



the outriders

----- CYCLE CLUB

## Change to Club Ride Times

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

## News

And a very good morning to everyone on this glorious day. I hope everybody who had the privilege to ride this morning had a fantastic start to the day.

On the subject of club rides, it has come to our attention that we need to pull up our socks in terms of obeying the rules of the road. We have had several comments from both club members and the public about going through red traffic lights, ignoring stop streets and generally not adhering to the rules of the road. Please could we make every effort to improve this with immediate effect. We generally ride in club kit and are easily identifiable to the public. We don't want to lower the public's opinion of the Outriders as premier cycling club on the west coast. Apart from anything else we pose a risk ourselves and other users of the road if we do not obey the traffic rules.

In terms of riding there are several groups training for the DC and other events. As we know there is been a mini heatwave through the Western Cape for the last couple of days and looking forward it seems to be continuing for the next week or so. Please remember to hydrate sufficiently for your anticipated ride. Make sure you are hydrated before the ride starts and that you have sufficient liquids to last you for the whole ride. This heatwave really has snuck up on us so we need to be prepared J

Tomorrow night we have our club dinner at the Italian club which promises to be an evening of fun, good food and camaraderie. We look forward to seeing as many of you there as possible and having a good time. A special thank you to Erica for the organization of the evening.

On Sunday the annual One Tonner (fun?) ride takes place from Stellenbosch. Please note that the start times have been moved forward from 6:30 AM to 6 AM in an effort to avoid some of the heat. Please once again remember hydration, plan your stops and refills of water bottles. It's going to be very important to your success in the day. The Outriders gazebo will be there at the end to welcome you home. We will provide shade and drinks for

those weary legs. Once again thanks to Erica for taking charge of the gazebo on the day.

Have a good day and see you on Saturday for the club ride!

## 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

## Knowing Your Cycling Personality Can Help You Love Riding More!

By: Selene Yeager

Your friends love the 'weekly world championships' – otherwise known as the Thursday morning pre-dawn ride. You go... sometimes, but it's not really your gig. So you find excuses to ditch it, but always feel bad for fobbing them off. Well, new research suggests you shouldn't sweat it.

A recent survey of more than 800 people from around the world found that you're most likely to enjoy – and stick to – exercise that suits your individual personality type. This research found that those with a preference for objective logic were more likely to stick to a regimented exercise plan than those who prioritise feelings and personal values. And extroverts thrived in a gym environment, while the creative types were best suited to outdoor activity.

Though the study looked at exercise broadly, the same concept could be applied to cyclists and the types of riding that they do, says study author John Hackston, a psychologist and head of thought leadership at the British business psychology firm OPP.

"Racing, cycling clubs and such are likely to appeal to extroverts," he says, noting that introverts may most appreciate solo rides, where they can have time with their own thoughts. "Knowing and

**acting in accordance with your personality – rather than doing things in the way that others say is correct** – will be more engaging and take less energy,” he says.

As to whether people intuitively know their own personality type, Hackston says: “Not necessarily – **our upbringing, the people we know, the culture we live in and so on all have a huge effect on us.**” As a result, we may act in ways that don’t necessarily fit with who we are, he adds.

**How that translates to cycling? Maybe peer pressure forces you to attend a few too many group rides when you’d rather head out solo, or you may feel a need to have the latest tech and gadgets** because they’re ‘cool’, but data really isn’t your thing.

**The best way to know your personality type for sure is through an assessment such as the Myers-Briggs Type Indicator (MBTI) test. If you’ve never done such an assessment, the results can be enlightening; and judging from this study, may even improve your cycling experience.**

In the meantime, we’ve come up with four completely unscientific categories based on commonly **seen cycling personality traits that can help you identify your unique cycling personality – and the types of riding and training you might find most fun and motivating.**

#### 1. The Data Geek

**Your friends would describe you as logical, analytical, detail-oriented. You know your LT, FTP, MHR, and pretty much anything and everything you can test, measure, and monitor. Your favourite après-ride activity is downloading and analysing every metric of the day’s ride data, and plugging it into your progress chart.**

How to enhance your cycling life: You’re in luck, as we’re living in the golden age for cycling **data geeks. Smart trainers, smart watches, ANT+ /Bluetooth-powered devices, sensors, and apps of every kind let you analyse every training and ride metric known to man. It can be a pricey passion, of course, as high tech is rarely inexpensive. But power meters, which deliver the most meaningful training data, are more affordable than ever. Structured rides with specific workouts are for you (think spending Saturday on a long ride with a solid 60-minute FTP interval block). Or plan a cycling vacation by signing up for an advanced training camp.**

#### 2. The Adventure Rider

You’re generally curious, spontaneous and restless. Is there a road you haven’t gone down? There won’t be for long. Ditto for **singletrack, doubletrack, and any other paved or unpaved surface wide enough for two-wheeled exploration.** If it’s out there, you want to check it out by bike. And if you’re kind of lost, it’s all good; you’ll figure it out. But you’ll never understand those people **who ride indoors.**

How to enhance your cycling life: First, make sure you’re on the right bike – **adventure and gravel bikes are flaring right now, in order to keep people like you happy and comfortable on rides.**

**Then, go bikepacking or do a grassroots gravel grind (where the course isn't marked and you need to find your own way). If you like some friendly competition, try (or create) a cycling adventure race, where you can throw some orienteering into the mix.**

### 3. The Goal Setter

**You think of yourself as results-driven, competitive, and maybe a little Type A. You like something to shoot for. Whether it's a double century with huge elevation gains or racking up 300km a week, having concrete goals keeps you going. As soon as you tick one goal off the list you're onto the next, otherwise you feel adrift.**

