

MAY 2009 NEWSLETTER

Hi Everybody

I trust everybody is getting a measure of cycling in despite the weather at times.

If you can't get out and find riding on a wind trainer on your own is hard work, I would suggest you go to either of the two Spin classes that are available, both being structured workouts to music, being every Tuesday at Maungatapu Primary School Hall, Maungatapu Road, starting at 6.15pm – cost \$6, and every Thursday be at the Avanti Plus shop, 2 Owens Place, Mount Maunganui at 6.00pm for a 6.15pm start.

Details relating to these Spin classes are on the website www.taurangacyclingclub.co.nz

We have included a number of articles for Club members to read.

We are also initiating a fundraising campaign for our nationally ranked leading female rider, Courteney Lowe. Any assistance that you can provide will be greatly appreciated.

SATURDAY MORNING RIDES

Saturday morning rides continue from 7.30am but there are no Saturday morning rides when there is a Club event

The next Saturday rides are therefore:

30 May 2009
13 June 2009
4 July 2009

TAURANGA CLUB WINTER SERIES

The Tauranga Club Winter Series starts with:

Race 1 – 6 June 2009
Race 2 – 20 June 2009
Race 3 – 11 July 2009
Race 4 – 25 July 2009

This is a fun series that we would encourage all members to participate.

Club Captain, Mark Ireland, will send out a reminder and information relating to the four race series early in June 2009.

ELEVENTH OKOROIRE MID WINTER FUN RIDE

Club Member, Cliff Kingston, is holding his popular Okoroire mid winter fun ride on Sunday 26 July 2009. Entry forms will be available in most bike shops or obtainable on the website www.funcycling.net.

You can also enter on line, go to www.EnterOnLine.co.nz.

CLUB RACES

23 May 2009 – Te Puna Circuit – 6 laps

A Grade

1.	Kevin Strongman (Visitor from Gisborne)	1:03.26
2.	Richard Bates	1:03.26
3.	Cameron Hill	1:03.26
4.	Greg Taylor	1:03.26
5.	David Jones	1:03.26
6.	Owen Miller	1:03.30
7.	Wayne Campbell	1:11.15
8.	Richard Coffey	DNF (Puncture)

B Grade

1.	Nicholas Ansoerge	1:07.53
2.	Gavin Cameron	1:08.11
3.	Dave Emslie	1:08.29
4.	John Skelton	1:08.38
5.	Rainer Ansoerge	1:08.44
6.	Nigel Hines	1:13.50

(Keith Monnington – 4 laps)

Thanks to Brian Melville who set up the course and swept the road and assisted Heath Lett with the time keeping.

Te Aroha Centre Time Trial - 2 May 2009 (Contributor – Richard Bates)

A team of 16 Tauranga Cycle Club riders descended on Te Aroha for the Centre Time Trial Competition run by the Morrinsville club on the 2nd May. We typically take a good medal haul and this day was no exception.

Steaming off into a cold slight head wind was a bit depressing. The speedo would just not go over 40km/hr. Starting 1 minute behind me was my old mate Bob Puru. 2 years ago I just beat him. Last year he thrashed me by two minutes. I did notice he had a set of Ovoid Rotor chain rings last year so this year I had some too. They arrived the day before the Time trial. The half way is a turn around so you go back the way you came. Just behind was old Bob. A little wave and grin said it all. I am catching you Batesee. He had gained 30 seconds. Damn.

The only option was to raise the heart rate from 95% to 96%. Then I heard it. The sound of the disc wheel. Fortunately it was Paul Rogers who had started 3 minutes behind. Time Trial helmets are quite noisy and every few km I was sure I could hear the familiar sound of a disc. With the thought of saving dying until just after the finish line and not having given in to the urge to look behind I had to wait an hour or so until the results came in to see what the time split was.

Bob rode a 58.57 and I did a 59.05. Third was fellow club member and training buddy John Cobbald in a very respectable 59.43. Big celebration for John being the first time he has broken the hour.

Mark Crowther where are you? When the time keeper called "GO" he was cruising around but not around the start line. Giving everyone a couple of minutes head start he still managed a bronze medal in 59.55.

Other hard men Paul Rogers won the Masters 3 in 54.23 and Jon Peterson the Masters 6 in 1.00.09.

Fastest time of the day was set by Aaron Strong in 53 25.

As usual Morrinsville did a great job with help from Chief Commissaire Mark Ireland and time keeper Brian Kelly.

Tauranga results.

