



GTR

December Social Calendar

eFlyer 2022





Discovery



GTR December Social Calendar

8 Dec: Discovery GTR Social Calendar Launch
(incl HOKA FKT Announcement) – **17:30**

11 Dec: HOKA FKT Social Run – **07:00**

12 Dec: MountCo Social Run (Monkey Swings) – **17:40**

15/18 Dec: Night Cross Walk (Weather Dep) – **19:00**

17 Dec: Coach Iain Peterkin Run Workshop – **18:00**

19 Dec: MountCo Social Run (Garden Route Dam) – **06:00**

21 Dec: Find It Checkpoint Challenge
Xmas Edition – **18h00**

22 Dec: Christmas Themed GTR – **17:30**

23 Dec: SOX Footwear Christmas Lights Run – **19:00**

24 Dec: Glentana Shipwreck Social Run – **07:00**

26 Dec: GTR Social Run (Hoka FKT) – **07:00**

27 Dec: Down to Earth Run, Herolds Bay – **07:00**

29 Dec: 6 Peaks FKT – **4:30** / 2Peaks FKT – **06:00**

31 Dec: SOX Footwear Man Eater Run, Herolds Bay – **06:00**

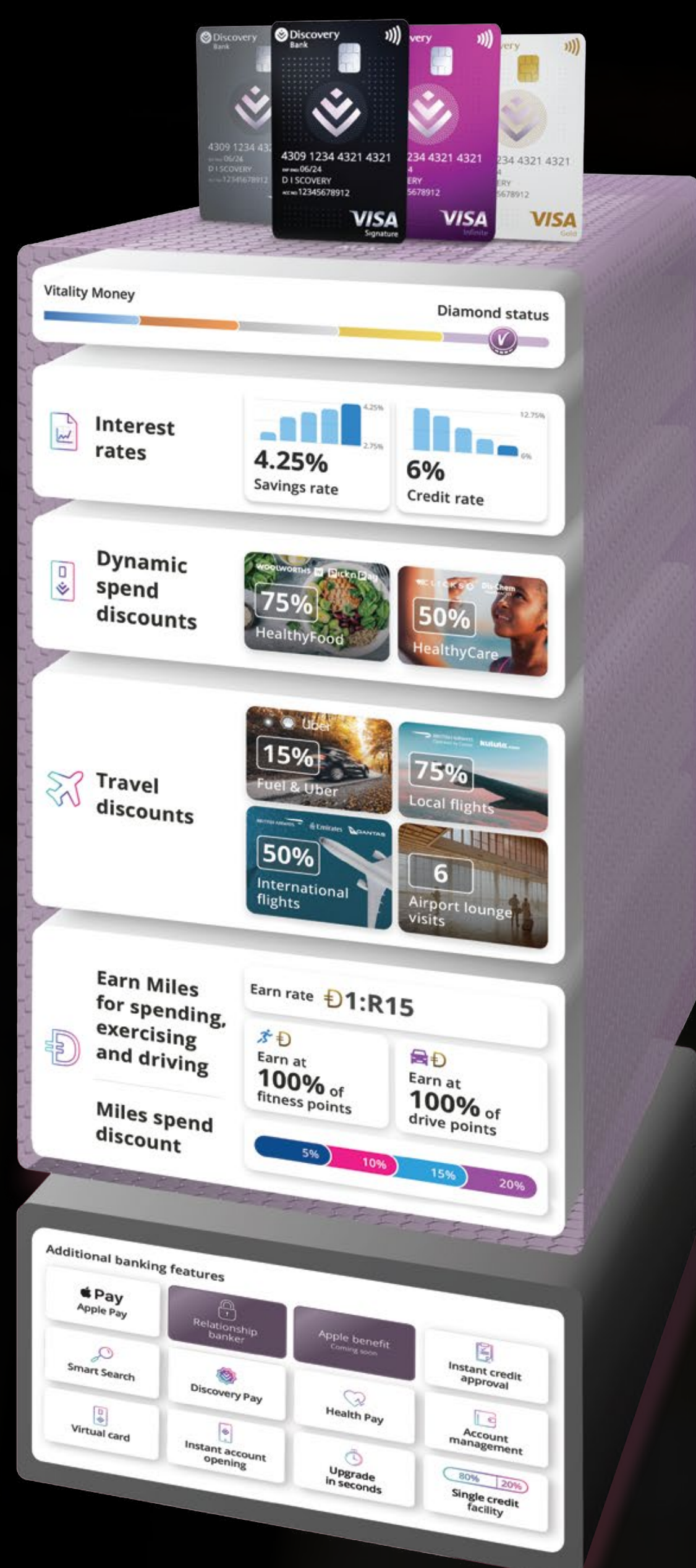
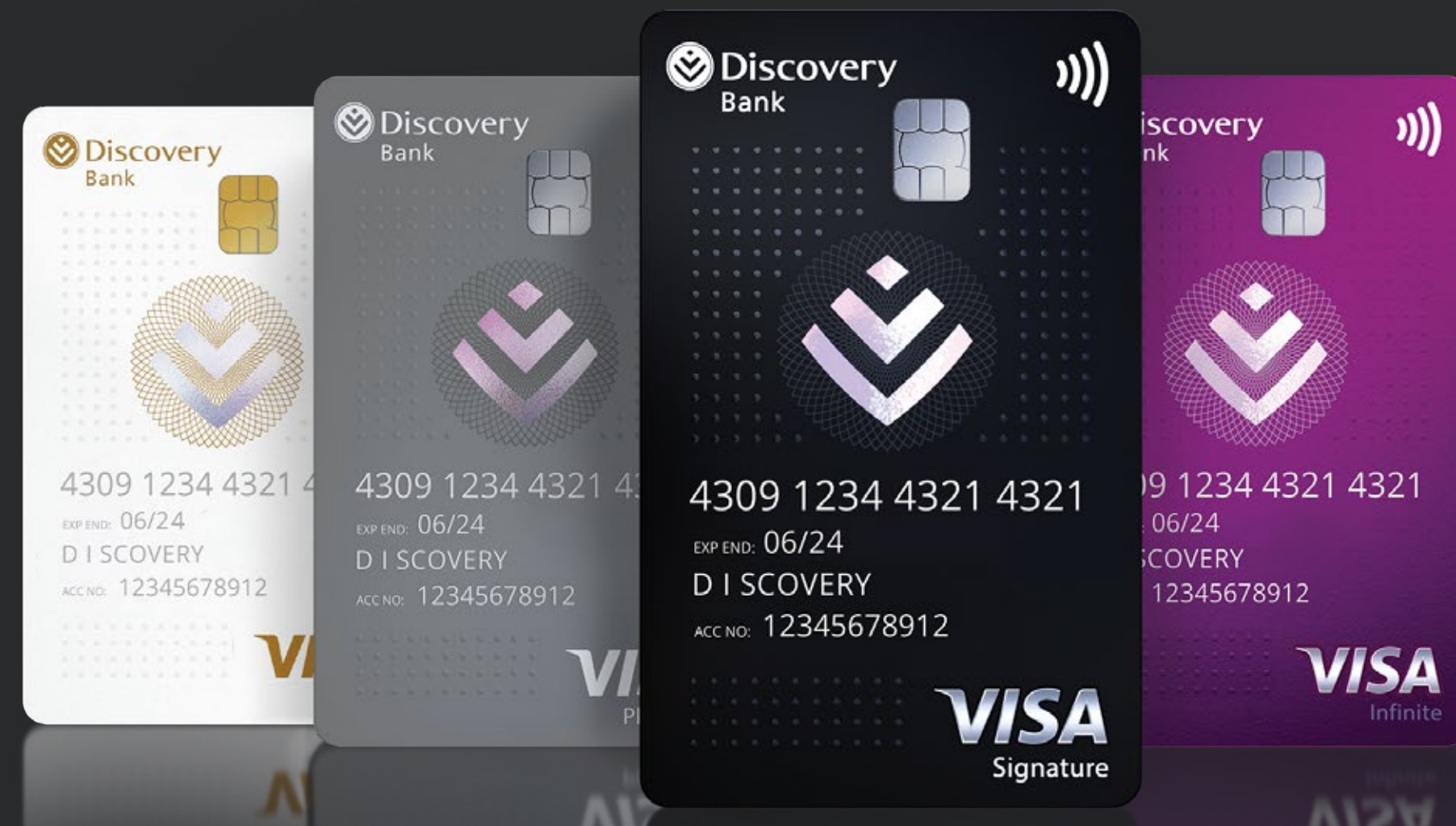
<https://gtrtrails.run>

Jacques Mouton 081 366 4394



Why Discovery Bank is the bank for you

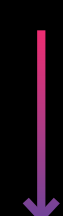
Discovery Bank does banking differently. We reward you for managing your money well.



