

COMPUTERSHARE CHANGE A LIFE CYCLE

NEWSLETTER - JULY 2008

Dear Cyclist

Welcome to the Computershare Change a Life Cycle! We so look forward to hosting you on our inaugural corporate cycle event in Southern Africa from 4-9 September 2008.

The countdown has begun - and there are now only six weeks left for training! By now you should have received your training manual with compliments from Andrew Mclean of CycleLab. If you have any questions regarding your training programme, please feel free to contact the experts at CycleLab.

Please read the information contained below carefully as it contains almost everything that you need to know prior to departing on your trip to Victoria Falls. Mail us at [#za cs jhb marketing](#) with any dietary requirements you may have, medical conditions we should know about if you haven't done so already or any general enquiries.

CHANGE A LIFE CYCLE PACKAGE

Included in your sponsored package are

- > Return airfares between Johannesburg and Livingstone or Victoria Falls, including airport taxes.
- > Accommodation on a bed and breakfast basis:
 - > 1 night at [Elephant Hills Hotel, Victoria Falls, Zimbabwe](#)
 - > 1 night [Mowana Lodge](#), Chobe, Botswana
 - > 1 night at [Protea Zambezi Lodge, Caprivi, Namibia](#)
 - > 2 nights at [Vic Falls Hotel, Zimbabwe](#)
- > Breakfasts, lunches at Mowana, Protea Caprivi and Riverclub and dinners during the cycle event,
- > Welcome dinner and post-event dinner in Victoria Falls
- > Back up services provided by support vehicles, support staff and a bike technician
- > All teas, brunches, snacks and energy and soft drinks on the road
- > Transport of bikes from Johannesburg to Victoria Falls and back
- > Sponsored cycling shirts
- > Sponsored cycling tog bag
- > Bicycle insurance
- > Masseuse services following each day's ride - four masseuses whose time will need to be allocated between the cyclists

Not included are:

- › Visas and associated costs for non-South African passport holders
 - › Travel and medical evacuation insurance.
 - › Ad-hoc drinks and mini-bar purchases at the hotels
 - › Sightseeing activities and excursions around Victoria Falls
 - › Any additional massages and personal expenses

Flight Details

We will soon be providing you with your flight details between Johannesburg and Victoria Falls. Please ensure that you have provided us with your correct passport details so we may book these flights. If you do not provide us with your passport details, we cannot book your flights! Do remember to check in at least two hours in advance as the flights are occasionally overbooked. Please meet us at the News Café after checking in.

Passports and Visas

If you are a South African passport holder, you will not need a visa to enter any of the countries on your Change a Life cycle. If you are a UK passport holder, you will need a multiple entry visa for Zimbabwe, which can be bought on arrival at a cost of USD 70, and you will also need a transit visa for Zambia, which can be bought at point of entry at a cost of USD 150 (subject to currency rate fluctuations) or GBP 75. There are different visa requirements for different passport holders, so we recommend that you contact your travel consultant, or Visa Solution at Tel: (011) 3255891 or www.visasolutions.co.za for more detailed information concerning visa entry requirements if you are a non-SA passport holder.

IMPORTANT

PLEASE ENSURE THAT YOUR PASSPORT IS VALID FOR SIX MONTH AFTER THE DATE OF THE EVENT AND THAT IT HAS AT LEAST TWO BLANK PAGES FOR STAMPS.

Rooming Lists

Due to space constraints, your accommodation during the Change a Life Cycle will be on a twin-sharing basis. A list of the 81 cycle participants is attached in this mail. We would be grateful if you could inform us as soon as possible whether there is a specific person that you would like to share with. If we have not heard from you by 15 August, we will allocate a cyclist to share with you. We would however prefer to partner you according to your preferences!

* See attachment 1.

Rider Groups

We will be dividing the cyclists into four groups of around 21 cyclists each for the Change a Life Cycle. Each of these groups will have its own captain and will be followed by its own back-up vehicle. Each group will need to stay together as much as possible, although we will "re-seed" each day if a rider is too fast or too slow for his or her group. Please remember that this is a tour, not a race, and cyclists are encouraged to stay with their group and to enjoy the camaraderie and scenery as much as possible.

