

Launch Of Our Web Site!!!!

Our all new fresh redesigned Website is now up and running, please follow the following link to check it out: <http://www.outriderscyclingclub.co.za/>

The new Website has some really cool features:

- Links to the Outriders Facebook page @ Instagram. (please follow us)
- Photos now feed live from the Outriders Facebook page & Instagram onto the Website. Please share all your weekend ride photos to the WhatsApp group so we can upload them to Facebook.
- Functionality for new members to sign up paperless and link proof of payment
- Outriders Ciovita kit displayed in real colours, with link to sizing chart. And the ability to link proof of payment.
- Archived & latest newsletters
- Ride times, distance and average speed.
- Meeting point with link to google maps.
- Links to PPA / Racetec & CD.



News

I have to admit to feeling to feeling a guilty pleasure while listening to the rain bucketing down last

Saturday...then by 8am I was bored and looking forward to it clearing up. That being said we absolutely do need the rain and we need to be extremely grateful for it.

Sunday brought everybody out again and there was a splendid turnout at the Club Ride -Many thanks to Laurie for Captaining a good ride of approximately 120 km to the Southern peninsula. The beauty about going south is that there are so many opportunities to turn earlier that makes the ride/s accessible to so many more members.

There was also a mtb ride up the link road , left at the top and then following the Botterberg Road to Vanschoorsdrif Road. Then left to Philadelphia for scones. Methinks this is a great scone ride route on mtbs for winter -hint hint Mark.

Saturday is looking good for a ride so we hope to see you all there-best get it in as Sunday is looking a bit dodge unfortunately. On Saturday we will also be taking orders for club kit should you require.

On the member front-Mark Sanvido we hope you are feeling better, we have really missed you on the rides and look forward to seeing you on Saturday. We also wish one of our Life Members John Waddicor a very Happy 75th Birthday. We wish you all the best and keep on cycling Sir!

Recycle 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 its nothing to do with anybody 'outgrowing' their existing kit !

5 Tips for Setting Up an Effective Indoor Cycling Space

By Jim Rutberg, CTS Pro Coach

Though we live for riding outdoors with the warm sun on our backs, at some point in the year we each find ourselves an indoor trainer in the basement, garage, or spare room. There's no doubt you're better off riding than sitting on the couch until the weather improves, but to maximize the benefits of your trainer time, it's important to properly set up your indoor training space.

Step 1: Claim Your Space

I've noticed personally, and professionally as a coach, that people are more likely to get on the trainer when the environment is inviting and convenient. That means you should try to find a space where you can leave the majority of your indoor training equipment set up and ready to go at a moment's notice. If you have to drag the trainer, TV, and bike from all over the house every time you want to ride, you're not going to bother.

Step 2: Gather Your Gear

There are a few key items that make indoor training more comfortable, effective, and even enjoyable:

1. Stationary cycling trainer
2. Front wheel block. Preferably, get one that allows for multiple wheel heights.
3. Phone book. For some workouts, you may want to simulate your climbing position on the bike by raising the front wheel even higher. And you can call in your delivery order during a recovery period.
4. Fan. One will work, two is even better.
5. Entertainment device. Variations include a TV, VCR, DVD player, laptop, stereo, iPod, smartphone.
6. Bar Stool. Perfect place to put the remote where you can still reach it.
7. Towels. One small one for wiping your face, one bigger one to catch dripping sweat.
8. Bicycle. The rest of the gear won't do you much good without it. Make sure to put two full bottles in the cages.

Step 3: Evaluate the Space

Putting your rear wheel in the trainer, your front wheel on the wheel block, and a towel under the space in between covers the basic necessities, but if you stop there indoor training is about as exciting as watching snow melt. To set up the most effective and inviting area, consider the space. You want some room in front of you to accommodate the TV and fan without leaving you feeling cramped or claustrophobic. You can do this, even in a small room, by putting your rear wheel pretty close to the wall.

Step 4: Set Up Your Entertainment

Most people set their trainer up facing a screen so they can view [training videos](#), television shows, sporting events, or footage of the Tour de France and other races. One key to riding in comfort and simulating your outdoor riding position is to position the screen low and at least six feet in front of your front wheel. If you're using a TV, that often means taking it off a stand, which allows you to watch while keeping your head, neck, and shoulders in the position you normally use outside. This is sometimes easier to accomplish using a tablet or laptop rather than a full-sized TV.

Place the bar stool next to your bike so you have a convenient place to put the remote control, an additional water bottle, and/or the towel you're using to wipe your face.

Step 5: Crank Up the Fans

When you ride an indoor trainer in still air, even in a cool or cold room, you superheat a pocket of air immediately surrounding your body and then struggle to keep cool. Moving air is crucial for evaporating the sweat off your body and controlling core temperature; if you're too hot, your performance suffers and you're less likely to complete your workout.

