

the outriders

----- CYCLE CLUB

## West Coast Express

This years West Coast Express will be held on 9th September 2018. To ensure we host a smooth running event, we require volunteers!! If you are able to assist please advise Phillip.

SUNDAY 9TH SEPT, KOEBERG CRICKET CLUB, DUYNEFONTEIN

MEDALS TO THE FIRST 120 FINISHERS BEFORE CUT-OFF

# WEST COAST EXPRESS

[www.outriderscyclingclub.co.za](http://www.outriderscyclingclub.co.za)



the outriders

CYCLE CLUB



PRE-REGISTRATION:  
6/9/2018 11:00 - 16:00  
SPORTSMAN'S WAREHOUSE  
34 KLIPFONTEIN ROAD  
RONDEBOSCH



enter here: [www.pedalpower.org](http://www.pedalpower.org)

STARTING TIMES:

78km - 7:00am

54km - 8:0am



GIANT CONTEND SL1 DISC  
LUCKY DRAW!!

# Saddle Sores: What Causes Them, How To Treat Them

By: Selene Yeager

Long rides in warm weather can often lead to saddle sores. Here's what you can do when they show up.

Chafing and saddle sores can happen even if you have a perfect saddle and bike fit, especially if you put in long rides in hot weather. Your bike saddle, shorts, and the salt crystals from dried sweat can work together like fine sandpaper on your butt while you pedal. It's even worse if it's humid or raining, because wet skin is particularly vulnerable to chafing.

## Treating Saddle Sores

Often, you don't even realise you're rubbing yourself raw down there until you get off the bike and hit the shower (where you find out immediately). Sometimes, saddle sores can also seem to appear out of nowhere. You might notice a little skin irritation, and then bacteria take over and suddenly you have inflamed hair follicles. Left untreated, they can develop into infected boils and oozing abscesses. Not pretty, and really painful.

If the sore is significant enough that it hurts when you sit on it, take a few days off from the bike and keep the affected area clean and dry. Diaper rash and antibiotic creams can soothe the pain and speed up healing. Infected sores require a trip to the doctor and prescription antibiotics, says Gloria Cohen, MD, a former physician for the Canadian national and Olympic cycling teams.

## **An Ounce of Prevention...**

To prevent a recurrence, take a few measures to remove all friction points with that sensitive skin. Invest in shorts with a seamless chamois, wash them between rides, and never sit around in your sweaty shorts for longer than absolutely necessary.

Get out of your shorts as soon as the ride ends and at least towel off. And remember: No underwear with bike shorts. I'm shocked by how many events I go to where I can spot underwear lines. It's really just asking for trouble.

Also consider using chamois cream, which is a lubricant that goes between you and your chamois to reduce friction. Many contain lavender, eucalyptus, tea tree oil, aloe, witch hazel, and other natural antibacterial agents that help ward off infections before they begin. Some are creamy in texture, while others are waxy (I've found the waxy ones to be better in really humid, sweaty, wet conditions).

Ultimately, the type you choose is a matter of personal preference. Whichever type it is, apply it in liberal amounts. Start with a tablespoon-size dab and slather it on wherever your body meets your chamois. No need to rub it in. If I know I'm going to be out for a long ride in wet conditions, I'll also smear a light coating on the chamois itself for double protection.

## The Koeberg Sunset Cruise News

Just a reminder that the Sunset Cruises officially ends on 15 August. With the days getting longer from 22 August the entry & exit rules are more relaxed and there is no need for strict group riding as we are doing with the Sunset Cruises. I trust that everyone who participated so far has had an enjoyable time and to those who have not made it yet – from next week there are only 4 more Sunset Cruises left over. The Sunset Cruises have been great and its truly really encouraging to see how everyone bought into the group riding, stayed together and respected the rules

The current riding format plus meeting times are working well so the proposal is that from 22 August the times of 16H30 at the wall and from 17H00 in the parking lot will remain. We would recommend that those cycling from the wall to Koeberg and back still ride with their lights for the homeward journey. From 22 August we will advertise the Koeberg rides on the Dirty Derailleur WhatsApp Group and you will only have to RSVP on the day. Please contact me if you need to be added to the Dirty Derailleur Group.

If there any riders who want to meet later then let everyone know as there might be more that would like to join you. Remember that the general thumb rule is that it should be lightish for about a half hour after Sunset subject to cloud cover. You should however be off the reserve roads by Sunset.

