



News

Saturday saw a good turnout for the club ride. The weather was good if a bit chilly. It was lovely to see Oom Gerard Genis joining us for a ride while on the road to recovery after heart surgery. We certainly hope to see him more often. One of a handful of those with 21 Sun 3 hr CTCT's. Simply incredible!

It was also nice to see Sylvanna for coffee and we also wish her well on her continued recovery.

Well done to Derwyn Oxley for yet another good showing at Killarney on Sunday as well as newbie to the club Bruce Curnick who managed a very respectable 7th in Cat 2.

A quick reminder! There is a 200km Audax from Verde wine estate on Saturday morning and A PPA Cyclosporitif on Sunday. Both are great events.

The at our committee meeting on Monday we also thought it necessary to reiterate the rationale behind our Club Ride Routes on Saturdays

All rides start at Cycles Direct and all end at The Driftwood Café in Parklands.

Broadly speaking the routes are as follows:

The Leg Warmers route is up the R27, into Melkbos, plus either a full or half loop of the circuit. We exit Melkbos whence we entered and then back along the R27. This route is generally led by Nicci.

The Leg Looseners follows the same route but includes 2 loops in Melkbos and is led by Mike.

The Leg Shakers follow the R27 and turns UP the N7 link road and turns at the absolute top of the link road. Riders regroup at the top, travel down the link road back to the R27 and back to Driftwood. This ride is led by Mark.

The Leg Breakers follow the same route as the Leg shakers except they turn left onto the N7 and travel down to the Philadelphia turn off. They circle under the bridge and back onto the N7. Off the N7, back onto the link road and then

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The overall rationale is that there will always be a group on the circuit at Melkbos.ie if you fall off the Looseners you can join the Warmers. In the case of these two groups the same applies on the R27 i.e. if you fall off the Loosener pace you are able to join the Warmers.

For the Shakers and Breakers, the situation is similar. There is a regroup for the Shakers at the top of the link road and members can also turn early and rejoin the group on the way back down to the R27.

The Breakers regroup at the N7 on ramp, the Philadelphia Bridge, the top of the link road on the way back and the bus stop at the R27 intersection again.

What this means is that there is almost always a group on the R27 on the way back to Driftwood. Looseners can join Warmers Group, the Shakers can also join the Breakers Group if required. It also means the last Group on the route is almost always the Breakers so please if you have a mechanical or any other issue PLEASE, PLEASE stop them. They WILL help you.

For the Leg Breakers who fall off ...well it happens and we will see you for coffee no quarter asked for and no quarter given J

Ride safe and see you on Saturday!

Trivial Pursuit Evening

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PURSUIT EVENING



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

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 !

Unwritten Rules Of Cycling Etiquette

Helmets

Face it, helmets just aren't cool. Nothing looks more pro than the tour rider cruising down the boulevard wearing nothing but a broken-in cycling cap. However, concussions and drooling out the side of your mouth are really lame, so wear your helmet. But for heavens sake, take it off when you walk into the coffee shop! Are you afraid of slipping and hitting your head on the counter? When worn, the helmet should be tilted as far forward on your head as possible and never at an angle. Cockeyed helmets are a sure sign of an amateur.

To look cool, take off the helmet and slip on your cycling cap the moment you arrive at your destination. To look Euro-cool, make sure to always wear your sunglasses on the outside of your helmet straps so the television cameras can see the brand logo on the ear pieces. And please, no neon colored helmets! White is the only acceptable helmet color.

Legs

We've all been asked a million times, why do cyclists shave their legs? Our answers range from aerodynamics to massage to wound care. But we all know the real reason. It makes us look smooth (in more way than one)! So whip out the shaving cream and the Bic and mow the lawn.

For the ultimate in cool, roll up the cuffs of your shorts for that extra 1/4 inch of tanning space. To look Euro-cool, always wear a pair of the ultra-cool TUFF cycling socks. And please, no gym socks!

The Kit

Your jersey must match your shorts, which must match your arm warmers, which must match your socks. But under no circumstances should a replica pro team kit or a national/world champion kit be worn unless you've earned it. The only acceptable team kit is your own club kit. Retro wool kits are sometimes acceptable, but even that is iffy.

To look cool if you don't belong to a club or a team, wear a stock Castelli or Assos kit but don't mix and match. To be Euro-cool, wear the kit of an obscure European amateur team, but only if you have a story about how you spent the winter riding with them in Majorca to go along with it. Please, no century jerseys (I'm going to take some heat on that one), nothing with cartoon characters on it and never, under any circumstances, go jersey-less. Especially if you are wearing bibs.

