

the outriders

----- CYCLE CLUB



## News (correction on profit from WCE)

Well the WCE 2018 edition has come and gone. And what a successful one it was! We had just under 800 entrants.

We managed a profit of R92 500 of which R7 500 was donated to the Melkbos Neighbourhood Watch in recognition of their services offered to the event.

A further R25 000 was donated to the Melkbos Rotary Club. Both these organisations rely on the donations such as ours in order to fill the services they offer to the community.

As Outriders we can be extremely proud of the continued contribution we make to the community we live in.

Over and above the donations above we have put in excess of R60 000 into club funds.

Our ladies did exceptionally well, Renate, Yvonne, Gina, Anja and Alison all coming within the top 20. Renate first, Yvonne second and Gina fourth - WOW

On the mens side the two R's Robin and Robbie both contested a bunch finish and both came in the top five....WOW again.

Another success was the number of volunteers who gave up their time to assist in the organisation and implementation of the race itself. We had 40 volunteers which is absolutely gratifying. Thank you so much for your help in making the event a fantastic success.

Another success is the growing number of members ...we are rapidly approaching 200.. This is directly attributed, in my opinion to the level of moral and pure enjoyment of cycling we are experiencing within the club.

On the Saturday prior to the race we mustn't neglect to mention a couple of mad fools who did the Audax as well. Saturdays edition was out to Darling was a tough ride. Mr Franz informs me the wind on the way back to Vrede was a killer. Needless to say it didn't stop him and Marius doing the WCE on Sunday...impressive! Those who took part were

Marcus, Marius, Mike, Cornelia, Sharon, Derek and James and Lizelle... Well done guys and girls.

Have a great Thursday and see you on Saturday!

## How Changing Your Breathing Can Improve Your Performance

By: Molly Hurford

Harness your lungpower for a stronger, faster cycling experience.

Yogis have been touting the benefits of focused breathing for centuries—but how many cyclists really stop and think about how they're breathing on the bike, other than just "really, really hard?" Learning to take deep, quality breaths while you pedal can change your entire ride.

That's because your laboured, high-paced breathing isn't doing you any favours. Taking shallow breaths from your chest rather than filling your belly with air limits the amount of oxygen coming in and making it to those hungry muscles screaming for more. All this causes your heart rate to rise, your blood pressure to go up, your circulation to reduce, and your stressed body to go into "fight-or-flight" mode, which can make you more emotionally reactive: bad things for the bike.

But how do we change such a fundamental habit? Al Lee, author of *Perfect Breathing: Transform Your Life One Breath at a Time*, has a few ideas. "Breathing efficiency is like improving your gas mileage: Studies have shown that with a bit of training, you can improve your breathing efficiency into the 10-percent range, which translates into a 3- to 5-percent improvement in performance," he says. That's a lot of performance benefit for very little work. Here's what you should know about maximizing your riding potential through proper breathing, which helps deliver oxygen to those muscles that need it most.

### The Importance of Breathing

"Every cell in your body needs a constant and immediate supply of oxygen," Lee says. We can survive for days without food, but without air? Minutes. "Ninety percent of the energy your body uses comes directly from the breath," Lee adds. That's a lot of energy, which means small positive changes in your breathing methods really do add up.

## 'Belly Breathing' Is Your Superpower

One big secret to maximising your oxygen uptake is learning to take deep breaths—belly breaths, if you've ever been to a yoga class. The key to deep breathing is recruiting your diaphragm, a flat muscle that extends across the bottom of your ribcage, which helps push as much air through your body as possible. "When you inhale, it flexes downward and creates a vacuum," he says. "That causes breath to rush in through your nose and mouth to your lungs... It's like a bellows."

Your diaphragm can only do its job if make space for it. "Whether you're sitting at a desk, driving a car, or hunching on the bike, you're sitting a lot, and that crimps the space that the diaphragm expands into, so we don't breathe deeply," Lee says. When we limit how much our diaphragms can function, breath takes the path of least resistance and moves higher and higher into the chest, resulting in shallow breathing.

