



www.rockandrut.org
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Welcome to the 2020 Rock & Rut MTB Club season

We welcome you to our 2020 MTB season and trust that we have many exciting initiatives, races and events lined up for you.

1. Rock & Rut 2020

In 2020, the club will host the Nedbank XC Series comprising of five XC events, the Nedbank Namibian National XCM Championships and the FNB Otjihavera Xperience MTB Stage Race. Please check out the 2020 cycle calendar on the RnR website for the dates.

The NCF and RnR will once again host an UCI category 1 race in 2020. Watch out for more details in the new year.

Since 2017 the Rock Hoppers have been integrated into the RnR Club. All RnR members under the age of 14 automatically qualify as a Rock Hopper, irrespective of the membership type. We again want to encourage all Rock Hoppers to sign up as RnR members in 2020 so that the children can benefit from the Club's development plans. RnR will again identify one or more SA races in 2020, which will be supported financially. Further information will follow in 2020.

2. Permanent Timing Tags

Raceday Events have introduced permanent timing tags in 2017. RnR has decided that the new permanent timing tags are compulsory for the XC Series. RnR member can use their RnR number boards, but please remove the timing chip on the back of your number board once you received your permanent timing tag from Raceday Events.

The permanent timing tags are available from Johan Pretorius (<http://www.raceday.events/>).

3. NamCF Number

From 2018 the NamCF number will be compulsory for all Namibian cyclists when entering races. To register for the NamCF number please follow this link: <http://mynamcycling.com/> .

4. XC Series 2020

All XC participants will qualify for points at the XC series – no matter if you're a RnR member or a day rider.

Rock & Rut members participate at the XC events for free, i.e. they don't have to pay the day entry fee of N\$200.

Non-members may participate in the XC events and will qualify for points, but they must pay the day entry fee of N\$200.

RnR will strictly apply the "no payment, no ride" rule for all riders at the 2020 XC events.

5. Nedbank Namibian National XCM Championships 2020

Please note that you will have to be a member of a Namibian Cycling Club (e.g. Rock & Rut), affiliated to the NCF, if you want to race the 75km Nedbank Namibian National XCM event in February 2020.

6. 2020 Membership registrations

The membership fees for 2020 remains the same as 2019 and will be as follows:

Adult membership	N\$ 510
Under 18 rider	N\$ 360
Family membership*	N\$ 1120
Non-rider membership	N\$ 250

**Family membership: parents and children under 18 years of age – up to a maximum of four members per family*

The banking account details are as follows:

Rock & Rut MTB Club

Account number: 62250706416

Branch code: 280071

FNB Namibia

RnR will not distribute membership cards in 2020.

The membership administration will be handled on the RnR website <https://www.rockandrut.org/>. Please check if your membership details are correct and change if necessary. **NEW!!! The new membership platform only allows one member (ID/passport numbers) to be linked to one e-mail address! Family members can be added by using an username and password.**

To renew your membership, please go to <https://www.rockandrut.org/dashboard/>

On the top part of the page you will find a button “GET NEW PASSWORD”

During the process of upgrading our database system all passwords had to be reset (you don't have to worry; your data is still save). Just enter your email address; the system will guide you through the process. Follow the link, which you'll receive via e-mail.

Some RnR members do not have an ID/Passport number linked to their name or e-mail address. If you're not able to use the above link for membership renewals, please send an e-mail to info@rockandrut.org with your name, ID/Passport number and email address so that we can link you properly.

To sign up as a new RnR member please follow this link <https://www.rockandrut.org/registration-form/>.

✓ Please let us know who promoted your membership

Please email your proof of payment to accounts@rockandrut.org.

Further exciting news about our Nedbank XC Series will be circulated via email and published on the RnR website and Facebook page.

Happy Trails! R & R