

FUN(d-raising) Ride and Morning with pro-cyclist Linus Gerdemann



Pro-cyclist Linus Gerdemann, a former Tour de France stage winner and yellow jersey holder



Pro-cyclist Songezo Jim with members of his cycling academy. Songezo is a frequent visitor to Lawhill - see photo below of him riding with Lawhill cycling sponsor, Mark Hamsher and Lawhill cyclists.

Pro-cyclist Linus Gerdemann will be in Cape Town briefly in January 2018 and will be hosting a FUNdraising ride around the Cape Peninsula.

If you are an avid cyclist or training for the CT Cycle Tour in March, here's your chance to ride with - and learn from - a pro Tour de France cyclist.

Linus is a former Tour de France stage winner - he won the 7th stage of the TDF in 2007, a win which gave him the yellow jersey as leader in the general classification as well as the white jersey for best young rider. He also won the Tour of Luxembourg in 2011 and 2015.

He will be joined by cyclists from STS's Lawhill Maritime Centre and Songezo's Cycling Academy.

South African pro-cyclist, Songezo Jim started the Academy to involve youth living in the township in cycling, a positive after-school activity which builds their self-esteem and keeps them off the streets and away from the social ills prevalent in their community.

NOTE: Places are limited to 20 cyclists.

WHEN: Tuesday 9 January 2018. Time: 06H45 for 07h00 start

COST: R350 per person - includes refreshments (coffee and doughnuts). Payable via EFT. Click on link below to book.

ROUTE: Start at the Lawhill Maritime Centre in Simon's Town (Corner Jan Smuts and Harrington Drive). Parking available.

Cycle towards Millers Point, past Cape Point Nature Reserve entrance, to Scarborough, Kommetjie and then on to Masephumelele/Capri where we will stop for a refreshment break at Songezo's Cycling Academy.

After the refreshment break, we will cycle back to Simon's Town over Glencairn Express Way and back to Lawhill via Runcimann Drive. Once back at Lawhill, cyclists will have the opportunity to engage with Linus.



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