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Hi <<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

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Friday - 09 August							
	Meet	Leave	Ride Captain	Route	Distance	Speed	Time
PINK	08h45	09h00	Glenda	FUN RIDE from Rietvlei to the Circus and back. Dress code: Pink, Pink and then some more Pink! Lots of prizes to be won so be there.	±50km	15km average	± 3-4 hours
DOCLINGS	08h45	09h00	Bruno	FUN RIDE for our Docling Racing Snakes - will take most direct route to the Circus and back. Dress code: Pink, Pink and then some more Pink!	±50km or ±25km one way	12km average	± 3-4 hours
GREEN	07h15	07h30	Carlos	Leave from Rietvlei and take a longer route to the Circus.	±60kms	18km average	± 3-4 hours
Saturday - 10 August							
	Meet	Leave	Ride Captain	Route	Distance	Speed	Time
YELLOW	06h45	07h00	Rob	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	Carlos	Leave from Rietvlei. Route will be decided on the day	±60kms	18km average	± 3-4 hours
BLUE	07h15	07h30	TBD	Route & ride captain will be decided on the day, subject to numbers.	±70kms	20km average	± 3-4 hours
Sunday - 11 August							
	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	Carlos	From Rietvlei to the Circus and back.	±50kms	20km average	± 3 hours
BLUE	07h15	07h30	Jack	From Rietvlei to the Circus and a couple of extra km's	±65 kms	22km average	± 3 to 4 hours

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

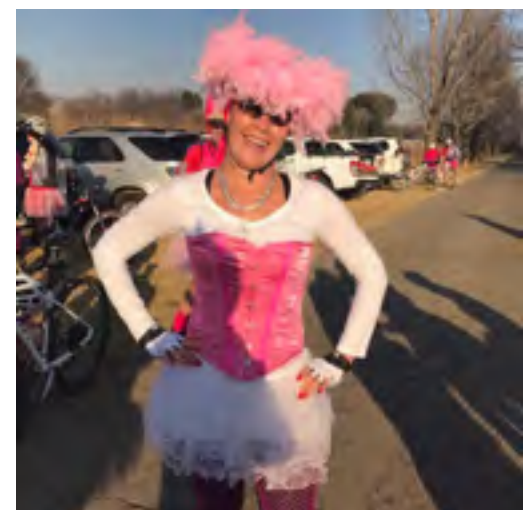
WOMENS DAY FUN RIDE - 9 August

It's that time the year, to celebrate the **DOC Women** and to have a little bit of fun at the same time!

Start: 09h00 at Rietvlei

Route: To the Circus & back

Dress code: **Everyone MUST wear Pink!** There will be a **prizes for the best dressed Man & Woman on the day!**



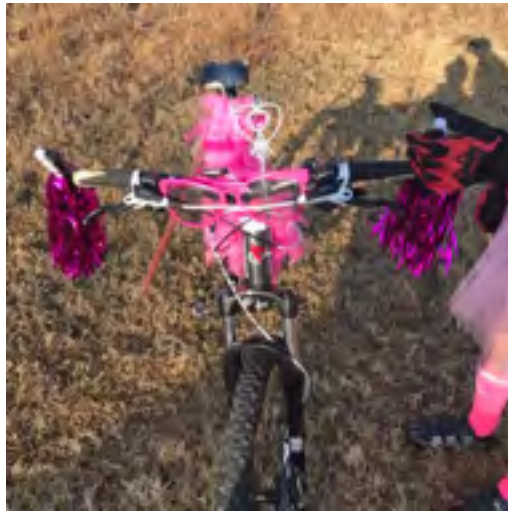
Just a quick reminder about our Lady's Day Fun ride to the Circus 🎪... and back! We have some awesome prizes... at tablet and modem, a FULL service voucher from Just Cycles, a few power banks, a smart 📱 phone.... and a few more surprise goodies!

We will have our very own 🍷 Tickled Pink 🍷 Water 💧 Point manned by Captain Mark and some 'Sexy' volunteers 😊😊

It's for everyone one, young and old.... fast🚀 or slow🐌... It's going to be a fun day and all you have to do is Bling 💕 up the Pink! 💕