How to enhance your cycling life: There's no shortage of events you can sign up for (check out the race diary on [bicycling.co.za](http://bicycling.co.za)) to get your competitive fix. **But the biggest treat you can give yourself is a coach who will help you set and reach even your biggest goals without overtraining or burning out. Make the next goal even sweeter by choosing a destination event in a bucket-list location.**

### 4. The Social Seeker

**In your crew, you're the outgoing, good-natured, people-person one. The cycling community is what you're all about. Rolling with the pack, chatting to other riders, and volunteering to help fix a mechanical are what make you tick and keep you ticking off the kays. If there's a fun group ride forming, you'll be there. If it's just a coffee and pastries ride, even better.**

How to enhance your cycling life: **The social cycling scene has never been richer, with WhatsApp groups popping up all over the place. If you haven't already, check out Zwift, where you can ride virtually with people from all over the world (including your friends who are also on the platform) without leaving your living room. Then, convince your ride pals to commit to a long weekend away in a place you've always been dying to ride. Of course you'll rack up some mileage, but it's the memories that count.**

**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	Organiser
Tue 23 Oct	Killarney Training	Social	Milnerton	18h00 – 19h00	PPA (021) 671-6340
Sun 28 Oct	2018 PPA One Tonner	PPA-own Road	Stellenbosch High School	170 km team and 109 km and 42 km	PPA (021) 671-6340
Tue 30 Oct	Killarney Training	Social	Milnerton	18h00 – 19h00	PPA (021) 671-6340
Sat 03 Nov	Blue Ribbon Yzerfontein Cycle Experience	MTB funride	Yzerfontein	78 km; 52 km	I love Yzer (022) 451-2202
Tue 06 Nov	Killarney Training	Social	Milnerton	18h00 – 19h00	PPA (021) 671-6340
Sun 02 Dec	Cyclo Sportif #4	PPA-own Road	Windmeul, Paarl	91 km; 38 km	PPA (021) 671-6340
Tue 04 Dec	Killarney Training	Social	Milnerton	18h00 – 19h00	PPA (021) 671-6340
Sat 08 Dec	Twilight Family MTB	PPA-own MTB	Backsberg, Klapmuts	30 km; 15 km; 4 km	PPA (021) 671-6340

## THIS WEEKEND ON THE FUNRIDE CALENDAR

<b>Event</b>	<b>2018 PPA One Tonner</b>
<b>Date</b>	Sunday 28 October 2018
<b>Distance</b>	170 km; 109 km; 40 km
<b>Starting times</b>	170 km teams @ 06h00; 170 km solo @ 06h30; 109 km @ 07h00; 40 km @ 07h30
<b>Venue</b>	Stellenbosch High School
<b>Enquiries</b>	Pedal Power Association on (021) 671-6340 or <a href="mailto:info@pedalpower.org.za">info@pedalpower.org.za</a>
<b>Cut-off at venue</b>	16h00

The 2018 PPA One Tonner will form part of the 2019 Official Premier Seeding Series of the Cape Town Cycle Tour.

## ROUTE DESCRIPTION

The PPA One Tonner **long route (170 km) and 109 km route** are both Official Premier Seeding events for the 2019 Cape Town Cycle Tour. In 2018, the event offers two new shorter route options.

The **170 km route** is a tough ride that includes two challenging climbs. Right after the start, you'll head up Helshoogte for your first big climb of the day. After a left turn onto the R45, you'll tackle the undulating roads out towards Paarl, Wellington, Hermon and Riebeeck Kasteel. The second big climb of the day waits just after Riebeeck Kasteel: Botmaskloof Pass. From there you'll pedal through Malmesbury and along the R304 past the silo's and back towards Stellenbosch via the Kromme Rhee Road and the R44, finishing again on Helshoogte Road shortly before the start of the climb. There will be a neutral zone back to the venue.

The **medium (109 km) route** will follow the long route before turning left at Windmeul Winery.

The new **short (40 km) route** will exit Stellenbosch along the R44 before returning via Kromme Rhee road to join the other routes on the way to the finish.

## DIRECTIONS TO VENUE

### From the N1

Take Exit 39 (R304) and head towards Stellenbosch. Continue straight through the R44/ Bird Street traffic lights. Turn left at the Merriman traffic lights. Continue straight across the traffic circle and then turn right into Jannasch Road and then left into Endler Road. Follow the signage and marshals to the parking area.

### From the N2

Take Exit 43 (R44) and head towards Stellenbosch. Once in Stellenbosch, turn right into Merriman Avenue. Continue until Jannasch Road where you turn right and then left into Endler Road. Follow the signage and marshals to the parking area.

# 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

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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

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Saturday  
Leg Shaker 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

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Saturday  
Leg Loosener 7.00AM +/- 40km @ an average of +/-26km/h  
Up the R27 to Duynfontein and back.

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Saturday  
Leg Warmer 7.00AM +/- 35km @ an average of +/-22km/h  
Up the R27 to Melkbos/Duynfontein 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  
or N7 Link Road and back. This group can advise on all the local coffee shops better than PI  
about local wines!

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Wednesday Koeburg  
ride (MTB) 5pm Meet at the top car park

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### Sunday 28th October 7:00AM

Out over Platteklouf, through Bellville and along Bottelary Road to Caltex garage. S  
hydration.

Return via same route.

Sundays &  
Public Holidays Distance: 80km

Weather forecast: Gentle SE breeze, and will be warm

Please ensure you bring along enough liquid to stay hydrated.

We can form two groups if needed.

## 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  
PO Box 50115  
West Beach 7449

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