

Competitor checklist – The CLAMBER



Race Format

The **Clamber** is a 10km running race and takes place on Friday. It will start and end at Borana Race Village (BRV).

A full event schedule will be published in February.

Register Online

Register online at <https://www.10to4.org/event-details/10to4-mountain-bike-challenge-2026>

You'll need your personal details and ID/passport number plus any insurance and emergency cover details you have in place for them (see below), emergency contact details, and parent/guardian details if you're under 18.

Accommodation

Various accommodation options are available locally (see <https://www.10to4.org/local-accommodation>), or you can camp at BRV (<https://www.10to4.org/add-ons>).

Wherever you stay, please make sure you allow plenty of time to get to the Start Line on Friday morning – check timings on Google or Apple maps or similar, and read the relevant details on <https://www.10to4.org/logistics>

Emergency Cover

You must supply the organisers with proof of air evacuation cover when you register.

If you do not already have cover, you can purchase this as an add-on (<https://www.10to4.org/add-ons>), or directly from AMREF or rescue.co

AMREF - <https://flydoc.org/maisha-plan/maisha-plan-short-time/>

rescue.co - <https://www.rescue.co/safetravels>

Payment

The Race Fee is \$100 (plus \$2.50 ticket fee if you pay online)

You can pay by card when you register or purchase add-ons online, or by MPesa once you've submitted your registration form.

MPesa details: Paybill number: 329959 Account number: Your name

Please use an online currency converter to convert US\$ to KES.

Acknowledgement and Waiver

You MUST complete and countersign a waiver.

You should read the Terms and Conditions here - <https://www.10to4.org/terms-conditions> - and download the form for all Friday and Saturday races using the link at the bottom of the page. This can be submitted via email or as a hard copy.

Medical Form

You MUST complete a medical form - <https://forms.gle/CcsFFLxKz7mWEays6>

Sponsorship

Whether you're competing as part of a Fund-raising Team or as an individual, visit <https://www.10to4.org/get-sponsored> and download a sponsorship form.

Pre-Race Check-In

As well as completing an online registration form, you'll need to check-in and collect your race tag. You'll be able to do this in Nanyuki Town during the week before the event, on your way to BRV on Thursday (to 6 pm) or Friday (to 7:30 pm), or at BRV from 7:30 am on Sunday morning.

If you haven't already submitted your Waiver or Emergency Cover details to the organisers, you'll need to do this when you check in or you won't be allowed to race.