Thanks to Adi & Erica who assisted with the famous list when I could not make it, to all who supported the Sunset Cruises and here's looking forward to lots more Koeberg rides.

Regards

Michael de Kock

072 699 7458

## TDF - Why Do They do It??

### **Irish Cyclists.**

Two Irishmen were sitting in a pub, watching the Tour de France on TV.

Seamus shook his head and asked, "**Whoi do they do that ?**"

"**Do what ?**" asked Mick.

"**Go on them boikes for moiles and moiles, up and down t'e hills, round t'e bends. Day after day, week after week.**

"**No matter if it's oicy, rainin?, snowin?, hailin? ... ..why would they torture themselves like that ?**"

"**Tis all for the prestige and the money,**" replied Mick, "**You know the winner gets about A half a million Euros ?**"

"**Yeah, I understand that,**" said Seamus, "**But why do all the others do it..??**"

# Women's day Ride

Calling all ladies!

Please join us for a social ride on Thursday the 9<sup>th</sup> of August. We will be riding to Melkbos for coffee and cake then back to Cycles Direct.

Goodie bags spoil for all ladies riding!



JOIN US FOR A  
WORTH IT WOMEN'S DAY RIDE

9 AUGUST | RIDE STARTS AT 8am  
MEET AT CYCLES DIRECT

**CYCLES** direct



# FEATURES

When everything but the kitchen sink is all that will suffice, you need the EMT 12 Tool. With 12 different tools, you'll be prepared to fix whatever bad luck mechanical the road or trail decides to throw your way.

- Forged aluminum side plates.
- Forged steel bits are nickel plated for corrosion resistance.
- 2, 2.5, 3, 4, 5, 6, and 8mm hex bits
- T25 Torx, Phillips head, and flat blade screwdriver bits.
- Chain breaker with spoke wrenches.
- Forged aluminum side plates.

## PROPERO 3

Advertised MSRP 1,500.00



This race-inspired design is known for its incredible fit and tremendous value. It has many similar features to the S-Works Prevail, like the Tri-Fix webbing system and 4th Dimension Cooling, granting the Propero 3 incredible performance at a tremendous value.

- Easy-adjust, Headset FSL II fit system with four height positions and micro-adjustable dial.
- 4th Dimension Cooling System with Mega Mouthport for enhanced comfort.
- Composite matrix internal reinforcement allows larger vents for greater cooling.
- Soft 4X DryLite webbing material won't stretch out with sweat or water.
- Tri-Fix web splitter for improved comfort and ease of strap adjustments.
- Reflective decals for increased visibility in low-light conditions.
- Patented clip-on visor included.

[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 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 Backsberg Dischem Rotary 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
Sat 1 Sep	2018 Tip Trans Cederberg Experience	MTB- listed event	Citrusdal	105 km; 65 km; 45 km; 15 km Trail Run
Sun 9 Sep	West Coast Express	Road funride	West Coast	78km; 54km
Sun 16 Sep	Cyclo Sportif #5	PPA-own Road	Simonsvlei Cellar, Paarl	98 km; 38 km
Thu 20 – Sat 22 Sep	Buco Dr Evil Classic	Other	Plettenberg Bay	Stage 1: 72 km; Stage 2: 45 km; Stage 3: 51 km
Sat 5 – Mon 7 Oct	Cpe Duo Challenge	Other	Wellington	125km, 65km, 50km and 40km
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
Sun 28 Oct	2018 PPA One Tonner	PPA-own Road	Stellenbosch High School	170 km team and ind 109 km and 42 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

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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, to 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 Duynfontein and back.

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Saturday  
Leg Warmer 7.30AM +/- 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 to D or N7 Link Road and back. This group can advise on all the local coffee shops better than Platter about local wines!

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

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Sunday 5th August 7:30AM

Out on Sandown, left onto N7, right onto Van Schoors, past Philly, right onto tree lined road Atlantis, through Atlantis, right at Silvermine road, left onto Dassenburg, back via R27 (past WCE in reverse with a few changes)

+95km

Wind NNE (so home with the wind behind us)

Sundays &  
Public Holidays

Shorter option can perhaps turn left onto Silvermine road

Mens womens day ride 9th August

Meet at normal place and time. Ride to Duinefonten, a few loops and coffee & breakfast  
Bull.

Please note: Coffee & breakfast for own account!!

## 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  
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West Beach 7449

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