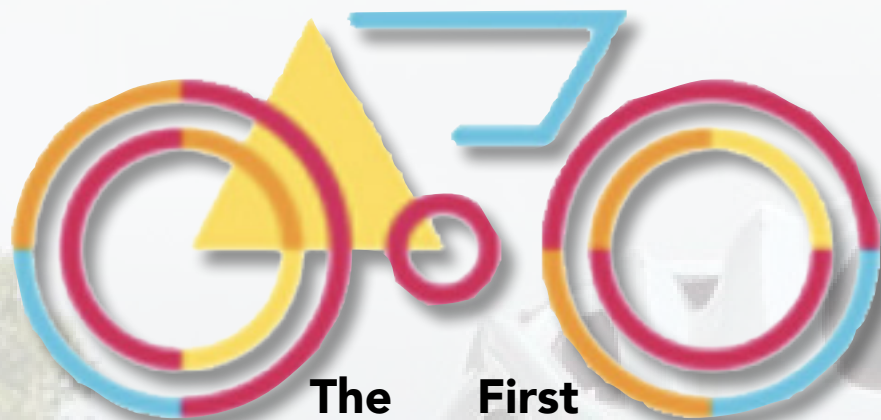


CAPE ARGUS 2019



The First Quarter of 2019 is already over. A lot of things have happened in the last 3 months. We congratulate the first timers who took part in the Cape Argus Cycling Sportif in March, and of course congratulations to everyone who made it out there. Enjoy our April newsletter.

CYCOLOGY NEWSREEL



A CONVERSATION

On the 27th of February 2019, Cycology Board of Trustees, Exco and Members hosted the Governor-Elect, Mr Babajide Olushola Sanwo-Olu to an interactive session. Members had the opportunity of asking questions on issues pertaining to traffic management, poor compliance with road laws and road safety for cyclists and other road users. The general consensus was that the session was insightful and engaging. Mr. Sanwo-Olu also stated that he was open to a Cycle Day when asked whether his government would consider a Cycle race in the ilk of the Lagos Marathon. He further added that for logistics reasons it may be best to test run a cycle race in designated areas in the State.



The Cape Town Cycle Tour also known as 'Cape Argus' took place on the 10th of March. This year was special as Cycology members kicked this special tradition up a notch, with 15 members doing the ride for the first time. Flat tyres did not



stop any Cycology members from finishing the ride and once again doing themselves and the Club proud.

Argus - For My Late Daddy

"My experience was delicious with breathtaking sights, interesting man made architecture and God designed landscape. All through my ride, I praised God. The ride was good. It made me feel the true essence of life and living so I dedicated the ride to my Late Daddy who passed away a couple of weeks before the Argus ride. I felt every bit of the ride - the hills, the slopes the other riders' pain, the sights, the mountains, the beaches, the seas... I thank God for life. Argus was lovely and I am glad I went for it and will do it again."

Seyi Onabule



A Major 2019 Goal Crushed!

"Participating at Cape Argus was on my goals list for 2019. Once I had made up my mind I was going to do this, the rest seemed easy or so I thought. I proceeded to get training tips from Argus veterans in the club and they assured

had said 'mummy make sure you win', when I called home the previous day. Nothing was going to get in the way of that.



me that with my cycling experience and strength, I had nothing to fear. I was welcomed into Cape Town by treacherous winds which almost



flung off the door as I stepped out of the Uber cab, but there was no plan 'B'. My youngest



I joined the customary Club reccie the following day from Cape Sun to Zenzero, Camps Bay to meet the larger group. Approaching Camps Bay, the climb started - slowly... I began to think this is not too bad I've got this. From Zenzero the group decided to ride to Suikkerbosse and I joined them.

The adrenaline rush at breathtaking sights which for me were very frightening made evident my fear of heights. I could barely look. I had very little sleep that night but I kept telling myself I was going to do this and on race day, I was up and ready very early - nutrition in my back pockets, bike checked, tires checked, race Tek fixed on bike and race ready and silent prayers to calm my nerves. I rode with other club members to the start line - just a few minutes away and after a few photos, we got into our different sections for the race - mine was 4F with an 8.20 start time. My strategy was to keep as far from the edge of the cliff as possible.

