



Tandem Times

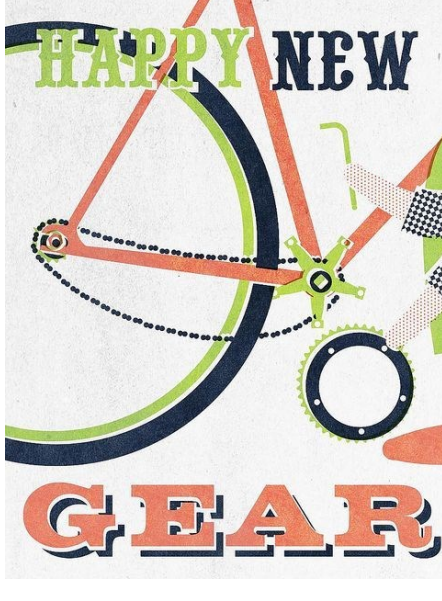
February 2017 | Vol #10

Happy New Year to all members and welcome back! We hope you all had a great festive season and that you're ready for a new year with new opportunities! May it be a year filled with the occasional welcoming tail wind, PB's and crossing the line with your hands in the air!

We have some great club rides and races ahead of us.

On 2 April 2017, South Africa will join the nine other countries in hosting its own version of L'Étape du Tour in Midlands, KwaZulu Natal. Each May, L'Étape South Africa will provide the closest experience an amateur rider can get to competing in Le Tour de France. The challenging route will be endorsed by Le Tour de France Director Christian Prudhomme, and will traverse a varied topography through the beautiful South African countryside. The event will be held under race conditions meaning, just like on Le Tour de France, the route is dedicated to the rider on fully-closed roads. L'Étape South Africa by Le Tour de France will provide a new, unique dimension to the South African cycling calendar not only in replicating L'Étape du Tour in format, look and feel but also in that the route and event location will change each year. L'Étape South Africa is firstly an immense sporting challenge, but it is also a tourist adventure that will enable you to ride and discover some of the most beautiful parts of South Africa. Each edition of L'Étape South Africa will present participating cyclists with a new challenge to test their skills and will aim to entrench the event as the most demanding of all L'Étape events, after all the event is billed as "L'Étape. Le Tough!"

Starting and finishing at the Mandela Capture Site in Lions River, the route will explore the Midlands Meander and touch the foothills of the Drakensberg with a total ascent of 1630m



Gauteng Champs!



Congrats to Freddy, Des, Justin, Frans, Tinus, Phil, Willem and Mike Roller on competing at Gauteng Champs!

You have all made us proud!



February Road Races

Valentines Day Cycling Challenge	5 February	Stonehaven on Vaal	40km & 60km
Dischem Ride For Site	19 February	Boksburg City Stadium	116km & 62km

<http://www.cycleevents.co.za/category/road-events/>

Good luck to any of our members racing, keep safe and enjoy!

Weekend ride times:

We have introduced a second early bird ride, for the slower/medium group that want to get some more distance above the normal 70Km ride on a Saturday.

Saturday

- 05:00 – Early bird - +/- 32Km/h average speed
- 05:00 – Early bird - +/- 20-22Km/h average speed
- 06:15 – Short/slow group ± 65Km -77Km
- 06:15 – Long/medium-fast ± 77Km – 120/140Km

Sunday

- 06:30 – Short/slow group ± 75Km
- 06:30 – Long/medium-fast ± 100Km

Please remember our dress code – black shorts with all kit (club and race kit). Sunday = club kit only for all members (black and yellow/pink or the older paintball kit). No race team kit on a Sunday, unless you are taking part in a race.

Riding Groups:

Faster (>30km/h average speed) – mainly for the members “racing” or training for the racing season. Group captains haven’t been identified yet, but we will announce this as soon as it’s decided.

Medium (25-28km/h average speed) – possibly the biggest group for members. Xanthe, Aphro and Malcolm are the group captains – they have also created a Whatsapp group to be able to communicate with this group during the week. Details will be posted on the club WhatsApp group. *Members from the Faster group might ride in this group during a RECOVERY week and MUST OBEY the “group captain’s” instructions.*

Slower (<25Km/h average speed) – Joe and Merv will look after the slower group for the interim period.

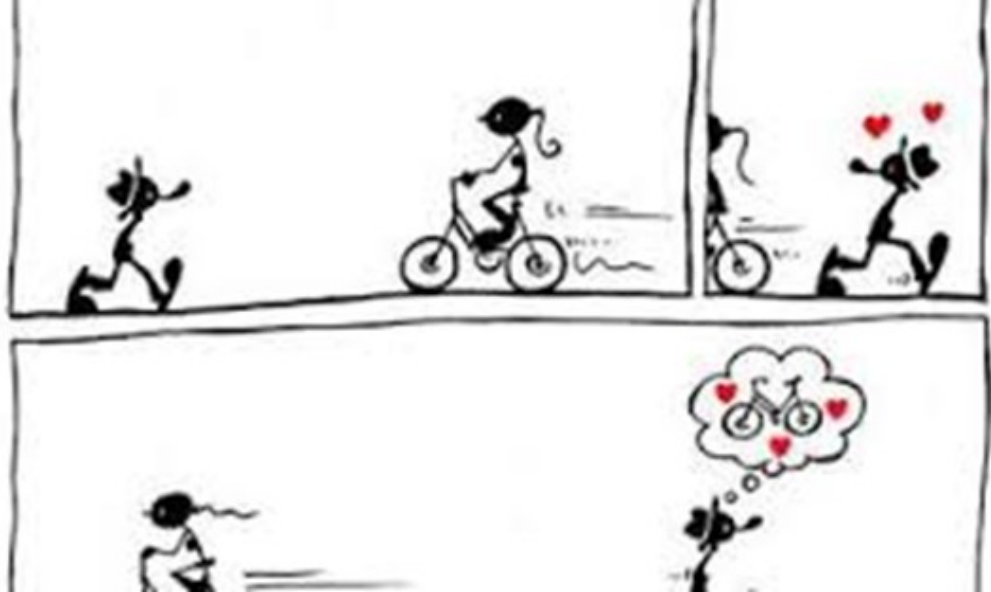
Each group will be looked after by specific members and you are requested to stay with the group, and not ride away, or try to push the pace up higher than the one agreed by the “group captains”. The faster group will leave first, followed by the medium group and lastly the slower group – the meeting point for each group is still Merv’s Hardware, but keeping each group clearly identifiable.

