



The Long Ride To Freedom

longridetofreedom.com

An educational journey of hope and action from Johannesburg to Cape Town to educate people about potential job losses due to digital disruption.

18 July 2020 - 14 August 2020

Rider Information Pack and Registration Forms

Introduction:

Born out of a need to fight corruption and greed, the Long Ride To Freedom, in its second year, is an annual bike ride from Johannesburg to Cape Town to create the vision Nelson Mandela wanted for our country. A vision of hope, dignity and prosperity for all.

The Long Ride To Freedom is a non-competitive journey, open to anyone who has ever had doubts about themselves, or who has ever wanted to make a difference in the world but didn't know how. It's not a race, so there is no pressure to keep up with anyone. Instead, it is about finding your own inner Madiba.

Funding raised from the Long Ride To Freedom will be used to build Decentralised Sustainable Innovation Villages along the Fibre Optic Route similar to the [Sustainability Institute](#) for Social Entrepreneurs who use their profits for purpose in order to manifest a world we can all live in.

Following the Fibre Route, speakers joining the ride, will ride ahead and stop off at ten major school locations to educate South Africans and teach them how to use technology to take extreme ownership of their own lives whilst preparing them for potential job losses due to digital disruption in the Fourth Industrial Revolution. At each of the ten locations, we will identify the leaders who will help us build more Decentralised Sustainable Innovation Villages where more South Africans will be able to improve their digital skills and prepare for the digital age.

We believe time is what we need to heal the wounds of the world and in order to create time, we will hand over mundane jobs to Artificial Intelligence, Blockchain, Robots and Software Automation in order for us to live more meaningful lives with our families and create jobs that will clean up the mess we made in the 1st, 2nd and 3rd industrial revolutions.

Bringing together school students, software developers, virtual assistants and investors, our first goal is to build trust in ecommerce in South Africa in order to bypass expensive supermarkets and relieve South Africans of the overpriced stress they currently call life and to create jobs that will clean up our planet.

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Why the Long Ride To Freedom?

Two famous quotes drive this campaign.

Nelson Mandela's ***"Education is the most powerful weapon you can use to change the world"***

John F. Kennedy's ***"Ask not what your country can do for you, ask what you can do for your country"***

Everything Leaderless (the non profit company organising this event) does, will always come back to one word - **education**.

Our goal at Leaderless, is to teach people how to use technology so that they can take extreme ownership of their own lives instead of waiting on poor service delivery or depend on jobs supplied by corporate companies. The Long Ride To Freedom is how we will communicate and connect South Africans to start collaborating in order for them to replicate the ideas coming from the Leaderless website, so that we can quickly upskill an entire nation.

The Decentralised Sustainable Innovation Villages we plan to build along the Fibre Route we have chosen will encourage Social Entrepreneurship so that these Entrepreneurs use their profits for purpose and give a sense of meaning to those they influence around them in a world that seems to be in complete chaos right now.

Who organises the Long Ride To Freedom?

The Long Ride To Freedom is organised by a group of like minded dedicated people who believe in a Positive South Africa. [Leaderless](#), together with the [Fellows Of Fire](#), [Cycle The Cape](#), [Ecommerce Forum of Africa](#), [FreedomWon](#), [The Fibre Council of South Africa](#), [Peach Payments](#), Rotary, SA Tourism, the International Marketing Council and positive South Africans who volunteer their time to make the Long Ride To Freedom a reality so that we can contribute to Nelson Mandela's vision.

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When is the Long Ride To Freedom?

The Long Ride To Freedom will start on Nelson Mandela Day, 18 July 2020 to 14 August 2020.

2820KM! That's crazy, from where to where?

Don't wish for the end; before you blink it will all be over and you'll want to carry on. We'll take it's slow, it's not a competition; it's a life changing journey. Starting in Suikerbosrand, Johannesburg, we'll cycle through the "World in One Country" along the Fibre Optic Route and finish at the V&A Waterfront in Cape Town.

