

A white van is parked on a gravel road in a mountainous region. A Brazilian flag is attached to the back of the van. The rear window features a map of South America with a route marked and the text 'Africa do Sul' and '2019'. Stickers on the side of the van include 'ERDINGER ALKOHOLFREI', 'VO2 Max Cycles San Antonio, Florida', 'Run on clouds.', and 'GAIN'. The background shows a winding road and distant mountains under a clear sky.

Cape2Comrades 2026

Rider's Guide

Hello!

I'm Alessandro Alpha Muknicka.

Event organizer and rider
for the 7th year in 2026!
I am here to introduce
you to this epic challenge!



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The dates, maps and additional information about this journey.

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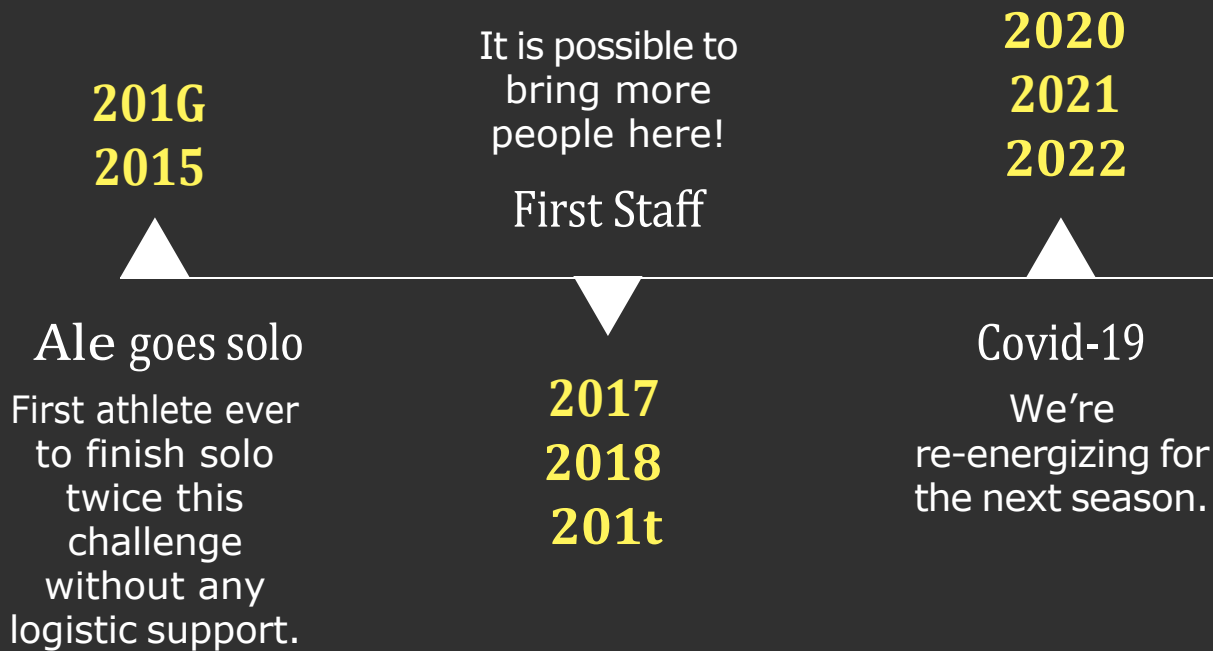
Prices and conditions.

03

Our Sponsors

They enable us to make our dream come true.

the Cape2comrades



the Cape2Comrades

Budget friendly
challenge event
cycling solo with
support vehicle.

Down-sized
event

2024

Now!
2026

the greatest.

Up sized event with
more participants and
key local sponsor.

About the Challenge

GPS Data: Ride + Run
Trip Schedule
Meals of the day

01



Our Philosophy



Freedom

You choose
where and
when to ride.



Safety

The support
vehicle will never
be more than 30
min away.



Re-charge

Rest stops
during the day.



strava® 2023

Day 1 - 29 may - Cape Town to Robertson 200km

Day 2 - 30 may - Robertson to Ladismith 166km

Day 3 - 31 may - Ladismith to De Rust 132km

Day 4 - 1 jun - De Rust to Aberdeen 227km

Day 5 - 2 jun - Aberdeen to Cradock 192km

Day 6 - 3 jun - Cradock to Queenstown 141km

Day 7 - 4 jun - Queenstown to Maclear 196km

Day 8 - 5 jun - Maclear to Matatiele 133km


Day 9 - 6 jun - Matatiele to Underberg 177km

Day 10 - 7 jun - Underberg to PTMB 122km

TOTAL: 1700 km

Day 1 Cape Town to Robertson



Pedrada 

Distância	Ganho de elevação	Perda de elevação	Est. de tempo em movimento
200,61 km	2.079 m	1.907 m	8:18:17

