



## Hi Chaingangers !

For those local riders preparing for The Epic now is the time they should be tapering and getting all their logistics sorted out, its also the time that panic sets in and they will buy pretty much any snake oil available to get them thru the race unscathed! Questions about tire choice, nutrition, is ten bombs on my bike too many? These are the sort of mental games they are now playing out as Pre Epic Panic sets in! For a lot of the locals I know their training has been pretty hectic, ten years ago such torture was only for podium chasers but in modern times it seems everyone has to be uber fit to simply finish mid pack. Is it symptomatic of the type of mountain biker we are now breeding or the type of race The Epic has become? Once the flagship international endurance stage race its morphed into a physical hardcore test as opposed to the type of event you can actually enjoy participating in, drink in the views and bond in the camaraderie. What it does mean is that there are a whole bunch of local vets and Masters who for this time of year give all the regular local heroes a run for their money at any event that pops up! Of course the downside of this is the huge void once the race is over for these guys, not only from the massive training blocks and race prep but also when they realise their wife and kids left 3 months back and their dog growls when they get home.

Good luck to all of them and I hope they remember to chill out and enjoy the experience. And while I'm at it please remember that you must NEVER wear any Epic Tee shirts or other apparel, nor use Epic tog back EVER in public, no one is impressed, least of all your wife

and kids who need no reminder that you abandoned them for 12 months and are now a hollow resemblance of the healthy human being you used to be. LOL.

UPCOMING!

Sappi Mankele - 16th March.

NEXT WEEKEND!! NEXT WEEKEND!!

The next big local event is the Sappi Mankele, this has become a local staple on the Lowveld calendar and for 2019 even includes a Trail Run! For me Trail Running is what you do when you have two flat tires on yer MTB and have to run to get a signal on yer cell phone, but apparently its a fast growing sport! So there you go, if you a multi sport type dude you can either ride or run! Entries are open and all the info is on Face Book!

Sabie Experience - 29 - 31 March

All the best Sabie trails and more! More Vibe more fun and more of the best Lowveld riding with great single track, awesome views, and me!

All the info below, get a mate or go solo! But DO IT!!!



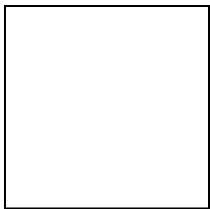
The image is a composite. On the left, a male cyclist wearing a black helmet, sunglasses, and a white and black cycling jersey with 'SABIE' and 'LAND-ROVER' logos is riding a mountain bike on a wooden trail. The jersey also features 'ABOVE & BEYOND' and 'FREE PELLA' logos. A race number '17' is attached to the handlebars. On the right, a promotional poster for the 'SABIE XPERIENCE' is displayed. The poster features the Land Rover logo at the top, followed by 'ABOVE & BEYOND' and a graphic of a mountain range with a cyclist. The main title 'SABIE XPERIENCE' is in large white letters with a red 'X'. Below it, 'PRESENTED BY' is written, followed by logos for 'FREE PELLA' and 'ADVENTURES'. The text '3 Day MTB Stage Race' is in white on a green background, followed by '29 - 31 March 2019' in white on a black background. At the bottom, 'Affordable Fun for the whole family!' is written in white on a green background.

## Valencia & The Chaingang

don't forget guys as members of the best-est, tougher-er-er cycle club in the Lowveld you automatically get 10% discount plus free tech assistance at any race we are supporting - in other words pretty much ALL of them!

2019 bikes are in stock and if you are looking for a the most affordable quality bike out there and don't want to waste money on a 'Makro' or 'Game special' then come check out the new APEX range, brought to you by the guys importing Santa Cruz they offer fantastic value and quality at the entry end of the market! The APEX A900 29er has cable discs, suspension fork, alloy frame and 21 gears for only R3500! - It even has a freekin kick stand!

Come check em out!



Social rides

Send Alan your number so he can add you to the social ride group and start your new life of health, wealth and happiness! Rides are chilled and fun filled, and accommodate the weak willed!

Send Alan a message and ask him to add you!

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Cheers Brett.

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