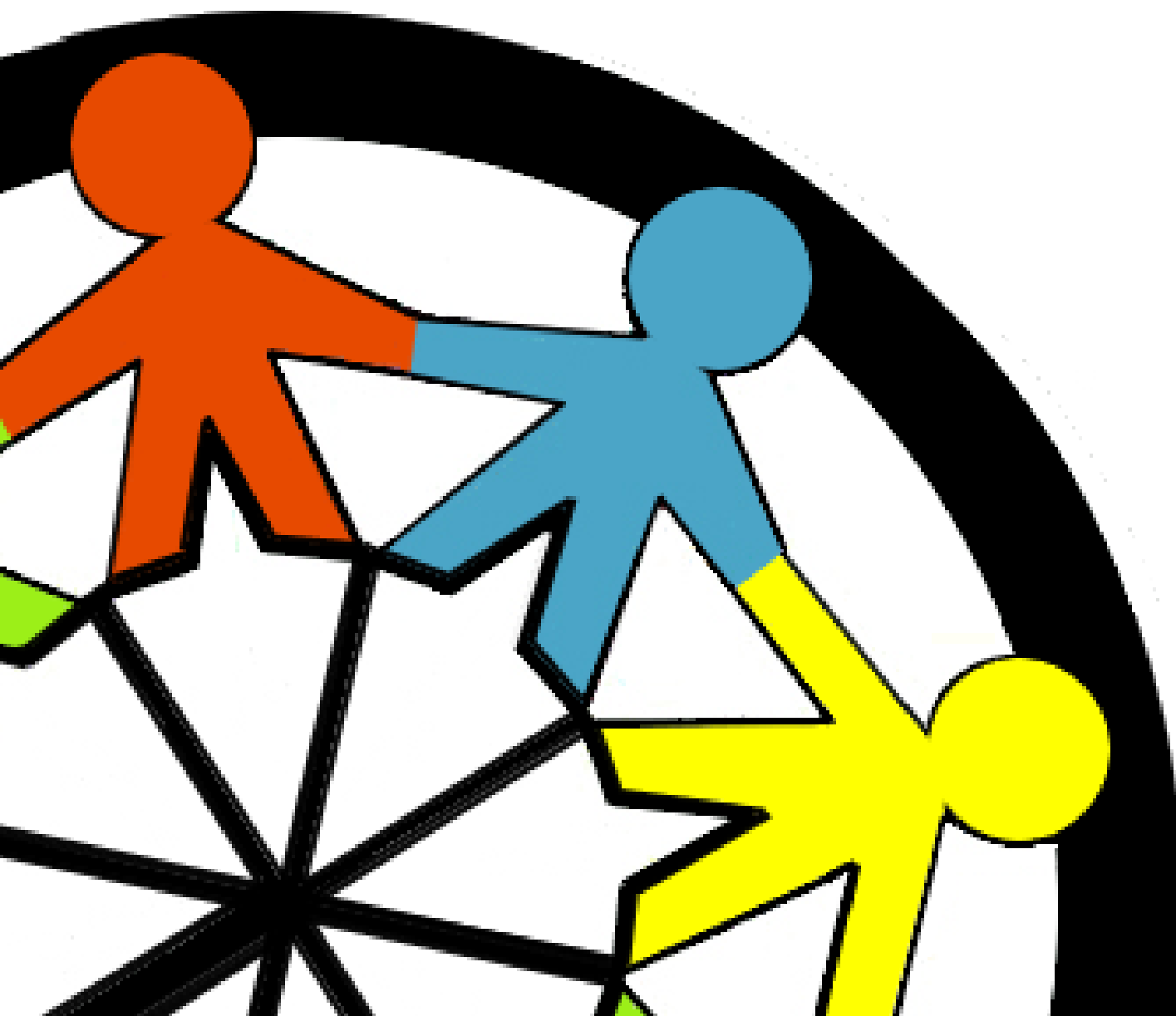


Team B4H Namibia

Bicycles for Humanity Racing



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www.bicycles-for-humanity.org

Background

The B4H story

Each year, millions of people in North America and Europe buy new bicycles for themselves or for others as gifts. Many of these purchases replace bikes that function perfectly well. The result? Millions of usable bikes are left idle in garages or sent off to landfills.

Bicycles for Humanity (B4H) was founded on the basis that these unused bicycles could be transformed into a highly valuable resource in developing countries. B4H believes in the power of communities in North America and Europe to participate in the process of collecting these bicycles, to be sent to grassroots organizations in Africa for good use.