Rider Back-Up

Each cycle group will be followed by a back-up vehicle, kindly sponsored by Toyota, which will provide support for the cyclists as well as carrying personal day-bags, spares, drinks and snacks for the day's ride. Two sweeper vehicles will also be on the route at all times to provide additional back-up and support for cyclists. Vehicles will have satellite phone contact with each other.

HEALTH AND MEDICAL

Please peruse the following health and medical guidelines for your protection. We strongly advise you to consult your doctor for advice on these points prior to departing.

Malaria Prophylactics

You will be cycling through malaria areas. Current recommendations do vary and participants need to be aware of this. Please do contact your doctor for specialist advice on which prophylactics are most suitable. Obviously, the best way not to get malaria is to not get bitten. Mosquito nets and repellent will be provided by most hotels on the tour, however we advise you to bring along your preferred mosquito repellent. It is advisable to wear long sleeves and long trousers in the evenings; to spray your rooms with mosquito repellent and to burn mosquito coils at night.

Medical Assistance

We will have a doctor available on the cycle tour to treat general ailments and injuries. He is a trauma specialist and will be equipped with emergency medical equipment, kindly sponsored by Medi-Clinic.

Emergency Evacuations

Our doctor cannot be held responsible for specialised medical treatment, and you will need to be fully covered for emergency medical treatment, including aero-medical evacuation.

INSURANCE

Medical Insurance

See above - you will need to ensure that you have adequate medical insurance to cover emergency evacuation, including aero medical evacuation. If you do not have this insurance and you have to be evacuated, you could face bills of up to R150 000.

Theft or Loss

We would suggest that you take out adequate baggage and/or money insurance to cover you in the event of theft or loss of your personal belongings.

Bicycle Insurance

Cyclesure is kindly sponsoring insurance for your bicycle for the duration of the Change a Life Cycle free of charge. **PLEASE CLICK ON THIS LINK www.cyclesure.co.za TO REGISTER YOUR INSURANCE COVER.** If you do not pre-register, your bicycle will not be covered by Cyclesure.

Water

Water will be provided en route and bottled water is readily available at the evening stops, hotels and lodges.

Bike Transportation

Transportation of bicycles to and from Victoria Falls has been kindly sponsored by Toyota. **CYCLISTS NEED TO GET THEIR BIKES TO CYCLELAB IN FOURWAYS ON THURSDAY, 28 OR FRIDAY, 29 AUGUST FROM 07:00 TO 18:00.** Bicycles may be collected again from CycleLab on Saturday 13 September by 17:00. Please note that your bicycles must be delivered and collected on these dates. Cycle boxes for transportation will be provided at Cycle Lab if you do not have your own packaging.

LUGGAGE

Luggage Restrictions

Please note that there is a weight restriction of 20kg per person on the flights you will be taking. Please ensure that your luggage is carried in a soft carry-all bag for easy transportation.

Cycle Bags

We will provide you with a cycle bag to carry all your cycling kit (helmets, shoes, water bottles etc) and will advise you on arrangements to get this cycle bag to you prior to the event.

Hand Luggage

We strongly advise you to carry your cycle bag as hand luggage on the flight. Do also remember to carry essentials, such as important medication, in your hand luggage, which will prevent a crisis in the event of any lost baggage. Remember that bottle size is restricted to 100ml in hand luggage.

Transporting of Luggage on tour

Your luggage will be transported between the overnight stops, whilst a small day-bag containing your day's cycling requirements will be kept on your back-up vehicle.

Day Bags

We will be providing you with a day bag containing a range of Dis-Chem sponsored products on arrival in Victoria Falls. We advise you to use this bag to carry your daily essentials in the back-up vehicle during the tour.

Dress Requirements

Dress throughout the cycle tour is very casual, except for the last night at the Victoria Falls Hotel. Here the dress code is smart casual (no shorts or jeans).

Photography

Professional photographer Adrian de Kock will be accompanying the Change a Life Cycle to ensure that we capture all the tour highlights. You will be provided with a disc containing these photos after the tour. If you are bringing your own camera, please note that memory cards and batteries are not readily available in the areas through which we are travelling so please bring your own.

