



the outriders

----- **CYCLE CLUB**

## News

The Knysna weekend is upon us, cold weather and beautiful scenery awaits those travelling to the Southern Cape. We wish every participating in the MTB, the Road Race or the runs the best of luck! We hope the weather plays ball...it looks like there might be a small chance of rain unfortunately. Drive safely and have fun.

We said good-bye to Christof last week pending his return home to France. As a club we wish him all the best for the future and thank him for the enthusiastic way he embraced the Outriders and Cape Town. Christof we hope you had a fantastic experience with us.

Kit-Saturday will be the LAST day to order kit if you want to be in this run. Please don't forget to come down to Driftwood to order...whether you are riding or not J

For those not travelling to Knysna we will be having all our normal weekend rides so please join us for a ride and a coffee. We hope the weather plays ball but as usual we will keep in contact via whatsapp.

Have a fantastic Thursday!

## 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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## 4 Steps To A Perfect Bike Fit

By David Flanagan

### Everything You Need to Know About Bike Fit

A proper bike fit (DIY or pro) can make you more comfortable and even faster on the bike.

David Flanagan

So you just bought a bike. Or you're about to. And now you find out that maybe you should pay even more money to make sure it fits. Sounds like a lot, but don't dismiss the idea: A bike fit is designed to ensure your bike fits you properly, which means it could be the key to loving that bike even more or never using it.

### Why Proper Bike Fit is Important

"Bike fits are for everyone, especially new riders," says Kyle Russ, a Biomechanical Engineer at Trek, who helped create that company's Precision Fit system. Serious cyclists will tell you that proper bike fit is essential so that you can produce the most power, most efficiently. And that's true. But there's an even more important reason that matters for cyclists of all levels: comfort.

Proper bike fit means you have a position on the bike that lets you ride as long as you want, as hard as you want, and stay comfortable the entire time. A good fit can also help prevent overuse injuries that result from an improper position. The correct position will vary from person to person, depending on factors like age, style of riding, and physical attributes like flexibility.

### How to Dial in the Basics Yourself for a Perfect Bike Fit

A quick do-it-yourself fit isn't a substitute for a professional fit by an experienced fitter, but it can get you in the ballpark. After making changes to your bike, go on a few short rides to assess whether they're working for you.

**1. Size: No fit can fix a bike that's fundamentally too small or large for you.**

shop should make sure you're on the right size bike as part of the buying process. On more traditional bike frames with horizontal top tubes, look for around 5cm of clearance between the tube and your crotch. For bikes with sloping top tubes, which are more common now, look for at least 5cm (more for performance-oriented mountain bikes) of clearance. You also want to make sure the length of the bike is right for you. You can make some changes with a longer or shorter stem, for example, but a bike that is too long or too short for your upper body won't work well in the long run.

## **2. Seat Height: A seat that's too low or too high can cause more than just discomfort.**

"That little amount of pain you are feeling right now can lead to more serious injuries down the road," says Todd Carver, founder of Specialized's popular Retül fit system. Use one of these two broad-stroke methods to get in the general range of proper seat height:

- Position the crank arms so that they're parallel to the seat tube. Sit on the seat and put your heel on the pedal. If you can't reach the pedal, lower the seat until you can; if your leg is bent at the knee, raise the seat just until it's straight.
- If you are using clipless pedals, you can also use a mathematical formula. Here's how: Stand barefoot on a hard floor, back to a wall, with a book snugged up between your legs, spine facing away. Measure from the floor to the top of the book spine. Multiply that number by 0.883, and subtract 4mm. The result is your seat height, measured from the center of the bottom bracket to the top of the seat, along the seat tube.

## **3. Reach to Handlebars**

Proper reach to the handlebars keeps your upper body pain-free, says Julie Bates, a Fit Instructor with Retül. A chestnut from the Old Italian Cycling Bible is that the top of your handlebar should obscure your view of the front hub, but that's not strictly true.

**The new way:** When you sit comfortably in the saddle, you should be able to easily reach the tops and brake hoods on a road bike, or the grips on a mountain bike. Your elbows should be slightly bent, not locked. And the lean of your torso should be supported by your core in a comfortable position. You shouldn't have to slide forward or back on the seat.

