



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

Dear entrant

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

A big thanks to our sponsors:

Val de Vie Estate

TCS Wi-Fi (Check out the attached flyer)

Peninsula Beverages

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

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.

REGISTRATION: Riders need to register at Pearl Valley Conference Room inside the Pearl Valley Clubhouse on any one of the following dates and times:

Friday 24 September: 09h00 – 13h30

Saturday 25 September 13h00 – 17h00

Sunday 26 September 06h00 – 08h00

START TIME:

The Mini Expedition starts at 07h40.

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.

WATERPOINTS:

The Mini Expedition has one waterpoint on the route at 24km and the finish line waterpoint.

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.

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 guests to carpool to ease traffic on the residential Estate.

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.

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 email devillierscycling@mweb.co.za if you have any questions and follow us on Facebook at <https://www.facebook.com/valdeviembexpedition>