

HILL 60 SUNRISE TRAIL RUN BY NOOM

Rules & Event Information

1. Registration

- Online entries are encouraged: <https://gtowntrails.co.za/events/noom-at-dawn-trail-run>
- Registration closes the night before the race.
- Limited late entries may be available on the morning of the event (subject to capacity).
- Registration and race-pass check-in open from 05:15 at Noom.

2. Race Briefing

- A compulsory race briefing will take place at 05:45 (15 minutes before the start).
- Please listen carefully for any route changes or safety announcements.

3. Start & Finish

- The run starts and finishes at Noom at the Workshop on Rautenbach Road, Makhanda.
- Please line up behind the start line and follow the instructions of the race officials.

4. Route

- One marked trail of about 6.66 km over Hill 60, starting and finishing at Noom.
- The route will be clearly marked, with marshals where required.
- Stay on the marked course at all times.
- Respect private property and leave gates as you find them.
- No littering — please use the bins provided at the finish.

5. Safety

- Participation is at your own risk.
- All Secure guards will be posted along the route for extra safety, and drone surveillance may be used on some sections.
- Basic first aid will be available at the venue.
- If you see an injured runner, notify the nearest marshal immediately and call +27 (83) 454-2725.
- In the event of an emergency, follow the instructions of race officials and call +27 (83) 454-2725.
- Please be courteous to other runners and walkers using the trails.
- Youngest age is 9 on race day. Children take part under the supervision and responsibility of a parent or guardian — on the course and at Noom. We do not provide childcare or on-course supervision for minors.

Safety & Dawn Running Guidelines

- A headlamp is optional. First light is around the 06:00 start; bring one if you prefer extra visibility.
- Wear an extra layer for a cool October dawn, and brightly coloured clothing where practical.
- Follow the marked route and marshal instructions.
- Keep left on single track where practical and allow faster runners to pass safely.
- Stay aware of your surroundings.

- Carry your own water if you require hydration during the run.
- Attend the compulsory race briefing before the start.

Dawn running is about enjoying the trails together. Run responsibly, respect fellow runners and have fun.

What to Bring

- Comfortable trail running shoes
- An extra layer for dawn
- Race pass on your phone
- A fully charged cellphone
- Water bottle or hydration pack (optional but recommended)
- Your sense of adventure and a smile!

Event Etiquette

- Respect nature and leave no trace.
- Encourage fellow runners.
- Thank the volunteers and marshals.
- Enjoy coffee and breakfast at Noon after the run!