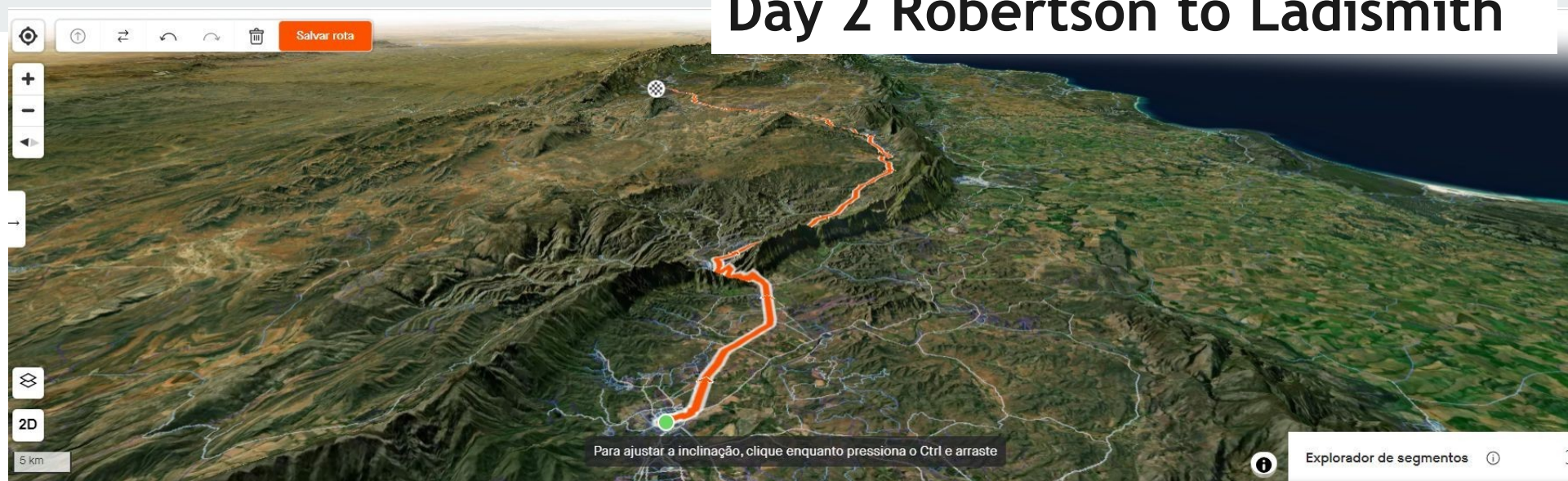
Tipo de superfície

96% PAVIMENTADO 4% DE TERRA 0% NÃO ESPECIFICADO

Ocultar elevação ⬇



Day 2 Robertson to Ladismith



Pedálada



Distância

166,21 km

Ganho de elevação

1.949 m

Perda de elevação

1.592 m

Est. de tempo em movimento

6:52:51

Tipo de superfície

100% PAVIMENTADO 0% DE TERRA 0% NÃO ESPECIFICADO

Ocultar elevação



Day 3 Ladismith to De Rust



Explorador de segmentos ⓘ



Pedalada



Distância

132,62 km

Ganho de elevação

1.405 m

Perda de elevação

1.472 m

Est. de tempo em movimento

5:29:25

Tipo de superfície

100% PAVIMENTADO 0% DE TERRA 0% NÃO ESPECIFICADO

Ocultar elevação +



Day 4 De Rust to Aberdeen



Pedalada 🚲	Distância 227,22 km	Ganho de elevação 1.883 m	Perda de elevação 1.597 m	Est. de tempo em movimento 9:24:24	Tipo de superfície 99% PAVIMENTADO 0% DE TERRA 1% NÃO ESPECIFICADO	Ocultar elevação +
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Day 5 Aberdeen to Cradock



