

the outriders

----- CYCLE CLUB



Change to Club Ride Times

From the 1st of October all official club rides will start at 7am.

Kit Update

Latest news from Ciovita, our kit order is scheduled to be ready for collection on 24 October.

The delay is due to them being 'short of elastic'

Martin

Year End Party

MAMMA MIA 🍷🍷.....HERE WE GO AGAIN !!! 🍷

Friday night and the lights are low 🍷🍷🔒

Looking for a place to go 🍷

ITALIAN CLUB :

Friday 26th OCTOBER

6.30pm 🍷🍷🍷🍷

Where they play the right music, 🍷🍷

Everywhere there's wine, 🍷🍷🍷

You're in the mood to dance... 🍷🍷

We can dance; we can jive 🍷

Having the time of our lives 🍷

Oooh oooh oooh see our club, 🎉
Watch this scene,
WE ARE THE CLUB SUPREME!!! 🎉

If you're keen to dance like nobody is watching (because they won't...they're checking their phones) 🤪 then we would love for you to join in the fun at our 🎉🎉 almost-end-of-year party. 🎉🎉🎉

COST: R150 pp with set menu (plus cash bar) 🍷🍷🍷🍷

RSVP : To Nicci by Monday 22 October LATEST and ALL monies paid to secure your booking. 🎉🎉🎉
LIMITED SPACE

9 'Healthy' Foods That Can Ruin Your Riding

By: Amanda MacMillan

Beware of these diet downfalls that can sabotage your health and your riding.

Sports nutritionists are constantly asked about which foods cyclists should eat to boost their performance or their health – and which they should avoid. But separating the good guys from the nutritional offenders is not always as simple as it seems; health-food impostors can fool even savvy cyclists. 'Some simply don't add much benefit and some can be detrimental to performance,' says sports nutritionist Heather Mangieri.

RELATED: [Time Your Training and Nutrition for Better Results](#)

You know, for example, that bowls of ice cream fall on the rarely-to-never end of a cyclist's diet spectrum, but some seemingly [innocent foods](#) and drinks also have a long history of committing crimes against your physiology; they should be given parole as an occasional treat or, better still, kept locked up for good. Here's what our jury of experts found guilty.

1. Flavoured yoghurt

Dairy is a great source of calcium, potassium, and protein, but flavoured yoghurts are usually sweetened with sugar – over 30g per serving in some cases. 'Stick with plain Greek yoghurt,' says Mangieri. It has eight grams of natural sugar, plus 20g of protein, per serving.

2. Multigrain bread

'Multigrain' simply means there are a number of different grains in the bread (as opposed to wholegrain, which means all parts of the grain kernel are used), so these loaves can still primarily contain refined white flour. 'I've seen people buy seven-grain bread because they think it has more nutrients,' says sports nutritionist Lindsay Langford. 'These may actually just have more sugar and calories and very few whole grains.' Look at the ingredients: the first item should be wholewheat flour or another wholegrain.

RELATED: [Weight-loss Meal Plan For Men](#)

3. Partially hydrogenated food

If you see partially hydrogenated oils on an ingredients list, the food contains artery-clogging trans fats. 'They increase cholesterol levels and the body can't easily convert them to energy, so they can also decrease athletic ability,' says Langford. 'Check foods like margarine and biscuits – if something has partially hydrogenated oils, skip it.'

4. (That second) beer

Cyclists love to socialise over post-ride [beers](#) and you even may have raised a glass to studies that found a pint won't do much damage – and can even be of benefit. But, as usual, there's a caveat: drinking more than one can hinder your body's ability to repair itself. 'Beer has carbs, so have one, but don't let it replace water,' says nutritionist Jim White. That's because alcohol is a diuretic, so it can leave you dehydrated. In fact, drink extra H₂O if you're imbibing.

RELATED: [The Post-Ride Beer. Should You?](#)

5. Energy drinks

Caffeine can boost performance and make a ride seem easier. But get your buzz from a cup of coffee or an energy gel. Research published in the British Journal of Nutrition found that athletes who used energy drinks did see slightly improved performance, but were also more likely to experience agitation, insomnia, and nervousness for hours after competition.

6. Nut butter impostors

Peanut and almond butter can be a cyclist's best friends – if you're buying the genuine article. The ingredients list should feature nuts, salt... and that's about it; if you prefer sweetened versions, opt for those with no more than three grams of sugar per serving, says Langford. Flavourings such as cinnamon are fine, but watch out for chocolate-and-nut-butter spreads: some contain more than 20g of sugar and four grams of saturated fat per serving (and, often, hydrogenated oils).

