

Kit Update

Kit Orders

A kit order was placed with Ciovita some weeks ago, this order should be ready in 3-4 weeks.

Since placing that order I had numerous requests for new kit, I attempted to increase the original order to accommodate the requests.

Ciovita informed me that they could not expand the original order, so a new order was created, delivery will be 6-8 weeks.

Today 7 May I have received new requests for kit, which I have asked Ciovita to add to the order.

The committee last year decided that the club will not carry spare kit but will order periodically on demand.

The orders presently with Ciovita are now closed, the next kit orders will be accepted in mid July.

Martin

News

Firstly warm congratulations to Laurie Gallagher on being voted in as Vice Chairman of the Outriders Cycling Club for the 2018/19 year. We wish him everything of the best for the upcoming year.

Then it seems like the good weather before the forecast rain for the week meant a lot of cycling was required this past weekend and boy there was a lot!

Our club rides were well attended and we had close to 90 people on Saturday morning. It was amazing to see you all there enjoying yourselves.

Having 90 people did however mean there were one or two unforeseen logistical challenges concerning the departure of the various groups but this is easy to remedy.

As it stands we have 4 groups : the Leg Warmers, the Leg Looseners, the Leg Shakers and the Leg Breakers. It makes sense for us to congregate loosely in these groups when we meet at Cycles Direct. If we could have the Leg breakers closest to the Viva Gym, then the Shakers, the Looseners and the Warmers on the side closest to Builders Warehouse. We can then depart in that order in a more orderly fashion with a less confusion.

Sunday's weather was magnificent as well. There was a group that rode Koeberg - from the pics it looked very entertaining. I especially liked the pic of Adi calling for divine intervention in fixing a puncture!

There were also road groups that went out Llandudno way, one led by Mark and a group that took an earlier turn led by Ray Wiltshire. I was also part of a group that did the Crucifix over Kloof Nek and included the route out to Llandudno as well as Table Mountain and Signal Hill.

We all met for coffee at the Mark and Bean afterwards... thanks to everyone concerned. It was a great morning out.

Alison, Renate, Cornelia, Anton (AK) and Mario (Yoga) took part in the Houw Hoek MTB Challenge. It was close to 100kms of good off road stuff. Renate tells me it was most enjoyable if not a bit chilly in the mornings. AK on the other hand reckons he has now had enough of this MTB lark and its back to the road.

On the MTB thing a huge thank you to Mike De Kock (MDK) for organizing and running the Wednesday evening "Dirty Derailleur" ride at Koeberg. All reports are that it was a great ride with lots of wildlife to be seen.

Coming up we have a scone or breakfast ride on the 20th May. We say "or breakfast" as we potentially have a really nice new destination but this needs to be confirmed. Either way the club has budgeted to subsidise half of the cost of the scones and coffee or a small breakfast and coffee dependent on which destination is finalized so watch this space!

We also have a MTB workshop coming up on the 24 May at 6-7pm at Cycles Direct. Cost is R100 pp and details a bit later in the newsletter.

Lastly, we are aware that the club website is dated and needs to be attended to. We are currently getting estimates to upgrade but it is both costly and time consuming. We also have a budget that we need to adhere to as closely as possible. Please bear with us and we will get it done as soon as time (and expense) allows.

The Koeberg Sunset Cruise News

Great news is that the 2018 Koeberg Sunset Cruise did its first maiden voyage on 2 May and what a beautiful evening it was with lots of wildlife to be seen. We stopped at the Eland Herd and lost count at 40.

It was a real national Geographic movement.

From early to end May the sun set times will be gradually decreasing [from 18H05 to 17H45](#). During June the sunset times are all about [17H45](#) and from July they start moving later again. The Sunset Cruise is a great break from the normal training and it's not a race so cyclists of all levels are welcome.

We are very fortunate to be granted this opportunity and please be aware that it can be withdrawn at a moment's notice. Permission is subject to negotiated rules and one of them is that you need to be an OCA card. Please contact me if you need the full rule list and here are a few of the NB ones

- Ø All bikes must have a white light in the front and a red light at the back.
- Ø Tools (suggested: Tire leavers, pump/CO2 cartridges, chain breaker & quick link, Allen key).
- Ø Spare tubes and tools and this applies to those who have tubeless wheels 1 x spare tube regardless of whether bike has tubeless tire or not.
- Ø All RSVP's must be done via the Dirty Derailleur WhatsApp Group by latest [12H00](#) on the TUESDAY as we need to submit the list that afternoon by [14H00](#).
- Ø If your name is not on the list by Tuesday 12H00 then you may not ride – No exceptions.

