

the outriders

----- CYCLE CLUB

West Coast Express

This years West Coast Express will be held on 9th September 2018. To ensure we host a smooth running event, we require volunteers!! If you are able to assist please advise Phillip.

SUNDAY 9TH SEPT, KOEBERG CRICKET CLUB, DUYNEFONTEIN

MEDALS TO THE FIRST 1200 FINISHERS BEFORE CUT-OFF

WEST COAST EXPRESS

www.outriderscyclingclub.co.za



the outriders

CYCLE CLUB



PRE-REGISTRATION:
6/9/2018 11:00 - 16:00
SPORTSMAN'S WAREHOUSE
34 KLIPFONTEIN ROAD
RONDEBOSCH



enter here: www.pedalpower.org

STARTING TIMES:

78km - 7:00am

54km - 8:00am



GIANT CONTEND SL1 DISC
LUCKY DRAW!!

News

Its wonderful to see that 4 teams comprising Outrider members managed to secure entries for the 2018 edition of the Double Century. We have traditionally only had 2 teams entered in the past. This is a great feather in our caps so well done for getting the teams in and good luck for your training!

West Coast Express- If you are not riding please can I ask for your help. I am desperately seeking another 6 or so helpers. Please call me on 084 6601216

Kit- by now you will have heard via an email or Whatsapp that we were forced to reassess our order as we were unable to make up the minimum order quantities. We have subsequently narrowed our offering of items to assist with this. Please can you chat to Martin re this on Saturday morning in order to get your order in again.

Have a good rest of the week and see for a ride and coffee on Saturday.

Club Kit Update & Ordering

CIOVITA KIT ORDER

During May of this year negotiations took place between the club and Ciovita the club kit supplier, The club negotiated that 2017 prices would apply for 2018 orders. In order to achieve this price freeze, the supplier requires us to place minimum order of 10 items per style, e.g. 10 Ladies Sport Tops, 10 ladies Club Tops, 10 Men's Shorts etc. For orders of less than 10 of any style a 20% surcharge would apply. They have this week informed us that the Club style Tops will no longer be manufactured, and in future the Sport style top will be manufactured with the same sleeves which are currently on the Club style Top. The members orders for Kit which was taken during June and July was placed with Ciovita, in

the hope that the order would be supplied on the basis of all previous orders.

Unfortunately we did not meet the minimum order numbers and the 20% surcharge was invoked.

If that order was allowed to proceed the club would have been liable for a substantial unauthorised expense, therefore the order was frozen in order for a Special committee meeting to be held to determine the way ahead.

A Special Committee meeting was held on the 09/08/18.

The Following was decided:-

1. Kit orders will in future be placed twice a year in December and June.
2. Choice of Tops will be restricted to Sport style only
3. Shorts will be restricted to Bib shorts
4. Orders for Lava Tops, Gilets and race fit shirts will only be taken with the December order
5. A small amount of stock will be held, mainly for new members joining, and members who's kit may get damaged.
6. In addition to the Ciovta kit the club have sanctioned a Budget kit which will be Imported, any repairs & adjustments will be for your own account and unfortunately, no returns will be possible.

ALL MEMBERS WHO ORDERED KIT DURING JUNE AND JULY ARE REQUESTED TO RE-ORDER YOU KIT THROUGH MARTIN AT connolly.martin44@gmail.com OR ON THE NEXT 2 SATURDAYS AT DRIFTWOOD AFTER THE RIDE.

The committee apologises for the inconvenience caused to members by this, but we believe our actions are in the best interest of the club.

The Secret Of Getting Faster!

By: Mark Carroll

If you put everything into every ride... you'll get nothing out of any ride.

It's inspiring to watch pro cyclists, and be in awe at the speed and power they're able to hold for hours on end. Intuitively, the urge is to get faster train hard, to try and aspire towards at least some of that ability.

So you smash it flat out on every club ride; you're always in the mix for the charge up the hill, and you try for that hot spot at the 60km/h sign. When out on a solo ride, you're always trying to set a personal best on your local loop.

But take a step back, and consider: that's not how professionals train.

Pros spend an inordinate amount of training time at 'low' intensity, rather than trying to collect a new Strava segment every time they go out.

Training hard all the time leads to fitness stagnation, and an average performance through the year. The question is: why? Surely going 'hard' will eventually make you fast... right?

Understanding what limits your performance will help you accept the need to ease up. Training properly is what distinguishes an exceptional cyclist from an average cyclist. This structure is not built during the 'base' season – it's built over years of consistent training.

