RITJ INFORMATION PACK

Many thanks for deciding to join us on this year's Rumble in the Jungle. Below you will find some of the information that you may require, making your stay and race in Sri Lanka safe and enjoyable.

### **Sri Lanka**

Sri Lanka is an island country located in the Indian Ocean to the south of India and is separated from India by the Palk Strait. Sri Lanka is also known as the Island of Serendipity and it lies just above the equator. The maximum length and width of Sri Lanka are 435km and 225km respectively. The total area of Sri Lanka is 65610 sq km (land area: 64740 sq km, water area: 870 sq km).

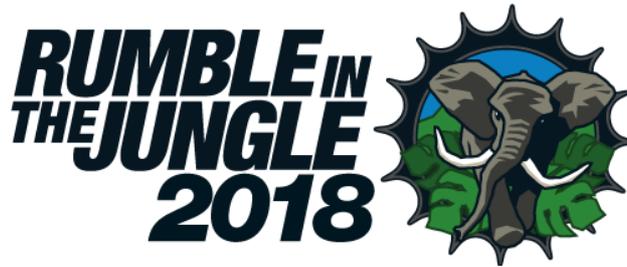
### **Time Difference**

Sri Lanka Standard Time is five and a half hours ahead of GMT (allowances should be made for summer-time changes in Europe.)

### **Language**

Sri Lanka has two official language; Sinhala and Tamil, with English as a link language. Most people have some knowledge of English, and signboards are often displayed in English.





## Money

The easiest and safest way to get Sri Lankan currency is to use one of the many ATMs available once on location. There will be ATMs at the airport and in all major cities, but they will be scarce during the race. Currency of Sri Lanka is the Sri Lankan Rupee (LKR). One Sri Lankan Rupee consists of 100 cents. Coins come in the denomination 5, 10, 25 and 50 cents and Rs. 1, 2, 5 and 10. The higher value denominations are found as notes, namely Rs.10, 20, 50, 100, 200, 500 and 1000.

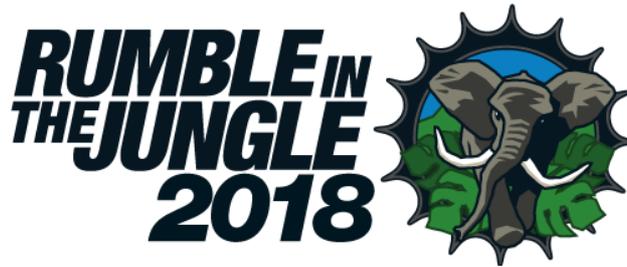
Traveler's Cheques and foreign currency can be exchanged at various commercial banks and hotels, there is usually a charge of 0.5% handling fee and a commission (this varies from place to place). The use and acceptance of credit and debit cards is widespread in built up areas, however whilst visiting a remote area, it is advisable to arrange for an alternative mode of payment.

## Costs

Sri Lanka can be an inexpensive place to stay and travel, but the luxuries are also available for those who require them. Typical costs you may wish to know about are: bottle of beer 400-500LKR, small coke 100LKR, average meal in a restaurant 400-600LKR, although expect to pay up to 2000LKR in a hotel. Accommodation can be found from \$20 per night up to \$500, depending on your budget. A wide variety is available, ask to see a room - bartering is acceptable!

## Tipping

Tipping in Sri Lanka does help to reward and encourage good service. Tip in cash if paying by credit or debit card and give directly to the person you wish to reward. In Sri Lanka, wages are low, and the cost of living is rising, so a tip is a gesture that really does work. 5% is adequate for a restaurant, 100-200LKR for a porter or room maid.



### Safety & Crime

Sri Lanka is a reassuringly safe country; the political situation remains potentially volatile in the North and so it is always worth checking the current situation before travelling there, but it is now considered safe after years of not being able to do so.

Levels of petty crime are far lower than in many other Asian countries and violent attacks against tourists are infrequent. As with any travel, it pays to be vigilant, exercise caution and common sense; never flash valuables or leave them unattended and open to temptation.

The most potentially hazardous encounter in Sri Lanka is the traffic; vehicles are often driven in unexpected and dangerous ways, and so always be alert and exercise caution when crossing a road.

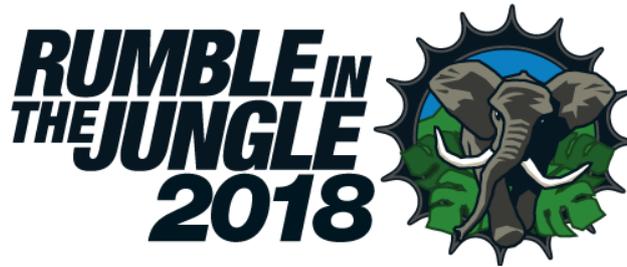
Drugs are sometimes a problem in coastal areas – stay clear as drugs are dangerous and highly illegal in Sri Lanka.

### Electricity

The electric current in Sri Lanka is 230-240V, 50 cycles, alternating current. Since voltage tends to fluctuate quite often in Sri Lanka, it is safer to bring a stabiliser if you are going to be using sensitive electronic equipment. Two and three pin round plugs are used widely, with adapters readily available at many electrical stores in your home country.

