



TRANS TALK

INFORMATION BOOK

www.transbaviaans.co.za

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24hr



230km

WHERE TEAM SPIRIT GETS A WHOLE NEW MEANING

1. Route Overview

The Area

The Baviaans Wilderness area is the biggest wilderness area in South Africa. 7 Different Biomes come together here. It is truly a magnificent place to ride through.

The Road

Its always bad, conditions change depending on the weather but you are in for a tough ride!

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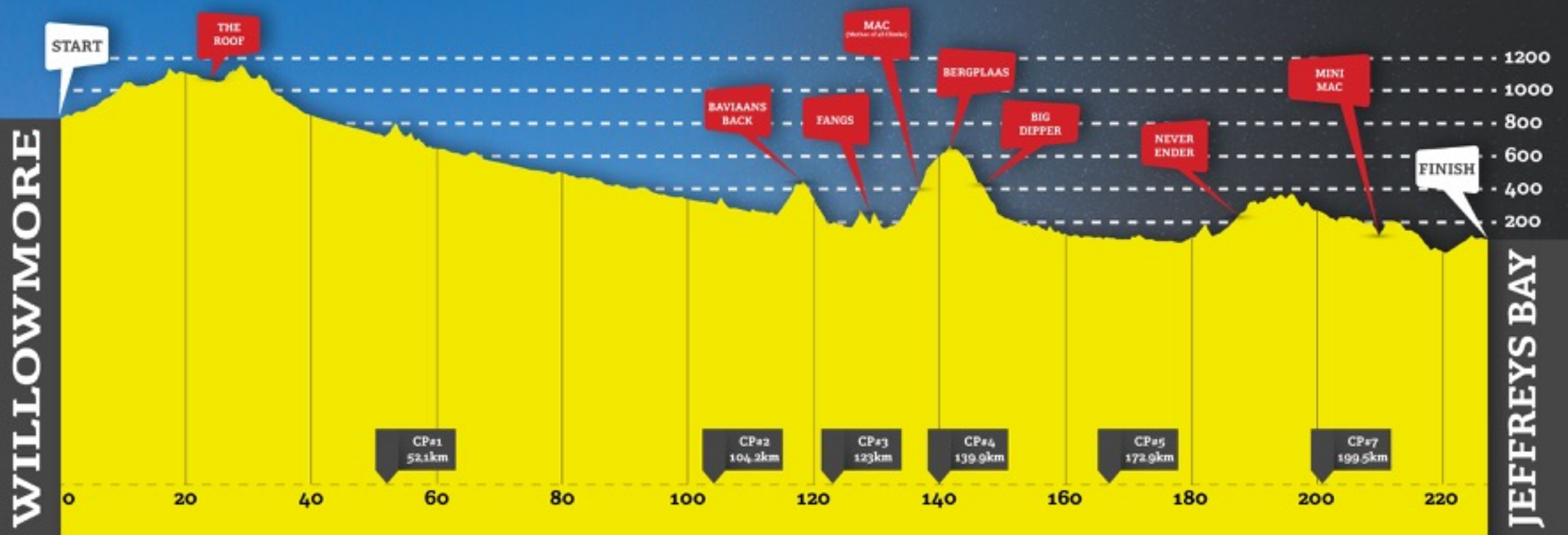
24hr



230km

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Route Profile



227 km @ 2843 m Elevation

CP#1 - VERO'S | CP#2 - GEELHOUBOS | CP#3 - SMITSKRAAL | CP#4 - BERGPLAAS | CP#5 - HADLEIGH | CP#6 - ? | CP#7 - ZUURBRON

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WARNING

Yes they will be sharing the Baviaans with you, be cautious
and on the look out!

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THE BIG DIPPER

In its full glory at night

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NEVER ENDER

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Race Report 2015

This video report on the Race sums up the event, although the video focusses on the Pro's, listen to what they say and what goes wrong!