The bicycles are sent in shipping containers, which are established in towns and villages as bicycle repair shops. Local people are trained in mechanics and small business management, and each 'Bicycle Empowerment Center' is used to distribute bicycles to health care volunteers and serve as an ongoing community bicycle shop, selling and repairing bicycles in areas where these services are desperately needed.

To date, B4H has helped communities in Canada, the US and UK to ship 3,000 bicycles to Namibia in Southwestern Africa. In 2008, the plan is to ship another 4,000 bicycles to Africa.

About the team

Namibia is one of Africa's strongest cycling countries, despite its small population of 1.8 million people. Although there are many Namibians with the desire to be champions, few are able to make it because of the constraints of poverty.

Team B4H Namibia aims to give committed young cyclists a hand up on their way to great achievements. The team also gives control of decisions to the riders themselves, putting their destinies in their own hands and making them responsible for their own success.

All team members are committed cyclists, and some have already had a taste of competing outside of Namibia. They all know what it is to start out with very little and work towards a dream, and each is very clear about how their success can inspire other kids from their communities. In this way, team B4H aims to be a platform for the development of cycling in Namibia.



Principles and aims

Team B4H aims to show young Namibians that they can control their destiny.

The team will promote cycling to disadvantaged youth, and aims to create new opportunities.

Team B4H aims to compete at the highest level in Namibia and internationally.

The team will recruit women cyclists, with the aim of starting a women s team in 2008.

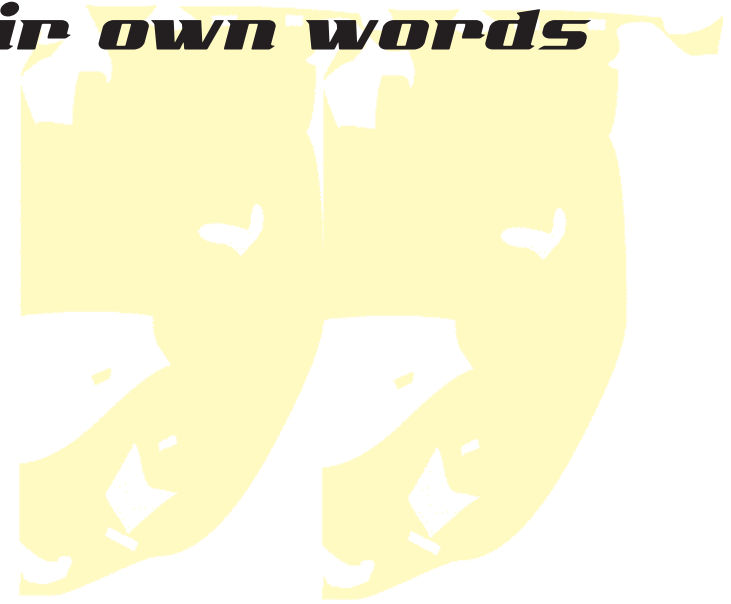
Team members will be involved in promoting cycling to young people in their communities through schools and youth organisations.

Each team member will have a contract between themselves and the team, outlining their rights and responsibilities.

The riders make all decisions affecting the team by vote at team meetings.

The riders

in their own words





Victor Nakalenga

The dream is cycling...

Ever since i was a child i have always had the passion for bicycles, I only got to learn about cycling as a sport at the age of 15 and I only started considering cycling as a career at the age of 19 .

The dream is to ride my bike overseas and at the same time I am living cycling as my dream by working at a bike shop. To be more basic is that there is a bigger dream to achieve and at the same time I am living the dream from my childhood.

Cycling as a sport kept me away from involving myself in alcohol and drug abuse as it taught me discipline, respect, commitment and that only hard work pays off: things that i have never been taught because I have never had a father figure in my childhood to learn from.

