

MINUTES OF AN ANNUAL GENERAL  
MEETING HELD AT 19H00 ON  
TUESDAY 17 APRIL 2018 AT DALES  
PLACE,  
PADDOCKS MILNERTON

[https://gallery.mailchimp.com/a12fd3ffc9ed1dc35f162259d/files/09d40ef7-ff12-4d91-bfb8-40648213ae91/Minutes\\_of\\_Outriders\\_AGM\\_17\\_April\\_2018.pdf](https://gallery.mailchimp.com/a12fd3ffc9ed1dc35f162259d/files/09d40ef7-ff12-4d91-bfb8-40648213ae91/Minutes_of_Outriders_AGM_17_April_2018.pdf)

## News

Well it appears that a good long weekend of cycling was had by all! Friday's, Saturday 's and Sunday's as well as Tuesday's ride were all extremely well attended by club members. It was fantastic to see so many Outriders, new members and old faces at various times on the weekend.

This leads us to the rumors doing the rounds that relate to the disbanding of the Cycle Technix Cycling Club. We say rumors but they do appear to be true unfortunately.

At the end of the day all we as Outriders want to do is want to do is cycle and I am sure the members of Cycle Technix Club, who potentially find themselves without a club, just want to do the same, cycle, enjoy the camaraderie of a good ride and definitely the post ride coffees :)

It would therefore be great if we as The Outriders could welcome any old members back and simultaneously welcome any new members on our rides. We have a golden opportunity to strengthen the cycling community of the West Coast so let's all try and do so with both kindness and grace.

We also have some new and potential members and would like to welcome Trudie Plomp, Michael Loubacher, Mark Wiltshire and his partner Megan, Lionel and Anja, Jade Potgieter, Mark Oreilly and and an official welcome to Craig Clarke who has been cycling with us regularly.

Lastly a big thumbs up to Markus Frans who completed the Joberg2Sea this past weekend despite a very painful dislocated finger from a fall. Well done Markus!!

## The Koeberg Sunset Cruise News

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](mailto: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

*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 !

## 10 Training Fundamentals for Cyclists

**By: Selene Yeager**

### **1. Have a plan.**

You may be able to get pretty fit by winging it, but truly remarkable accomplishments, whether upgrading to Cat 3 or scoring a belt buckle in the [Leadville 100](#), require careful execution of a training program.

### **2. Be prepared to scrap the plan.**

You're scheduled for 20 minutes of pyramid intervals, but your legs feel like you spent the last few days constructing a real pyramid. Spin today. Hit it hard tomorrow instead. Your plan should be etched in clay for molding to your needs, not in stone for beating yourself up.

**More:** [Tap into your riding potential](#)

### **3. Ride at the edges.**

Once a week, go so hard your eyes hurt. Follow it with a ride so slow the snails yawn. The combination

makes legs strong.

#### **4. Be true to yourself.**

Cyclists are pack animals. Enjoy the camaraderie, but don't let your training goals get trashed by constant king-of-the-mountain contests, town-sign sprints or the all-hard, all-the-time mentality of the group. If you can't trust yourself to go easy when you need to, ride alone.

#### **5. Do what sucks.**

You hate climbing because it's hard for you. You should climb—because it's hard for you.

#### **6. Think improvement.**

Do more than log miles. [Intervals](#), cadence rides and other specific workouts are designed to progressively challenge your body in different ways from week to week. Give every ride a goal.

#### **7. Maintain the human machine.**

The gym is your body shop. Visit twice a week to [strengthen](#) your core and other stabilizing muscle groups. And don't forget to stretch. By keeping your supporting muscles strong and joints flexible you can avoid an achy back, tight hip flexors and other overuse pains that can weaken even the strongest cyclist.

**More:** [Learn to love the road](#)

#### **8. Train your brain.**

Your body can do more than you think. Convince your brain through [positive thinking](#) and visualization. You'll be surprised at what you accomplish when you say you can.