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2. RACE REGISTRATION

- Make sure you read through all info given at registration.
- Check that you know when and where the Crates need to go.
- Checkpoint 4's crate the Friday night before the race
- Checkpoint 2 & 3 the next morning

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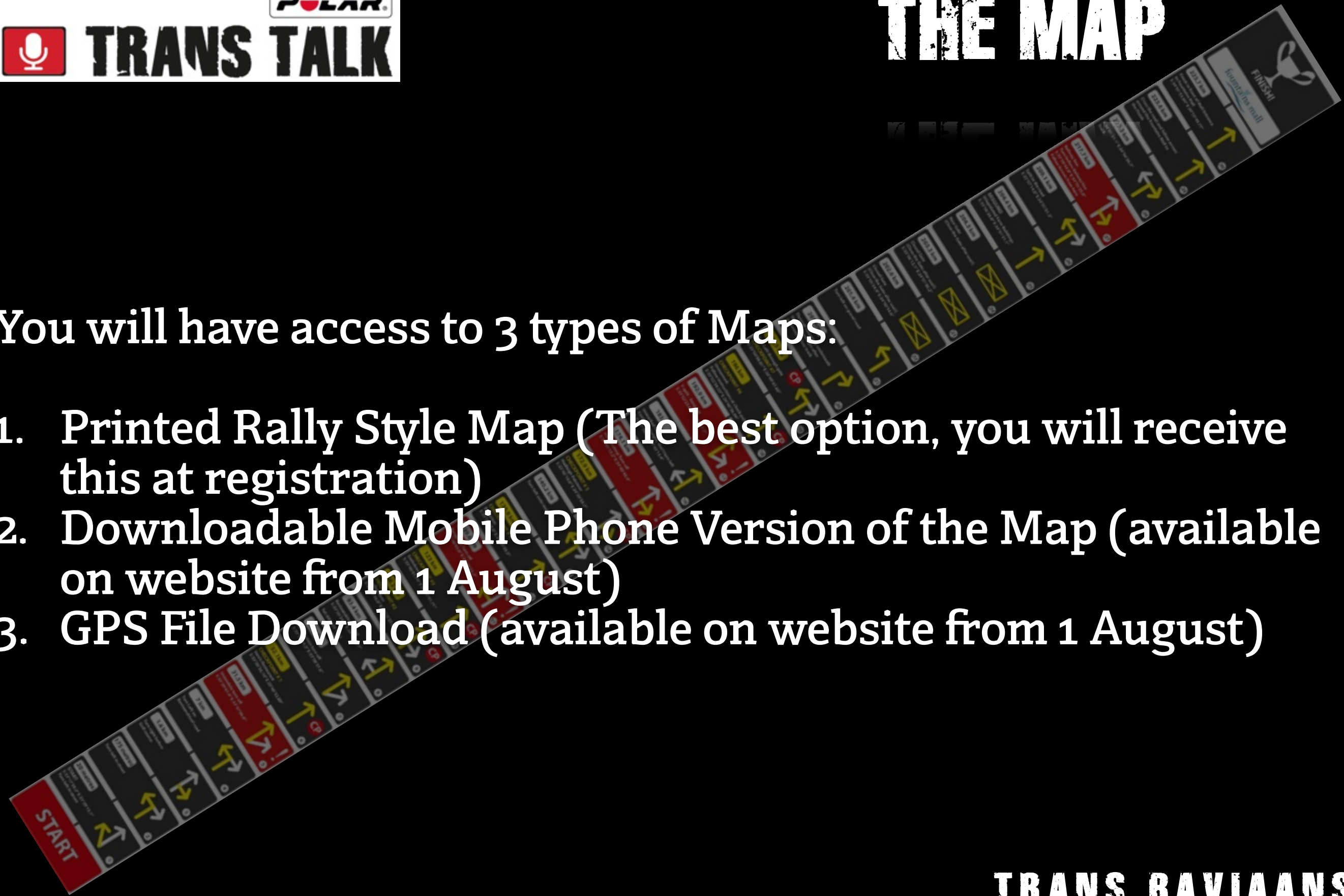


230km

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You will have access to 3 types of Maps:

1. Printed Rally Style Map (The best option, you will receive this at registration)
2. Downloadable Mobile Phone Version of the Map (available on website from 1 August)
3. GPS File Download (available on website from 1 August)



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3. SUPPORT DRIVERS

- Make sure they are at their briefings.
- They are part of your team.
- They can get you time penalties or even disqualified.
- The rules and set up at checkpoints has been put together with the riders best interest in mind, please ask them to follow and respect it.