**Pro tip:** Check your seat position first. The clamp connecting the saddle to the seatpost should be relatively centred in the saddle rails, not slammed all the way forward or back. The seat itself should be level or, at most, angled a few degrees down in front (never up).

## **4. Set Your Cleats**

For road or mountain cleats, lightly (!) grease the cleat bolts before installing. Set the cleat on the shoe and install all the bolts, just finger tight. Then, set up position:

- For cleat fore-aft, position the cleat so that, with the cleat over the pedal (don't clip in yet), the pedal spindle sits just behind the ball of the big toe, but in front of the ball of the little toe. This spreads your weight evenly over the pedal body.

Tighten the cleats. Clip in and ride around until you get your natural pedal stroke. Most cleats have "float" or lateral movement. If there's resistance, adjust the cleat angle a degree or two to the opposite side. For road cleats, once you get the right position, you can trace the outline of the cleat on the sole of the shoe so you know exactly where to replace them when it's time for a new set.

### **When to Turn to the Pros**

Most of us can at least get started with the DIY approach, but there are some cyclists who may want to opt for a professional fit from the start.

If you're very short, or very tall, a bike fit can help solve issues that people on either end of the height spectrum face. If you have old injuries, or known biomechanical issues like different-length legs, then a bike fit right when you buy a new bike could help stave off comfort issues later on.

Riding a bike should be comfortable, so you should also consider a fit if it isn't. Pain, numbness, or tingling – especially in the hands, feet or butt – are signs that something about your bike doesn't fit you properly. The fix could be simple, but if you've tried the self-setup measures above, and it's not fixing the problem, it's time to call in the pros.

When assessing comfort, don't focus exclusively on the contact points with the bike. Knee pain can indicate improper saddle height, while upper back or neck pain can be a sign that your reach to the handlebar is off, or even just that your bars are too wide.

A proper position is one you can maintain. If you're constantly fidgeting in the saddle, if you can't find a comfortable hand position, or if what feels OK in the first hour of a ride doesn't feel good in the third, a bike fit can help.

Finally, serious cyclists who feel as though they have plateaued in terms of performance could benefit from a pro fit or a new fit. The more you ride, the stronger you get, which means you might be able to adjust your position on the bike for more speed and power, and a pro fit might help you address what's holding you back.

### **What to Expect From a Pro Fit**

Bike shops offer a variety of fit services, using a number of different platforms. There is no one "best" fit methodology, and a good fit relies far more on the fitter than the tools. Ask how long your fitter has been doing fits and what certifications he/she has.

assessment of factors like flexibility and checks for issues like leg-length discrepancies. Some fits will involve checking proper saddle width and shoe size, as well as factors like insole support. Finally, there's an on-bike session (on a stationary trainer) where the fitter will assess your fit and form on the bike and make adjustments and corrections. The fitter will address cleat setup, seat height, pedalling motion, reach to the handlebar and cockpit (seat and handlebar size). Expect a comprehensive fit to take one to two hours.

**Tips:** Be honest with your fitter about injuries and issues, particularly with the seat (yeah, it's a little uncomfortable, but think of it like a discussion with a doctor). Ride naturally; don't try to "impress" your fitter with good form.

**What you'll pay:** Expect to pay around R800-R1000 for a comprehensive fit. There may be a discount or credit involved if you schedule a fit for the purchase of a new bike. You might be swapping out a part like a handlebar or saddle, so keep those potential costs in mind. If a fit is very important to you, factor that in to your total budget for the bike.