So before you even focus on your breathing itself, revamp your insides. Spend less time seated; straighten up to allow your belly and ribs to actually expand; and [strengthen those abdominal muscles](#) to get out of the shallow breathing habit.

REALTED:

Watch a Baby Breathe

If you want to see how you should be breathing, look at someone a lot younger and less wise than yourself. When you watch a baby breathe, says Lee, you see how you should be breathing. "It's like they have a balloon in their stomach," he says. "It just expands and falls back so naturally." That's what you want to get back to. "We slowly squeeze that out of people as they go into adolescence and adulthood, and we get into a really unhealthy pattern."

Three In, Three Out

Practice off the bike before you worry about how you breathe on the bike, Lee says. "We normally breathe between 15 and 20 times per minute, but research has shown that if we can get our breaths down to 10 per minute—six seconds per breath—that's when we get the best benefits from breathing."

These benefits include lowered blood pressure and heart rate, expanded arteries for better circulation, reduction in inflammation in veins and arteries, a change in the blood chemistry to make it less acidic, and less panic and anxiety thanks to that shift in blood chemistry.

"Slow, deep breathing breaks a panic cycle," says Lee. "And it boosts your immune system too." Spend five minutes per day timing your breathing—three seconds in, three seconds out—and Lee believes you'll start to see a change. "Everyone has five minutes," Lee says, "Even if you have to hide out in a

bathroom stall to get it done! And those five minutes will make those benefits start happening, and make you start doing it in normal daily life, too.” Over time, that practice will become second nature, seeping into how you breathe during everyday life and even on the bike.

#### Check In With Yourself

When you’re ready to test out your new and improved breathing skills while riding, remember to focus back on your breath every few minutes. If you notice that you’re breathing shallowly, take a few deep breaths to ‘reset’ your breathing.

“Breathing should always feel good and natural,” says Lee. Now, obviously you’ll end up breathing rapidly when hitting [harder intervals](#), but if you can just make your breaths slightly deeper, you’ll make your ride that much more efficient.

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

#### CYCLES DIRECT OUTRIDER DEAL OF THE MONTH SEPTEMBER

Spring is here!

Power Comp Saddle - R1305 Outrider price

**POWER COMP**

Advertised MSRP 1,450.00



## FEATURES

The lightweight Power Comp saddle features a stiff, carbon re-reinforced shell with durable alloy rails. Its Body Geometry design caters to both men and women and helps deliver superior performance while in a more aggressive position. Proven through blood-flow testing and pressure mapping, and featuring the lightest level of padding available, the extra wide and elongated Body Geometry channel and proper sit bone support provide all day comfort.

- Patented Body Geometry design is lab tested for both men and women to assure blood flow to sensitive arteries.
- Stiff, carbon-reinforced shell for longevity and all-day riding efficiency.
- Lightweight and supportive PU padding for comfort and support on longer rides.
- Lightweight and durable Cr-Mo rails.
- Tough, lightweight, water resistant cover.
- Level 2 padding: Medium density foam for bike feel with additional cushioning.
- SWAT compatible mounts molded into the saddle base allow for sleek and integrated storage solutions.

Deflect UV arm warmers - Outrider Price – R418,50

**DEFLECT™ UV ARM COVERS**

Advertised MSRP 465.00



White

## FEATURES

The sun is both a strong ally and a superior foe, meaning that we need it to survive, yet it's hell-bent on harming us should we choose to worship it with our bare skin. For this reason, we created our Deflect™ UV Arm Covers.

Don't let the full-arm coverage fool you, as they aren't necessarily for keeping you warm—although they could hit the sweet spot on a very moderate day. Instead, they were developed to keep your skin protected from the sun's harmful ultraviolet rays, all without sacrificing anything to either comfort or temperature management. This is furthered with a next-to-skin xylitol cooling print that reduces body temperature, much like the feeling of cool, minty breath after chewing certain gums. To do so, we constructed them from a material that's about as fine as silk, our VaporRize™ fabric, that features a microdenier construction, meaning that you'll find it to be supportive and accommodating in all the right places. This has been coupled with a right & left specific design that prevents any unwanted pinching or chafing, all while serving up a UV 50+ level of protection.