* And a special note for women. As much as the guys on the group ride might like it, a jog-bra is not an acceptable substitute for a jersey. Wear the bra, but please throw a jersey on over it. Its hot. You're hot. But shorts and a jog-bra is just not.

iPods

I should say MP3 players, but lets face it, an iPod is the only cool on-board music system. Of course legally, I have to recommend against wearing headphones out on the road, but since you're going to do it anyway, here are a few guidelines. Never wear headphones on a group ride. Headphones on a group ride say two things. 1) You people are

showing up on a group ride with headphones, even if the music is off.

To look cool, remember that the smaller the headphone, the better. No 1985 walkman ear muff headphones please. Ear buds are the only acceptable iPod accessory. To look Euro-cool, make sure you are listening to an obscure independent British punk rocker or electronic group. And please, no Kraftwerk!

Clipping out

Hard to believe, but this one actually deserves its own paragraph. One of the easiest ways to determine the experience level of a cyclist is to see how early they clip out before coming to a stop. A novice rider will clip out as much as a block before a stop sign or red light. A real beginner will clip out a block before a green light, just on the off chance that it might turn red by the time they get to it.

To look cool, let the bike come to a full stop before clipping out. To look Eurocool, never clip out. Track stands are the only acceptable way to wait at a red light. And please, no basket-clips and no mountain bike shoes on the road bike! Wearing sneakers or mountain bike shoes on the road indicates that you intend to spend more time with your feet on the ground than in the pedals. You're a cyclist, darn it, not a pedestrian!

The Friday Ride Hero

Although getting dropped on the hard Saturday group ride isn't cool, there are actually more ways to look un-cool on the easy Friday recovery ride. The best way to look un-cool is by pushing the pace over 19 mph or by doing your intervals off the front of the ride. Friday rides are for recovery and socializing. You're not going to impress anyone by ramping up the pace. Unfortunately, messing up the pace is just as easy to do on the hard group ride and this is where things get really complicated. Sprinting at the wrong moment, setting the wrong pace up a climb or pushing the tempo at the wrong time can draw just as much scorn as pushing the pace on a recovery ride. Get to know the etiquette of a group ride by doing it at least two or three times before even thinking about getting to the front.

To look cool, show up to the Friday ride with a cup of coffee from an independent bohemian coffee shop and sip on it throughout the ride. To look Euro-cool, skip the coffee and blueberry muffin after the ride in favor of an espresso and a croissant. And please, never order any drink that has whip cream spilling out over the top of the cup. You didn't ride hard enough to burn off 20 grams of fat and 600 calories.

Group Ride Etiquette

Have you ever seen a pro team on a training ride? Side by side, shoulder to shoulder, quietly zipping along. Then, there is the club ride. You actually hear it before you see it. Slowing! Right Side! Stopping! Rolling! Hole! Then you see it. 25 riders spread out over an entire city block, three, sometimes four, wide. Weaving, swarming cars, running stop signs. Keep your group ride cool with the following four rules of thumb.

1. Never ride more than two abreast.

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3. Maintain a distance, no more than 12 inches from your shoulder to the shoulder of the rider next to you.
4. It only takes one person to call things out. This should be the person at the front of the pack. Ideally, a little point of the hand is all it takes to indicate obstructions or turns. It shouldn't take two dozen people yelling at the top of their lungs to make a ride run smoothly.

To look cool, keep the group tight, wheel to wheel and shoulder to shoulder. To look Euro-cool, only ride with other cyclist wearing the exact same kit. If this is not possible, make sure there are no more than three different kits in the pack and that there are at least three riders wearing each kit. And please, never swarm cars at stop lights or steer a large group of riders through a red light. Its just not cool.

Carbon Wheels

Carbon wheels are for racing! Never under any circumstances should they be brought out on a training ride. Training wheels should be strong and heavy with lots and lots of spokes. Carbon wheels say to the group, I'm not strong enough to do this ride without my \$2,000 feather weight wheels. If you have the money to tear up a carbon wheel set on the road, then you'd be better off spending it on a coach who will get you fit enough to keep up with the group ride on regular training wheels.

To be cool, ride with Bontrager flat proof tubes. They're about four-times as heavy as regular tubes and they just about double your rolling resistance. To be Euro-cool, don't tell anyone you're riding with them. Its enough to know for yourself that you can keep up with those weenies even on a 22-pound bike. And please, no deep dish carbon clinchers. Carbon wheels are race wheels and clinchers are for training. Tubulars are the only way to go on your carbons.