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4. START LINE

- Race Starts at 10:00am
- You will need to check into the start suite and receive your Control Token
- Give the Token to the most responsible person in the team.
- You will be required to get a sticker placed on to the Token at each Checkpoint except for #1.
- You will need to present your token at the finish to make it an official finish.

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5. Training

POLAR **TRAINING**

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There are no shortcuts to anywhere worth going

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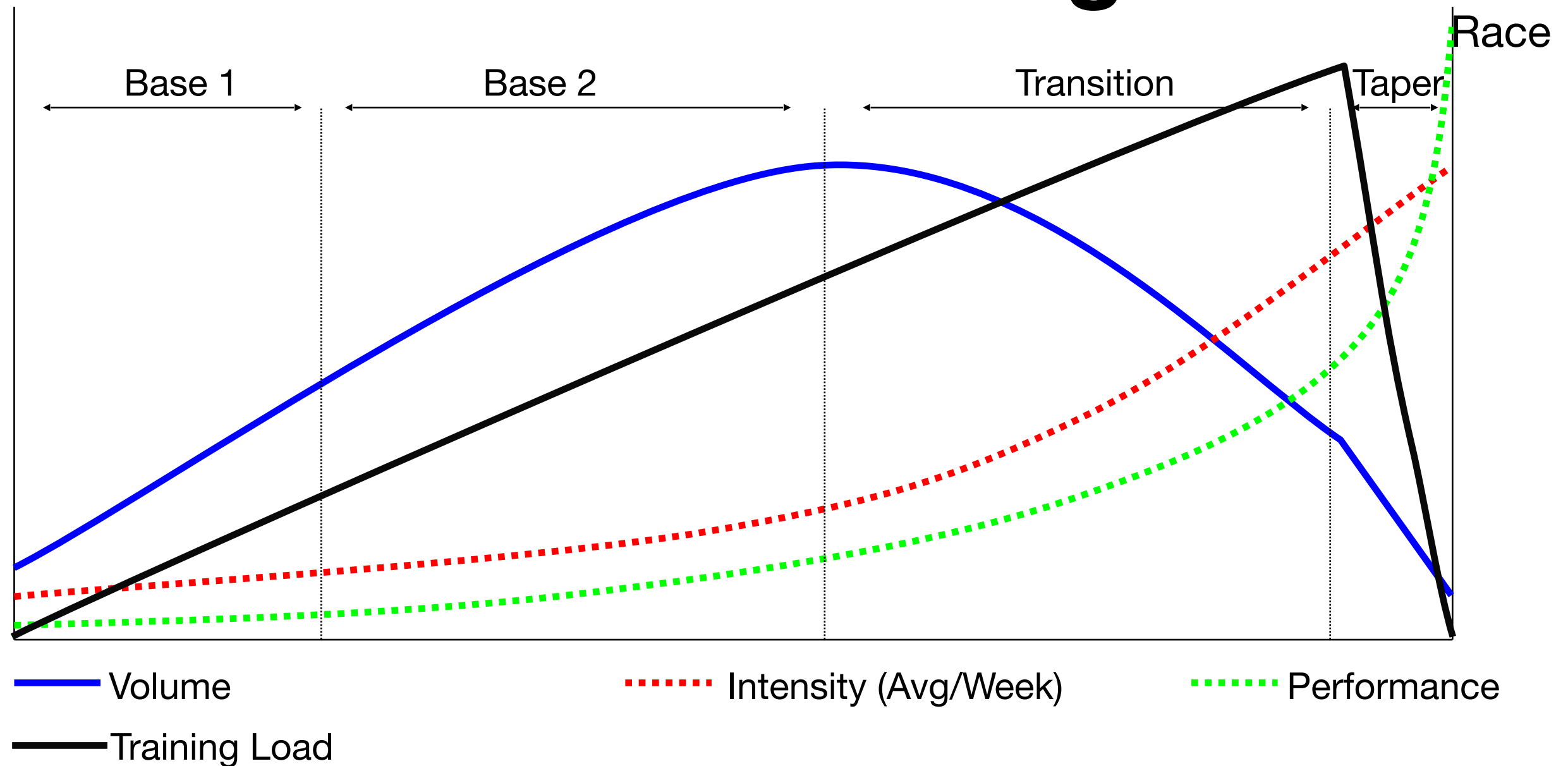
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The Classic Training Model





