



Welcome

to the New Year! Kudos to all those who ended 2018 with the Rapha500 challenge. As you pedal towards your 2019 goals, we encourage you as always to Never Give Up. Enjoy some of the highlights of 2018...

CYCOLOGY NEWSREEL



'Argus' 2018

The Cape Town Cycle Tour, also known as 'Argus' for its venue has been a staple for Cycology since 2013 when 7



members including pros took part. The race which is timed, traditionally takes place about the first or second Sunday in March. 'Argus' is where members of Cycology first cycled internationally as a group. In 2018 Cycology was well represented at the tour as usual. This year 'Argus' will be taking place on the 10th of March, 2019 and training by participants is already well underway.



Share The Road Naija



In April 2018, Cycology's EXCO launched the Share The Road Naija campaign aimed at encouraging compliance with traffic rules and regulations by all road users. The social media campaign which launched in October is still ongoing.

UN World Bicycle Day

The first UN World Bicycle Day was on the 3rd of June, 2018 and marked by Cycology on the 2nd of June, 2018. Cycology did an exhibition ride which ended at the United Nations In-

formation Center (UNIC) on Alfred R e - wane R o a d (formerly sway road) in



King-
Ikoyi.

Cycology on CNN

On the 26th of June, 2018, CNN aired its coverage of Cycology on its 'Passion to Portfolio' documentary program. It showcased how the founding members of Cycology turned their passion for cycling into a business and the Club.





The Re-Branding of Cycology

The Brand expert knew his job would be difficult and he said so upfront. Circles, Triangles, Lines, what they mean. He was almost losing us. Almost. He got to the end of the first phase of his submission and then we understood the beginning.

When the flexibility and the possibilities were illustrated, the hall erupted making it worth the very painstaking journey that Cycology's EXCO had taken to get to this point. Talking about the unveiling of Cycology's new logo and the club's new jersey kit which happened on the 29th of September, 2018.

External Rides

Cycologists cycled literally all over the world in 2018. Besides the Cape Town Cycling Tour, there was the



MHS in Thailand, the Prudential Ride in London in the summer as well as the Spinneys Dubai 92 Cycle Challenge. Preparations have begun in earnest for the

Cape Argus sportif which will take place on the 10th March 2019. There will also



be Ride Rwanda which will take place in February 2019. Registration is free but a small token is encouraged to help promote grassroots cycling in Rwanda.

The Abuja Velodrome

Cycology is very excited that the Abuja Velodrome which had never been properly deployed for its designed function, has been cleared out and cycling training has begun there.

The Bunny Hop

In Cycling, a Bunny Hop is a maneuver used to clear obstacles by launching into the air with the bike pedals seemingly stuck to the rider's feet. It opens up several pos-



sibilities in BMX and Mountain biking. Urban commuter cyclists also bunny hop over potholes etc. The Bunny hop is not appropriate on a road cycling peloton and should be avoided at all cost.

Lagos City Crit

The first Crit jointly organized by Cycology and the SCF took place on the 1st of December, 2018. Sponsorship was very

ria’s first professional cycling team with a view to having the team participate in the Union Cycliste International (UCI) Continental Circuit in 2020. Access Bank and



Cocoon Homes have thrown their financial weight behind this endeavor, hence the name. The team has made their way to their first training tour in Rwanda.

encouraging and several new cycling teams were born in the process. There were various racing categories for men and women including Professional, Mas-



ters. The racing Circuit was the Dolphin loop.

Access-Cocoon

Cycology and SCF are involved in promoting Team Access-Cocoon as Nige-



Cycolobration

Cycolobration held on the 12th of December, 2018 with an Afropolitan theme. As usual, it was very well attended. Several awards were won by Cycologists - Most improved, best ride captains, homeless, and many more...



'Hasta la vista...

Cycology has no borders still we will miss the members who have relocated from our base. Recently, Aki-to and Naomi moved back to Japan, Tolu Onajin relocated to Canada, Nella Hengstler returned to Austria, Pablo and Ponnle Ramirez relocated as did Takeshi and most recently Alex and Marcia Kamara moved to the UAE. Tolu, Nella, Pablo and

but



Alex all served on Cycology's EXCO at various times and made significant contributions to the Club as a whole.

Rapha 500

Several Cycology members participated and quite a number met and exceeded that goal. For those who don't know, the aim was to



ride 500km between December 24th and December 31st, 2018.



The King maker, Strava put Femsho (Femi Shosanya) at the top of our table. The Rapha 500 challenge which was started by an ambitious individual (he wanted to do 1000km in that time frame) in 2010 has become quite popular and appears to be set to be a Cycology Christmas tradition. This year, the Number 1 spot globally was taken by someone who did 2701km.

Access-Cocoon Team Jersey Launch



And the Fat Taya Ride...

