

BOUCKAERT-SOENEN LEAGUE, FUNRIDE AND MTB

SUNDAY 29 JANUARY 2012



DISTANCES

Road: 126 km, 72 km, 45 km;
MTB: 45 km, 19 km

STARTS ORGANISER VENUE

From 06h15
Rotary Club Paarl
Paarl Boys High Sports Grounds,
Brug Street, Paarl

ENQUIRIES

Marcia (021) 863-3333 (O/H)
Convenor: Luc (021) 863-3333 (O/H)

PRIZE GIVING/ LUCKY DRAW CUT-OFF

11h00 / 12h00
12h30

PRE-ENTRIES CLOSE ON-LINE ENTRIES

27 January 2012
www.paarlrotary.co.za
or www.pedalpower.org.za

ROUTE DESCRIPTION:

Road: The 126 km route follows a loop towards Malmesbury. Cyclists will pedal past Wellington, Hermon and Riebeeck-Kasteel, including a loop through the Voor-Paardeberg area. The route turns left onto the Suid-Agterpaarl road past Fairview and left onto the R45/ R101 to finish at the Paarl Boys High sports grounds. The 72 km route cuts out the Hermon loop and turns left off the R45 onto the Sonop/Klipheuwel road to follow the 126 km route home. The 45 km route goes around Paarl Mountain and has no serious climbs. It meets up with the other routes near the Windmeul Winery. **PLEASE NOTE - A compulsory cut-off will be enforced for the 126 km route.** With no road closure, cyclists must stay left of the median, and obey traffic signs, officials and marshals at all times. Failure to do so will result in disqualification.

MTB: Both long and short MTB routes start with a tough 8 km climb before following routes below Paarl Rock and through the reserve. Both routes then go down to the R101 and turn left to the finish. The 19 km route will be untimed.

DIRECTIONS TO VENUE:

Take Exit 55 from the N1 (R45/Paarl Main Road). Turn left (if coming from Cape Town). Follow the Main Road beyond the Boulevard turn-off to the Paarl Boys High School and follow the 'parking' signs. Alternatively take Exit 59 (R303/Jan van Riebeeck Drive), turn left and left again at the first circle to drive over the Berg River Bridge. Turn left at the circle and proceed towards the school's sports grounds. S: 33°74.99 ; E: 18°96.49. See PPA website for interactive directions.

NOTES:

All proceeds are used for previously disadvantaged projects supported by Paarl Rotary. Food and drinks stalls will be open before and after the start of the races. Valid Easy Entry Tickets accepted. Please register online to limit registration delays on the day. Check the PPA website for final start times. **Remember to wear your relevant PPA road/MTB funride number.**

Distance	Pre-Entries		Late Entries	
	Entry Fee	PPA discounted entry fee	Entry Fee	PPA discounted entry fee
Road 126 km	R160	R120	R190	R160
Road 72 km	R150	R110	R190	R150
Road 40 km	R140	R100	R170	R140
MTB 45 km	R150	R110	R180	R150
MTB 19 km (untimed)	R 50	R 50	R 50	R 50
CSA Day License	R35	-	R35	-
Temp Nr	R5 (unseeded)	-	R5 (unseeded)	R30 (seeded)

FRANSCHHOEK LIONS / PORCUPINE MTB

SATURDAY 4 FEBRUARY 2012



DISTANCES STARTING TIMES

46.8 km; 24.3 km; 11 km
46.8 km @ 07h30; 24.3 km @ 07h50;
11 km @ 08h10

ORGANISER VENUE ENQUIRIES

Lions Club Franschhoek
Bridge House School
Willemien on 084 843 5389
willemienr@mweb.co.za

EMAIL PRIZE GIVING/CUT-OFF PRE-ENTRIES CLOSE ONLINE ENTRIES

12h00
2 February 2012
www.pedalpower.org.za

ROUTE DESCRIPTION:

