



The Epic Experience

September 2016

Johan Labuschagne

THE UNTAMED AFRICAN MOUNTAIN BIKE RACE



The Cape Epic and You



The Magical + Untamed African MTB Race



<https://www.youtube.com/watch?v=V0OFF3q4Pxxk>

What qualify me to give advice?

Who am I?

- Over 20 years at Sasol
- Two bicycle stores in Pta “The Bicycle Company”
- 12 Epics with a few podiums
- Joberg2C, Saci2C, Cape Pioneer, W2W, etc

I work all day and train at awkward hours!



Johan Labuschagne
250 - 1
12 x Finisher



Aim of Briefing



- A peek of what you will experience at the Cape Epic
- Mechanical support & aspects
- A little bit of advice

Day Zero

Arrive at the W&A for registration - reality dooms butterflies and excitement!

Your body has never been so fit and tuned

Meet friends and new people at W&A registration –
You think, “wow they look fit”

Drink coffee and soak up the atmosphere

“Am I ready?” “Is my bike good enough?”

Tonight, you sleep restless; tomorrow is D-day



Prologue

Good morning!

Something go wrong or is missing!
Panic last minute fix!

Prologue - Organised chaos!

An hour in a second – Don't blink!

Life is a bliss!



Time Management

First day continue

FINISH!

Give your bike to bike wash

Stop, drink, sit down a bit.

Collect your bag, chose a open tent.

Drink carbs drink – Tim who?

Shower.

Eat, looking for more to eat.....

Take bike to service

Go for massage.

Afternoon sleep if lucky.

Was your clothing.

Have dinner, listen to next day race briefing.

Look at map for next day and seeding.

Pack for tomorrow.

Drink more water.

Sleep.



Stage 1

03:00 Did I sleep?

05:00 What first? Breakfast, WC, bike, dress, mix my bottles, Where is my partner! – Eish!!

06:30 Start pen! Music! Foreign faces - serious!
Count down! Go Go Go!! Heeha!

This is easy

This is challenging

This is though

This is imposable! Water point # what!!

Finish! Phew! This was my hardest ride ever!

Happy to get food! Sleep, massage.

PS Riders who know me say that I am unapproachable??

PS I hope they steal my bike



Time Management (cont.)

Second day and Every day thereafter.

Weak-up.

WC, hydration pack, breakfast.

Collect your bike.

Do final packing in your Epic bag.

Give in your Epic bag at truck/tent.

Go to the start.

Chat with your mates at the start.

Focus now boet!

Start!



Stage 3

23:00 – why is the toilets so far?

23:10 – Where is my tent?

23:30 – Where the @#\$% is my tent?

03:00 – I am sick, I cannot start today!

03:30 – Do I hear rain?

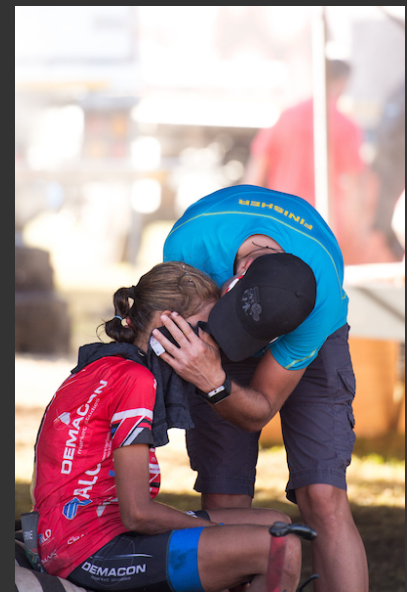
04:00 – It is not my legs!

05:00 – My partner has a wild look in the eye, I am not going to tell him I cannot start,

- I will fall over after 10km and play dead.

Wow I have made it, I did not die!

Thanks partner!



Grand Finale

04:00 – My legs feels great!

05:00 – What a lovely day!

We are going to “klap” it today!

What a bliss!

Thanks Partner!

Family, friends!

PS Have you ever saw Superman and I
together in a room?



Johan Labuschagne 250 - 1
Gerrie Beukes 250 - 2

Advice

- 1- Selecting the Correct Partner
- 2- Bicycle
- 3- Mechanical and Spares
- 4- Useful Tips



Selecting the Correct Partner

Most critical part of The Cape Epic.

Communication.

Trust – to finish.

Set Goals.

Ideal Partnership.

- Know each others capabilities well.

- Have race/trained together.

- Communicate well with each other.

- Are friends.

The attitude of your partner is a reflection of your attitude – always stay positive.



Bicycle

Hard tail or Dual?
As new as possible!

Tubeless – the right way

Disc Brakes - metal

Saddle & bib's, etc

New drive train

Major Service bike two weeks prior to race
and test the bike – not in Bicycle
Company's parking area.



Mechanical and Spares

Don't over compensate

Tubeless tool with plug – ready to use

Extra plugs – various sizes

Micro pump and CO2

Multi tool with chain breaker

Derailleur hanger

Chain link

Gator

Tube with sealant

Duct tape ~1m

Wet conditions: 1 set of brake pads & small lube

NB: 1 x Chill-pill each



Useful Tips

Train with it – Race with it.

Do not use new stuff!

Bike set-up – very important, even before you start training.

Protect you bum from shaving – keep it clean.

Massages.

Mechanic, worth his weight in gold.

Vitamins, minerals, probiotics, stomach meds.

Medical kit – Optisite for scrapes and roasties.

Ear plugs – ensure a good nights rest.

Remember to Enjoy every moment!

Good Luck!

PS You are going to need it

Thank You