

April 2009

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RIDING KIT

Please shout if you want an Angels riding top before Sunday as we do have a few left. Sleeveless tops have been ordered Please place orders if you



Single Track Minded

ANGELS NEWS

Welcome New Team Members

A huge welcome to Caren Thornton who has joined the Single Track Minded Team. Caren has taken over the office, admin and accounts and has been doing an incredible job at getting everything in order. Caren is working mornings only, except for Wednesdays as that is her ride day.

You can contact her on info@singletrackminded.co.za. We wish her luck, patience and sanity for the future.

Also an official welcome to Gavin Hasset, who has also just joined the team. Gavin has taken over the supplement department but is also taking some rides. Great to have you on board Gav – all the best for the future

Tuesday Angels Outride Howick-Karkloof

Can you believe it – our next away outride is upon us.

That's right, it's time again for the one day a month which is your day. Sell the children, call in the grandparents, delegate to husbands, organize lift clubs, do whatever it takes, just come and ride.

We will be meeting at the Cato Ridge One Stop next Tuesday(21st) at 7:15am. From there we will drive to Howick and park and meet at the Yellow Wood Café. We should be riding by 8:30am. There will be 2 groups, a fit and fast group that will do around 40 -50km and then a social group that will do around 20 -30 km.

We will have our normal guides with us, plus leading the rides will be the ladies from Howick.

The ride is free of charge for all existing paid up Angels and R75 for others. Please feel free to invite lady friends to join in.

We hope to ride for around 2 hours and be back at 11:30 – 12.00

We will then have some lunch and head home.



On 22 April it will be a year since the tragic death of Lindy which so affected us all. I wanted us to do something to remember her life. Some of us will be meeting at the corner of Jan Smuts and Old Main Road (opp BP garage) where the accident happened on Wednesday 22 April at 9.30 a.m. just to place some flowers there in Lindy's memory. This is an invitation for you to join us. Please pass on to others who might like to come.

Carolyn



This Sundays Race – The Cumberland Classic

The Start and Finish is at Cumberland nature Reserve – Bring camp chairs and coolerbox's and join all the other Angels under the Green B Max Gazebo. Thanks to Janine who tracked down the details off a birding web site – Wow extremely resourceful

Directions:

From the N3 highway through Pietermaritzburg, take the Ohrtman Road offramp. Turn north-east and follow Ohrtman Road past Meadow Feeds and Epol Feeds. Cross the first intersection, and 2km from the highway, turn right onto the M30 towards Table Mountain. After 0.8km turn left onto the M30 Table Mountain road for 3.3km, and then right along the Table Mountain road for 1.8kms. The Cumberland Nature Reserve turn-off onto road D408 is on your left. The reserve is 6.5km down this road. Please proceed slowly through the citrus orchards which are shortly before the reserve.

Try and get there early and give yourself an hour to register, collect your boards and get ready, nothing worse than rushing.

Senzo, the guide will be riding the 25km with all those Angels doing their 1st race. He will ride at the back and make sure you all get home safely.

I will be riding with all the Durban North new ladies in the 45km – looking forward to it, going to be a blast!

Riding Sessions :New and Updates

This Saturday is the launch of the new ride venue – The Body Guru, near the crescent in Umlanga at 7am. There are showers, secure parking and a fantastic coffee shop.

There will be rides every afternoon starting at 4pm from this venue which means even more riding down on the North Coast.

- Tuesday 8:30am Giba Gorge – Single Track followed by a skills session
- Tuesday 4pm Remo's Cane Ride – Stretch those legs, nice distance and fitness training – Partners/Guys welcome (Cane license compulsory or book a temporary license ahead at R20 a Board)
- Wednesday 8:30am Giba Gorge Beginners Ride – come and learn or sharpen your skills.
- Wednesday Afternoon's – Private lessons with Siya R150 per session, also great for teaching kids to ride, please book ahead
- Thursday 8:30am Giba Gorge – Out Ride, our distance ride for the Upper Highway area.
- Thursday 3:30pm Giba Gorge – Mixed out Ride, mixed levels, single track fun
- Friday 3:30pm Remo's Mt Edgecombe – Great way to end the week, fast group and social group, you choose.
- Saturday 7:30am –Giba Gorge – Join Siya for an out ride and single track, partners welcome



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