Please keep all further RSVP notes on the Dirty Derailleur WhatsApp Group as Adi is helping me and that way he can keep track of who is coming.

If you are not registered for the Sunset rides then send your details to mdk@tiletoria.co.za

Meeting time is [from 17H00 \(5.00pm\)](#) in the parking to leave no later than [17H30](#). Note that on the day "majority decision" will rule. If on the day you find you are not going to make it after haven said yes, please WhatsApp The Dirty Derailleur group to let us know so that we don't end up waiting for you.

That's about it, email, WhatsApp or call me if you have any queries otherwise here's looking forward to lots of Sunset Cruises.

Cheers,

Michael de Kock

[072 699 7458](tel:0726997458)

mdk@tiletoria.co.za

Mountain Bike Repair Skills 101



Join us at Cycles Direct on the 24th of May for a Mountain Bike Repair Workshop.

18h00 – 19h30.

Program:

- Repair a broken chain.
- Plug a tubeless tyre.
- Run correct tyre pressures.
- Suspension and fork settings and setup.
- Adjusting brake calliper's.

What to bring - your bike.

Essentials to have while riding:

- Master chain link.
- CO2 dispenser and canister.
- Multitool.
- Chain breaker.
- Tubeless repair kit.
- Tube and tyre levers.

All available in store.

We look forward to hosting you!

Recycle (sorry, couldn't resist!) Your

Old Kit

Update on the Recycle project.

We have successfully collected 2 large boxes of recycled good condition kit. Gina will be handing this over to Robert Vogel CEO of PPA shortly and we will be replacing the boxes for round 2. Thanks all for the great response to this initiative.

We will be dropping off an Outriders donation box for your old or unwanted cycling kit at Cycles Direct. There will be a box in the shop where we hope to collect some recycleable (done it again!) or re-useable kit. Once we have a collection or reached a point where Cycles Direct start complaining for all the space we're taking up, we will make arrangements to hand over to PPA and assist some up and coming aspirant riders that simply cannot afford to purchase their own kit.

Please pop in to drop off any of your kit that would be useful to the less fortunate. I know it's nothing to do with anybody 'outgrowing' their existing kit !

3 Signs You Might Be Over-Exercising

Bicycle magazine 2 May 2018

Is your body begging you for a rest?

Whether you've been exercising for years or you've just decided to up the workout ante, following a rigorous training regime can have harmful effects on your body. In fact, resting is just as essential as the energy that you devote to workouts. Sure, the professionals will tell you that leading an active lifestyle is an integral part of being healthy, and they're certainly right but it's important to listen to your body and take care of the aches and pains to avoid the niggles becoming real injuries. Those who neglect adequate resting periods and torture their muscles on a daily basis might find themselves facing severe consequences down the line.

Here's a few signs your body may be begging for a rest:

Serious Headaches

Also known as jogger's headaches, high intensity exercise can cause serious headaches. If you start

experiencing them, consider taking a few days' break and drink plenty of water.

Decreased Appetite

A change in appetite can also be a sign that you're exercising too much. As we expose our bodies to too much pressure, our temperatures rise and the higher your temperature is, the lower your appetite will be. Monitor your food intake and be sure that you are consuming all the nutrients your body needs.

Ceased Muscles

When you don't allow enough time in between workouts for your muscles to rest and recover, they will stop performing the way you want them to. This often means that even the slightest bit of exercise feels backbreaking. Perhaps, it's time to consider that you're not a machine as unrealistic levels of exercise may cause your muscles and tissues to deteriorate.

Cycles Direct - Outriders Deal Of The Month May 2018

Specialized Fuse Comp 6Fattie

Retail R23,500 Exclusive for Outriders in May R17,500

R6,000 saving!

