

We congratulate the incoming
Committee members on their election
and wish them all the best for their year
in tenure

The Committee will comprise:

Philip Kannemeyer – Chairman

Laurie Gallagher

Nicci Kannemeyer

Derwyn Oxley

Mike Broad

DerwynOxley

Martin Connolly

Adi Ting Chong

Erica Hayward

Mark Sanvido

Robert Young

Congratulation to all our award winners

Trophies were awarded to :

Mike Fairbank-Significant Improvement In Cycling

Markus Franz- Significant Improvement In Cycling

Sylvana Gerogotellis - Most Improved Female Cyclist

Stefan Sowa -Most Improved Legbreaker

Chris Maurer - Best Male Cyclist

Shared

Philip Kannemeyer – Best Male Cyclist

Chris Maurer – Most Consistent Cyclist

Bernie Viljoen-Mega Miler of the Year

Neville Whitehead- Best Performance by a Senior Club Member

Certificates were awarded to :

Mark Pikke - Best Individual Performance (for the CTCT)

Daniel Sacker – Continued Improvements in Club Rides

Ray Wiltshire-For Showing Resilience and Commitment

Grant Curtis - For Showing Resilience and Commitment

George Geragotellis -Recognition of Improvement in Cycling

Robert Young-Participation and Commitment to Audax Events

Markus Franz- Participation and Commitment to Audax Events

Polly Sacker -Recognition of Continued Improvement

James Burgess – All Round Assistance on Rides

Spirit Award -Outrider Social DC Team

Mark Sanvido - Members Award for Recognition of Extraordinary Service to the Club

Derwyn Oxley- Members Award for Recognition of Extraordinary Service to the Club

Robert Young- Most Talkative on Club Rides

Markus Franz- Power to Weight Ratio Gain

Jenny Sanvido-2nd Wheeler Award

Delores Maurer - 2nd Wheeler Award

Shaun Kleb-Most Entertaining on Club Rides (LVB Award)

Life Membership Award

John Waddicor

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

How Much To Eat According To How Much You Ride

Written by: SELENE YEAGER

As an athlete, you need all three macronutrients: carbohydrates, fat, and protein. Here's how to make your diet work better for you.

If you've ever heard that carbs make you fat, protein shakes are the secret to strength, or that fat is the enemy of all, then it's time to get something straight: Carbohydrates, proteins, and fats aren't diet villains nor superheroes; they're simply nutrients – specifically, macro-nutrients – that are necessary for all athletes to perform.

Chances are you've never even uttered the word "macro-nutrients" (also known as macros) when discussing your diet, but macros are the three essential dietary elements that you need in relatively large quantities to live. By comparison, your body only needs trace amounts of micro-nutrients – hence the names. Contrary to enormous amounts of hype and hysteria surrounding macro-nutrients (low fat! low carb! high protein!), you need all three to keep your human machine healthy and humming along on all cylinders.

"All the macro-nutrients have fallen victim to fad diets, especially fat, which was demonised for years and carbohydrates that are still being wrongly blamed for a host of weight and health problems," says Stacy Sims, an exercise nutrition consultant and senior research fellow at the University of Waikato in New Zealand. "When you dramatically limit your intake of any one of them, you may lose weight because you're generally eating a lot less, but ultimately, your performance and health will suffer because they are all critical for exercise and recovery as well as everyday life."

No Magic Macro Formula

When you dig into macro-nutrients, you find a number of different formulas for what percentage of your daily diet should come from the three macros. Extreme diets will recommend a very high amount of one and very low amounts of another, with some people going as high as 80 percent fat and as low as five percent carbohydrates. Most sports nutritionists, though, recommend avoiding those extremes and shooting for moderate ranges: 45 to 65 percent carbohydrate, 20 to 35 percent protein, and 20 to 35 percent fat. Truth is: There is no one magical formula and trying to track macro percentages in the real world is quite tedious. A better (and easier) approach is to steer your food choices toward getting enough nutrition for what you're doing, Sims says.

"The goal is to eat enough to keep your energy levels high, to support your workouts and recovery, and to avoid relative energy deficiency in sport (RED-S), a low-energy condition that can disrupt bone health, immunity, protein synthesis, menstrual function in women, and cardiovascular and psychological health," she says.

Trust us, we know it's not as simple as it sounds. We've all bonked on a long ride, botched our recovery,

or had to deal with stubbornly leaden legs, lingering fatigue, and low moods. So we put together a guide to maximising your macro-nutrients according to your activity levels. You don't need to measure every morsel of food or carry around a calculator. But it's worth your while to familiarise yourself with the fat, protein, and carbohydrate amounts in the foods you commonly consume and adjust your diet accordingly to be sure you're getting what you need on and off the bike.

