

## DECEMBER 2009 NEWSLETTER

### CLUB CHAMPS - THIS SATURDAY

The Koops Cycles Avanti Plus and Avanti Plus Mount Maunganui sponsored Club Champs are being held this Saturday 5 December 2009.

We detail the programme as follows:

**9.00am** - Meet at the Te Puna Country Pub, corner of Minden Rd & SH2 for registration  
Please leave the car parks directly in front of the bottle store and the Stihl Shop free for their customers.

Other parks around the Stihl Shop are available for our use

**9.30am** - Individual Time Trial

This is out and back along Te Puna Road, starting at the Armstrong Rd intersection and going down to the Rugby Club and back (approx 6km)

This race will be used to seed riders for the Road Race

**11.00am** - Road Race - Armstrong Road circuit

A Grade - 10 laps (60km)

B Grade - 8 laps (48km)

C Grade - 6 laps (36km)

D Grade - 4 laps (24km)

**1.30pm** (approx) - Hill Climb - Minden Rd (pub car park entrance up to just below the lookout), 3km

**2.30pm** (approx) Followed by lunch / drink / prizegiving / chat / AGM at the Te Puna Country Pub in the Garden Bar

- Entry on the day, \$5 for Under 17 riders, \$10 for everyone else, this includes lunch. Race on regardless of the weather.

- Medal winners determined by total time taken for all 3 events. Medals for first 3 places in A, B, C & D grades, PLUS Gold medals for winners of each grade in the Road Race and Hill Climb.

- Club Championship trophies (men & women)

- The club will be providing refreshments (both food and soft drink) for competitors and supporters after the racing.

- Even if you don't race, please join us for the Club's main "end of year" event.

- You must be a 2010 member to compete - we will accept your membership forms on the day.

Lunch will be followed by a brief Annual General Meeting before the prizegiving.

Agenda: Election of officers and discussion of race / ride programme for 2010.

***This "mini tour" is a great days racing - we hope we will see you there.***

Please note that you need to be a financial member to compete and if you have not rejoined, can you please bring your membership form and a cheque or cash for payment of your sub.

We will be looking for volunteers to assist in marshalling and time keeping. Can you please confirm your availability to Greg Taylor around 9.00am.

This is an opportunity for all Club members to mix and mingle; it is a fun day out and even if you are not riding, please come out and support the event.

Our thanks to our prize sponsors, Koops Cycles Avanti Plus and Avanti Plus Mount Maunganui. Both stores are open 7 days a week.

## **DECEMBER EVENTS**

We have been informed of the Otorohanga Cycling Extravaganza which is a criterium for Elite and Fun categories scheduled for 12 December 2009. A copy of the entry form is attached.

The other event is the Waihi Mid Summer Madness scheduled for 13 December 2009. Go to [www.dynamoevents.co.nz](http://www.dynamoevents.co.nz)

This is a 130 kilometre individual time trial that starts and finishes in Waihi, the loop heads north from Waihi to Whangamata, up to Hikuai, and back around through Kopu and Paeroa to Waihi.

This is a fun event that has traditionally had good participation from Tauranga cyclists and I would encourage as many members as possible to participate in this as I understand this event is in jeopardy of being scrapped if patronage falls.

Monday night social meeting: 6.00pm, 7 December 2009 at De Bier Haus, The Strand, Tauranga.

## **LION FOUNDATION WELLINGTON TO AUCKLAND CYCLE CHALLENGE**

This cycle challenge is scheduled for 14-20 February 2010 and information is available on the website of [www.dynamoevents.co.nz](http://www.dynamoevents.co.nz)

This event caters for all abilities and I know that the ten Club members who completed it last year all thoroughly enjoyed themselves. This event is certainly worth a look.

## **WATTYL LAKE TAUPO CYCLE CHALLENGE**

Zach Martin competed in the Men's Classic posting a very competitive 3:51.23 and was less than 5 minutes down on the race winner.

Zach Martin, who was runner-up at last year's Club Champs, has written an article about his experience in racing in the Elite grade.

Sally Fraser entered the Women's Road Race, finishing in a time of 1:31.30 and was less than 2 minutes from the dominant winner, Melissa Holt.

A number of Club cyclists entered the Lake Taupo Cycle Challenge Solo 160.

Steve Wright posted the best time of 4:11.28 with the current provisional results placing him as 4<sup>th</sup> finisher but there appears to be some inaccuracies and Steve may well have finished even closer to the leader than the provisional results are showing.

A number of Club cyclists broke the 4:20.00 barrier. Congratulations to all Club members who successfully completed the Challenge.

## **Zach Martin's Article**

Studying at Auckland University this year has been an interesting, constant equilibrium shift between training and study. Lining up on the start line of the 2009 Lake Taupo Men's Classic cycle race, I was intimidated to say the least. To my left Jeremy Yates and to my right Gordon McCauley, I thought I was confusing ambition with ability, but I must have forgotten about the training that I had done.

The race started with a so called 'neutralised start' up the first hill, thank goodness for my amazing new bike Koops cycles had set up for me two weeks prior, because that was not a neutralised start! The early start gifted us with a weak wind but unfortunately no sun to be seen. There were several unsuccessful break away attempts in the first 30km, I hid myself in the bunch still feeling stiff from a hard week's work. A successful break went at about 40km with big names such as Yates, McCauley and eventual winner Patrick Bevan, multiple attempts to bridge this gap were unsuccessfully made, and trying to follow several of these I found myself towards the front of the peloton for the next 10km. The fluctuations in pace for the next 40k kept me on my toes, but still losing about 3 minutes on the break. Reaching Kuratau hill merely dropping below 30km/h, we absolutely flew to Turangi getting within one minute of the break, feeling good, and like I was racing a stage in Le Tour de France, we reached Turangi in around 2hrs 24mins. With no real attempt to chase down the break, and being held back by the teams with riders in the break, we reached the beloved Hatepe hill. Unfortunately I was on the front of the group for the first third of the hill, I rode with expectation of being put in the box', but I ended up following the attack by my friend Michael Poole and a few others, which resulted in a group of 8 that left the remainder of the peloton behind over the top of the hill. Working well we made a gap of at least 150 metres which surprisingly only lasted till within the 10k to go. Feeling strong I felt in good form for a strong finish but the increased speed in the last 5km and insane TTT from the top of Hatepe meant my legs were robbed of their strength. Reaching the final corner I could not find the power that I needed to produce a top 20 finish, but my time was enough to keep me happy. I found that sometimes you have to be a bit ambitious to discover what you're really made of! All things are possible, it might just take a little grinding of your teeth and few more rides... but you'll get there!!!

## **Well done, Zach.**

It made me feel tired reading the article, especially having to counter the attacks.

## **RIDESTRONG**

Club members who have joined for the 2010 season will be receiving their membership card and wristband, along with access to discounts and special deals.

This is yet another benefit of belonging to the Tauranga Road Cycling Club - a Ridestrong membership costs other people \$25 and our members get it for free!

The Ridestrong website includes access to blogs, wikis, forums, regular updates and news from our top athletes in the High Performance programme, as well as shopping. It will shortly include coaching information as well. Go to [www.ridestrong.org.nz](http://www.ridestrong.org.nz)

## **SAFE RIDING**