Masters 4 Women, 40km, Cindy Taylor 1st, 1.05.37
U15 boys, 10km, Ari Finucane 2nd 16.47 (wt 16.40)
U19 Men, 40km, Phil Hudson 2nd 55.31 (wt 53.47)
Masters 3 Men, 40km, Paul Rogers 1st, 54.23, Mark Crowther 3rd 59.99
Masters 4 Men, 40km Richard Bates 2nd 59.05, (wt 58.57), John Cobbald 3rd 59.43
Masters 6 Men, 40km Jon Peterson 1.00.09 1st

Australia Nationals 2009, Gold Coast (Contributor – Courteney Lowe)

In late April I headed off to the Gold Coast to compete in the Australian under 19 nationals, along with Eddie Bright, and three other under 19 females, including Kate Chilcott, Lillie Summerville and Maddy Brunton. We arrived on Wednesday 29th at around 6:30am. That day we rode the time trial course, this was a 15km, VERY hilly road, definitely one of the hardest time trial courses I have ever done. This was to get a feel of the road and to practice the descents. We then rode back to the motel which was around 15kms away. The next day was the time trial, the quality of females entered was phenomenal, and every body seemed to be very professional. It was very hot conditions, being the same temperature as New Zealand's hottest day. Half way through the time trial I blew, I'd pushed much too hard going out and had almost nothing left to come back. I placed a very average 7th place with Maddy 3rd, Lillie 14th and Kate 18th. We then warmed down and drove over the road stage which was taking place on the Saturday. When we got back to the motel we all got into the pool for some 'aqua jogging' recovery.

The next day we drove out to the road course and rode two laps of the four lap course. The course contained 2 bridges that were insanely bumpy and every one who had carbon drink bottle holders had to replace them with something stronger or else their drink bottles would almost definitely fall out. The course contained a couple of long climbs, but were not too challenging, the rest was reasonably undulating. After riding the course we got back into the van and drove to 'Miami' to have a look in a bike shop and have lunch.

The next day we got up bright and early and headed to the start of the road race. After about 30 minutes of warming up on the rollers we lined up at the start line and off we went. The start of the race went at a pretty fast and consistent pace, as soon as we got to one of the big hills the attacks were on, I got onto the 5th persons wheel and about half the bunch split in half, we then slowed up for a bit and as soon as we got to the long climb two girls attacked. Maddy and I got on their wheels and the four of us broke away, we got a really good lead on the rest. I was feeling pretty good although it was very hard, after a few more ups and downs my legs started to cramp and I could hardly manage to pedal. I dropped from the 3 of them and got caught by 2 others, I then got onto them until I could no longer keep up. Soon after the bunch caught me and we rode together, it took about two more laps to recover and get back into a reasonably good rhythm. At the start of the final lap we caught two of the riders who broke away and kept working together. Coming to the finish I was positioned reasonably well and finished 2nd in my bunch and 5th place overall. This being a disappointing result but

was a great experience to see how good the Australians are. We then warmed down and went back to the motel for some more 'aqua jogging' in the pool and an afternoon sleep.

The next day was the Criterium. This was on a man-made crit course just outside of Surfers Paradise. We were all expecting a flat course however when we got there, there was no flat, it started with a sweeping corner, followed by a small bump and then a 300 meter climb, then going slightly down hill then up again and a fast downhill to the finish. In the middle of the Crit course was a veledrome which was not too steep so we could warm up on it. After a long warm up we made our way to the start line, having to search for shade as it was another very hot day. From the start it was fast, I stayed in the front 5 for the majority of the race just incase breaks were to go on the hills, it was a lot of fun, people attacked on every lap but no body got away, I attempted a break about half way into the race but was unsuccessful at getting away. On the last lap my positioning was ok until we got onto the downhill to the finish, I spun my restricted gear as hard as I could but didn't manage to catch a wheel finishing about 10th. However this was a really enjoyable race.

Overall this was a really great trip experiencing Australians most talented under 19 riders, although not as successful as I was hoping it was good fun and look forward to hopefully going to Australia again in July and achieving better results.

Te Awamutu Junior Tour 2009 (Contributor – Courteney Lowe)

In April I competed in the Te Awamutu junior cycling tour in the under 19 grade (although we had to race with the open women). Stage one consisted of an 83km road race, this being a four lap circuit containing queen of the mountain and sprint ace points on every lap. On the first three laps I managed to get three 1st places on the QOM and a 4th on the final QOM. The front bunch broke into about 10-15 riders on the 1st lap and we stayed together for the rest of the ride. However at the start of the fourth and final lap Rachel Mercer broke away by herself and with the help of her SIS team mates holding us back, she stayed away, finishing about 2 minutes ahead (although Rachel is in the open grade). Out of our bunch in the sprint finish I placed 3rd, but 2nd in my grade.

