

Change To Ride Times 7:30am

In the interests of riders safety (and my lack of sleep!!)

As from Saturday 31st March all club rides will start @7:30am.

This will be for all club rides; Saturdays, Sundays & public holidays

AGM 2018 & Awards Evening

17th April 2018

It is that time of year again where we can get together, recollect on the year gone by, plan for the year coming and have some fun.

It is also a time for us to celebrate achievements and efforts of members with the awards section.

We are asking you all to consider your fellow cyclists and make recommendations and suggestions for an award. We are open to consider some fun awards as well!

Previously, when there has been sufficient support, we have awarded a members award. This is an award where sufficient members have recommended an award to a member for their achievements, efforts or contributions to the club or fellow members. If you would like to make such a recommendation, please forward your suggestions to Nicci directly and privately via email or WhatsApp.

Previous awards have included:-

Mega Miler

Most Resilient

Best Male Cyclist

Best Female Cyclist

Most Improved

Ambassador

Members Award

Recycle (sorry, couldn't resist!) Your Old Kit

We will be dropping off an Outriders donation box for your old or unwanted cycling kit at Cycles Direct. There will be a box in the shop where we hope to collect some recycleable (done it again!) or re-useable kit. Once we have a collection or reached a point where Cycles Direct start complaining for all the space we're taking up, we will make arrangements to hand over to PPA and assist some up and coming aspirant riders that simply cannot afford to purchase their own kit.

Please pop in to drop off any of your kit that would be useful to the less fortunate. I know it's nothing to do with anybody 'outgrowing' their existing kit!

Pedaling Towards Happiness: 7 Mental Health Benefits of Riding Bikes

Written by: [Hilary Angus](#)

We all know that riding bikes is great for our physical health. It improves cardiovascular fitness, reduces body fat, builds strength, and improves circulation. But what about our mental health?

The link between exercise and improved mental health is not new, many studies over the years have made the connection the two. But as the body of research grows, it becomes clear that regular exercise – especially physical activity outdoors – should not simply be a supplementary method to improve our mood, but a key part of any strategy to combat depression, anxiety, and the general stress of daily life.

While some people ride to get fit, there are many who ride bikes simply because it makes them happy, and happiness is not trivial. How you feel about yourself, your life, and the world is just as important as the mechanical workings of your body. In fact, science suggests that mental health may even be a [stronger predictor of life expectancy than physical health](#), or [even heavy smoking](#).

1. “Lifestyle” Exercise Improves Subjective Mood

Even half an hour of daily exercise has been observed to improve people's subjective mood and well-

being. A [meta-analysis of studies](#) relating to mood and physical activity looked specifically at people who engaged in casual physical activity, rather than competitive sport, and found that those who had active lifestyles reported feeling in a better mood and having better overall well-being than those who did not. Given that we all have to get around town, biking to work is one of the easiest ways to integrate 30 minutes of non-competitive physical activity into our daily lives.

2. Physical Activity Improves Self-Esteem

“What we think about ourselves is probably the central concept in our conscious lives,” theorized William McGuire and his colleagues in 1976. Whether you buy fully into that notion or not, it would be difficult (nay, impossible) to argue that our perception of our selves isn’t important to our happiness and overall satisfaction. With the incursion of social media into every facet of our lives, it’s becoming increasingly difficult to have a positive view of our own lives while constantly being bombarded by the achievements of others. So if you need a cure for the Instagram blues, bicycling has your back. A [meta-analysis of studies](#) on physical activity and self-esteem determined that the former has a positive impact on the latter, and the impact was not significantly altered by the intensity or duration of physical activity. So just a little cruise here or a few days biking to work there can have an overall positive impact on your perception of yourself. And why shouldn’t it, you’re wonderful!

3. Physical Activity is an Effective Anti-Depressant

A [long-term study](#) of adults in Alameda County, California determined that high levels of physical activity led to a significantly decreased risk of developing clinical depression later in life, even when adjusted for other factors such as socioeconomic status, life events, social supports, and other health habits. Similarly, a [meta-analysis of other studies](#) on the subject found that, for youth and adults already suffering from depression, physical activity can be as effective as psychotherapeutic techniques to treat the disorder. Unlike most psychotherapies, there were no observed negative effects of physical activity in treating depression.

4. Aerobic Exercise Reduces Anxiety

While everyone feels a little bit anxious now and then, anxiety that endures can have real, lasting impacts on a person’s quality of life. Anxiety disorders, including panic attacks and social anxiety, can be anywhere from unsettling to crippling. They can affect a person’s ability to hold a job, maintain relationships, and participate in the various responsibilities of daily life. A [2001 study](#) found that aerobic exercise can reduce generalized anxiety as well as reduce anxiety sensitivity, which is a precursor to panic attacks and panic disorder. While high-intensity aerobic exercise was found to be more impactful, low-intensity exercise was also effective at reducing anxiety.