The 46.8 km route starts on good gravel roads with a portage across the Berg River, followed by riding on scenic gravel roads to the back of La Motte village. The first climb of the day is some 3.2 km long with an average gradient of 7.8%, with a fast descent behind the Mont Rochelle Hotel. From here the route takes cyclists through several farms over mainly level ground (travelling up a gentle gradient) for approximately 10 km. At 28 km you will encounter some rocky uphill terrain as we climb for 1 km before traversing a very rocky descent for 800m, including large 'wash-aways' so please take great care and observe the warning signs. Next follows 3 km of flat and mostly gravel road until the second big climb of the day, taking you to the top of Matoppie, followed by a 2.7 km technical descent which returns us to the tar road by the Berg River Dam wall. The 24.3 km route follows the long route for 8.8 km where you will start the first climb of the day at of 2.6 km, with an average gradient of 6.8%. The route then has a 2 km descent down good wide dirt roads. Thereafter follows a fairly sandy, but flat, section for 2 km and another crossing of the Berg River (time for a refreshing dip?) before retracing our steps to the finish at Bridge House. There is also an 11 km route for children, which follows a flat course, winding around the vineyards. This route will not be timed.

DIRECTIONS TO VENUE:

From Cape Town, take the N1 highway north, towards Paarl. Take Exit 47 to Stellenbosch/ Klapmuts/ Wellington and at the end of the off-ramp, turn right. Cross the 4-way stop and turn left some 300m along to Franschhoek/Simondium. After some 10 km, turn right at the Simondium/R45 T-junction. After 9.2km, turn right into Bridge House School then turn right again into the gates. Follow directions for parking on field. GPS Coordinates: S: 33°52.50 ; E: 19°14.40. See PPA website for interactive directions.

NOTES:

Children u/10 must be accompanied by an adult. Easy Entry tickets accepted. **Remember to wear your PPA MTB funride number.**

Distance	Pre-Entries		Late Entries	
	Entry Fee	PPA discounted entry fee	Entry Fee	PPA discounted entry fee
46.8 km	R115	R85	R130	R110
24.3 km	R100	R70	R110	R80
11 km			R60	R50
CSA Day License	R35	-	R35	-
Temp Nr	R5 (unseeded)	-	R5 (unseeded)	R30 (seeded)

PEDAL POWER ASSOCIATION FUNRIDE FACTFILE

JANUARY - MAY 2012



GENERAL

Start, cut-off times and routes are subject to change. PPA admin personnel will be available one hour before the event starts, until the beginning of the prize giving to attend to PPA-related queries. Please refer to www.pedalpower.org.za for the current PPA funride rules and general info.

SEEDED FUNRIDE NUMBERS

Seeded numbers expire annually on 1 July, after which the new season's numbers are sent out to members as they (re-)join. New MTB funride numbers from Aug 2011 – you cannot use your road number at MTB events, or vice versa. If you forget your number at home you'll have to purchase a temp seeded number (R30) at the event to start in your group, or a temp unseeded number (R5) to start at the back. PPA members wearing their seeded numbers start in front of non-members. Contact the PPA Office at least 3 days before an event if you recently joined and had not yet received your funride number.

CSA DAY LICENSES

Additional Cycling South Africa day licenses (R35) are required for Non-CSA/ Non-PPA members for all timed events.

ENTRIES

Visit the calendar section of www.pedalpower.org.za for the links to the secure online entries (usually the cheapest way of entering an event).

PPA MEMBERSHIP FEES & BENEFITS

PPA membership fees are due annually on 1 July. PPA members pay discounted entries and do not have to pay CSA day license fees. PPA pays for its paid-up members to be timed electronically. See the "About PPA/Membership" section on www.pedalpower.org.za for more benefits.

TIMING

You must ride with your personal transponder, and be a paid-up member of PPA in order to get results on the web site. No times will be taken and/ or added manually. Transponders are available at the PPA office, or from the PPA Mobile Office at funrides. Transponders bought online can be collected from the timing staff near the start line. **NO TRANSPONDER, NO TIME**

AGE RESTRICTIONS

Children u/10 must be accompanied by an adult at all times during an event. Please refer to the funride rules, as displayed on the website.

CONTACT US

Tel: (021) 689-8420
Fax: (021) 689-8490
Visit us: 9 Hill Park Lane, Mowbray
Snail mail: PO Box 665, Rondebosch, 7701
Email: info@pedalpower.org.za

While the information in this calendar was correct at the time of going to print, please visit the Pedal Power Association web site at www.pedalpower.org.za for the latest updates.