What if I can only spare a few days?

For those riders who cannot get away from work for 28 days (in 2020), we have created Stages that allow riders to complete sections of the journey. These you can do on your own or as part of a spirit building corporate event your company might want to participate in.

Due to the logistics of organising the Stages, we ask that you make contact with us well ahead of time so that we can start arrangements as slots are limited.

You can email join@longridetofreedom.com and we will reply to you as soon as we can.

What if I can't keep up?

The Long Ride To Freedom is a ride open to anyone who wants to make a difference in their own lives and by doing so, make a difference for South Africans. With the end in mind, ability to pedal and good health, anyone over the age of 16 can cycle the Long Ride To Freedom. Along the way you'll have the added advantage of developing some new muscles you never thought existed, but above all you will grow in ways you didn't think possible.

It is not a race but a journey and even if you cannot make it on your own, there will always be a backup van to help you along the way.

How much does it cost the rider?

Registration:

Tickets cost R60,000 for the 28 Day ride which includes food, accommodation, backup vans and organisation of the ride.

Bikes will be made available to those who do not want to transport their own bikes.

Stages:

For those who cannot make the entire journey, we have created Sprint tickets to allow them to fly into certain airports, complete a part of the journey and fly out again from another airport.

Sprints will take place from

- Johannesburg to Durban
- Durban to Port Elizabeth
- Port Elizabeth to Cape Town

Stages cost R30,000 per sprint and funds pay for accommodation, meals and pick up from airports.

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Please do contact us about these tickets and their costs as they are very limited and special arrangements need to be made.

Flights:

Flights are arranged by the riders. These are the international airports in South Africa

- O.R. Tambo International Airport
- King Shaka International Airport
- Port Elizabeth International Airport
- Cape Town International Airport

You can fly into O.R. Tambo International airport and fly out of Cape Town International Airport if you are attending the entire journey. For the Stage rides, flights out of other international airports need to be arranged by yourself.

Fundraising:

Riders are asked to raise as much money as they can per kilometre (suggested R5 per kilometer or R15,000) through sponsorships. Funds will again be used to build the initial Decentralised Sustainable Innovation Village in Cape Town where other Decentralised Sustainable Innovation Villages leaders will learn what they need to learn to build their own Decentralised Sustainable Innovation Villages.

The rider who raises the most money will automatically be entered into the following year's ride and the donor who donates the most stands the chance to win fantastic prizes.

For a more comprehensive breakdown of equipment and lodging costs, see the ['Estimated costs and expenses'](#) section.

And my luggage?

You can, if you're the avid cycle touring type, hook up the panniers and carry your own gear, if that's not you, there are **Support and Gear (SAG)** vans that will carry your gear!

Where do I sleep?

Bed and Breakfast accommodation will be made available for all riders at select venues.

What about safety?

Although every precaution is taken to ensure the safety of our riders, there are always risks beyond our control such as road conditions, bad weather and heavy traffic, which can lead to unsafe riding. Riders are asked to share the responsibility for each other's safety by recognising when to get off the road.

Each rider is expected to have medical insurance and proof thereof needs to be sent through along with this application form. Each rider also needs to have undergone a fitness test and proof thereof, needs to be submitted. See [Additional Safety Information](#).

An itinerary of the day's events, including a road map, will be handed out to each cyclist every morning. Radio stations en route will also be asked to make drivers aware of our movements and also to have their headlights on. We strongly encourage riders to ride with a rear view mirror, which can be attached to their helmet bicycle. Other basic safety rules, such as cycling with helmets and adhering to traffic laws will be enforced.

Each SAG van will be equipped with the necessary equipment in case of emergencies. Should you fall ill, get hurt or be unable to ride for any reason, a first aid assistant will be available to attend to all your ailments. The SAG vans will stop and allow riders to fill water bottles, supply lunches, snacks and offer moral support.

Please also see the [Additional Safety Information](#).