### Internet

Hotels and guesthouses increasingly offer free Wi-Fi (although the connection can be slow). If you require reliable constant connection to the outside world, then we recommend purchasing a local Sri Lankan SIM card. These are available at the airport or in Negombo and offer reasonably priced data packages, with connection in most (but not all) places around the island. Dialog and Mobitel are the 2 major networks.



### Toilets

Public toilets to a café or necessary. It

prudent to carry toilet tissue with you. Do not be surprised to find a squatter toilet with a hole and a bucket of water for cleaning, especially in more rural areas.

are rare; head restaurant if would be

### Religion

There are four main religions in Sri Lanka; approx. 70% Buddhism, 15% Hinduism, 7% Christian, and 7% Islam. Different religions generally live side by side in harmony and Buddhism's doctrine of peace and harmony has left its gentle mark on the land and its people.

### Etiquette

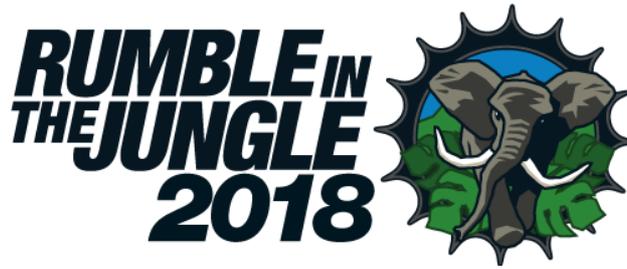
An all-purpose Sri Lankan greeting is "Ayubowan", uttered whilst keeping one's own hands at chest height, palms together. This translates to "may you have long life". When greeted in such a manner, it is polite to respond as such. Handshaking is also an acceptable greeting, but never offer your hand to a monk.

Few Sri Lankans use cutlery, preferring to pick up food with their hands - do not be afraid to ask for cutlery. When passing items, eating or shaking hands, always use the right hand. The left hand is traditionally the hand used when splashing yourself with water having used the toilet!

Public displays of physical affection should be avoided.

Sri Lankans will forgive many breaches of etiquette, such as swimwear and eating habits, but always remember to remove shoes and headgear when entering temples as a sign of respect. Ladies should also cover shoulders and wear long skirts or trousers in temples.

Show respect by turning off mobile phones etc. and by avoiding inappropriate or loud conversation. Statues should not be sat near, sat on, or touched. Pointing is considered very rude.



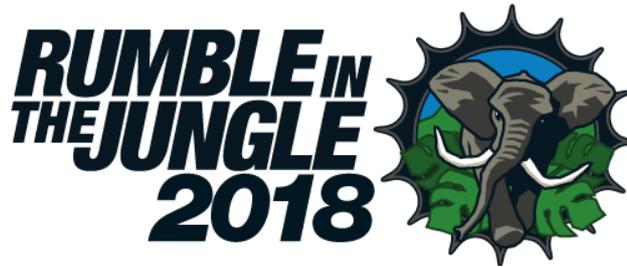
### Local Food

The staple diet of Sri Lanka is rice and curry - boiled rice with curried vegetables. It can be served for lunch, dinner and occasionally breakfast. Sri Lankan curries are usually hot and sprinkled with lot of spices. They usually include a variety of small curry dishes made of vegetables, meat and fish. Chicken and fish are very popular, but beef and mutton are sometimes available. As an accompaniment there is parripu (red lentil dhal), mullung (ripped green leaves with spices, lightly stir-fried), and sambol (a mixture of grated coconut, chilly, and spice).

Sri Lankan history has left its imprints on Sri Lankan cuisine. Many regional foods are influenced by the Portuguese, the Dutch, the Malays, the Arabs, and the South Indians, all of whom have left their culinary impression. Owing to its tropical nature, a variety of fruit is available in Sri Lanka; among them are: mangoes, papayas, bananas, jackfruits, durians, rambutan and mangosteens.

### Water

Tap water is not safe to drink and boiling and filtering is sometimes done too hastily in some hotels and restaurants, so the best solution is to drink bottled water. There are now many brands available, mostly using spring water from the highlands of the island. Make sure that the bottle carries an SLS certification and that the seal is broken only in your presence. Beware of ice unless you are satisfied it has not been made from tap water and remember the tap water you may be tempted to use to rinse out your mouth after brushing your teeth is unsafe. Keep a bottle of water in your bathroom for this purpose.



## Visas

You will need a visa to enter Sri Lanka. You

can get a short stay visa online at: <http://www.eta.gov.lk/slvisa/>

Although it is still possible to get a tourist visa on arrival, it is recommended that you do this before you travel. If you arrive in Sri Lanka without a visa, you could face long delays. A 30-day tourist visa will cost between \$15 and \$30 online, depending on your country of origin, or up to \$35 upon arrival.