We're a shared-value bank designed to share the value that you create

by managing your money well, back with you through unprecedented rewards.

Whether you choose a day-to-day transaction account, a credit card that does it all, or get the power of both with our full banking suite, you'll get the rewards you deserve for managing your money well.





8 Dec – Discovery GTR Social Calendar Launch

GTR Year End Function
The Trail points announcement
Hoka FKT Announcement

Start Location: Camphersdrift Dip

Start Location Pin:
<https://goo.gl/maps/wnSmAbNS9D57YjAw9>

Starting Time: Thursday 17:30

Map of route:
<https://www.plotaroute.com/route/1291279?units=km>

Route Description	The Route is marked.
Parking	Yes
Dog friendly	Yes
Distance	5 km
Difficulty	Easy
What to bring	A warm top
From our sponsors	Free beer or cooldrink Free Boerewors roll

Special on coffee at the Trail Kiosk for the evening



You can **BOOST YOUR VITALITY REWARDS**

By managing your money well, you'll improve your **Vitality Money status**. Rewards are based on your engagement in Vitality programmes, Discovery products, and monthly qualifying card spend. With Discovery Bank, a higher Vitality Money status means you'll enjoy boosted Vitality rewards like:

UP TO **75%**

Pick n Pay

W WOOLWORTHS

back on HealthyFood items from Pick n Pay or Woolworths.

UP TO **50%**

CLICKS

**Dis-Chem
PHARMACIES**

back on HealthyCare purchases from Clicks or Dis-Chem.

UP TO **100%**

**Virgin
active**

planetfitness

savings on gym memberships.

UP TO **75%**

**Sportsmans
Warehouse**
winning starts here

TOTALSPORTS

Nike

off fitness devices and Nike performance gear.

Email: amorh@dcs.discovery.co.za

Office: +27 44 802 5600

Cell: + 27 63 459 1541

42 York Street, George, 6529



Discovery



11 Dec – HOKA FKT Social Run

Start Location: Camphersdrift Dip

Start Location Pin:
<https://goo.gl/maps/wnSmAbNS9D57YjAw9>

Starting Time:
Sunday 11 December 07:00 | Monday 26 December 07:00

Map of route:
<https://www.plotaroute.com/route/1279603?units=km>

FKT Competition: For more details on the HOKA FKT competition where you can walk away with a brand new pair of HOKA shoes, please follow the link ->
<https://mountco.co.za/pages/fkts>

Parking	Yes
Dog friendly	Yes
Distance	10km
Difficulty	Moderate
What to bring	Normal trail gear for a 10km trail run

MountCo Gear suggestion HOKA Trail shoes
<https://mountco.co.za/collections/hoka>

From our sponsors Free cup of coffee at the Trail Kiosk
Free GU Energy Mix
Entry into the lucky draw for the Hoka shoes

(Need to come into MountCo shop and add your name to the board in order to stand a chance to win prizes)



HOKA

A man and a woman are running on a rocky mountain trail. The man is on the left, wearing a blue t-shirt and grey shorts, with a yellow Hoka shoe visible. The woman is on the right, wearing an orange long-sleeved shirt and grey shorts, with an orange Hoka shoe visible. A large, colorful swoosh graphic, transitioning from orange to yellow to green, is positioned behind the runners. The background shows a rugged mountain landscape under a blue sky with clouds.

**TRIED, TRUSTED,
AND A LITTLE
BIT TWISTED**



Discovery



12 Dec – MountCo Social Run (Monkey Swings)

Start Location: George Botanical Gardens

Start Location pin

<https://maps.app.goo.gl/NDsKVtBiUVxaxaJU8>

Starting Time Monday 17:40

Map of route

<https://www.plotaroute.com/route/1460299?units=km>

Route Description "This run starts and finishes at the George Botanical Gardens. We start the run next to the train tracks and follow the Braambos trail to the top contour road. Turn left on the top contour and and right when you get to the turn-off to the VK/Cross route. Follow the trail until it crosses the railway line. Turn right onto the railway line and follow it for 300m. You will go through a tunnel (headlamps needed). Turn left down to the Monkey Swings and we will stop for 15min for the runner who want to use the swing.

From here you will have two route options and the GTR volunteer/guide will direct you to the Tonnelbos trail or return via the tunnel back down Braambos and back to the start next to the railway tracks as you started. The Trailforks app is helpful in navigating trail names.