5. Physical Activity Reduces Stress

Seven out of 10 American adults report feeling stress at least once daily. While everybody has different

coping mechanisms for stress, exercise is the method [most frequently recommended](#) by health care professionals to reduce its symptoms. By bumping up the production of endorphins, physical activity relieves tension, elevates mood, and helps to stabilize sleep patterns disrupted by stress.

6. Exercising Outdoors is Better for Your Mental Health

While swimming laps at the local pool, hitting the gym or dropping in on a gym class are all effective ways to achieve the aforementioned mental health benefits of exercise, there's another reason biking might be the way to go. A [2011 study](#) determined that partaking in physical activity outside was associated with greater feelings of revitalization, increased energy and positive engagement, together with decreases in tension, confusion, anger and depression. Basically, exercise is great for mental health. Exercise outside? Even better.

7. You Don't Have to Sit in the Stupid, Horrible, Soul-Crushing Scourge of Humanity that is Traffic

Admittedly, all of the above benefits of exercise are not limited to bicycling, they could also be achieved by an activity such as jogging, hiking, swimming outside, joining a sports team, or anything fun and physical of the sort. But do you know what those activities can't do for you? Get you out of the hell-on-earth that is rush hour in a city in a car. Scientifically speaking, navigating city traffic is mind-numbing, enraging, and anxiety-inducing.* Traffic is a mental health nightmare,** and driving is bad for the soul.*** The positive impacts of physical activity are compounded by the positive impacts of not having to drive a car every day. So get cycling, your mental health depends on it.

**Cycles Direct - Outriders Deal Of The
Month
March 2018**

FOR OUTRIDERS ON



GIANT PROPEL SLR 2 (105 115)

NEW: R17999

FOR OUTRIDERS ONLY: R16500

CYCLES direct

**Wider Tyres, Lower Pressure!!!??
Not Possible!**

I've been picking up snippets and comments from a lot of quarters about using wider tyres. It seems the professionals are moving towards wider tyres and lower pressures and the advantages are not just comfort.

There are many articles and opinions but one source I've been using over the last 12 x months is the GCN Network. They recently published the video in the link below discussing them (again). I'm sure you'll find the other topics interesting and if you end up going down the rabbit hole (it is Easter after all!), enjoy

<https://www.youtube.com/watch?v=leShfD6yLDo>

PPA Calendar

EVENTS AT A GLANCE

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

Date	Event	Category	Location	Distance/Notes
Sat 07 Apr	2018 Fine Breede MTB	MTB funride	Breede Valley, R43 inbetween Worcester and Ceres	60 km; 30 km; 18 km; 5 km
Sun 08 Apr	2018 BH 12 Hours of Killarney	PPA-own event, road (track)	Milnerton	3.27 km laps, 12 hours.
Sat 14 Apr	2018 Token Double90 Team Challenge	PPA-own event, road, team time trial	Clarens, Free State	180 km. Team entries have closed
Sat 14 Apr	2018 Philadelphia MTB	MTB funride	Philadelphia	75 km; 56 km; 38 km; 13 km
Sun 22 Apr	2018 Cyclosporitif #2 Simonsvlei	PPA-own road, funride. All welcome	Simonsvlei, Paarl	97 km; 38 km
Sun 22 Apr	WC MTB Enduro #1	Other	Hoogekraal, Durbanville Hills	Provincial; Enduro race
Sat 05 May	2018 Tru Cape MTB	MTB funride	Elgin Grabouw Country Club	50 km, 25 km, 10 km
Sat 12 May	2018 'Tread Lightly' Women's MTB	PPA-own MTB, funride for the ladies	Backsberg Wine Estate	30 km; 15 km; 4 km
Sun 13 May	SRAM WC XCO series #3 in assoc. with Tygerberg MTB	Other	Slanghoek Mountain Resort, Raweenville	Provincial XCO race
Sun 20 May	WC MTB Downhill Series #2	Other	Contermanskloof	Provincial Downhill race
26/27 May	WC MTB Downhill Series	Other	Venue TBA	National Downhill race
Sat 02 Jun	2018 Robertson Winery MTB	MTB funride	Robertson Winery	71 km, 54 km, 28 km, 11 km
Sun 03 Jun	2018 Cyclosporitif #3 Perdeberg	PPA-own road, funride. All welcome	Perdeberg Winery	109 km; 39 km
Sun 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 Cyclosporitif #4	PPA-own road, funride. All welcome	Windmeul Winery	91 km; 38 km

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
Sandown Road, Contermanskloof, Malan'shoogte, back on Conterman's kloof, down Sand
Road, right onto the N7, left into Melkbosstrand Road. Return via the R27. This is for stron

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 down Link, left onto R27

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

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

Tuesday &
Thursday
'Mothers & Others' 8:00AM (Meet at Beachfront Opposite Doodles) - Join a very social group for a relaxed ride
Duynefontein or N7 Link Road and back. This group can advise on all the local coffee shop
than Platter can tell you about local wines!

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

Sundays &
Public Holidays Sunday 8th April 7:30AM
Route to be decided on the day

Club Details

Web site: <http://www.theoutriders.co.za/>

Bank account details: The Outriders ABSA (632005)

Acc No. 90 97 10 54 56

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