

# RUGBYTOTS FAT ATTACK RIDE

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PLAYERS  
FUND  
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**FAT ATTACK**  
BEACH  
RIDE



Dear Rider,

Thank you for booking for our Rugbytots Fat Attack Beach Ride. We are so glad that you are ready to tackle this FUN and exciting adventure with Rugbytots in aid of The Players' Fund.

## EVENT INFORMATION

Plans are well on the way to making this one of the greatest and most memorable trips you will ever experience. You will be cycling along the longest stretch of beach in Southern Africa, on the Southernmost tip of Africa. The beautiful L'Agulhas region is your home for two days as you ride with the group, stop to catch your breath or snap a pic and simply take in the untouched stretch of pristine South African coast line.

## Plan to ensure you have a tail wind while enjoying the Southern Tip of Africa

One of the biggest fears when cycling, is riding into a head wind for two days. To overcome this challenge, we have designed a route that can start from either side of Struisbaai. Should a westerly wind be blowing, we will start the journey from Die Dam caravan park. Cars will be parked securely at the Arniston hotel and riders will be transported to their starting point at Die Dam caravan park. Should an easterly wind be blowing, cars will be parked securely at Die Dam caravan park and riders will be transported to Arniston hotel to meet up with their bikes and start this unique journey once we know the direction of the wind. We will send an SMS and email out to all riders on Wednesday the 27th of November to inform you of the starting point and provide directions to such a point.

## ITINERARY AND EVENT PACKAGE

### Day 1 - 10am Distance for the day - 40km

The Arniston Hotel, just 200km drive from Cape Town, is our starting point for the Rugbytots Fat Attack Ride.

As you arrive, the bikes are ready and waiting with your personalised name boards already fitted. We're on the beach for most of the trip, running inland in the beginning until we get to the De Mond Nature reserve. This is our lunch stop. We cross at the mouth of their 1.5km stretch of wooden board walk to avoid any feet getting wet.

From here our day is half way complete. It's another 20kms of beach riding until we make it to the famous town of Struisbaai. Heading into town for some sandy single track riding through the sleepy holiday town, we make our way to the Cape Agulhas lighthouse, where you can stand and be blown away by the beauty of the Southernmost tip of Africa.

Once your photos have been taken, it's a quick trip back down the road to the accommodation for the evening. Our choice of accommodation depends on the group size, all options will be fully kitted to ensure you a comfortable night stay after a long day on the beach. The ocean is within walking/ fat biking distance, your bags will be delivered to your room and the beers will always be cold.

### Day 2 Distance for the day - 37km or 52km

As we make our way back to the beautiful Arniston Hotel, we might be lucky and enjoy a pleasant tail wind for the trip home.

A later start for those wanting to sleep in and perhaps catch an early swim in the warm Indian ocean, all this can be arranged.

Prior to departure, breakfast will be served and your bags placed in the luggage truck. Lunch is served on the banks of the De Mond river again.

We take a different entry to Arniston for our journey home - one which brings you past Waenhuiskrans Caves, a historical site to see.

For those wishing for more of a workout, we can continue past Arniston and do an extra 15km circular loop back through some sandy single track as part of the Overberg, Cape Nature reserve.

## EQUIPMENT

### The Rapid Fat Cat Pro Bike

The bike is a stunning weapon in that it is fully aluminium and has all the bells and whistles and 27 speeds ... In Fat Bike Terms its light, has great components and because all the riders receive the same bikes ... the playing fields are level ... so is the beach.

The bikes were swum across river mouths, we tossed them over dunes and bashed them down hundreds of kms of beach and they are still all in fine shape.



## What is the ride in aid of?

Supporting Rugbytots charity of choice The Players' Fund, is what the Rugbytots Fat Attack Ride is all about.

[www.rugbytots.co.za/PlayersFund](http://www.rugbytots.co.za/PlayersFund)

## Ride 4 Rugby's Caring Hands

We'd like to encourage you to consider choosing Rugby's Caring Hands as your charity of choice, to partner you on your training journey while working towards the finish line.

To show your allegiance we will provide you with a really sharp jersey designed and printed by EnjoyFitness to compete in.

[www.playersfund.org.za/divi/wp-content/uploads/2019/01/Ride-4-Rugby-Invite-1.pdf](http://www.playersfund.org.za/divi/wp-content/uploads/2019/01/Ride-4-Rugby-Invite-1.pdf)

All that we ask, is that you pledge to raise a minimum of R5000 through your journey. This can be done through ANY means possible, from private donations, an online fundraising campaign using GivenGain and your social media platforms to hosting a raffle. Join GivenGain and start fund raising: <https://www.givengain.com/e/rugbytots-rides-for-rugby>

The greatest honour to our recipients will be for you to ride for those who can't. What better reason to get on your bike?

## What's included?

- 1 night accommodation (Please note that the one night accommodation will be sharing with others)
- 2 days of unbelievable beach & beauty
- 2 day rental of a "Rapid Fat Cat Pro" fat bike
- Back-up luggage truck
- All meals - breakfast, lunch & supper
- Support crew & photographer
- Free beer & wine!

If you want to arrive a day early, you can book in at the Arniston Hotel the night before (Friday) to ensure you are fresh for the morning start. You can book by clicking on this link <https://www.arnistonhotel.com>. Alternatively please chat to us about private bookings and we can book on your behalf.

If you would like any further details, please chat to Steed on [steed@rugbytots.co.za](mailto:steed@rugbytots.co.za)  
We look forward to seeing you there! Team Rugbytots