

AUGUST 2009 NEWSLETTER

Hi Everybody

The days are getting longer, daylight saving starts soon, and there is a light at the end of the winter tunnel. It is now light until around 5.45-6.00pm and if you are able to sneak away from work, there is the opportunity to get an evening ride in during the week.

Remember to check out both front and rear lights if you are riding in the evening and also when the Tuesday and Thursday night rides recommence.

One last thing, if you are riding of an evening, be very careful of the setting sun. Cars travelling towards a setting sun will often not observe a cyclist and it would be wise to avoid travelling in the same direction of a setting sun.

TAURANGA CLUB WINTER SERIES

The results of the Winter Series have been circulated. This series went right down to the wire with only five points separating the first five competitors. A special thanks to our time keepers, Brian Kelly and Brian Melville.

SPRING SERIES

The first race of the Spring Series was held on Saturday 15 August 2009. Due to roadworks on Snodgrass Road the event was transferred to the Joyce Road circuit.

Despite the intermittent drizzly rain and windy conditions, 13 hardy souls attended.

It was pleasing to see a number of new faces out at the race. The weather conditions were variable amounts of rain, 14.9°C, winds east-northeast at 22.2 km/h with wind gusts up to 35 km/h.

The results – Joyce Road circuit

Steve Came	1 st	59.33
Steve Wright	2 nd	59.39
Rick	3 rd	1.01.35
Grier Fuller		1.03.08
Greg Taylor		1.04.32
Courteney Lowe		1.06.01
Niklas Ansorge		1.08.54
Rainer Ansorge		1.09.00
Greg Kilgour		1.10.57
Ian Thompson		1.14.07
Robert Jackson		1.16.15
Josh Van Loon		1.21.05

The remaining Spring Series races will revert to the Armstrong Road circuit unless you are notified otherwise, with the dates being:

- 29 August 2009
- 26 September 2009
- 3 October 2009

RIDE CALENDAR

Just noting a few extra events which we will add to the ride calendar.

1. Saturday 26 September 2009 – Taupo to Napier ride. Go to www.ramblers.co.nz
Please note that this ride is restricted to those with a national licence.
2. Saturday 10 October 2009 – Motu 160. The Motu challenge has added an additional event, which is a 65 km mountain bike and a 95 km road bike, which can be done as both Individuals and Teams. This sounds like a fun event. Go to www.motuchallenge.co.nz
3. Sunday 18 October 2009 – Pukekohe Express. Go to www.eventpromotions.co.nz

SATURDAY MORNING RIDES

The Saturday morning rides will continue through August, September and October. The rides will leave at 7.30am from Koops Cycles, corner of Cameron Road and 17th Avenue, Tauranga.

Please note that the rides will be on even if a Club ride is scheduled for the same day.

LION FOUNDATION CYCLE CHALLENGE 2010

The Cycle Challenge is scheduled for the period Sunday 14 February to Saturday 20 February 2010 and will start in Lower Hutt and finish in Pukekohe.

Have a look at the website www.wakaroc.co.nz

COURTENEY LOWE

We attach Courteney Lowe's article following her competing in the Tour of Canberra 2009 and the Adelaide Cup.

Courteney Lowe writes of her time competing in the Tour of Canberra 2009 and the Adelaide Cup.

Canberra 2009

On July 1st I travelled to Australia with the junior New Zealand development cycling team to compete in both the Canberra and Adelaide cycling tours. The team consisted of five other under 19 females from over the North Island.

First stop was Canberra for the junior and women's Canberra cycling tour which is one of the top junior tours throughout Australia. Here we stayed at the Australian Institute of Sport. Having two days spare we put our bikes together and travelled to Stromlo Park where the start/finish was for each stage. We drove the time trial and road courses.

Friday morning was the first day of racing, including a 15km, rolling timetrial. We started with the open women however the under 19 were a separate race. With a start list of around 80 women riders, I was in the last 10 to go off. This was a rolling out and back course with no flat at all. I finished in 6th place, under 19 which I was slightly disappointed with.

Early Saturday morning we lined up along with 70 other women. This stage was a short 40km, but had some very challenging hills included and a few technical down hills. A bunch of 13 of us broke away on the hill known as the '3 sisters' which was around 10km into the

race. We managed to stay away for the stage finishing one and a half minutes in front of the next small bunch. I placed 4th in under 19s at the finish with my team mate Lillie Summerville 6th.

That afternoon we got back on our bikes and lined up for the Criterium which was 35minutes plus 3 laps. The huge field made this a very interesting race. About 5 minutes into it three riders came down with one being quite badly hurt, the race was stopped and when they got the riders off the course we restarted. A small break formed at the front of the bunch and before we knew it six riders got away. This contained some very strong riders. We dropped almost half of the field but did not manage to catch the break away due to the bunch not working together. I finished 9th under 19, 1 minute down from the winner.

