



VAL DE VIE MTB EXPEDITION PRESENTED BY TCS WI-FI | UPDATED RIDER BRIEF

Dear Val de Vie Expedition entrant

We trust you are as excited as we are to get to the start line next Friday!

A big thanks to our sponsors:

Val de Vie Estate

TCS Wi-Fi (Check out the attached flyer)

Coca Cola Peninsula Beverages

Below just a few housekeeping items with reference to arrangements for the weekend.

NB: PEARL VALLEY ACCESS CODE!

225180#

Save this code on your phone as you will need it at the Pearl Valley main entrance gate to gain access to the estate and again to exit daily.

All routes on all days are marked, no need for GPS map downloads.

FRIDAY 24 SEPTEMBER REGISTRATION

Registration will take place in the Pearl Valley Conference Room downstairs from the Pearl Valley Clubhouse from 09h00 – 13h30. Riders can park on the left-hand side of the clubhouse. The conference room has its own entrance from the parking lot. Follow registration signage.

Please ensure that you use the Pearl Valley main gate entrance with your vehicles which leads directly to the Pearl Valley Clubhouse and Pearl Valley Hotel by Mantis, and not one of the Val de Vie gates.

NB: Full package riders are advised to register from 11h00 so that they don't have to wait to check into the hotel or, otherwise, collect earlier and sit down for a coffee and a bite to eat. Normal check-in time at the hotel is at 14h00, but they have afforded us the courtesy of an early check-in at 11h00.

TIME TRAIL ARRANGEMENTS – START AT 13h30

The time trail will commence at 13h30 at the race village. Riders will be seeded by RaceTec with slower riders starting first and accomplished riders later.

The format is designed to ensure we play it safe with lighting as there is a technical descent on the mountain which we don't want riders to tackle in dimming light.

In this format the last rider will finish just before 17h00. We are expecting slow riders to take up to 2 hours to finish while riders at the front end of the field should finish within 50 minutes.

Riders will receive their starting times for the time trial on Wednesday and can plan their day accordingly.

STAGE 2 AND 3 BATCHING

The event will feature two batch starts for stage 2 and 3. Riders will receive a batch sticker at registration, which needs to be affixed to your number board. Seeding queries can be done at the Race Tec table at registration.

Stages 2 and 3 start at 07h30.

WATERPOINTS

There is no waterpoint on the route for the 20km 1st stage time trail – only at the finish line.

Besides the well-stocked finish line waterpoint, courtesy of Coca Cola Peninsula Beverages, the 2nd and 3rd stages feature waterpoints at the following km markers:

Stage 2:

WP1 – 20km

WP2 – 38km

WP3 – 55km

Stage 3:

WP1 – 21,5km

WP2 – 39km

WP3 – 54km

TIMED BY RACETEC

Riders must use their Race Tec boards for timing. Each rider will receive a Val de Vie race board sticker, which must be stuck across the top of your Race Tec board, and batch stickers on the corner of the board.

RACE VILLAGE

The start/finish, bike wash and tech area and the big finish line waterpoint is located on the soccer field adjoining the Pearl Valley Hotel and the Pearl Valley Clubhouse. We also have a chill zone for riders with bean bags to relax and have their finish line drink.

The race HQ is located in the Pearl Valley Conference Centre.

The conference venue has a separate access to the main clubhouse entrance, and it is adjacent to the start and finish area. We have delightful food and drink offerings along with a comfortable seated chill area.

OVERNIGHT BIKE STORAGE

Bikes will be washed and lubed following every stage and placed in the bike park, which is the tennis courts next to the tech area. Riders will receive a number sticker at registration which must be affixed on your handlebar. The sticker number will correspond with the number on your armband, which you will also receive at registration.

Riders are welcome to leave their bikes overnight.

DAILY PARKING

Riders are requested to park in the left-hand parking bays adjacent to the soccer field. Extra parking will also be available on the soccer field. Parking ushers will be on hand to guide cyclists. We do encourage riders to carpool to ease traffic onto the residential Estate.