THE GP KONING WATERPROOFING AND ROOFING ROLLER COASTER

SUNDAY 05 FEBRUARY 2012



DISTANCES 88 km; 58 km
STARTING TIMES 88 km @ 06h30; 58 km @ 07h30
VENUE False Bay Rugby Club, Constantia
ORGANISER Peninsula Round Table No 77
ENQUIRIES Kobus de Villiers
PHONE 082 929 5261
EMAIL Kobus.DeVilliers@wspgroup.co.za
CUT-OFF 12h00
PRIZE GIVING 11h30
PRE ENTRIES CLOSE 02 February 2012
ONLINE ENTRIES www.pedalpower.org.za

ROUTE DESCRIPTION:

Both routes head out along Spaanschemat River Road and over the eastern side of Ou Kaapse Weg to Sun Valley. The 88 km continues straight over Black Hill to Main Road, turns right through Simonstown, up Smitswinkel past Cape Point, through Scarborough, and up the Slangkop climb to Kommetjie before returning towards Fish Hoek. Then it's up and over Ou Kaapse Weg for the second time and all the way to the finish in Ladies Mile Extension. The 58 km route turns right at Sun Valley and left onto Ocean View. It joins the long route at Soetwater for the climb over Slangkop and then return via Ou Kaapse Weg.

DIRECTIONS TO VENUE:

Take the M3 from town past UCT and onto the Blue Route Freeway. Take the first off-ramp to Constantia/Hout Bay. At the T-junction, turn left onto Constantia Main Road. Continue to Spaanschemat River Road and enter the parking area from Doordrift Road. Please do not park in the Virgin Active parking area, or at the Constantia Shopping Centre. GPS Coordinates: S: 34°01.06 ; E: 18°27.11. See the PPA website for interactive directions.

NOTES:

An aptly named funride where the long route provides a roller coaster ride over five great climbs including Ou Kaapse Weg from both sides – definitely one for the mountain goats! The shorter route is an equally good workout. Children u/10 must be accompanied by an adult. Easy Entry tickets accepted.

Remember to wear your PPA road funride number.

Distance	Pre-Entries		Late Entries	
	Entry Fee	PPA discounted entry fee	Entry Fee	PPA discounted entry fee
88 km	R100	R70	R120	R100
58 km	R100	R70	R120	R100
CSA Day License	R35	-	R35	-
Temp Nr	R5 (unseeded)	-	R5 (unseeded)	R30 (seeded)

REEDS CHEVROLET NINETY NINER CYCLE RACE 2012

SATURDAY 11 FEBRUARY 2012



ROAD ROUTES/STARTS 123 km @ 06h00; 50 km @ 07h45
MTB ROUTES/STARTS 35 km @ 07h30 20 km @ 09h00, 8 km @ 09h30
VENUE Durbanville Race Course; Meerendal Estate
ORGANISER El Shaddai Christian School
ENQUIRIES Racetec - 0861 84 6464
EMAIL/WEB queries@racetec.co.za / www.99er.co.za
PRIZE GIVING/CUT-OFF 12h30 (Road & MTB 35 km)
PRIZE GIVING/CUT-OFF 11h00 (MTB 8 km only)
ONLINE ENTRIES CLOSE 31 Jan for early entries; late entries according to availability. See website for more info

ROUTE DESCRIPTION:

Riders on the 123 km and 50 km route leave the Durbanville Racecourse and head out toward the silos (the 50 km riders turn left at this point), R304, R312 and Voorpaardeberg. Return to the silos and take the Philadelphia road until Van Schoorsdrift Rd, left onto the N7 (caution: traffic for 2.6 km) and left again onto the Vissershok road, including the challenging 3 km climb up Vissershok. Turn right into Odendaal Street for the last climb up to the finish, with a 2 km neutral zone back to the venue. 35 km MTB: Start venue: Racecourse. The route offers a mixture of farm and vineyard trails and 7 km of single track, with one major and two minor climbs. Overall it is not a very technical course. Beware of thorns so put slime in your tyres and bring spare tubes along. The finish is in Odendaal road, with a neutral zone back to the venue. See www.99er.co.za for the 20 km and 8 km MTB routes.

