

[View this email in your browser](#)



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!

In this week's newsletter:

- [WEDNESDAY NIGHT RIDES](#)
- [ALBERTON2VAAL](#)
- [2019 DOC VAAL RIDES](#)
- [TRANS BAVIAANS TRAINING](#)
- [LADIES MTB SKILLS CLINIC - 21 July](#)
- [6 WAYS TO AVOID FADING ON A LONG RIDE](#)
- [DOC CLUB SWAG](#)
- [WINTER FAST ONE](#)
- [WANT TO BE PART OF THE XCO ACTION?](#)
- [MEMBER NOTICE](#)
- [WHAT YOU SHOULD BE CARRYING WITH YOU](#)
- [CHARITY STARTS WITH US](#)

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

Click image for a larger version

Saturday - 6 July							
	Meet	Leave	Ride Captain	Route	Distance	Speed	Time
YELLOW	06h45	07h00	Raymond	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 hours
GREEN	07h15	07h30	Apie	Leave from Rietvlei. Route will be decided on the day	±60kms	18km average	± 3-4 hours
BLUE	07h15	07h30	Mark	Leave from Rietvlei. Route will be decided on the day subject to number of riders.	±60kms	20km average	3 hours
Sunday - 7 July							
	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.	±25kms	12km average	± 3-4 hours
GREEN	07h15	07h30	TBA	From Rietvlei, cycle to RWB to meet the rest of the gang and leave at 08h00. Cycle back to Rietvlei from the circus.	±50kms	20km average	± 3 hours

* 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** on the **DOC** website for catering purposes - [RSVP here](#)

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** sharp

Meet at the Circus at **09h15** - Leave the Circus at **09h15**

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 allow for everybody to have eaten before having a second helping!!!***

Saturday (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**.

Update: There will only be one group riding back from Stillbaai to Rietvlei – stay together!

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 5 weeks to go!



Short Report - 29 June 2019

Some of the brave soles that did a double loop of Suikerbosrand as training for Trans Bavianaans. Once again, our Support Ladies are Rock Stars and put on the most magnificent spread. Its no wonder MTB's are slightly overweight! Thank you to all involved, i.e Megan, Jackie and Mr Stierlin for spending the whole day at SBR doing support & feeding 😊



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)

LADIES MTB SKILLS CLINIC - 21 July

with Nico Pfitzenmaier and Nicole Murphy

Date: Sunday, 21 July

Duration: 2½ hours

Cost: R450pp

Suggested schedule:

Men women mixed start 8:30

Women only clinic early afternoon

Venue: TBD

Contact: Wayne Flood on 082 336 6972

Conducted by skills coach Nico Pfitzenmaier 4 x Cape Epic category winner, World Champion XCO masters and women skill coach Nicole Murphy.

Theory, drills and practice of clearing obstacles, step up's, bunny hop, drop off's, jumps, cornering, switchbacks, braking more effectively, powerful round stroke - Intermediate to advanced.



6 WAYS TO AVOID FADING ON A LONG RIDE



We've all been there, feeling chainless and amazing for the first 60km of a century ride. Then suddenly, seemingly out of nowhere, we feel... less amazing. We wonder why we started this stupid ride to begin with and, more importantly, how we are going to make it another 40km. As we watch our so-called friends roll off into the distance, our speed fades along with our energy levels—and maybe our will to go on.

[READ MORE HERE](#)

DOC CLUB SWAG

- Cycling Shirt - R550
- Cycling shirt with your name - R600
- Wind Jammers - R450
- Light Weight Jackets - R650
- Heavy Weight Jackets - R750
- Bibs - R650
- Caps - R75



If you wish to purchase any of the above items, order via [our website](#).

FASTONE MTB RACE
28 JULY 2019
RAND WATER, KROMVLEI RD, JHBURG

This route goes through a wetland, appreciate it & conserve it.

ROUTE: ROUTE MAPS ARE AVAILABLE AT WWW.CYCLEEVENTS.CO.ZA

FINISH TIME

HONESTY SEEDING.
Medals to all finishers!
FOR MORE INFO, CONTACT US AT
060 963 5817 OR 082 557 6884.

ENTRIES		All late entries will start at 06:30
PRE	LATE	
70 km - R200	70 km - R220	
40 km - R160	40 km - R180	
10 km - R80	10 km - R100	
3 km - Free!	3 km - Free!	

