



CLUB – EARLY SATURDAY ROAD RIDE

The early morning ride starts from the Cycle Lab @ 05h00 up to Linden & back in time for the 06h00 Club Ride. This early ride is approximately 25 km for A and B riders who would like to add a further distance to their club ride.

CLUB – SATURDAY ROAD RIDE

The Club Ride leaves from Cycle Lab @ 06h00. One of the committee members will make the announcements and will call for each group to leave. Please listen for your appropriate group.

A Group: Ave Speed 32km plus per hour [No marshals]

B Group: Ave Speed 30km plus per hour [No marshals]

C Plus Group: Ave Speed 28-30km per hour [One Marshal sets the appropriate pace at the front and controls the bunch speed]

C Group: Ave Speed 26-28km per hour [One Marshal sets the appropriate pace at the front and controls the bunch speed]

D Plus Group. Ave Speed 24-26km per hour [One Marshal sets the appropriate pace at the front and controls the bunch speed]

D Group: Ave Speed 22-24km per hour [One Marshal sets the appropriate pace at the front and controls the bunch speed. A Second marshal controls the rear of the bunch.]

E [Beginners] Group: Ave Speed less than 22km per hour [One Marshal sets the appropriate pace at the front and controls the bunch speed. A Second marshal will marshal the rear of the bunch]

ROUTE:

At the Robots entering into Nicol Grove office park turn left into **Lesley Road East**. At the T junction turn right into **Troupand Avenue**.

Follow Troupand Road all the way until you meet **Witkoppen Road**.

At the Robot of Witkoppen turn left (approximately 2.7 km from Cycle Lab)

Carry on down Witkoppen road (over William Nicol Rd). Turn right into **Cedar Avenue** (approximately 4.6 km from Cycle Lab)

Follow Cedar Rd all the way past Broadacres Shopping Center (on your left). Pass Dainfern (on your right), Down the 1st BIG Descent & up the 1st BIG Climb (Alp Du Estee Timbers) to the stop street at the top. (This will be 13 km from Cycle Lab)

Turn Left on to the **R114** to Muldersdrift for 50m, then immediately right onto **R552** up a short drag over the Krugersdorp High Way.

Follow this road to a T-junction (this will be 16 km from Cycle Lab). Turn left @ the T-Junction, cycle for 200 m and then take the first turning right onto the **Elandsdrift Rd.**

THIS IS THE FIRST TURN AROUND POINT FOR D GROUP RIDERS (Following the same route back will give you exactly 32 km)

Follow the Elandsdrift Rd, expect short rolling hills with a short 500m steep climb to the T-Junction which will be 21.5 km from the Cycle Lab. **THIS IS A GREAT POINT TO HAVE A DRINK & SOMETHING TO EAT!!**

THIS IS THE SECOND TURN AROUND POINT (Following the same route back will give you exactly 43 km)

At the T-Junction turn right onto the **NEW Cradle of Mankind Rd.** Be careful in the dip as there are still a few road works, however it is safe to ride here slowly!!

This is the 2nd BIG climb of the Club Ride (Alp Du Cradle). @ the T-Junction on the top of the climb (false top) Turn left, this will be the 24km from Cycle Lab.

Following the Cradle of Mankind, **THIS WILL BE THE 3RD TURN AROUND POINT** (Following the same route back will give you exactly 50km)

The road drags up, take time to wipe the sweat out of your eyes & enjoy the awesome view!!!

The Alp du Cradle climb is 5.5 Km from Top to Bottom!! (The Top of the climb 28 km from Cycle Lab)

Continue along this rolling road, look out for the wildlife on either side of the road. WILDLIFE in the middle of JHB, YIP!!!! **THIS IS A PERFECT TIME TO MAKE SURE YOU ARE STOCKING UP ON LIQUIDS & FOOD!!**

Enjoy the long descent towards the Rhino & Lion Nature Reserve. This is what cycling should be all about!!!! Beware of the Hippo's in the Dip!!

THIS WILL BE THE 4th TURN AROUND POINT (Following the same route back will give you 72km)

If you need some speed training, check out the Lions on your left (I saw two while mapping this route!!!)

At 36.8km from Cycle Lab the dirt road starts (Paris Roubaix). This section is only for A & B riders. It is 400m long before the tar road starts again. Continue along this picturesque road under the big trees. Pass the Rainbow Trout Farm on your right. At 39.5 km turn right towards Sterkfontein Caves.

Follow this road all the way to the T-Junction (the road is flat with slight undulations) At the T-Junction turn left towards Krugersdorp at 45.5 Km from Cycle Lab turn onto the **R563.**

Follow this road towards Krugersdorp, take the next turning left onto the **N14** towards Pretoria. At 48 km from Cycle Lab (this is a short steep climb, Alp du KrugersDorp – 900 m Long)

Take the next turning left towards **Kromdraai (T9)** (You have now ridden 50 km from Cycle lab). You will now be heading back towards the Paris Roubaix section after turning. This is a long descent, so have a drink and something to eat (Gin and Tonic PLEASE!!)

At 52 km, note the Ostriches on your right! Continue straight along this road until you reach the dirt road (Paris Roubaix) Lots of Moooo cows on your left!!

Now follow this same route back to the lab in reverse (Not reverse on your bike SILLY!!!!)

A and B ride will be 95km from the Cycle Lab excluding the early morning ride. On the way back at the end of Paris Roubaix you would have completed 57 Km from the Cycle Lab and you have another 37 km to go!!!!

From the Rhino & Lion Park you will be doing the Alp du Kromdraai which is 1km long back towards the top of the ridge going home. There will then be rolling hills all the way back to the top of the Alp du Cradle. This is a fantastic training road to improve fitness.

The final climb home!! Alp du Dainfern, 1.5 km long then the last few kilometers to the coffee shop!

Total 94 km!

TURNING POINTS

Turning Points	Total Distance of Club Ride
1 st Turning Point @ 16 km	23 km
2 nd Turning Point @ 21.5km	43 km
3 rd Turning Point @ 24 km	48 km
4 th Turning Point @ 36 km	72 km