Your cycling endurance and performance improvements depend on the following:

1. The ability to maintain repeated muscle contractions.
2. The capacity to move a higher volume of air in and out of the lungs. (Practise exhaling completely, and inhaling will take care of itself.)
3. More efficient respiratory muscles – both mechanically and metabolically. (See point 2 above.)
4. The capacity to transfer more oxygen to the blood from the lungs.
5. Increased cardiac output capacity, to pump higher volumes of oxygenated blood to your muscles.
6. A well-developed blood capillary network, to distribute the blood.
7. Increased mitochondrial density in the muscle, to use oxygen in metabolising fuels aerobically to produce ATP (the energy molecule your muscles use).
8. A higher percentage of slow-twitch muscle fibres, increasing your capacity to use oxygen.

All of these changes are stimulated using controlled, relentless, low-intensity pedalling. Put simply: you're not getting any fitter while coasting; but you're also going to stagnate if you ride hard on every ride.

Find The Balance

The vast majority of readers will do well to fit in eight hours a week on the bike. If this is you, then you're pretty close to the right ratio if six hours of your eight-hour week are devoted to the 75% rule (See 'How To Train Easy', opposite).

This will feel so easy that the temptation will be to go harder; but that's where discipline needs to come in. Go harder, and you're back in no man's land – and your fitness will be stagnating.

Ideally, your remaining two hours should be split into two one-hour sessions – including warm-up and cool-down – where you do your proper high-intensity interval training, or join a challenging short group ride.

Training right with low to moderate intensity means there's no time wasted – it's high-quality stimulus, for maximum improvement. You'll notice that hills will feel slow, and flat sections fast, compared to your usual training pace.

The training is simple; the hard part is the discipline. But when the results come through, that will no longer be an issue.

How To Train 'Easy'

Start with heart rate. As a minimum, you will need a heart-rate monitor.

Determine your maximum heart rate, as near as possible – you are most likely to see it in a race or hard group ride.

Never use the '220-minus-age' or any other formula. Set 75% of your maximum as your target average, BUT: limit deviations from this 75% by 10 beats in either direction. Here's an example:

- Maximum heart rate 177
- 75% of 177 = 133
- During your ride, train between 123 minimum and 143 maximum

You must pedal the flats and downs, and go super-slowly uphill; you will need to trust that this method will stimulate and build your aerobic energy metabolism capacity.

And that's what will make you fast.

FEATURES

When everything but the kitchen sink is all that will suffice, you need the EMT 12 Tool. With 12 different tools, you'll be prepared to fix whatever bad luck mechanical the road or trail decides to throw your way.

- Forged aluminum side plates.
- Forged steel bits are nickel plated for corrosion resistance.
- 2, 2.5, 3, 4, 5, 6, and 8mm hex bits
- T25 Torx, Phillips head, and flat blade screwdriver bits.
- Chain breaker with spoke wrenches.
- Forged aluminum side plates.

PROPERO 3

Advertised MSRP 1,500.00



This race-inspired design is known for its incredible fit and tremendous value. It has many similar features to the S-Works Prevail, like the Tri-Fix webbing system and 4th Dimension Cooling, granting the Propero 3 incredible performance at a tremendous value.

- Easy-adjust, Headset FSL II fit system with four height positions and micro-adjustable dial.
- 4th Dimension Cooling System with Mega Mouthport for enhanced comfort.
- Composite matrix internal reinforcement allows larger vents for greater cooling.
- Soft 4X DryLite webbing material won't stretch out with sweat or water.
- Tri-Fix web splitter for improved comfort and ease of strap adjustments.
- Reflective decals for increased visibility in low-light conditions.
- Patented clip-on visor included.

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
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 Tileoria Elgin Valley MTB	PPA-own MTB funride. All welcome	Paul Cluver Wine Estate	70 km; 45 km; 30 km; 15 km
Sat 1 Sep	2018 Tip Trans Cederberg Experience	MTB- listed event	Citrusdal	105 km; 65 km; 45 km; 15 km Trail Run
Sun 9 Sep	West Coast Express	Road funride	West Coast	78km; 54km
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 and ind 109 km and 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 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.

Tues & Thur
'Mothers & Others'

8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride to I 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 19th August 7:30AM

Ride to Chappies, for those who would prefer to slightly shorter route, turn at the top of Suikerbossie

Club Details

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

Bank account details: The Outriders ABSA (632005)
Acc No. 90 97 10 54 56

Our mailing address is:
The Outriders Cycling Club
PO Box 50115
West Beach 7449

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