

MR PRICE CYCLE CLUB Newsletter

For people who have a passion for cycling

Vol 1 - Jan '07

Greetings Fellow Cyclists,

Compliments of the season to you all, may 2007 be the year that you fulfill all your goals and objectives both in cycling and other. Hopefully the festive season was not all indulgence and that you were reasonably disciplined in maintaining some level of fitness. Of course when you stood on the scale on the 1st of January 2007, the truth would be told who ate too many of "mom's" Christmas pies!

The Club now known as Mr Price has seen a few members leave and join other clubs. This is inevitable when new clubs emerge. However, change is always good like a "biking" holiday. We will continue to maintain the high administration standards as well as the high level of racing and training that you have come to enjoy. As always, we will continue to provide support to the novice rider and those who just want to cycle and have a bit of fun. We wish those who have left the Club all the best but would like to extend a warm welcome to all new members who have joined and hope that their stay with us will be a long and a memorable one.

The Club boasts cyclists amongst the Vets 30-39, 40-49 and 50-59 who are recognised as the best in the country and we intend to continue working hard at these achievements.

However, this year, we are also commencing with the training of a Junior team (17-19 years). This will be a first for the new Club and whilst it is still in its infancy, the intention is to achieve great success in 2008! One of our member's is the current 2006 Under 16 South African Champion and he will automatically move up to become a Junior. Some of his success can be attributed to the coaching carried out by our own Vaughan Cronje who himself is a previous World Champion. Both Vaughan and I will be working alongside with the Juniors and hope to achieve similar successes.

On that cycling note, see you on the road.

Yours in big ring

Leon (Club Captain)

LAUNCH OF MEMBER'S NEWSLETTER

Welcome to the first edition of the Mr Price Cycle Club's *newsletter* which will be sent to you in an electronic format. We hope to give you the up-to-date "blah blah and happenings" within the club itself as well as news and views from the cycling world. This monthly newsletter will really only make an impact if members will share any noteworthy news and information which may include results, training routes with a difference and any announcements. It could also go beyond road events and incorporate track and or mountain biking.

Cycling is a lifetime activity that encourages good health, wellness, friendship, and personal accomplishment. This *newsletter* will give us the opportunity as a Club to bring together like-minded athletes who wish to share the sport of cycling with others, work together to improve cycling skills for safe riding in a group.

This newsletter will be distributed via email but other communication options are being considered which will be at a cost. We would like to invite any sponsor on board and will guarantee exposure on the newsletter as well as promote your company name on our website.

If you wish to share any news or comments with your fellow cyclists, please email Heidi Beaumont at wenke@mweb.co.za



WHAT'S ON IN JANUARY/EARLY FEBRUARY 2007

After nearly two months without any races to ride in, January and early February is crammed packed with four races in KZN. On Sunday, 14 January 2007 sees the **POTGIETER TROPHY** taking place. This is the first league race of the year and offers distances of 97km, 64km, 48 km and 27km. The event starts at 6 am from Sizela Country Club with an out and back route and the main race which is the 97km turns at Winklespruit. This is a challenging course with rolling hills and spectacular sea views. Pre-entries have already closed but late entries are being accepted at the start between 04h45 and 05h45. Timing is done by Champion Chip and more details about this race can be found on www.kingsparkcycling.co.za

THE 4TH LIBERTY LIFE CRITERIUM is being held at Gateway, the Boulevard, Umhlanga Ridge on Friday, 19 January 2007 at 17h00. This is a really spectacular race to come and watch because you will see the top 100 men elite cyclists in the country racing for a prize purse of R100 000. You can be sure that this will be non stop cycling action at its best and it is right on your doorstep. Expect to see pros like Malcolm Lange, Nolan Hoffman and Danny Spence to name but a few. There will also be a Vets race for a prize purse of R16 000 where Team Red will be out in full force, so they would appreciate all support.

THE WHYSALL'S MIDMAR CHALLENGE will be held on Sunday, 21 January 2007 at Midmar Dam Resort at 07h00. This even boasts distances of 100km, 50km and 30km and is the second league race of the year. The route is out and back to Nottingham Road with some hard climbing on the way out but the return is fast with lots of downhill riding. Online entries are available at www.gxonline.co.za up until 16 January 2007. Additional race information can be found at www.bactive.biz Registration will take place between 05h30 and 06h30 at the start as well as late entries being accepted. Timing will be done by Champion Chip.

THE BELGOTEX SUPER CLASSIC takes place on Sunday, 4 February 2007 starting at the Varsity Rugby Stadium in Washington Road in Pietermaritzburg. This is regarded as the third biggest race in KZN with distances of 100km, 65km and 25km fun ride as well as a 1 km kiddies ride. Be prepared for a very challenging race with loads of strenuous uphill riding which takes you along the famous Comrades route. Online entries are at www.cyclelab.co.za up until 28 January 2007. There will be late entries at the start but the late entry fee will be R50. Registration will take place at Cycle Centre at the Pavilion on Friday, 2 February 2007 between 16h00 – 20h00 and on Saturday, 3 February 2007 at Jowett's Cycles, Pietermaritzburg between 08h00 – 12h00. Timing will be done by Champion Chip. Photographs will be done by MyPicture.



Training Tip for the month

Avoid long miles without any real intention. These don't make you any faster if anything they can make you tired. Training robotically can put you into a rut.

Try rather to assign yourself a mini-goal on every ride that will help you get closer to a larger goal. Work on weaknesses e.g sprinting, hill climbing and thereby become a better all-rounder.

Most importantly, listen to your body and remember the importance of recovery rides.