What does a typical day look like on the Long Ride To Freedom?

Every day will be different! Sunny, funny days or an unexpected cloudburst overhead or a headwind that you'd rather face tomorrow than today. Challenges thrown in your path to create a metaphor for life's challenges – slow down, enjoy the ride.

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The typical routine looks like this...

Rise and shine, its cycle time!

Some alarm clocks will go off, some won't and it will take some coaxing to get you out of bed and ready for another day's ride. The sooner you're on the road, the cooler it is and the sooner you're left relaxing the day away when you're done. A briefing, along with breakfast, will be held between 6am and 7am. Once breakfast has been served and everyone has done their share to clean the site, the ride will begin.

Distances vary from day to day, some days you will cycle as little as 35km and other days as much as 130km. Much like a scuba "buddy" we will arrange cyclists into teams of comparative speeds, this way each rider will not feel obligated to ride with those of stronger strengths. If need be, teams can be swapped about, but for safety reasons we need to work in groups that Mark, our ride organiser will arrange. After all that is exactly what teamwork is about, helping each other attain goals, whatever it may be. This will ensure safety throughout the route and is a great way of socialising with one another.

Food, food and more food!

Once the SAG vans have been packed with your gear you're ready to hit the road. The average day is about 7-9 hours long and at average speeds of about 15 - 60km/h, this is undoubtedly the best part of the day - being able to eat as much as you like and burn it off as you cycle. Rest if you feel you need to rest, chat if you need to chat. The SAG vans will stop and wait for everyone to come through while serving a picnic lunch at predetermined stops, this will give everyone a breather and time to catch up with the days' adventure.

Heeltyd Speeltyd! (Afrikaans for "Always Playtime")

Flat tires, headwinds, tailwinds, socials with the locals and all sorts of wonderful day-to-day experiences will keep your day exciting. There is no need to rush anything.

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Enjoy your time as you learn what it means to stay positive, take in the scenery and stop every now and then to take a photo or jot something down in your notebook.

Disruption Talks

As you ride each day, organisers of the event will ride ahead and hold talks at the schools they plan to visit to educate students, farmers, software developers and virtual assistants about digital technologies that will not only replace mundane jobs but also create the time we need to come up with new jobs that will clean up our planet.

These talks are pre-arranged with the headmaster of the school where we will hold talks at the school halls.

Children are the future of any country and it is our goal to identify the Social Entrepreneurial leaders of the schools. Those who know that profit for purpose is how humanity will benefit. These young leaders of tomorrow will help identify the land where we plan to build the Decentralised Sustainable Innovation Villages for other Social Entrepreneurs in conjunction with the farmers, software developers and virtual assistants we will speak to.

Coming to an end..

See, you've made it again and now you are that much closer to your goal and you have done that much more to give South Africa hope!

The Long Ride To Freedom goals.

The goal of the Long Ride To Freedom is to raise a much-needed positive awareness across South Africa. As riders of all calibre challenge themselves in this non-competitive event, they will see that by choosing courage to build on their own strengths, how much easier it becomes to make a difference in the world because of the new found faith in yourself. Watch the knock-on effect as reaching your own goal makes a difference in you, your group, in the communities we visit, in South Africa and in the end, the World.

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You:

Every cyclist will face challenges every day. Take your time, enjoy the journey. On the uphill you will curse, that's ok. The downhill are the good times and many take the downhill at an exhilarating pace, free wheeling to the bottom instead of applying the brakes and consuming the beauty.

As a group:

We are all individuals with different strengths. Sometimes it will feel as if we cannot make it through the day and it is then that those around you, who are working towards the same goal, will give you moral support and encouragement to keep you going despite the hard times in life's uphill, headwinds and pouring rain. Every kilometre cycled is one small step to something greater and you will have enough support in the group to help you reach your destination. At the end of a long day, when you've reached the next town, pat yourself and others around you on the back and share your positive aspirations together. You've made it as a group with the help of each other's support.

