

[View this email in your browser](#)



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!

---

In this week's newsletter:

- [THIS WEEKEND'S DOC CLUB RIDES](#)
- [TRANS BAVIAANS #REPEAT WEEKEND - 17 & 18 August](#)
- [TRANS BAVIAANS #RACE REPORT - by Des Buys](#)
- [WOMENS DAY FUN RIDE REPORT - by Glenda Wade](#)
- [WHATS THE BIG DEAL WITH RECOVERY IN CYCLING?](#)
- [WEDNESDAY NIGHT RIDES](#)
- [RACE FOR VICTORY - 15 September](#)
- [LONG WEEKEND IN SWINBURNE - 20-24 September](#)
- [JUMA 2019 - Special discount for DOC Members!](#)
- [DESTINY TOURS EVENT DEALS](#)
- [DOC CLUB SWAG](#)

- [WHAT YOU SHOULD BE CARRYING WITH YOU](#)
- [CHARITY STARTS WITH US](#)

## THIS WEEKEND'S DOC CLUB RIDES

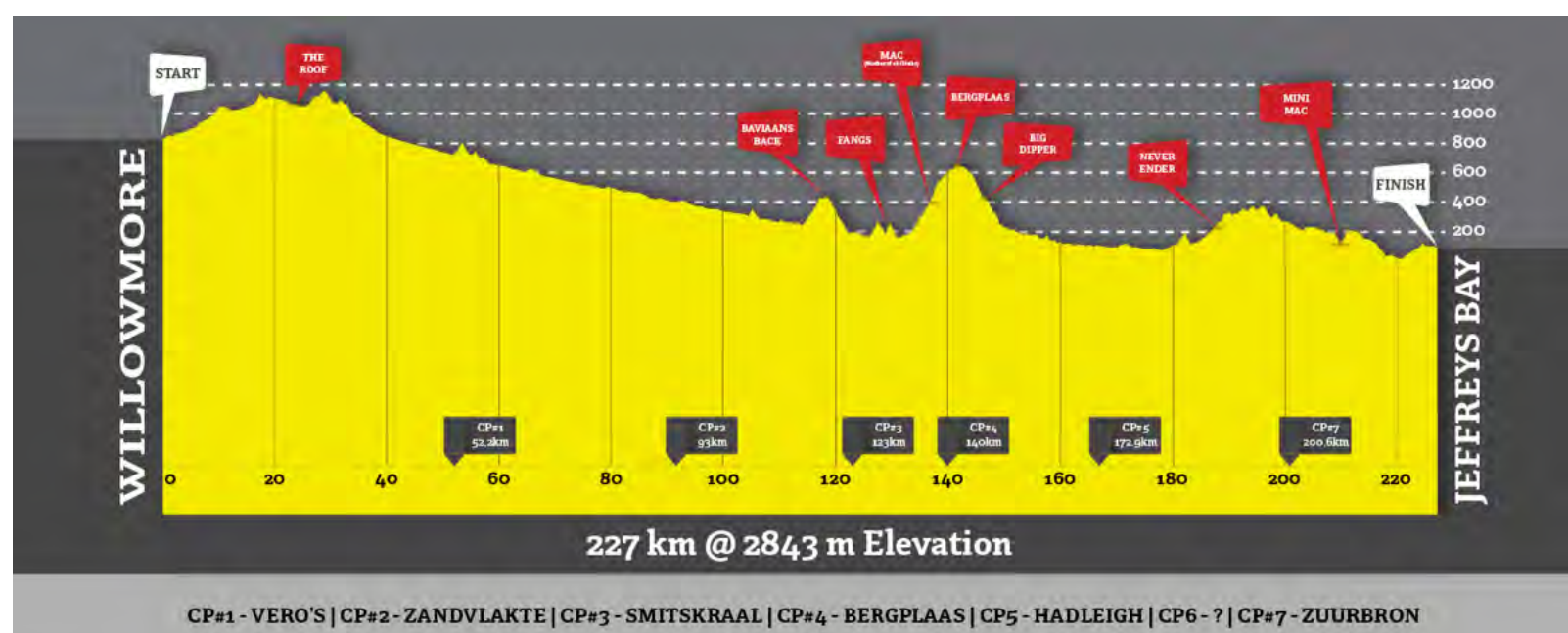
Click image for a larger version

Saturday - 17 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	Alaric	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 - 18 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	Jock	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

## TRANS BAVIAANS #REPEAT WEEKEND - 17 & 18 August

Tamed by the #JagerBombers 1 & 2 last weekend in 17:26'04", it's now time for the Trans Baviaans **#Repeat** this weekend!





