



Launch Of Our Web Site!!!!

Our all new fresh redesigned Website is now up and running, please follow the following link to check it out: <http://www.outriderscyclingclub.co.za/>

Please follow The Outriders cycle club on Facebook and Instagram If you want your cycling photos to feed through onto the Web Page

The screenshot shows the homepage of the Outriders Cycle Club website. At the top, there is a navigation bar with four links: 'Home', 'About Us', 'Latest News', and 'Outrider Kit'. Below the navigation bar is a stylized black mountain range graphic. Underneath the graphic, the club's name 'the outriders' is written in a white, sans-serif font, with 'CYCLING CLUB' in smaller letters below it. A large, bold, black header reads 'WELCOME TO THE OUTRIDERS CYCLE C'. Below this, there is a section with text about the club's history and activities. At the bottom of the page, there is a dark blue footer bar with some small, illegible text.

The Outriders Cycle Club of Table View is a non-profit organisation, and was inaugurated in 1982. It is one of the biggest, and certainly the most active, social cycle clubs in Cape Town.

News

It would appear that Winter has really put its icy paws on our shoulders these last couple of days. It really has been cold and made getting out of bed just that little bit unpleasant.

I saw some Outriders on route to the M&O's this morning and they really looked bundled up in the 6-degree temperature.

There is not much that happened this last week so I will be brief.

We launched our website this week. Thanks for the compliments and positivity expressed, we are most grateful. Like most new sites there are a couple of little gremlins that need to be ironed out and we will do so shortly.

We also had a kit ordering session at Driftwood on Saturday. We will do the same this coming Saturday. PLEASE can you order whatever you wish as we would like to place this order as soon as possible.

We hope to see you all on Saturday (weather permitting) for a ride and coffee. Enjoy the rest of the week!

The Koeberg Sunset Cruise News

The Koeberg Sunset Cruises has been very well attended. We have been blessed with awesome weather and some fantastic animal sightings. The Eland herd is 40 plus and it's a both a humbling experience and privilege to see them. The dynamics of the evening has changed with many cruisers opting to meet at The Wall, ride to Koeberg and then back – the addition of the new cycle lane from Melkbos to Big Bay has made this a much safer ride. On 21 June it's the Southern Hemisphere Winter Solstice which means that from 22 June the days are supposed to be getting longer with sunset times moving a bit later every week. The Koeberg Sunset Cruises are coming to an end on 1 August so if you want to experience the fun then time is running out.

Regards

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The Only Four Cycling Workouts You

Really Need

By Solana Vassar | 10 June 2019

Do these each week and you've got your basic training covered.

There are as many ways to train as there are [coaches](#), plans, online articles, and books. Even seasoned riders can get lost in the sea of [intensity zones](#), [HIIT workouts](#), mobility moves, plyometrics, strength work, and core training. That's because coaching and training advice trickles down from the professional tiers, where you need meticulously monitored training plans to squeeze out every potential watt for even the smallest marginal gains. But for the average rider who just wants to get fit and pick up some speed and stamina to hang with (or hammer with) their usual riding crew, it doesn't have to be that complicated. The first step, of course, is to ride your bike! That lays your foundation. Then build on it by hitting the following training high notes to develop strength, speed, mobility, and stability.

1. Burpees

Cycling by itself doesn't do much to develop core strength—in fact, core strength often suffers in cyclists. But that doesn't mean your core isn't critical to cycling. Research shows that when the core fatigues, pedalling mechanics break down, paving the way for poor performance and injuries. Cycling also doesn't do much to build your bones. One seven-year study of competitive master cyclists found they actually had lower bone density than their non-athletic peers. So resistance training and/or some impact exercise are important.

One word here: [Burpees](#). This multi-faceted move that combines push-ups, squats, and jumps can bolster your core, strengthen [key cycling muscles](#), and help you build bone density. As if that weren't enough, a study published in *Applied Physiology, Nutrition, and Metabolism* showed that active women who performed just one set of 8 x 20 seconds (with 10 seconds of rest between 20-second reps) of a single whole-body aerobic-resistance training exercises like burpees four days a week not only improved their aerobic fitness as much as their peers who ran on treadmills for 30 minutes four days a week, but also significantly improved their muscular endurance, a huge benefit for long, hilly rides.

