

the outriders

----- CYCLE CLUB



Change to Club Ride Times

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

New Outriders Cycling Caps Now Available

The new Outriders Ciovita cycling caps are now available!!!

There is a limited number of these caps so, they will go quick. If you wish to purchase one:

- bring R115 with you on Saturday (exact amount please)
- Renate will be at Driftwoods after the Saturday ride with the caps

News

Spring has sprung and summer is here. We rode Koeberg tonight in a howling SE as proof if there was any doubt – Phew!

Its thus also that time of year when we change our weekend ride times to SUMMER start times of 7am for both the Saturday and Sunday rides (as of the 6th and 7th October onwards.)

Please don't forget this or you will miss your favorite part of the weekend J

Last weekend saw a large contingent of Outriders travelling to Ladismith for the Seweweekspoot Mtb event. There were 3 distances, 29km, 43km and 82 km. The weather was great and a most enjoyable outing was had by all - there was even a run on the Friday evening which saw a good couple of members participating. The nice thing about this event is that its held on a Saturday which gives you the Sunday to relax and return to Cape Town at your leisure.

Lastly PLEASE SAVE THE DATE of Friday the 26th October! Last year we had a very successful function at the Italian Club.

We are planning on doing the same this year. Good food, good company, a band and the chance to have some great fun.

We are finalizing a set menu similar to last year and will forward all the relevant times, menu and costs next Thursday after our committee meeting.

Please however save the date so long and be quick on the draw when we announce the details as space will be limited.

What Is An FTP Test & Can It Improve Your Performance?

By: Molly Hurford

FTP, or functional threshold power, is one of those terms that veteran cyclists and coaches toss around casually. But it can be more than a little confusing for newer riders. Don't worry – we'll break it down for you.

Simply put, FTP is the average number of watts that a rider can sustain over an hour. Ideally, it refers to a steady effort, not the up-and-down levels you might see looking at your power from a cyclocross race or super-hilly ride.

FTP, which is typically calculated by a 20-minute test, can be a useful number to know, explains cycling coach Jane Marshall.

"It's a number that you can track, so you can see improvements as you test regularly," she says. "A lot of the time, we ride and think we're getting faster, but FTP is one way to know for sure if we're getting faster, versus just thinking it because of a group ride that went well or a good day on the hills."

Plus, you'll need to know the number if a coach prescribes training zones with power.

While FTP can be helpful, Marshall says, it's also "one of the most misunderstood things in cycling."

Here's everything you need to know about FTP, and how it can improve your ride.

How do you measure FTP?

First of all, you need a power meter. Then, you need a place where you can ride for at least 20 minutes straight. Optimally, you would test in a one-hour time trial, but that isn't realistic for most riders.

Instead, the standard procedure is the following: Calibrate your power meter. Warm up for 10-15 minutes, then cycle at an all-out effort for 5 minutes, followed by 10 minutes of easy spinning. Finally, cycle at an all-out effort for 20 minutes, aiming for a pace that's your hardest consistent effort – it should remain steady, and not undulate. (For easier calculation, make sure you press the lap button before you start your 20-minute effort). After that, cycle easy for about 10 minutes for a cool-down.

Then, take the average power of that 20-minute effort and multiply it by .95 to get your FTP. For example, if you get 200 watts, your FTP will be 190 watts.

It doesn't matter if you test inside or outdoors. Just make sure you ride in repeatable conditions, says FasCat Coaching founder Frank Overton. If you test outside, aim for a gentle hill with a 20-minute or longer climb, or at least a stretch of road that won't involve frequent stops or steep downhills.

Can FTP tests help improve my performance?

Absolutely, for two reasons. First, testing every few weeks gives you a great indicator as to whether your training plan is working the way that you want it to. Secondly, it pushes you to do a relatively hard workout regularly, which can be great for someone who hates intervals and tends to skip out on intensity work.

How should I use FTP results in my training?

Coaches will often use FTP when programming workouts in order to get more specific about interval sets. In fact, it's Overton's primary reason for wanting his athletes to test, as FTP doesn't just give you a threshold number; it helps create "power zones," similar to heart rate zones like recovery, endurance, temp, VO₂, and sprint, which can be used to hone your training.

More importantly, regular testing can show progress, or lack thereof. So while it isn't a training tool by itself, analyzing FTP results does reveal if your training is working for you—or if you need to change something up to see better results.

A steady increase is ideal, but don't expect big leaps. Simon Marshall, author of *The Brave Athlete*, says a 2.5 percent increase in FTP in a training cycle (around 6-8 weeks) is a good power increase. Anything more is unsustainable. If you see your FTP decline or stay stagnant for more than two tests in a row, it's time to consult with your coach.

How do I know if my FTP is good?

To get a sense of how your FTP stacks up, Overton recommends converting it to a power-to-weight ratio—your FTP divided by your weight in kilograms. Overton says the average newer rider with some fitness will hover in the 2.0 range, while top cyclists in the world hover around 7.0. That number won't affect your training at all, but it's a good way to see how you compare to other riders.

What if my FTP sucks?

Don't stress about it. These numbers don't exist in a vacuum. Your FTP will fluctuate depending on your season of training and current health status, plus any number of external factors during testing. A harsh headwind, extreme heat or cold, or even just a stressful week at work could all have an effect.

While having a good FTP test is ideal, just remember: You might be in a phase of training where your endurance is improving for longer, easier efforts, or your high-end power for quick bursts is on the rise.

So rather than fixate on one bad test, keep training steadily, and you should see that number rise over time.

How often should I test my FTP?

If you get a number you're not happy with, it's tempting to repeat the test as soon as possible. Resist the urge. Testing monthly is perfectly fine, and since it's an all-out effort, you don't want to do it too often.

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

Date	Event	Category	Location	Distance/Notes
Sat 5 – Mon 7 Oct	Cape Duo Challenge	Other	Wellington	125km, 65km, 50km and 40km
Sun 07 Oct	Tiletoria Elgin Valley MTB	PPA-own MTB	Grabouw	66 km; 45 km; 30 km; 15 km
Tue 09 Oct	Killarney Training	Social	Milnerton	18h00 – 19h00
Fri 12 – Sun 14 Oct	Eselfontein MTB Festival	Other	Ceres	Day 1 – 40km; Day 2 – 55km; Day 3 – 45km
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
Tue 16 Oct	Killarney Training	Social	Milnerton	18h00 – 19h00
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 finride	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 I
Link rd, left onto R27

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

Saturday
Leg Loosener

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

Saturday
Leg Warmer

7.00AM +/- 35km @ an average of +/-22km/h
Up the R27 to Melkbos/Duynfontein and back.

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 P
about local wines!

Wednesday Koeburg
ride (MTB)

5pm Meet at the top car park

Sundays &
Public Holidays

Sunday 7th October 7:00AM

Due to the many DC practice rides taking place: Meet at CD, route & distance to be
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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West Beach 7449

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WP 7441 · South Africa

