



the outriders

----- CYCLE CLUB

## West Coast Express

## News

As most of you know I have been pretty much sidelined since breaking my arm while in France recently. It has given me time to reflect and also to see just how much activity there is within the club. It's absolutely amazing to see how much is happening on the various WhatsApp groups. From mountain biking at the nature reserve to guys doing some serious prep for the DC and to people just wanting to have a social ride it's all there. What's also most apparent is the absolute passion and enjoyment people derive from our sport. It's wonderful to see the club growing from strength to strength. All this is pushed by the members and their commitment to the club. Going to the club on Saturday mornings and watching what happens I can only conclude that we have a strong and vibrant community can only allow for further growth and success.

The West Coast express is almost upon us. The organizing team have been hard at work doing our best to make it as great a success as possible. Most of the preparation is on track and indeed in some cases a bit ahead. To the members who have offered their services and assistance we thank you. It has been a bit stressful but with your help we hope to have an event the Outriders can be well and truly proud off We are still short of volunteers here and there so if you feel that you can help please let me know.

Lastly Glynn Jeenes was fortunate to be invited to participate in the Nelson Mandela Legacy ride4hope Tour in Gauteng.

The route follows the same route Nelson Mandela followed from his home in Vilakazi Street, Gauteng to Howick in KZN while trying to evade arrest from the security police of the day. The route is somewhat arduous and covers well over 500kms in 4 days of riding. It's an event with the Nelson Mandela Foundation as the chief beneficiary of the event.

We wish Glynn well! You can follow the event on Instagram : [legacy\\_ride4hope](#).

## 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](mailto: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.

## **TPM – The Performance Matrix**

Lionel and Anja Moolman, two of our new and enthusiastic members have a physio practice based at Eden on the Bay. They have a product called...TPM – The Performance Matrix which assists with pain management, injury prevention and performance improvement that can be tailored specifically to cyclists. They would like to offer it to Outrider members at a reduced rate. Please contact Lionel on 081 380 0404 for further details



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Outriders qualify for a discounted rate.

## The Koeberg Sunset Cruise News

I trust everyone had a great time at the Sunset Cruises and I must thank everyone for participating and buying into the spirit of the event. The Sunset Cruise is not a race, it's not about seeing who can ride it the quickest but it's about riding as a group, camaraderie, enjoying the privilege and having fun.

With the sun setting later there is no need for us to have special permission to enter the reserve after 5pm so the rides in its official capacity has now ended. The Wednesday Koeberg rides will continue with no changes in meeting times & places but now you just have to RSVP on the day.

As normal can please keep all the arrangements to kept on the DD group.

Once again many thanks for the support & especially to Erica and Adi who looked after the evenings that I could not make.

Regards  
Michael de Kock  
[mdk@tiletoria.co.za](mailto:mdk@tiletoria.co.za)  
072 699 7458

## Free and easy cycling hacks to make every ride better

By: [NICK SOLDINGER](#)

How limes, old newspapers, traffic lights and Mr Sheen can all improve life in the saddle

The best way to get better at cycling is to ride more and train better. But there are other ways that each ride can be improved, and it's not just about getting faster.

Here we've listed 23 ways that you could make each ride that little bit better.

### 1. Double up your bar tape

You can make your ride a helluva lot easier on your hands simply by wrapping two lots of tape around your handlebars to soak up road noise.

This is a trick that's been used by pros for years – particularly those who take on the dreaded pavé of the [Spring Classics](#).

A cheaper– but no less effective – option is to wrap an old inner tube around your bars underneath your existing tape.

Obviously remove the inner tube and cut it down to length first before applying.

### 2. Sleep on an empty(ish) stomach

'Denied fuel for five hours, your body will start burning its own fat,' says fitness expert and author Bob Harper.

'That means if your dinner was at 8pm, you'll be burning fat by 1am. The lack of carbs in your bloodstream will also let your body produce the hormones it needs for better sleep.'

The theory is backed up by sports scientist and cycling coach Dr Allen Lim, who says, 'The best pros go to bed a little bit hungry.'

'When you go to bed moderately hungry, you lose about a pound a week.'

### **3. Go for light-coloured clothing**

This is another one for when the sun (finally) comes out again. Avoid cycling in dark-coloured clothing in hot weather.

Opt instead for light colours which will reflect the sun's rays rather than absorb it, which is what darker colours do.

And when we say clothing we mean tops (jerseys etc) never shorts. White shorts for a cyclist are just plain wrong.