A couple of interesting things to check before you set off on Saturday:

- [GPS files for your bike computer](#)
- [Split Time Calculator](#)
- [Checkpoint menu](#) - Important plan your nutrition strategy properly
- [Gear check list](#)
- [Route profile](#)
- [Extreme Light Guide](#)

**GOOD LUCK TO ALL THE DOCS TAKING PART!**

Team 1	Team 2	Team 3	Team 4	Team 5	Team 6
Mark S Shaun E Erik G	Mike W Gawie B Johan vR Brett E	Joao Pelop Barrend Tommy D	Mark D Gary	Marius Frans Firoz	Theo Elanda Jenny
Team 7	Team 8	Team 9	Team 10	Team 11	
Celeste E	Quinton Yvonne Louis	Wesley Richard	Grant D Shaun D	Dennis F Kevin M	

---

## TRANS BAVIAANS #RACE REPORT - by Des Buys



Tick tock tick tock.....the countdown started a long time ago, but the reality kicked in, in our luxury Merc/Vito transfer (a BIG thank you to Maritime in Port Elizabeth for providing us with transportation for the weekend) from Uniondale to Willowmore at 07h30 on Saturday. Much excitement and chit chat whilst the boys pointed out the route we will be taking along the way.

After a lot of faffing and wardrobe co-ordination, we were ready to start our adventure of a lifetime. There was lots of hysterical laughter on the start line as we noticed a fellow cyclist whose lycra was waaaaaay too stretched, left nothing to the imagination, and we all reiterated that we would 'tell each other' should that ever be one of us.

## WOMENS DAY FUN RIDE REPORT - by Glenda Wade

Following a DOC tradition a ride to Celebrate our DOC Moms, Wives, Girlfriends, Grannies and Daughters 🚲 was planned for Woman's Day. 🌸💖💖💖 And we had a sea of Pink arrive at Rietvlei on Friday morning. 😊💖

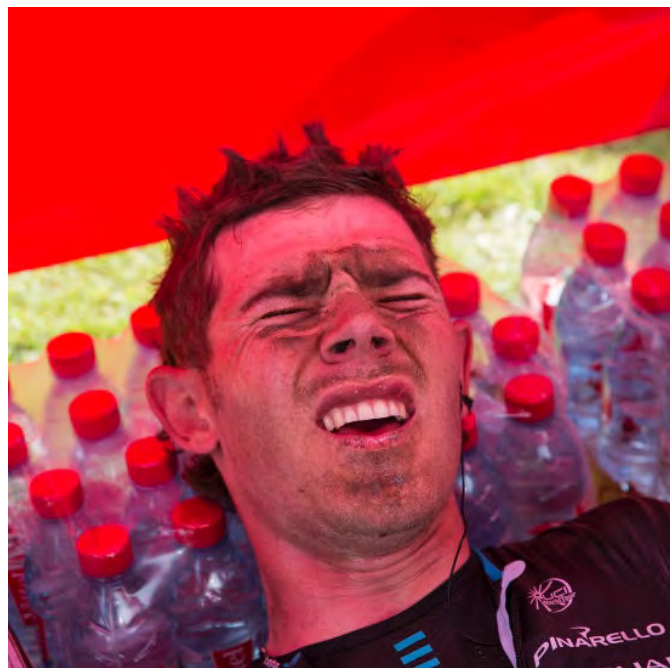
A later start was planned for this Special Ride, giving our Ladies a chance to lie in a bit, and maybe have brekkie🍳🍌 in bed😴. So by 9am the parking lot at Rietvlei was chock-a-block with DOC riders. And it seemed like we had a few more 'Lady' 👗 riders than previous thought!😄 A big shout out to those DOCs that went the extra mile... Who knew how good some of the guys would look in pink lipstick 💄, not to mention the addition of a D-cup 🍑 or two!

[READ MORE OF GLENDA'S REPORT HERE](#)



## WHATS THE BIG DEAL WITH RECOVERY IN CYCLING?

There is more to effective recovery than simply taking a day off the bike!



All effective training plans are structured and involve carefully placed recovery phases. A recovery phase can be a single day in the middle of a training block, or up to a week to really recovery and peak before a specific event – a taper.

A common mistake made by cyclists is to repeat the same training, week after week, all season or all year round. It is the progression and overload, paired with recovery that leads to improvement.

[READ MORE HERE](#)



---

## WEDNESDAY NIGHT RIDES

Start from Rietvlei parking area

Meet at **18h15**

Leave at **18h30** sharp

Distance: Between 30 - 45kms



---

## RACE FOR VICTORY - 15 September

The DOC family will be riding our 'home race' aka the **Race for Victory** on 15 September. We will have an **early group ride from Rietvlei** to make the start, then will ride back after the race.



**Date:** 15 September

**Race venue:** The Circus

**Pre-entries close:** 2 September, [click here to enter](#)

**Option 1: 110km** - Ride from Rietvlei to the start at the Circus, do the race and ride back to Rietvlei.

**Option 2: 54km** - Race route, start from the Circus

More information, [click here](#)

---

## LONG WEEKEND IN SWINBURNE - 20-24 September

Join the DOC family for a 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

[CLICK HERE FOR MORE INFORMATION](#)



---

## 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



## 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

- Tyre leavers
- Bombs
- Check your tyre sealant, this needs to be topped up every 3 months.

[Read more here](#)

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

---

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

