

Have bike will travel!

by David Butler



Oxshott – Cape Town – Athens – Olympia – Sienna – Lucca – Riva del Garda – St Moritz – London – Paris – Amsterdam – Lourdes – Oxshott

9,000 kilometres – nine countries – 400 riders – 175 inner tubes – 10 million calories – a few bottles of Bollinger!

All in 2012 with 48PTC and we are at it again in 2013 – so come on down and join us. The year begins again with the biggest cycle race in the world, The Argus Cycle Tour in Cape Town, in its 36th year (www.cycltour.co.za). Some of us from Oxshott will be among the 42,000 starters in 40 degrees of heat riding around the stunning Cape Peninsula. The route takes us through Simonstown, Scarborough and Misty Cliffs. Flying past the penguins at Boulders, the route traverses the awesome Chapman's Peak before finishing in the shadow of the World Cup stadium at Green Point under the gaze of

the twelve apostles. Last year I joined sporting legends Lawrence Dallaglio and Freddie Flintoff along with other core riders including Graeme Le Saux and Lee Dixon. (www.dallaglioflintoff2012.com/riders). We were supported by 350 other passionate riders over five stages, riding all the way back to the Olympic Park in London. The physical obstacles of The Ionian Sea, Apennines, Dolomites, Swiss Alps, and the gastronomic delights of a private function at Bollinger couldn't prevent us raising over £2m. Charities to benefit were Prostate Cancer Research and the Flintoff Foundation for physiotherapy units for children (www.affoundation.co.uk).



This year we are a little closer to home around Easter with two local races. The Spring Onion on Sunday March 17 begins at the Oxshott Club/PTC Oxshott in Oxshott, and similarly Sunday May 12 for the May Flier by South Western Road Club.

L'Etape du Tour is our chance to race a stage of the Tour de France every year and this year we find ourselves heading for Annecy. Warming up on the Col de la Colombiere and cooling down on the legendary Alpe d'Huez which the Tour riders are climbing twice this year in one stage on the centenary Tour.

Join us for breakfast on the Champs Elysees on Sunday 21 July before we watch Cav (Mark Cavendish) win the final stage of the Tour de France 2013 for the fifth year in a row and cheer Froome Dog (Chris Froome) and Sir Wiggo on the Tour podium.

Our third O2P Oxshott to Paris goes via the leafy lanes of Surrey and Sussex and over the North and South Downs. Overnight on the Portsmouth to Caen Ferry, over the Pegasus Bridge and lunch on the quayside at Honfleur and onto Rouen. Flirt with the meandering Seine to Versailles and then ride the final stage ahead of the Tour riders.

The London 100 comes past Oxshott, Cobham and Esher on Sunday 4 August and some of us will be riding this one. If you would like to join us there are places available through the charities we work with.

September is probably the busiest month in the calendar as we head for Amsterdam

with ibc2ibc. We spend four days in the Pyrenees near Lourdes in the most amazing farm guest house. The delicious home cooking provides energy to conquer climbs like the Tourmalet, Aubisque, Hautacam and Aspin. It's all capped off in Northern Italy to watch the UCI Road Cycling Champs. But in true 48PTC style we ride there from Salzburg over the 48 hairpin, 2,760m, 24 km long climb of the Passo del Stelvio and down Lake Garda towards Lucca and Florence.

So how do we make sure we are fit and in shape for all this?

We ride every Sunday morning from PTC Oxshott and head for the Surrey Hills or Windsor Great Park, Box Hill and Ranmore. It's a free cycle group and many of us end up doing one or all of the events or tours above, and more. We road ride and get the mountain bikes out from time to time. Strength and conditioning in The Personal Training Centre coupled with massages from the sports massage therapist and help from our osteopaths make sure we stay in shape. They treat any ailments or injuries, and are on hand on our tours abroad.

You can join us, everyone is welcome to ride, whatever level there will be someone to ride with. And if you want to get in shape before you hit the road or the woods, or to improve your fitness for any of the tours and races, then come along to our Indoor Cycling Classes with Ride PTC at The Oxshott Village Sports Club. Even if you

don't ride outdoors you will get in great shape!

We make indoor cycling exciting! We are using a mixture of state of the art training videos via a live stream from a leading US coaching company (the only venue in the UK currently) and other videos and music sessions. The videos are similar to those we currently use in the PTC on the Tacx system and are actual footage of locations such as Hawaii, US, Australia, Spain Italy and France. Come and feel like you are there training! Many of the locations we have ridden, so we can swap stories of our cycling adventures and you can see where you might end up riding one day.

Join the cycling revolution – it could be the start of a whole new adventure! ●

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