



Club 16th B'day Breakfast Ride

Its our 16th B'day. In celebration we will be riding to EagleVlei on Sunday 20th for breakfast and a bottomless coffee. Bring R30, your club will be paying the balance.

Start at Cycle Direct, 7:30am

Out on Platterkloof rd, Bottlelary rd, left then right onto the R101.

Return via Fisantekraal, D'Ville

Distance: +-90km

Kelfords – Family Cycle Fest



WHEN:

2018-05-27 @ 7:45 am – 1:00 pm

WHERE:

Killarney Motor Racing Circuit

Koeberg Rd

COST:

R180.00

CONTACT:

Cyclopaths Cycling Club

[Email](#)

[Event website](#)

[ROAD EVENT](#) [SCHOLAR EVENT](#)

This event was initially going to take place in the suburb of Duynefontein on the West Coast but the Cyclopaths Cycling Club have stepped up to the plate to take ownership of the date and the event. Incorporated into the Kelfords – Cycle Family Fest – will be the WP Cycling Road Racing League.

The event will be dedicated to raise funds for Youth Cycling in the greater Cape Town area.

Racing on the 27th May will cater for all Youth Age categories, Women, Cat 1,2,3 and Open.

Registration and costs

Entry Type	Price
Online entries (before Thursday midnight)	R180
Late entries (on the day)	R250

Online entries received before midnight on THURSDAY 24 May will receive a discount of R70 per rider. After this time online entries will close and late registration will only be possible on the day at the event.

The event forms part of the WP Road Racing League 2018.

- Juniors and Development cyclist – entry fee R50. **Please note that the names of Development cyclists must be forwarded to cyclopathsclub@gmail.com before the event takes place.**
- Open Race entry fees – R100

Juniors, Development and Open participants must report and register at the dedicated table for these events. The registration tables will be clearly marked.

Categories

- Category 1
- Category 2
- Category 3
- Women
- Youth u19
- Youth – u17
- Youth – u15
- Youth – u 13
- Youth – u11
- Open

Times

- 0745 – Category 1
- 08h10 – Category 2
- 08h20 – Category 3
- 08hr20 – Women
- 08h25 – u/17,u/19
- 08h30 – u/15

Parking

Parking will be at the PIT area behind the Clubhouse.

News

The weekend that was-Those that braved the initial showers on Saturday morning were rewarded with a wind free and most pleasant ride. Sunday was a "gorillas in the mist" scenario but as we all know there is no such thing as a bad ride and we managed a solid 90 kms!

Onto some news. The Cycle Technix Club was officially dissolved on the 14th May. We hope their, now previous members, find a new home and we anticipate some new members from the situation.

Then most of us have heard of the vicious attack of a runner on the cycle path near Dolphin Beach at 8.30 am on Sunday morning. The victim sustained knife wounds but is recovering after her ordeal. The attack, it was appears, interrupted by the approach of some cyclists and the perpetrator escaped into the dunes. We believe he has since been apprehended.

Please can we all be safety conscious, be aware of potentially dangerous areas and suspicious characters! I was doing big bay loops earlier today and was felt very aware that it is also a dangerous area and I am worried that it could be a future hotspot so please be careful.

Onto an altogether more pleasant topic-May is our Birthday month and we are using Sunday to celebrate. Mark has booked us breakfast and coffee at EaglesVlei wine estate on Sunday, weather providing. Cost to members is R30 per head with the club is subsidizing the balance.Please join us for a lovely ride and breakfast!! 7.30 am Sunday at the club

Kit, we are aware that some members are keen to order new kit. We are busy finalizing our prices for the coming year and will be in a position to open the order book sooner than later. The good news is that, subject to final committee approval, we will be ordering a very limited number of popular sizes of certain garments.

Lastly and certainly not least we welcome Daniela White (back) to the Outriders.It will be good to see you again Daniela.

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

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.

- Tube and tyre levers.

All available in store.

We look forward to hosting you!

