



Dear JMBC members

The Smuts House ride has been a traditional ride on our club ride calendar. It's a venue friendly to cyclists and visitors alike. The restaurant menu's French Toast with crispy bacon and maple syrup is my favorite treat. What's yours?

Our club has a team of volunteer ride coordinators, who help to ensure that we have scheduled rides every Sunday morning and that the venue we start from is ready for us. We've got an opening for another 2 ride coordinators, so if you'd like to find out more, please let me

know or contact any of our committee members. We'll show you the ropes on how to do this, which will also give you some insights on what has made JMBC such a great club over the years (including learning how to use the club Garmins)

Cheers

Derrick

ALL RIDERS JOINING JMBC CLUB RIDES ARE URGED TO READ THE INDEMNITY. [CLICK HERE](#) TO DOWNLOAD.

NEXT CLUB RIDE: Rosemary Hill

<https://goo.gl/maps/y3TnXVvtb9JPQ7qY7>

DATE: 25th June 2023

VENUE: Rosemary Hill Mountainbike Park

TIME: 7:30 to ride at 8am
DESCRIPTION: a Moderate ride

RIDE REPORTS FOR SMUTS HOUSE

MARGIE OS REPORT FOR GREEN



Father's Day plus the distance plus the famous freezing take-off from Smuts House do not add up to a good turnout. A core of 4 Greens had to be coaxed out by the ride coordinator's offer to join us to make it 5.

But we found we could welcome Petro, a visitor from Cycle Lab wanting to try out a Sunday ride, and Rodney, a canoeist last seen many years ago, who still has his JMBC shirt and wanted to check out if he could still ride a bike. Then, when 3 lonely Yellows were relegated, and accepted by Green with a good grace despite their disparaging remarks, we had 10 riders led off by Scott on the Yellow route at Green pace.

It was great to have Lara join us for her occasional look-in just to ensure that we are still around. Much chatting was enjoyed while catching up with where all our ex-riders are and their various cycling and wine-tasting escapades.

Predictably, the early morning layers were shed at regular intervals as we left the farm and the sun warmed up to make for perfect cycling weather. With 3 Garmins employed, plus Mike's know-how after being part of the recce group, we were able to iron out any deviations from the route with ease. However, Mike took off so fast down the long hill to the first tunnel that his Garmin flew into the bushes somewhere... expect your membership fees to go up for the replacement.

Despite the steadily increasing volumes of dumping in this area, there was only one gripe about the route ... it now cuts out the western section bordering on Red Barn, with its interesting whoop-de-do's along the river ... is there no way to thread that back in Dave?

As usual, we could enjoy each other's company over the good food and good coffee on offer at Tannie Issie's. Thank you to everyone for playing their part in making this such an enjoyable ride, especially to Scott for leading, Natasha and Richard for insisting they had to do this ride, and Mike for pulling us all together and then taking over as sweep.

Distance: **24.4**

Ascents: **255m**

Speed: **11.6kph**

Moving time: 2:05



JD REPORT FOR BLUE



The Sunday proved to be quite chilly as the few of us that braved the cold and forego the Father's Day breakfast in bed, to meet at Smuts House in Irene. Green was almost a no go with not enough numbers, when in fact the Blue group only had 4 of us. Gerhard, Paul, Matthew and myself leading. We opted for the Blue Route right off bat, as it was

a short course. Besides we needed to warm up and quick, lucky there was a bit of a climb out of Smuts House, so that got the body temp up a bit (Will point out here, this is where we lost our only female rider) We crossed the road. And it was on a very dusty dirt road with a few slight climbs. Then we hit a lovely downhill against the wall, and I just motored down it, and waited for the rest of the group to catch up, it must be because Ebikes are so much heavier, so we have the advantage of downhill speed.

After crossing under the highway, we had a bit of climbing road riding, then turned onto the dirt track which was pretty steep. Paul, was slightly bugged after that one, saying that 3 weeks of not riding resets the fitness levels, and I can attest to that. We carried on following the trails but kept seeing taped off sections and met a few people at the abandoned house (Pic opportunity) who told us that they were on a trail, walk run. So, we didn't get to ride through the house, as the steps were the wrong side, but after taking some pics, I decided to ride through it, and down the steps.

Gerhard was fascinated about these routes in his 'Back yard' that he did not know about and wondered how we found them, told him, Google Earth, then a recce to check it out. We had no problems going past the location, and eventually we were back on single track climbing, and I knew that there was supposed to be a nice technical descent here, and when I thought we were at the top, well you know what thought did. So, we pedalled some more, took a sharp turn and proceeded back down again. First part was okay, middle part was a bit

tricky with a lot of loose rocks from the motorcycles, and well the last part, just left the brakes and bounced on down with Matthew close on my heels. Gerhard said he fell a few times softly, and Paul opted to walk the tricky parts.

A bit more single up through the trees, and then a very nice long, albeit bumpy, dirt road back to the car park. We beat Green/Yellow by a good 15 minutes.

Anyway, hope to see everyone back at Rosemary Hills.

Stats according to Strava:

Distance: **34.99 km**

Moving Time: **2:11:28**

Elevation: **462 m**

Speed: Avg – **16 km/hr**. Max – **54.4 km/hr**



June rides are as follows

25th June - Rosemary Hill - (Moderate)

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