

Change To Ride Times 7:30am

In the interests of riders safety (and my lack of sleep!!)

As from Saturday 31st March all club rides will start @7:30am.

This will be for all club rides; Saturdays, Sundays & public holidays

AGM 2018 & Awards Evening 17th April 2018

It is that time of year again where we can get together, recollect on the year gone by, plan for the year coming and have some fun.

It is also a time for us to celebrate achievements and efforts of members with the awards section.

We are asking you all to consider your fellow cyclists and make recommendations and suggestions for an award. We are open to consider some fun awards as well!

Previously, when there has been sufficient support, we have awarded a members award. This is an award where sufficient members have recommended an award to a member for their achievements, efforts or contributions to the club or fellow members. If you would like to make such a recommendation, please forward your suggestions to Nicci directly and privately via [email](#) or WhatsApp.

Previous awards have included:-

Mega Miler

Most Resilient

Best Male Cyclist

Best Female Cyclist

Most Improved

Ambassador

Members Award

I've heard there might be some confusion (I'm to blame for at least a good part of this) or concern regarding the election of Chairman. The existing constitution states that the post of chairman (2 year tenure) will be elected by members at the upcoming AGM.

I would like to propose a change to the constitution regarding this point. It was mentioned and discussed at last years AGM, we never actually amended it (although I've been walking around with the assumption we had!). So.....from my experiences on other committees, I am recommending

1 - The newly elected committee elect a chairman at the first meeting of the committee. In fact, I suggest the newly formed committee elect all necessary posts at the first convened meeting.

2 - To provide for continuity (another point raised at last years AGM), the Vice Chairman inherits the role of Chairman when that post becomes vacant (committee election every 2 x years, resignation or 'non election to committee by members'). If elected, the past chairman remains on the committee for a further year.

My intentions are to create a transparent and fair platform for members to elect the people they want to serve on the committee. I want the committee to elect the best people into the best positions from the group of people elected (and prepared to serve) at the AGM.

Also, for clarity, I am happy to serve on the committee for another year (only if elected remember!) but I cannot commit to acting as chairman. I think it good for the club to allow somebody else take over this role for the next 2 years. I will offer support and assistance where and when I can by serving on the committee.

It has been an honour, a challenge and (at times) extremely rewarding and heartwarming to represent you all. It has been better still to see so many of you riding and smiling. The club and it's members have a very special place in my life and have provided friends and memories that will live with me forever - thank-you.

The Koeberg Sunset Cruise

Great news is that the 2018 Koeberg Sunset Cruise's maiden voyage is due to depart on 2 May. 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 animals to look out for are Zebra, Eland, Grysbok, Steenbok, Widebeast, Bontebok and Springbok. Caracal, Bat-eared fox, Cape Hare, the African Wild Cat, Grey Mongoose, Porcupine and the Large Spotted Genet can also be seen. A small herd of Gemsbok was added but they seem to have made the Northern part of the reserve their home and this is out of bounds for us. For twitchers, more than 150 species of birds have been recorded including the African Fish Eagle. Snakes....there are lots of them but fortunately they will be fast asleep. The wandering Leopard has been seen several times there so now is considered an inhabitant which is exactly why no-one gets left behind.

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 the following rules.

OCA Cards

- All participants must have a valid Eskom OCA card which you can apply for at the visitors centre. They are available Mon to Thu 08H00 to 16H00. Fri 08H00 to 13H00. Take a colour ID sized photo and a copy of your ID with. They can be contacted on 021 5504667
- **NO OCA CARD = NO RIDE**

Rider Registration

- All participants for the 2018 Sunset Cruise must send me their updated emergency contact details. If I don't receive it then I cannot add your name to the list.
- If you are not registered for the Sunset rides then send your details to mdk@tiletoria.co.za

Ride Rules and Rider List

- 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.
- **If your name is not on the list by Tuesday 12H00 then you may not ride – No exceptions.**
- All rides must have a Ride Captain and a Sweep.
- No-one may ride on their own.
- No-one may leave the Reserve without checking in with the Ride Captain or Sweep.
- The Ride Captain and Sweep needs to check in with Control before leaving for the ride and when leaving the Reserve.
- The Ride Captain and Sweep will be the last persons to leave the Reserve.
- Entrance and Exit to the Reserve may only occur through the R27 Main Gate.
- Every bike must have
 - A white light in the front and a red light at the back.
 - Tools (suggested: Tire leavers, pump/CO2 cartridges, chain breaker & quick link, Allen key).
 - 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.
- 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.

Meeting time

- From 17H00 (5.00pm) in the parking to leave at 17H30. If you are running late then the latest we will leave is 17H40.
- Note that "majority decision" will rule and if anyone is late than we might split the group.
- 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, mail 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

Recycle (sorry, couldn't resist!) Your Old Kit

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 !