Do it: Perform 10 to 15 reps, two to three sets, two to three times a week.

- Stand straight arms at sides
- Squat down, placing hands on floor, shoulder width apart.
- Jump legs back into high plank, pushup position.
- Perform pushup
- Jump legs toward hands, back into the squat position

2. Tabatas

Named after exercise scientist Izumi Tabata, these all-out efforts train your body to recruit maximum [muscle fibres](#) and to fire them faster as well as raise your lactate threshold, which makes even your hardest rides feel easier. They also help you hang onto your precious fitness when time is tight and you can't squeeze in longer days in the saddle.

Because they're super short, it's also easy to psyche yourself up for them (one set takes just four minutes, which includes the rest intervals). Adding them to your usual training can help you see improvements fast. In a study published in the *Journal of Sport Science & Medicine*, exercisers who added just one high-intensity interval session, like tabatas, to their usual moderate cardio-training routine improved their VO₂ max by 10 per cent compared to a 3.9 per cent improvement among their peers doing a similar amount of moderate training alone.

Do it: Perform once a week

- Warm up for five to 10 minutes.
- Pedal as hard as possible (you're going for maximum power output) for 20 seconds.
- Soft pedal for 10 seconds.
- Repeat six to eight times.
- Rest four to five minutes.

If you are accustomed to interval training, repeat for another set—or two, if you're feeling game. If you're new to intervals, stick to one set.

3. The Founder

If you're like most people, you spend a great deal of the day sitting. All that time planted on our behinds puts our glutes on extended inactive duty to the point where they eventually stop doing their job when we want them in action, like keeping us stable in the saddle and helping us charge up hills.

Keep your glutes—as well as your hamstrings and the muscles that support your spine—strong and active with one simple move: the Founder, the keystone move in Foundation Training. The Founder is grounded in glute activation and strengthens the whole posterior chain from your shoulder blades to your knees for better mobility and injury prevention.

Do it: At least once a day

Stand with your feet shoulder-width apart, knees slightly bent, and weight on your heels. Hinge forward from your hips, pressing your butt back and extending your spine. Reach back with your arms, pulling shoulders down toward your butt. Hold 15 seconds. Bring your arms up overhead and reach forward with hands and press back with your hips. Hold 15 seconds. Fold forward again, keeping your back flat and

4. Threshold Drills

The cornerstone of cycling improvement is raising your [lactate threshold](#) so you can produce more power at a comfortable heart rate. Probably the most effective way to increase your power at threshold is to perform long, steady intervals where you hover right at or just below threshold.

These intervals are especially effective for flatlanders who want to improve their hill climbing ability without traveling to an actual hill. Just ask Mount Washington women's record (1:07:32) setter Victoria DiSavino of Buffalo, New York. "I work long hours so I don't have the opportunity to travel to the hills to train," she says. "I just go out and do three 20-minute efforts at threshold, which is pretty much the equivalent of the power you use to go up Mount Washington."

Threshold drills are relatively easy to do but require concentration because it can be easy to let your mind (and your effort) drift.

