



News

There was a lot happening this weekend so lets dive straight in!

Marcus and Bernie both completed the 100 Miler. It's a mountain bike race that has it all, some flats, some downs....and Marcus assures me, a "lot of ups" in the last 30k's. Weather conditions were fantastic on Saturday and they had a great ride.

On Sunday our very own Derwyn Oxley (aka Sir Ox, DOX etc) competed in the WP league Event and managed a very respectable 3rd place podium ...again I might add. Well done Sir!

Saturdays club rides were well attended. We still need a bit of work on managing the groups leaving but I think there was a vast improvement on two weeks ago so thanks for all the help and co-operation

On Sunday we had our Outriders 16th Birthday Breakfast Ride to Eagles Vlei Wine Estate. It was a solid 50km ride out there followed by a really generous buffet breakfast and bottomless coffee. The ride back was certainly a "coffee legs" affair and was 40kms. We had close to 50 riders on the day which was awesome. Thanks for making it a great event.

We did have an incident on the way back with two of our riders going down. Thankfully both are ok ...well one with a bit of concussion...but they are both going to be fighting fit soon.

This coming weekend there is a league event hosted by the Cyclopaths Cycle Club at Killarney Racetrack. They have always supported our events and it would be nice if we could reciprocate...details at :

<http://www.facebook.com/cyclopathsclub>

On Friday 1 June there is a Trivial Pursuit Evening at the Melkbos Country Club. The Outriders Team has one 2 of the last 3 evenings. I think they were scared of us winning 3 in a row and never invited us to the third one!. We shall put their ad in this newsletter. Feel free to join us for a lekker evening of fun!

Lastly, sigh, Traffic Regulations. Several Members have mentioned that we are not obeying the rules of the road. Sadly they are right. As a club we encourage you to ride as safely and responsibly as possible. Please can we try and step up

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Have a good Friday and see you all on Saturday.

Kelfords – Family Cycle Fest



WHEN:

2018-05-27 @ 7:45 am – 1:00 pm

WHERE:

Killarney Motor Racing Circuit

Koeberg Rd

Cape Town

South Africa

COST:

R180.00

CONTACT:

Cyclopaths Cycling Club

[Email](#)

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This event was initially was going to take place in the suburb of Duynfontein 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

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.

Entries on the day will cost R250, so register online and save.

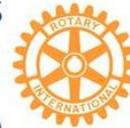
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Trivial Pursuit Evening

TRIVIAL
PURSUIT
EVENING



Melkbos
Rotary
Club



MELKBOS COUNTRY CLUB

JUNE 1ST @ 7.30pm

COST R100 inc SUPPER

CALL EILEEN TO BOOK
0825724545

GROUPS OF NO MORE THAN 4 PLAYERS

LOTS OF PRIZES

COME TEST YOUR KNOWLEDGE OF ALL THINGS TRIVIAL

SPECIAL PRIZE FOR THE BEST HAT OF THE EVENING



Mountain Bike Repair Skills 101

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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!

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

Recycle Your Old Kit

Update on the Recycle project.

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!

5 Reasons Sweat Is Your Best Friend On The Bike

By: Selene Yeager

Sweat might seem like just a sticky issue, but it's so much more than the reason no one hugs you after a ride. In reality, sweat is your body's sprinkler system: Heat up enough, and the waterworks activate to help you stay cool and keep hammering down the road. The hotter it gets, the more efficient sweating becomes the key to success. Here's what you need to know to embrace your natural coolant and make it work for you.

The fitter you are, the faster you sweat.

Most of us begin to sweat when our core temperatures rise about 0.3 degrees Celsius above normal, says Dr. Caroline Smith, director of the Thermal and Microvascular Physiology Laboratory at an American University. As you get fitter, your body becomes more efficient at cooling itself. "Well-trained athletes begin sweating at a lower core temperature, and they sweat more," Smith says.

