

the outriders

----- CYCLE CLUB



## Change to Club Ride Times

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

## Year End Party

MAMMA MIA 🍷🍷.....HERE WE GO AGAIN !!! 🎉

Friday night and the lights are low 🍷🍷🔒

Looking for a place to go 🍷

ITALIAN CLUB :

Friday 26th OCTOBER

6.30pm 🍷🍷🍷🍷

Where they play the right music, 🍷🎧

Everywhere there's wine, 🍷🍷🍷

You're in the mood to dance... 🍷🍷

We can dance; we can jive 🍷

Having the time of our lives 🍷

Oooh oooh oooh see our club, 🍷

Watch this scene,

WE ARE THE CLUB SUPREME!!! 🍷

If you're keen to dance like nobody is watching(because they won't...they're checking their phones) 🍷 then we would love for you to join in the fun at our 🍷🍷 almost-end-of-year party. 🍷🍷🍷

COST: R150 pp with set menu (plus cash bar) 🍷🍷🍷🍷

RSVP : To Nicci by Monday 22 October LATEST and ALL monies paid to secure your booking. 🍷🍷🍷

## 5 Emotionally Charged Stages of Bonking

By: Bicycling Editors | 25 November 2016

One of the less desirable inevitabilities of life as a cyclist, “bonking” ranks among broken chains and multiple punctures in the pantheon of “it’s not as bad as that day when I—” stories.

The human equivalent of a kite reacting to a strong gust of wind, bonking is that ride-ending feeling that takes you from flying high to falling hard in a matter of minutes, your tank drained dry and your muscles shot. There’s no solid scientific definition for bonking, says exercise physiologist Sean Burke, founder and head coach of Crank Cycling, but “it’s most likely linked to glycogen depletion.” [High-intensity](#) exercise requires carbohydrates like glycogen, and once the glycogen in your muscles is used, you have to rely on fat for fuel. Energy from a fat molecule is released more slowly than from a carbohydrate molecule. “That means less power to the pedals,” Burke says.

Bonking seems simple enough to avoid: You need to put fuel into your body to get energy out of it. But sooner or later, every cyclist will find themselves weeping into a pile of candy wrappers and wondering what they did wrong. For the uninitiated, this tearful tango has five simple stages. If you look back hard enough, you’ll see how you danced through all of them.

### Stage One: Denial

You suddenly lack the power you need to stay with the group. Your vision blurs and it’s hard to hold a straight line, but you decide that it must be because you’re going so hard. You decide to grit your teeth and push on, sit in the wheels, or even attack—everyone else must be suffering as well, right?

**On the Inside:** You are at the end of your glycogen reserves, Burke says; deprived of glucose, your brain is not making the smartest decisions.

### Stage Two: Anger

Your world becomes 25mm wide as all you can focus on is the wheel of the rider in front. You want to scream at your buddies for attacking you in this moment of weakness, even though they’re just

spinning away and chatting. You know it's your fault you didn't eat enough, but you want to blame everyone else.

If only your buddy hadn't half wheeled; if only energy gels tasted like cupcakes; if only everyone had listened when you had wanted to stop for cookies. It becomes clear that the whole world is trying to sabotage your ride today, and it's succeeded.

On the Inside: Your adrenalin levels are spiking. Your body knows it is on its last legs, but this evolutionary failsafe is giving you *just* enough energy to climb a tree and escape the saber-toothed tiger chasing you—no more.

#### Stage Three: Bargaining

You know enough about bonking to realise your glycogen stores are running low. Maybe if you sit in and eat a gel you'll be okay by the next climb; you pat your empty jersey pockets hoping to magically conjure more ride snacks. You desperately beg your cycling buddies to slow down until you can find a convenience store to provide you with the sustenance you need to tame the chasm that has somehow replaced your stomach.

On the Inside: Your body needs fuel, so your brain is willing to throw social niceties to the wind to get it. It doesn't care that you might slow down the group, or inconvenience anyone, or even that it might bruise your own fragile ego. It just needs you to eat. You're getting *hors categorie*-level hangry.

#### Stage Four: Depression

You suddenly find yourself sobbing into your spandex, wondering why you decided to skip breakfast.

(I'm not ashamed to say that I have cried on a bicycle more than once. Most of the time I'm weeping into a can of Coke, fully aware that in 10 minutes I'll laugh at myself. Just you wait: You'll do the same.)

On the Inside: As your blood sugar drops, your adrenaline wears out, leaving your body overwhelmed by fatigue. Those endorphins released by exercise (think about that mid-ride "high") have just left you as quickly as the group did on that last hill.

#### Stage Five: Acceptance

Eventually, you pull over to a convenience store and wander the aisles like an extra from Dawn of the Dead. You check out and sit on the curb, blissfully unaware of your surroundings, covered in melted chocolate and sticky caramel, and caught between tears and laughter as you wash down a Snickers with soda.

On the Inside: Your body is calming down. Your blood sugar is increasing, your body's alarm bells have stopped going off, and your emotions are stabilizing—until the next bonk.

## 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

## 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.

Please note that PPA only organises events with "PPA-own" status in the category column.

Date	Event	Category	Location	Distance/Notes
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 funride	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

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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

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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

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

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Saturday  
Leg Warmer 7.00AM +/- 35km @ an average of +/-22km/h  
Up the R27 to Melkbos/Duynefontein 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  
or N7 Link Road and back. This group can advise on all the local coffee shops better than P  
about local wines!

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

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Sunday 14th October 7:00AM  
Out on R27 to Melkbos, up link, turn left onto tree line, through Atlantis, right up Da  
left onto Darling Rd, left down Mamre hill to R27, back to Melkbos and return via cc  
coffee at beachfront.  
Distance: 91km  
Elevation: 411m  
Ave speed: 25km/hr  
Weather: North breeze, cloudy and cool. Homeward bound should be fun.

Sundays &  
Public Holidays

## 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  
PO Box 50115  
West Beach 7449

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WP 7441 · South Africa