If you have any queries, advice or recommendations regarding the club, please feel free to e mail: info@germistonwheelers.co.za, we would like to accommodate everyone in the club.

Happy Velo-Tines Day!

Little things to *love* about cycling...

1. Correcting a slide on instinct
2. Three rear jersey pockets
3. Those long , rangy conversations with friends when you talk about things you wouldn't seem to be able to off the bike
4. “Thanks for the ride”
5. Breaking the speed limit on a descent
6. Someone admiring your bike
7. A mean tailwind!
8. Understanding that frame scratches and paint wear are to be cherished like wrinkles
9. Burning 898 calories in an hour
10. Not unclipping for about 50 k's
11. When the traffic light turns green just before you unclip
12. Fresh bar tape
13. Knowing how to stand your bike on the pavement by the pedal
14. Hearing someone say “nice pull”
15. A pace line in which you have absolute trust
16. Walking your bike by the saddle
17. Riding on the hoods
18. Circling at the top of a hill



Find your cycling motivation....

Cycling isn't *always* fun. Sometimes it hurts. Sometimes getting on your bike seems like the last thing you want to do. However, one thing's for certain, when you come back from a ride you rarely say "I wish I hadn't gone out today" and 99 times out of 100 you feel great afterwards. So, how do you make the seemingly huge leap from your cozy bed to a rather less appealing bicycle saddle?

Have a Goal

If you don't have one, go and find one. It doesn't have to be a race, it can simply be a desire to stay fit and healthy, a distance that you want to be able to ride, a weight loss goal or a fellow rider you want to be able to put in the suffer box on a climb. One thing is for sure, though: everyone has a reason that they ride, and reminding yourself of that reason regularly helps enforce the behavior of performing the activity.

Make the Most of Your Limited Time

So, you may not have time to do a 3-hour ride before work, but if you only have an hour, use it.

Do a 15-minute warm-up, gradually increasing cadence and pace, then move into a 35-minute training session and then spin your legs out for the last 10 minutes. If you've only got an hour to ride, then make every minute count. Don't just go out and ride aimlessly for an hour. Ride every minute with a purpose. That doesn't mean every minute has to be hard and painful but the 60 minutes should have a structure.

Ride with Friends

When riding early mornings you sometimes wish you'd get a text saying “I can't make it”, and nine times out of 10 your riding mates would lay in bed thinking the exact same thing, out of refusal to be the first one to send the message and look soft, you go out and ride...and what happens you get home and say “I'm so glad I got up”. The bigger the group the less chance of everyone cancelling, so get a motivated and devoted group of people to ride with.

Get a Coach

Having a third party set you a training plan gives you a structure to your training regimen. A good coach should make a plan specific to you, your time commitments, your ability and your goals. There's also nothing like having to report in to someone regularly to keep you focused and get you on the bike when you don't much feel like it.

Become a Creature of Habit

You often hear the advice that doing the same thing over and over doesn't make you better or fitter, but what it can do is get you into a routine. Pick some weekly rides and commit to joining them. Find a route you like and make it your standard training route to test your fitness gains. Choose a hill climb and ride up it regularly, timing it from start to finish. Once you've established a routine it's much easier to build on it, see improvements in your fitness or push yourself a little further each time.

Shout it From the Rooftops

Tell everyone your ride plans. The more people you tell, the harder it is to back out and the fact that you are repeatedly making a statement out loud helps implant that positive intention in your brain. If all else fails then perhaps consider just riding when you want to, simply because you enjoy it and don't stress about not being motivated right now, you may just rediscover your cycling mojo when you least expect to.

#Chamois re-acquaintance

FAQ's

When must I wear club kit?

Club kit should be worn on all official club rides, (Saturday and Sunday), as well as during a race.

What about the older shirt, and race team kit?

The older shirts are still valid, and can be worn on a Saturday or during the week. Ideally we'd like everyone to wear the NEW yellow shirt on a Sunday club ride.

Race team kit - Red on a Saturday, yellow/black club kit on a Sunday. Any other race team kit, or club kit during the week.

What about winter? Is warmer kit available?

COMMITTEE MEMBERS

Chairman:	Simon
Charity:	Gail
Clothing:	Neolene
Secretary:	Neolene
Treasurer:	Ben
Vice Chairman:	Spidey
Communication:	Gerald
Race Team Manager:	Michelle

CONTACT



Whatsapp users can join two possible groups (Club communications and/or General Chit Chat). Contact Gerald Martin (083 442 5065) or Richard Brown (083 253 7147) to join



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www.germistonwheelers.co.za



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