A few minutes into the ride, we started climbing. I topped up at Coke and Powerade stops. I got to the finish line about 5 hours later (though it felt much longer), with tears in my eyes and aching hands and wrists from hanging on tightly to my brakes on the descents. I survived Chapman's Peak - (which seemed like the highest point I've ever been on planet earth), and Suikkerbosse which was much steeper and a rather treacherous and painfully slow climb after over 1000metres elevation. One thing I know for sure is that whenever I think of Argus I am filled with a huge sense of achievement - there really is no mountain too high for me to climb even if I am shuddering through the experience. To my fellow cyclists

who are yet to do the Argus ride, I say this - if I can, you certainly can too!"

Temitope George



ALLIANZ

German Insurance Company, Allianz are not just in 17 countries in Africa including being in Nigeria in a big way, they are now in partnership with Cycology. This partnership will be for two years in the first instance. Cycology had a post-ride breakfast on Saturday the 30th of March, 2019 so members could hear what this was all about, ask questions and talk with the officers from Allianz one on



one. Allianz offers insurance not just for your bicycle but for everything to include Business, Health and Lifestyle - Home, Education, Personal Effects. Cycology members will enjoy a 10% discount on any product.

RETUL 3D BIKE FITTING

Cycology in conjunction with Velocare have organized a Retul 3D Bike fitting to take place from the 6th to the 12th of May, 2019. There are 35 slots available for Cycology members. Send an email message to membership@cycology.com.ng or info@cycology.com.ng for further information if this interests you.

FOUR LETTER WORDS...

Road Rash

A simple graze to elbow, knees, palms and so on when a rider falls off a bike is road rash, even when the rider is weeping from the sight of raw exposed flesh. It is a badge and should be worn proudly. Every real cyclist will fall at some point.

Butt Rash

Also called Saddle Sores or Saddle rash. Afflictions in this area are different from person to person and not often spoken about. The new to cycling need to at least know that underpants are strongly discouraged when you cycle, as long as you are wearing proper cycling shorts. They will only add to the chaffing in the nether regions. No polls taken but serious riders will experience 'butt rash' at some point. 'Chamois' is the magic word. This is the



general name used to refer to a variety of creams used to treat saddle sores. Saddle sores are caused by the constant abrasion of

long hours on the saddle. Keep the area clean. A combination of tea tree oil and vaseline will also help. Wear breathable underwear to improve chances of quick healing. Significant increase in ride distances from one ride to the next can contribute to saddle sores. And with serious affliction, you may want to see your doctor and/or take a break from the saddle.

Road Rage

Avoiding road rage in the City of Lagos is like cycling every day and not having butt hurt. The 5-finger salute (or any variations of same) is road rage and so is hurling abuse of any kind. We have a lot to contend with, especially unnecessarily high speed on even neighborhood roads and all types of vehicles driving in the wrong direction. The one thing a cyclist must avoid is distraction, no matter the level of idiocy or provocation (and there is always someone out there who will kick it up a notch every time.) So, get ready to be the bigger person...

ACF, AT THE GRASS ROOTS



The African Cycling Foundation (ACF), one of Cycology's partners, is taking cycling to the grassroots by donating bikes and helmets to indigent kids who have to trek over an hour to get to school. Members can help make this happen for N60,000 per set.

UBA - 1020745768

ZENITH - 1014954240

STERLING - 0069456867



EASTER CYCLING ANYONE?

3 days of Cycling over the Easter weekend in Lagos. And then a ride from Lagos through Cotonou and Togo to Ghana also going down over the Easter weekend. The first segment of the ride was 216km and included a welcome by the Benin Cycling Federation in Cotonou. Cycology is the place to look for courage and be sure to find it.

CLUBHOUSE

The current EXCO stated at the start of their term that they would be focusing on 3 areas - Collaboration, Community and Club House. Cycology in Collaboration with ACF (African Cycling Foundation) has been given approval in principle to use a 5000sqm parcel of land along Freedom way and work is underway with Club members, Architects Sanya Akindele and Ekaete Bassey Fujah to complete the Club House and Bike Park layouts.

FALLING

Even the very best Cyclists on the world professional circuit take a fall now and then and if you are serious about cycling, you will hit the tarmac sooner or later. You can learn to fall the right way, so the next time the ground moves up to embrace you, bear a few things in mind.

- Stretching your hands out to brace for the fall is an easy way to break a bone. Instead, keep your hands on the bars or as close to your body as possible.

- If you are falling to the side, turn the front of your body away from the road and absorb the impact with the back of your body.

- Pick a good place to land if you can. Easier said...

- Very importantly, once you are down, move out of harm's way, safe from traffic.

Please Send in your contributions and questions to the email address below.