Training Target Zones

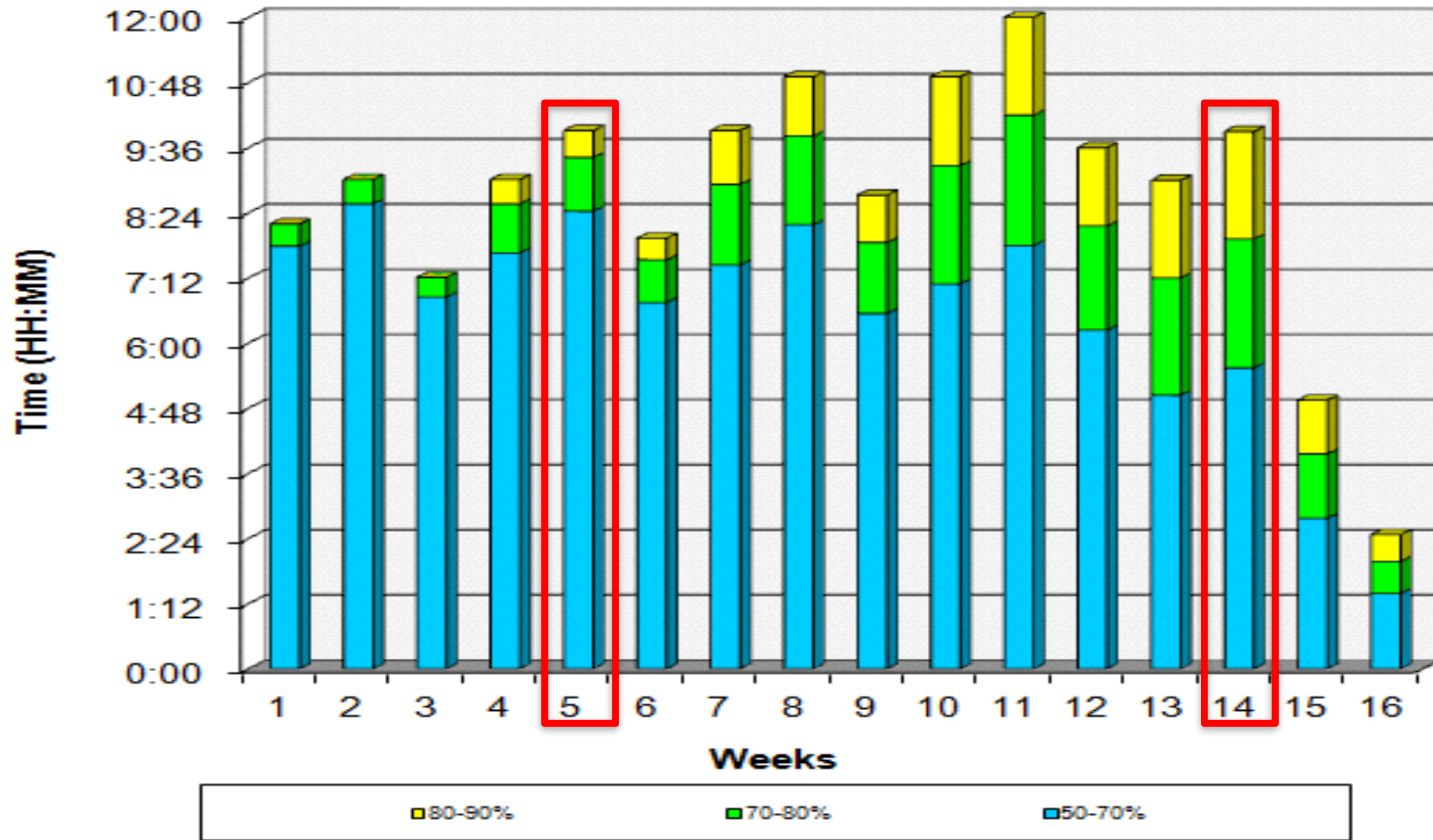
Target Zone	% of Max Intensity	Duration (Typical)	Benefit / Training Effect
Maximum	90 – 100%	Less than 60 seconds	Improves nerve/muscle connection Increases OBLA
Lactate Tolerance	80 – 90%	1 – 5 minutes	Increased tolerance to lactic acid Improves race specific endurance
Aerobic Stamina	70 – 80%	5 – 30 minutes	Enhances aerobic power Base work for high intensity workouts Increases blood volume Increases metabolism
Aerobic Endurance	50 – 70%	30 minutes +	Improves endurance Base work for high intensity workouts Strengthens muscles, tendons & ligaments