My motive for cycling

- To become the best cyclist I can be and to be an inspiration to disadvantaged children
- To promote cycling as a good health tool and as a good mode of transportation in less developed countries, to use cycling to help access disadvantage people to bicycles to mobilize them to get educational, economical and social activities
- To represent Namibia as a country at highest level that I can reach

Best Achievements:

- | | |
|-------------|---|
| 2007 | 9 th overall Tour de Windhoek
13 th overall Cycle classic road race
WPP road race Series Elite men Leader |
| 2006 | 1 st Team classification Cycle Classic Road race
6 th overall Nedbank/Polytech Road race and
1 st under 23 Elite men |
| 2005 | 2 nd Namibian MTB Championships (Elite men)
2 nd Omaruru MTB Marathon (Elite men) |
| 2004 | 3 rd Namibian MTB Championships (junior men)
2 nd Tuhafeni (Egen) MTB Marathon (junior men) |
| 2003 | 3 rd Namibian MTB Championships (junior men) |



Ermin Van Wyk

I am committed to my cycling on every level. Personally, I am very confident and take responsibility when needed. I mix well with people from all backgrounds and cultures. I have the ability to work hard under challenging circumstances and my goal is to become one of the best sportsmen in our country. I want to represent my country at the highest levels.

I started cycling in 1999, here is a very condensed list of my achievements since then:

- 1999 African Champs – Bronze medal.
- 2000-2001 Various podiums at local races.
- 2002 Member of Namibian team to u/16 Tour to Ermelo.
- 2003 African MTB Championships – Bronze medal.
Namibian National Marathon champs – Gold medal.
U/16 national road champs – Gold medal.
Nominated Namibian Junior Sportsman of the year.
- 2004 African MTB champs – 3rd place Jun. Cat.
Namibian MTB National champs – 2nd place.
World MTB champs – 32nd place Jun. Cat.
Namibian Pick and Pay Cycle Classic – 11th overall.
- 2005 Nedbank Cycle Tour 2nd overall
Namibian Road National Champs – gold medal Junior cat.
- 2006 1st place Nedbank challenge
Marathon camps 2006 2nd place.
3rd SA MTB National Champs.
- 2007 2nd place under u23 men African continental champs
Namibia African Continental Champs 2nd place.



Vernon Petersen

Why I cycle?

I love cycling! Cycling is my sport, my hobby. I would love to be a professional cyclist but due to little interest in the sport by local companies it makes it very difficult for all Namibian cyclists. I want to be a well-known person in the world of cycling. When I'm on my bike I feel at home, there is no other place I feel that way. I'm proud to be a cyclist and when I'm on my bike I'm the proudest guy in the world. Cycling is growing very fast in Namibia and with a little help from sponsors it will grow even faster. That is why I love the idea of a team with international sponsorship. This will greatly affect our cyclist in a positive way because they will see that there is hope for cyclist in Namibia. A lot of Namibians want to cycle but due to financial problems they can't, I believe this team will invite more international sponsors to take part in Namibian cycling and this will open a lot of doors for riders. I believe there are a lot of potential in our riders, they just need to be given the opportunity.

- 2003 Cycle Classic 30 km – 15th (3rd u/14)
- 2004 W.P.P series - Race1 – 1st (copper kettle)
 Race2 – 1st (Dobra loops)
 Race3 – 1st (Dordabis race)
 Race4 – 1st (O.K. parking crit)
 Commercial Bank – 30 km – 19th
 Cycle Classic 65 km – 9th
 Erick van Enter – Race1 – 12th (T.T.T.)
 Race2 – 14th (Road race)
 Race3 – 15th (crit)
- 2005 W.P.P series 3rd overall
 Nedbank – 12th
 National S.A. championships U/16 -23rd (1st team)
- 2006 Cycle Classic – 100 km – 7th
 Erick van Enter – Race1 – 3rd (T.T.T.)
 Race3 – 1st (hill climb T.T.)
- 2007 Cycle Classic – 100 km – 20th



Josh Nakapipi

First before I start with my point I want to thank my two friends Victor Krohne and Victor Nakalenga. If it was not for them I would not have been who I am today mostly Victor Krohne he is the one who bring me in this game. I used to bike to school every day I enjoy riding my bike.

It was approaching year end and there was something called Cycle Classic. I got some motive from Victor Krohne to register and for us students it was free of charge. It was in 2005 so did I. We entered as a school team me and my other two friends. This was my first race ever. I started to love cycling and it was a new hobby to me and even became the most existing hobby the others.

The third person to give all my thanks is Michael Linke of BEN Namibia. He pay some important race entries. I was very interested in joining team B4H when he suggested it. I never give up as days passes few changes start to occur. I started to perform better than before this encourage me not to give up.

Opportunity come once in life and this the only chance I got to be where I want to be with my cycling career. Being part of the team is not a joke, the power of focus is needed and I never look back. A team means a lot to me, it inspires me to work very hard and train myself to my best effort, and B4H to be the best team in Namibia.