FEATURES

Take a look at the world's strongest man, and you're not going to find some chiseled Adonis. You're going to find someone who has more volume. Behind the "extra" surface area, though, there's a man that can dominate a caber toss and run down the tarmac with a plane in tow. Mathematically, it could be broken down as more volume + versatility = dominance, and that's exactly what's at play with the Fuse Comp 6Fattie. Our 6Fattie Wheel System uplifts the Fuse to have more traction and control than any hardtail before it, while its no-nonsense build is custom spec'd to get the job done, no matter how rugged, technical, or hair raising that job might be.

- M4 Premium Aluminum proved to be the right material for the job, allowing a lightweight, durable frame with a low and slack geometry that's equal parts snappy and efficient on climbs and descents. It also allowed us to incorporate our exclusive Diamond Stay that accommodates the 6Fattie wheels/ tires without compromising on our hallmark short chainstays that provide unrivaled handling and climbing prowess.
- SR Suntour Raidon 650+ fork's 100/120mm (size-specific) of travel soaks up trail bumps, while its compression and rebound adjust enable you to dial-in the damping to your liking.
- Our Stout XC crankset would be the perfect complement to any one-by drivetrain, but here, its strong alloy construction and spindle makes it ideal for power transfer on climbs and the inevitable rock-strike when descending through technical gardens.
- Custom WTB Scraper i45 wheelset has a fat 45mm width and alloy construction for the perfect blend of speed and strength, which means that you'll experience less deflection, increased traction, and more stability—all at lower tire pressures.
- 650bx3.0" 6Fattie Ground Control tires feature a perfectly sized contact patch for life-changing levels of traction and control while cornering, all without sacrificing climbing efficiency or descending prowess.



PPA Calendar

EVENTS AT A GLANCE

Please see the [PPA website](#) for more information on these events.

Date	Event	Category	Location	Distance/Notes
Sat 12 May	2018 'Tread Lightly' Women's MTB	PPA-own MTB funride for the ladies	Backsberg Wine Estate	30 km; 15 km; 4 km
Sun 13 May	SRAM WC XCO series #3 in assoc. with Tygerberg MTB	Other	Slanghoek Mountain Resort, Rawsonville	Provincial XCO race
Sun 20 May	WC MTB Downhill Series #2	Other	Contermanskloof	Provincial Downhill race
26 May	Autumn Splendour MTB	Other MTB	De Doorns	40km, 15km, 5km funride and 13 km Trail run
26/27 May	WC MTB Downhill Series	Other	Venue TBA	National Downhill race
Sat 02 Jun	2018 Robertson Winery MTB	MTB funride	Robertson Winery	71 km, 54 km, 28 km, 11 km
Sun 03 Jun	2018 Cyclosporitif #3 Perdeberg	PPA-own road funride. All welcome	Perdeberg Winery	109 km; 39 km
Sun 16 Jun	2018 Worcester Heaven and Hills MTB	MTB funride	The Golden Valley Casino, Worcester	60 km; 35 km; 15 km, Kiddies
Sat 30 Jun - Sun 01 Jul	2018 Momentum Rotary Knysna Cycle Tour	Other	Pick 'n Pay Knysna Oyster Festival Grounds	MTB: 80 km; 50 km; 30 km; 15 km Road: 115 km; 50 km
Sun 01 Jul	2018 Cyclosporitif #4 Windmeul	PPA-own road funride. All welcome	Windmeul Winery	91 km; 38 km

THIS WEEKEND ON THE FUNRIDE CALENDAR

Event	2018 'Tread Lightly' Women's MTB
Date	Saturday 12 May 2018
Distance	30 km; 15 km; 4 km
Registration	From 06h30
Starting times	30 km @ 08h00; 15 km @ 08h30; 4 km thereafter
Venue	Backsberg Wine Estate, Klapmuts

Enquiries	Rozanne on (021) 671-6340 or rozanne@pedalpower.org.za
Online entries	Click here
Late entries	On the day from 06h30 until the start of the final race, at the late entry fee
Notes	12h00

Attention all ladies! We are back at Backsberg this year on Saturday 12 May for our fabulous all-female off- road event. There will be three routes to choose from, catering for beginners to adventure seekers and everyone in-between. (Dads are welcome to enter the 4 km route together with their youngsters.)