RACE VILLAGE OPEN AND CLOSE TIMES

Friday 09:00-18:00

Saturday 06:00-17:00

Sunday 06:00-17:00

Riders won't be allowed in The Valley Restaurant after stages in their cycling kit and are encouraged to support the vendors and the food and drink offering at the race village.

FULL PACKAGE CHECK-IN FROM 11H00 ON FRIDAY AND CHECK-OUT UNTIL 12H45 ON SUNDAY.

Riders who booked the full package will be able to check into the Pearl Valley Hotel by Mantis from 11h00 on Friday. The hotel has facilitated an early check-in so that full package riders can collect numbers from 11h00 and be guided directly to their rooms.

The hotel has also made a special concession for riders to enable them to check out until 12h45 on the Sunday.

FRIDAY EVENING FULL PACKAGE DINNER AT LEASURE FROM 17h00

Riders who have booked the full package can have dinner at their leisure from 17h00-20h00 on Friday evening at the Signature Lounge at the Valley Restaurant inside the Pearl Valley Clubhouse.

Instead of having just one option and a simultaneous sit-down, riders able to choose from three main courses and two deserts when they arrive at the restaurant.

We felt that this was a more user-friendly option which will allow riders the opportunity of planning their evening according to their needs following the late time trail finish.

All beers, ciders, wine and other alcohol will be for riders' own accounts.

SATURDAY EVENING FULL PACKAGE DINNER AT REUBENS, THE YARD, VAL DE VIE

Saturday evening dinner is at Reubens Restaurant at the Yard inside Val de Vie at 17h30. This will be a simultaneous sit-down with the serving starting at 17h30. A shuttle service will run from the Pearl Valley Clubhouse main entrance from 17h00. It's only a 5-minute shuttle to Reubens and back, and riders are also welcome to drive their own vehicles to dinner.

All beers, ciders, wine and other alcohol will be for riders' own accounts.

FULL PACKAGE LUNCHESES

Saturday afternoon lunch is served at Backs Restaurant inside the Pearl Valley Hotel by Mantis courtyard next to the pool from 11h30 until 13:30.

For Sunday afternoon, full package riders will receive coupons with which they can buy lunch at the race village vendors. This enables full package riders who would like to depart as soon as they finish the opportunity to get lunch on the go.

DAILY BREAKFASTS FOR FULL PACKAGE RIDERS

Breakfast for full package riders will be served in the Signature Lounge at the Valley Restaurant inside the Pearl Valley Clubhouse between 06h00 – 07h00 on Saturday and Sunday morning.

NEED TO TRANSPORT YOUR BIKE?

Riders who still need to transport their bikes from Gauteng or Bloemfontein, can click below to book in their stead with Fabian's Bicycle Transport.

<https://bicycle-transport.co.za/product/val-de-vie-mtb-expedition/>

SPORTS MASSAGES?

EPT Recovery is the official sports massage partner of the Val de Vie MTB Expedition. Maximise your recovery after every stage with Francois and Russel along with their very experienced team. To find out more about EPT Recovery go to <https://eptrecovery.com/>

To book your message for the Expedition follow the below links:

- 30 minute massage option: http://bit.ly/ValDeVieMTBExpedition2021_30mins
- 60 minute massage option: http://bit.ly/ValDeVieMTBExpedition2021_60mins

Walk-ins will also be accommodated.

BIKE SERVICE BOOKINGS

Have you booked your bike service package? Click to view the detail on service packages for the Val de Vie MTB Expedition, which are managed by Hanco Kachelhoffer and his expert Bicycle Garage team - <https://bicyclegarage.co.za/products/service-package-val-de-vie>

Thank you to everyone who entered, and we can't wait for race weekend.

Please feel free to contact us with any questions at devillierscycling@mweb.co.za and follow us on Facebook at <https://www.facebook.com/valdeviemtbexpedition>