Do it: Perform once a week

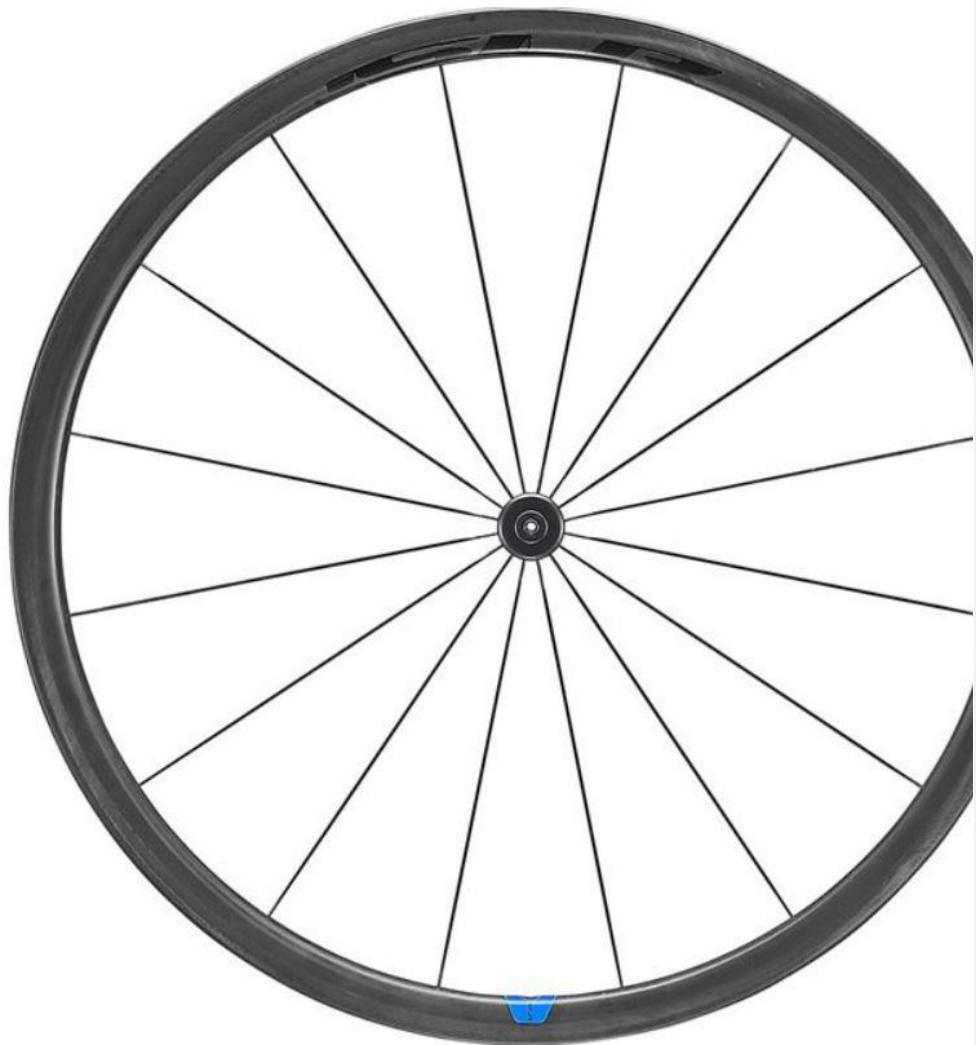
After a good warm-up, ride 10 minutes at a steady effort, at an exertion level of 6 to 7 on a 1 to 10 scale, about 85 per cent of max heart rate, and where you can speak just a few words at a time. Recover for five to 10 minutes (you're aiming for adequate recovery, so you can maintain your target intensity for the next effort), and then repeat two more times. Once those feel easy, do two to three 20-minute steady-state efforts, recovering for 10 to 20 minutes between each.

Cycles Direct - Outriders Deal Of The Month June 2018

JUNE EXCLUSIVE OUTRIDER DEAL: GIANT SLR 0 CARBON TUBELESS READY ROAD WHEELSET

Retail R23,900

Outrider price R16,900



- Ultra-Light full carbon composite 700C rims
- Tubeless compatible using supplied rim strips and valves
- 23mm wide rim for better tire performance
- 30mm rim height
- DT Aerolite/Aero Comp bladed stainless steel spokes
- Dynamic Balanced Lacing provides significantly higher transmission stiffness vs. traditionally laced wheels
- Alloy locking nipples
- Giant alloy hub shell with Star Ratched driver
- 1335g per pair

PPA Calendar

EVENTS AT A GLANCE

Please see the [PPA website](#) for more information on these events.

The PPA Marshalls are there to guide and assist riders during an event but can we ask that you kindly bring your own tubes and pares along.

