



## GIBA GABBA 26

Greetings all!

*It's summer time! This miserable, what feels like three months of rain seems to be slowing down and the sun is peaking out of the clouds more often. It's going to be a wonderfully warm summer and Giba is the ideal place to come and blow off steam, those extra mince pies or three too many glasses of wine from all the end of year and Christmas celebrations!*

*Giba is very holiday friendly in that it is a great place to nurse a festive season babalas... either crawl up on our comfy couches with a cup of coffee and good book while the kids keep active on their bikes, or blast it out of your system with an invigorating and refreshing ride!*

*We are going to be open everyday throughout the holidays-even new year's day! We will be closed every Monday (as usual) and on the 25th and 26th of December.*

*If you are going to be in Durban and the surrounding areas during the holidays come and spend some quality time at Giba Gorge!*

## PARK NEWS

### **FINAL BMX CLINIC 18TH DECEMBER**

*Teagan and Jordan will be leading their last BMX clinic for these holidays at Giba. The clinic will revolve around the basics of BMX racing. Every section of a BMX track offers an opportunity for a rider to sneak past another rider if you have the knowledge, and that's exactly what these clinics are for!*

*Between Teagan and Jordy, there is a wealth of knowledge earned through their international racing experiences. The clinic is open to all, first timers, girls, boys and those who have already started racing but are looking to learn those extra techniques to give them the edge for the upcoming racing season.*

**DATES:** 18th December

**TIMES:** 8:30 am – 1pm

**COSTS:** R120 per child per day.

**INCLUDES:** Park entry, lunch and cold drink

**YOU BRING:** Helmet, bike, gloves, and long pants and shirt.

Please download the indemnity form and the booking form from [www.gibagorge.co.za](http://www.gibagorge.co.za) and return to me via email: [jason@gibagorge.co.za](mailto:jason@gibagorge.co.za) or fax: 086 614 7471

Please book your place as spaces are limited.

If you need to hire a BMX, please contact Bryan at Cyclelab on 031 769 2912, or email at [giba@cyclelab.com](mailto:giba@cyclelab.com)

### ***DIRT DICE TIME TRIAL***

The Dirt Dice is a time trial concept where we have set a fixed 6.2km route which is awesome. Every Wednesday we meet at Giba, and register from 17h00. We start at 17h30, time trial style at 1 minute intervals and your time is clocked for one lap. It's a social vibe, and it's open to all age groups.

Each week the results will be posted on [www.cyclelabonline.co.za](http://www.cyclelabonline.co.za) , and [www.gibagorge.co.za](http://www.gibagorge.co.za) as printed and stuck up in the Cyclelab shop window at Giba, and you can compare your times against each other as well as seeing how your own times improves over the course of the year.

A "league ladder" type system will be kept where regular appearances will gain credits/time bonuses and will ultimately benefit you at the end of seasons prize giving!

Last year we did a few where we recorded a split time at the top of the climb, which gave interesting results when you compared your splits and over all time against your mates and other close riders. It showed whether your climbing or descending are your strengths or weakness in comparison to others who have the same over all time.

Of course beers flow after, and there is talk of a floating trophy and other prizes on offer, but one of the main aspects is to ride, laugh and socialize with other like-minded people.

Dirt Dice, brings out the animal in you!

### ***WEBSITE UPDATES***

I recently learned how to add in video clips on the website! Please keep a look out for new video clips which will be posted in the Photo Galleries section of the website

[http://www.gibagorge.co.za/?page\\_id=81](http://www.gibagorge.co.za/?page_id=81) . If you have any suggestions or feedback on the website, please do send it to me at [jason@gibagorge.co.za](mailto:jason@gibagorge.co.za)

### ***BMX TRACK***

The BMX track like the trails has taken a hammering of late, and Mishack and his crew will be jumping in to repair and smooth the surface once again. So please bear with him and his team if you find him on the track over the next couple of days.