## Colombo International Airport

For full information on the airport, please visit -

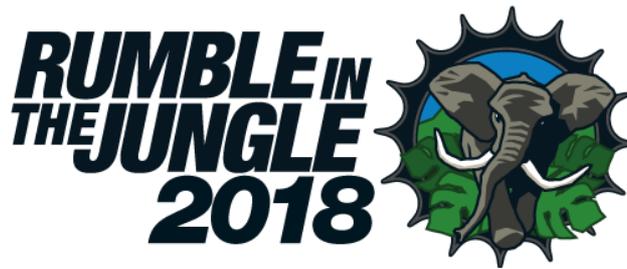
[http://www.airport.lk/passenger\\_guide/passenger\\_guide.php](http://www.airport.lk/passenger_guide/passenger_guide.php).

You should be given an arrivals card before disembarkation, to complete; if not, they are available in the arrivals hall. Passport information and an address in Sri Lanka are required. The airport is modern and normally functions smoothly and efficiently. After immigration, there are duty-free shops and after customs, there is an arrival lobby with banks, ATMs, hotel and taxi counters. Taxis to Negombo should cost no more than 3,500 LKR. Free shuttle buses run from the airport to the bus station, where onward buses to Negombo can be taken (although this is generally a slow and crowded option).

If you have booked your taxi through Mountain Biking Worldwide, after exiting customs and the airport terminal, report to the 2<sup>nd</sup> counter on your right, signed Sri Lanka Airlines, where a LSR official will be waiting for you. We will need to know your flight details and drop off location in advance (please email to [phil@mtb-worldwide.com](mailto:phil@mtb-worldwide.com)).

## Passport validity

Your passport should be valid for a minimum period of 6 months from the date of entry to Sri Lanka.



## Health Care

### The Sri

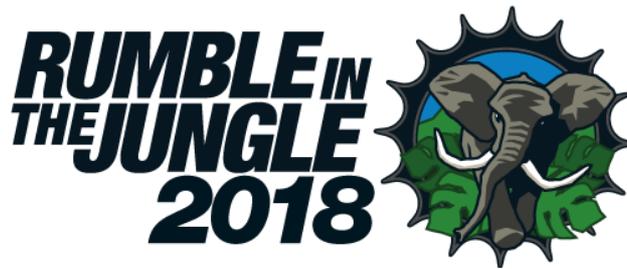
Lankan health service does not provide free care for visitors and so your own private insurance is vital. Minor health problems can always be treated by doctors with practices in the resorts and elsewhere in the country. If you have a more serious problem, Colombo now boasts a selection of modern, well-equipped private hospitals offering the latest in conventional medical and surgical therapies.

## Vaccinations

No inoculations are compulsory unless you are coming from a yellow fever or Cholera area (Cholera is very occasionally reported in Sri Lanka, so is not considered a serious risk). However, the following vaccinations are recommended, particularly if you plan a long trip or intend visiting remote areas: Tetanus, Diphtheria, Typhoid, Hepatitis A, Hepatitis B, Rabies, Poliomyelitis, Measles, Mumps, Rubella, Tuberculosis and Japanese B Encephalitis.

Remember to plan well ahead with vaccinations and allow at least six weeks prior to travel to receive the full course. Some vaccinations require more than one dose, and some should not be given together. The risk of malaria exists throughout the whole country apart from the districts of Colombo, Kalutara and Nuwara Eliya. Medication has to start one week prior to travel, continue during the trip, and finish four weeks after your return. Once again, planning is essential, as well as care to ensure the course is followed.

*The above is for guidance only and recommendations may differ, depending on your country of origin. Please see your GP for their current advice and look at the [CDC website here](#).*



## Insurance

In the event of an emergency, it may be necessary to evacuate an injured or seriously ill competitor by helicopter. It is a condition of entry that all competitors have suitable insurance covering them for taking part in this event and allowing for immediate helicopter evacuation in the unlikely event it is needed. Any competitor without the necessary insurance will not be allowed to take part.

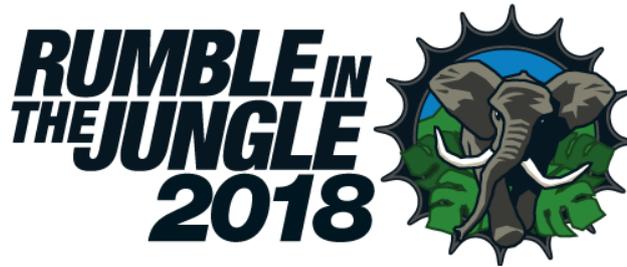
All competitors are required to sign a personal liability waiver in order to participate in the race. Make sure your health and/or travel insurance covers you for medical expenses abroad. If not, supplemental insurance for overseas coverage, including possible evacuation, should be seriously considered. If illness occurs while abroad, medical expenses including evacuation may run to tens of thousands of dollars. Bring your insurance card, claim forms, and any other relevant insurance documents. Before departure, determine whether your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures.

