



CAPE TOWN CYCLE TOUR | 

ROTARY • PEDAL POWER ASSOCIATION

SEEDING EVENT

DIE Everest WEALTH GROOT TRAP



Sum
Time Square

GROOTFM
GAAN GROOT 90.5


Interactive
Security
EVERY SECOND COUNTS


DE VILLIERS
NATIONAL CYCLING

- 7 April 2024
- 06h15
- Venue: Sun Arena Time Square
- Distances: 105km | 65km | 17km
- Entry fees:
- 105km: R570
- 65km: R410
- 17km: R280
- Spur Kiddies Ride: R50
- Organised by De Villiers National Cycling and Groot FM 90.5



PRETORIA'S 'BIG' CYCLING BASH!

- Groot FM is proud to announce host the 3rd edition of DIE GROOT TRAP on 7 April 2024.
- The venue for the event is the impressive Sun Time Square Complex and the route offers distances over 105km, 65km and 17km. For 2-5 year-olds there is also a Spur kiddies ride!
- The venue is nicely accessible for riders from both Joburg and Pretoria. It presents ample parking as well as post-race entertainment and dining options which all add up to delightful day out for cyclists and their families.

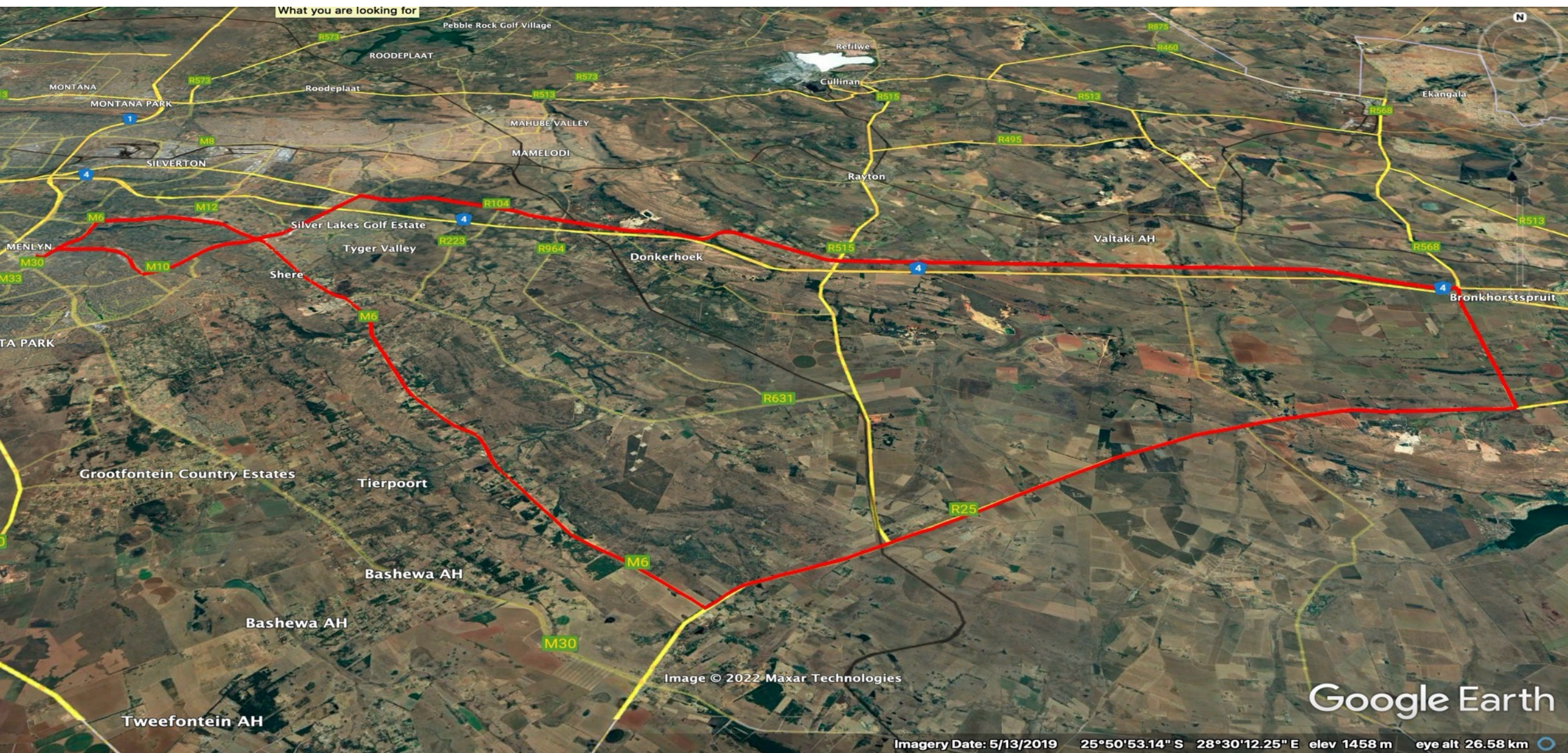




ROUTE FLIPS ANTI-CLOCKWISE FOR 2024!

- All the 2024 Groot Trap routes leave Sun Arena Time Square in a Northerly direction via January Masilela to link up with a right turn onto Lynwood Road. The route runs East on Lynwood and crosses Solomon Mahlangu to go out towards Bronkhorstspuit on the M6.
- The 105km route turns left on the R25 and left onto the R568 to Bronkhorstspuit.
- The route turns left to come back on the old Bronkhorstspuit Road, left again into Solomon Mahlangu and then right at Atterbury.
- Out of Atterbury the event does a left into January Masilela and a final right turn into the home straight to finish in front of SunBet Arena.
- The 65km distance runs on the same routing as the 105km but turns short onto the Boschkop Road while the 17km turns right out of Lynwood Road onto Solomon Mahlangu to follow the same routing back to the finish line as the 65km and 105km.
- The total ascent on the 105km route is 995m while the 65km boasts 640m vertical ascent. The 17km run ride presents 210m of climbing.





