



# Competitor checklist – RUSH

## Race Format

The **Rush** starts at Kisima Farm at around 8:45 am on Saturday so you'll need to be there and ready by 8:15 am at the latest – aim to get there by 7:45 am. The route finishes at Borana Race Village.

Further details, including location pins, can be found by visiting <https://www.10to4.org/logistics> on the 10to4 website. 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 (see below), emergency contact details, and parent/guardian details if you are 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 Saturday morning – check timings on Google or Apple maps or similar, and read the details on <https://www.10to4.org/logistics>

## Bike Drop and Rider Transport

You can arrange for your bike to be transported overnight to the Saturday Start Line at Kisima Farm (see <https://www.10to4.org/bike-drop>). You will drop your bike at the check-in point at Ngare Ndare gate before 7:30 pm on Friday, and you MUST pre-book this service as an Add-On (<https://www.10to4.org/add-ons>).

You can also get Rider Transport from BRV to the Start Line for Saturday morning, but places are limited so please book early.

If you don't get a place or if you're staying somewhere other than BRV, you'll need to find your own way up to the Start Line in good time to collect your bike before the races start (see <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 \$210 (plus \$5.25 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

All riders MUST complete 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

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

## Sponsorship

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

Limited funds are available through MKT Sponsorship to help young Kenyan riders pay their Race Fee. Full details can be found on the Get Sponsored webpage.

## Pre-Race Check-In

As well as completing an online registration form, you'll need to check-in and collect your bike 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 the Start Line on Saturday.

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.