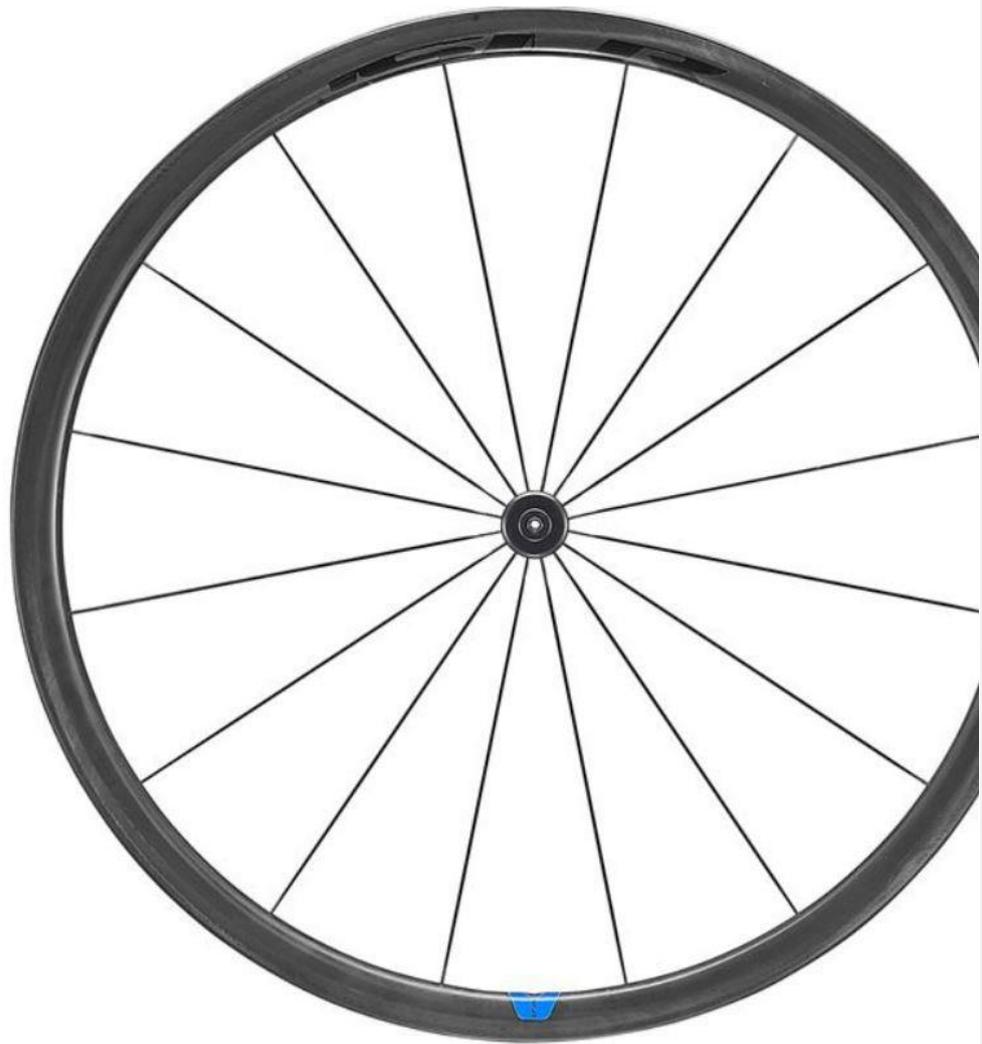
**Afterward:** Your body will need time to adapt to position changes. Especially if your fit on the bike has changed a lot, back off the volume and intensity of riding for a couple of weeks to give your body time to adjust. Major changes should be made incrementally, says Retül's Carver, to avoid shocking the body. Fits should include an optional follow-up assessment to address any persistent issues, or changes that aren't producing positive results.

