

September 2009

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No More Sexism!

It's been a long time coming and after much debate it has been made official. The Angels can now invite their loved ones to join in on rides. Yes that's right we have started a men's group (even though they ride with the ladies) The Boys will be known as The AMA Riders. In general, most of the men work so can only mainly ride on weekends or afternoons so they don't have the choice the Angels do so will have the benefit of being charged accordingly. All Men signing up to join the guided rides will have the choice of paying R180 a month or R50 a ride. Please spread the word.



Single Track Minded

ANGELS NEWS

Dirty Weekend Away - Mount Splendour - Weekend Package

Part of the Mount Splendour Mountain Biking Weekend and entries at www.wardevents.co.za We have put together an awesome package for all the Angels and their families.

Please see attached flyer.

This is for everyone, not just those training for Hill 2 Hill. Families, fit riders, non riders, un fit riders absolutely everyone.

Call the office for more details and remember to book early as we only have a limited number of units available.

Well done! Illovo Eston Race Report

A huge congratulations to all those Angels that completed this past Sundays Mud Bath at the Illovo Eston MTB Race. Conditions were diabolical to say the least.... Those who stayed in bed certainly did the right thing! Kathy Andrews, Carolyn Rochat, Jane Gillespie, Toni Trodd where the Super hero's of the day all finishing the 60km – Well done Ladies, just awesome.

Then a particular mention to someone who nearly gave us all a heart attack just seeing her arrive at the event – as we all know, when there is rain Candice Ambler Smith is home warm in bed, but not this Sunday. Not only did she turn up but she also ignored the message on her cell phone to stop and carried on to complete the 40km, well done Candice, we are very proud of you!

And then there was the easy 18km fun family event which had a huge amount of Angels downgrading too just get a nice ride in. THINK AGAIN – Just as big a mud bath as the rest! No small feat , a real challenge to all. Well done for finishing, you guys are amazing!

Rumor has it that the Eston Country Club has a fantastic fire place and news is that they sold out of sherry and red wine, making this year's event a new MTB experience !!!!

Angels Thursday Outride – Scottborough Beach

After a 2 month drought we are finally breaking the spell. Yes it's time for our next Angels Ride Away.

So get rid of the kids, quit your jobs, do whatever it takes to make sure you get the day off. Remember this is about you, your one day a month where you get to ride with your real friends in a new environment.

This time we are heading down South – to Scottborough.

We will be meeting at Scottborough main beach – safe parking and plenty of it at 8:45am, wheels turning at 9am. There will be a 25km route and then a 40km route. We have the local ladies, Michelle and Cathrine plus a few more coming down to show us their trails.

Please remember that this is not a race but a recreational ride and there to be enjoyed.

We will be having lunch at Fat Boys right on the beach afterwards followed by a surfing display by two of our Angels Lucy Wood and Kerry Ras!

All are invited and even the new and unfit will be able to complete the 25km plus all the guides will be present to protect all along the way.

Please note that you do not need to be an Angel to join in and we welcome all ladies who wish to come and ride. The normal day ride fee of R75 will be charged.

Week Ride Reports

Giba Gorge Tuesday Morning – Single Track Sessions of NOTE!

Mind Blowing – that's all I can say. It is amazing to see how far the group has gone. Over the last few weeks we have been completing 22km's of Single Track all within Giba Gorge. The fast and furious riding in the front have been flowing through even the most technical parts, amazing to see you guys riding.

As for the social crew and new comers – seeing you Angels trying new things every week, overcoming obstacles' and improving with every ride is just phenomenal, well done and keep your eyes ahead, platform and go for it.

The route is about to change again for the next few weeks, so just as you thought you had it all waxed, it's time to be challenged again. Still staying in the Park, still staying on the Single Track but a few surprises in store.

Remo's Tuesday and Fridays at 3:30pm

These rides have really turned into being a real hit. Especially for all those wanting to get fit. The open, rolling dirt roads making all the difference to the short sharp hills of Giba. Also been great to see how the Angels have progressed and watching the front groups pushing it to get more distance in the limited 1hr 30 mins.

There has been a new challenge set up for the Tuesday Afternoon rides – Race against the clock! Every Tuesday for all those wanting to push it, the challenge is to see who can get the most Km's in the given time.

Rules are simple – All must comply with EMBA rules and routes. Must be out the Cane at 5pm sharp, even a minute over will disqualify your days effort.

The current record is 32km in the nominated time so come give it a go!

Wednesday Beginner Sessions – Giba Gorge

A warm welcome to all those New Angels, far too many to name in one e mail! Wednesdays mornings have been growing at such a rate, not just in numbers but more so in the Angels ability and fitness. Just to encourage you all, keep at it and keep in the saddle it only gets better and there are no short cuts.

Time In The Saddle – the only way.

Well done to those graduating into the Thursday and Tuesday groups – Shane, Jeanette, Lisa, keep it going.

Hill 2 Hill Update

We have just gone through the half way mark, the base has been set and I am really impressed with the effort and commitment of the group. Where we are now compared to last year is by far progressively better. If everyone stays on the course then not only will you all reach the goal but do so comfortably and enjoy it at the same time.

We now enter week 8 of the training. 8 -10 hours a week is what you need to be aiming at with 60 – 80% work rate. This is where all the base training now comes into its own. Each time you go out you should be putting in just that little extra effort.

There is a change of scenery for this Saturdays ride – We will be going to do the Tour de Krantz, check out www.tourdekrantz.co.za This is a fantastic and spectacular 45km route.

Also to get in the extra hours a week we have started Wednesday afternoon outrides going from Holla Trails in Ballito and then we ride back to Remo's. This is a great ride, 3 hours. You need to get a lift and get dropped off there as we ride to a destination and don't come back. We all meet at Remo's at 1pm then drive to Holla Trails to be in the saddle 2pm latest. Please let me know if you are joining in for this ride.

Then it's on to Week 9, on Saturday 15th Aug, we will be doing a long ride, from Body Guru to Holla Trails and then back again. This will be real important ride as it will be our longest training ride to date and also cover the most distance at 80 – 90km.

With Week 10 we have something special planned, so grab your diaries and make the time. We will be having our first weekend ride away. Up to the Berg for a weekend of riding. On the Saturday we will be doing a 65km – 80km ride and then on the Sunday we will do the Mount Splendour 45km Classic. This is going to be a cracker weekend with awesome riding and great social time. Lots for non riders to do and plenty of things for children too. See attached flyer for details and make a booking with our office asap. We have 24 Units available on a 1st come basis.

Remember, this is a journey, one which we want you to enjoy all the way. By doing the above races and going away for weekends stop the training from becoming dull and boring, doing the same route all the time.



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