To the communities:

The Decentralised Sustainable Innovation Villages we plan to build along the fibre route is intended not only to upskill to digital skills and prepare for the digital age but also to teach sustainability. Very closely modelled on the Sustainability Institute in Stellenbosch that has been running for over 20 years now, these Decentralised Sustainable Innovation Villages intend to teach people how to use technology to take extreme ownership of their own lives.

As part of the [Ecommerce Forum Africa](#), it will be our mission to traverse the length of this route frequently to make sure that Ecommerce takes off at these Decentralised Sustainable Innovation Villages in South Africa and later into Africa.

To South Africa:

By working as a group and helping each other reach our destination on yet another day, you will begin to believe in yourself. With a positive attitude, riders who thought

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they could never make it will be given the chance to prove to South Africans, that anything is possible in life and if we stay positive, work together, we are able to help one another through it all.

South Africa is known as the “World In One Country” and you will soon see why when you cycle hundreds of kilometres through so many different landscapes and see many changing faces. Keep your eyes open and note the similarities in South Africa’s diverse cultural groups. Notice the very basic needs of every human being; like food, shelter, respect and understanding.

And the World:

On the road, kilometre after kilometre, you’re left to your own thoughts often for hours on end, thinking about the intricacies of life and why certain things happen in a certain way at a certain time and taking in the amazing beauty that nature has to offer. You’ll start noticing the winds, you’ll wake in the morning to see where the sun comes up and smile at yourself when you realise how small and insignificant we are on this massive planet. And even though we are so small and so individual, we all play such an integral part of the very nature around us that feeds us.

Riders roles and responsibilities.

Fundraising:

As mentioned, [each rider is required to raise as much money as possible](#) which will be used towards building Decentralised Sustainable Innovation Villages along the Fibre Optic Route. Of course, raising more money means that we can do that much more to create the dream of a Positive South Africa, so we encourage all riders to do so.

Here are some ideas to raise the funds:

- Pledges from friends, family and colleagues.

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- We will create a page for every rider on the Long Ride To Freedom website where riders can send us their fundraising video to reach out to their sponsors. Peach Payments has made it possible for the riders to accept money online.
- Companies are invited to send their employees on a spirit building event, sponsoring the riders to complete a section of the ride.

Positivity awareness:

Your presence is true testimony of a positive mental attitude. Along with our motivational speakers who will ride ahead to speak at the schools, your participation in the Long Ride To Freedom will encourage and inspire local communities. We urge riders to take the time, get involved and help empower others so they too can realise their full potential.

How will we raise the funds?

There are several ways we plan to raise the money we need to buy the property where the Innovation Villages will be built.

1. Rider registrations.
2. Sponsorships.
3. Investor talks.
4. Crowdfunding (donations)

Similar to the Sustainability Institute in Stellenbosch that has been running for over 20 years, Spark Schools will be built at these Innovation Villages as a stream of revenue for the Innovation Village where children can attend school and other buildings will house areas where courses can be held to educate more South Africans to help them quickly pivot, shift and create new jobs of the future.

Much like the Sustainability Institute's Eco Village, our Villages will be built for Social Entrepreneurs that are self sustaining as possible so that they can use more of their profits to go to the good of our country.

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In the pilot project being worked on in the Western Cape, very high emphasis will be placed on technology, particularly How To Code, Ecommerce, Blockchain, Internet Of Things and 3D printing to ensure that we quickly prepare many people for the digital age.

Who will run the Decentralised Sustainable Innovation Villages once built?

One hundred and fifty Social Entrepreneurs will run the Decentralised Sustainable Innovation Villages. One hundred and fifty is Dunbar's number of how many people one can have meaningful relationships with.

The village will be broken up into the rule of 33%. Social Entrepreneurs we have identified to lead and grow the village. The initial 33% will be those Social Entrepreneurs who are already well established and have the time to help 33% below them to become more established. Later a further 33% will be brought on board who can learn from those more experienced above them.

