

## Former Blue Bulls coach to participate in Absa Cape Epic

Best known as the former coach of the Blue Bulls, Mike Bayley has been in rugby circles since the day he first tossed a ball. However, by his own admission, his cycling prowess is definitely not as developed and there is no doubt that Mike will be facing an uphill battle for the Absa Cape Epic 2009.



Partnered with fellow former rugby player, John Swanepoel (a sturdy ex-lock), Mike has been hard at work training for the Epic, often waking long before his family to get a ride or two on both the road and the stationary bike.

“This is John's third Epic, so I'm hoping that his experience will get me through,” Mike comments. “Between us we have over 200kgs of weight to pull through - hence our team name, Pragma/JAG 200kg of racing snakes - so it might be a tough race.”

A committed family man and avid sportsman, Mike presently dabbles in running, swimming and body boarding, outside of cycling and rugby, and attests to his family's support as his primary source of inspiration. “My wife, Shayne, is an endurance athlete of note, having completed both the Comrades and the Two Oceans marathon, and collecting a gold medal at the Duzi. She really plays a huge role in my success and gives me the self-discipline to train correctly and the courage to make it through tough times.”

And Mike's advice to younger athletes? “Be thankful for your health, dedicate yourself to your sport and, above all, enjoy every moment of your journey.”

Visit [www.cape-epic.com](http://www.cape-epic.com) for more details and to see where the riders are online during the challenge.

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