

RACE-DAY GEAR

BEST BIBS, SOCKS, HELMETS,
MORE SOCKS, MULTI-TOOLS AND MORE...

March/April 2019

Bicycling

**IS CANNABIS
THE NEXT
SUPER
SUPPLEMENT?**

P.28

plus
**RIDE THE
CAPE'S OVERBERG
MEANDER**

**HANDLE
ROAD RASH
LIKE A PRO**

**WHY YOU
SHOULD DO
THE RIDES
THAT SCARE
YOU**

#18
*In the wind,
pedal downhill
in a big gear.*

**52 EXPERT TIPS TO RIDE YOUR
BEST CYCLE TOUR**

ACE THE RACE!

**NAIL ANY TIME GOAL ★ AVOID NUMB HANDS ★ ALL-DAY ENERGY
★ CHEAT THE WIND ★ PRO SECRETS**

MARCH/APRIL 2019 | BICYCLING.CO.ZA
RSA R65.00 (VAT INCL) | NAMIBIA N\$67.50



SA'S BEST-SELLING
CYCLING MAGAZINE

THE ALL-NEW COROLLA HATCH DRIVE YOUR OBSESSION



TOYOTA

LEAD THE WAY



Introducing the all-new Toyota Corolla Hatch: an effortlessly stylish hatchback that comes with superb driving dynamics, a state-of-the-art display audio system, and a stylish exterior that's worthy of obsession. Model line-up: 1.2T Xs | 1.2T Xs CVT | 1.2T Xr CVT.

BOOK A TEST DRIVE TODAY.

 Toyota SA  @ToyotaSA

COROLLA
HATCH

CLIMB EVERY MOUNTAIN The Cape Town Cycle Tour is an experience like no other, whether it's your first, your 41st, or somewhere in between. Are you ready for it? [P.52](#)



Stories

14 The Frame
The Tour Down Under.

20 Races We Love
The Cape Town Cycle Tour MTB Challenge.
By Jazz Kuschke

22 The Crash
How a car hit me... and the lessons you could learn.
By Kirsten Curtis

24 Handle Road Rash Like A Pro
Gonna happen some time. Here's how to heal fast.
By Uncle B

28 The Cyclist's Guide To Cannabis
Fullyyyy, dude... no, but seriously. It's a thing.
By Scott Douglas

30 Do The Rides That Scare You
Why it's good to conquer what freaks you out.
By Gloria Liu

38 Bunny-Hopping The Patriarchy
...and nine more cycling change-makers.
By Selene Yeager & Jen See

50 Centrefold
Canyon Alejandro Valverde WC 2019 SE Ultimate CF SLX.

52 Nail Your Cycle Tour
Wanna smash a PB? Or just get to the finish? Our CTCT experts are here for you.
By Bicycling Staff

62 How Silicon Valley Hacked #dawnpatrol
They geeked a bleak slog into the world's coolest commute.
By Adam Fisher

68 The Great South Meander
Conquer the Overberg in a weekend.
By Mike Finch

82 The First Bike I Really Loved
By Riley Missel

inside