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Dear <<First Name>>,

We've finally joined 2019, so welcome to the new **DOC Cycling Newsletter!**



A gentle reminder that ***Summer bodies are made in Winter***, so we've got A LOT of riding planned to keep those legs turning for the next few weeks!

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THIS WEEKEND'S DOC CLUB RIDES - Please note the new start times

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Saturday - 29 June

	Meet	Leave	Ride Captain	Route	Distance/elevation	Speed	Time
YELLOW	06h45	07h00	Anton Fourie	From Rietvlei to quarry and back. We ride at the slowest riders pace & route may deviate, just to add a bit of excitement.	±35km	15km average	± 3-4 hrs
GREEN	07h15	07h30	Alaric	Leave from Rietvlei. Route will be decided on the day	±60km	18km average	4+ hrs
BLUE	06h15	06h30	Gary Campbell	Start at Rietvlei and cycle to north gate at SBR to meet up with the rest of the gang by 07h50, for 08h00 start of double loop. Watering points/back up vehicle en-route but you must RSVP for catering. Cost R50 per person.	190km	± 20km average	± 11 hrs
	07h50	08h00	Mark	Meet in the parking area at SBR north gate for double loop. Watering points/back up vehicle en-route but you must RSVP for catering. Cost R50 per person.	110km 2600m	± 18-20km average	± 8 hrs
Race Snakes	06h00	06h15	Henry Ludick	Start at Rietvlei and cycle to south gate at SBR, do half loop and back home	110km	± 23km average	± 5 hrs

Sunday - 30 June

	Meet	Leave	Ride Captain	Route	Distance	Speed	Time
YELLOW	07h15	07h30	Raymond	Start at Art Farm, plot 56, Klipriver Road, R550 Alweynspoort. Ride for beginners.	± 25km	± 12km average	± 3 hrs
GREEN	08h15	08h30	Mark	Ride at Thaba - all welcome. Special rate of R30 for the DOC family.	n/a	n/a	n/a

* Routes & ride captains are subject to change on the day, dependent on numbers & weather

WEDNESDAY NIGHT RIDES

Start from Rietvlei parking area

Meet at **18h15**

Leave at **18h30** sharp

Distance: Between 30 - 45kms



ALBERTON2VAAL

Sunday, 07 July 2019

Please RSVP [here](#) for catering purposes

Distance: ± 88kms in total, mainly district road and 18kms of tar. For those riding from the Circus the distance is just over 65kms.

Meet at Rand Water Board at **07h30** - Leave at **08h00**

Meet at the Circus at **08h45** - Leave the Circus at **08h45**



Cost: R100 includes donuts, banana bread, koeksisters, coke & ice cold water at the half-way stop and a boerie roll, pap, salads & Glenda's famous tomato & onion gravy at Stillbaai. Poppie, aka Elanda will collect this from you at the start.

Cost for just the doughnut stop: **R40**

Stillbaai entry: R25 gives you access to hot shower, so bring a change of clothing – keep this money with you as you need to pay at the gate.

Feel free to invite your loved ones to join us and they welcome to join in on the activities, Boerie rolls for friends and family will be **R30.00** each. ***Please be courteous and allow for everybody to***

have eaten before having a second helping.

Saturday, 6 July

For those dropping their cars at Stillbaai

Meet at the Block House at **06h30** to leave at **06h45**, or you can just meet us at Stilbaai Yacht club. We will leave Stilbaai at 08h00 sharp.

1st group: Stop at the local Spaza shop to refill water bottles and buy some much needed refreshments before we do the half loop through Suikerbos before making our way back to Rietvlei. Distance 120kms with a little climbing.

2nd group: Skip Suikerbos and just mo-zie back to Rietvlei, distance 95kms fairly flat 700m ascent.

Destiny Tours still has seats available on the bus. Tommy & Elsie will meet you at Rand Water Board where you can drop your kit off and be reunited again at Stillbaai. Bus will leave Stillbaai at **14h00** and drop you off at Rietvlei.

Contact Elsie on 082 463 2887 (calls & WhatsApp), 060 989 3231 (calls only) or info@destinytours.co.za.

Tommy has a PDP licence, liability insurance (NOT FOR THE BIKES) and the trailer can take up to 20 bikes.

2019 DOC VAAL RIDES

First Sunday of the month

Sunday, 4 August

Sunday, 1 September

Sunday, 6 October

Sunday, 3 November

Sunday, 1 December



TRANS BAVIAANS TRAINING

A little over 6 weeks to go!



20 July – Local Training Ride

Time: Leave Rietvlei at 13h00

Route: Rietvlei to Vaal Dam & back, arriving 11pm.

Distance: Approx 180km with 1,400m of ascent.

