

## It's Epic - part 2



1 Apr 2016

Better late than never. Here's part 2 of an epic mountain bike adventure.

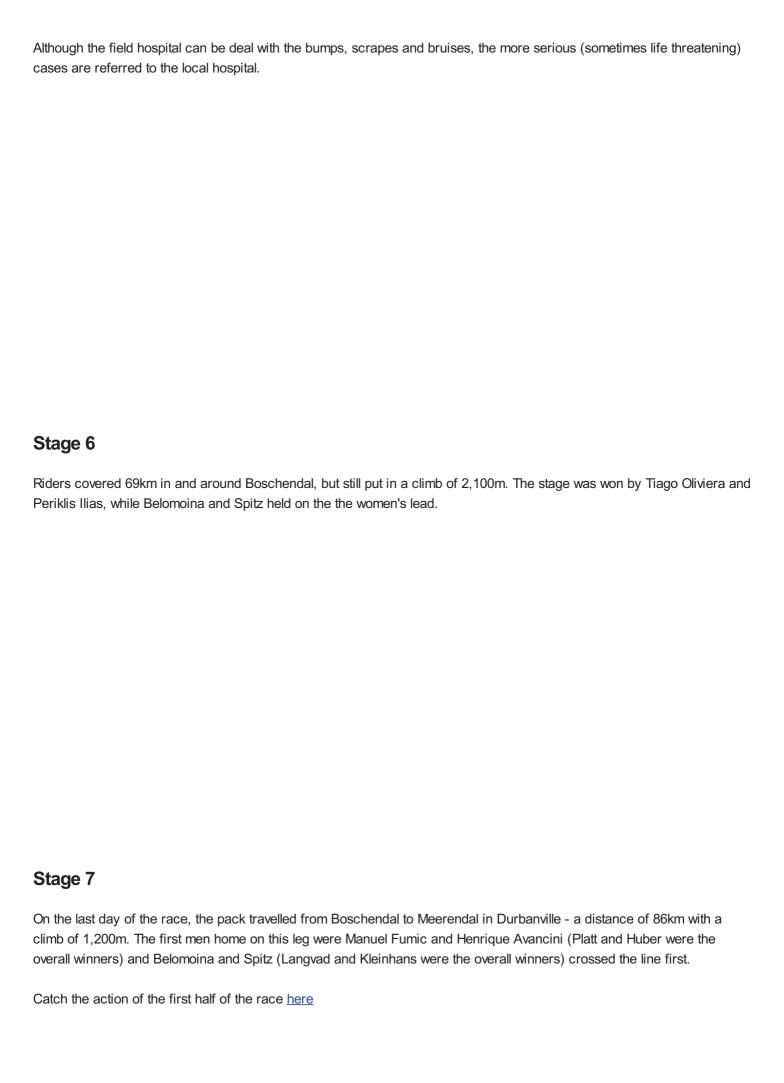
## Stage 4

With the ABSA Cape Epic halfway through, the toughness of the race is beginning to tell bodily on the riders, especially on their nether regions. Mediclinic's famous (or infamous) bum clinic has a queue outside its door every morning to take care of saddle sores.

Stage 4 took riders on a 75km cycle around Wellington. Karl Platt and Urs Huber took line honours in the men's race, while Annika Langvad and Ariane Kleinhans won the women's race.

## Stage 5

During this stage, riders rode 93km from Wellington to Boschendal, just outside Franschhoek with a climb of 2,500m. Nicola Rohrbach and Matthias Pfrommer won the men's race and Yana Belomoina and Sabine Spitz the women's.



## ABOUT NICCI BOTHA

Nicci Botha has been wordsmithing for more than 20 years, covering just about every subject under the sun and then some. She's strung together words on sustainable development, maritime matters, mining, marketing, medical, lifestyle... and that elixir of life - chocolate. Nicci has worked for local and international media houses including Primedia, Caxton, Lloyd's and Reuters. Her new passion is digital media.

#BehindthelVask: Dr Nadia Swart, flight doctor, Netcare 911 - 16 Mar 2021

One year on: #Covid-19 by the numbers - 5 Mar 2021

#2020AfricaBrandSummit: Winning hearts and minds in the midst of a pandemic - 9 Oct 2020

#WomensMonth: Covid-19 taught Lizeth Kruger to adapt to change - 27 Aug 2020

#SurvivorStories: I had a spiritual conversation with my body to fight, Shorn Khumalo - 3 Aug 2020

View my profile and articles...

For more, visit: https://www.bizcommunity.com