Please RSVP to: Phillip (0846601216) or Derwyn (0833097418)

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 !

3 Power-Boosting Interval Workouts For Winter

By: James Herrera

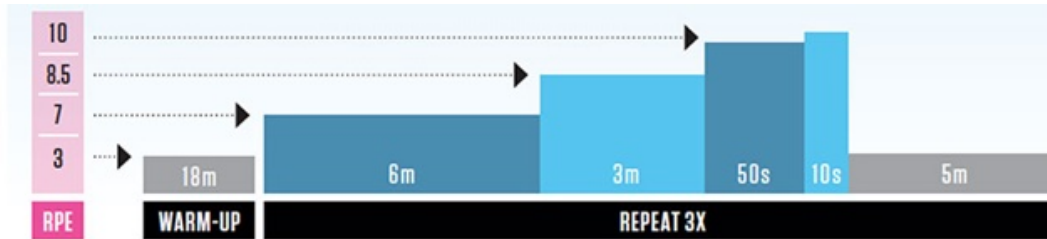
There's a lot to love about winter, but most of us cut back on our riding as daylight dwindles, temperatures drop, and our motivation wanes. Who can blame us? Conventional wisdom dictated long, slow rides to build a base for springtime fitness. But nobody wants to ride all day when it's cold enough to freeze your chain. I've personally worked with many cyclists who have cut their training volume by 50 to 60 percent and still made significant gains. Even casual riders who pedal only a few times a week can experience a boost by adding some intervals to their routine.

So whether winter's limited daylight is forcing you to ride less frequently, or you want to minimise the time you spend in arctic conditions, try these three potent workouts. Each maximises your time, whether you have 1, 1.5, or 2 hours to burn (they also make great indoor workouts when weather forces you onto your trainer). Try to incorporate one workout into your weekly riding routine, alternating between them. If you have time for three hard training rides a week, do them all.

Decoder

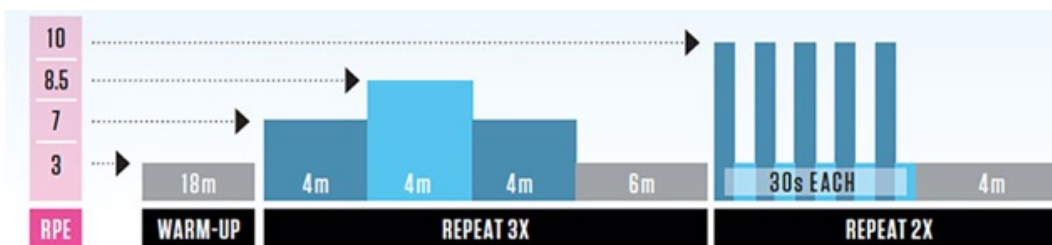
Many cycling workouts are based on intervals, short high-intensity bouts that last from a couple of seconds to several minutes. They've been shown to help improve stamina, power, and speed by building muscle and training your body to use oxygen more efficiently. Many intervals use a moderately hard effort, called tempo, as their baseline. Your rate of perceived exertion (RPE) will feel like a 7 out of 10 (with 10 being an all-out effort). Threshold is the top effort that you can maintain for about 30 minutes. Your RPE will feel like an 8.5 or 9—just barely manageable. Your VO2 max is the limit at which you can process enough oxygen to fuel your muscles. Most cyclists can maintain their VO2 max for a few minutes at the most; on the RPE scale it should feel like a 9.5 to 10.

which include a five-minute easy spin.