DIRECTIONS TO THE VENUE:

Durbanville Race Course (road routes & 35 km MTB): From the N1, take the Durban Rd/Willie van Schoor Rd off-ramp and pass Tygervalley Centre towards Durbanville. Turn left into Tindale road. At the T-junction, turn left into Racecourse road. Pass the Durbanville Nature Reserve on your right; then follow the parking signs to the Durbanville Race Course. GPS: S: 33°50.27; E 18°38.24
Meerendal Wine farm (20 km & 8 km MTB): From Cape Town, take the N1 and then the N7. Pass the refinery on your left; then take Exit 22. Turn right over the highway to the T-junction, then turn left (Contermansklouf) until the 4-way stop. Turn right into Vissershok Rd. After the crest of the hill, Meerendal Estate is the first farm on the left. You can also reach the farm by travelling through Durbanville towards Vissershok. GPS: S: 33°47.55; E: 18°37.25. See PPA website for interactive directions.

NOTES:

Full event info on www.99er.co.za. The 123 km route is a seeding event for the 2013 Cycle Tour. Great infrastructure, medal and goody bag. Standard PPA funride fees DO NOT apply. Late entries only if the participation cut-off has not been reached. Riders who enter after 31 Jan (if entries are still available) will not be seeded. Cyclists 10 years old and younger must be accompanied by a participating adult. 123 km Entry cut-off 7 Feb, no late entries or on the day.

Distance	Pre-Entries		Late Entries (After Jan 31)
	Entry Fee	PPA discounted entry fee	PPA members & non-members
123 km	R 210	R190	R280
50 km	R 150	R130	R170
MTB 35 km	R150	R130	R170
MTB 20 km, 8 km	No Early Entries	No Early Entries	R 70
Non-CSA Members	Additional R35 day license		

PEDAL POWER ASSOCIATION FUNRIDES AT A GLANCE

JANUARY - MAY 2012



Date	Event	Distance
Sun 8 Jan	Olympic Cycles/ Pres Les/ Foord Journey 4 Sight n Service	75 km; 35 km
Sun 15 Jan	Tour de PPA	108 km, 80 km, 50 km
Sun 22 Jan	Cycle Lab Cape Cobra Challenge	80 km; 30 km
Sun 29 Jan	Bouckaert Soenen League, Funride and MTB	Road 126 km & 72 km; 45 km MTB 45 km & 19 km
Sat 4 Feb	Franschoek Lions / Porcupine MTB Challenge	46.8 km; 24.3 km; 11 km
Sun 5 Feb	The GP Koning Waterproofing and Roofing Roller Coaster	88 km ; 58 km
Sat 11 Feb	Reeds Chevrolet Ninety Niner Cycle Race	Road: 123 km; 50 km MTB: 35 km; 20 km; 8 km
Sun 12 Feb	New PPA funride TBC	100 km; 50 km; 12 km TBC
Sun 19 Feb	Medallion Tour de Stellenbosch	100 km; 62 km
Sun 19 Feb	Cape Peninsula Fun Ride	42.2 km (untimed)
Sat 25 Feb	Wellington Lions League Cycle Ride	94 km; 54 km
Sun 26 Feb	Bay City Cycle Tour	84 km; 43 km
Fri 2 – Sun 4 Mar	Grape Escape MTB	various
Sat 3 & Sun 4 Mar	Cape Argus Pick n Pay MTB Challenges	various
Sun 11 Mar	Cape Argus Pick n Pay Cycle Tour	109 km
Sat 17 & Sun 18 Mar	PPA Wacky Wheels Overnight Tour	50 km per day, TBC
Sat 24 March	Malmesbury Rotary Funride and MTB	Road: 98 km MTB: 50 km; 30 km; 21
Sat 14 April	Fine Breede MTB Challenge	55 km; 32 km; 16 km; 4 km
Sat 5 May	Tru Cape MTB	50 km; 25 km; 10 km
Sat 12 May	Willow Creek MTB	60 km; 30 km; 10 km

See the PPA website on www.pedalpower.org.za for more information, the latest event updates and interactive route maps.