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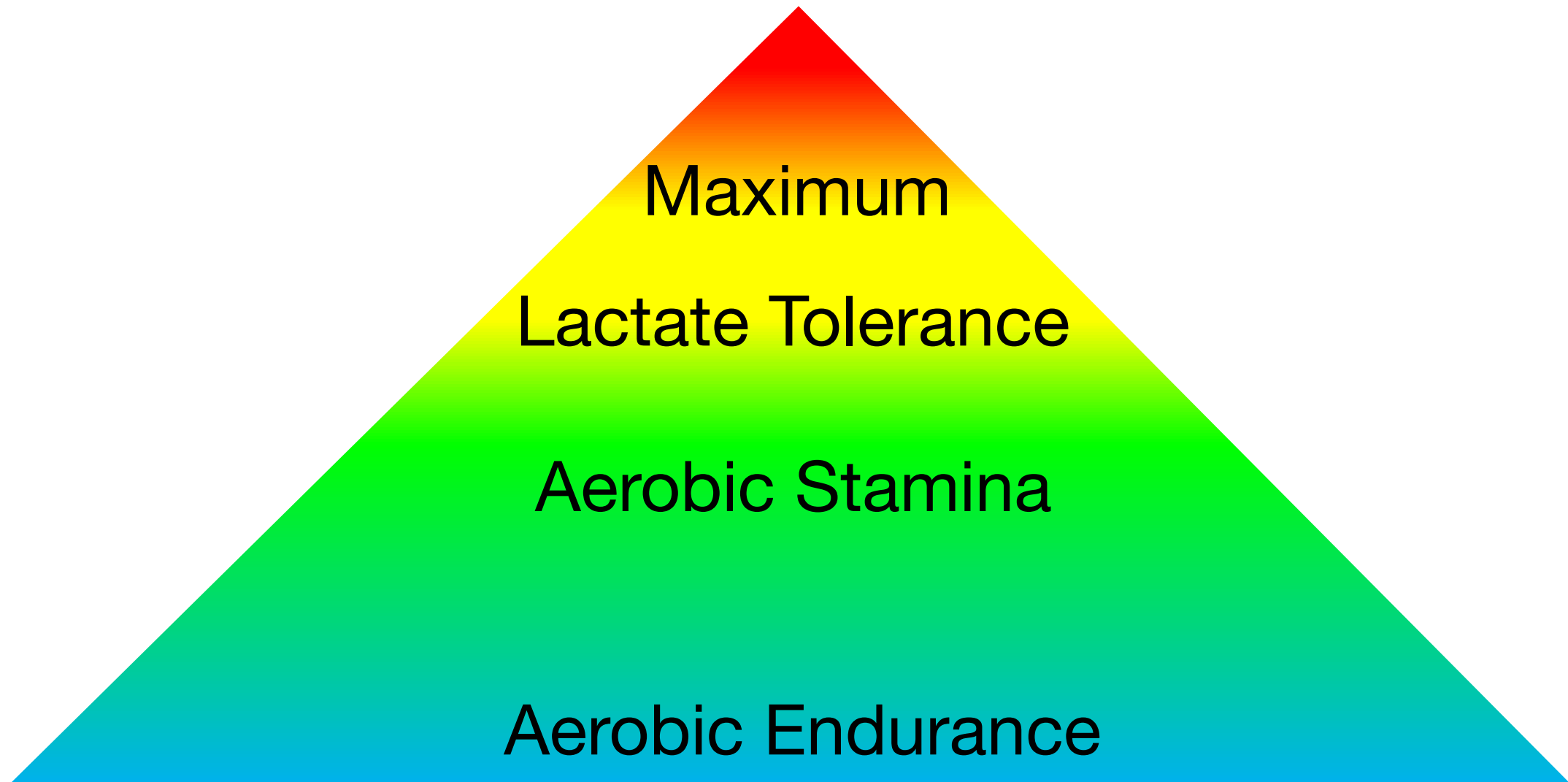


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Training Target Zones



“A systematic approach to training is one of the key factors in becoming a successful athlete.