## Other Health Considerations

*For all health considerations, always get further medical health advice, this list isn't comprehensive or exhaustive.*

### Upset Stomach

As most stomach upsets are due to the unsanitary preparation of food, it is useful to know what to watch out for. Under-cooked fish (especially shellfish) and meat (especially pork and mince) can be hazardous. Salads can be risky unless purified water has been used to wash the various vegetables. Fruit that has already been peeled should be avoided. Be careful of ice cream, in particular the varieties sold by street vendors and served at cheap restaurants. Sometimes there are power outages in Sri Lanka, especially away from urban centres, so it pays to be suspicious of all refrigerated foods if you know there has been a recent outage in your area.



## Sunburn

### Always

remember to apply a sunscreen product with a sun protection factor of at least 30. Remember you are just 600km from the equator. Even with sunscreen, sunbathing should be limited in time. If you don't apply sunscreen you are liable to become so sunburnt that it will be painful to move, your skin will peel, you will have to start afresh to get that tan, and most importantly you put yourself at risk of serious dermatological disease.

## Dehydration

### Definition

Dehydration occurs when there is insufficient fluid in bodily tissues. It is a serious risk and can lead to impaired performance, vomiting and in extreme cases muscle failure and death. If you feel you have this condition - get medical assistance immediately.

### Prevention

Drink isotonic drinks in addition to water. Monitor urine frequency and colour - if you are not urinating or your urine is dark in colour you may be dehydrated.

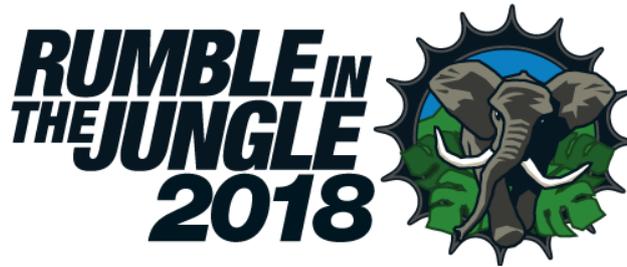
### Signs & Symptoms

Tiredness, irritability, tight and/or heavy feeling muscles, headache, dry mouth and lips and fatigue.

*N.B. symptoms of dehydration are usually only apparent once you have become dehydrated. They are very similar to hyponatremia.*

### Treatment

Determine history as it can be mistaken for hyponatremia, increase the amount of fluids you are drinking and get further medical help.



## Exercise Associated Hyponatremia

### Definition

This can be a potentially fatal condition. It most often occurs in endurance type events where little or no food has been consumed but plenty of water has been drunk, or within certain medical conditions. This can cause low sodium levels in blood plasma due to over hydrating. It can occur during or after an event. Severe cases may involve seizures, increased intracranial pressure, fluid in the lungs and respiratory arrest. If you feel you have this condition - get medical assistance immediately

### Prevention

To avoid sodium depletion, ensure to eat foods which contain sodium and check the backs of sports drinks for sodium content. Monitor fluid intake. Monitor urination frequency and colour - if urinating in excess and clear coloured you could be drinking too much. Drink isotonic drinks.

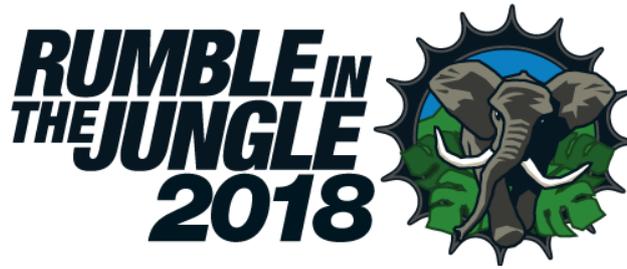
### Signs & Symptoms

May or may not appear dehydrated, nausea and vomiting, possible sudden onset of muscle cramps, drop in blood pressure, fatigue, lack of co-ordination and headache.

*N.B. These symptoms are very similar to dehydration, so vigilance is paramount.*

### Treatment

Determine history as it can be mistaken for dehydration, do not give water to drink, if conscious and can swallow give salty snacks, sit in shade and ventilation, remove clothing, insulate from hot ground, protect airway if vomiting, raise legs, cool by fanning and spraying with water, ice packs to core, apply cool wet clothes, further medical help.



## Hyperthermia (heat exhaustion & heat stroke)

### Definition

A significant and unsafe elevation in body temperature due to failed thermo-regulators that can occur due to extreme weather conditions, intense exercise in high temperature areas, dehydration etc. Heat exhaustion is the 'mild' form of heat stroke and if these symptoms are ignored then it can lead into an emergency situation. If you feel you have either of these conditions - get medical assistance immediately.

### Prevention

Drink plenty of fluids, limit time exposed in the sun, time out in well ventilated or air-conditioned areas.

### Signs & Symptoms

#### Heat exhaustion

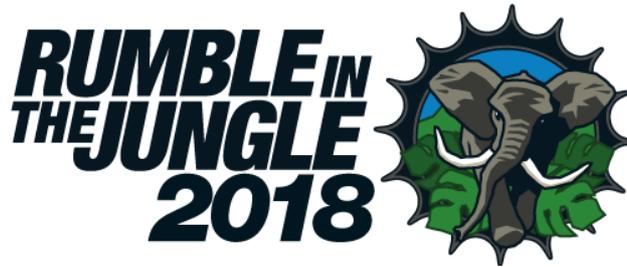
Tiredness, weakness, headache, faint, irritability, nausea, muscle cramps, dizziness, unable to keep up with the same work rate, slightly elevated pulse, often cool and clammy skin.