## 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.

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   |
|-------------------------------|--|---|--|--|
| Sat 30 Jun<br>-<br>Sun 01 Jul | 2018 Momentum<br>Rotary Knysna Cycle<br>Tour | Other                                   | Pick 'n Pay Knysna<br>Oyster Festival<br>Grounds | MTB: 80 km; 50 km;<br>30 km; 15 km<br>Road: 115 km; 50<br>km |
| Sun 01 Jul                    | 2018 Cycloportif #4<br>Windmeul              | PPA-own road<br>funride. All<br>welcome | Windmeul Winery                                  | 91 km; 38 km   |
| Sat 04 Aug                    | 2018 Worcester<br>Rotary MTB                 | MTB funride                             | Celmor Winery                                    | 77 km; 47km; 25 km;<br>7 km                                  |
| Sat 11 Aug                    | 2018 Wolseley MTB                            | MTB funride                             | Mountain Ridge<br>Wine<br>Cellar                 | 60 km; 40 km; 25<br>km;<br>8 km                              |
| Sun 19 Aug                    | 2018 Backsberg<br>Dischem Rotary MTB         | MTB funride                             | Backsberg Wine<br>Estate                         | 45 km; 30 km; 15<br>km;<br>5 km                              |
| Sun 26 Aug                    | 2018 Tiletoria Elgin<br>Valley MTB           | PPA-own MTB<br>funride. All<br>welcome  | Paul Cluver Wine<br>Estate                       | 70 km; 45 km; 30<br>km;<br>15 km                             |
| Sun 28 Oct                    | 2018 PPA One<br>Tonner                       | PPA-own Road                            | Stellenbosch High<br>School                      | 170 km team and ind<br>109 km and 42 km                      |

## THIS WEEKEND ON THE FUNRIDE CALENDAR

|                                 |  |
|---------------------------------|--|
| <b>Event</b>                    | <b>2018 Cyclo Sportif #4</b>   |
| <b>Date</b>                     | Sunday 1 July 2018   |
| <b>Distance</b>                 | 91 km; 38 km   |
| <b>Starting times</b>           | 08h00  |
| <b>Cut-off / Lucky draw</b>     | 12h30 / 13h00  |
| <b>Venue</b>                    | Windmeul Winery  |
| <b>Enquiries</b>                | Rozanne Dreyer (021) 671-6340 / <a href="mailto:rozanne@pedalpower.org.za">rozanne@pedalpower.org.za</a> |
| <b>Online entries close</b>     | Thursday 28 June 2018 @ 24h00  |
| <b>On-the-day late entries?</b> | Yes  |

## ROUTE DESCRIPTION

The scenic venue for the fourth event in the series is the Windmeul Wine Cellar in Paarl. The 91 km route will take you through Wellington out towards Hermon, with only one big climb as you pass Riebeeck Kasteel, returning to the venue via the R45. There will be three water points along the route.

## DIRECTIONS TO VENUE

Follow N1 to R44. Take exit 47 from N1. Turn left onto R44. Destination will be on the left. Windmeul Kelder

GPS Co-ordinates: S 33°40'18.1" E018°54'30.6

## NOTES

A reminder to wear your PPA road funride number and to bring your Racetec transponder. No children under the age of 16 will be allowed on the 91 km route. Children between the ages of 8 and 14 has to be accompanied by an adult at all times along the 38 km route.

Registration will take place at 6h30 on the morning of the event at Windmeul Winery.

| Distance | Pre-entries |                                  | Late Entries |                                  |
|----------|-------------|----------------------------------|--------------|----------------------------------|
|          | Entry fees  | PPA Members discounted entry fee | Entry fees   | PPA Members discounted entry fee |
| 91 km    | R 375       | R 275                            | R 450        | R 350                            |
| 38 km    | R 175       | R 125                            | R 200        | R 150                            |

## 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, back Link rd, left onto R27

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Saturday  
Leg Shaker

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

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Saturday  
Leg Loosener

7.30AM +/- 40km @ an average of +/-26km/h  
Up the R27 to Duynefontein and back.

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Saturday  
Leg Warmer

7.30AM +/- 35km @ an average of +/-22km/h  
Up the R27 to Melkbos/Duynefontein and back.

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Tuesday & Thursday  
'Mothers & Others'

8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride to Duy or N7 Link Road and back. This group can advise on all the local coffee shops better than Platter ca about local wines!

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Wednesday Koeburg  
ride (MTB)  
Sundays &

5pm Meet at the top car park

Public Holidays

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Sunday 1st July 7:30AM

Long route: Weather outlook shows rain. Meet at CD, route to be decided on the day

Shorter route:

Out on R27, link road, right onto N7, over Van Schoors and return via tree lined or N7. (decide on the day)

+/-70km

## 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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