Carbohydrate

What it is: Pure fuel. Your body stores carbohydrates as glycogen in your muscles and liver. Each gram of carbohydrate provides four calories of energy. You have about 400 to 500 grams or 2,000 calories worth of carbs stored away to fuel your activity.

What it does: Carbs provide fast energy for your muscles because your cells can convert stored glycogen and glucose (blood sugar that is created when your body breaks down the carbs you eat) very quickly. The higher your exercise intensity, the more carbs you burn. Your body also uses some carbohydrates to assist with fat burning during lower-intensity exercise.

How much you need: You'll deplete your glycogen stores after two to three hours of continuous low-intensity training or within 30 minutes of very high-intensity training. During long rides, you can maintain your energy levels by taking in 30 to 60 grams (120 to 240 calories) of carbohydrates per hour after the first 90 to 120 minutes. How many carbs you should eat as part of your daily diet depends on how much you train on a given day. Sims offers the following guidelines:

- For moderate to high-intensity training lasting 60 to 120 minutes, aim for 1.6 to 1.8 grams of carbs per 0.5kg of body weight per day.
- For endurance training involving two to five hours of intense training per day (cycling, running, swimming) aim for 2 to 2.7 grams of carb/0.5kg/day.
- For extreme training of five hours or more of intense training per day (Ironman or multi-sport events) aim for 2.7 to 3.1 grams of carb/0.5kg/day.
- For a light or non-training day, aim for 1.2 to 1.4 grams of carb/0.5kg/day. This guideline also applies for short, intense training like CrossFit training, for example.

Where to find it: Whole grains, pasta, cereals, fruits, beans, potatoes, and starchy vegetables.

Protein

What it is: Building material. Your body uses small amounts of protein to make glucose during long training bouts that last longer than two hours. Like carbohydrates, every gram of protein provides four calories of energy.

What it does: Protein helps build and repair muscle and other body tissues. It also plays a key role in

hormone production and immune function.

How much you need: Endurance athletes need upwards of one gram of protein per pound of body weight, Sims says. She offers the following guidelines:

- For strength/power phases of training, aim for 1.0 to 1.2 grams of protein per 0.5kg of body weight per day.
- For endurance phases of training, aim for 0.8 to 1.0 grams of protein/0.5kg/day.
- For a light or non-training day, aim for 0.75 to 0.8 grams of protein/0.5kg/day.
- For optimal recovery, take in 25 to 30 grams of protein within the first half hour post-event/training session.

Where to find it: lean meat, eggs, fish and seafood, poultry, beans and lentils, nuts and seeds, certain grains (like quinoa, kamut, and amaranth), eggs, and dairy products.

Fat

What it is: Fuel and insulation. Each gram of fat delivers nine calories of energy. Even lean people have enough stored fat to provide hours of energy. It's stored all over your body beneath the skin as well as in muscle tissue.

What it does: Your muscles burn fat for fuel during aerobic exercise. You need lots of oxygen to make energy with fat, so it's your body's preferred source during lower-intensity exercise. Fat also provides insulation, protects your organs, and helps you absorb essential fat-soluble vitamins like A, E, and D.

How much you need: Your daily fat needs don't fluctuate with your training intensity and volume the way protein and fat do, Sims says. She recommends that endurance athletes aim for about 30 percent of their calories from fat, which you can easily get by eating a balanced, healthy diet.

Where to find it: You still need to be mindful of getting fat from quality food sources, not processed, fried or fast foods. Good fat sources include olive oil, nuts and seeds, fatty fish, and avocados.

How do you know when you've hit the right macronutrient medley? You feel good! You have the energy to perform your workouts, and you recover quickly. When your energy intake is off, you'll find yourself with lingering fatigue and susceptible to getting sick. Instead of obsessing over every number and calculating percentages, tune in to what your body is telling you and aim for a balanced meal at each sitting.

[This article originally appeared on *Bicycling US*.](#)

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
Sun 22 Apr	2018 Cycloportif #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	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
26/27 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

Sun 01 Jul	2018 Cycloportif #4 Windmeul	PPA-own road funride. All welcome	Windmeul Winery	91 km; 38 km
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THIS WEEKEND ON THE EVENTS CALENDAR

Event	2018 Cycloportif #2 (Simonsvlei)
Date	Sunday 22 April 2018
Distance	97 km; 38 km
Start	97 km @ 07h30; 38 km @ 08h00
Venue	Simonsvlei Winery, R101 near Paarl
Lucky draw / cut-off	12h30 / 13h00
Enquiries	Rozanne on (021) 671-6340 / Rozanne@pedalpower.org.za

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 22nd April 7:30AM
Fish Hoek
Out via Suikerbossie, over Chappies to Noordhoek, over Black Hill and return via Fish Hoe Chappies and home.
Distance 125km
Weather: Forecast looking good, little or no wind

Shorter route: Turn back at the top of Chappies.
Distance: 100km

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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