



**IRONMAN**  
FOUNDATION



OFFICIAL CHARITY

**2019 Absa Cape Epic**  
IRONMAN Foundation Race Package





OFFICIAL CHARITY

**March 17 – March 24, 2019**

Every March, 650 teams (1300 participants) take on the Absa Cape Epic, the world's premier mountain bike stage race held in the Western Cape, South Africa. The Absa Cape Epic is the most televised mountain bike stage race in the world and the only eight-day mountain bike stage race classed as hors categorie (beyond categorization) by the Union Cycliste Internationale (UCI).

This official UCI status makes the Absa Cape Epic a highlight on the professional racer's calendar and a coveted must-do race for the aspiring amateur athlete.

This is a once in a lifetime racing opportunity and one that should not be missed!

When you join TEAM IMF at the 2019 Absa Cape Epic, you will cross the finish line with bragging rights and countless lives changed. Because of you, local nonprofits will benefit from an IRONMAN Foundation grant that creates positive, tangible change. Join us. Together, we race for those who can't. Together, we race for more.





We're always thinking about the families and organizations that make each race community vibrant and unique. We know what gets them out of bed in the morning and keeps them up at night and we're working to make their lives better. **We are the IRONMAN Foundation** and we race to create positive tangible change in race communities through grant funding and volunteerism.

**WE  
CARE  
ABOUT  
RACE  
COMMUNITIES.**





The logo for the IRONMAN Foundation, featuring the word "IRONMAN" in a bold, black, sans-serif font with a red dot above the "I", and the word "FOUNDATION" in a smaller, black, sans-serif font below it.

OFFICIAL CHARITY

## RACE FOR MORE

In conjunction with the 2019 Absa Cape Epic, the IRONMAN Foundation will provide grant opportunities to local charitable organizations within the communities where you will be racing.

Local charitable organizations are invited to submit an application describing their funding request and grants are awarded based on community need, organizational transparency, and the measurable, tangible impact of programming.

2019 grant recipients will be announced in the weeks leading up to the race.

In 2018, R225 000 was awarded to the 6 charitable organizations listed below:

- BRAM Home Based Care
- McGregor Young Warriors Cycling Academy
- Gloryland: Khayaletus Empowerments Projects
- DeafNET Centre of Knowledge
- Charles & Catherine Sheepers Educare
- Ma's-vir-Wellington





# 2018 Grant Recipients Recap

## **BRAM Home Based Care Project**

*Robertson Community*

2018 grant was used for community awareness around HIV & TB testing as well as screening tools. This is important to the community because it breaks stigma, discrimination, and cultural barriers. It creates gender equality and encourages health seeking behavior.

The outcome of this grant was earlier detection and treatment of TB & HIV as well as creating an aware and educated community.

## **McGregor Young Warriors Cycling Academy**

*Robertson Community*

2018 grant was used to build a pump track for the BMC kids of McGregor.

McGregor is an impoverished community and this grant will provide their children with a fun/safe area to ride their bikes, stay fit, and get healthy.

24 months ago, multi-Epic finisher Max Menzies created "McGregor Warriors" which is a cycling academy supporting a youth mountain bike team and a BMX camp that serves 250 kids.

## **Gloryland: Khayaletus Empowerments Projects**

*Robertson Community*

2018 grant was used to create space for two community programs that will serve the unemployed, pensioners, youth, and children of this area.

The first community program is a computer training facility and the second is a hands-on woodwork, welding, and building project.

This grant enables those living in poverty to gain critical skills to become self-sufficient and generate income improving their well-being and the lives of others.





# 2018 Grant Recipients Recap, Continued

## Charles and Catherine Sheepers Educare *Worcester Community*

2018 grant was used for the following:

- Building a new classroom.
- Establishing security measures for classrooms.
- Playground modifications for grass pitch.
- Covering costs of land and servicing from municipality.

This organization serves 50 children from 1-6 years in age and this grant improved facilities to help better serve and educate children, giving them the best possible chance at growth.

## DeafNET Centre of Knowledge *Worcester Community*

2018 grant was used to create Basic Sign Language Training about Deafness and an Awareness campaign. The goal was to increase public awareness of deaf issues, people, and culture and bring people together as one community.

Why is this important? Worcester remains the "Care Capital" of the province and many Deaf live and study there and need access to facilities during their stay. However, there is little or no development to improve access to general services for the Deaf.

This grant created programming to bridge the existing communication gap that currently exists in South African Society.

## Ma's-vir-Wellington *Wellington Community*

2018 grant was used for the following:

- To appoint 4 additional assistants for their Early Childhood Development Programme. These children cannot afford day-care or pre-school and will be left to play in the street where they can get hurt or abused if they cannot attend school.
- To buy food (breakfast and lunch) as part of their feeding project for 164 children.
- To appoint 4 social care field workers to assist families and children in need when abused.

Their goal is to be able to teach, feed, and care for these 164 children. If they can lay a good foundation in their forming years, this could help kids make better decisions later in life.

SUPPORTED BY  
THE IRONMAN FOUNDATION  
Cape Epic 2018





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## 2019 Absa Cape Epic Team Package

- 2019 Absa Cape Epic Team Entry
- IRONMAN Foundation Branded Cycling Gear (bibs, jerseys, jacket, etc.)
- Race Week Mobile Home (OR) Hotel Accommodation (one per team)
- Race Week Daily Massage
- Race Week Laundry Service
- IRONMAN Foundation Dedicated Bike Mechanic
- 2 Night Pre-Event Accommodation in Cape Town
- 1 Night Post-Event Accommodation in Cape Town
- Leaving lasting impact in the communities where you will be racing

**\$25,000 USD per team**

The IRONMAN Foundation is a U.S. registered 501(c)3 and donations are 100% tax deductible to U.S. residents. Donors residing outside of the U.S. should consult their tax advisor.

Donations can be received via wire transfer, credit card installments, or through fundraising. If fundraising, the IRONMAN Foundation will set up a personal fundraising website for you to collect donations.



Join Us.

Together, we can create positive, tangible change in race communities through grant funding and volunteerism.

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