Date	Event	Category	Location	Distance/Notes
Sat 16 Jun	2018 Worcester Heaven and Hills MTB	MTB funride	The Golden Valley Casino, Worcester	60 km; 35 km; 15 km, Kiddies
Sat 30 Jun - Sun 01 Jul	2018 Momentum Rotary Knysna Cycle Tour	Other	Pick 'n Pay Knysna Oyster Festival Grounds	MTB: 80 km; 50 km; 30 km; 15 km Road: 115 km; 50 km
Sun 01 Jul	2018 Cyclosportif #4 Windmeul	PPA-own road funride. All welcome	Windmeul Winery	91 km; 38 km
Sat 04 Aug	2018 Worcester Rotary MTB	MTB funride	Celmor Winery	77 km; 47km; 25 km; 7 km
Sat 11 Aug	2018 Wolseley MTB	MTB funride	Mountain Ridge Wine Cellar	60 km; 40 km; 25 km; 8 km
Sun 19 Aug	2018 Paarl Rotary Backsberg MTB	MTB funride	Backsberg Wine Estate	45 km; 30 km; 15 km; 5 km
Sun 26 Aug	2018 Tiletoria Elgin Valley MTB	PPA-own MTB funride. All welcome	Paul Cluver Wine Estate	70 km; 45 km; 30 km; 15 km

THIS SATURDAY ON THE FUNRIDE CALENDAR

Event	2018 Worcester Heaven and Hills MTB
Date	Saturday 16 June 2018
Distance	60 km; 35 km; 15 km; Kiddies' 5 km
Starting times	60 km @ 08h30; 38 km @ 09h00; 15 km @ 09h30; Kiddies' 5 km @ 09h45
Venue	The Golden Valley Casino, near Worcester
Enquiries	Barbara on 076 200 8742 / 023 342 6244
Online entries	Click Here
Entries close	Pre-entries: 14 June Late entries on the day.
Email	info@worcestertourism.com
Cut-off / Lucky draw	14h30 / 13h00

ROUTE DESCRIPTION

The **60 km** route is for the more experienced and fit cyclists. The route starts at the Golden Valley Casino, past Apiesklip venue, through Fairly Glen Game Reserve, Karoo Desert and then over the Worcester Gold Club to the finish line.

The **35 km** route rides past Damas to the Fairy Glen Game Reserve, back of the Worcester Golf Club to

the finish line at the Golden Valley Casino.

The **15 km** route caters for the whole family. It starts at the Golden Valley Casino, goes through Worcester Golf Club and back to the casino.

The Kiddies' 5 km is a kiddies' ride open for all ages but prizes will only be given to children u/8.

DIRECTIONS TO VENUE

Travel on the N1 towards Worcester – Golden Valley Casino is situated between Brandwag and Roux Roads, Worcester. GPS: 33°37'41.52"S 19°26'10.8"E

NOTES

Some of the longer routes were built specifically to host stages 4 & 5 of the 2015 Absa Cape Epic. All children u/12 must be accompanied by an adult. Amazing prizes to be won including prizes from Aquila, ATKV Goudini Spa, Fairy Glen Game Reserve, Golden Valley Casino, Ceres Zipline and much more! Ride the longer routes through Fairy Glen Game Reserve and hear the lions roar right next to you. Minimum age for the 15 km is 8 years or older. Minimum age for the 35 km is 13 years or older. Minimum age for the 60 km is 19 years or older.

No helmet, no ride. Racetec MTB timing boards will be used.

	Pre-entries		Late Entries	
Distance	Entry fees	PPA Members discounted entry fee	Entry fees	PPA Members discounted entry fee
60 km	R 400	R 350	R 500	R 450
35 km	R 300	R 250	R 400	R 350
15 km	R 200	R 150	R 300	R 250
Kiddies' Ride	R 25			

*Please add an additional R25 for a permanent Racetec timing board if you do not already have one. PPA members receive their first MTB timing board for free. These permanent timing boards can be used at all MTB events timed by Racetec.

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

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, back on 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>Tuesday & Thursday</u> <u>'Mothers & Others'</u>	8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride to Duynefontein or N7 Link Road and back. This group can advise on all the local coffee shops better than Platter can about local wines!
<u>Wednesday Koeberg</u> <u>ride (MTB)</u>	5pm Meet at the top car park

Sunday 24th June 7:30AM

Sundays &
Public Holidays
Out on Platterkloof rd, over Polkdraai, back on Bottelary rd, past N1 city mail. Coffee at Puffin's!
Distance +-100km
Weather: Slightly chilly getting up to 16 degrees. Mild NNW wind

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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