<https://gtrtrails.run/monkey-swings/>

Parking	Yes, outside the botanical gardens
Dog friendly	Yes
Distance	7.5km
Difficulty	Hard
What to bring	Headlamp





RUN THE OUTENIQUA

MUT Lite - 10km | MUT Challenge - 25km | MUT Marathon - 42km
MUT 60 - 60km | MUT 100 - 100km | MUT Miler - 160km

26-28 MAY 2023

UTMB®
WORLD SERIES



Discovery



15/18 Dec – Discovery Night Cross Walk

Weather Dependant

Start Location Trail Kiosk, Ground Zero

Start Location pin

<https://maps.app.goo.gl/K2scqaesW3Unhw11A>

Starting Time 19:00

Map of route

<https://www.plotaroute.com/route/1763123?units=km>

Route Description

Starting at Trail Kiosk, Ground Zero, you walk up Arbor road towards the Mountain. Enter the gate at the top and follow the glowsticks. This is a marked out and back route.

Parking Yes, outside the Trail Kiosk Ground Zero

Dog friendly Yes

Distance 6 km Out and Back

Difficulty Moderate up, Easy down

What to bring

Warm jacket, Headlamp, Picnic blanket, Snacks (Also available at Trail Kiosk)

Pre-Order your Snacks

Pre-order a mini adventure picnic from the Trail Kiosk for your Cross Hike

www.trailkiosk.co.za | Carmen

From our sponsors

Free Coffee at Trail Kiosk if you pre-order a picnic





PB Coaching, in association with Mount Co.,
is proud to host a workshop for you to:

Get up, And get going.

It's not about waiting for the storm to pass,
it's about learning to run in the rain.

START TODAY →



DON'T MISS OUR WORKSHOP ON: **17 | 12 | 2022 AT 6PM, MT. CO. GEORGE**

ABOUT OUR WORKSHOP:

The PB Coaching workshop will unpack road & trail running **form, conditioning** and **sustainability for all fitness levels**. Whether you've never hit the road before or looking to improve your times, Coach Iain Peterkin invites you to come and be inspired to always get up and get going.

This integrated workshop will be hosted at:

Mount Co. Shop 24e C/O Courteney & Mitchell St, George, on 17 December 2022 at 18:00.
and is sure to get motivate you to crush some new goals in 2023!

GET TICKETS →



SOME WORDS FROM COACH IAIN:

"Working with runners is a treat! I get to be in my element so much more often, I get to share in the triumph of small improvements, big improvements, PBs, breakthrough performances, podium finishes and quite a few wins 😊"

I find myself constantly inspired, I see the challenges every day life throws the way of my athletes and how they make it work regardless. I've put a lot of myself into getting PB Coaching where it is, but it's given way more back!"

START TODAY →



#STEPOUT
WITH PREMIUM SOCKS
CUSTOM MADE IN SOUTH AFRICA ➤

SOX
FOOTWEAR

NOW AVAILABLE AT





19 Dec – MountCo Social Run (Garden Route Dam)

Start Location	Garden Route Dam Wall
Start Location pin	https://goo.gl/maps/F9CNuBsbyxuhPCcu5
Starting Time	06:00
Map of route	https://www.plotaroute.com/route/1643768

Route Description

Enter the Boom gate at the Garden route dam and drive down to the parking area close to the dam wall. From here we will start as a group running over the dam wall and turning right at the gate and almost immediately left onto the Moose-a-Nice trail. The first social stop will be at the main junction. Here you will be guided onto the Ridge trail continuing straight onto Die Hark until you reach the second social stop. From here follow the group onto the Bosvarkland trail leading into the Valley Trail. Follow this route until you get to the third social stop. Here you will be guided onto the dam climb trail which you will follow until you reach the final social stop. You will run on the jeep track next to the dam all the way back to the parking area. The Trailforks app is helpful in navigating trail names.

Parking	Yes
Dog friendly	Yes
Distance	8 Km
Difficulty	Easy



HOW TO EARN

UP TO

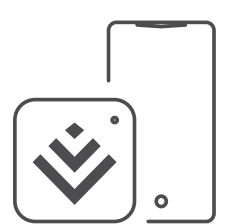
50%

FUEL CASH BACK EACH MONTH



With Discovery Insure, earning **up to 50%** fuel cash back every month is as easy as 1, 2, 3:

1



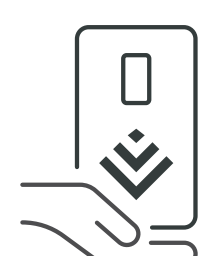
Install your Telematics device

Install a telematics device to start earning Vitality Drive points.

