



News

Hi there all. We cancelled Saturdays club ride due to the inclement weather - Gusty winds and forecast rain which only materialized later in the day unfortunately. There were however still people who rode on their own or in small groups...The hard core J

I would like to suggest the policy for Official Club Rides(OCR) being cancelled is that by default, and if you still want to ride, that the meeting place still be at CD at the same time as the club would have ridden i.e. 7.00 am in summer and 7.30am in winter.

This gives everyone who wants to ride the opportunity to meet and formulate a plan for the morning albeit a "group ride" as opposed to an OCR.

Then there were one or three suggestions about changing ride time. Historically the Outriders have always met at 7.00 or 7.30am dependent on season. This is to ensure we ride in the light and that there is sufficient time for a decent ride that does not impinge on the rest of the day. The cold at present is unfortunately beyond our control J.At this stage we will keep the rides at the normal time/s

On the subject of rides - Sundays Ride was great, very challenging at about 120 kms and including Black Hill,Chappies and Suikerbossie...and all the little bumps in between. Thanks to everyone who participated.

We also need to congratulate Robert, Bernie ,Mike and Marcus on completing the 200k Audax.It was apparently very cold but extremely enjoyable and everyone finished within the allotted time. Robert said despite the wind ,rain and cold it was an exceptionally beautiful day out. The next ride is on the 20th of July from Vrede Wine Estate and loops around the Darling area which is a relatively flat course. It would be nice to plan an Outrider entourage!

Here is the link to their website : <http://audaxsa.co.za/schedule/>

On Saturday we are going to be having a raffle for club funds at Driftwood.The prize is a major service worth R750 at Cycles Direct (labour only and excluding parts) The cost is ZAR 20 -for the Swallows about 1Pound 10 pence...cheap at the price!

Lastly we are aaaalmost finished with our new club website and anticipate having it up and running within the next 5-6 days !

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 !

7 Core Moves For Killer Climbing

Written by Selene Yeager

You can have legs as strong as tree trunks, but if your core is wobbly as a willow in the wind, you're going to be wasting watts because when your core gets weak, you lose power transfer from your upper body to your lower body.

That makes you less stable in the saddle, and you can't push maximum power into your pedals to go fast. It also leaves you vulnerable to tight achy back muscles, which will most definitely slow you down. Strong core muscles increase your power transfer from your arms to your legs, especially when you're pushing out of the saddle. The stronger you get, the bigger a gear you can push up hills, and the faster you can reach the top.

RELATED: [6 Strength Exercises For Explosive Power](#)

For climbing purposes, you want to hit your entire core, which includes your back, abs, sides, and hips (your core doesn't stop where your jeans begin). These moves will get it done.

Perform the routine as a circuit: Do 10 to 15 reps of each exercise, moving immediately from exercise to exercise, without rest. When you're finished, repeat the sequence. Aim to work your core 2 to 3 days a week – even during riding season. Core training should be like pumping your tyres, something you do several times a week to keep from getting flat!

Tipping Bird

Do it: Stand tall with your arms out to the side at shoulder-height. Keeping your right leg extended, lift your right foot behind you and balance on your left leg. Slowly hinge forward from the hips, tipping your torso forward toward the ground while extending your right leg straight behind you, foot flexed, until your body forms a straight line from your head to your heel. Stop when you're parallel to the floor. Return to start. Switch sides. Alternate for a full rep count to each side.

TT Plank

Planks are a climber's best friend, because it strengthens all those core muscles that help keep your upper body quiet while your legs are doing the talking up the mountainside. There are countless variations, but this one is particular good if you do triathlon or time trials because your arms are in the same position.

Do it: Keeping your elbows on the floor directly beneath your shoulders, forearms extended and hands in loose fists, lift your body into a plank pose, resting on your toes and maintaining a neutral spine. Hold for 20 to 30 seconds, gradually building up to a minute or even 2 if you're a long distance rider.

Cobra Lift

We cyclists spend a lot of time flexed forward. If you work a desk job as well, you likely spend the lion's share of your waking hours in that forward keyboard slump. This move tones and strengthens your stretched out and often weak flip side by strengthening the erector spinae, lumbar, and glute muscles.

Do it: Lie face down, legs extended, arms out and back about 45 degrees, palms down. Contract your glutes, squeeze your shoulder blades together, press your legs into the floor, and lift as much of your torso up as far as you can (this may be just your chest), rotating your arms so your thumbs point to the ceiling. Keep your neck straight. Pause. Return to start position.

Scorpion

Cyclists often not only have weak hips and lumbar back muscles, but also those muscles can get pretty tight, limiting our mobility on and off the bike. This "fierce" core move strengthens your lumbar and glute muscles and improves mobility and range of motion throughout your pelvic girdle. As a nice bonus it stretches your chest, hips, shoulders, and back.

Do it: Lie face down with arms out to the sides, shoulders flat on the floor. Lift your right leg off the floor and, twisting your torso, reach it across the back of your body as far as possible toward your left hand. Return to start. Then repeat to the other side. Repeat for a full set to each side, alternating sides throughout.

Bridges

Hey look, another move for your glutes and lower back (sensing a trend?). Bridges hone in on the muscles where your lower back meets the top of your glutes, where cyclists often get achy when they climb.