BENEFITS OF PPA MEMBERSHIP

- Save through paying discounted entry fees for PPA members
- No additional CSA Day or CSA membership licenses needed
- Get an annual funride road and/or MTB number to start in seeded groups ahead of non-members
- Register for personalised event results on the PPA website
- PPA pays for its members to be electronically timed by Racetec
- Get preferential seeding at events like the Cape Argus Pick 'n Pay Cycle Tour
- Get discounts from several suppliers
- And more!

EMERGENCY NUMBER AT ALL PPA EVENTS:
083 414 1442.

NO HELMET, NO RIDE!



MEDALLION TOUR DE STELLENBOSCH LEAGUE & FUNRIDE

SUNDAY 19 FEBRUARY 2012



DISTANCES 100 km; 62 km
STARTING TIMES 100 km @ 06h45; 62 km @ 08h00;
ORGANISER Stellenbosch Rotary
VENUE Technopark, R44, Stellenbosch
ENQUIRIES Damien Burger
PHONE (021) 886-4004
EMAIL cyclerace@stellenboschrotary.org.za
PRIZE GIVING/CUT-OFF 12h15
PRE-ENTRIES CLOSE 16 February 2012
ONLINE ENTRIES www.pedalpower.org.za

ROUTE DESCRIPTION:

From Technopark, cyclists doing the **100 km** route go through Stellenbosch to tackle the climb over Helshoogte. Descend through Pniel past Boschendal to the T-junction (be careful on the railway lines). Cyclists will now turn left onto the R45 and go towards Paarl. Cross the N1 bridge and continue along the Agterpaarl road before taking the R44 towards Wellington. Turn left onto the R312 and continue to the Fisantekraal ("fruit sellers") 4-way stop, taking the R304 all the way into Stellenbosch. Return to the venue via Spier and the Annandale Road.

The **62 km** route goes through Stellenbosch and continues along the undulating R44. Turn left at the Elsenburg turnoff and continue through Elsenburg. At the R101, turn left towards the Salvation Army. Turn left at the R304 then follow the same route back as the long route.

DIRECTIONS TO VENUE:

From Cape Town, take the N2 to Somerset West. Take the Stellenbosch (R310) off-ramp. Turn right onto the Annandale Road and left onto the R44 direction Stellenbosch. Continue past the De Zalze Golf Course and Technopark will be on your left. Please do not park on the R44 as ample parking is available in Technopark. GPS Coordinates: E: 18°50.39; S: 33°58.09. See the PPA website for interactive directions to the venue.

NOTES:

Standard PPA entry fees apply to this event. Pre-enter or get there early, as queues get long for this popular event! Don't forget to taste the famous Mushroom Burgers after the race. Easy Entries accepted. See the PPA website for more information.

Remember to wear your PPA road funride number.

Distance	Pre-Entries		Late Entries	
	Entry Fee	PPA discounted entry fee	Entry Fee	PPA discounted entry fee
100 km	R90	R80	R130	R105
62 km	R90	R80	R130	R105
CSA Day License	R35	-	R35	-
Temp Nr	R5 (unseeded)	-	R5 (unseeded)	R30 (seeded)

WELLINGTON LIONS LEAGUE CYCLE RIDE

SATURDAY 25 FEBRUARY 2012



DISTANCES 94 km; 54 km
STARTING TIME 94 km @ 06h05; 54 km @ 07h00;
ORGANISER Lions Club Wellington
VENUE Boland Rugby Stadium Wellington/
 Laerskool Hugenote
 Zanne Parsons
ENQUIRIES
PHONE 083 721 2380
EMAIL drowell@kingsley.co.za
WEBSITE www.wellingtonlions.co.za
PRIZE GIVING 10h30
CUT-OFF 11h30
PRE-ENTRIES CLOSE 22 February 2012

ROUTE DESCRIPTION

94 km cyclists will leave the new venue at Boland Stadium/Laerskool Hugenote into Blouville road and turn left into Piet Retief Road. Cyclists will then pedal out to the R44, direction Hermon, to pass Riebeeck Kasteel and climb over Bothmaskloof Pass. Turn left onto the R45 to return to Wellington and the new finish near the venue in Piet Retief Road.

