

RVO 2018 Schedule

5 days : 455 km: 7875 m ascent

3 days : 280 km: 4600 m ascent

Prologue : 24 Sep		Limuru to Limuru	Start 09:30	
(Optional)		Ascent	Group	
WP	16 km	415	10:30	
Lunch	33 km	815 m	12:00	
			08:00	
Stage 1 : 25 Sep		Limuru to Naivasha	Start 08:00	
		Ascent	Sharp end	Tail end
WP 1-1: Coca-Cola	30 km	630 m	09:30	11:00
WP 1-2: USN	54 km	1280 m	11:00	13:30
WP 1-3: Coca-Cola	76 km	1590 m	12:15	16:00
Race camp	100 km	1815 m	13:45	18:00
Duration (hours)			5h15m	10h00m
Stage 2 : 26 Sep		Naivasha to Suswa	Start 07:00	
		Ascent	Sharp end	Tail end
WP 2-1: Coca-Cola	23 km	425 m	08:45	10:00
WP 2-2: USN	60 km	915 m	10:15	12:15
Race camp	75 km	1450 m	12:00	15:30
Duration (hours)			4h30m	8h30m
Stage 3 : 27 Sep		Suswa to Mosiro	Start 07:00	
		Ascent	Sharp end	Tail end
WP 3-1: Coca-Cola	36 km	700 m	08:50	09:45
WP 3-2: USN	65 km	1160 m	10:30	12:30
Race camp	92 km	1250 m	12:00	15:00
Duration (hours)			5h00m	8h00m
Stage 4 : 28 Sep		Mosiro to Loita	Start 06:30	
		Ascent	Sharp end	Tail end
WP 4-1: Coca-Cola	34 km	760 m	08:45	10:00
WP 4-2: USN	51 km	1400 m	09:30	11:30
WP 4-3: Coca-Cola	82 km	1965m	12:00	16:00
Race camp	97 km	2110 m	13:00	17:30
Duration (hours)			6h30m	11h00m
Stage 5 : 29 Sep		Loita to Maasai Mara	Start 06:30	
		Ascent	Sharp end	Tail end
WP 5-1: Coca-Cola	27 km	610 m	08:00	09:00
WP 5-2: USN	53 km	890 m	09:15	11:00
Race camp	90 km	1250 m	11:00	14:30
Duration (hours)			4h30m	8h00m
Awards ceremony	19:00			

Sunday departure after breakfast (fly or drive to Nairobi)

or

Maasai Mara vacation for 2 nights staying in a luxury camp