Water wise
RAND WATER

For pre entries, please visit :
www.cycleevents.co.za

GPS COORDINATES
S26.20.40.54
E28.04.00.07

Biking promotes awareness of the environment

Race Distances and Start Times:
70 km @ 08:00
40 km @ 08:20
10 km @ 8:25
3 km @ 8:20

WINTER FAST ONE

- **Date:** Sunday 28 July 2019
- **Distances:** 70km (R200), 40km (160), 10km (R80) & 3km kiddies race (free)
- Pre-entries www.cycleevents.co.za, late entries also available.

**** We have been asked to manage a water point for the race, so all those who are not racing and are available to help, please contact Mark on 082 528 7771****



Provisional program

Online entries at www.entryninja.com

close 10h00 on Friday before race, R300 / entry.

Race registration Number pick-up & **LATE ENTRIES** on race day at race venue (R50 late entry fee)

Inquiries: Pierre – 079 7171 209



Start time	Category	Age on 31Dec	Code	Winning time		n laps
				Min	Max	
06:15	Track Training					
07:30	Commissaire briefing					
08:00	Nippers	< - 10	NIP	00:25	00:40	2
	Sprogs	11 - 12	SPR	00:40	00:55	3
08:15	Sub Junior Boys	13 - 14	S JNR	00:55	01:10	3
08:20	Sub Junior Girls	13 - 14	S JNR	00:55	01:10	2
08:50	Master Women	50 - 59	MAS	01:15	01:30	3
09:00	Master Men	50 - 59	MAS	01:15	01:30	4
09:20	Youth Men	15 - 16	YTH	01:00	01:15	4
09:25	Junior Women	17 - 18	JNR	01:00	01:15	3
09:55	Youth Women	15 - 16	YTH	01:00	01:15	3
10:10	Sub Vet Women	30 - 39	S VET	01:15	01:30	4
10:15	Vet Women	40 - 49	VET	01:15	01:30	4
11:00	1st Prize Giving					
11:00	Elite&U23 Women	19 - 29	ELITE	01:30	01:45	5
11:10	Sub Vet Men	30 - 39	S VET	01:15	01:30	5
11:20	Vet Men	40 - 49	VET	01:15	01:30	4
11:45	Elite&U23 Men	19 - 29	ELITE	01:30	01:45	6
12:15	Junior Men	17 - 18	JNR	01:00	01:15	4
14:00	2nd Prize Giving					

Note: Start times & number of laps are subject to change - please ensure that you are fully entered and registered for the race at the venue 1 hour before your start

Note: Start times & number of laps are subject to change - please ensure that you are fully entered and registered for the race at the venue 1 hour before your start

WANT TO BE PART OF THE XCO ACTION?

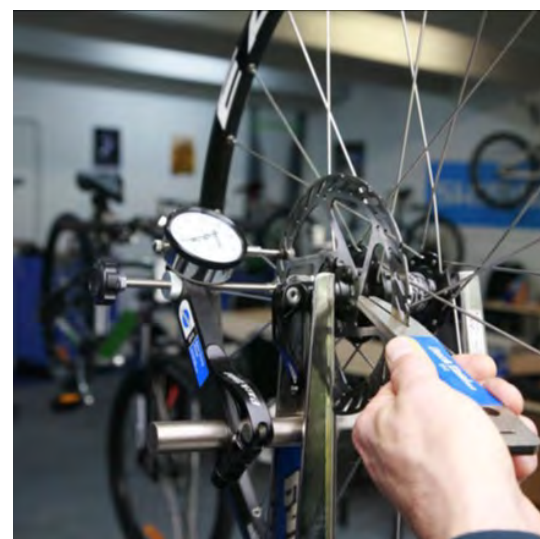
We are looking for 20 marshals to assist on the day – you will work in teams of 2 across the track. Please contact **Wendell** on **082 900 0749** if you are available to help

MEMBER NOTICE

Just Cycles, Meyersdal Mall

[Just Cycles](http://JustCycles), a small family owned business in Meyersdal, have some great offers available to all DOC members

- 20% Discount on all Labour related costs
- 15% Discount on all Parts and Accessories costs
- 10% Discount on purchases of New Bikes
- 1x Free basic Bike setup a year
- Preferential Time to attend to services
- A reduction of 50% off on wash and lubrication costs
- Assistance in basic training programs for members who are interested



Contact them on 011 867 1447 or 060 957 7961 (calls and WhatsApp), or mail acc.justcycles@gmail.com to take advantage of these special offers.



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 BUSINESS DIRECTORY

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).



Facebook Group



Website



DOC Club on Strava