

NEW XCOSA BIKE PARK AT VOORTREKKER MONUMENT

Pretoria, 31 August 2016. A brand new mountain bike park will be launched on Sunday, 11 September on the Voortrekker Monument Heritage Site from 08:00. About 300 invited guests will open the five new routes in sessions of twenty minutes each accompanied by a rider with knowledge of the tracks.

Mountain bike enthusiasts can look forward to some bespoke riding and training facilities! Pierre Nel, the track builder, bike park developer and professional mountain bike conditioning coach, explains that this new XCOSA Bike Park has been developed over the past two years and is regarded as one of the top mountain bike cross country Olympic (XCO) destinations in the country. It has already successfully hosted top level mountain bike events ranging from a UCI XCO World Cup, a national XCO Cup, provincial XCO events and our own XCOSA development series.

According to Nel this XCOSA Bike Park, will cater for cyclists of all levels and especially for mountain bikers requiring typical XCO-type exposure to prepare for events. Currently, there are six colour coded tracks, demanding increasing physical and technical skills. Tracks are also rated according to the new BSF grading system, indicating the "B"ike impact, "S"kills requirements and "F"itness demands of each part of the route. A pump track and routes for rides of 2 hours will soon be opened. Hence, in addition to offering a mere riding facility, a high tech, high touch performance laboratory, applying the latest technology for performance development, has also been developed.

Safety is always a concern but it can never be guaranteed, and cyclists are encouraged to always be vigilant. There is excellent cooperation from the security staff of Mr Willem le Roux, Security Officer at the Voortrekker Monument. Management has introduced a number of security measures such as daily vehicle fence patrols, daily foot patrols by guards and dogs and patrols on horseback and on mountain bikes.

Riders can also visit the licensed restaurant and deli on the site which has ample ablution facilities, a picnic area with clean braai facilities and can accommodate any sized groups. For more information Pierre Nel can be contacted at 0797171209.

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