Ornaments and Accessories

This one is simple. No stuffed animals or figurines mounted to your handlebars no matter what it signifies to you. No mirrors on your helmet or your glasses. No reflector strips taped to your bike. No giant flashing lights (LEDs are ok).

To look cool, ride without a saddle bag. Put one small tube, a tiny pump and a tire lever in your middle back pocket. To look Euro-cool, ride without a saddle bag and with nothing in your pockets. This is cool because it means you must have a team car following you with all your supplies. And please, don't plaster the stickers that came with your shoes or your glasses all over your bike unless your sponsorship contract with those companies specifically dictates that you must.

Cat 4 Marks

Otherwise known as a chain tattoo, this is what we called them back in the day before Category 5 existed. Nothing gives away a rookie faster than a black streak of grease on their calf. The experienced rider can actually get through an entire ride without rubbing up and down on their dirty chain.

its one thing to get grease on your leg. Its another thing to get it on your hands, your jersey, your face!

Shorts

MEN: there are many rules regarding shorts. First of all, they don't exist. Forget about them. The only acceptable garments to wear are bibs, no exceptions. But please, throw out your bibs when they start to wear out. Enough anatomy is revealed by the skin tight Lycra, we don't need to see a transparent butt panel. And this may seem obvious, but the jersey goes over the bibs!

To look cool, wear bibs, enough said. To look Euro cool, wear bib knickers or even bib tights. And please, don't wear underwear under your shorts!

How to Dress for Weather

If the temperature is below 60 degrees Fahrenheit, you must wear knees or better yet, full leg warmers. If you go out of the house in 50 degree weather with bare legs, it doesn't mean you're tough, it just means you're an idiot. In the summer, no matter how hot it gets, you must never wear a sleeveless jersey. Tan lines are the proud mark of a real cyclist. If you must get some additional ventilation, cut a vertical line along the inside seam of your sleeve with a pair of scissors. Not only will this help you stay cool, but it says, my sponsors give me so many jerseys, I don't mind wrecking one.

To look cool, if you need to keep the sweat out of your eyes, wear a cycling cap, not a sweat band or a bandana. To look Euro-cool, just don't sweat. And please, no arm warmers with a sleeveless jersey!

When to Dress

Believe it or not there are a whole bunch of rules regarding when to get dressed for a race or a ride. In general, the less time you spend in your chamois, the cooler. If you are riding to the start, you should get dressed just before you leave the house. Don't eat breakfast or walk the dog in the morning in your full kit! The neighbour's think you're goofy enough for cycling as it is! If you are driving to the start and it is less than a 45 minute trip, it is ok to wear your bibs under a pair of regular shorts, but not your jersey or your gloves and especially not your helmet. Also, make sure the suspenders on your bibs are hanging down, (preferably on the outside of your street shorts) and not over your shoulders. If it is longer than a 45 minute drive to the start, you must bring all your cycling gear in a cycling specific duffle bag such as a Specialized or Rudy Project bag. Brown paper bags or shopping bags are never acceptable.

To look cool, wrap a towel around your waist when you change. Changing skirts are practical, but not very cool. To look Euro-cool, make sure its a white, thread bare towel taken from the cheap motel room that you and five teammates crammed into at your last stage race. And please, no bare butts in the parking lot. Once again, we see enough through the skin tight Lycra.

Once last time, if you cant ride good, you might as well look good. And please remember, I don't write these rules, I only live by them.

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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!

FEATURES

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.

Subscribe	Past Issues				Translate ▼
Sat 02 Jun	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	
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	

%20 THIS SATURDAY ON THE FUNRIDE CALENDAR

Event	2018 Robertson Winery MTB
Date	Saturday 2 June 2018
Distance	71 km; 54 km; 29 km; 11 km
Starting times	71 km @ 07h30; 54 km @ 08h00; 29 km @ 08h30; 11 km @ 09h00
Venue	Robertson Winery
Enquiries	Con Viljoen on 082 775 8737 / Ilse Viljoen on 076 337 5407
Online entries	Click Here
Entries close	Pre-entries: 1 June Late entries on the day from 06h30
Email	mtb@robertsonwinery.co.za
Cut-off / Lucky draw	13h00

ROUTE DESCRIPTION

All of the riders can look forward to a scenic ride through the vineyards over undulating hills in the Robertson Valley, giving you access to areas only available for this event. There is more than enough to challenge the riders on the two longest routes so be prepared!