If you have a compatible smartphone, install the Vitality Drive Sensor by visiting your nearest Discovery Drive Centre or Tiger Wheel & Tyre store and downloading the Discovery Insure app to start measuring your driving behaviour. For a list of compatible smartphones, [click here](#).

If you do not have a compatible smartphone, you will need to install the standalone DQ-Track. To do this, you can book an appointment in the app or on www.discovery.co.za

2



Link your Vitality Drive card

Link your Vitality Drive and Gautrain cards on the Discovery app, www.discovery.co.za or SMS 'FUEL', your ID or passport number and the last 10 digits of your Vitality Drive card number to 31347

3



Swipe your Vitality Drive card

Swipe your Vitality Drive card when you fill up at a participating BP or Shell service station. You will also earn cash back on your Gautrain spend.



Email: amorh@dcs.discovery.co.za

Office: +27 44 802 5600

Cell: + 27 63 459 1541

42 York Street, George, 6529



21 Dec – Find It Checkpoint Challenge

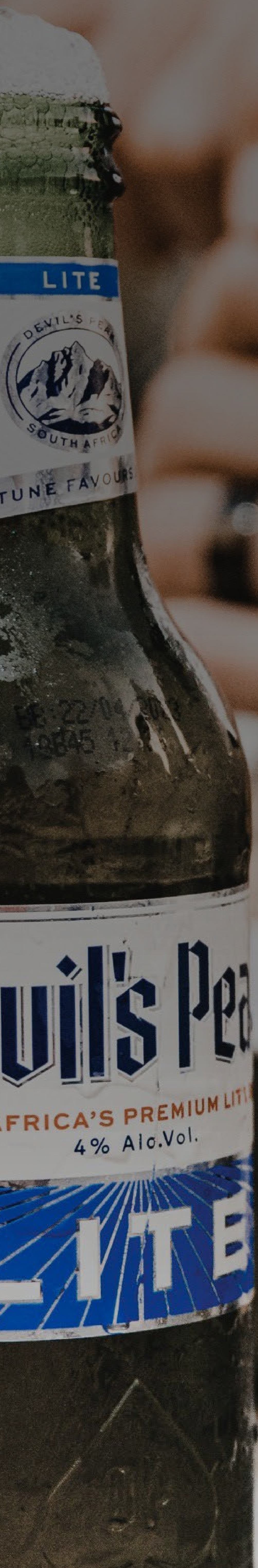
Start Location	Trail Kiosk, Ground Zero
Start Location pin	https://maps.app.goo.gl/K2scqaesW3Unhw11A
Starting Time	Wednesday 18:00 for 18:30
Map of route	It's a secret!

Route Description

Discover interesting and sometimes quirky features of George’s leafy, suburb streets when you participate in this urban treasure hunt. Choose your own routes from checkpoint to checkpoint as you uncover the answers to Lisa’s clues. Aim to visit the most checkpoint locations in 90-minutes but remember that the clock will be ticking. Don’t be late getting back or risk losing hard-earned points. If you want to do well, you’ll need a good strategy and some speed. No skills or experience necessary; Lisa’s custom-drawn map is easy to use. Suitable for all ages. Children <16 must be in a pair with an adult. Pairs are recommended for best fun. Solo entrants are allowed. Dogs on leads are welcome.

Parking	Yes
Dog friendly	Yes, but on a leash
Distance	Varies according to number of check points reached
Difficulty	Easy
What to bring	A highlighter (or pen/pencil) and headlamp

SOUTH AFRICA'S
TRD. MRK.
Devil's Peak
PREMIUM LAGER



FIND WHAT YOU LOVE



Discovery



22 Dec – Christmas Themed GTR

Start Location Camphersdrift Dip

Start Location pin

<https://goo.gl/maps/wnSmAbNS9D57YjAw9>

Starting Time Thursday 17:30

Map of route

<https://www.plotaroute.com/route/1291279?units=km>

Route Description The Route is marked.

Parking Yes

Dog friendly Yes

Distance 5 km

Difficulty Easy

What to bring

Dress up in a fun Christmas themed outfit!

