

the outriders

----- CYCLE CLUB

News

Well thankfully we seem to have seen the last of the bad weather for a couple days. We managed a fantastic ride at Koeberg last night with some new faces as well. The next couple of days are also looking very, very good so we anticipate a good turnout for both rides over the weekend. I see Mark has planned a ride to Chappies which is great news.

Congratulations to all of you who completed the MTB and Road rides at Knysna last weekend...you certainly were blessed with the weather.

Lastly just a reminder that we seem to have new members joining all the time. Lets continue to welcome and assist them where possible.

It would appear that The Outriders are a growing strength on the West Coast in terms of numbers and spirit ...so ...and pardon the pun...Lets Keep The Wheel Rolling!

The Koeberg Sunset Cruise News

The Koeberg Sunset Cruises has been very well attended. We have been blessed with awesome weather and some fantastic animal sightings. The Eland herd is 40 plus and it's a both a humbling experience and privilege to see them. The dynamics of the evening has changed with many cruisers opting to meet at The Wall, ride to Koeberg and then back – the addition of the new cycle lane from Melkbos to Big Bay has made this a much safer ride. On 21 June it's the Southern Hemisphere Winter

Solstice which means that from 22 June the days are supposed to be getting longer with sunset times moving a bit later every week. The Koeberg Sunset Cruises are coming to an end on 1 August so if you want to experience the fun then time is running out.

Regards

Mdk 072 699 7458

mdk@tiletoria.co.za

10 Secrets for Riding in a Peloton

By: Michael Berry, Road Bike Action

Riding in the peloton takes knowledge, fitness and know-how. For many enthusiast riders, taking that next step and showing up for a [group ride](#) is the best way to not only meet other cyclists, but to take your riding to the next level.

1. Relax

Relax in the peloton and learn to move with the flow of the group. Once you have some experience riding in a group you will soon realize it has a certain dynamic to it. You will quickly be able to find the spots with the most draft, away from the wind, and the spots where it is the safest to ride.

There is no better way to learn how to ride well in a group and gain comfort in a peloton than to spend time riding with others. Be calm, focused and observant. This will help to improve your [bike handling skills](#) and make informed tactical decisions.

2. Stay Up Front

Stay towards the front of the group, as you are more likely to avoid crashes, be ready for attacks and stay ahead of splits in the group, and you will not feel the whip of the elastic you will surely experience at the back of the group.

If a rider at the front is accelerating out of a corner at speed, you will need to do exponentially more work the further back in the group you are because a peloton goes progressively slower through a corner and therefore progressively faster out of the corner. To win, you need to be in the front, out of trouble and saving energy. A good place to be is in the first 10 to 20 riders, as you'll be out of the wind but ready for any surprises.

3. Hide Your Suffering

Use your game-face to gain a psychological advantage—hide your suffering or show it. When Lance Armstrong was isolated without teammates in the mountains during the Tour, he pretended to be suffering to encourage a high pace from his competitors. They burned their motors trying to drop him early on as they thought he was suffering more than he was.

On the final ascent he hit them with a potent attack, catching them all by surprise and putting himself closer to the overall victory in the Tour. When you're feeling good, don't show it; when you're feeling bad, try not to show it either.

4. Work Smart

While in a small group or breakaway, do only as much work as the rider who is doing the most—never more, otherwise he or she will have more energy left than you when you get to the finish line.

5. Watch for Erratic Riders

Look out for riders who are dangerous, and steer clear of them. A rider who is not holding a straight line, who is taking his hands off the bars all the time, whose bike isn't in good shape, or who isn't looking ahead is someone to keep away from.

6. Look Ahead

Always keep your eyes on the road ahead of you and not only the rider in front of you. Watch out for corners, potholes, etc. It is a bad idea to put blind faith in the rider in front of you. Keep your head up and be aware.

7. Make Allies

Be respectful of other riders in the group. An adversary may quickly become an ally when you're in a breakaway with him or her. Nobody likes a loud-mouth or a dangerous, inconsiderate rider. Being in a peloton is like driving in traffic—be respectful of others and don't get road rage. Make friends in the peloton. If people like you, they are more likely to cooperate in the [breakaways](#) and let you into the line to get a draft.

8. Get Fueled Early

Fuel up in the early kilometers of the race with both liquids and solids and this will pay endurance dividends. When you're cruising along in the bunch, [try to eat](#) around 350 calories an hour, and [stay hydrated](#) by drinking one to two bottles each hour, even though the pace may not be high and the race

stressful. A bonk comes down on a rider like an axe on a piece of wood. It will come by surprise, rip you in two and will end your race. Stay fueled.

9. Sprint Smart

[Sprinting success](#) requires more than just power and speed. You must position yourself well, keeping your nose out of the wind until the final meters of the race without getting boxed in by other riders. You want a clear shot at the line and don't want to be impeded by another rider.

It is an art that requires intelligence, guts, risk and aggression. A good sprint also requires as much saved energy as possible. Be smart, stay out of the wind, stay up front in the first 10 and race to the line with every ounce of power left in your body.