Do it: Lying on your back, bring your feet in toward your butt, then squeeze your glutes and raise your hips up towards the ceiling, so your body forms a straight line from your shoulders to your knees. Pause. Then lower to the floor and repeat. When that gets

Russian Twist

This rotational move is great for building strong obliques as well as your deep transverse abdominal muscles, which are key for stabilising your torso when you're climbing.

Do it: Hold a medicine ball (or dumbbell by the ends) in both hands. Sit on the floor with your knees bent. Keeping your back straight, lean back slightly and lift your feet slightly off the ground (It looks like the Boat Pose in yoga). Twist your torso all the way to one side, then all the way to the other. Keep your neck and shoulders relaxed. Rotate for a full rep count to each side. To make it harder, lean back further.

Ball Pikes

If you don't have a stability ball, it's totally worth buying one to take your core work to the next level by doing moves such as this one. Because you're on an unstable platform, your entire core is fired up to keep you steady – ideal for building core stability for riding a bike.

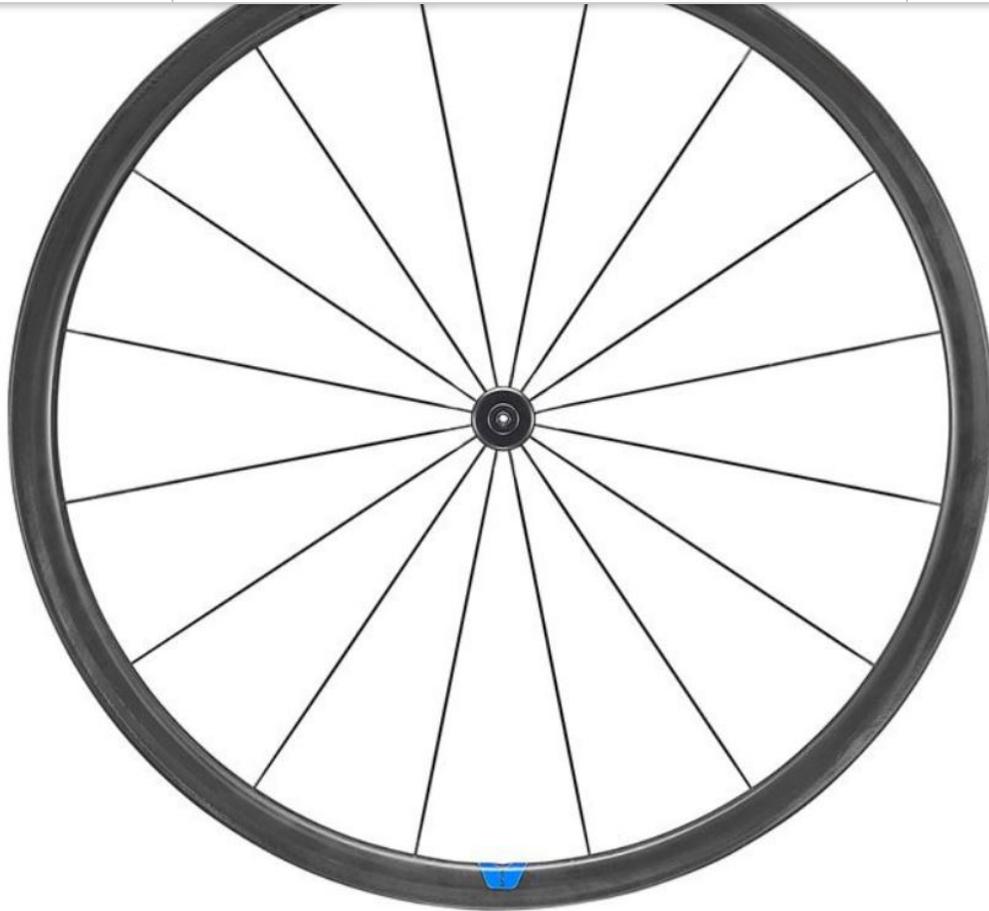
Do it: Start in a plank position with the tops of your feet up on an inflated stability ball. Keeping your knees straight, hike your hips up toward the ceiling, so your back is straight and your butt is pointed up to the sky. Lower to the plank position and repeat. If that's too tough out of the gate, start by bending your knees and pulling the ball in toward your chest.

Cycles Direct - Outriders Deal Of The Month June 2018

JUNE EXCLUSIVE OUTRIDER DEAL: GIANT SLR 0 CARBON TUBELESS READY ROAD WHEELSET

Retail R23,900

Outrider price R16,900



- Ultra-Light full carbon composite 700C rims
- Tubeless compatible using supplied rim strips and valves
- 23mm wide rim for better tire performance
- 30mm rim height
- DT Aerolite/Aero Comp bladed stainless steel spokes
- Dynamic Balanced Lacing provides significantly higher transmission stiffness vs. traditionally laced wheels
- Alloy locking nipples
- Giant alloy hub shell with Star Ratched driver
- 1335g per pair

PPA Calendar

EVENTS AT A GLANCE

Please see the [PPA website](#) for more information on these events.

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| Date | Event | Category | Location | Distance/Notes |
|----------------------------|--|--|--|---|
| Sat 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 |

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 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.

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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 10th June 7:30AM

Same as last week but...in reverse.

Out on R27, suikerbossie, Chappies, Black hill, Boyes drive, past Constantia shopping centre, through S/Suburbs and home

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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