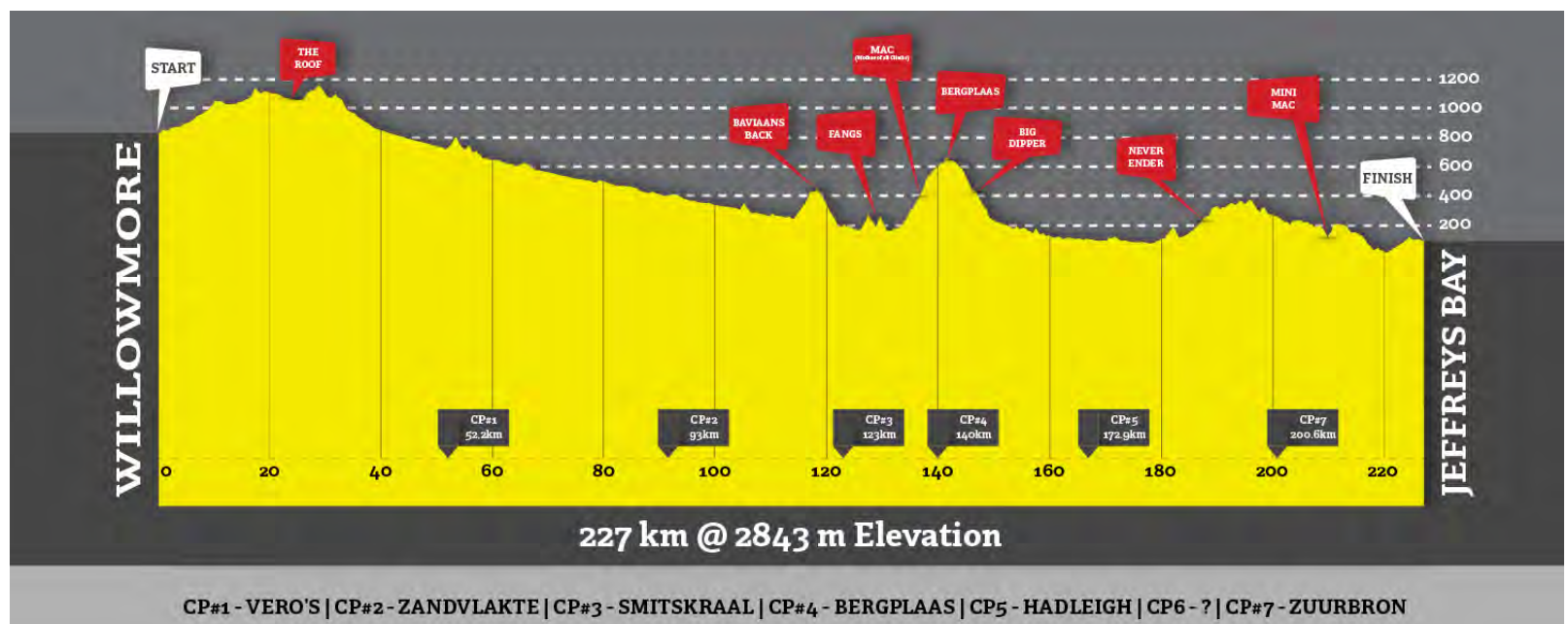
We'll have the famous Coffee and Banana 🍌 bread at the Circus 🎪 with our Prizes and Lucky draws before a leisurely pedal back to Rietvlei!

There will be a Docling Group for Friday's ride 🐌💕 ... We'll have a few chaperones for the younger Racing Snakes. They will be taking the shortest route to the Circus 🎪 ... with an option of joining at the Heineken Water Point for those not up to the full distance. 💕



TRANS BAVIAANS #RACE WEEKEND - 10 & 11 August

It's time to suit up, Trans is here!



Long, hard months of training is in the bag, and now all that is left is to leave it all out on the course: blood, sweat and a few tears!

Good luck to the first of our Trans teams for this weekend's race, battlefield report to follow in next week's newsletter!

Jagerbombers #1

Dean, Rob & Anthony



Jagerbombers #2

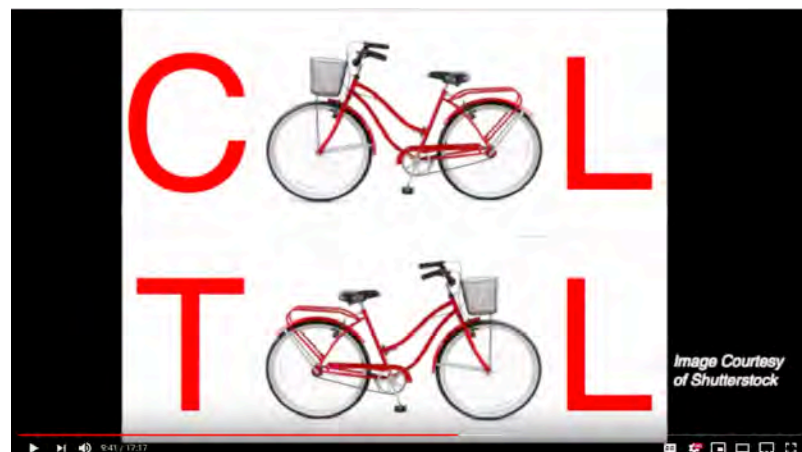
Hilda, Chantal & Des



VIDEO: The Amazing Way Bicycles Change You

Tony Desnick, Director for Development and New Projects with Nice Ride Minnesota, makes the case that **bikes are saving the world from itself**. Bicycles really do change you and, in amazing ways, **change the community around you**.

[WATCH VIDEO](#)



WEDNESDAY NIGHT RIDES

Start from Rietvlei parking area

Meet at **18h15**

Leave at **18h30** sharp

Distance: Between 30 - 45kms

LONG WEEKEND IN SWINBURNE - 20-24 September



So far we have the following DOC family going:

Rob & Belinda, Chantal, Ant & family, Des, Jock, MaryAnn & Manny, Mike, Glenda & family, Oom Thys, Joao & Karen, Shaun, Megan & family, Quinton & family, Michelle, Leonard & family, LC & Dean, Mark & Jenny, Wayne & Simone.

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)



EMAIL DES TO RESERVE YOUR PLACE FOR SWINBURNE

JUMA 2019 - Special discount for DOC Members!



Date: Sunday, 25 August 2019

Time: 07h30

Venue: [Marks Park](#), Emmerentia, Randburg

Distance: 1km, 2km, 10km, 22km, 54km & 72km

DOC Discount: 40% off on race entry fee

More Information on the [DOC website](#)

DESTINY TOURS EVENT DEALS

Packages available from Destiny Tours for **Karoo to Coast (22 September)** and **To Hell & Back (16 & 17 November)**.

Click on the below images for more details.



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](#).



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



Facebook Group



Website



DOC Club on Strava

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