It is not enough to know how to do something, you must know why you are doing it.”

Greg LeMond

(Three-time winner of the Tour de France)

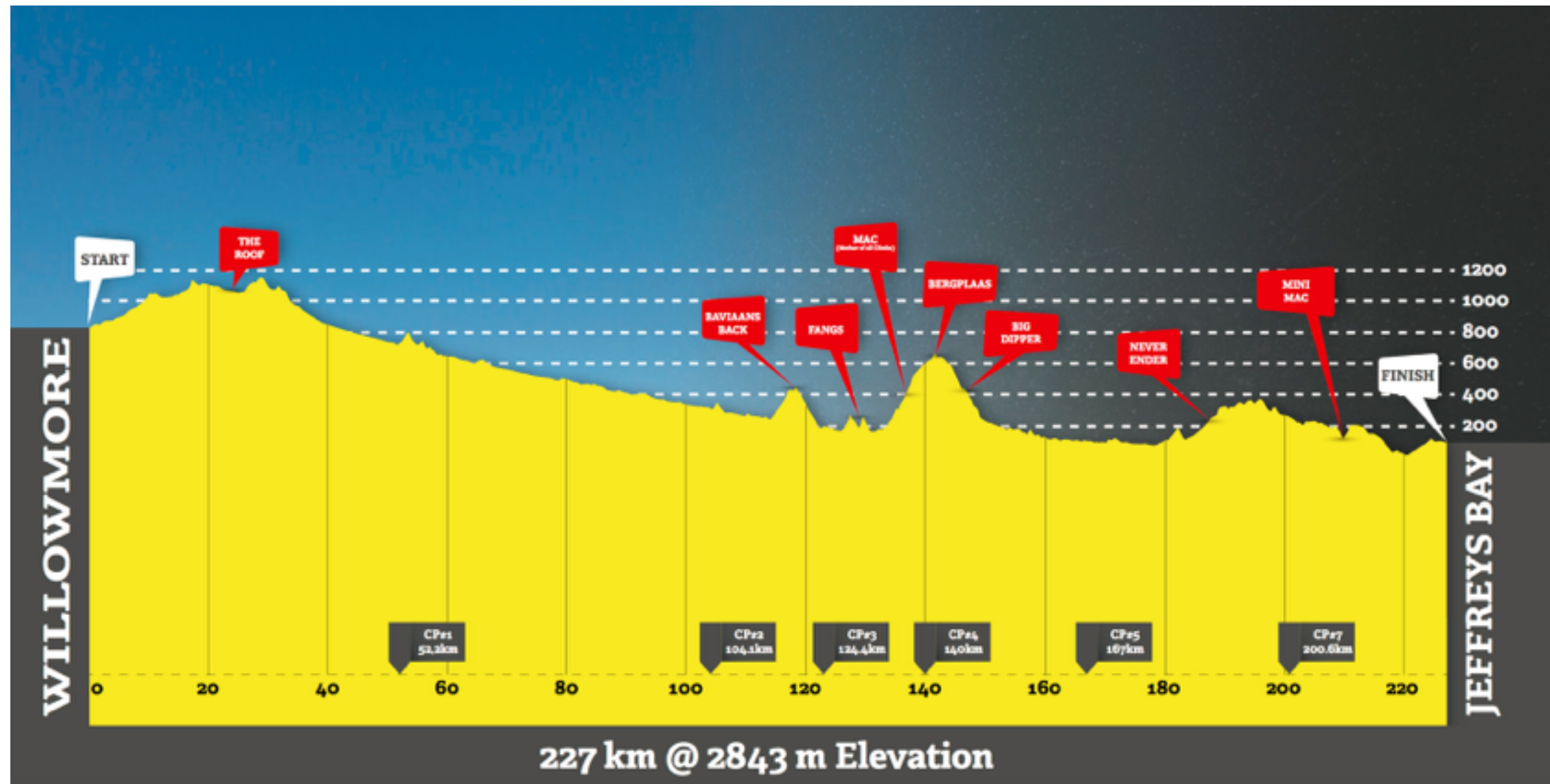
Training Planners

Decide how much time you have available to train. Be realistic and consider all your other daily responsibilities and commitments. For an event like the Trans Bavians, we recommended that your maximum training week should be at least 10 hours.