10. The Curse of the Wheelsuck

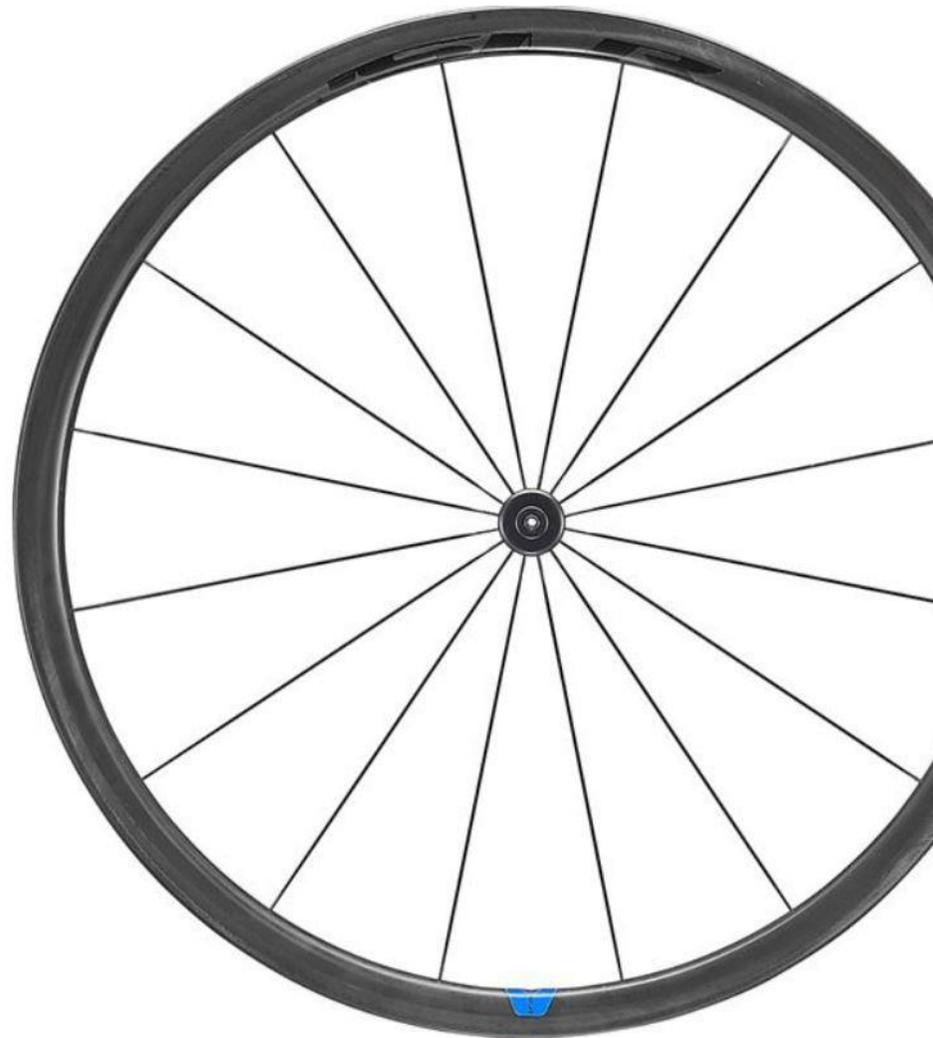
Don't be a wheelsuck in a breakaway. Nobody likes a rider who doesn't do any work and then races to the victory. Doing so is like stealing candy from a kid—dishonest and lame.

Cycles Direct - Outriders Deal Of The Month June 2018

**JUNE EXCLUSIVE OTRIDER 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.

Please note that PPA Marshals are there to secure the safety of our riders at events so please remember to bring your own tubes and spares when participating in an event as the PPA does not supply these to riders.

Date	Event	Category	Location	Distance/Notes
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 Backsberg Dischem Rotary 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
Sun 9 Sep	West Coast Express	Road funride	West Coast	TBC
Sun 16 Sep	Cyclo Sportif #5	PPA-own Road	Simonsvlei Cellar, Paarl	98 km; 38 km
Thu 20 – Sat 22 Sep	Buco Dr Evil Classic	Other	Plettenberg Bay	Stage 1: 72 km; Stage 2: 45 km; Stage 3: 51 km
Sat 5 – Mon 7 Oct	Cpe Duo Challenge	Other	Wellington	125km, 65km, 50km and 40km
Sat 13 Oct	Java MTB	MTB funride	Van Loveren Wine Estate	80 km; 45 km; 20 km; 6 km and 10 km Trail Run
Sun 14 Oct	Cyclo Sportif #6	PPA-own Road	Perdeberg Winery, Paarl	109 km; 38 km
Sun 28 Oct	2018 PPA One Tonner	PPA-own Road	Stellenbosch High School	170 km team / solo; 109 km; 42 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, 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 R2

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.

Tuesday & Thursday
'Mothers & Others' 8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride to 1 or N7 Link Road and back. This group can advise on all the local coffee shops better than Platte about local wines!

Wednesday Koeburg
ride (MTB) 5pm Meet at the top car park

Sundays &
Public Holidays Sunday 8th July 7:30AM
Weather looks great, lets go to chappies!!!

Club Details

Web site: <http://www.outriderscyclingclub.co.za/>

Bank account details: The Outriders ABSA (632005)

Acc No. 90 97 10 54 56

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The Outriders Cycling Club

PO Box 50115

West Beach 7449

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