## **CHRISTMAS SPECIAL: MASSAGE VOUCHERS AVAILABLE**

*Incorporate Sports massage into your Training schedule to enhance your results and prevent injuries!*

*By package of 3 massages, get one FREE ... ONLY R180!*

*AVAILABLE ON WEDNESDAY EVENINGS AND WEEKENDS BY APPOINTMENT ONLY*

*BOOK APPOINTMENTS WITH TASH: 0723 494535*

***ATTENTION LADIES:*** *Relaxing Swedish massage and Gel Nail treatments also available –*

*Book an appointment to treat yourself while your family is riding!*

*R120 Gel Overlay – French / colour gel*

*R50 Tidy up + Paint*

*R40 Soak Off*

## **GIBA GALLERY**

*Take time out to browse through the gallery while the kids are out of your hair with a delicious cup of coffee and do some special Christmas shopping!*

## **GIBA GORGE DEVELOPMENT TEAM**

*With the 2008 year nearly finished, and a successful year of BMX racing complete, the Giba Gorge BMX development team has really grown from strength to strength. So much so that Neil Cocker from Omnico (Mongoose bikes) has stepped in to look after the team by sponsoring them 8 new bikes for the 2009 racing season. Not only that, but Neil will be looking after them in terms of new helmets and other accessories too! A huge thank you goes out to Neil and his team at Mongoose/Omnico!*

*The team also received new Fox racing pants and gloves at the end of this year, so when the kids step out for the 2009 season, you are going to see one super smart looking Giba Development Team with pride and happiness written on everyone of their faces!*

*Next year the 2008 team of eight members will be riding in the sponsored gear, while their old kit and bikes will be handed down to a new generation of first time riders from the community, and so the cycle starts again by giving more children an opportunity to mix it up with all the kids at the park, to experience the thrill of BMX racing, and to learn the importance of sportsmanship and the camaraderie felt at Giba.*

*Of course this also means that Giba has the challenge of taking a team of 8 to not just every local race meeting, but to the national events including those in Johannesburg. It is with this in mind that we are asking business's or people who would like to support our development team in a financial way to get touch with me.*

We are going to be looking to raise funds to manage the team for the 2009 season, as well as trying to get a courtesy vehicle to transport the team to race meetings far and wide. The vehicle would be used to transport all our development riders in both mountain biking and BMX.

The team would also be requiring a trailer with bike racks. If you feel that this is something that you or your business would like to be involved in, then we would really like to hear from you. Please contact me on my cell: 083 307 9046 or email [jason@gibagorge.co.za](mailto:jason@gibagorge.co.za)

See the development team rider profiles and other representatives of Giba Gorge at [http://www.gibagorge.co.za/?page\\_id=1155](http://www.gibagorge.co.za/?page_id=1155) ( found under the website menu's, Giba Riders > Rider Profiles )

### **KIDS BIKE MISTAKENLY TAKEN FROM GIBA**

A small child's bike was mistakenly taken off the wooden hanging bike racks at Giba a couple of Sundays ago, leaving behind their own bike of the same model. We have one very distraught boy, Ross Mostert, who is very keen to get his bike back. Both bikes are small Black Avalanche's as in the photo. The only difference is that Ross's bike has a sticker on it with his name on it. The bike left behind is sitting in the Giba container awaiting its owner's collection.

Anyone whose child has a small black Avalanche bike, and who was down at Giba a couple weekends ago, please go check if you have Ross's bike, and if so please contact Jason on 083 307 9046 or email [jason@gibagorge.co.za](mailto:jason@gibagorge.co.za) to make arrangements to swap bikes back.



## **GENERAL**

<b>Useful info: Office/ emergency number</b>	<b>031 769 1527</b>
<b>Fax line</b>	<b>031 769 1418</b>
<b>Medical Emergency (ER24)</b>	<b>084 124</b>
<b>Bookings, public relations (Georgi)</b>	<a href="mailto:info@gibagorge.co.za">info@gibagorge.co.za</a>
<b>General Manager (Jason)</b>	<a href="mailto:jason@gibagorge.co.za">jason@gibagorge.co.za</a>
<b>Management-cycling (Mr.X)</b>	<a href="mailto:xolani@gibagorge.co.za">xolani@gibagorge.co.za</a>
<b>Trails, queries, other (Chris)</b>	<a href="mailto:chris@gibagorge.co.za">chris@gibagorge.co.za</a>

**SEE YOU AT GIBA THIS SUMMER!**