Ride Your Gut Off with These 3 Training Tips

Written by: SELENE YEAGER

Belly fat is bad news. While researchers debate the real health risks of a higher body mass index (BMI) or carrying a few extra pounds, everyone agrees that wearing too much weight around your waist is largely detrimental to your health.

Research shows that a waistline over 40 inches for men and 35 inches for women puts you at risk for heart disease even if you're not technically overweight and otherwise in good health. Belly fat has also

been linked to high blood pressure, high cholesterol, high blood sugar and diabetes. Again, bad news. The good news is that you already own the best tool for shedding that bad-news belly fat: your bike. The key is performing a variety of workouts that build your fat-burning engine, rev your metabolism and the production of fat-burning hormones, suppress your appetite, and help you burn more fat and calories all day long. Yep, your bike can do all that. Here's how. **Go hard.** Do interval training once or twice a week (no need for more; stick to one day if you race or go hard on weekends). Numerous studies have found that high-intensity training significantly reduces total abdominal fat, including dangerous visceral (belly) fat more effectively than lower-intensity exercise. There are endless ways to do interval training. One simple example:

- Warm up: 10 to 15 minutes
- Pick up your effort so you're working hard (a nine on a One-to-10 scale; you're breathing hard, but not gasping) for 30 seconds to one minute.
- Go easy for one minute.
- Repeat a total of five times.
- Cool down for two to three minutes.

Research shows your body also unleashes human growth hormone, which helps you burn fat and maintain muscle, after just 10 to 30 seconds of high-intensity exercise. High-intensity exercise also appears to help curb your appetite and trigger hormones that regulate feelings of hunger and fullness better than lower-intensity exercise, so you're less likely to overeat.

Keep it controlled and comfortable. Yes. We just told you to go hard to burn off unwanted belly fat—but don't overdo it. Going hard all the time stresses your body and leaves you chronically inflamed, which can backfire by contributing to belly-fat storage. Cap the intensity to a couple times a week and take the rest of your weekly rides at a controlled, comfortable pace.

"Most recreational cyclists are doing too much high intensity training and they're not getting leaner or faster," says Iñigo San Millán, PhD, the director of the Exercise Physiology and Human Performance Lab at the University of Colorado School of Medicine. "Many of your rides should be in Zone 2," he says. That's an intensity where you can talk the whole time—about a five to six on that One-to-10 scale. "This is usually the intensity that elicits the highest fat oxidation for energy purposes," says San Millán. These rides are not only good for burning fat, but also for building your slow-twitch, endurance muscle fibers; increasing capillary development; improving your ability to use lactate for energy; and making you a better fat-burner all the way around.

Aim for about 80/20. A number of coaches prescribe what is known as the "80/20 rule," also called polarized training, for balancing training intensity. It's definitely worth a try for burning off belly fat as well as for getting fitter and faster. The goal is to spend 80 percent of riding time at low intensity and 20 percent at moderate to hard intensity. That way, when it's time to go hard, you have the freshness and energy reserves to go hard enough to maximize those interval efforts. (One way to nail your weight loss training zones is by following a structured plan like Get Lean Now! from TrainingPeaks, which removes all the guesswork.)

Hitting both intensities actually improves your abilities all around: Your slow-twitch muscle fibers do the

work of recycling the lactate your high-intensity, fast-twitch fibers produce. so when you spend time building them, the payoff is being able to work harder at high intensity—which in turn stimulates more fat burning. Research shows this intensity combo also makes you faster. In a 2013 study published in the *Journal of Applied Physiology*, researchers found that when cyclists performed six weeks of 80/20-style training, they more than doubled their power and performance gains, such as lactate threshold, compared to when they spent more time in moderate training zones.

Cycles Direct - Outriders Deal Of The Month April 2018

At Your Service

Book a Comprehensive Service with us and receive a FREE Giant Illuminator Light Headlight and Taillight Combo valued at R200

PPA Calendar

EVENTS AT A GLANCE

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

Date	Event	Category	Location	Distance/Notes
Sat 14 Apr	2018 Token Double90 Team Challenge	PPA-own event	Clarens, Free State	180 km. Team entries have closed
Sat 14 Apr	2018 Philadelphia MTB	MTB funride	Philadelphia	75 km; 56 km; 38 km; 13 km
Sun 22 Apr	2018 Cyclosporitif #2 Simonsvlei	PPA-own road funride. All welcome	Simonsvlei, Paarl	97 km; 38 km