#### **9. Eat.**

Fuel your workouts with the food you eat on race day. You'll ride faster in practice and digest better when it counts. Experiment: There are dozens of energy concoctions for a reason. No one thing works for everyone.

#### **10. Enjoy the ride.**

You already have a job. Work hard at cycling, but never make it work.

**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.

Date	Event	Category	Location	Distance/Notes
Sat 05 May	2018 Tru Cape MTB	MTB funride	Elgin Grabouw Country Club	53 km, 26 km, 10 km
Sun 06 May	Ian McPherson memorial ride	Other, road	Fish Hoek Sports fields	07h30
Sat 12 May	2018 'Tread Lightly' Women's MTB	PPA-own MTB funride for the	Backsberg Wine Estate	30 km; 15 km; 4 km

		ladies		
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

#### THIS WEEKEND ON THE FUNRIDE CALENDAR

<b>Event</b>	<b>2018 Tru-Cape MTB</b>
<b>Date</b>	Saturday 5 May 2018
<b>Distance</b>	50 km; 25 km; 10 km
<b>Registration</b>	From 07h00
<b>Starting times</b>	50 km @ 09h00; 25 km @ 09h20; 10 km @ 09h40
<b>Venue</b>	Elgin/Grabouw Country Club
<b>Enquiries</b>	Euna Parnell on (021) 859-4203 or email: <a href="mailto:parnelle@hsgrabouw.co.za">parnelle@hsgrabouw.co.za</a>
<b>Online entries</b>	<a href="#">Click here</a>
<b>Late entries</b>	On the day from 07h00 until the start of the final race, at the late entry fee
<b>Notes</b>	50 km cut-off: 12h00 @ the 25 km mark. Lucky draw: 14h00 Event cut off: 14h00

#### ROUTE DESCRIPTION

This popular event offers the best of off-road cycling in the Grabouw Forest. The **long route** takes in the best natural singletrack Grabouw has to offer, using the flowing trails that other events love to use. The **medium route** will please the fit and not-so-fit with its ample open gravel road sections with most of your climbing done on this easier surface, leaving the singletrack mainly for the downhills. The **short route** will take you on an adventure, riding anti-clockwise around the Eikenhof Dam where a fun mystery obstacle course waits in the East corner of the dam.

The event organisers have also created Strava segments for this year's edition of the Tru-Cape MTB. Winners of these segments will receive fantastic prizes donated by one of the sponsors.

#### DIRECTIONS TO VENUE

From Cape Town, take the N2 through Somerset West and over Sir Lowry's Pass. Turn left to Grabouw at the Orchard Farm Stall. Once in the town, turn left at the Taxi Rank and follow the signs to the Country Club.

#### NOTES

If single track is your thing, don't miss this event! This area drains very quickly and the routes will be rideable even if it were to rain until shortly before the start of the event. All children u/12 must be accompanied by an adult and can only participate in the 10 km event.

Please join us during and after the event for great entertainment for the whole family.

The closing date for online entries is 23h59 on Thursday 3 May 2018.

**BIKE BOARDS:** Remember to bring and use your Racetec MTB bike board. PPA members get their first bike board for free, while non-members can purchase a Racetec MTB board for R25 (once-off). This board

includes the timing chip and can be used at all MTB events timed by Racetec. No helmet, no ride.

FEES 2018	PPA Members discounted fees		Entry fees	
	Distance	Pre-entry online fees	Late entry fees on the day	Pre-entry online fees
50 km	140	200	210	280
25 km	130	180	200	260
10 km	100	140	150	200
10 km and u/12	50	70	70	100

- Read more about the event [on Facebook](#)

## 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 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  
'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 6th May 7:30AM  
Weather look a bit unpredictable (unsure what it wants to do) so,  
Cycle out to Camps Bay, Suikerbossie and take it from there.

# 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.

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

The MailChimp logo is displayed in a white, cursive font on a dark grey rectangular background.