#### Heat stroke:

Headache, irritability, drowsiness, emotional changes, rapid weak pulse, confusion progressing to coma, elevated temperature, skin feels hot and may be moist or dry with reduced elasticity, thirst, infrequent urination that is strong smelling and dark in colour.

### Treatment

Shade, ventilation, remove clothing, insulate from hot ground, protect airway if vomiting, raise legs, cool by fanning and spraying with water, ice packs to core, apply cool wet clothes, rehydrate, further medical help.



## Hypoglycaemia

### Definition

Hypoglycaemia occurs when blood glucose (blood sugar) levels drop too low to provide the energy needed for your activities. It is very common in sporting events and with persons who have Diabetes. If you feel you have this condition - get medical assistance immediately.

### Prevention

Monitor blood sugar levels. If participating in sporting activities keep monitoring blood sugars and keep on top of the nutritional requirements that are needed for your body type.

### Signs & Symptoms

Comes on rapidly, hunger, nervousness, trembling, perspiration, dizziness or light headedness, tiredness, confusion, difficulty speaking, feeling anxious, weakness, palpitations, pale, irritability, aggressive and emotional swings.

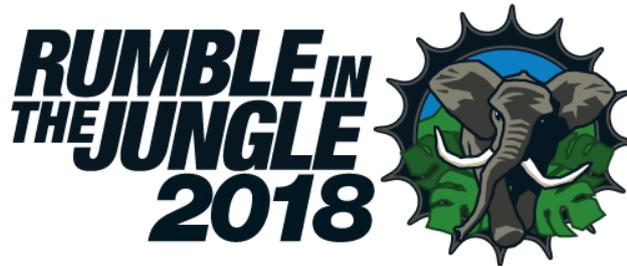
*N.B. these symptoms can be similar to those of hyperglycaemia if you are unsure always get further medical help before trying to treat.*

### Treatment

If conscious, get clear background, sugary drinks or sweets if able to swallow, on returning to normal person can normally dictate what they need in this type of situations, always get further medical help.

If unconscious, find medical help immediately.





## General

## Medical Advice

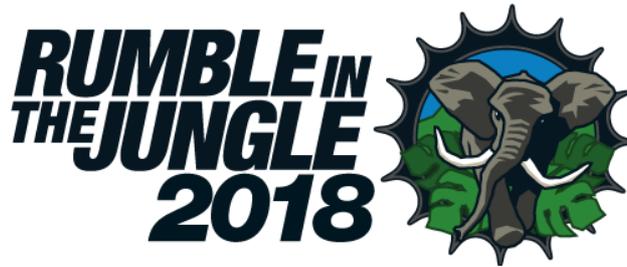
Bring adequate supplies of all medications in their original containers, clearly labelled. Carry a signed, dated letter from the primary physician describing all medical conditions and listing all medications, including generic names. If carrying syringes or needles, be sure to carry a physician's letter documenting their medical necessity. Pack all medications in hand luggage. Carry a duplicate supply in the checked luggage. If you wear glasses or contacts, bring an extra pair. If you have significant allergies or chronic medical problems, wear a medical alert bracelet.

In mosquito inhabited areas wear long sleeves, long trousers, hats and shoes (rather than sandals). Don't sleep with the window open unless there is a screen. If sleeping outdoors or in an accommodation that allows entry of mosquitoes, use a bed net, preferably impregnated with insect repellent, with edges tucked in under the mattress. The mesh size should be less than 1.5 mm. If the sleeping area is not otherwise protected, use a mosquito coil, which fills the room with insecticide through the night.

For rural and forested areas, boots are preferable, with pants tucked in, to prevent tick bites and leeches. Perform a thorough tick and leech check at the end of each day with the assistance of a friend or a full-length mirror. Ticks should be removed with appropriate tick removal devices, grasping the tick by the head. Many tick-borne illnesses can be prevented by prompt tick removal.

Apply insect repellents containing 25-50% DEET to exposed skin (but not to the eyes, mouth, or open wounds). DEET may also be applied to clothing.

Avoid contact with stray dogs and other animals.



## Pre-Race

Our logistics partners, Lanka Sport Reizen (LSR), are only too happy to assist with the booking of hotels before or after the race in the Negombo area, or to arrange additional tours. Please email [lsrevents@sltnet.lk](mailto:lsrevents@sltnet.lk) with your requirements and state “Rumble in the Jungle” in the subject bar. The official race hotel in Negombo, where the race transfers will depart from and arrive at is the Catamaran Beach Hotel. - <http://catamaranbeach.lsrhotels.com/>

## Compulsory Kit List

The following clothing and equipment must be carried by all competitors during the race. Spot checks will be made, and time penalties issued if the listed kit is not being carried.

- ✓ GPS with appropriate GPX files uploaded
- ✓ Provisions for carrying at least 1.5 litres of water (water bottles or CamelBac etc.)