I am ready to face any challenge that may come in my way and nothing will break me down. More effort is needed to be one of the strong riders in my team and in Namibia as well.

Being a cyclist I never sit about at home, I am always busy and this helps me avoid many problems.

- | | |
|------|--|
| 2005 | Cycle Classic, 30 Km, Position 27 |
| | Development Tour, 1 st place overall winner |
| 2006 | NedBank Polytechnic Cycle Race, 30 km, Position 12 |
| | NedBank Cycle Tour 30 Km, Position 12 |
| | Cycle Classic 65 Km, Position 40 |
| | Dordabis W PP Series, 50 Km, Position 15 |
| | Matchless Race, 70 Km, Position 25 |
| 2007 | NedBank Cycle Tour 30 Km, Position 12 |
| | Cycle Classic, 65 Km, Position 28 |
| | Dobra Loops, 85 Km, Position 10 |



Damien Agnew

Why I am a cyclist

I have been an athlete all my life and have done about fifteen sports. I came across cycling fairly late in my life – I have been cycling competitively for the past 5 years. I am a cyclist because I like staying fit and in shape, it enriches the quality of my life and it is a challenging sport – I love pushing myself hard. Cycling encompasses my life – it is my job because I run/manage a cycle shop and it is my hobby and sport. I love the appeal of cycling.

Ambition

My ambition is to become the best cyclist I can be and to be part of a team that inspires and supports one another. Winning some races is always welcome but not the most important thing. Feeling good about my self and helping others feel good about themselves and helping to develop their God-given abilities is very important.

Limiting Factors

I believe that I have not reached my full-potential due to limiting factors. Cycling is an expensive sport that requires specialized information through coaching, specific nutrition and constant equipment service or upgrade of which most have been lacking.

Personal Profile

D.O.B.: 26.08.79

Height: 1.65m

Weight: 60 kg

Career Highlights: 1st place – Polytechnic race 2006
Duathlon Champion 2006
Club Champion 2004



Victor Krohne

I started at the age of 17 with my cycling career, when I joined the Cycletec team under the supervision of Tokkie Bombosch. I went through a series of training methods, and in doing it, I realized that I have fallen in love with the sport and I wanted to take it to a much higher level, if not becoming a pro-rider, developing other riders with a better potential.

My aims for the near future:

- Develop myself to a higher level
- Help other up-coming riders to develop as well.
- To develop the sport of cycling in the country
- Finally, to set an example for others.

Some of my achievements:

- July 2005 – selected for National team to take part in the annual Eric van Enter tour, where we came third in the junior classification [R.S.A.]
- 2005 – Tour de Windhoek, where I ended 10th in overall position and 2nd in junior class.
- 2005 – cycle classic, where I finished 13 out of 188.
- 2006 – cycle classic, ended 9th overall out of 168 riders.
- July 2006 – Eric Van Enter tour, where we won the tour, as well as finishing 1st, junior classification.
- 2007 – Dobra loops, where I ended in 2nd place.
- 2007 February – I was chosen to represent Namibia in SA for 3 months at the African UCI camp where I underwent a series of professional training and racing.
- 2007 September – went back to attend the UCI training camp in SA for 2 months

Rider number 7 will be selected by the team by January 2008 from a group of promising candidates.

Sponsorship opportunities

Team B4H is currently seeking sponsors for the 2008 Namibia road calendar. The following resources have been identified as essentials by the team:

- Nutrition supplements for training/racing
- Regular gym time
- Drivetrain (two drivetrains per rider per season = 14 drivetrains)
- Tyres (four sets of tyres per rider per season)
- Living allowance (N\$500/US\$77 per rider per month x 10 months x 7 riders = **US\$5,390**)
- Entry fees, travel and UCI memberships (N\$1040/US\$160 per rider per year = **US\$1120**)
- Race jerseys and shorts, (3 sets per rider = 21 sets + 20 promo sets = 41 sets)
- Accessories (shoes, sun glasses, computers)

Optional extras

- Funds to compete in South African races
- New bikes/frames
- Equipment upgrades

Bicycles for Humanity will supply high end components and accessories when available through container shipments from Canada, US and UK. Local partner, the Bicycling Empowerment Network Namibia, will provide free mechanical support.

Coaching mentors will be welcome throughout the season. Namibian pro cyclist Dan Craven will kick things off as he supervises training from December to February before returning to Italy to ride with fidibc.com for the year.

Contact us:
info@bicycles-for-humanity.org