Each of these Social Entrepreneurs are expected to contribute in the form of teaching outside people to learn and prepare for digital disruption through the courses they will offer.

In the pilot project, a very strong focus will be put on Ecommerce, Blockchain, Internet Of Things, 3D Printing, Artificial Intelligence and Flow.

Flow is the most important course of them all. Here we will teach emotional and spiritual wellness. To disconnect from digital and reconnect with people.

For more information, visit the LongRideToFreedom.com website or the Leaderless Non Profit website.

How will the Long Ride To Freedom help the communities through which we pass?

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Motivational Talks

Motivational speakers will drive ahead of the riders and stop off at the schools we intend to speak at. Here we will invite farmers, school students, software developers and virtual assistants to talk about technology, future jobs and how we can use technologies such as Ecommerce to take extreme ownership of our own lives.

Trust

The core message of these talks will be about Trust as this is what is needed to improve Ecommerce in Africa. The virtual assistants who we will ask to join at these talks are going to help us sell a Trustmark that will go onto the Ecommerce website that people will own.

These Trustmarks validate that people are who they say they are, sell what they say they sell and exist where they say they exist. In essence, they will have completed a number of rounds of regulation through a legal process in order to gain this trustmark.

The Trustmarks are verified through the [Ecommerce Forum Africa](#), a Non Profit Company focusing on growing Ecommerce into Africa.

Madiba Leaders

Ahead of time, we will speak to the principals of the schools to help identify the Madiba Leaders of the schools. These leaders will go through a rigorous test to ensure that they are the leaders who will not only help build the Decentralised Sustainable Innovation Villages, but see a vision for all South Africa that is inclusive no matter what gender, race or religion we are.

Where is the money we raise be spent?

The money we raise will be used to buy the property we need to build the Decentralised Sustainable Innovation Villages along the fibre route. Central to every piece of property will always be a learning center. We're up against Artificial Intelligence and it becomes vital that we are forever learning.

A Spark School for outside children will also be built where they can learn regular classes as well as digital skills and Flow (spiritual and emotional intelligence). Housing for the Social Entrepreneurs who willingly use their profits for purpose in order to create meaning in the world and to teach others, will also be built.

[Click here to sign up to our newsletter to stay up to date on progress we have made.](#)

Fibre route and itinerary.

Johannesburg to Cape Town: Approximate distance 2820km.

The route we have chosen gives riders the chance to see more of our magnificent country whilst at the same time, following the fibre optic route which is central to each of these villages' success. Distances are approximate and the route may be subject to change. Any changes will be communicated to registered riders.

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Johannesburg to Cape Town

From – To	Route	Distance in KM
Start: Johannesburg - Suikerbosrand		
Suikerbosrand-Standerton	R23	118
Volkstrust	R23	84
Piet Retief	R543	115
Vryheid	R33	105
Melmoth	R34/R66	128
KwaDukuza	R66/R102	124
Illovo Beach	R102	107
Port Edward	R61	129
Flagstaff	R61	115
Port St Johns	R61	86
mThatha	R61	98
Cofimvaba	R61	148
Cathcart	R351	92
Fort Beaufort	R67	95
Kenton on Sea	R343	141
St George's Strand	R72/N2	113
J-Bay	R335/R334/N2	96
Storms River Village	N2	99
Knysna	N2	92
Mossel Bay	N2/R102	106
Calitzdorp	R328/R62	126
Barrydale	R62	124
Nuy Vallei(Worcester)	R62/R60	127
Franschhoek	R43/R45	90
Muizenberg	R45/R310	77
V and A Waterfront/Grand Parade		85
Finish: Cape Town - V&A Waterfront	TOTAL:	2820Km

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Estimated costs and expenses for the Long Ride To Freedom.

Costs.

Completed application forms and deposits should reach us by no later than 1 July every year. Places are limited, so secure your ride soon. Application forms, along with payments are payable to Leaderless - the non profit company who organises the Long Ride To Freedom.