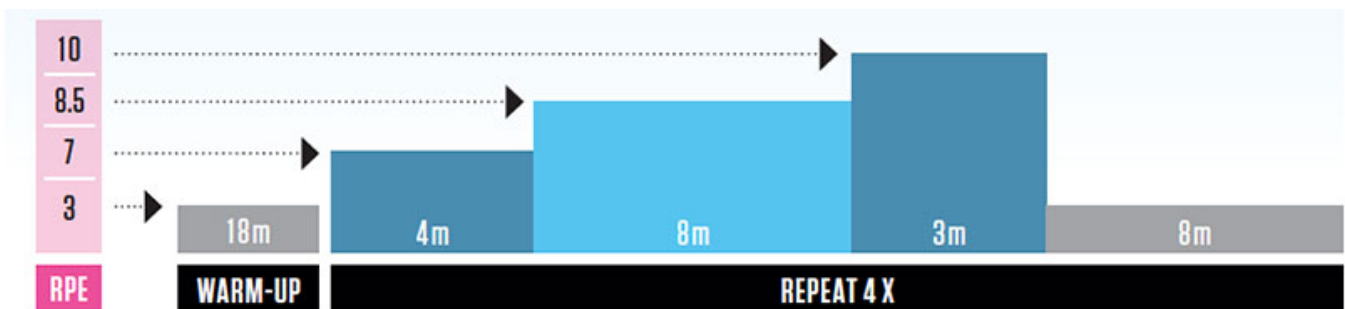
If you have 1.5 hours

Use the extra time to target two key areas: your lactate threshold and VO2 max. After warming up, do three 18-minute blocks aimed to raise your threshold. Follow these with two 9-minute, high-intensity interval sets, which include a four-minute recovery, to power up your VO2 max.



If you have 2 hours

With two hours for training, you can spend more time at threshold while also working to boost peak power by improving your VO2 max. After warming up, build your effort by ramping up intensity, performing four of these 23-minute blocks, which include an eight-minute recovery spin.



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!

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 cranks 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
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 Cycloportif #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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)**THIS WEEKEND ON THE FUNRIDE CALENDAR**

Event	2018 Hex Valley Autumn Splendour MTB & Trail run.
Date	26 May 2018
Distance	40km, 15km, 5km funride and 13 km Trail run
Starting times	40km @ 09h00, 15km @ 10h00, 5km @ 11h00 and Trail run @ 09h30
Venue	Arbeid Adeltd Guest House
Enquiries	Ryno Palm 083 632 5004 / ryno.palm@hexvallei.co.za
Online entries	Click Here
Cut-off / lucky draw	12h30
Pre-entries close	Thursday 24 May 2018

ROUTE DESCRIPTION

Exciting new 40km MTB route with 360 degree views of the beautiful Hex River Valley in full autumn colours. Newly build single track, farm roads, and jeep track will challenge the racing snakes and give the less experienced riders a memorable ride. A balanced mix of climbing and downhill sections (not too technical) blended with scenic flats for selfies. There will be well -stocked refreshment stations.

The **5km and 15km** rides were built to give lesser experienced riders the same "Hex Valley feel" with loads of fun.

The trail run follows the same starting section as **the 40km MTB** route, which circles back to the festival finish - 13km in total.

NOTES

The venue offers delicious food, craft beer and gin, as well as De Doorns cellar wines. There will be plenty of entertainment for the kids and live music throughout the day. Don't miss out on this family event!

Remember to put "slime" or tyre liners in your tyres for thorns and don't forget some spares.

LUCKY DRAW

The day will end with a lucky draw at 12h30.

Distance	Pre-Entries		Late Entries	
	Entry Fee	PPA members discounted entry fee	Entry Fee	PPA members discounted entry fee
40 km	R 180	R 160	R 200	R 180
Trail Run (13km)	R 100	R 100	R 100	R 100
15 km	R 120	R 100	R 140	R 120
5 km	R 80	R 60	R 80	R 80

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

Subscribe	Past Issues	Translate ▼	RSS
Saturday. Leg Breaker	Out on R27 to Link road, Turn left onto N7, take Philadelphia turnoff, back onto N7 south link, back 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 R27		
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 to Duynefontein or N7 Link Road and back. This group can advise on all the local coffee shops better than Platter can tell you about local wines!		
Wednesday Koeburg ride (MTB)	5pm Meet at the top car park		
Sundays & Public Holidays	Sunday 12th May 7:30AM Club breakfast ride to EagleVlei (weather dependent)		

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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