If you're using one fan, place it in front of you and off to the side at about the 10-11 or 1-2 o'clock positions. You want to direct the air so it flows over as much of your skin as possible, and from these positions you can get moving air on your face, chest, arms, shoulders, and legs. If you have a second fan, position it behind you so it's blowing on your back; the big area not being hit from the fan in front.

More Indoor Trainer Tips:

1. Close the heater vents. When you're in there generating a lot of heat and using fans to keep you cool, there's nothing worse than having the furnace flood the room with more hot air.
2. Don't forget about the drops. If you live in a snowbound area where you'll be riding the trainer for months at a time, remember to spend some time doing intervals in the drops. If you want to be able to ride powerfully in this position outdoors next spring, you have to spend some time riding in that position now.
3. Crack a window. Some cold air from outside will help keep the room and your body cooler while you're training.
4. Consider wireless headphones. If you're training at night, early in the morning, or in a house with

with walls, you can avoid cranking the volume on your TV by getting some wireless headphones. Then all your family will hear is the trainer... and your agony.

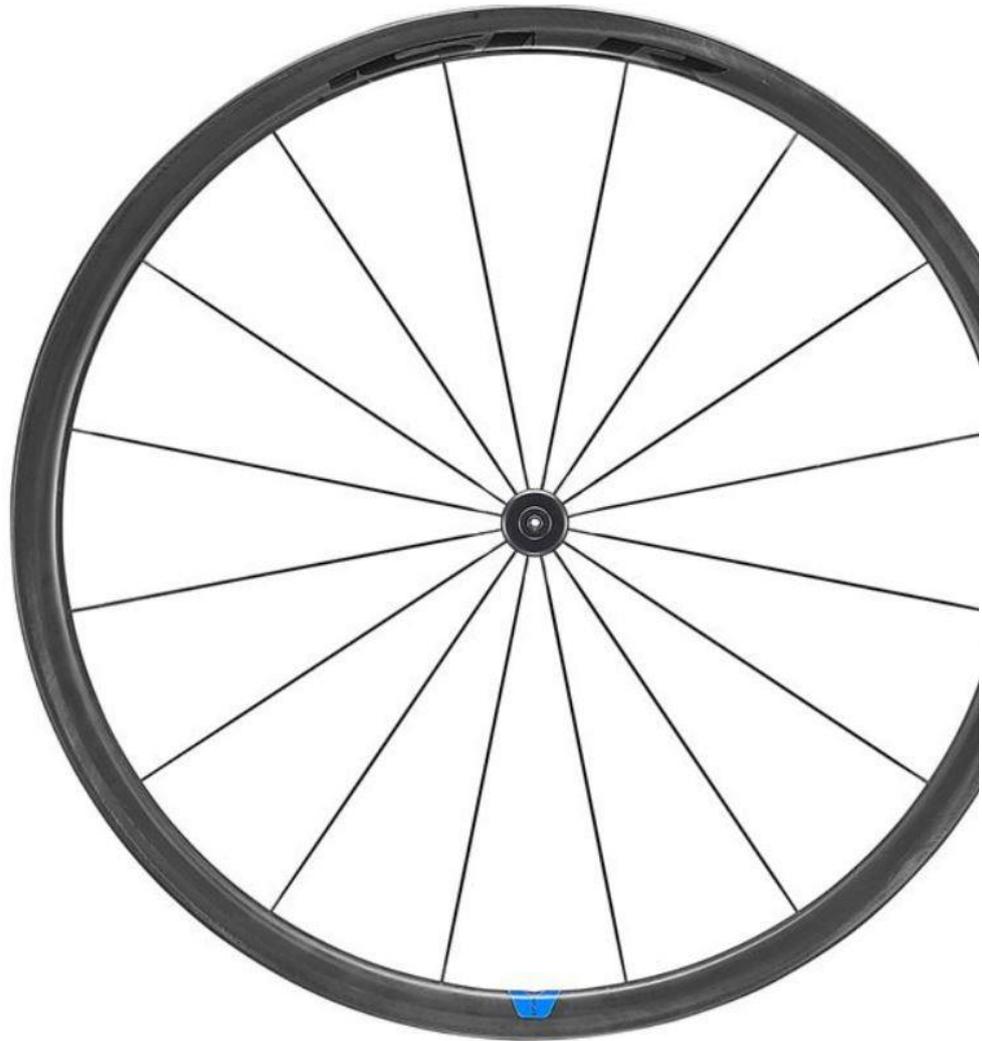
5. Level the bike. Unless you're purposely elevating your front wheel to simulate a climbing position, your bike should be level when it's on the trainer. With a standard frame, you can check by putting a level on the top tube. With compact frames (sloping top tube), you can measure to make sure both hubs are equidistant from the floor. You should only have to do this once, as long as you're able to leave the trainer and wheel block in place until your next indoor trainer ride.

