



Hi Chainganger's!

Every time we get an invite to ride in White River I'm blown away by the enthusiasm, on Saturday I drove out on the R40 and like ya do, I sneaked a peak at the cars parked outside the bike shop on the left (too subtle?) and saw 8 to 10 or so cars, the one on the right had 5 or 6, I thought cool, guys are riding all is good, then I got to WR and there must have been 30 cars! To say that the forest was full of mountain bikers would be like saying J Lo has a slightly curvy butt! Anyhoo, we split into a couple of groups consisting of fast, slow, slightly slow but think fast, very fast but look slow, slow with a hint of fast and look fast but slow like evolution. Neilo's took the fast okes band Brad Shuttles the slower group, being someone who looks fast but currently not so I followed Neil and we first sampled the new Uplands Cross Country course, what an awesome asset for the Uplands kids to have on their doorstep. Without wanting to dissuade our future captains of industry by saying they shouldn't bother with annoying homework If it was me I'd say, sod it, blame the dog and let's go ride, school shmool. But then that's why I'm not a Doctor.

Instead of hiding away in duvet land on Sunday morning we was up with the sparrows and heading to Sabie for the 2nd of Jakes Trailblazer Trail Run and XCO series, despite the chilly Sabie morning there must have been about a hundred or so athletes pitch up to do damage. The run was first and consisted of serious dudes in tiny nylon shorts to a couple of nameless okes who, on the shout of 'Go' ambled off like the queue at MacDonanalds. The run all ended in the allotted time and by 9:30 or so we were ready to start the XCO MTB race which by strange organisation had you doing 1,2,3 or 4 laps, which meant quite a few entered for 4 but did three or less. I entered the 4 and after finding out it consisted of riding up the 27% of Heartbreak Hill 3 times I settled on a lot of pushing, however my recent bought of training meant that lap 1 was an anaerobic sufferfest, Lap 2 a recovery with 3 & 4 enough power in me legs to kill heartbreak hill like it was 1999! It was a real hard core workout and good old Cross Country racing circa 1996, all that was missing was Bernt Fink and a very young Mannie Heymans. BTW Dennis's downhill single track from the 40km Sabie Classic was an absolute blast and doing it 4 times gives you lots chance to find faster and smoother lines, if ya want to improve your mountain biking then Cross Country is where it's at!

UPCOMING!!!!

MPU PROVINCIAL CROSS COUNTRY 2013 # 1 - 20th April.

Yip it's Cross Country season! The first of this years series is at Induna Adventures on the 20th of April! Its about 5.5kms of brilliant Induna single track and easy peasy climbs leading to....more brilliant single track! Come and give it a go, 2013 is the year of XC racing so if you want to sample the roots of our sport and see what all the World Championship fuss is about then give it a go, there's age categories for all and being laps loads of chance for family and friends to cheer you on! Entries open 6am racing starts about 8am, It's cheap, fun and a real confidence builder!

Be There! Entries at the venue, R80 adults R50 Juniors.

27th April - Forest to Falls, local classic marathon, www.entrytime.com

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>

Chain Un-suck!

DSTV gave in!!!! After a Twitter storm not seen since our Oscar shot to infamy (sorry) they relented and we got to see Spartacus lay down the law into Roubaix with his third win in this monster one day classic, awesome race and thanks DSTV!

Ive attached the latest calendar for your planning!

WEBSITE NEWS!!!!!!!

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

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 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 - @brettmtnb, Im also using it to announce rides now as well as sms.

See ya on the dirt!

Cheers Brett.

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