

CYCLE FOR KIDS 2009 ITINERARY

Day	Description
14th October	
12h00 - 14h00	The EventActive team will collect your bikes from Standard Bank (5 Simmonds Street), please meet us between the staff parkade and the main building. Main bag (apart from daily tog bag) to be dropped off with your bicycle. <i>NB – You wont have access to this bag until tomorrow evening.</i>
15th October	
05h00	Cyclists to meet at Standard Bank offices (5 Simmonds St) at the main entrance near the bridge, with their small day tog bag. Parking has been pre-arranged for riders leaving vehicles there, which will be in building no 3.
05h15 - 06h15	Cyclists to be transported via coach to Stonehaven on Vaal - Vereeniging (110km). Details re modus operandi on arrival as well as riding groups to be announced on the bus.
06h15 - 07h00	On arrival at Stonehaven, a breakfast of oats, fruit, scrambled eggs and toast to be served. Prepare to 'saddle up'. Carbo drinks as well as energy bars will be on hand. Riders will be briefed on the route as well as the expected timings for the day.
07h00	C4K 2008 gets underway. 134km day 1. Destination Reitz. Pounds depart.
07h15	Rands depart.
09h30 - 10h00	1 st snack stop at 52km at Heilbron.
11h30 - 12h30	Lunch stop at 92km at Petrus Steyn.
From 14h00	Both groups to arrive at Poelanies guest house together. On arrival, bikes to be placed in the gym, with 'problem' bikes to be left on 1 side for attention of the mechanics. Recovery drink, ice for self massages, and snacks awaiting you. Settle into accommodation. Showers. Each rider will have access to a 15 minute massage. Timings will be strictly adhered to, to ensure everyone gets a rub down.
18h00	Debrief on days cycle & program for the evening & the following morning.
18h15	Awards
18h30 onward	Chicken braai with all the trimmings provided by our wonderful hosts – Neels and Poelanie.
16th October	
05h00	Early breakfast, of oats, cereals, fruit, muffins, eggs and toast. <i>NB - Luggage to be left outside the gym where the</i>



	<i>vehicles are parked before going to breakfast.</i>
05h45	Group briefing for the days expected route. 210km total distance.
06h00	Pounds depart
06h15	Rands depart
09h15 - 09h30	Snack Stop.
12h00 - 13h00	Lunch at the top of Oliviershoek pass at Caterpillar & Catfish, surrounded by the majestic views of the Drakensberg Mountains.
From 16h00	Arrival in Winterton, where the groups will meet at 'Purple House' for re-direction to their guesthouse. Your overnight luggage will be awaiting you at your guesthouse. Cyclists are to ride to their guesthouse, which are all within walking/riding distance of each other. Settle into accommodation. Showers. Massages to take place at Purple House. Sandwiches and snacks available.
18h00	Cyclists to congregate at Purple House for dinner.
18h15	De-brief of the days cycling & the program for the evening & following morning. Awards.
18h30 onward	Dinner is served.
17th October	
05h00 - 05h40	Breakfast served at each of the 3 guesthouses. <i>NB - Luggage to be left at the front door of each guesthouse before going to breakfast.</i>
05h40	Cyclists to meet at Purple House.
05h45	Group briefing at the Purple House for the days expected route. 160km total distance.
06h00	Pounds depart
06h15	Rands depart
09h15 - 09h30	Starting at the bottom of Griffiths pass, we will test the team and see who is the fastest rider to reach the top of the climb. To make it fair, a handicap system will be used. A well-deserved snack stop will await you at the top.
12h00 – 13h30	Lunch at Michaelhouse School.
From 16h00	Arrival at the Protea Imperial hotel in Pietermaritzburg. Recovery drinks, and welcome cocktails. Rooming arrangements to be announced, and keys allocated. Settle into accommodation. Showers and relaxation. Massages to take place at a central location to be announced.
17h00 – 18h00	De-brief of the days cycling & the program for the evening & the following morning. Awards



18h00	Dinner at a private function venue in the hotel. All carbo-loading catered for.
18th October	
05h00 - 05h30	Breakfast at the hotel in a private venue. <i>NB - All luggage to be left in the foyer of the hotel before coming down for breakfast.</i>
05h30 - 05h45	Briefing to take place in the breakfast room.
05h55	Team gathers outside main entrance for the group ride down to the start 3kms away. Official team photographs taken before departure.
07h15	Amashovashova start time in the celebratory batch.
After the ride	The EventActive crew will be at the finish to direct you through to the vehicles. After our traditional swim at North Coast beach, the team will meet up at Mimmos at the Sun Coast Casino and entertainment world where we will celebrate your achievement. Showering facilities are available on the beach.
13h15	Transfers to the airport for group return flight to Johannesburg.
15h00 - 16h10	1 Time flight IT208 back to Jhb.
16h10 - 17h10	Shuttle service from OR Tambo to Standard Bank to collect vehicles. <i>NB – seats need to have been pre-booked.</i>

Please note: Bikes will be delivered between 12h00 – 14h00 at Standard Bank on Monday the 19th October, for collection at the same place you dropped them off at.