Communications

Most of the areas through which we are travelling will have sporadic cell phone reception. If you have international roaming, you should be able to make calls and sms most of the time; however signal quality in Zimbabwe can be very poor.

Foreign Currency

At hotels you will need to settle your extras in foreign currency, preferably in US dollars (in small denominations). Credit cards are accepted in most hotels; however Diners Club and American Express cards are not generally accepted.

Contact Details

Accommodation

Elephant Hills Hotel
Mowana Lodge
Protea Zambezi Lodge
Victoria Falls Hotel
Wilderness Safaris Zimbabwe
Heather Wilson - Wilderness Safaris
Stuart Parker - Wilderness Safaris

Date

04-Sept
05-Sept
06-Sept
07/08-Sept

Telephone Number

(263) 134 4793
(267) 625 0300
(264) 625 3203
(263) 134 4751
(263) 134 3371
(27) (0) 82 336 8716
(27) (0) 82 870 5631

Activities around Victoria Falls

A fabulous range of activities is available from Victoria Falls, including white-water rafting, canoeing, walking, bungi jumping, river cruises, elephant back safaris, walking with lions, Flight of Angels, helicopter flips or micro lighting over the falls. Please view the list of activities attached and contact Stuart Parker at Wilderness Safaris: Tel: 27 (0) 82 870 5631 or email stuartp@wilderness.co.za to book these activities in advance.

* See attachment 2.

Climate

The climate around Victoria Falls is generally hot and dry during September. Temperatures are likely to fluctuate between 14c minimum, and 32c maximum, so you will need to be prepared for cool and hot weather.

Political Climate

The political crisis in Zimbabwe sadly continues, entailing untold suffering for its people. Victoria Falls however, remains a haven of peace and tranquillity, and has retained a buoyant spirit, despite seeing a fall-off of visitors and a shortage of goods on shop shelves. We are confident that the crisis in Zimbabwe does not pose a threat to the Change a Life Cycle event and that, on the contrary, the residents of Victoria Falls are delighted that we will be visiting their region, helping to sustain jobs and livelihoods. The areas we will be traversing in Botswana, Caprivi Strip and Zambia are extremely peaceful, and during their recent recce trip, the Computershare team encountered only welcoming smiles and warm hospitality.

Kit List

You will be provided with the following sponsored kit:

Cycle tog bag - sponsored by Computershare Pan Africa
Three sponsored cycle shirts - sponsored by:
> Computershare
> Ince/Motiv
> Raven Imaging
Long-sleeved casual shirt - sponsored by Teak Place
Two head buffs - sponsored by First Ascent.
1 water bottle - sponsored by Dis-Chem
Day bag plus personal products - sponsored by Dis-Chem
Luggage labels x 4
Active Nutrition - sponsored by Pick 'n Pay
Basic spares and tubes for bikes

Cycling kit to bring

Cycle shorts, shoes, socks, gloves
Camelbak (optional)
Helmet
Bike light - (for the last day!)
Spare tubes and any spares **unique** to your bike
Saddle cream
Special energy drinks and supplements if preferred

Personal kit to bring

PASSPORTS!

Sunglasses

Spare contact lenses

Headlamp or torch

Whistle (optional).

Malaria prophylactics

Mosquito repellent

Personal toiletries

Camera and binoculars

Hat/peak/cap

Casual wear

Swimming costume

Light fleece

Please ensure that your baggage is clearly labelled with the labels provided to allow for easy identification

Sponsors

We would like to thank the following sponsors for their generosity and spirit in supporting our inaugural Computershare Change a Life Cycle and our beneficiaries - the Mike Thomson Change a Life Trust and Children in the Wilderness:

Anatomic

Afrifocus Securities (Pty) Ltd

African Rainbow Minerals

Burlington Data Print (Pty) Ltd

Blue Label Telecoms

Cyclesure

Dis-Chem

First Ascent

Ince / Motiv

JSE

MacSteel Service Centre

Medi-Clinic

NFB

Pick n Pay

RMB

Shearwater Adventures

Spier Wine Estate

Spur

Teak Place