If weather conditions dictate, we may ask riders to carry additional clothing/equipment. This will be advised of at the daily race briefing in the evening.

It is also compulsory that whilst riding, all bikers wear a helmet and carry the following items:

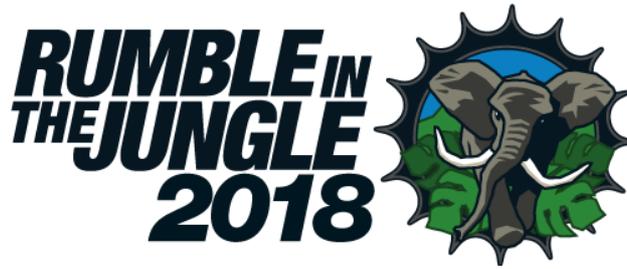
- ✓ Spare tube and puncture outfit
- ✓ Link to repair broken chain
- ✓ Multi tool
- ✓ Pump
- ✓ Chain Lube

It is a race requirement that, as a minimum, all competitors are adept in repairing a puncture and fixing a broken chain.

## Recommended Kit



For most days the temperatures 25°C to 30°C, crossing the and staying at the temperature could drop to below 10°C, so some warm clothing would be prudent.



will be between but whilst Horton plains Nuwara Eliya

The following kit list is only a suggestion and includes items to be worn or carried.

- A strong and durable kit bag to contain items that will be transported by vehicle between hotels each day. The max total luggage allowance is 25kg (this will be checked before departure)
- A day pack for carrying possessions, spare clothing etc. during the race day
- Lockable bag for leaving spare luggage at your hotel in Negombo.
- 2 pairs of cycling shoes (ones that have been well broken in to prevent blisters). There will be numerous river and stream crossings on the first day, it is advisable to bring 2 pairs, so you are not wearing wet ones on day 2!
- Cycling shorts, tops and gloves (at least 2 of each)
- Thin socks
- Showerproof jacket
- Lightweight base layer
- Sunglasses
- Insect repellent (20-50% Deet)
- Travel type or small towel
- Biodegradable soap for washing body, hair and clothes
- Any race aids i.e. HRM, water bottles, re-hydration powder
- Casual shorts, T-shirts and sweatshirt for evenings.
- Thin trousers and long-sleeved top for protection against mosquito bites in the evenings
- Training shoes and sandals for evenings and beach
- Swim wear for the beaches and pools in hotels



### Medical Team

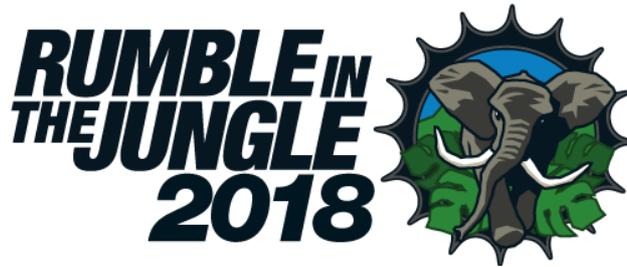
We always have a designated medical team for our events to ensure your maximum safety. They will be given your past medical history forms that you filled out on application - if anything has changed by the time you attend Rumble, please make sure you let us know to avert further complications in emergency situations! The medical team will be based strategically along the course route and have a designated 4WD sweep vehicle to ensure that should an emergency injury occur they are in the closest proximity. We advise all riders that if they come across an injured party to call for help immediately and remain with the injured person until help arrives. Any rider who leaves an injured rider will be disqualified from the race. The medical team will also be available to talk to at the hotel at the end of the race day, for the less urgent medical needs.

### First Aid Kit

It is always advisable to see your local GP before travelling abroad to assist with your medical needs and travel medication.

This list serves as a minimum recommendation, but it is at the participant's discretion.

- Hand wash and/or hand sanitiser
- Plasters (various sizes) and/or plastic skin (including blister plasters)
- Crepe bandages
- Antiseptic spray and/or wash
- Pain relief i.e. paracetamol or ibuprofen
- Any prescribed medication (in original containers, clearly labelled)
- Diarrhoea and vomiting tablets
- Constipation tablets
- Anti-allergy tablets
- Sunscreen (sweat resistant and minimum of factor 30)
- Lip Salve (with a high sun protection factor)



## On the Race

### Race officials' instructions

One of the most important ways competitors can help to maintain safety during a race is to listen and adhere to the race official's instructions before, during and after each stage. For example, a rider that turns up late for the start or does not report in at the end of the race will not only inconvenience the rest of the participants but could put lives at risk. There will be detailed briefings each evening and a briefing before the start of the race each day. We request that all riders are in attendance and pay careful attention.