Stage two consisted of an 87km road race, this was three laps of Wharepapa South circuit, containing four QOM's and four sprint ace. Unfortunately I placed 2nd in all four QOM's which put me to 2nd overall by one point to Emma Crum (open grade). On the second lap six of us broke away, our bunch contained Maddy Brunton, Ashleigh Neave, Emma Crum, Rachel Mercer, Sally Fraser and myself. This was a very tough course and we all worked extremely hard together. Ashleigh dropped off near the start of the third lap and soon after Rachel and Emma broke away leaving Sally, Maddy and I to work together. At the finish I got 1st in our small bunch, this made me 3rd in open and 1st under 19.

The final stage consisted of a 16km flat time trial. I was off last in the under 19, conditions were perfect with no wind what-so-ever. I managed a 3rd place in under 19 with Ashleigh 1st and Maddy 2nd, with 2 seconds separating Maddy and me. Overall I got 1st in the under 19 grade (only 6 seconds separating myself and Maddy), and 2nd in the Queen of the mountain.

Rotorua Tour 2009 (Contributor – Courteney Lowe)

One week after Te Awamutu tour was the Rotorua tour, once again I was racing in the under 19 grade but we had to compete with the open women. The first stage consisted of a 60km road race. This was not a very challenging course with very few hills. Maddy and I did many attacks but everybody seemed to catch back on, however we did drop a few people. In the sprint finish I got boxed in but managed to get around a wheel just in time to get 3rd over the line.

Stage 2 consisted of an extremely challenging 10km time trial. This contained one large hill at the end and undulating hills the rest of the way through. I managed to pull off a 1st place out of open women and under 19 with a time of 13.59, only 2 seconds in front of Maddy. This put me in the overall lead by one second.

Stage 3 consisted of a criterium, it contained around four sprints with time bonuses on each one. This was an awesome race however my positioning for the sprints was not very good, being boxed in for all four sprints. Overall I only gained about 5 seconds bonus which put me 9 seconds behind Maddy.

Stage four consisted of a 75km road race. This was a five lap circuit which was undulating with some reasonably challenging up and down hills. At the end of the first lap I attacked up the big hill and we made a slight break of about 10 of us. On the 2nd lap Maddy attacked and I counter attacked her, this time around 7 of us remained. We worked hard together to keep away, at the start of the 4th lap I attacked again, this time dropping two more. Now remaining was me, Ashleigh Neave, Rachel Larner (open women), Kate Chilcott and Maddy. Early into the final lap I attacked on one of the smaller hills and we dropped Ashleigh leaving the four of us. This was a very hard race and we all worked really hard, on the final hill coming up to the finish line Rachel Larner rode off the front, and I just managed to outsprint the other two finishing 1st in under 19 and 2nd in the open. Overall I got 2nd in the under 19 age group, 7 seconds behind Maddy.

Mizone Twin Coast Challenge (Contributor – Phil Hudson)

Tauranga Cycle Club members Steve Came and Phil Hudson signed up for the Mizone Twin Coast Challenge (AKA the Tour of Northland) raced from the 18th to the 21st of March. The route consisted of four stages. Starting from Whangarei to Dargaville, to Opononi, to Paihia and then back to Whangarei from Russell. All 4 stages were reasonably hilly with the last day being like a rollercoaster where the route seemed to constantly up and down.

Stage 1 happened to be a day of no luck for Tauranga. Both Steve and Phil puncturing and finishing with the B group.

Stage 2 was the day when one could get right amongst nature with the stage taking the riders up through the Waipoua Forest including in a 5km climb.

Stage 3 was fifty percent down hill and was a fast ride where the A group managed to knock 84km in under just 2 hours.

Stage 4 had the best scenery of all the stage taking in the coast between Whangarei and Russell as well as the Bay of Islands.

The tour of Northland was a great thrill and is exciting for anyone wanting to experience stage riding. The scenery was great and all stages finished with a great meal and the pub. It was a great experience for the riders who participated and is highly recommended for any rider to do.

Flat Tyres (Contributor – Richard Bates)

The bane of a cyclist's life is flat tyres. In the last few years a number of products have come onto the market which seal punctures in tubular, tubeless and tubed tyres. Because of discouragement from cycle shops I am a late starter to using this goo. After 4 flats in two weeks and talking to riders who have used some of this stuff I thought I would give it a go.

