



“The only disability in life is a bad attitude.”

Scott Hamilton

ABSA Cape Epic 2018 in aid of
the Alta du Toit Aftercare Centre
by participants Niel Rossouw & Leon Erasmus





ABOUT THE ABSA CAPE EPIC

The 15th edition of the Absa Cape Epic will take place from 18 to 25 March 2018 and will be as challenging as ever. Local and international mountain bikers will tackle the demanding eight-day adventure through the Western Cape region in South Africa.

The Absa Cape Epic must be completed by both members of a two-person team with only 650 teams allowed to ride the race. The route changes every year, leading aspiring amateur and professional mountain bikers from around the world through roughly 700 untamed kilometres of unspoilt scenery and 15 000m of accumulated climbing.

The Route Changes Every Year

What is guaranteed each year is a challenging traverse of the area's iconic fynbos valleys, majestic mountains, deep ravines, indigenous forests, spectacular coastlines and flourishing vineyards. The terrain is as varied as it is harsh - dusty and demanding gravel roads, strenuous rocky climbs, thrilling technical descents, refreshing river crossings and fast forest single tracks.

From the majestic slopes of Table Mountain to the magnificence of the Grand Finale at Val de Vie Estate with a manic time trial in between - the 2018 Absa Cape Epic route has been created to be balanced and bold. The total distance of 658km with 13 530m of climbing will include four consecutive days of 100km, a final stage that is far from an easy roll to the line and a race of truth with a Stage 5 time trial that could shake up the race amongst the elites.



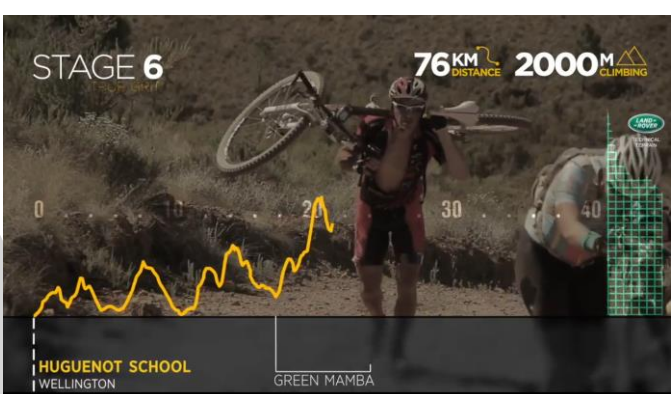
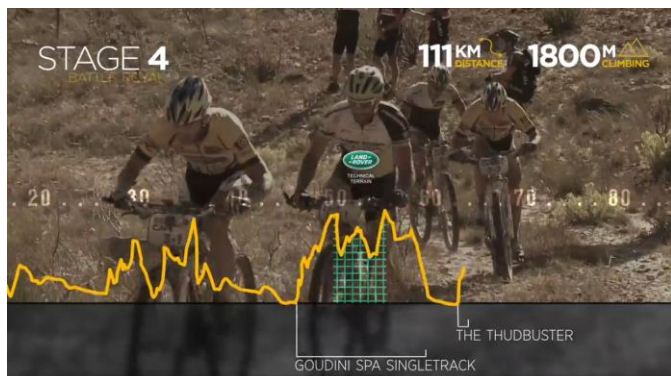
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2018 ROUTE

From the Prologue on the iconic Table Mountain, where the Prologue was last held in 2015, the 2018 Absa Cape Epic will visit Robertson, Worcester and Wellington, and finish at the Val de Vie Estate in the Paarl-Franschoek Valley. Riders will spend three nights in Robertson for the first three stages, with a transition stage to Worcester, where they will stay for one night before settling down in Wellington until heading to Val de Vie, which will be the home for the Grand Finale for the next five years.



INTRODUCING TEAM ALTA

Leon Erasmus has been involved in Adventure Sports for the past 15 years; originally coming from a Provincial Cross County background changing to Triathlons, Adventure Racing and currently focussing on Mountain Biking. Being a strong athlete and endurance junkie Leon backs his all or nothing approach to life and racing by dedicated training.

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Niel Rossouw is the owner of Byers Security Solutions for the past 11 years and has been with the company for 21 years. As his teammate Leon, he has 20 Years experience in Road and Mountain bike riding and is a Multiple finisher of many endurance, 240km one day events such as Trans Baviaans Cape Epic Finisher 2013. Together they have taken on several events in the name of charity. Niel serves on the board of the Alta du Toit Aftercare Centre and is extremely passionate and involved in making a difference in the lives of intellectually disabled adults.

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ABOUT THE ALTA DU TOIT AFTERCARE CENTRE

Alta du Toit Aftercare is a safe haven where adults with intellectual disabilities can live and work. Provision is made for physical and medical care to our clients and they all take part in established skills development programmes to ensure optimal development throughout their adult lives. We want each of our clients to reach his/her full potential, so all our service programmes are based on the premise "in the best interest of the client".