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technical with a total climb of about 1600 m. Please do not attempt if you don't do these distances on a regular basis.

The **54 km** route is a rewarding route for fit riders, as this route includes challenging and technical climbs and descents. This is also a brand new route and will have amazing scenery to enjoy! Only experienced riders should attempt this route..

The **29 km** route, on the other hand, is a pleasant ride through vineyards and over gentle hills and is not as technical as the longer routes but will provide a nice challenge for everyone. Expect a combination of jeep and single track sections on all three of the longer routes.

The **11 km** route consists only of jeep tracks and is suitable for children and novices.

DIRECTIONS TO VENUE

As you enter Robertson from Worcester, cross the small bridge with the police station on the left. Just after the small bridge you'll find Robertson Winery on the right hand side. Only one hour and 40 minutes from Cape Town.

NOTES

All four routes are opened exclusively for this event! This funride forms part of the Wacky Wine Weekend Festival in Robertson. Each participant older than 18, will receive a bottle of Robertson Winery wine or grape juice and a medal upon completion. Participants younger than 18, will receive a bottle of Robertson Winery grape juice. All children u/12 must be accompanied by an adult. Many lucky draw prizes to be won!

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

FEES 2018	PPA Members discounted fees		Entry fees	
Distance	Pre-entry online fees	Late entry fees on the day	Pre-entry online fees	Late entry fees on the day
71 km	R 150	R 170	R 200	R 220
54 km	R 120	R 140	R 170	R 190
29 km	R 90	R 110	R 140	R 160
11 km	R 40	R 50	R 50	R 60

*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.

THIS SUNDAY ON THE FUNRIDE CALENDAR

Event	2018 Cyclosporitif #3
Date	Sunday 3 June 2018
Distance	109 km; 39 km
Starting times	109 @ 08h00; 39 km @ 08h30
Venue	Perdeberg Winery, Paarl
Enquiries	Rozanne on (021) 671-6340

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Cut-off / Lucky draw**

14h00 / 13h30

The Cyclosporitif series for 2018 will consist of 6 events that will start at three different venues. Cyclosporitif #1 and #4 will use the same venue/route; #2 and #5 will use the same venue/route, and #3 and #6 will use the same venue/route.

While the events form a series, they are all stand-alone road funrides aimed at everyone, from beginners to experienced riders who want to keep fit during the year.

Can you improve your time the second time you do a route? Come and find out...

You are welcome to do only one, a few, or all of the events - but you'll love the 'coaster' formed by the different medals when doing all the events in the series!

This series will count towards your seeding for the Cape Town Cycle Tour.

The venue for the this funride is the Perdeberg Winery. You will go out on the Paardeberg / Malmesbury road, turn left on the R45 and then pedal towards Malmesbury and Riebeeck Kasteel, climbing Bothmaskloof from the less steep side. Then it's fairly flat towards the R44 before you head for Wellington and the finish venue.

The 109 km route will have 4 water points and the 39 km route will have 1 water point.

DIRECTIONS TO VENUE

Follow N1 to R44. Take exit 47 from N1. Turn left onto R44. Turn Left onto Voor Paardeberg. Venue will be on your left.

GPS Co-ordinates:

Latitude: S 33° 39' 30.00" (-33.658333)

Longitude: E 18° 49' 37.00" (18.826944)

NOTES

Remember to wear your seeded PPA road funride number. No children u/16 on the 109 km route. Kids between ages 8 and 14 must be accompanied by an adult at all times on the 39 km route.

Registration will take place on the morning of the event at the venue, from 06h30.

FEES 2018	PPA Members discounted fees		Entry fees	
	Pre-entry online fees	Late entry fees on the day	Pre-entry online fees	Late entry fees on the day
109 km	R 275	R 350	R 375	R 450
39 km	R 125	R 150	R 175	R 200

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**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

SaturdayLeg 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 down Link rd, left onto R27

SaturdayLeg 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

SaturdayLeg Loosener

7.30AM +/- 40km @ an average of +/-26km/h

Up the R27 to Duynefontein and back.

SaturdayLeg 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 3rd June 7:30AM**

Ride out past Pollsmoor, Boyes Drive, Black Hill, Chappies, Suikerbossie

Dist.: 112km

Elevation: 1749m

Route subject to change on the day, 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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