Hi everyone,

After last weekend’s wash out, we were unable to test out the groups on our rides. No problem, we roll forward to this weekend and try again. To hopefully accommodate three groups (speeds) – please read the information below to ensure you don’t miss out.

In this week’s newsflash (#02):

* Membership renewals
* Club rides – new groups
* Club rides for the weekend

**MEMBERSHIP RENEWALS**

Please note that membership renewals are now due, and **should be paid by 31 January 2017** in order to remain on the email distribution list and WhatsApp chat groups, as well as the other club benefits (backup vehicle on club rides, adhoc subsidies for events, clothing, etc.). The updated renewal form is attached, and the costs are as follows:

* R300 (adults);
* R200 (pensioners and scholars, i.e. members that have retired/studying and don’t earn a salary anymore/yet);
* R50 once off admin fee for new members.

To the members that have already submitted, thank you – Noelene and I are working through the emails to tick off the names one by one. If you have a query about membership, please let us know.

Please note that the CyclingSA Membership is not included – it has to be done online at [www.cyclingsa.com](http://www.cyclingsa.com). They have changed their system (again) which requires re-registration. It you need assistance, please let us know.

**CLUB RIDES – New groups**

Effective from last week (but moved to this Saturday’s ride (due to rain), we will be splitting the groups into 2-3 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 complete;
* **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)** – there has been a suggestion to start earlier than 06:15 to allow this group to finish at the same time as the others, and also meet at Seattle Coffee (Newmarket Mall) after the ride. This would work well if everyone was wanting to train 100Km for the CTCT in March. To compromise, we have suggested to do a “shortened version of early bird”, to return to Merv’s for 06:15 and then do a revised 70Km route. Details in the weekend rides below. Joe and Merv will look after this 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.

**CLUB RIDES** - Please note that all rides now start from Merv’s Hardware.

**SATURDAY**

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. The routes are available to view on the website, as well as the weekly schedule. If it rains on that particular day’s route, it is forfeited and we carry on as per the schedule.

* 05:00 – Early bird, 34Km, route 01, +/- 32Km/h average speed
* 05:00 – Early bird, 22Km, route 01, +/- 20-22Km/h average speed
* 06:15 – Club ride, 70Km, 90Km and 98Km

There are three options, all riding out and back on the same route.

* 70Km – Merv’s, Swartkoppies, Lido, Walkerville Hill (70Km turns around at the left turn towards Bosco);
* 90Km – Merv’s, Swartkoppies, Lido, Walkerville Hill, Cheese Factory loop and back;
* 98Km – Merv’s, Swartkoppies, Lido, Walkerville Hill, Bosco, Circus, Cheese Factory, Walkerville hill and back.

The race team will be doing their own training every second weekend, or riding the LIDO SHORT route on the day before a race (to spin the legs). This Saturday, they will be riding the same route as Sunday’s 100Km route (as a recce for Gauteng Road Champs next weekend).

**SUNDAY**

Sunday’s rides will follow the same route on the same weekend of each month, i.e. Meyerton/Henley will be on the second Sunday of each month. If a month has 5 Sundays, then we’ll make it a special ride with coffee, milkshakes or perhaps something else.

The full schedule for Sunday will be sent out next week. For this coming Sunday, it will be the Gauteng Road Champs route:

06:30, 65Km, 85Km and 100Km distances. All routes follow the same route to Carnival City, turn right towards Heidelberg and then right to the Silos, before turning right on Diana Road.

* **65Km** – Merv’s, Wadeville, Osborn, Carnival City, R23, R550, Diana Road, turn right onto R103, right on Osborn and return to Merv’s the same way through Wadeville;
* **85Km** – Merv’s, Wadeville, Osborn, Carnival City, R23, R550, Diana Road, turn left onto R103 and complete a lap of the club champs loop, Right on R103 after completing lap, right on Osborn and return to Merv’s the same way through Wadeville;
* **100Km** - Merv’s, Wadeville, Osborn, Carnival City, R23, R550, Diana Road, turn left onto R103, left on R550 and back to Merv’s on the same route (left on R23, left at Carnival City, Right on Osborn and back through Wadeville).

The routes, maps and other information for these routes are all on the website - <http://germistonwheelers.co.za/what-we-do/club-rides/>, as is a copy of this newsflash.

If there are any queries, please contact us.