Cycles Direct - Outriders Deal Of The Month June 2018

JUNE EXCLUSIVE OUTRIDER DEAL: GIANT SLR 0 CARBON TUBELESS READY ROAD WHEELSET

Retail R23,900

Outrider price R16,900



- Ultra-Light full carbon composite 700C rims
- Tubeless compatible using supplied rim strips and valves
- 23mm wide rim for better tire performance
- 30mm rim height
- DT Aerolite/Aero Comp bladed stainless steel spokes
- Dynamic Balanced Lacing provides significantly higher transmission stiffness vs. traditionally laced wheels
- Alloy locking nipples
- Giant alloy hub shell with Star Ratched driver
- 1335g per pair

PPA Calendar

EVENTS AT A GLANCE

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

The PPA Marshalls are there to guide and assist riders during an event but can we ask that you kindly bring your own tubes and pears along.

Date	Event	Category	Location	Distance/Notes
Sat 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
Sat 04 Aug	2018 Worcester Rotary MTB	MTB funride	Celmor Winery	77 km; 47km; 25 km; 7 km
Sat 11 Aug	2018 Wolseley MTB	MTB funride	Mountain Ridge Wine Cellar	60 km; 40 km; 25 km; 8 km
Sun 19 Aug	2018 Paarl Rotary Backsberg MTB	MTB funride	Backsberg Wine Estate	45 km; 30 km; 15 km; 5 km
Sun 26 Aug	2018 Tiletoria Elgin Valley MTB	PPA-own MTB funride. All welcome	Paul Cluver Wine Estate	70 km; 45 km; 30 km; 15 km

THIS SATURDAY ON THE FUNRIDE CALENDAR

Event	2018 Worcester Heaven and Hills MTB
Date	Saturday 16 June 2018
Distance	60 km; 35 km; 15 km; Kiddies' 5 km
Starting times	60 km @ 08h30; 38 km @ 09h00; 15 km @ 09h30; Kiddies' 5 km @ 09h45
Venue	The Golden Valley Casino, near Worcester
Enquiries	Barbara on 076 200 8742 / 023 342 6244
Online entries	Click Here
Entries close	Pre-entries: 14 June Late entries on the day.
Email	info@worcestertourism.com
Cut-off / Lucky draw	14h30 / 13h00

ROUTE DESCRIPTION

The **60 km** route is for the more experienced and fit cyclists. The route starts at the Golden Valley Casino, past Apiesklip venue, through Fairly Glen Game Reserve, Karoo Desert and then over the Worcester Gold Club to the finish line.

The **35 km** route rides past Damas to the Fairy Glen Game Reserve, back of the Worcester Golf Club to the finish line at the Golden Valley Casino.

The **15 km** route caters for the whole family. It starts at the Golden Valley Casino, goes through Worcester Golf Club and back to the casino.

The Kiddies' 5 km is a kiddies' ride open for all ages but prizes will only be given to children u/8.

DIRECTIONS TO VENUE

Travel on the N1 towards Worcester – Golden Valley Casino is situated between Brandwag and Roux Roads, Worcester. GPS: 33°37'41.52"S 19°26'10.8"E

NOTES

Some of the longer routes were built specifically to host stages 4 & 5 of the 2015 Absa Cape Epic. All children u/12 must be accompanied by an adult. Amazing prizes to be won including prizes from Aquila, ATKV Goudini Spa, Fairy Glen Game Reserve, Golden Valley Casino, Ceres Zipline and much more! Ride the longer routes through Fairy Glen Game Reserve and hear the lions roar right next to you. Minimum age for the 15 km is 8 years or older. Minimum age for the 35 km is 13 years or older. Minimum age for the 60 km is 19 years or older.

No helmet, no ride. Racetec MTB timing boards will be used.

Distance	Pre-entries		Late Entries	
	Entry fees	PPA Members discounted entry fee	Entry fees	PPA Members discounted entry fee
60 km	R 400	R 350	R 500	R 450
35 km	R 300	R 250	R 400	R 350
15 km	R 200	R 150	R 300	R 250
Kiddies' Ride	R 25			

*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 link, back onto 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 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 8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride to Duy
'Mothers & Others' 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 17th June 7:30AM**
As it is fathers day we will keep the ride short this Sunday.
Out on R27, Right onto Dassenburg road, through the industrial area, return home via tree
route, Link rd, R27

+/-70 km, wind NW

Club Details

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

Bank account details: The Outriders ABSA (632005)
Acc No. 90 97 10 54 56

Copyright © 2018 The Outriders Cycle Club. All rights reserved.
You are receiving this email as part of The Outriders Cycle Club membership benefits

Our mailing address is:
The Outriders Cycling Club
PO Box 50115
West Beach 7449

[unsubscribe from this list](#) [update subscription preferences](#)

MailChimp