Pedrada



Distância

192,13 km

Ganho de elevação

1.853 m

Perda de elevação

1.707 m

Est. de tempo em movimento

7:57:15

Tipo de superfície

99% PAVIMENTADO 0% DE TERRA 1% NÃO ESPECIFICADO

Ocultar elevação ↓



Day 6 Cradock to Queenstown



Pedalada
🚲

Distância
141,63 km

Ganho de elevação
1.032 m

Perda de elevação
845 m

Est. de tempo em movimento
5:51:48

Tipo de superfície

100% PAVIMENTADO 0% DE TERRA 0% NÃO ESPECIFICADO

Ocultar elevação ↕



Day 7 Queenstown to Maclear



Pedala



Distância

196,3 km

Ganho de elevação

2.711 m

Perda de elevação

2.533 m

Est. de tempo em movimento

8:07:35

Tipo de superfície

100% PAVIMENTADO 0% DE TERRA 0% NÃO ESPECIFICADO

Ocultar elevação +





Day 9 - Matatiele to Underberg



Pedalada	Distância 177,13 km	Ganho de elevação 2.275 m	Perda de elevação 2.220 m	Est. de tempo em movimento 7:19:58	Tipo de superfície <div><div></div> 99% PAVIMENTADO <div></div> 0% DE TERRA <div></div> 1% NÃO ESPECIFICADO</div>	Explorador de segmentos ⓘ	Ocultar elevação ↑
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Day 10 - Underberg to Pietermaritzburg



the Comrades Marathon

Sunday - June , 2026

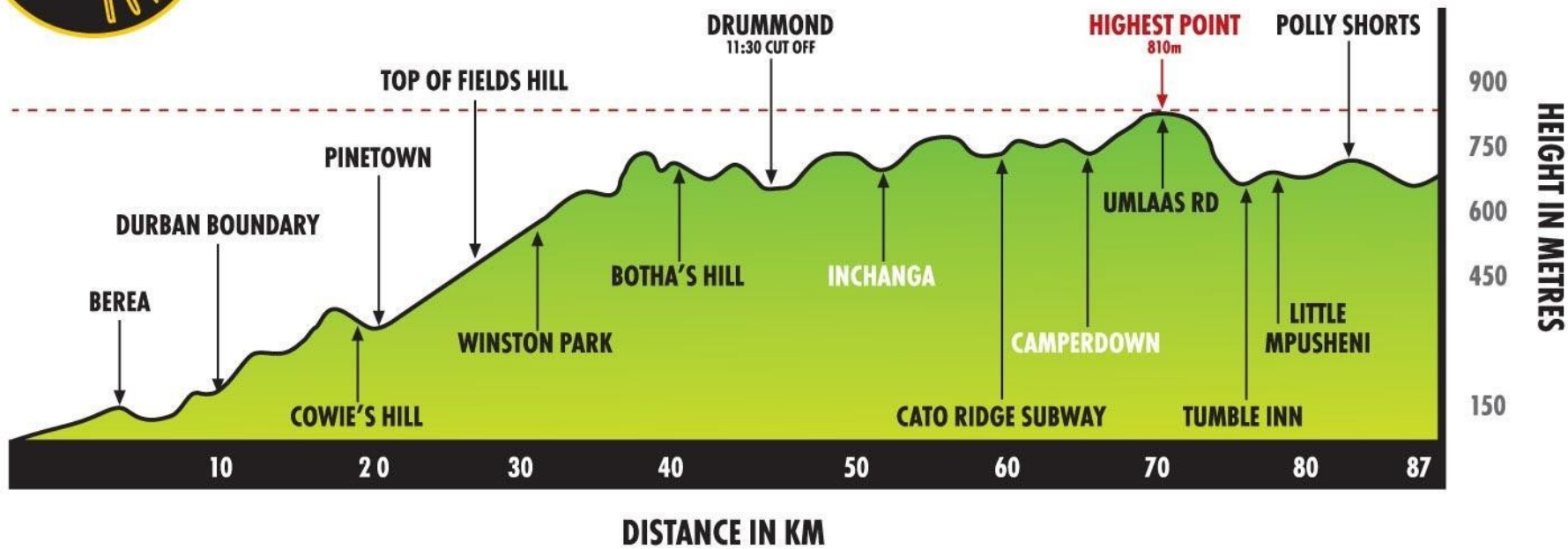
The athlete who chose not to run is allowed to participate as a spectator in the support vehicle.

We will provide full support for the team runners.

The Comrades Marathon entry fee is not included in our services, for further information visit: comrades.com



P R O F I L E M A P



Providing our Meals*

Breakfast

Traditional South African breakfast at the guesthouse or made on the spot by the staff.

Lunch

Packed lunch and Sandwiches will be provided.
Good variety of fruits and recovery drinks.

Dinner

Main meal.
Carefully selected nutrients focusing on a balanced diet.
At a local restaurant or at our accommodation.

*for the athletes who choose the optional meal plan

Our Services

What we offer and how much it costs.