Why? Because they show up any dirt instantly, including any leaks your body may choose to spring on you mid ride. Ewww...

### **4. Don't forget the sunscreen**

Tan lines are all well and good but long hours on the bike when the sun reappears can leave you with sunburn, so apply before you ride and take some with you for when your sweat has washed it off.

Using mini shampoo containers of the type you pinch from hotel rooms (we all do, don't we?) is one way to transport them.

Another is to get a contact lens case (you can buy packs of four for less than a fiver on Amazon).

Fill the left eye case with sun cream, the right one with lip balm, and stick it in your back pocket.

### **5. Use traffic lights as motivation**

Traffic lights are good when they're green, awful when they're amber, and rubbish when they're red. So turn them to your advantage and use them as a way of getting some fat-burning, anaerobic-fitness boosting sprints in.

If you're approaching a set of lights and they're still green, sprint to and through them – you'll more than likely hit a red or amber at the next set, where you'll be able to get your breath back.

Unless, of course, you sync it just right and hit a 'green wave' – in which case you'll be sprinting till you honk your breakfast up!

This does, of course, rely on other road users obeying their signals or not turning across you, so is a training technique that should be approached with care and at your own risk. Obviously don't skip through reds, either.

#### **6. Use your old inner tubes for stretching**

Another great use for seemingly done-for inner tubes is to convert them into improvised resistance bands for pre- and post-ride stretching exercises.

You'll help keep your muscles supple, add to your eco credentials with some instant recycling, and save yourself a few quid into the bargain. Which is a win-win-win!

#### **7. Always have some duct tape with you**

Good stuff, duct tape. It can be used to remedy any number of sticky in-the-saddle situations from patching up torn waterproofs or busted mudguards to providing an emergency fix for a slashed tyre.

Simply wrap a piece around your seat post or your on-board pump and forget about it until the day you need it.

#### **8. Never leave home without a spare mech hanger**

All-too-easy to bend or break, a spare gear hanger – also known as a replaceable dropout – is useful to keep about you.

Usually made from so metal, your bike's gear hanger is designed to break under stress to protect more expensive bits of your bike such as the rear derailleur and frame.

In fact, something as simple as using the wrong gear can cause it to snap. There are many types of hanger and as they're usually specific to your frame, sourcing a replacement can be tricky.

So pre-source one from your local bike shop if you don't already have one and take it with you.

### **9. Be sure to stash a plastic fiver**

Those new plastic five-pound notes may look like play money but they actually make for great temporary patches.

Should you find yourself stranded at the roadside with a big slash down your tyre wall, you can use the note as a temporary boot on the inside of the tyre to get you out of trouble.

If you don't have a fiver on you, an energy bar wrapper will do the job just as well. Just take the energy bar out first, eh?

### **10. Hold onto your valve caps**

Next time you change your tyre, don't ditch the valve cap that comes with the new inner tube. Why? Because if you snip the top off you can use it as a rough-and-ready Presta to Schrader valve converter.

If you're in a tight spot you can use it to top up your tyres at the nearest petrol station.

And if you're out of money or don't want to break into that plastic fiver, try to find a Sainsbury's garage rather than an Asda or a Tesco, where they won't charge you for the air.

### **11. Keep some zip ties handy**

Zip ties aren't just for cuffing crims, they're great for saving cyclists, too. They do all manner of jobs in an emergency, from anchoring a broken saddle to its rails, to serving as a makeshift seatpost bolt, or standing in for a missing chain ringbolt.

They're light and cheap and will hold things together should your ride turn the shape of a pear.

### **12. Pack some split-links**

These smart, snap-together chain links make re-joining a broken chain much easier.

Ideally, the damaged link should be removed with a chain tool but you should be able to break apart a snapped link with the screwdriver on your multi-tool.

It's not ideal but it will get you home. Just type 'split links' into Amazon if you don't own any – yours for a couple of quid.

### **13. Use your stem as a cache**

And where do you put all your emergency supplies (zip ties, fivers and so forth)? Simple. Make sure that you never leave home without your emergency kit on board your bike by stashing it in the body of your handlebar stem.

That way, should your bike come a cropper when you're out on the road, you'll always have the necessary bits and bobs to rescue your ride.

#### **14. Ride with wider tyres**

If you're currently riding on 23mm tyres and your bike has the clearance to take some wider rubber, consider upping the width to 25 or even 28mm.

