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Dear <<First Name>>>,

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



**LIFE BEHIND BARS**

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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Saturday - 03 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 - 04 August							
	Meet	Leave	Ride Captain	Route	Distance	Speed	Time
<b>YELLOW</b>	07h15	07h30	Raymond	Start at Art Farm, plot 56, Klipriver Road, R550 Alweynspoor. Ride for beginners.	±25kms	12km average	± 3-4 hours
<b>GREEN</b>	07h15	07h30	Roger	Leave 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

## DOC VAAL RIDE - 4 August

A monthly DOC ritual, not for the faint of heart! But don't worry if you are (faint of heart), we have snacks..

**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 **09h00** – Leave the Circus at **09h00**

**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!!!***

## **Alternate option for transport from Stillbaai to Rietvlei on Sunday:**

**Merv Bailey** has offered to assist with transportation back but there must be a minimum of 5 people. Merv has a Merc Vito 7 seater with a 3 bike rack and space for 2 bikes in the back (wheels to be removed). ***Please contact Merv direct on 082 851 3683.***

RSVP HERE TO RESERVE YOUR SPOT

## **Saturday, 03 August - For those dropping their cars off at Stillbaai**

Meet at the Block House at **06h00** to leave at **06h15**, or you can meet at Stilbaai Yacht club. Leave Stilbaai at **07h30 sharp**. Return group will cycle back together.

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## **STUDY: MORE EVIDENCE EXERCISE WON'T SPEED WEIGHT LOSS**



In the **low-carb, keto** world it's often noted that "you can't out run a bad diet." Now a large US-based study on exercise and weight loss has added a bit more nuance to that claim.

A randomized controlled trial looking at exercise's impact on weight loss in overweight, sedentary people found two common results that undermined expected success: after a workout, subjects felt hungrier or felt they deserved a food reward for their good behavior. Both resulted in subjects consuming slightly more food.

[READ MORE](#)

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## WEDNESDAY NIGHT RIDES

Start from Rietvlei parking area

Meet at **18h15**

Leave at **18h30** sharp

Distance: Between 30 - 45kms

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## 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!**



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## TRANS BAVIAANS - 10 & 11 August

Just over 1 week to go!



As one of South Africa's premier mountain biking events, this mountain bike marathon creates the perfect combination of extremely challenging cycling amongst spectacular scenery through exquisite mountain ranges, right into the heart of the magnificent **Baviaanskloof Wilderness Area**, all in a team format. Since its start in 2004 it has been growing annually, deserving its place on many mountain bikers' wish list.

To all the DOCs taking on this Monster of a race, be sure to check the [Trans Baviaans Facebook page](#) for all their last minute tips and tricks!

## 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)



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:** [www.joziadventure.co.za](http://www.joziadventure.co.za)

*The 22km is for the **newbi**, less skilled or less fit riders and the 54km is recommended for the **fit and technically advanced** rider. Riders entering the 54km must be sure of their riding skills and fitness levels on a bike.*

*There will be a special **E-bike** racing category for the 22 km and the 54 km distances.*

EMAIL NOW TO CLAIM YOUR DISCOUNTED ENTRY

## KAROO TO COAST - 22 September

The Buco Lions Karoo to Coast Mountain Bike Challenge is a 100km off road race from UNIONDALE to KNYSNA via the Prince Alfred's Pass. The route is scenic, challenging and riders are encouraged to train sufficiently for this event in order to maximise the enjoyment of the experience.



Entry Cost is **R630**. This includes dinner in Uniondale on Saturday the 21st of September. All proceeds go to the Lions of Knysna and Uniondale. Only 4500 entries will be made available in 2019. Entries will be accepted on a first come, first served basis.

Transport available from **DESTINY TOURS** for **R1500 per person**.

**CONTACT ELSIE – 060 989 3231 or [info@destinytours.co.za](mailto:info@destinytours.co.za)**

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## **TO HELL AND BACK 2019 - 16 & 17 November**



Entries are now open for the oldest stage race in the country 'To Hell and Back' 2019, a bucket list race for any MTB'er! This race should be on any riders bucket list.

**DESTINY TOURS** will be leaving Friday morning to Oudshoorn and will be back in Alberton by Monday night. Total cost including entry, accommodation, meals, backup vehicle and transport will be around **R5400 per rider** and they also have space for 2 or 3 persons to join in the backup vehicle for the experience all the way to the Hell and Back, **cost R2800 per**

**spectator.**

**CONTACT ELSIE – 060 989 3231 or [info@destinytours.co.za](mailto:info@destinytours.co.za)**



## 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.

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.

[Read more here](#)

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DOC BUSINESS DIRECTORY



Facebook Group



Website



DOC Club on Strava

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