RELATED: [5 Ways You've Never Tried Eating Peanut Butter](#)

7. Protein bars

'Many of my clients think they need a [protein](#) bar or shake after they ride,' says nutritionist and exercise physiologist Felicia Stoler. 'But that usually comes at the expense of the carbs – and real foods – they should be eating.' Instead, eat a little protein throughout the day, which is how the body best absorbs it. If your diet includes fish, chicken, dairy, veggies and wholegrains, you shouldn't have to add processed protein to your post-ride routine.

RELATED: [4 Delicious & Simple Homemade Protein Bars](#)

8. Sports drinks

Carb-rich [electrolyte drinks](#) can be lifesavers during runs that last an hour or more. Too often, though, runners down them during short runs or when they're not exercising at all. 'Their main ingredient is sugar, and lots of it,' says Langford. 'When you're sitting at work, they're not giving you a performance benefit – just added calories you don't need.'

RELATED: [Fuel Correctly For Your Target Race](#)

9. Diet fizzy drinks

You know the full-fat fizzy stuff is a bad-to-the-bone source of empty calories and lots of other nutritional nasties, but runners should steer clear of diet drinks, too. A study published in the journal Nature found that artificial sweeteners used in these drinks may alter gut microbes in a way that increases glucose intolerance, potentially increasing diabetes risk. And artificial sweeteners such as aspartame can also cause GI distress in runners, says White, as can carbonation. 'An occasional can won't hurt you,' he says, 'but when people drink it regularly and in place of water, the effects can be devastating.'

Cycles Direct - Outriders Deal Of The Month September 2018

CYCLES DIRECT OUTRIDER DEAL OF THE MONTH October 2018

Exclusive for Outrider members: R29,999

Outrider Deals of the Month – October

Exclusive for Outrider members: R29,999

2018 ROUBAIX SPORT

Advertised MSRP **35,000.00**

Gloss Carbon/Nordic Red/Metallic White



FEATURES

Hitting a sweet spot between performance and value, the Roubaix Sport was designed to thrive on long rides through rough country.

The light weight frame has been constructed from our FACT 9r carbon fiber. Its stiffness levels are also off the charts, and compared to the SL4 iteration of yesteryear, you'll experience a whole new, faster, and more efficient geometry. Through some engineering sorcery, however, we've managed to keep the same fit, feel, and position that we've all come to love from the SL4, and kept it consistent throughout the size-range due to our Rider-First Engineered™ construction.

Of course, you're probably thinking, "get on to the suspension thing up front." We call it Future Shock, and essentially, it's a piston in the head tube with 20mm of travel. We developed this technology in partnership with McLaren Applied Technologies, and the result of this are a host of drastic performance improvements, namely in the vertical compliance department. Without giving a physics lecture, we found that focusing on vertical compliance, instead of fork splay, meant that we could improve smoothness, speed, and comfort in one fell swoop. And of all the bikes that we've tested with our Rolling Efficiency Model, the new Roubaix outperforms anything on the market.

Lastly, we spec'd the Roubaix Sport with Shimano 105 11-speed mechanical shifting, hassle-free Tektro Spyre mechanical disc brakes, and Axis Sport wheels that have been cased in our Turbo Pro 28mm tires.

- Featuring our Rider-First Engineered™ design that ensures every frame size has the same legendary responsiveness and smooth ride quality that you'd expect from a Roubaix. The FACT 9r frameset holds its own with our high-end carbon offerings, with the ideal blend of light overall weight and targeted stiffness, while the all-new Future Shock "suspension" system at the cockpit delivers a revolutionary degree of comfort and control.
- A Roubaix Disc fork is built from our FACT carbon fiber for supreme stiffness, strength, and reactivity, while a thru-axle design only stands to bolster all of the above.
- Shimano 105 shifting gives you crisp, precise, and reliable shifts. The system is renowned for its durability, performing in adverse conditions with the batting an eyelash...if shifters had eyelashes, that is.

Many hours training for DC requires supplements to fuel, hydrate and recover.

10% off all Enduren products for Outrider Members.

Enduren Cramp & Fatigue Buster

Also referred to as Enduren Cramp Buster, Cramp Stop, Cramp Relief, Anti Cramp, Cramp Block, Cramp Bust, Cramp Remedy, Endurance Booster Electrolytes



Main Features

- Stop Cramps
- Balance Electrolytes Stores
- Alleviates Fatigue
- Energy Booster
- Increase Endurance
- Increase Blood Oxygen Capacity (if low on Fe)
- Buffers Acid
- Anti Inflammatory



Enduren Endurance Energy Drink (Also referred to as Enduren Sports Drink, - Energy Drink, - Endurance Drink, -Hydration Drink or just Enduren)

Main Features:

For Use Before and During Exercise

- Superior 3 Step Energy Delivery
- Raise and Sustain Energy Levels
- Enhance Endurance
- Prevent Dehydration
- Aid Recovery
- Stabilise Blood Sugar During Exercise
- Promote Mental Vitality and Concentration
- No Side Effects
- Subtle Taste (Flavourless)
- Allergen Free, GMO Free
- Free from Artificial Ingredients

Enduren Recover - Optimised Rapid Recovery Drink



Main Features:

Use After Exercise. Also as Meal Replacement or Protein Boost during Ultra Events)

- High in BCAA's, Glutamine
- Alkaline Protein (Non Acidic)
- Enduren Natural Carb Protein Blend
- Proven 3:1 Carb Protein Ratio for Rapid Recovery
- Mild Mechanical Processed Pea Protein (no damage to proteins and enzymes)
- Raw Cocoa Powder (Subtle Cocoa Taste)
- No Artificial Additives

Protein Bar - Peanut Butter & Pea Protein

- Natural ingredients
- Natural, clean, organic approved pea protein
- Great tasting
- Artisan made in small batches
- Free from artificial ingredients
- Easy to open and eat during and after exercise



Great tasting Peanut Butter Protein Bar with added Pea Protein. Made from natural ingredients Peanut Butter, Pea Protein, Egg, Raw Brown Sugar and Glucose. It contains 14g of Protein per bar, is Gluten and Lactose free and is free from any artificial ingredients. Pea Protein is a unique natural, clean and alkaline protein extract that is really in its own class compared to the whey, soy and casein proteins used by other brands in their protein bars. A patented Canadian cold mechanical process ensures no damage to the pea protein and keep enzymes, that assist in digestion, intact. It's amino acid profile is very close to that of whey protein but without the side effects of whey. It is allowed for use in organic food. For more info on advantages of Pea Protein, read the write up of our Recover Drink. Great as a protein rich snack, a during exercise protein source or after exercise Recovery snack.

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
Sat 20 Oct	Durbie Dash	Other	Durbanville	06h00 – 12h30
Tue 23 Oct	Killarney Training	Social	Milnerton	18h00 – 19h00
Sun 28 Oct	2018 PPA One Tonner	PPA-own Road	Stellenbosch High School	170 km team and ind 109 km and 42 km
Tue 30 Oct	Killarney Training	Social	Milnerton	18h00 – 19h00
Sat 03 Nov	Blue Ribbon Yzerfontein Cycle Experience	MTB funride	Yzerfontein	78 km; 52 km
Tue 06 Nov	Killarney Training	Social	Milnerton	18h00 – 19h00
Tue 04 Dec	Killarney Training	Social	Milnerton	18h00 – 19h00

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 - 7:00am from in front of Cycles Direct

Sundays & public holidays - 7:00am from in front of Cycles Direct

Saturday
Leg Breaker

7.00AM +/- 60km @ an average of +/-32km/h

Out on R27 to Link road, Turn left onto N7, take Philadelphia turnoff, back onto N7 south li
Link rd, left onto R27

<u>Saturday Leg Shaker</u>	7.00AM +/- 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
<u>Saturday Leg Loosener</u>	7.00AM +/- 40km @ an average of +/-26km/h Up the R27 to Duynefontein and back.
<u>Saturday Leg Warmer</u>	7.00AM +/- 35km @ an average of +/-22km/h Up the R27 to Melkbos/Duynefontein and back.
<u>Tues & Thur 'Mothers & Others'</u>	8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride or N7 Link Road and back. This group can advise on all the local coffee shops better than PI about local wines!
<u>Wednesday Koeburg ride (MTB)</u>	5pm Meet at the top car park
<u>Sundays & Public Holidays</u>	<u>Sunday 21st October 7:00AM</u> Weather looking warm for Sunday. What about a ride to Chappies. About 90 km with breeze. Shorter version can turn at Camp's Bay or Suikerbossie.

Club Details

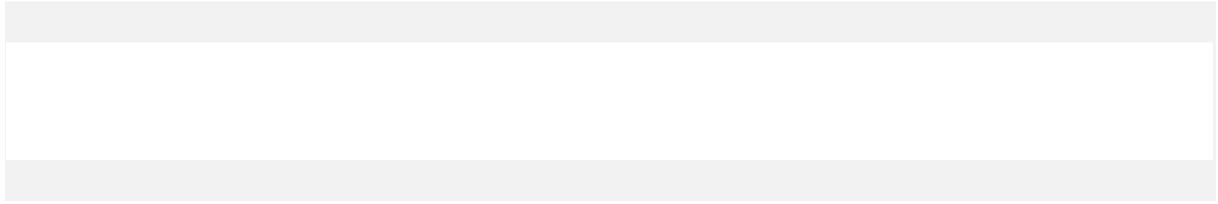
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