Full Ride

Full ride deposit (50%):	R30,000
Balance (6 weeks prior to ride)	R30,000
Full ride total:	R60,000

Stage Rides

Stage Ride deposit (50%):	R15,000
Balance (6 weeks prior to ride)	R15,000
Stage ride total:	R30,000

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Refunds and cancellations

As can be expected, a lot of time and energy goes into the planning and execution of this ride. We do expect last minute changes to people's plans but we ask that you also acknowledge that last minute changes are difficult to find replacements for. That said, here is a breakdown of how we will refund fees should you cancel beforehand.

Cancellations

Should you wish to cancel your ride, a full refund minus 10% will be given 6 weeks before the start of the ride. This applies to both the Full Ride as well as the Stage Rides.

Thereafter, 15% will be deducted for every week closer to the event.

- Cancellations 6 weeks prior to event - minus 25%
- Cancellations 5 weeks prior to event - minus 40%
- Cancellations 4 weeks prior to event - minus 55%
- Cancellations 3 weeks prior to event - minus 70%
- Cancellations 2 weeks prior to event - minus 85%
- Cancellations 1 week prior to event - minus 100% (no refund)

Fundraising:

Riders are asked to [raise as much money as possible](#) through sponsorships to help build even more Decentralised Sustainable Innovation Villages.

There are many ways to achieve this if you page up in this document. Riders who raise the most money will win an automatic entry into the following year's ride that they can use or give to someone else and the sponsor who pledges the most money will stand a chance to win great prizes through our sponsors ([keep an eye on our website](#)).

Equipment fees.

The most expensive layout, if you are not from South Africa, will of course be tickets to South Africa and then of course your bicycle (if you bring your own. Most cyclists prefer to bring their own bikes but bicycles will be made available to those who want to use one of our bikes.

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Additional safety information.

Your responsibilities:

Safety starts with you! Although every precaution has been taken to ensure a safe journey we cannot predict unforeseen incidents.

Riders:

- a. **Fitness tests:** All riders will be asked to undergo a fitness test with their doctor, accompanied by a letter from them. Cyclelab has also offered participants of the Long Ride To Freedom a discounted (R250 instead of R400) fitness assessment which consists of
 - i. Blood pressure
 - ii. Body fat percentage
 - iii. Maximum power output
 - iv. Power to weight ratio
 - v. Conconi test (lactate threshold test)
 - vi. Maximum heart rate test
 - vii. Flexibility test
 - viii. Cyclist profile analysis (and assessment of strengths and weaknesses)
- b. **Streeeeetch:** Stretching is probably the best thing since twisted cooksisters (a treat in South Africa) and we'll get everyone to warm into the day with a couple of stretches before we head out.
- c. **Insurance:** Insurance in any travel situation is a good idea. We have however taken the necessary steps to cover the riders in the 28 days you will be spending on the road. The insurance will cover accidental death up to R75,000.

Gear:

- d. **Bicycles:** Sure you can come along on just about anything, if it's in good working order of course! A set of brakes on a steep downhill go a long way when the barrier arrives sooner than you expected. Riding on a pair of tubes because your tires have been recycled back into the earth could have you stopping every 10 metres for repairs. So best come prepared.
- e. **Helmets:** We've added an 11th commandment; thou shalt wear thy helmet at all times!
- f. **Third Eye:** It is highly recommended that every cyclist use a rear view mirror of some kind. Some are easily attached to the handlebars of the bike and others clip onto the helmet or your sunglasses.
- g. **Visibility gear:** Even though we will only be cycling by day, it helps to wear something a bit more visible to assist motorists. A simple reflective strap can be just as useful as a bright neon vest. A flashing red tail light also assists drivers from a distance to notify them cyclists are ahead.