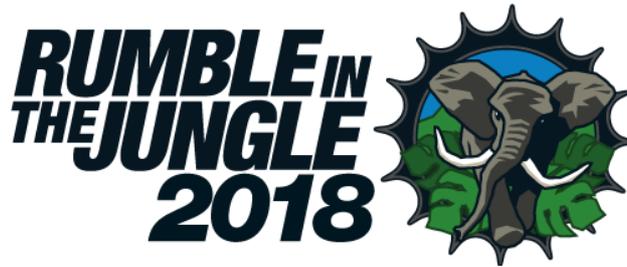
## Safety

### Route Markings

The route will be way marked, and all riders will be supplied with GPS files of the route that should be downloaded to a GPS device. Riders are requested to be diligent in following the markings and, if in doubt refer to the GPS device. There will be markings every 2 km or so, if a rider has not seen the markings for some time the chances are that they have taken a wrong turn. Please do not carry on blindly - some trails lead to remote and sparsely inhabited areas. Retrace your steps to the last marking, and, if necessary, wait until another rider or race official appears.

### Hydration

Stay hydrated. Temperatures can rise up to around 40°C during the daytime and humidity can be very high. Riders who do not hydrate adequately risk the misfortune of dehydration, over-hydration heatstroke, and in worst case scenarios, can collapse. There will be frequently located water stations (details in course notes, to follow later) - please use them at every opportunity.



## Accidents

### Emergency

help will never be far away, but if you do come across a seriously injured rider, it is your duty to stay with them until further assistance arrives.

## Elephants

Part of the course passes through an area frequented by wild elephants. It is highly unlikely you will encounter or even see one from a distance, but in the unlikely event you do, it is prudent to be armed with the best action to take as wild elephants can be exceedingly dangerous. Details of how to deal with an Elephant encounter can be found here -

<http://www.wikihow.com/Survive-a-Charging-Elephant>

## General

The route traverse's trails used by local village folk, local traffic, dogs etc. Please be considerate when passing and give them a warning shout if they are unaware of your approach.

## Water and Nutrition

Wherever possible, we will provide at least 2 water stations per day where riders can top up their fluid supplies with bottled water and grab some nutrition to refuel. We will advise where the station will be in the evening briefing. It is the rider's responsibility to ensure that they are carrying enough water and nutrition for the duration of the stage. The only water that is safe to drink without treatment is bottled water, all other sources must be treated with either purification tablets or with a filter.

Set breakfast and evening meals are included in the race entry fee for the duration of the race. The food will be of a local nature, but we will endeavour to cater for any individual needs.



## RUMBLE IN THE JUNGLE 2018



### Transfer day

All bikes will be presented at Beach Hotel,

the evening of the **8<sup>th</sup> June by 6pm**. All bikes must be built and ready to ride. Bike bags or boxes can be left at the Catamaran Beach Hotel. The bikes will be transferred to the start line at Kuda Oya **and won't be available to the riders until the morning of the 10<sup>th</sup> June (race day 1)**. On the evening of the 9<sup>th</sup>, all riders will be staying at a hotel approx. 30km away from the start line and transferred by coach to the start line on the morning of the 10<sup>th</sup>.

need to be the Catamaran Negombo on

### Registration

Race registration will take place on the evening of the 9<sup>th</sup> at the race hotel. Race numbers and jersey's (if pre ordered) will be issued and there will be a briefing on race safety and Stage 1 details immediately after. All riders are expected to attend.

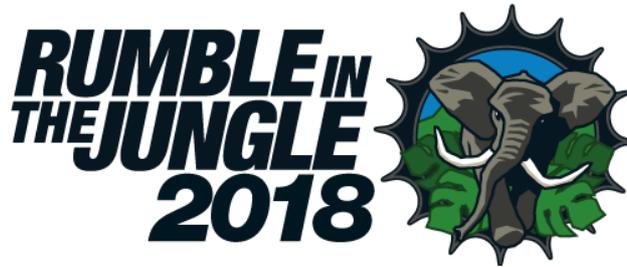
### Race Days

There will be a short briefing each preceding evening at 7pm about timings, the route of the following days race including water station locations and recognisable landmarks, etc.

Breakfast will be buffet style and served at 7am at your hotel. Evening meal will be buffet style and served at 8pm at your hotel.

Lunch time (or finishing time) food can be purchased from the hotel or nearby eateries.

The race start time will be dependent on the length of the stage but will typically be at 10am. On the days where a change of hotel is necessary, you will be advised at the briefing as to the time your luggage needs to be ready for loading on to the transport vehicles.



### Finish

The race  
FarCry resort

on the afternoon of the 14<sup>th</sup> June. Here riders will be able to shower, have a quick dip in the pool and fill up on snacks, before the approx. 1-hour coach transfer to the night's accommodation and prize giving venue in Dambulla.

At the FarCry resort, the bikes will be loaded on to a transfer vehicle and will then only **be available on the 15<sup>th</sup> June in Negombo.**

On the morning of the 15<sup>th</sup> June all riders will be transferred by coach (approx. 3 hours) to the Catamaran Beach Hotel in Negombo, where they will be able to collect their bikes and bike bags (if having left them there).

If any riders are intending to stay for any additional time at the Catamaran Beach Hotel, it is advisable to do this in advance, and Ryan at [lsrevents@sltnet.lk](mailto:lsrevents@sltnet.lk) will be only too happy to arrange this for you.

If you have booked a taxi to the airport through us we will need to know your pick-up time and collection point.

