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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

Click image for a larger version

Saturday - 13 July							
	Meet	Leave	Ride Captain	Route	Distance	Speed	Time
YELLOW	06h45	07h00	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
GREEN	07h15	07h30	Carlos	Leave from Rietvlei. Route will be decided on the day	±60kms	18km average	± 3-4 hours
BLUE	07h15	07h30	Grant	Leave from Rietvlei, cycle to south gate of SBR, exit north gate and back to Rietvlei	±100kms 700m	+20km average	± 6 hours
Sunday - 14 July							
	Meet	Leave	Ride Captain	Route	Distance	Speed	Time
YELLOW	07h15	07h30	Raymond	Start at Art Farm, plot 56, Klipriver Road, R550 Alweynspoot. Ride for beginners.	±25kms	12km average	± 3-4 hours
GREEN	07h15	07h30	Jock	From Rietvlei to the Circus and back.	±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

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 - 20 July

A little over 4 weeks to go!



Date: Saturday, 20 July 2019

Time: Leave Rietvlei at 13h00 sharp

Route: Rietvlei to Vaal Dam & back, arriving 22h30

Distance: 170km with 1,400m of climbing

Cost: R100 per person

The infamous DOC feeding stations along the route below, *thank you wonderful DOC ladies!*

Feed Zone 1 - Top of Plattekoppie (46km)

Droewors, Potatoes, Koeksusters, plus #surprise, Coke & Water

Feed Zone 2 - Top of Heartbreak Hill (83km)

Soup (chicken & veggie), Butternut & Pasta, Vetkoek with mince and cheese, Syrup & jam, Coffee, Tea, Coke & Water

Feed Zone 3 - Top of Plattekoppie (120km)

Snacks, Coffee, Tea, Coke, Water & OBS

* Reminder to bring with: light & warm clothes

** There will be a support vehicle for the entire ride so bring all your extras in a tog bag, which can be left in vehicle

RSVP HERE BY MONDAY 15 JULY

CYCLING NUTRITION FOR LONG RIDES



Whether it is a gruelling sportive or a long training ride, optimal nutrition, along with consistent training and realistic pacing, is one of the key requisites for success. Get it wrong, too little or too much, and you may come to a halt, reduce training benefits and significantly increase the time you will need to recover from the ride.

[READ MORE](#)

LONG WEEKEND IN SWINBURNE - 20-24 September



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, Michelle, Leonard & family, 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
4x 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.



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.

70 KM CDE 08:00
40 KM CDE 08:20
10km CDE 8:25
3 km CDE 8:20

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

WINTER FAST ONE - 28 July

- **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****



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.

New addition - Contact Graham Morgan on 011 704 2429 for battery packs for lights.

DOC BUSINESS DIRECTORY



Facebook Group



Website



DOC Club on Strava

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