



INSIDE Q3

of 2019 and already over the hump, it is downhill all the way to the end of the year. The Club has kicked things up and taken a front seat in events across the Globe, putting Cycology firmly on the Cycling world map. August break or not, Cycology is always rolling... Welcome!

CYCOLOGY
NEWSREEL

OUTSIDE IN THE RAIN...



Mud guards. Call them fenders if you like. The negatives - they will add another 400 to 500grams to the weight of your bike. More importantly, most mud guards just do not look cool on a road bike. Those would be the two primary reasons why most of us do not use them. Mud guards will however prevent your back and behind from getting wet and dirty. They will also prevent you from spraying fellow cyclists riding behind you. (In some cycling events, they are a requirement for this reason.) They keep mud and grit off your bike saving your bike components for longer and reducing the amount of cleaning you have to do.

YOUR BICYCLE CHAIN

The bicycle is still the most efficient transportation machine made by man. Your bike chain fits into gears and is what ensures that your pedaling will move your bike forward. Typical chains are 1/2 an inch (12.7mm) from one link to the next. This length increases as wear on the chain causes loss of material. This in turn leads to reduced precision in the fit of the chain on the teeth of the sprockets. This leads to damage to sprockets and to skipping of chains and breaking of ... Talk

about a Chain Reaction.
<https://www.youtube.com/watch?reload=9&v=AiOh9l1s7Os&feature=youtu.be>
Click the link above to see in 6-minutes, how to lube your bike chain like a pro. Ensuring that your



bike chain is properly lubricated will slow down wear on your chain, and ensure that you are not thrown off an angry iron horse. Too much lubrication is as bad as too little, if not worse, as excess oil picks up dirt, grit and all.

TRAIL BLAZING...

A few Cycology members happened to be in the Rocky mountains in Colorado and 'branched' the Monarch pass at 11,312feet. The Monarch Pass is a continental divide location with the Pacific Ocean and the Atlantic Ocean at either side of



it. Fat biking and other trail rides are here to stay. Absolutely nothing beats being one with nature. Good luck explaining to whoever has to do the laundry, though...

TEIDE PARQUE NACIONAL



Wey dem?!!!!
In May, 2019, two of our very own rode the Teide Parque Nacional. Mount Teide on which the National Park is centered is the highest mountain in Spain, at 3718meters high. From its base, it is the highest volcano in the Atlantic Ocean Islands and the third highest volcano in the world - 7500meters high. Very importantly, the National Park was named a World Heritage Site by UNESCO in 2007. Teide is located in Tenerife, the Canary Islands of Spain.

PASSO CAMPOLONGO



GRAN FONDO NEW YORK IN THEIR OWN WORDS

It's 5pm and 3km left. I see a lady stopped to drink. She comes up to me and says "This is bull@#\$t" I agree. We keep going up and down these small irritating hills. I didn't budget for all this. She says she wants to stop for another drink. I continue. This one is clearly not serious. They will soon come and sweep you. Drink kee you der. I continue. She catches up to me again and passes me. Maybe I should have stopped with her – I'm dying! 1km left. A police officer starts clapping for me. Please it's not clap I came to collect. Face your front. Finally, I cross the finish. A young black man holds up a medal and says "Congratulations Queen" Wait... it's not too late? I get a medal? Thank You Jesus! Tawa is the first to greet me. Its really real. I finished! All in all what more can I say? I made this race much harder for myself than it needed to be. I still don't know my official time. I may have been in the last batch but this Naija gehl no dey carry last.

Adeola

After the first 80km the rest of the ride is 100% cramping. So climbing with cramps and just taking it as slow as possible to reduce the pain. Needed the rest stop and they were 30km apart! At the 3rd rest stop I found myself looking for every excuse not to get back on my bike. This is where. I burnt the most time. I just



didn't want to ride anymore!. After that I wasn't sure I would finish Mehn... the signs telling you how much you had left were all fake news... after climbing for hrs you will see you haven't even done more than 5km and you are like that's not possible!!! I had no legs left after 100km. At some point I saw a sign that says when your legs stop moving, use your heart... I think all of us without exception finished that ride with our hearts and not our legs. I am still looking for my legs. Tawa





Training in the Alps (and the clouds) in the winter sport destination of Innsbruck, Austria with Nella was preparation again for Cycology members and affiliates who would shortly be participating in L'Étape du Tour.



Nothing like 'partners-in-crime' to make a job go easier. 21st of July, 2019, about 30

Cycology members and affiliates joined thousands of cyclists from around the world to take part in the 29th edi-



tion of L'Étape du Tour which was the 135km ride of the 20th stage of the Tour de France from Albertville to Val Thorens over an altitude of 4563meters.

CRASH COURSE

Let your mind take you where you want to go. And then just do it. What is the worst thing that could happen? To minimize accidents, Erejuwa gives us a few quick pointers following her experience:

- Do not assume anything
- Always wear a helmet and goggles
- Wear your medical bracelet - it will give the doctors important information
- Avoid riding solo
- Insure your bike (her 2-month old bike was covered by insurance for the damage)
- No matter how hard you want to ride, keep your head up at all times.
- If you are riding with anyone, stick together; there is safety in numbers.

"You can't get good by staying home. If you want to get fast, you have to go where the fast guys are" - Steve Larsen



The Bike and Recreation Park and Club House for which a parcel of land has been approved by LASPARK on Freedom way in Lekki has received another boost. ACF and Cycology have commenced discussions with Periwinkle estate who are very enthusiastic about the possibilities and the preservation of the sanctity of their development.

Still on the matter of Sharing The Road



WORLD BICYCLE DAY



Cycology took part in this year's World Bicycle Day with an exhibition ride to the National Stadium where a press conference was held with representatives of the United Nations after which there was an exhibition ride around Surulere. Club Captain Bimpe Olufemi and CSR Secretary and Vice Chairman of the Lagos State Cycling Association both spoke on Channels TV about the occasion, Cycling and the Club.

PRUDENTIAL LONDON



Several Cycology members and affiliates took part in the Prudential ride (RideLondon) on Sunday the 4th of August, 2019. The 100-mile (160km) ride is not exactly a piece of cake. The cycling festival has only been around since 2013, but has gained popularity amongst members of Cycology. This year was unique for several reasons, one of which was the very successful fundraising by Erejuwa Gbadebo for a special wheelchair for her nephew Olaoluwa, who has Cerebral Palsy.

Make Your Goals and Fight For Them

CYCOLOGY MEMBERS HANGOUT

 Saturday 10th August, 2019 9:00PM

day to go @ BOLIVAR

Wole Olateju Crescent, Lekki

- In the Q4 edition, we shall talk a lot about food. We would love to hear from you. Please Send in your contributions and questions to the email address below.