The **54 km** route follows the R45 towards Malmesbury, turns left onto the Voorpaardeberg road past Sonop Winery and the Paardeberg Prison. Turn left into Voorpaardeberg/Windmeul road and left again at the Windmeul Winery onto the R44. Cross the 4-way stop and continue to the finish.

DIRECTIONS TO VENUE

From Cape Town, take the N1 towards Paarl. Take the R44 off-ramp to Wellington. Drive through Wellington and turn left at the 3rd robot. After about 2 km, turn right into Blouville road where you will find the venue on your left. GPS Coordinates: S: 33°38.40 ; E: 19°00.34. See the PPA website for interactive directions.

NOTES

Previously called the Wilde Cycle Day. This is the original Cycle ride over Bothmaskloof Pass; an event with a 22 year history! Organized by the Wellington Lions Club, funds are raised for projects like Operation Brightsight and Diabetes treatment. This year we will solely focus on the road event; an ideal final pre-Cycle Tour ride.

Remember to wear your PPA road funride number.

Distance	Pre-Entries		Late Entries	
	Entry Fee	PPA discounted entry fee	Entry Fee	PPA discounted entry fee
94 km	R100	R80	R130	R110
54 km	R100	R80	R130	R110
CSA Day License	R35	-	R35	-
Temp Nr	Included in fee	-	Included in fee	-

BAY CITY CYCLE TOUR LEAGUE AND FUNRIDE

SUNDAY 26 FEBRUARY 2012



DISTANCES 84 km; 43 km
STARTING TIME 84 km @ 06h15; 43 km @ 07h45
ORGANISER HOD—Lodge Golan NO 34
VENUE Herzlia School, Old Kendal Road, Constantia
ENQUIRIES Milton Gerdis
PHONE 082 225 1573
EMAIL info@baycitycycletour.co.za
WEBSITE <http://www.baycitycycletour.co.za>
PRIZE GIVING/CUT-OFF 11h30
PRE-ENTRIES CLOSE 23 February 2011

ROUTE DESCRIPTION

Both routes start at Herzlia Constantia (Old Kendal Road), and head out along Spaanschemat and Steenberg Roads and onto Westlake Drive. From here it's onto Boyes Drive, continuing along the Main Road through Fish Hoek where the routes split at the Fish Hoek Circle. The **84 km** route turns left and continues to Simonstown and Smitswinkel, through Scarborough and up the Slangkop climb at Kommetjie. Return to Constantia via Ou Kaapse Weg and Spaanschemat River Road, turning left into Ladies Mile Extension to finish, before cycling back to the start for prize giving. The **43 km** turns right at the Fish Hoek circle onto Kommetjie Road to the robots at Sun Valley, then right onto Ou Kaapse Weg to join up with the long route, finishing at the same point.

DIRECTIONS TO VENUE

From Cape Town, take the M3 towards Muizenberg. Take the Kendal Road off-ramp and turn left into Kendal Road. Look out for the parking signs - parking is available on the school field, accessed from Kendal Road as well as the second school field in Old Kendal Road - entry via Boundary Road. GPS coordinates: S: 34°14.76 ; E: 18°27.26

NOTES

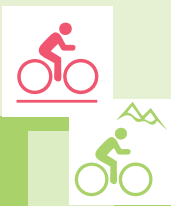
Enter online or go to one of the following stores and receive a discount off your in-store purchase when entering: City Cycles at Century City and John O Connor Cycles at 202 Two Oceans House, Surrey Place, Mouille Point. Cycle Store entries close Saturday at 12pm. You can also enter at 4th Floor, Fleetway House, 29 Martin Hammerslag Way, Foreshore, Cape Town on Saturday Feb 25th between 10am and 1pm, or enter on Thu 23 February 17h00-19h00 at Herzlia School Hall, Old Kendal Road, Constantia. Pre-entry fees still apply! Easy Entry Tickets accepted. Late entries will be accepted on the morning from 05h30. Children u/10 must be accompanied by an adult at all times. Please see PPA website for updated information.