There will be the infamous DOC feeding stations along the route, *thank you wonderful DOC ladies!*



20 - 24 September - Long weekend in Swinburne

So far we have the following DOC family going:

Rob & Belinda, Chantal, Ant & family, Des, MaryAnn & Manny, Mike, Glenda & family, Oom Thys, Joao & Karen, Shaun, Megan & family, Quinton & family, Doris & Craig, LC & Dean and Mark & Jenny.

Please contact [Des](#) if you want to join the **ZoerDoef weekend**, aka fun-filled riding weekend. We will have our own designated local ride captains taking us on their trails, which includes Mount Paul, part of the J2C route.

Rates are as follows, per night per room:

- Single R450
- Double R650
- Family room R750 (1 left)

DOC CLUB SWAG

- Cycling Shirt - R550
- Cycling shirt with your name - R600
- Wind Jammers - R450
- Light Weight Jackets - R650
- Heavy Weight Jackets - R650
- Bibs - R650
- Caps - R75



If you wish to purchase any of the above items, click to [Mark](#).



RAC ORIENTEERS EVENT

Mountain Marathon | Bush Event #4

- **Date:** Sunday 30 June 2019
- **Distances:** Range from 2km for the kids to 10km for the Open Men
- More Information available [here](#)
- Online entries www.orienter.co.za, on the day entries also available.

MEMBER NOTICE

The Cycle Hub

The Cycle Hub have relocated from Rietveli to Thaba Trails as of the end of May 2019.

101 Kliprivier Road

Mulbarton

Contact: 011 867 8047



2019 GC XCO Championship

Experience the excitement
of the 2019

**GC XCO
Championship**

Your appointment:

Date: 06 July 2019;

Venue: Thaba Trails;

Inquiries: Wendell – 082 9000 749



More info
& online entries
www.entryninja.com



WHAT YOU SHOULD BE CARRYING WITH YOU

- Chain links
- Drop out
- Spare tube
- Tyre leavers
- Bombs
- Check your tyre sealant, this needs to be topped up every 3 months.

[Read more here](#)



CHARITY STARTS WITH US

We are asking for any **unwanted or old kit, helmets or bicycles** that you, or your family, are no longer using to donate to the less fortunate cyclists in our area.

All donations are welcome and can be dropped it all off at Rietvlei on a Saturday or Sunday.

DOC RIDERS BUSINESS DIRECTORY

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DOC Riders Business Directory

Email your business details to des.buys@gmail.com if you wish to advertise here

<http://www.docclub.co.za>

Product/Service	Company Name	Contact	Tel. Number	Email & Website
Advertising space to rent on various billboard locations (printed and digital format). Corporate branding and signage. Customised signage manufacturing and installation.	Uzzim	Leandro Moutinho	072-712-3228	leandro@uzzim.co.za info@uzzim.co.za
Banting / Keto (special rate for the DOC family)	Real Meal Revolution	Raymond Beringer	082-412-5723	raymondberinger@outlook.com https://realmealrevolution.com
Building and maintenance, Roofing maintenance, Body Corporate maintenance contracts. All plumbing services, including leak detection, high pressure jetting services, drain camera inspection. Carport repairs and manufacturing. Painting. General handywork.	Zoppus Pty Limited	Leandro Moutinho	062-583-4995	info@zoppus.co.za
Glass & Mirror Manufacturers, Glazing repairs, Frameless Showers, Table tops, Glass Displays, Glass bending	Clean Cut Glass and Mirror	Mike Roller	011-872-0974 (Sales) 082-779-2186	sales@cleancutglass.co.za mike@cleancutglass.co.za www.cleancutglass.co.za
LPG Gas Installations Hobs, Fireplaces, Geyers, Braais	IE 2 Gas	Roland Peschl	082-296-7255	rlpeschl@gmail.com
Paving Manufacturer Natural Stone & Building Material Supplier 10% discount on selected items.	Stonecrete Concast (Pty) Ltd	Dean Martin	082-651-2014 011-682-1797	dean@stonecrete.co.za sales@stonecrete.co.za www.stonecrete.co.za
Pilates studio in Meyersdal. Group and private classes. Matwork and one-on-one training on various pilates equipment, focussing on core strength. Rehabilitation sessions.	Pilates 360	Jade Thiele	074-589-8627	Jadethiele10@gmail.com
Signage	Ace Signs	Carlos Ferreira	076-869-4909	0768694909@vodamail.co.za
Spraypainting & panelbeating	Thys's Spraying & Panelbeating	Thys Mieny	072-725-3677	thys.mieny@gmail.com
Warehouse Rack Layout Racking & Shelving Supplier	Nolvazi Projects	Tiaan le Roux	081-833-7429	sales@nolvaziprojects.co.za www.nolvaziprojects.co.za
Welded Mesh Sheets Wire in Coil Wire Products	Avatar Steel Suppliers	Tarryn Hiepner James Hiepner	072-606-2234 083-290-0890	james@avatarsteel.co.za tarryn@avatarsteel.co.za www.avatarsteel.co.za



Facebook Group Website DOC Club on Strava

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