

## JULY 2009 NEWSLETTER

Hi Everybody

Despite it being a bit cold, the weather has been pretty good for cycling.

One month of winter is down, the shortest day has been and gone and it is now time to get motivated and get out there. The other option is to undertake one of the two structured Spin classes to music which are available on Tuesdays and Thursdays; go to the website [www.taurangacyclingclub.co.nz](http://www.taurangacyclingclub.co.nz)

### TAURANGA CLUB WINTER SERIES

Races 1 and 2 on 6 June and 20 June 2009 have been run, with quite a contrast of results from Race 1 due to the improved weather conditions and the handicaps. Points after two races are as follows:

Name	Race 1 pts	Race 2 pts	Total Pts after 2 races
Michael Pugh	60	48	108
Steve Wright	57	44	101
Courteney Lowe	52	45	97
Richard Bates	51	46	97
Bernie Ryan	45	52	97
Greg Kilgour	37	60	97
John Cobbald	56	40	96
Paul Mahon	48	47	95
Andy Wreaks	36	58	94
Nicola McKay	34	59	93
Deidre Lack	35	57	92
Ian Leslie	58	33	91
Andy Collins	50	39	89
Steve Crowther	54	34	88
Morag Baruch	32	56	88
Tony Barnett	31	55	86
Adam Francis	46	37	83
Mark Ireland	41	41	82
Rainer Ansoerge	40	42	82
Gavin Searle	43	38	81
Nigel Hines	44	36	80
Keith Monnington	30	50	80
Bill Hamilton	33	35	68
Phil Hudson	59		59
Rick Lowe	49	10	59
Simon Binney	55		55
Heath Lett		54	54
Rick Hudson		53	53
John Skelton		51	51
Sue Galpin	39	10	49
Mark Crowther		49	49
Keith Thompson	38	10	48
Greg Taylor	47		47
Owen Miller		43	43
Paul Jones	42		42
Derek Harris		32	32
Candace Allen	10		10
Darren Finucane	10		10
Ash Hough		10	10
John Spratt		10	10

Under 17			
Daniel Finucane	19	19	38
Rebecca Wilson	15	20	35
Lucas Finucane	20	0	20
Hayden Moorhouse	18		18
Niklas Ansorge	17		17
Sam Durrant	16		16
Under 15			
Ari Finucane	20	20	40
Daniel Hines	19	19	38

The next two races for the Winter Series are 2.00pm starts 11 July and 25 July 2009.

Even if you have not attended Races 1 and 2, it is still a fun event to attend and Club Captain Mark Ireland will handicap you fairly so you get a good ride with cyclists of similar ability.

## CLUB RACE

### 27 June 2009 - Armstrong Road Circuit

Weather conditions - Overcast, 14.8 deg, wind ESE 7.4km/h, max gust of 9.3km/h

#### A Grade - 8 laps, 48km

Zac Martin	1:19:58
Ash Hough	ST
Michael Pugh	ST
Daniel Finucane	ST
Rick Lowe	1:20:22
Lucas Finucane	1:20:42
Richard Bates	ST
Richard Coffey	1:26:30

#### B Grade - 6 laps, 36km

Paul Gurrin	1:04:59
Greg Taylor	ST
Courteney Lowe	ST
Adam Francis	ST
Andy Collins	ST
Niklas Ansorge	1:05:09
Rainer Ansorge	1:10:21

#### C Grade - 4 laps, 24km

Ari Finucane	45:32
Jim Critchley	45:35
Keith Thompson	46:02
Nicola McKay	46:07
Dave Emslee	46:12

#### D Grade - 4 laps, 24km

Tony Barnett	52:59
Joshua Collins	1:07:54

Our special thanks to our race sponsors:

A Grade	Somerset Cottage
B Grade	Koops Cycles
C Grade	Hedgehog Bikes
D Grade	Sportsworld Te Puke (formerly Atrill Cycles)

## **ELEVENTH OKOROIRE MID WINTER FUN RIDE**

Just a reminder about this event which is coming up on Sunday 26 July 2009. Entry forms will be available from most bike shops or on the website [www.funcycling.net](http://www.funcycling.net)

## **SATURDAY MORNING RIDES**

Saturday morning rides will continue at 7.30am from Koops Cycles on the corner of Seventeenth Avenue and Cameron Road, Tauranga when there is no Club road race.

The next Saturday rides are therefore:

4 July 2009  
18 July 2009  
1 August 2009  
8 August 2009  
15 August 2009  
22 August 2009  
29 August 2009

We would like to encourage all members interested in attending Saturday morning rides to turn up at 7.30am and we will look to split up the ride depending on the cyclists ability, fitness etc.