Traffic:

- h. **Know the road:** The route will have been checked prior to commencement of the cycle and together with the AA we will make changes and notify riders if the route changes at any point. In general South African roads are well kept but there may be times when we will find potholes which could be hazardous – be on the lookout!
- i. **Beep Beep:** So the bicycle was invented before the motorcar but for some reason the pollution-pumper has somehow taken on the attitude that the road belongs only to them and that you are lagging in technological advancement. Yes, there will be cars and yes, there will be trucks. In 90% of all cases, a driver has seen a cyclist well in advance of approach and will have slowed down enough to overtake in the opposite lane or at least have slowed down enough to allow oncoming traffic through first before overtaking the cyclist. Riders will be broken up into teams to cycle between SAG vans that will clearly indicate, by means of flashing lights that there are cyclists on the road.
- j. **Radio Stations:** We will ask local and national radio stations to warn drivers of the Long Ride To Freedom and to ask them to drive with their lights on for further visibility.

The Weather:

- k. **The Wind:** “The answer my friend, is blowing in the wind” - We cannot predict the weather but there will be days of headwinds and there will be days of tailwinds. Caution to the wind, especially through the mountains as side gusts can put a person off balance very suddenly.
Trucks also carry with them a slipstream and it is advised to fall in behind one another in the case of trucks overtaking.
- l. **The Sun:** Please bring as much sunscreen with you as possible. It can get hot, even in South Africa. For this reason we will set out bright and early but additional care must be taken under the African sun.
- m. **Hydrate:** Again, it is vital that cyclists, under the African sun stay hydrated at all times. Signs of dehydration include headaches and dizziness. Three litres of water per day is recommended but more if you feel you need it. Drink before you get thirsty!

Emergency Services:

- n. **Support and Gear Vans:** The SAG vans will be fitted with first aid kits, cell phones, picnic lunches, and water coolers to refill water bottles. Because it is not a race and everyone rides at their own pace, the SAG vans are not with every rider at every moment of the day. SAG vans will stop at 20km intervals to give riders the chance to catch up, fill water bottles and hand out energy drinks and snacks.
- o. **First Aid Kits:** Sponsors have been kind enough to supply each of the four support vehicles with an intermediate life support bag, which will be used by our retired nurse volunteers or medics.
- p. **Ambulance:** A sponsored ambulance will ride behind the last set of wheels along our 2820km journey.
- q. **Hospitals:** We have ensured that hospitals are aware of the Long Ride To Freedom and our movements. Hospitals will also be called on a day-to-day schedule to stand by in case of serious emergencies.
- r. **Traffic Departments:** Upon arrival at our next town, traffic departments will have been notified of our arrival and an escort arranged 2km out of town.

Sponsors and partners

These are just some of the companies that have come on board to help us make this ride a reality. Should you know of another company who would like to sponsor the event, please send us an email team@longridetofreedom.com

Ecommerce Forum Africa	Vane Digital
Retza	Cycle The Cape
Freedom Won	Le-Coquin
Peach Payments	Fibre Council Of South Africa
Fellows Of Fire	

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www.longridetofreedom.com

Waiver and indemnity

The Long Ride To Freedom.
Johannesburg to Cape Town
18 July 2020 - 14 August 2020

Name: _____

ID or Passport number: _____

Date of Birth: _____

Address: _____

Post Code: _____

E-mail: _____

Telephone: (work) _____ (after hours) _____

(cell) _____

Next of kin name and last name: _____

Telephone: (work) _____ (after hours) _____

(cell) _____

	TICK
I wish to participate in this fundraising ride being conducted by Leaderless NPC to raise funds which will be used to help South Africans quickly move into new jobs in the age of digital disruption.	<input type="checkbox"/>
I agree to pay the specified fees to the organising group – Leaderless Non Profit Company (Registration Number 2018 / 239061 / 08) – prior to the commencement of the ride. TOTAL MINIMUM FEES: Minimum fundraising fee : R15,000 per rider Registration fee: R60,000 (to reach us before 30 June every year)	<input type="checkbox"/>