The planner includes a target zone calculator to help you spend the right amount of training time at the right intensity.

Please note that the planners are based on weekly goals and the key focus should be training frequency (5-6 session per week). Your long slow distance (LSD) session should be at least 1/3 of weekly training time.

Training Planners Downloads Link



- Take the first 100km easy
- Manage the intensity and your fuel consumption
- Climbing starts in the second 3rd of the race

"Where Team Spirit Gets A Whole New Meaning"

Train to push your partner

You will ride in bunches, manage this don't go too fast



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THE TOUGHEST SINGLE STAGE MTB RACE IN THE WORLD!

Make sure you include climbing into your training

You might need to push your bike, prepare for this



Train riding at night and with lights, get use to the settings and configuration of your light system.



You will ask yourself what
you are doing here
somewhere along the route



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Some Planning Guidelines

- 23 week Trans Bavians Training Program – latest start 6 March
- 12 Week Survival Planner – latest start 22 May
- 2 x 12 Week Option
 - Part 1 - Start 20 February to 14 May -> one week break
 - Part 2 - Start 22 May to 12 August
- 16 Week Survival Planner - latest start 24 April
- Give yourself 1-2 “extra” weeks - Life happens....
- Be **very** realistic in determining the hours for your maximum week.

Planning Your Week

- **Get the frequency right**
 - Train less more often
 - Train 5-6 days a week with 1-2 rest day
- **Get the hours per week right**
 - spread the workout load throughout the week
 - schedule your LSD workouts first (at least 1/3 of total week time)
- **Get the intensity right**
 - when in doubt, favour lower intensity workouts

Some critical success factors

- Focus on frequency
- Be consistent – winter is coming....
- Manage your intensity
- Get enough sleep → 7- 9 hours

In Conclusion

- Keep it simple
- Stick to the plan as best you can
- Be very conservative in your estimates
- **HAVE FUN**

8. CHECKPOINTS

Check out this video on what you are in for at the Checkpoints



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CHECKPOINT #1

52.1km - (No Check in here)
Rooster brood, Coke, Coffee & Tea
PowerBar and First Choice Products

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CHECKPOINT #2

104.1km - First Check IN point
Fruit, "Ouma Wange", Potatoes, Coke, Coffee & Tea
PowerBar and First Choice Products

You will have a CRATE at this point

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CHECKPOINT #3

124,4km

Sosaties, Boerewors, Roosterkoek, Potatoes,
Coke, Milo, Coffee & Tea

PowerBar and First Choice Products

You will have a CRATE at this point

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CHECKPOINT #4

140km

Soup and Bread
Coke, Milo, Coffee & Tea

PowerBar and First Choice Products

You will have a CRATE at this point

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This is BERGPLAAS



CHECKPOINT #5

167km

Chip roll

Coke, Milo, Coffee & Tea

PowerBar and First Choice Products

NO CRATE - First Support Point

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CHECKPOINT #6

???km

Nothing - Nada - Only the ghost
(You need to Check yourselves in here)

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CHECKPOINT #7

206km

The Famous JAFFEL
Coke, Milo, Coffee & Tea

PowerBar and First Choice Products

THE FINISH

227km

Spur Burger & Chips
Ice Cold Darling Brew!

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7. CRATES

- They are 22 litres in size
- You get 3 crates per team for 3 checkpoints.
- If you are a 2 man, 3 man or 4 man the crate is the same size.
- Crates will go to Checkpoints 2 , 3 and 4 only
- Checkpoint 4's crate needs to be handed in at registration the Friday night.
- Checkpoint 2 & 3 the Saturday morning before 08:00am

What to pack?

- Warm clothing.
- Dry Socks.
- Rider specific snacks to refill with.
- Lights, batteries.
- Bike Spares.

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Trevor Seinen
from PowerBar
with some
nutritional tips.
Follow the link to
his video.



