



Hi Chainganger's!

I must admit that from the early days the Forest to Falls race has always been a favourite of us Lowveld Mountain Bikers, from the tar starts of the 90's to the field set up behind the shops and now at Mac Mac Retreat it's always had a certain small town character that appeals to the old school type rider. I guess for most though is the easy nature of the first 35km loop, It's pretty much do-able by anyone who's previously taken on the 15 kay fun rides and has a bit of everything, single track, fire roads, fast down hill grass sections and not much climbing, that which there is being pretty short and not too steep. The kicker though is the 70km of which the last 35km contains two thirds of the total climbing, meaning that if you go too hard in the first loop ya gonna suffer in the second! This was my first real test since my injury and I decided to take it easy and try pace myself, not a bad plan on paper but I actually took it too easy on the first 35km and as the race wore on and power levels depleted I'd left it too late to score the podium. But an awesome race was enjoyed, Dennis threw in all his party tricks and I'M sure by now that most of these trails are open all year round with all the knobbly rubber that rolls over them. I got back just in time for a swift prize giving and saw a good deal of Chainganger's collecting prizes including our Sam who took the overall Women's title, Mark, Christelle, Allison, Keagan, Franco, DeMarco, Heidi, Jan, Liesbet all took to the stage (I'M sure there was more but I can't find the results as I write this so apologies!) The last 10kms was a bit of a drag of upness but with the passing of the 2 kms to go sign one starts doing mental arithmetic, "2 kms less 400m of single track, less the 800m downhill to the finish means only 800m of gradual uphill turning into FREEKIN' EYE BLEEDINGLY STEEP, LEG CRAMPINGLY PAIN IN THE BUTT WORSE UPHILL!" Grown men cried but I'd actually enough in the tank to clear it, pay off for going too slow at the start I suppose! Great race, awesome riding and a cool vibe, job done.

### Provincial Cross Country #2 This Saturday @ Mankele!

Yip, its time to head out to West and hit that wonderful Mankele XC course! I've had a chat with Mark and the course is pretty much like last year with virtually no climbing except for the accumulated ups and downs behind the cabins. With this in mind it's gonna be a max heart rate fest from the go, and the added bonus of the J for B music festival happening at the venue is an guarantee of good food and party atmosphere!

Entries open at 7am with racing for the little 'uns at 8:30 and the rest thereafter!  
Be there!

### Spur School Series 2013!

It's all happening in the Lowveld! The 2013 series kicks off with a vengeance at Uplands on the following weekend, usual rules apply - pitch up, enter the rug rat (s) sit back and watch them have a blast! Brad and the team have a great venue now at Uplands with an awesome course and great racing for all, from barely out of nappies to almost shaving! Entries open at

the venue at about 10am with racing starting at 12 noon, so hide the X Box, put the TV remote in the safe, fill yer kids with Red Bull and Supa Goo's and watch the sparks fly! (didn't mean that,....really...).

All kids get points towards the overall and school results, goody bags as well nogal!

### World Championships 2013 PMB!

Although the entry fee for the World Masters the week prior to the Elite is a bit steep at R850 it's also a once in a lifetime chance to race in an international race against guys your own age from all over the world. The course is NOT the hectic Elite course but a 9 to 10km XCO course with less technical sections and more gradual climbs, you'll probably do 4 or so laps. Get entered and be part of the party!

<http://www.mtbworldchamps.co.za>

### WEBSITE NEWS!!!!!!!

Marcus Birch has a bike for sale - go to the website to check it out!

Valencia has been busy upgrading it's website so if you into armchair shopping at 2am then go check out the bargains on offer over the inter web - [www.vbike.co.za](http://www.vbike.co.za)

Anyone got anything for our website? Keep checking it out I'm uploading pics all the time and will soon have some special offers up there! Go to [www.lowveldchaingang.co.za](http://www.lowveldchaingang.co.za) and check it out! This website is for YOU! It's a work in progress and I'm inviting anyone to contribute - your personal race report, Chainsucks, stuff for sale, pictures, whadeva! E mail it to me and if its bad enough, funny, poorly written or controversial I'll definitely post it! Embarrassing pictures or those of wound's sustained will also be gratefully received!

BTW, for all the latest MTB news and general skinny follow me on Twitter - @brettmtb, Im also using it to announce rides now as well as sms.

See ya on the dirt!

Cheers Brett.

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