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The ABSA Cape Epic London launch



Photos: www.cape-epic.com

The Absa Cape Epic, now in its seventh year, has fast become one of the leading institutions on the global mountain biking calendar, and the London launch will take place later this month

AS THE largest two-person team stage mountain bike race in the world and still the only HC (Hors Catégorie) classified mountain bike stage race to be added to the Union Cycliste Internationale (UCI) calendar, the race annually hosts the world's most accomplished and legendary mountain bike riders.

Hors catégorie is a French term used in cycle races (most notably, the Tour de France) to designate a climb that is “beyond categorisation”, an incredibly tough climb. Most climbs in cycling are designated from Category 1 (hardest) to Category 4 (easiest), based on both steepness and length. A climb that is harder than Category 1 is designated as hors catégorie. What an achievement for South Africa. There are only three races with this great honour: Tour de France, Giro d’Italia and ABSA Cape Epic!

The race, presented by Adidas, takes place from 27 March to the 3 April 2011 and is the largest full-service mountain bike stage race in the world. The route changes each year and leads 1200 aspiring amateur and professional mountain bikers from around the world through

approximately 800 kms of the unspoilt nature of the Western Cape and up approximately 16000m of climbing over some of the most magnificent passes in South Africa.

The 2011 route launch will take place in Putney Heath at the Telegraph (www.thetelegraphputney.co.uk) on Thursday 25 November at 7:15 pm. The guest speaker will be Sally Bingham, the top UK Ladies finisher in the 2010 Epic, and third in the mixed.

Next month we will take a peek at who to follow... and yes Lance Armstrong is on the list!

If you are into Mountain Biking join the Pedal Studio Mountain bike group for training and weekend rides – Pedal Studio is London’s only Pay as You go Spinning Studio. Email Andrew on andrew.clayton@pedalstudio.co.uk to find out more. www.pedalstudio.co.uk