Remember to wear your PPA road funride number.

Distance	Pre-Entries		Late Entries	
	Entry Fee	PPA discounted entry fee	Entry Fee	PPA discounted entry fee
84 km	R100	R90	R130	R100
43 km	R100	R90	R130	R100
CSA Day License	R35	-	R35	-
Temp Nr	R5 (unseeded)	-	R5 (unseeded)	R30 (seeded)

CAPE ARGUS PICK 'N PAY LIFECYCLE WEEK 2012

SUN 16 OCTOBER 2011



DATE	EVENT	DISTANCES/TIMES	VENUE/NOTES						
Thur, 1 March	Columbia Grape Escape www.grapeescape.co.za	Approx 73 km Start time TBA	Start: Durbanville Race Course, Durbanville Finish: Boland Agricultural High School, Wellington Pre-entries only						
Fri, 2 March	Columbia Grape Escape www.grapeescape.co.za	Approx 69 km Start time TBA	Start: Boland Agricultural High School, Wellington Finish: Diemersfontein Wine & Country Estate, Wellington Pre-entries only						
Sat, 3 March	Columbia Grape Escape www.grapeescape.co.za	Approx 66 km Start time TBA	Start: Diemersfontein Wine & Country Estate, Wellington Finish: Boschendal Wine Estate Pre-entries only						
Sat, 3 March	Cape Argus Pick n Pay MTB Challenge www.mtbchallenge.co.za	13 km & 25 km Start time TBA	Boschendal Wine Estate, Stellenbosch Pre-entries only						
Sun 4 March	Cape Argus Pick n Pay MTB Challenge www.mtbchallenge.co.za	32 km, 52 km 67 km (by invitation only) Start time TBA	Boschendal Wine Estate, Stellenbosch Pre-entries only						
10-12 March	Lifecycle Expo and Cycle Tour Registration www.cycletour.co.za	<table border="1"> <tr> <td>Thursday 08 March</td> <td>09h30 - 19h00</td> </tr> <tr> <td>Friday 09 March</td> <td>09h00 - 19h00</td> </tr> <tr> <td>Saturday 10 March</td> <td>09h00 - 16h00</td> </tr> </table>	Thursday 08 March	09h30 - 19h00	Friday 09 March	09h00 - 19h00	Saturday 10 March	09h00 - 16h00	Good Hope Centre, Cape Town
Thursday 08 March	09h30 - 19h00								
Friday 09 March	09h00 - 19h00								
Saturday 10 March	09h00 - 16h00								
Sat 12 March	Junior & Tricycle Tours www.juniortour.co.za	1,5 km Tricycle Tour (2-6 year olds) 5 km Junior Tour (6 - 12 year olds) 10 km Junior Tour (6 - 12 year olds)	Youngsfield Military Base - Wynberg Pre-entries only						
Sun 13 March	Cape Argus Pick n Pay Cycle Tour www.cycletour.co.za	110 km Starts from 06h15	Hertzog Boulevard, Cape Town Entries are closed						

For more information, please contact the Cycle Tour Events Office on (021) 681-4333 or info@cycletour.co.za

MALMESBURY ROTARY FUNRIDE & MTB

SATURDAY 24 MARCH 2012



DISTANCES Road: 98 km; MTB: 50 km; 30 km; 21 km
STARTING TIMES From 07h15
ORGANISER Rotary Club of Malmesbury
VENUE Pulpit Rock Winery, Riebeeck West
ENQUIRIES mmstodart@gmail.com / gertvs@telkomsa.net
EMAIL gert@ddcswartland.co.za
PRIZE GIVING/CUT-OFF 12h00
PRE-ENTRIES CLOSE 20 March 2012
ONLINE ENTRIES www.pedalpower.org.za

ROUTE DESCRIPTION

Road: The route takes cyclists out on the R311 towards Riebeeck Kasteel, turning right onto the R46 towards Malmesbury over the Botmaskloof Pass. Cyclists then turn left on the R45 to Wellington left again at Lady Loch, with another left onto the R44 towards Hermon, returning to Pulpit rock Winery at Riebeeck West. This is a very scenic route with a couple of challenges; a great event as the final road ride of the season. **MTB:** The 50 km route comprises of moderate climbs, single tracks, jeep tracks and farm roads in the direction of Kasteelberg. The 50 km is a challenging route and should be attempted only by fit riders. The 30 km route follows the same route as the 50 km, with a few short cuts taking out some of the worst climbs. Both routes offer scenic views of the Riebeeck Valley and the Swartland farmlands. Ensure that you have slime/tyre liners and enough spares with you.

