

# West Coast Express

## 8 Health Benefits of Cycling (That Aren't Just Physical)

**By: Molly Hurford**

Sure, riding a bike can help you lose weight, but it can also make you smarter and build your self-esteem.

You probably already know that cycling is good for you – any exercise is better than no exercise, right? But did you know that riding a bike offers a whole host of additional health benefits besides the physical perks? Here are eight benefits of cycling that will make you happier, healthier, and more stoked to keep riding.

### **1. More Brainpower**

A study conducted by Charles Hillman back in 2007 showed that exercise boosts brainpower and helps to stave off Alzheimer's in the elderly. That same year, Dr. Phil Tomporowski showed that kids are even more positively impacted by time on the bike – and that exercise can help control issues like ADD.

### **2. Faster Recovery**

A recent study found that elderly patients with knee pain and osteoarthritis actually improved their condition when cycling was introduced to their routines, proving that as we get older, taking time to exercise – even just spinning a few minutes a day – can be hugely beneficial.

### **3. Improved Heart Health**

Cycling is also great for your heart – although not just because you love riding so much (though that's a great reason too!). A recent study in [Medicine & Science in Sports & Exercise](#) spent five years looking at the activity of 1,500 subjects. Those who were active on a daily basis were 31 percent less likely to develop high blood pressure.

#### **4. Sexier Vibes**

Best news ever: You aren't the only one who thinks spandex is super hot. A survey of 600 men and women commissioned by The British Heart Foundation found that cyclists were perceived as 13 percent more intelligent and cooler than other people, and a whopping 23 percent said a cyclist would be their preferred blind-date athlete.

#### **5. Less Fat**

It shouldn't really come as a surprise that weight loss is one of the big benefits of regular cycling, but it bears repeating. The media is often quick to promote the idea that diet is the only way to actually shed fat, but science shows otherwise. A recent study showed that older, diabetic women could only drop visceral fat if exercise, along with diet, was introduced into their routine. The same was proved true for younger women.

#### **6. Lowered Risk of Cancer**

Maintaining a healthy weight, regular exercise, and a conscientious diet (think: lots of leafy greens, lean proteins and healthy grains) all help lower your risk of cancer. And a study published in the *Journal of the American Medical Association* recently looked at nearly 14,000 men and concluded that those with a higher fitness level as they approached middle age were at a lower risk for lung and colorectal cancer.

#### **7. Higher Self-Esteem**

It's no surprise that exercise in general (and cycling in particular) helps improve your self-esteem. The next time you take the perfect mid-ride selfie, score that Strava QOM or KOM you've been chasing, or finish a really hard workout, your body will release a whole bunch of feel-great hormones that will make you feel like you can take over the world.

#### **8. A Longer Life**

According to one study of Tour de France riders, cycling actually increased the racer's longevity. On average, the former pros lived to 81.5 years compared to the general population's 73.5 years: a 17

percent increase! Another study suggested that even casual bike commuters benefit: For individuals who shift from car to bicycle, it was estimated that three to 14 months of life could be gained compared to the potential downsides of bike commuting.

## 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.

Date	Event	Category	Location	Distance/Notes
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

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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, to Link rd, left onto R27

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<u>Saturday 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 Leg Loosener</u>	7.30AM +/- 40km @ an average of +/-26km/h Up the R27 to Duynfontein and back.
<u>Saturday Leg Warmer</u>	7.30AM +/- 35km @ an average of +/-22km/h Up the R27 to Melkbos/Duynfontein and back.
<u>Tues &amp; Thur 'Mothers &amp; Others'</u>	8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride to E 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 ride (MTB)</u>	5pm Meet at the top car park
<u>Sundays &amp; Public Holidays</u>	<u>Sunday 9th September 7:00AM</u> West Coast Express!!!

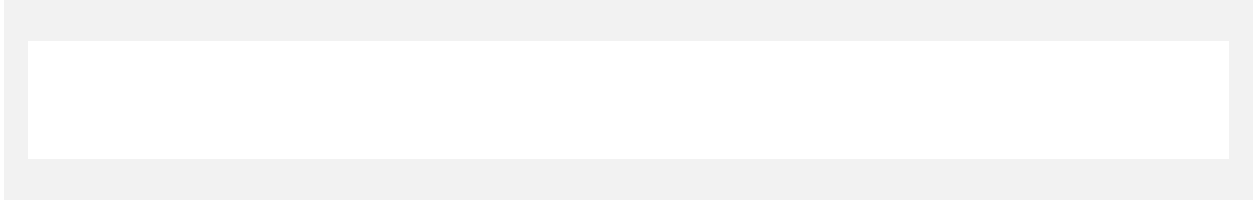
## Club Details

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

Bank account details: The Outriders ABSA (632005)  
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