The event takes place the day before Mother's Day, so we are planning some special treats and celebrations – bring your friends, mothers and daughters for a lovely morning with us. Backsberg wines, coffee and beer, will be on sale, whilst the Backsberg Restaurant will be selling tasty treats.

ROUTE DESCRIPTION

30 km: We are adding the final changes to a brand new long route that is flatter and much more interesting than in the past. The new route profile will soon be available on our website; we just need to complete the route recce. Unfortunately, no u/12's allowed on the long route.

15 km: The new 15 km route offers a flatter, friendlier ride than in 2016, incorporating more of the neighbouring farms and fewer hills, for a total elevation gain/loss of just over 300m. The 15 km route will again incorporate the hugely popular water point on the neighbouring Niel Joubert Estate where bubbly, and sweets are on offer. Kids older than 10 are welcome to ride the 15 km route, provided they are accompanied by an adult at all times.

4 km: The untimed 4 km route will be open to cyclists, walkers and joggers. This is a great route for novice riders or complete beginners and offers a total elevation gain/loss of less than 100m. Participants will have the opportunity to pedal around some of the scenic areas of Backsberg, with the popular section around the farm dam still part of the new route. Kids older than 5 are most welcome to enter this route, provided they are accompanied by an adult (cyclist, runner or walker – male or female) at all times.

DIRECTIONS TO VENUE

From Cape Town, take the N1 North. Take Exit 47 to Klappmuts/Wellington. Turn right under the bridge towards Klappmuts. Cross over the 4-way intersection and the railway bridge. Turn left 200 meters along at the traffic lights, onto the Simondium/Franschoek Road. After 5 km, Backsberg will be on your right. GPS Coordinates: S 33°49'42.49; E 18°54'56.86.

NOTES

Pre-entries only, closing on Thursday 10 May at 23h00 or when maximum of 800 entries are reached, whichever comes first.

No helmet, no ride. All participants in the long and medium routes will be timed. Racetec MTB timing boards will be used.

FEES 2018	PPA Members discounted fees		Entry fees	
	Pre-entry online fees	Late entry fees on the day	Pre-entry online fees	Late entry fees on the day
30 km	R 160	R 180	R 180*	R 200*
15 km	R 120	R 140	R 140*	R 160*
4 km	R 50	R 70	R 70	R 90

*Please add an additional R25 for a permanent Racetec timing board if you do not already have one. PPA members receive their first MTB timing board for free. These permanent timing boards can be used at all MTB events timed by Racetec.

Club Rides

Club Rides : All club rides will leave from in front of Cycles Direct (Builders warehouse car park) on Sandown Road

Ride Times:

Saturdays - 7:30am from in front of Cycles Direct

Sundays & public holidays - 7:30am from in front of Cycles Direct

Saturday
Leg Breaker 7.30AM +/- 60km @ an average of +/-32km/h
Out on R27 to Link road, Turn left onto N7, take Philadelphia turnoff, back onto N7 south lii down Link rd, left onto R27

Saturday
Leg Shaker 7.30AM +/- 50KM @ an average of 28km/h
Out on R27 to Link road, Turn right. At the top (N7) Turn around, back down Link, left onto

Saturday
Leg Loosener 7.30AM +/- 40km @ an average of +/-26km/h
Up the R27 to Duynefontein and back.

Saturday
Leg Warmer 7.30AM +/- 35km @ an average of +/-22km/h
Up the R27 to Melkbos/Duynefontein and back.

Tuesday &
Thursday
'Mothers & Others' 8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride
Duynefontein or N7 Link Road and back. This group can advise on all the local coffee shop
than Platter can tell you about local wines!

Wednesday
Koeburg ride (MTB) 5pm Meet at the top car park

Sundays &
Public Holidays Sunday 13th May 7:30AM
Over Tiekie, through Durbanville and Fisantekraal. Left at 4 way fruit sellers, left again at si
right on Philly road to Van Schoors. At end of Van Schoors turn right onto N7, left at link to
Distance: 90km
Elevation gain: 867m
Time: 3h30 at average 25km/hr

Club Details

Web site: <http://www.theoutriders.co.za/>

Bank account details: The Outriders ABSA (632005)

Acc No. 90 97 10 54 56

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