Sunday morning we lined up for our final 70km road stage. This Stage contained many very challenging up and down hills. On one of the technical down hills, around 30km into the race, a bunch of about 20 of us had a bit of a gap on the rest of the field and on the up hill straight after, 13 of us broke away. We all worked well together and managed to stay away for the remainder of the stage. Finishing 5th under 19, 4 minutes in front of the next bunch which contained two of my team mates.

Overall I completed the tour with a 4th place overall in under 19 women, 56 seconds behind second place. This being a good result although I would have liked to be in top three; however I really enjoyed the tour and the experience of racing some of Australia's top female cyclists.

Adelaide 2009

On Monday morning we drove to Sydney Airport from Canberra and flew to Adelaide. We then drove to a small town called Mt Barker which is about a 45minute drive from Adelaide where we stayed in a small caravan park in Mt Barker town. Having four days rest, we rode the road and time trial courses and spent a day in Adelaide.

On the Friday afternoon we had our first stage which was a 25 minute plus 3 lap Criterium in Adelaide. The number of the riders was small with only 20 starters; however the quality of the field was high including 2 open women who finished 1st and 4th in Canberra. Once again we raced with the open women but had a separate under 19 category. Conditions were terrible with rain and there seemed to be a slight head wind every corner we turned. The pace was on from the start, with attack after attack; Carly Light (winner of Canberra tour open women) got away and won by about 20 seconds. I got bunch time at finish. We then headed back to Mt Barker and rested.

On Saturday morning we drove 5 minutes out of Mt Barker to Flaxley, where the start and finish was for the 3 road stages. First up was a 32 km stage with a very steep 1.5km hill called Retort hill. Conditions were cold with gale force wind and rain. Coming up Retort hill, 10kms from the finish I broke away with Carly and another Open women. We managed to stay away with Carly just beating me at the line by a tire width.

Saturday afternoon we had a 50km road stage containing a long (around 15km) gradual hill climb to the finish. The bunch mostly stayed together until the climb. At the start of the hill 6 of us broke away, the bunch including 2 other NZ team mates; we worked well together and finished one and a half minutes ahead. However I got boxed in at the sprint finishing in 6th place.

Early Sunday morning we headed back out to Flaxley where we competed in a 64 km road stage which is two laps of Retort hill. On the first lap five of us broke away, including two other New Zealanders. We worked well together and stayed away. I finished in 2nd to Carly Light.

The final Stage was a 10km time trial in Brukunga which is about a 10 minute drive from Flaxley. The time trail consisted of a 5km up hill and a 5km down hill. I did not seem to find a very good rhythm but felt I worked hard! I finished in 2nd place to Carly in the Open Women and 1st in Under 19 Women

Overall I finished 1st in the under 19 grade and 2nd in open women.

Thank you so much to every one who supported me financially. Your kindness made this trip possible and I really appreciated it. Also a big thank you to Bev May my coach and the Tauranga Cycling Club.

*Regards
Courteney Lowe*

On behalf of the Club we would like to congratulate Courteney Lowe on her achievements and we wish her all the best in the future.

KAIMAI CYCLES INVITATION RACE

This race has been targeted by the Club as a Club Away Event.

Kaimai Cycles Invitation Race - the traditional, laid back "start of the season" race at Kiwitahi, near Morrinsville. A little over an hours drive from Tauranga. Relatively easy circuit, handicap start race, and the legendary Bev May (who was NZ's first licensed womans cyclist back in the '60s) always gives newcomers a generous handicap. The Morrinsville club always put on a great afternoon tea at the prizegiving as well. Would be great to see the blue and white colours of the Tauranga club out in force in the Waikato for this event.

Further information relating to this race will be sent out closer to the time but, if you can go, please mark it down on your calendar

TOUR DE FRANCE 2009

The 2009 Tour De France has been run and won.

It was great to see that there were no positive drug tests and what appeared to be a good hard race.

The podium finishes were the three favourites for the race and I think we can all take heart at the supreme effort of Lance Armstrong, given his age, the time away from the top league of cycling and the fact he sustained a broken collar bone leading in to the event.

If any Club members would like an insight as to what it is like to follow the Tour De France I would refer you to the following website <http://gallery.mac.com/geoff.dale>

This is a website prepared by Geoff Dale, an Australian who was a participant of a supporters tour, and features uploaded photographs by other participants of the tour. The photographs give an insight as to the contact available with the leading cyclists, the on-road scenes, the villages and the locations where the supporters tours stay.

Ray Hewlett of Rotorua organises tour groups for New Zealanders and if you wish to speak with Ray he is available on phone (07) 345 8671 or go to www.kiwibiketourfrance.co.nz