For my tubular tyres I tried the Tufo sealant. They make 2 types. One a preventative and one a quick fix if you get a flat and don't have any preventative in. I have to confess the stuff works. I am racing with one tyre that has had the quick fix in for two months. Before using

this sealant I would have had to throw the very expensive tyre out. Oh but it adds weight. Yeh right 18grams per wheel according to my scales. A fellow club member arrived at Midsummer Madness in Waihi last year to find one of his precious Tufo tubulars flat. In with the quick fix stuff. 130km of hills and 4 months later still hard. Sounds good to me.

Well if it works with tubular what about with inner tubes. There is this stuff called Slime that professes to work with inner tubes. Again 18grams per wheel increase in weight which is not much. So far 2 months training on light racing tyres and 50g inner tubes and no flats while riding.

What about mountain bike tubeless. A quick visit to Stans No Flats web site shows some turkey riding over a bed of nails, getting 19 punctures. All seal up. Weight increase per wheel about 60 grams but no 125g inner tube.

So maybe this stuff is not too bad. As long I do not get flat tyres while riding specially in the rain, cold and on busy roads this stuff is worth it. If you get a flat during a race she is all over. With sealant you get a small pressure loss but you can keep racing.

For tubed tyres you need inner tubes with removable cores. If you cant get the valve out forget it. Fortunately the Continental Supersonic tubes I use have removable cores. Some of my mountain bike wheels have removable cores and some don't. One set is designed for tubeless tyres so I am about to give them a go.

Any positive or negative feed back appreciated.

Waikato / Bay of Plenty Half Distance Championships (Contributor – Greg Taylor)

The Waikato/Bay of Plenty Half Distance Champs were held on Saturday 23 May 2009 over a 38 km undulating course in the south Waikato.

Seven Tauranga Road Cycling Club members attended with the following results:

Courteney Lowe	1 st Under 19 Women
Lucas Finucane	1 st Under 17 Boys
Ari Finucane	3 rd Under 15 Boys

Mark Crowther had the misfortune to puncture and therefore did not feature amongst the place getters.

Courteney Lowe continues on with her winning form and I would comment that it was a particularly good effort by Ari Finucane in getting a bronze medal in the Under 15 age group when he is still an Under 14.

Congratulations go to Lucas Finucane who was awarded his first road racing medal which was gold for the Waikato/Bay of Plenty Half Distance champs.

I asked for Lucas' description of the race, which I have received as follows:

There were a field of 25 starters and after going up the first major hill the bunch was down to 10 riders. Lucas advises there was a lot of cat and mouse going on and quite a few attacks with Daniel Finucane being involved in leading a number of the attacks. Lucas advised that there were 7 cyclists left at the finish which developed into a sprint with Lucas finishing 2nd to the nationally ranked Auckland cyclist, Alex McCrory-Bowick to claim the Waikato/BOP Half Distance Champs.

Lucas was particularly pleased to beat Scott Creighton and Hayden McCormick who have both been selected to represent New Zealand in Australia and America at Under 17 level.

Well done Lucas.

FUNDRAISING FOR COURTENEY LOWE

Our top U19 Women rider Courteney Lowe recently represented New Zealand in the Australian Road Nationals. (See the newsletter article)
She has been selected to represent New Zealand in the Tour of Canberra (3-5 July 2009) and the Adelaide Cup (10 - 12 July 2009) and needs our help to get there.

It is the cycling club's policy we do not use club funds to assist riders with travel or equipment. So we have decided to run a special fundraising campaign to help Courteney further her cycling career and compete in these two competitions.

We are asking for donations. We are running a fundraising race.

To make a donation please fill out the form below.
Payment can be by cash, cheque or internet banking.
Cash or cheques can be

1. Handed to either Mark Ireland, Greg Taylor, Richard Bates, Raewyne Cathie or Talbot Munro.
2. Posted to the Treasurer Tauranga Cycling Club, 101 Waratah St, Matua, Tauranga 3110

You can make a payment directly into our bank account. Tauranga Cycling Club, 01 0475 0002974 00. In the reference field put "Donation CL". Please send the club an email advising of your donation. taurangacyclingclub@gmail.com.

The club fundraising race will be held on Saturday 27th June at the Armstrong Road circuit. Entry fees will be \$5 for riders U17 and \$15 for riders 17 years plus. All the entry fee money collected will be donated to Courteney for her travel costs. There will be sponsored prizes for each of the grades. Depending on numbers we plan to have an A, B, C and D grade. All levels of riders will be catered for.

It is many years since we have had a rider of Courteney's calibre representing the club, and New Zealand. We hope you will get behind our efforts to make sure Courteney can go these Tours.

DONATION FORM

NAME OF DONOR _____

DATE _____

AMOUNT _____

CASH / CHEQUE / INTERNET BANKING

I wish my donation to be noted / I wish my donation to be anonymous

You will be issued with a receipt.