02





\$2.000 USD

Is the total cost for the 2026
Cape2Comrades Challenge event.
Full time logistical support,
Finisher certificate, TEAM
UNIFORM KIT + Airport transfer
services in South Africa.

*does not include air tickets and the
Comrades Marathon entry fee.

*Additional \$2.000 USD with
all accommodations & dmeals.



UNIFORM KIT:

1 Light Jacket, 2 Bretelles, 3 Cycling Jersey, 2 Team T-shirts, 1 Pair of ON running shoes and 2 Cycling caps.

A group of adults and children are posing for a photo outdoors. They are surrounded by several large plastic buckets, some yellow and some white. The children are in the foreground, some sitting and some standing. The adults are behind them, some with their arms raised in a celebratory gesture. The background shows a clear blue sky, some trees, and a road.

Our Sponsors

We are truly fortunate to have such supportive sponsors. Their generosity and commitment to our cause is inspiring. Thank you again for your support.

03

Our Sponsors

- Hattons Cycles PTMB
 - On Running Shoes
 - Gaines Plastic Surgery
 - PROEESP Sports Events
 - Sprague Construction
-



A photograph of two male cyclists standing outdoors. They are both wearing white cycling jerseys with blue and red vertical stripes and the text 'TEAM ERDI' and 'ALKOHOL FREE'. They are also wearing helmets and sunglasses. The cyclist on the left is smiling and has his right arm raised in a peace sign. The cyclist on the right is looking forward. They are standing in front of a white wall and palm trees. The word 'Partnership' is overlaid in large yellow text.

Partnership

2026 Team Staff



Kaleu Lima, 31

Projects Manager
Lives: Piedade, SP.
From: Brazil
Team Captain.



Reginald Jean-
Jacques, 37

RevOps Analyst
Lives: Alachua, FL.
From: Canada.
Rider & Staff.



Edgar
Villalobos, 42

Underwriter
Lives: Gainesville, FL
From: Guatemala.
Rider & Staff.

2025 Team Rider



**Alessandro
Muknicka, G0**

Massage therapist
Lives: Gainesville, FL.
From: Brazil.
Event organizer &
Rider.



**Emerson
Carriel, 49**

Visual Communication
Lives: Palmas, TO, Brazil.
From: Brazil.
Rider.



**Available
Rider/Staff**



**Available
Rider/Staff**



2024 Team Rider



Rider #5

Available



Rider #G

Available



Rider #7

Available



Rider #8

Available



Sneak Peek

Instagram
Facebook
Website

Thanks

Do you have any questions?

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cape2comrades.com



BRAZIL

contato@proesp.com.br

15 991 71 7717





Testimonials

“

Alessandro's passion for Comrades and Phil Masterson-Smith is contagious! His Cape2Comrades Challenge brought us together, celebrating our history and inspiring young runners. We can't wait to see it grow in 2024!"

–Andrew van Wyk, SPURR - host/supporter

“

"Muknicka's solo journey with 20kg on his bike was humbling. He shared stories of Phil and his "Unogwaja" spirit, reminding us that anyone can achieve greatness with determination. His challenge is more than a race, it's a community bridge."

–Rebecca van der Linde - host/supporter



Testimonials

“

Seeing Alessandro run Comrades after cycling from Cape Town was mind-blowing! He's not just an athlete, he's a storyteller who keeps Phil's legacy alive. His challenge motivates others to push their own limits.

–Sakkie Marteens, S.H.O.E.S - host/supporter

“

The South African food and landscape is remarkable. We rode with locals and crossed the finish line together. I'm already looking forward to the next one!"

–Roberto Rodrigues - Rider in 2018



Testimonials

“

I've witnessed many athletes crossing the Comrades finish line, but Alessandro's story stands out. His solo journey to honor Phil was a testament to human spirit. It's a privilege to be part of this event that keeps this legacy alive.

–Kaleu Lima - Management 3 Development since 2017

“

"Working on the Cape2Comrades Challenge is consistently rewarding, and our dedication elevates that experience to an even higher level. The excellent condition of the roads and the incredible hospitality of the people we've encountered have made this truly unforgettable."

–Alwandre Fusetti - Driver in 2018



Testimonials

“

Alessandro's vision for Cape2Comrades aligns perfectly with our values of community. His dedication to honoring Phil Masterson-Smith inspires us all. We're proud to be a part of this growing legacy

–Dr. Greg Gaines from Gaines Plastic Surgery - Sponsor

“

Muknicka's commitment to pushing boundaries and supporting local communities is very energizing. Seeing athletes from all walks of life tackle the Cape2Comrades challenge is truly embolding.

–Leonard Sprague -Former Sponsor