9. RIVER CROSSINGS

- You can expect anything from 6 crossings when it is dry to 68 when it is wet!
- It can change the time, speed and face of the event completely.
- Watch the weather reports and come prepared.
- Dry socks in your crates might be a good idea!



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WET FEET

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Lang water

Short video on the longest water crossing
in the race



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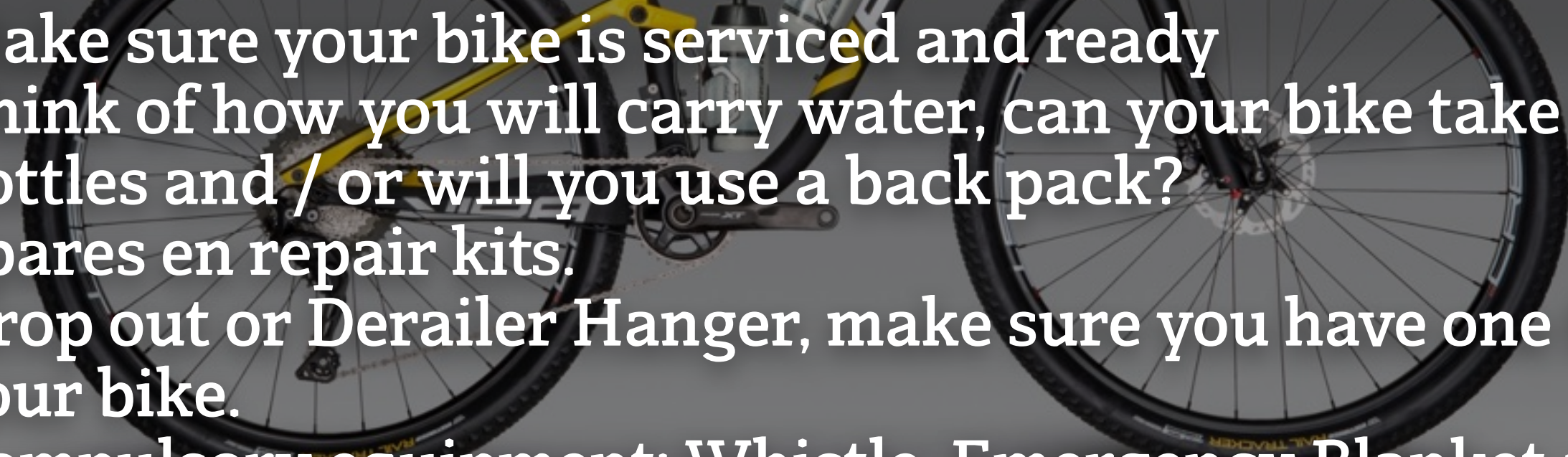


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- 
- Make sure your bike is serviced and ready
 - Think of how you will carry water, can your bike take two bottles and / or will you use a back pack?
 - Spares en repair kits.
 - Drop out or Derailleur Hanger, make sure you have one for your bike.
 - Compulsory equipment: Whistle, Emergency Blanket and basic First Aid kit.

11. LIGHTS

- You need 3 lights: Headlamp, Main Cycle Light and a tail light.
- Battery run time is most important aspect of your lights.
- You need a descent lumens light for the downhills.
- Headlamps are an important back up light and are good for doing any other tasks at night.
- Take a headlamp that runs on AA or AAA batteries that you can take spares for.

Extreme Light Guide Link

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1. Expected temperatures?

- From -3°C to 30°C

2. What happens if a team member can't continue?

- Get to the closest checkpoint and report to the marshall
- The rest of the team can continue but will not get an official time.
- If there is only one rider left in the team, he/she needs to join another team.
- Finishers will get recognition but the team will get a DNF time.

3. What do I pack in the crate?

- See section 7. Crates.

4. Do I need a Support Driver?

- No, but it is recommended for first timers especially.

5. Is the railway line section part of the route?

- Yes, it is a safety concern and the best possible route.

6. To which checkpoint should we send our lights?

- You never know what may go wrong so pack them for the earlier checkpoint than expected to be at sun set
- Start with a Headlamp or back up light on you.

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Enjoy the training and preparations with your team mates and remember to have fun!





FINISH

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