

TV19/1121 Cape Epic

*Eight days a week
Lonely days
Highway to Hell*

Van de Capetown University
naar de Val de Vie Estate
het is er niet alleen heet
maar ook je reinste nachtmerrie.

Single en duo tracks
Rugged Mountaintrails
Windswept gravel roads
and lots of sand.

absa **CAPE EPIC** 17 - 24 March 2019
624km | 16 650 Climbing



The Untamed African MTB Race

RO- DGE	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	STAGE 7
km	112	86	103	43	100	89	70
CLIMB	2700	2250	2800	1000	2850	2650	1800
CLIMB	1000	1000	1000	1000	1000	1000	1000



Modern Africa rolt voor u uit
een prachtig affiche vol heroïek
heldendom of tragiek
wie wordt door ongereptheid gestuit?

*Historisch 'Mama Africa'
episch 'Graceland'*
renners/teams gebrand
eindeloos, zonder weerga.

18-03-2019

Anna van der Breggen en Annika Langvat winnen mountainbikerace Cape Epic



Mama Africa - Peter Tosh

Chorus:

Mama Africa
How are you doing Mama
Mama Africa
Long time me no see you Mama

They took me away from you Mama
Long before I was born
They took me away from you Mama
Long before I came on in



Chorus

There's so many things about you
Wondering where you are
They try their best to hide you Mama
But I search and I find you

Chorus

In you there's so much beauty
In you there's so much life
In you there's so many kingdoms
To me it's out of sight

Chorus

You're the maker of gold Mama
You're the maker of diamond
You're the maker of pearls
And the maker of all precious goals

Chorus

I've been waiting, yearning, looking
Searching to find you
I've been crying, praying hoping
That I may find you Mama

Chorus

You're my mother Africa
You're my father Africa

Chorus I'm proud of you Mama
I love you Mama
I'm proud of you Mama
I love you heavenly

Chorus



<https://www.youtube.com/watch?v=IQUd8Kpyvto>