Alta du Toit, whom the school in Kuilsriver and our Aftercare Centre were named after, was born on 04 September 1954. Two years later she was diagnosed with Down's Syndrome. Alta's parents, the Late Reverend Daan du Toit and his wife Mrs Alta du Toit, identified a need for a centre in the Northern Suburbs with facilities for people with intellectual disabilities.

Although the path to fulfilling this dream was full of twists and turns and initial resistance, the "Alta du Toit Training Centre" opened in Bellville East in July 1964. The training centre was declared an official State-owned organisation in 1975. The training centre was transferred from Bellville East to Kuils River in 1983, and was later officially named the Alta du Toit School. As Alta and her friends grew older, another need came to the fore – only children to the age of 18 years could be accommodated in the school, and there were no facilities for adults (18 years and older) with intellectual disabilities. Various alternatives were considered to address this problem, and eventually it was decided to start with an "aftercare" residential programme on the premises of the old "Sunshine Home" in Lincoln Street, Boston in Bellville.

The Alta du Toit Aftercare Centre was officially opened in April 1978 with the aim to accommodate adults with intellectual disabilities for "further care and development during their adult lives." The clients of our centre are mostly from the Cape Metropolitan area, but some of them come from communities in the West Coast, Boland and Overberg regions. Currently we offer full residential care in four hostels, and also offer development and therapeutic service programs for clients visiting us on a day-care basis.



Niel & Leon



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CHALLENGES FOR THE CENTRE

The Centre is Experiencing Challenges in the day to day running such as:

Care to people with intellectual disability is expensive, mainly due to the high staff / client ratio.

The buildings of the centre are old and require a lot of ongoing maintenance.

A third of the clients living in the centre do not have parents or families to pay the required monthly fees. The budget of the centre makes provision for a discount of R650 000 per annum due to the financial support that must be given to families who cannot afford to pay the full monthly fees.

There is also a large group of older clients that necessitates more staff and more specialized care.

All our clients receive disability pensions, but on average there is still a shortfall of R2000-00 per client per month to meet the unit costs and operating costs.

The operational budget of the centre is R14 million for the 2017/2018 financial year. Taking this into consideration it is clear that funding is extremely important for the sustainability of the centre.



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EPIC CHARITY FUNDRAISING

The Cape Epic provides a great opportunity to raise funds for a charity that the team has been involved with for a number of years. The Alta Du Toit aftercare centre cares for physically and mentally disabled adults who often don't have any family to look after them. It is a privilege for Leon and Niel to be able to partake in a premium endurance event and raise funds for people that embark daily on their own endurance event, just to get basic tasks done. The team will approach their families, friends, colleagues and businesses that they deal with daily to pledge assistance to the cause by sponsoring them per Km, event completed or upfront donations.

Alta Du Toit is a registered NGO and will be able to supply any company with a section 18 certificate for tax deduction benefit.

HOW CAN YOU BE PART OF THE ALTA EPIC JOURNEY?

- Purchasing of an Alta Epic Cycling shirt
- Buy & Sell of Alta Handle Bar Bracelets made by Alta du Toit Centre Clients
- Company or personal donations towards 18A certificate for annual tax deduction
- Donation / Km towards 18A certificate tax deduction




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WHAT IS IN IT FOR ME?

The Absa Cape Epic as one of the world's most challenging mountain bike races provides a great opportunity for companies to become involved and obtain exposure. The Centre itself will cover the event on a daily basis and provide information to their followers on their database and Facebook page. These platforms alone consist of more than 5000 people. We also give recognition to our donors in The Tygerburger, our newsletters and social media pages. Apart from the publicity, the centre, being registered as a non-profit organisation, will also provide you with a section 18A tax certificate.

BBBEE: The Alta du Toit Aftercare Centre is a program of Badisa that is a registered NPO (NPO 011-891). Badisa has a management program and 157 welfare and residential programs such as the Alta du Toit Aftercare Centre. In 2016/2017 BADISA provided services to 1.2 million beneficiaries of which at least 80% of the beneficiaries are from the black population group. Any donation to BADISA, or any of their programs, such as the Alta du Toit Aftercare Centre would therefore qualify for full recognition in terms of the codes of good practice. (The BBBEE act.)

Apart from the Tax benefit it is society's social responsibility to assist the community to which we belong. To "do good better together" is something that we should all strive to achieve.

We need your support. We would like to request you to consider Alta du Toit Aftercare Centre as a beneficiary for funding. Your contribution will enable us to continue to maintain the standard and improve the service that we deliver to make a difference to the lives of the people in our care.

If you require any more information to make this application successful please do not hesitate to contact us.

Contact us:

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BANK DETAILS:

ABSA Bank

Branch Code: 632005

Account Nr: 390 1414 24

Account Name: Alta du Toit Aftercare

Reference: Alta Epic



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