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I am/will be over the age of 16 years at the commencement of the ride, have read the information pack and riding etiquette information and understand and agree to follow the direction of those in charge (or their representatives).		<input type="checkbox"/>
I hereby agree to indemnify, release and render harmless the non profit organisation, Leaderless NPC, their committee members, volunteers or agents for any loss, damage or personal injury which I may suffer, or any claim in relation thereto, arising from participating in this ride from Johannesburg to Cape Town or part thereof as a Sprint and the return journey.		<input type="checkbox"/>
I am entering as an individual rider:		<input type="checkbox"/>
I am entering as a member of a team:		<input type="checkbox"/>
Relay riding:	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Name of Team(if applicable): _____

(Teams are required to have names for the purpose of identification and tracking fundraising deposits)

Signature: _____

Names of team leader: _____

Telephone number of team leader: _____

In not more than 200 words, please tell us why you would like to join this ride?

Do you have special dietary requirements: Yes No
If yes please specify:

If you are part of a team will the funds raised by yourself be accounted for individually or as part of your team effort?

Individually Team

If you are cycle touring, will you be bringing your own tent or will prefer staying in a B&B

B&B Tenting

Medical form.

I submit the following medical information about myself as a current personal record to be kept by the appointed qualified medical personnel for the duration of the Long Ride To Freedom, 18 July 2020 - 14 August 2020.

I also authorise the organisers or their representatives to obtain medical assistance when deemed necessary should an accident or illness occur, and agree to pay all expenses incurred on my behalf. I further authorise qualified practitioners to administer anaesthetic or blood transfusion if such an event arises.

I further undertake to provide details to the organisers of any changes in this information, provided they occur between the date this form has been duly signed by me and the commencement of the bike ride event.

Name:

(BLOCK LETTERS PLEASE)

Date of Birth:

(BLOCK LETTERS PLEASE)

Signed:

Date:

Next of Kin:

(NAME AND TELEPHONE CONTACT NUMBER OF NEXT OF KIN)

Medical Aid Number:

Regular GP's Name:

Address:

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Telephone Number:

A good base level of physical fitness and health is advisable for this journey; therefore please identify all Medical conditions that you may have. If you suffer from serious heart conditions, flu, or balance problems we unfortunately cannot accept your application.

Medical Condition	Yes/No	Details
1. Blood group		
2. Any current medication	Yes/No	
3. Heart problems	Yes/No	
4. Respiratory problems	Yes/No	
5. Allergies – (Including food)	Yes/No	
6. Blood pressure	Yes/No	
7. Operations	Yes/No	
8. Epilepsy	Yes/No	
9. Recent illness	Yes/No	
10. Tetanus injection	Yes/No	Year of most recent booster:
11. Diabetes	Yes/No	
12. Drug reactions/allergies	Yes/No	List:
13. Phobias	Yes/No	
14. Other medical concerns/conditions	Yes/No	
15. Ambulance subscriber	Yes/No	
16. Special dietary requirements	Yes/No	
17. Any other relevant information	Yes/No	

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Waiver and indemnity

I, _____, (name and last name) have read and understood all of the details as laid out in this document prior to the Long Ride To Freedom ride starting 18 July 2020. I understand that Leaderless NPC and it's affiliated project, the Long Ride To Freedom cannot be held responsible for any loss of property, injury or death caused during the ride. I have undertaken to insurance that all my medical records are accurate and up to date and my insurance will cover any or all losses, damages, injuries or death.

Signed _____ on this day ____ of this year _____

Please initial each page of this document prior to sending it back to us.

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Time Urgency

We are running out of time. We have until 1 January 2030 to make significant changes to our planet and we need your help to make this shift an entire country's way of thinking to help clean up our planet.

[Click on this link to see how many days we have left before 1 January 2030](#)

And Lastly

Most of all, have fun, build confidence, find your inner strength, choose the courage to learn that fear is your only enemy.

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