### The Route and GPS

Approximately 7 days before the race commences we will be sending you GPX files of each stage that must be uploaded to your GPS unit for navigation use during the race. **The route will be way-marked but we provide these files and method of navigating as a further safety measure and it is compulsory that everybody has a GPS unit pre-loaded with the course files.** Please ensure the files are uploaded to your GPS unit well before the race so any problems can be addressed as race officials will not have time at the briefing or on race day to sort out any problems of this nature.



## Itinerary

**8th June 2018:**

presented at  
Beach Hotel,

18.00 for loading onto the transfer vehicle.

## RUMBLE IN THE JUNGLE 2018



Bikes to be  
the Catamaran  
Negombo at

**9th June 2018:** All riders to meet at the Catamaran Beach Hotel at 8am for a coach transfer to Kuda Oya (approx 8 hours). The coach will stop for lunch en-route - this is not included in the race entry fee. In the evening there will be race registration and a detailed briefing.

**10<sup>th</sup> June 2018:** Breakfast and luggage drop, followed by a 7.30am coach transfer to the start line in Kuda Oya. There will then be around 45 minutes to check over the bikes, fit the race number and execute any final last-minute preparations. Luggage will not be available at this point, so riders must already be dressed ready to race. A kit bag will be available to deposit any belongings worn, that are not required during the race. These will be available at the finish hotel in Haputale.

**10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> June 2018:** "Rumble in the Jungle" - Stage details will be emailed out around 1<sup>st</sup> June.

**14th June 2018:** Race finishes in Wasagumua, freshen up and snacks before a 1-hour transfer to the night's accommodation and prize giving ceremony in Dambulla. Bikes will be loaded following the race finish for transfer to Negombo.

**15th June 2018:** Transfer to Catamaran Beach Hotel in Negombo (estimated arrival time 13.00). Collect bikes and any left belongings, continue with own itinerary or transfer to airport.



## **RUMBLE IN THE JUNGLE 2018**



### Included in

- ✓ Coach  
Negombo to Kuda Oya
- ✓ Transfer of all belongings between each stage
- ✓ All accommodation on twin share basis: 9th June - 14th June inclusive
- ✓ Set breakfast 10th - 15th and evening meal 9th to 14th, inclusive
- ✓ Full race support including medics, bike mechanics (services to be paid for if required), fully equipped and manned water feed stations, bike wash facilities
- ✓ Transfer from Dambulla to Negombo
- ✓ Prize giving and post-race celebrations in Dambulla
- ✓ Prize money
- ✓ Finishers t-shirts, medals and certificates.

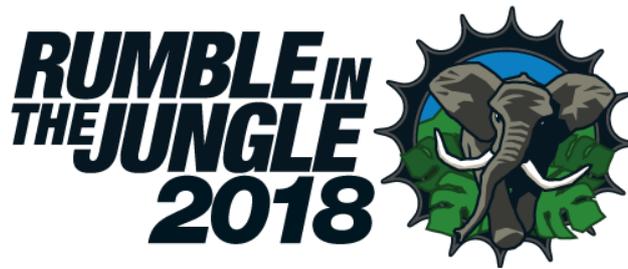
### Entry Fee:

transfer from

### Not Included in Entry Fee:

- ✗ International flights
- ✗ Equipment- including bike, helmet, clothing etc.
- ✗ Soft drinks and alcoholic beverages
- ✗ Insurance
- ✗ Private medical services or treatment, emergency medical treatment and emergency evacuation fee
- ✗ Entry visas or immigration services

*NB: all competitors shall be required to sign a personal liability waiver to participate in the race*



### Optional

To add on any of the below optional extras to your race package, please email [phil@mtb-worldwide.com](mailto:phil@mtb-worldwide.com).

### Extra's

#### **Physiotherapy / Massages**

Rumble in the Jungle is hard on the body, with 10,000m + of ascent over just 5 days and very little time to recover between stages.

As always there will be a fully qualified race physio at the event.

Corinne Smith of CJ Physiotherapy: <https://cjphysiotherapy.co.uk/> has been working with Mountain Biking Worldwide since 2016 and can offer professional recovery massages in the comfort of the race hotel. A prepaid booking of 4 x 30 minutes sessions will cost \$160 (email to book) or if time is available on the spot 30 minutes sessions will cost \$50 each.

#### **Bike Clean and Lubricate**

Increase your leisure and recovery time by getting somebody else to clean and lubricate your bike. Not only is Rumble hard on the body, it's also hard on your bike. Take the stress out of keeping it running smoothly by handing it over to the race mechanics at the end of the day.

5 x bike clean and lubricate will cost \$150 if pre-booked (please email to book) or an on the day a one off clean and lube will cost \$40 (if spaces are available). The mechanics will also be available to carry out any unforeseen repairs that are necessary at an hourly rate of \$30+ any required parts.

#### **Rumble in the Jungle Race Jersey**

Bespoke Rumble race jerseys make a fantastic momentum from the race and will be available to purchase at a cost of \$100. To ensure your preferred size it is available, pre order these via email.