Sun 22 Apr	WC MTB Enduro #1	Other	Hoogekraal, Durbanville Hills	Provincial; Enduro race
Sat 05 May	2018 Tru Cape MTB	MTB funride	Elgin Grabouw Country Club	50 km, 25 km, 10 km
Sat 12 May	2018 'Tread Lightly' Women's MTB	PPA-own MTB funride for the ladies	Backsberg Wine Estate, Paarl	30 km; 15 km; 4 km
Sun 13 May	SRAM WC XCO series #3 in assoc. with Tygerberg MTB	Other	Slanghoek Mountain Resort, Raweenville	Provincial XCO race
Sun 20 May	WC MTB Downhill Series #2	Other	Contermanskloof	Provincial Downhill race
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 Cycloportif #3 Perdeberg	PPA-own road funride. All welcome	Perdeberg Winery near Paarl	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 Cycloportif #4	PPA-own road funride. All welcome	Windmeul Winery near Paarl	91 km; 38 km

THIS WEEKEND ON THE EVENTS CALENDAR

Event	2018 Philadelphia MTB
Date	Saturday 14 April 2018
Distance	75 km; 56 km; 38 km; 13 km
Start	From 07h30 (long route, followed by the other routes)
Venue	Philadelphia Church Square, Philadelphia (near Durbanville)
Enquiries	Annemart - info@ngkerkphiladelphia.org.za

ROUTE DESCRIPTION

Come and enjoy a wonderful off-road cycle in the scenic farmlands near Durbanville. The event starts in the quaint village of Philadelphia (some 20 km outside Durbanville), heading into the beautiful Uitkyk valley and surrounding farmlands. There's single track, farm roads, river crossings, some gravel roads and pedaling amongst vineyards - really something for everyone. The long route will start first, followed immediately by the other distances.

DIRECTIONS TO VENUE

From Cape Town, follow the N7 towards Malmesbury for approximately 23 km until you pass the Swartland 1-Stop Engen service station on your left. At the next intersection, turn left and then right onto the R304 to Philadelphia / Stellenbosch. After approximately 2 km, the turn-off to Philadelphia will be on your left. GPS co-ordinates S 33 ° 40.033 ° & E18 ° 34866 °

NOTES

The event organisers are planning to have many stalls at the finish, so bring some extra clothes and come and relax in Philadelphia afterwards. There will also be a 10 km and 5 km fun run, starting at 09h00. If you have not yet collected your permanent Racetec MTB timing board (the first one is free to paid-up PPA members; R25 for a replacement board or if you are not a PPA member), please allow extra time in the morning to do so.

Distance	Pre-Entries		Late Entries	
	Entry Fee	PPA members' discounted entry fee	Entry Fee	PPA members' discounted entry fee
75 km	R 240	R 200	R 280	R 240
56 km	R 200	R 160	R 230	R 200
37 km	R 160	R 120	R 180	R 160

13 km	R 100	R 80	R 130	R 100
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WPCA League

Cyclonthe Cycling Club will once again be hosting a WP Road Racing League at the Paarl de Ville Function Venue. This year we are looking to make the event even bigger and better than last year with a new headline sponsor on-board Tuv Nord Southern Africa.

Venue is very family and kid friendly so please bring some support along to the race. Play area and jumping castle for the kids and full restaurant and bar for the families and friends will be available. We will also have an Halaal vendor on the day to cater for our Muslim members.

The official venue and start/finish of the race will be at Paarl de Ville restaurant. <http://www.paarldeville.co.za/>

Early online entries the Category races close on midnight Thursday 12 April 2018 – take advantage of the early online discount.

Entry fee – R250 per rider

Early entries for the Category Races registered before midnight on 12 April 2018 will receive a discount of R70 per rider

Late Entries – R250 per rider

The event forms part of the WP Road Racing League 2018

ENTRIES FOR THE *OPEN FUNRIDE* WILL BE TAKEN ON THE DAY OF THE EVENT AT A DEDICATED ENTRY TABLE – ENTRY FEE WILL BE R100.00

Course and distances

- Category 1 – 114 kms
- Category 2 – 114 kms li>
- Category 3 – 114
- Women – 114
- Youth – u17,19 – 57 kms (R50 entry fee to be paid at scholars entry table)
- Youth – u15 (R50 entry fee to be paid at scholars entry table)
- Open Funride – 57 kms

- 08h00 – Category 1
- 08h10 – Category 2
- 08h20 – Category 3
- 08hr22 – Women
- 08h25 – u/17,u/19
- 08h30 – u/15 and Open Funride

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
Sandown Road, Contermanskloof, Malan'shoogte, back on Conterman's kloof, down Sandown Road onto the N7, left into Melkbosstrand Road. Return via the R27. This is for strong riders

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 down Link, left onto R27

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

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

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

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

Sundays &
Public Holidays Sunday 15th April 7:30AM
Sunday ride:
Thru' Woodstock, Claremont, along Spaanschemat River Rd, over Ou Kaapse Weg, Chap

Suikerbossie and home.

Distance:104km

Moving time: 4-4h30

Elevation gain: 945m

Ave speed: 25km/hr

Weather: slight SE forecast and warm.

Club Details

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

Bank account details: The Outriders ABSA (632005)

Acc No. 90 97 10 54 56