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Hi <<First Name>>,

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



Tick Tock, Tick Tock, **Spring** is almost here!

In this week's newsletter:

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# THIS WEEKEND'S DOC CLUB RIDES

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Saturday - 24 August							
	Meet	Leave	Ride Captain	Route	Distance	Speed	Time
<b>YELLOW</b>	06h45	07h00	Rob or Gary	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
<b>GREEN</b>	07h15	07h30	Carlos	Leave from Rietvlei. Route will be decided on the day	±60kms	18km average	± 3-4 hours
<b>BLUE</b>	07h15	07h30	TBD	Route & ride captain will be decided on the day, subject to numbers.	±70kms	20km average	± 3-4 hours
Sunday - 25 August							
	Meet	Leave	Ride Captain	Route	Distance	Speed	Time
<b>YELLOW</b>	07h15	07h30	Gary	Start at Art Farm, plot 56, Klipriver Road, R550 Alweynspoort. Ride for beginners.	±25kms	12km average	± 3-4 hours
<b>GREEN</b>	07h15	07h30	Carlos or Apie	From Rietvlei to the Circus and back.	±50kms	20km average	± 3 hours
<b>BLUE</b>	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 REPORT - by El Kapitein, Mark Segers



It all started a year ago, on 19th August 2018, as we were traveling back on the bus being entertained by the Locke brothers.

In my wisdom and stupidity, I came to realise closer to our departure, how difficult a travel agents' job can be.....but that story will never be published.

En-route back I booked 25 beds at the Royal Hotel in Willowmore and those beds sold faster than any Cape Epic event - within minutes those beds were snatched up.

Our preparation had been awesome, the training schedule was spot on, very different to the team before us that seemed to be behind schedule...

[READ MORE HERE](#)

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## JUMA 2019 - This Sunday!

Good luck to all the DOCs taking part, and remember to keep the runner side down!



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## TUBELESS TYRE HACKS by GMBN





Henry is back with more Tips and Hacks. This time it's all about tubeless tyre setup. In this video Henry shares some pro tips involving some unlikely ingredients! 🧑🏻 There's definitely going to be a few extra hacks in here that will help with those troublesome tyres.

[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](#)



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## 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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