From our sponsors

5 pairs of SOX socks up for grabs in a lucky draw





23 Dec – SOX Footwear Christmas Lights Run

Start Location Wellington Street Spar parking area

Start Location pin
<https://maps.app.goo.gl/M3mzPovb8fpGsC6d6>

Starting Time Friday 19:00

Map of route
<https://www.plotaroute.com/route/2101154?units=km>

Route Description
We start at the Wellington Street Spar parking lot and run in a group towards Oewer street via St Paul street. Look out for the Sox Flyer banners for the Refreshment station at 6 Oewer street. Spend time and enjoy the lights and run back in groups to the start.

Parking	Yes
Dog friendly	Yes, on a leash
Distance	6 Km
Difficulty	Easy

What to bring
Dress up in your Christmas lights and gear and be sure to wear your best SOX socks on the run! Don't have SOX socks? The MountCo shop has you covered!

From our sponsors
There will be 5 pairs SOX socks up for grabs for the most festively dressed runners!





Visit Us In Store or Online

We have a range of speciality trail running and outdoor gear available from our George store in the Garden route.

www.mountco.co.za

Google Maps Pin



067 705 4591



@mountco.co.za



24 Dec – Glentana Shipwreck Social Run

Start Location

Parking area in front of the Visgraat Restaurant in Glentana

Start Location pin

<https://maps.app.goo.gl/CfrvGWWKGEYnzPYM6>

Starting Time

Saturday 07:00

Map of route

<https://www.plotaroute.com/route/2100536?units=km>

Route Description

This scenic route starts and finishes in the parking area in front of the Visgraat Restaurant in Glentana. The route is best accessed on low tide, with rock hopping in places. A 123m Lift ship went aground along the Glentana beach in 1902, it was stranded after a tow rope from the steamer Baralong parted during a tow operation from Durban to Cape Town. The Wreck is still visible today.

Parking

Yes

Dog friendly

No

Distance

6 Km

Difficulty

Easy





27 Dec – Down to Earth Run (Heroldsbay)

Start Location Down to Earth (Bushlapa)

Start Location pin
<https://maps.app.goo.gl/cidvrdjF7Rez6HcJ7>

Starting Time Tuesday 07:00

Map of route tbc
Route Description tbc

Parking Yes, Down to Earth (Bushlapa)
Dog friendly No
Distance 8 Km
Difficulty Easy

From our sponsors
Tickets to watch shows this December at Bushlapa



Discovery



29 Dec – 6 Peaks FKT / 2 Peaks FKT

Start Location

Sputnic, Top of Outeniqua pass

Start Location pin

<https://maps.app.goo.gl/P7dTpdAto99LEqo1A>

Starting Time

Thursday 06:00

Map of route

<https://www.plotaroute.com/route/1361808?units=km>

Route Description

"The 2 Peaks starts at the Top of Outeniqua Pass at the Vensterberg trail entrance to the First peak Vensterberg. After summiting Vensterberg you return back to Sputnic and head onto Losberg. Upon tagging Losberg, you return back to your car at Sputnic.

The Trailforks app is helpful in navigating trail names.

Please click on the link to join the whatsapp group for the 2 peaks below:

<https://chat.whatsapp.com/FSotsny9roh1T7xKSdoYD9>

If you are interested in the George 6 Peaks FKT, please visit the website

www.GeorgeFKT.co.za

George 6 Peaks signup will close on 15 December, limited spaces available.

Parking

Yes, at Sputnic

Dog friendly

No

Distance

11 Km

Difficulty

Hard

What to bring

Compulsory gear for a run in the mountains





31 Dec – SOX Footwear Man Eater Run (Herolds Bay)

Start Location

Heroldsbay Parking lot

Start Location pin

<https://maps.app.goo.gl/GpyNDHTqpe1GYGFL7>

Starting Time

Saturday 06:00

Map of route

<https://www.plotaroute.com/route/1372380?units=km>

Strava segment

<https://www.strava.com/segments/8763412>

Route Description

We meet at the Heroldsbay main parking area at the feather banners. This is a mixed surface run, starting up the tar road on a steep hill for 3km before turning left onto the Voelklip dirtroad. Enjoy the spectacular views and continue on this road until the cross. From here, take the small single track to your left. Continue along this single track until you exit at the tar road at the bottom of Heroldsbay. Continue to the finish.

Parking

Yes

Dog friendly

Yes

Distance

6 Km

Difficulty

Moderate

From our sponsors

Free Sox lucky draws (5 pairs)

GU Mix available