[Running wider tyres](#) with slightly lower pressure can help transform the comfort of your ride, particularly relieving neck and hand pain.

#### **15. Always look to maintain a steady pace**

Pros ride a lot at a steady pace to build and maintain endurance – and you should too.

That means riding in Zone 2, with your heart rate at about 25-35% below maximum. If you ride without a heart-rate monitor, you can judge it by your ability to hold a conversation.

Manage one and you'll be in the right zone, start gasping and you're riding too hard. That doesn't mean ride super-slow, but maintain a steady, moderate pace – it will seem almost too easy at first but on rides over two hours, you'll know you've been on a bike.

#### **16. Use furniture spray on your frame**

Everyone likes their bike to look its best. But if you've just given your beloved a wash and scrub only to discover you're out of showroom polish, then a tin of Mr Sheen or even a supermarket's own-brand furniture polish will do just as well.

Not only will it make your bike gleam but it'll restrict the amount of dirt that attaches itself to your frame when you next go out for a spin.

It also saves you forking out for dedicated showroom sprays, and when you're done you can give the living room a once over with it, too!

#### **17. Squeeze fresh lime juice into your water bottles**

Limes are amazing. A study in 2000 found that adding lime juice to food had helped curtail a cholera epidemic in Guinea-Bissau in West Africa.

OK, so you may not be at risk from cholera but as the flavonoids in lime juice has a proven track record as a powerful anti-bacterial agent it'll help keep the inside of your bidons clean.

It'll also add a zesty tang to metallic-tasting tap water, while providing your immune system with a dash of vitamin C. And all for 30p a go from your local greengrocers. Bargain!

#### **18. Use newspaper on your shoes**

Once you've finished your ride and you take off your shoes, remove the footbeds, and then stuff sheets of crumpled up newspaper inside them.

This will soak up any rain or sweat the shoes have absorbed on your ride. You'll be surprised how much moisture paper can absorb this way, so check them after a couple of hours and replace the newspaper if necessary.

That way you'll be putting your feet into nice, dry shoes the next day, not something that feels like a trout's mouth!

#### **19. Make your zip-pulls longer**

When the postie puts them through your letter box add them to the zips on your jacket, saddle bag or jersey pocket to make opening and closing them easier when your hands are deep inside winter gloves.

#### **20. Use talc on your inner tubes**

By dusting down your inner tubes with baby powder before installing them you'll reduce your chances of suffering a puncture.

The powder makes the rubber's surface slippery, so the tube and tyre are less likely to stick together, reducing friction in the process. It will also make fitting the tubes easier – which is never a bad thing!

#### **21. Use your phone as a map**

Unless you're still rocking an old Motorola clamshell, your phone will more than likely have the ability to take screen shots off that internet thingy.

So snap a map or a route you want to follow on Google maps and use it to navigate offline when you're out on the road. You'll save your data allowance as well as your battery.

#### **22. Save big efforts for the end of your ride**

Smashing out intervals is all well and good at the start of a ride, but you'll gain more from them at the end when you're tired.

When you're in a glycogen-depleted state, more intense efforts are likely to make your body more efficient at burning fat and improves mental toughness, too.

As sports psychologist and author of *The Only Way To Win*, Dr Jim Loehr puts it, 'Toughness is the ability to consistently perform towards the upper range of your skill regardless of the circumstances.'

So dig deepest when you least feel like it and you'll set new, improved limits for yourself.

#### **23. Freeze a bottle before a hot ride**

Next time you go out for a long, hot ride (we appreciate this may be still be a ways off!), pre-freeze the liquid in one of your bidons.

Leave it for the last part of the ride, by which time it'll have melted, and you'll have a long, cool, refreshing drink to see you into the home straight.

## Cycles Direct - Outriders Deal Of The Month August 2018

CYCLES DIRECT OUTRIDER DEAL OF THE MONTH August

EMT 12 Multitool with Chain Breaker – RRP R600 Outriders R550

Propero 3 Helmet – RRP R1,500 Outriders R1,350

**EMT 12 TOOL**

Advertised MSRP **600.00**



## 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
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 R2

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'

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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!

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Wednesday Koeburg  
ride (MTB)

5pm Meet at the top car park

Sundays &  
Public Holidays

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Sunday 26th August 7:30AM

Due to the high prediction of rain, meet at CD, Ride to be decided on the day by the group

## 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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Our mailing address is:  
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West Beach 7449

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