- Next-to-skin, all-over xylitol print reacts to body heat and sweat, creating a cooling sensation and reducing body temperature by up to two degrees.
- Silicone-infused fabric cuffs comfortably hold arm covers in place throughout your ride.
- VaporRize™ knit fabrics are soft against the skin and rapidly wick away moisture to keep you dry and comfortable.
- Deflect™ UV 50+ protects your skin from harmful ultraviolet rays.

## 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.

Please note that PPA only organises events with “PPA-own” status in the category column.

Date	Event	Category	Location	Distance/Notes
Sun 16 Sep	Cyclo Sportif #5	PPA-own Road	Simonsvlei Cellar, Paarl	98 km; 38 km
Tue 18 Sep	Killarney Training	Social	Milnerton	18h00 – 19h00
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
Sat 03 Nov	Blue Ribbon Yzerfontein Cycle Experience	MTB finride	Yzerfontein	78 km; 52 km

#### THIS WEEKEND ON THE FUNRIDE CALENDAR

<b>Event</b>	<b>2018 Cyclo Sportif #5</b>
<b>Date</b>	Sunday 16 September 2018
<b>Distance</b>	97 km; 38 km
<b>Starting times</b>	97 km @ 07h00; 38 km @ 07h30
<b>Cut-off / Lucky draw</b>	12h00 / 12h30
<b>Venue</b>	Simonsvlei Winery
<b>Enquiries</b>	Rozanne Dreyer (021) 671-6340 / <a href="mailto:rozanne@pedalpower.org.za">rozanne@pedalpower.org.za</a>
<b>Online entries close</b>	Thursday 13 September 2018 @ 24h00
<b>On-the-day late entries?</b>	Yes

#### ROUTE DESCRIPTION

From the start at the Simonsvlei Winery, the route will take you towards Stellenbosch and over Helshoogte. You will pedal past the Wemmershoek dam and through the back of Paarl towards Wellington before returning via the R44 to finish shortly after the Suid-Agterpaarl road on the R101.

The 97 km route will have 4 water points and the 38 km route will have 1 water point.

#### DIRECTIONS TO VENUE

Follow N1 to R44. Take exit 47 from the N1. Turn left onto the R101. The venue will be on your right hand side in 6.2 km.

GPS Co-ordinates:

Latitude: -33.894066

Longitude: 18.5368146

#### NOTES

Remember to wear your PPA road funride number. No children u/16 on the 97 km route. Kids between 8 and 14 must be accompanied by an adult at all times on the 38 km route.

Registration will take place on the morning of the event at the venue, from 05h30.

ONLINE ENTRIES		
Distance	Entry fees	PPA Members discounted entry fee
97 km	R 375	R 275
38 km	R 175	R 125

# 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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<u>Saturday</u> <u>Leg Breaker</u>	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, to Link rd, left onto R27
<u>Saturday</u> <u>Leg Shaker</u>	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
<u>Saturday</u> <u>Leg Loosener</u>	7.30AM +/- 40km @ an average of +/-26km/h Up the R27 to Duynefontein and back.
<u>Saturday</u> <u>Leg Warmer</u>	7.30AM +/- 35km @ an average of +/-22km/h Up the R27 to Melkbos/Duynefontein and back.
<u>Tues &amp; Thur</u> <u>'Mothers &amp; Others'</u>	8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride to D or N7 Link Road and back. This group can advise on all the local coffee shops better than Platter about local wines!
<u>Wednesday Koeburg</u> <u>ride (MTB)</u>	5pm Meet at the top car park
<u>Sundays &amp;</u> <u>Public Holidays</u>	<u>Sunday 16th September 7:00AM</u> Ride to Llandudno

## 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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