65KM ROUTE | 640M ELEVATION

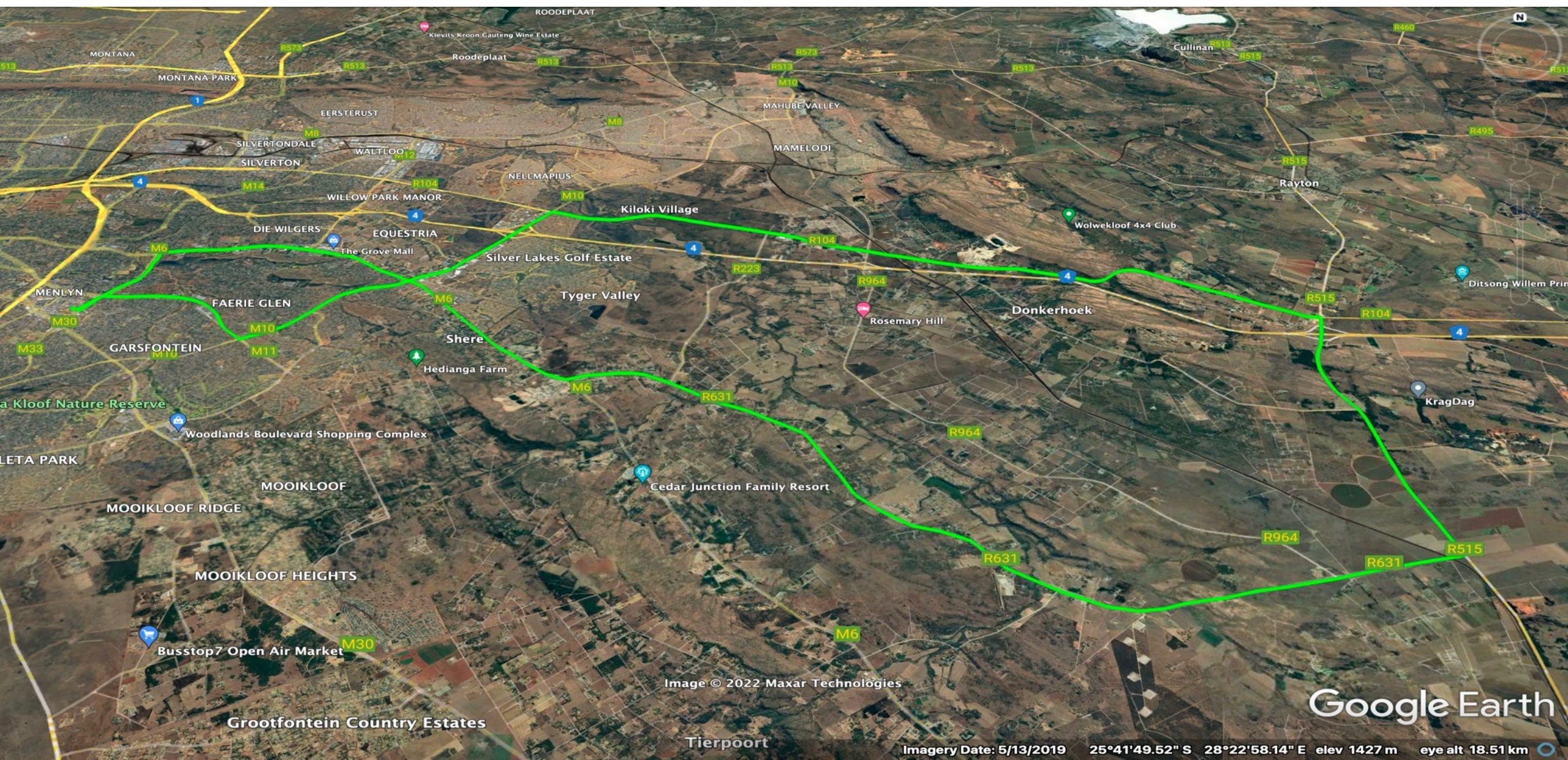


Image © 2022 Maxar Technologies

Google Earth

Imagery Date: 5/13/2019 25°41'49.52" S 28°22'58.14" E elev 1427 m eye alt 18.51 km

17KM ROUTE | 210M ELEVATION





THE PERFECT VENUE

- The event couldn't ask for a better event venue! Sun Arena Time Square presents ample parking, toilets and restaurants to accommodate a mass participation cycling event.
- Sun Time Square also boasts a wide array of activities which will keep families entertained throughout the day.

RACE FACT FILE

Date: 7 April 2024

Time: 06h15

Venue: Sun Time Square

Distances: 105km | 65km | 17km | Kiddies Ride

On-line entry fees:

105km: R570 | 65km: R410 | 17km: R280 | Kiddies Ride: R50

Number collection will take place at SunBet Arena Time Square the following dates:

Thursday 4 April: 09h00 – 16h00

Friday 5 April: 09h00-16h00

Saturday 6 April: 09h00 – 15h00

WHO CAN TAKE PART?

Everyone!

The event caters for all categories of licensed CSA cyclists as well as open/seeded riders. Riders will be seeded in bunches according to the Cycle Events National Seeding Ladder.



WHY A RACE AT SUN TIME SQUARE?

- The allure of DIE GROOT TRAP is accentuated by the wonderful road conditions on a beautiful route, a brilliant family orientated venue as well as the venue's vicinity to the major cycling catchment area represented by both Johannesburg and Pretoria.
- The organisational crew have a keen understanding of how the extent of city services' directly impact on the success of these events.
- Delightful support from the Tshwane Metro and Interactive Security ensure a safe cycling environment and enables the success of the race.





DIE GROOT TRAP is supported by GROOTfm 90.5 which ensures a significant awareness drive for the race. This is a crucial element of the event's success to create route awareness amongst Pretoria residents



THE ORGANISERS

- **The event is presented by De Villiers National Cycling in collaboration with GROOTFM 90.5.**



DE VILLIERS

NATIONAL CYCLING

CONTACT



DE VILLIERS
NATIONAL CYCLING

- **Entries at www.myactive.co.za**
- **Race office phone: 066 470 1432**
- **Email: denishuman.cycling@outlook.com**