



## **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](http://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.za](http://www.pedalpower.org.za)

**STARTING TIMES:**

**78km - 7:00am**

**54km - 8:00am**



**GIANT CONTEND SL1 DISC  
LUCKY DRAW!!**

# News

Here's wishing all our members of the fairer sex a fantastic day. We hope you had a great Ladies Day and enjoyed the time at Heart in Melkbos! An unexpected bonus mid week ride.

Please don't forget our upcoming West Coast Express Funride. It's one of the oldest events on the Cape Cycling Calendar and has been around for, and please forgive me if I am wrong, more than 12 years.

It's our Clubs major fundraiser of the year. If you are not riding please could I ask you to volunteer to help that weekend. It would really be appreciated.

We need approximately 6 ushers as well as staff to man the registration tables. Please could I ask that you speak to Erica or myself.

We also need 6 fairly strong people in 3 vehicles to erect and collect signage before and after the race. Please speak to me re this.

We hopefully have some old timers in the lead out cars but would like further people to look at taking over this function for the future. Please speak to me re this.

We also need a further 4 bodies to assist with 2 x waterpoints.

There is also the task of dismantling the chutes and fencing afterwards. The legbreakers have mostly helped with this in the past and I hope that we can continue with that.

It really is getting close so please let me know your availability, so we can form a pool of volunteers and allocate tasks as they arise.

Please speak to Myself, Erica, Renate or Derwyn to let us know.

Then if we don't see you tomorrow Saturday is looking like a peach of a day. Let's have a huuuugggeeee turnout and a great ride with an even more important COFFEE and chinwag afterwards.

See you all on Saturday if not Thursday,

Ride safe and have an awesome day!

# 14 Tips That'll Help You Lose Weight By Cycling

**By: Jason Sumner**

If you're looking to lose a few kilograms, cycling is a great way to start. Hopping on your bike and going for a long, easy ride or doing something shorter and faster both have immense health benefits.

But what you eat matters, too, although you don't necessarily have to forego your favourite foods in order to lose weight. Here are 14 tips that will help you get the ball (er, wheels) rolling.

## **Don't Rely Solely on Diets**

Yes, you lose weight when you cut calories, but all of those kilos lost aren't fat. A significant percentage of weight loss – up to 30 percent – comes from muscle tissue. Cyclists on a diet often end up thinner, but become slower and weaker on the bike. As pioneering diet expert Covert Bailey once wrote, "When someone says that they lost 10 kilograms, the key question is: 10 kilograms of what?"

Some dieters can end up having a higher percentage of body fat even as they lose weight. And don't forget that muscle burns calories. The more muscle volume you have, the more calories your body consumes. If you lose muscle, you will gain fat faster when you return to your pre-diet eating habits.

## **Ride, Ride, and Ride Some More**

The average road cyclist burns about 40 calories per kilometre. At a relatively sedate 24 kilometres per hour, this means a weekly time commitment of 10 hours on the bike can burn a whopping 6,000 calories.

## **Boost Carbs, Trim Fat**

Your problem may not be how much you eat but the nutritional balance among carbohydrates, fats, and protein. For high-level endurance performance, aim for 60 to 70 percent carbohydrate with less than 30 percent fat. This will also help with weight loss. It usually isn't necessary to make radical adjustments to achieve these percentages – small changes work best. For instance, don't eat a whole bowl of chilli con carne with meat. Instead, fill half the bowl with brown rice, then ladle a small amount of chilli on top. You can also try substituting fat-free yoghurt for sour cream and fruit for sweets.

## **Keep Your Upper Body Fit**

Because cycling is primarily a leg sport, riders can lose muscle volume in their upper body. This is important because if you lose muscle, you don't burn as many calories. The solution? Year-round resistance training. But this doesn't mean you have to spend hours in the weight room. As little as 20 minutes twice a week during the cycling season and 30 minutes two or three times a week during the winter will maintain and even increase your upper-body muscle mass.

### **Go Long and Easy**

Take a slow, long ride once a week, especially in the early season. Long rides (up to six hours) burn a lot of fat and give you a good endurance base for later in the season.

### **But Short Rides Can Still Do It**

Remember, even 40 minutes of cycling can help you lose weight if you go hard.

### **Recharge Properly**

Recovery matters. After a ride, you need to refuel with plenty of carbohydrates. Don't think that you'll lose weight faster if you don't eat – you'll just get weak and not feel well. Also, be sure to take recovery rides that are slow and easy.

### **Embrace the Peak**

Your weight will vary, since it's influenced by factors like hydration and glycogen storage. So if you notice the number on the scale go up or down – sometimes as often as once per day – know that this is totally normal.

### **Fill Up on Water**

To ride enough in summer heat to lose weight, you must stay hydrated. Be sure that you start summertime rides with at least two full bottles – and know where you can stop for refills along the way.

### **Eat in Moderation**

While it's important to eat your vegetables, everything is fine in moderation. If you have a sweet tooth, eat some chocolate or dessert once in a while. If you always deprive yourself, you might binge. You also need to be honest with yourself about what you are eating, says Frank Overton, owner and founder of FasCat Coaching. "There is so much crap that people have in their diet that is just out of habit," he says. "Try to reduce or cut out soda, sugar, and junk food. Have a few less beers each week, or drink wine since it typically has fewer calories."

### **Don't Stuff Yourself**

Stop eating before you are full – you don't need to feel stuffed after every meal. "It's okay to feel a little hungry," Overton says. "That doesn't mean starve yourself or skip meals. But if you can cut 500 calories a day, you will lose about a 500g a week."

#### **Conduct a Dietary Audit**

Overton also suggests trying to keep track of everything you put in your mouth for one week. "There are lots of good apps that can help with this," he says. "So you log everything for a week, then analyse it and try to figure out what you could cut out. You'll be surprised at what you find."

#### **Get a Formal Plan Together**

If you don't want to go it alone, get help from a certified nutritionist who can help you come up with a meal plan that will help you lose weight without going to extreme measures. There are also many online groups and forums that you can join for virtual support.

#### **Increase Your Pep and Just Get Out There**

Have faith that as you drop weight, you will gain more pep. Exercise raises your energy level. Once you get used to the idea of riding, it becomes easier to get out there. It's a reward in itself and makes you feel rejuvenated – whether your weight changes or not.

## **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 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

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	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 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

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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 do Link rd, left onto R27

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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

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Saturday  
Leg Loosener

7.30AM +/- 40km @ an average of +/-26km/h  
Up the R27 to Duynefontein and back.

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Saturday  
Leg Warmer

7.30AM +/- 35km @ an average of +/-22km/h  
Up the R27 to Melkbos/Duynefontein and back.

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Tues & Thur  
'Mothers & Others'

8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride to Duynefo or N7 Link Road and back. This group can advise on all the local coffee shops better than Platter can tell about local wines!

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Wednesday Koeburg  
ride (MTB)

5pm Meet at the top car park

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Friday 10th

Sundays &  
Public Holidays

For anyone taking the day off, meet at Cd @7:30am

Sunday 12th August 7:30AM

Currently rain forecast, meet at CD route to be decided on the day

## 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:  
The Outriders Cycling Club  
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