The 21 km MTB is an easy scenic ride for younger and inexperienced riders and will be untimed.

DIRECTIONS TO VENUE

From Malmesbury, follow the R45 towards Paarl and Wellington. Turn left 5 km outside Malmesbury onto the R46 towards Ceres/ Hermon/ Riebeeck Kasteel. Turn left on the R311 (first entrance to Riebeeck Kasteel) and drive straight towards Riebeeck West. The venue is another 2 km past Riebeeck West on the R311 towards Moorreesburg. GPS Coordinates: S: 33°33.81 ; E: 18°84.90. See the PPA website for interactive directions to the venue.

NOTES

With no road closure, cyclists must stay left of the median, and obey traffic signs, officials and marshals at all times. Children u/10 must be accompanied by an adult at all times. Easy Entry Tickets accepted.

Remember to wear your relevant PPA road/MTB funride number.

Distance	Pre-Entries		Late Entries	
	Entry Fee	PPA discounted entry fee	Entry Fee	PPA discounted entry fee
98km Road	R90	R80	R130	R105
21 km MTB	R65	R55	R75	R65
30 km MTB	R90	R80	R130	R105
50 km MTB	R90	R80	R130	R105
CSA Day License	R35	-	R35	-
Temp Nr	R5 (unseeded)	-	R5 (unseeded)	R30 (seeded)

PPA WACKY WHEELS OVERNIGHT TOUR

SATURDAY 17 to SUNDAY 18 MARCH 2012



VENUE/DISTANCES Around 50-60 km per day
ENQUIRIES Samantha on (021) 689-8420
EMAIL marketing@pedalpower.org.za
WEBSITE www.pedalpower.org.za
PRE-ENTRIES CLOSE 02 March 2012 or when full
TYPE OF EVENT Fun overnight cycle tour

NOTES

The PPA Wacky Wheels Overnight Tour is an overnight recreational cycling tour, with the emphasis on using your bicycle to transport you to a FUN weekend away with like-minded people. The tour will be held in the beautiful Overberg region where we will cycle around/up to Hermanus. There is NO RACING or timing; in fact we even hand out prizes to people who can prove that they stopped en route!

The format of the overnight tour is likely to change a little for 2012 with some great new ideas, and at the time of this calendar going to print, the new format was still being finalised.

Entries are limited. Road or mountain bikes welcome. Meals provided.

Please see the PPA web site for more information.



GENERAL COMMUTING TIPS ✓ ✓ ✓

- Be visible – fit bright lights, and wear reflective clothing
- Choose the right bicycle for the job and use a small backpack, panniers or small bike trailer
- Always check your blind spots
- Cycle predictably so that vehicle drivers around you can guess (correctly) what you are doing
- Give appropriate hand signals when you intend to stop or turn
- Watch out for disembarking passengers when you cycle past a bus or taxi that has stopped
- Watch out for the draft from a passing bus or truck
- Using a cell phone while cycling can distract your attention. Rather pull off to take the call
- Ride in single file, unless you are overtaking.
- Obey the traffic rules
- Ride defensively but decisively. Make it easy for a driver to anticipate what you are going to do (eg stopping your bicycle, turning left or right, etc) so that he/she can act accordingly.
- Be careful: Ride as if you are invisible to traffic until you are sure a car has seen you.
- Do not ride in the gutter or too close to parked cars. Be aware of drivers of parked cars suddenly opening a car door.
- Watch out for glass on the road, cat-eyes, drain covers, oil, sand etc
- Always carry identification with you. Programme the details of your next-of-kin into your cell phone under ICE (In Case of Emergency).