Your body also starts sweating nearly immediately when you launch into a sprint or hard effort in the heat, Smith says. In those cases, your body doesn't even wait to heat up: It knows what's coming.

You need to drink (almost) as much as you sweat to stay cool.

The human body makes sweat from blood plasma (the watery part of your blood). If you want to keep sweating – and you do – you need to hydrate well enough to prevent your blood from turning to sludge.

How much you need to drink depends on how much you're pouring out. This amount varies widely from rider to rider depending on a host of factors, including, of course, how hot it is. In one study of 26 cyclists competing in a 164km road race, sweat losses ranged from 4.9 to 12.7 litres. You can't – and shouldn't try to – replace every drop of sweat you lose, but you need to stay reasonably hydrated. Research shows that about 590ml of fluid an hour does the trick

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In order to hydrate while exercising, it's important to drink fluids that contain a little sugar and salt (most sports drinks contain both). Both help pull fluid from your intestines and into your bloodstream more quickly, making fluid readily useable for sweat. Your body also loses electrolytes like salt through sweat while drawing water to the surface of your skin, and the salts need to be replaced.

Women sweat less and usually run hotter.

Women typically sweat less than men. If you're pre-menopausal, you also have a higher core body temperature and significantly lower blood plasma volume during the high-hormone days before your period. A little chicken broth, miso soup, or sodium-heavy hydration beverage can help pull the fluid back into your bloodstream where you need it to sweat.

Sweat needs to evaporate to cool you.

Pouring buckets of sweat doesn't do you much good if it just soaks your clothes and sits on your skin. The cooling response is a result of evaporation, which happens as your body unloads heat energy while helping the sweat turn gaseous. That's why it often feels harder biking in humid conditions. It's also why it's important to wear wicking materials that pull sweat from your skin through the material and into the air.

Train your sweat response.

Just as your sweat rate changes as you get fitter, it also adjusts to heat, says exercise physiologist Dr. Stacy Sims. "As you acclimate to the heat, your total blood volume increases, and your heart rate and body temperature get lower at any given exertion. You start sweating earlier and sweat more, so you can better cool yourself. The composition of your sweat changes, so you lose fewer electrolytes as you sweat. All are key for sustaining exercise in the heat," she says.

Heading somewhere hot from somewhere not for a big event? Unless you can go ahead of time to acclimate, you can do some DIY heat acclimatisation wherever you live. Simply wearing more clothes and using fewer fans on your trainer can help your body prepare for being in a hot environment. Just be sure everything is breathable and don't overdo it. You want to simulate a hot environment but not give yourself heat illness. You can also use hot yoga or a sauna, says Sims. But you need to be consistent for about five days in a row to get a benefit.

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!

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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
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

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	MTB			
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

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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 Adeldt 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 and FESTIVITIES

The day will end with a lucky draw at 12h30. It is definitely worth your while to enjoy some of the best food, live music, craft beer and wine of the region. You will be sure to return to this event next year.

	Pre-Entries	Late Entries
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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

<u>Saturday</u> <u>Leg Breaker</u>	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 down Link rd, left onto R27
<u>Saturday</u> <u>Leg Shaker</u>	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
<u>Saturday</u> <u>Leg Loosener</u>	7.30AM +/- 40km @ an average of +/-26km/h Up the R27 to Duynefontein and back.
<u>Saturday</u> <u>Leg Warmer</u>	7.30AM +/- 35km @ an average of +/-22km/h Up the R27 to Melkbos/Duynefontein and back.
<u>Tuesday & Thursday</u> <u>'Mothers & Others'</u>	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!
<u>Wednesday Koeburg ride (MTB)</u> <u>Sundays &</u> <u>Public Holidays</u>	5pm Meet at the top car park <u>Sunday 27th May 7:30AM</u> Up Sandowne, N7, right on Van Schoors, left, past Philadelphia, over N7 to link. Right, through Atlantis to R27 and home. Distance:71km Elevation gain: 508m Weather: Not much of a breeze forecasted. Ave speed: 25-26km/hr

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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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