The start time and the length of rides will be revised forward of September 2009.

## **TRAINING RIDE – THURSDAYS**

Club member, James Critchley, has advised that there will be a training ride leaving from the Mount Maunganui College on Thursdays at 3.30pm.

The ride will be weather dependent and it will be run at the Second C Group pace.

The route will be Mount Maunganui College, down Golf Road, and would follow the normal Tuesday night ride.

The rides will start after the school holidays on Thursday 23 July 2009.

Jim is a teacher at Mount Maunganui College and if you wish to have a word with him about the ride his email address is [jimc@mmc.school.nz](mailto:jimc@mmc.school.nz)

## **RIDE CALENDAR**

We have arranged to post to the website ([www.taurangacyclingclub.co.nz](http://www.taurangacyclingclub.co.nz)) the Ride Calendar for club events and events that we know covering the period of July through to December 2009.

If you hear of any upcoming events this calendar year that are not included in the Ride Calendar, please send the Club an email at [taurangacyclingclub@gmail.com](mailto:taurangacyclingclub@gmail.com) and we can include these.

## **FUND RAISING FOR COURTENEY LOWE**

Thank you from the Committee to all those members who have provided donations or attended the fundraising race in support of Courteney on 27 June 2009.

Courteney will be representing New Zealand at Under 19 level in the Tour of Canberra, 3-5 July 2009 and the Adelaide Cup 10-12 July 2009.

The Club wish Courteney all the best in these events.

## **MEMBERSHIP**

Membership of the Tauranga Cycling Club currently stands at 220. This is a record for the Club and we hope to build on this for the 2009-2010 season.

## **CLUB JERSEYS**

Please note a shipment of new Small and Medium jerseys have arrived and are available for inspection at Koops Cycles, corner of Seventeenth Avenue and Cameron Road, Tauranga or by contacting Brian Melville on phone 541 0499.

On reviewing photographs for the team time trials and last Saturday's road race, all the cyclists in the Club jersey look very smart and I would like to encourage all members who are riding and racing to purchase a Club jersey.

## **THE LION FOUNDATION WELLINGTON TO AUCKLAND RIDE**

Looking for a challenge? Suggest you note your calendar for 14-20 February 2010 when the Lion Foundation Wellington to Auckland ride is to be held.

Full details are on the website [www.wakaroc.co.nz](http://www.wakaroc.co.nz)

This year's version was very enjoyable and I would encourage Tauranga Club members to consider participating.

## **“THE HURT BOX”**

Avanti Plus are promoting “The Hurt Box” which is a 15km time trial done on a wind trainer. The idea is to go as fast as you can for 15km and have your time recorded.

We are attaching a flyer from Avanti Plus, Mount Maunganui confirming what it is, the format, the why, the who and the prize, etc.

It looks like a “fun” event.

## **2010 NATIONAL CLUB CHAMPIONSHIPS**

Please note that following a Cycling New Zealand rule change, the 2010 National Club Championships will be held on the first weekend of May 2010 (they are currently held at Labour Weekend in October).

We have also been informed of the following change which will come into effect on 1 January 2010:

*New Licence Category* - Addition of a Masters 8 category (for riders 70 +)

New Junior Restrictions

## **CYCLE STRENGTH CONDITIONING**

Club Member, Shane Kaio of Body Mechanics has developed bike strength conditioning training programmes. Shane is available at Body Mechanics personal training studio, phone 021 274 3066 or email [bodymechanics@xtra.co.nz](mailto:bodymechanics@xtra.co.nz)

We are attaching to this email a flyer that Shane has developed.

## **KIRSTY SOMERS-EDGAR - MASSAGE**

Club member, Kirsty, is offering a winter special, being half price treatments. If you contact Kirsty and confirm that you are a Tauranga Cycling Club member, she will give you the half price deal.

***kirsty somers-edgar***  
**MASSAGE**

t: 544 0739

m:021 042 6513

*SPORTS    DEEP TISSUE    RELAXTION*

## **WINTER SPECIAL**

HALF PRICE TREATMENTS - BOOK ONE TODAY!

I am a fully qualified therapist with a NZQA certified Diploma in Therapeutic Massage and have completed two both stages of Sports Therapy Massage. I strongly believe that regular massage helps to keep your muscles conditioned and can prevent injuries, ensuring you spend more time participating in the activities you love. I am an elite marathon runner, so I understand the importance of staying fit and healthy.

Fees: One Hour \$60    \$30  
Half Hour \$35    \$17.50