

February 2009

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**Leigh's Cycle
Centre Special**

Fantastic news is that the crew at Leigh's will be looking after the Angels with a special 10% discount on accessories for the next few days. So all those who don't have tubes, pumps, multitools, lube, saddle bags – you know who you are – go in and get them before the race this weekend. Please note that you must collect a voucher from me to confirm you are an Angel or call me if you have a problem and want the special. **A huge thank you to Leigh and Susan for this support!**



Single Track Minded

ANGELS NEWS

Welcome New Angels

A warm welcome to those new ladies who have joined the angels over the past few weeks. Angie, Janine, Belinda, Kate, Heidi, Jenny all joining in on the cane rides, nice to have you there and keep it up!

Paula, Lise , Louren , Leanne , Rentia , all joining from the Upper Highway area, welcome!

We look forward to watching you grow in mountain biking and being part of the Angels family

The Week that Was!

Giba Gorge Tuesday Morning

The week got off to a flying start with 25 Angels turning up on Tuesday morning. The route was set, 3 bridges to Mainline , Mikes Drop and then Car Park. Leanne and Lauren joining the group for the first time did extremely well while Sam and Judith conquered Mikes Drop for the 1st time, well done ladies.

Then it was off to the second part of Tuesdays ride –skills training – and this week was switchbacks. Siya and Zolisa took the 1st group off and reported back that their group was flying up the switchbacks. The 2nd group went up to do the difficult switchbacks, just after RFL Bridge. Lots of protesting, for what I don't know as they all shot up both the switchbacks. Then it was time for the downhill switchbacks. Eyes,eyes,eyes, and a jerk or 2, work in progress, bring on next week.

Well done to Candice who gets the award for being the most gracefully rider to ever do a switchback, text book stuff!

Remo's Tuesday 4pm

Another big group set off sharply as normal into the cane. Was great to see a few more "Inland Angel" coming down and getting a taste for the cane. The fast and furious set off and had a great ride, thanks to Paul for leading the group. The 2nd group also had a great ride, with a few more Angels being introduced to the Tongatt Sisters, Mom and Gran!

Well done Kate who charged off and was never seen at the back where she had been for the last few rides. Also well done to Sandy who also rode the best I have seen to date, well done!

Wednesday Giba

Rained out again, unbelievable.

Thursday Angels Outride at Collesheen

Can you believe this weather, 3 postponed Thursdays in a row, maybe we need to change bikes for scuba gear!!! Ok, it has been moved to next Thursday 19th Feb.

For all the new Angels a short description: Once a month The Angels will be having a Ride Away. This is where we go as a group and ride another trail, a change of scenery and then that is usually followed by lunch. The idea behind this is for you to not be a Mom, Wife, Girlfriend, Worker for 1 day a month. It's where you go and ride with your group of friends and have the day off.

Next week's ride is at Collesheen in Ballito. We are all meeting at The Lifestyle Shopping Centre in Ballito at 8:45am, look out for all the cars with bikes on the back! Then off to Collesheen to get ready for wheels to be turning at 9:15am. There will be 2 groups, the 1st will be for the fitter and stronger riders who will do around 40 -50km, this will be guided by a local in the area and have our regular guide Siya at the back.

The 2nd group will be lead by Brenda, a local from the area who will take us on a 20 – 30km social ride, no racing snakes here. Senzo and myself will be trailing behind looking after everyone.

There will be a lunch served afterwards, vegetable lasagna, chicken lasagna, fresh salad, fresh rolls, tea and coffee for R65, please rsvp with me for catering requirements.

We aim to finish the ride by 12 but please don't bank on this as with this sport a puncture or 2 could set us back. Rather take the day off so there are no time restrictions on you so you can enjoy to your fill.

For all current Angels there is no charge for the ride but for all guests the normal day rate of R75 will be charged. Please feel free to bring friends to join in – remember ladies only!

Riding Sessions – News and updates

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

Coming shortly – Friday Shongweni Cane Rides – 2 weeks away from having guided group rides in the cane 3:30pm

This Saturdays Race – The Wartburg Classic

Picture from last year's Wartburg Classic – amazing to see how well you have done and what some have achieved since then!



This is the 1st race that the Angels all head off to and it is taking place this Saturday!

The Start and Finish is at Wartburg Kirchdorf School – Bring camp chairs and coolerbox's and join all the other Angels under the Green B Max Gazebo.

Then there is a great feature for all those training for the Sani 2 C or Cape Epic, it's called an Add-On. This is where you pay an extra R20 and after your 45km race you get to go around the course again so doing a full 90km in total.

There has been a lot of questions about the club licenses and day license. To set the record straight – I have spoken with Marie the race organizer and they are not charging anyone for tempory licenses as CSA has not processed most people's licenses.

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

You can enter online at www.wartburg.co.za, entries on the day opens at 6H30

I have attached the 2009 KZN race calendar for you to have a look at and plan your year.



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