

## North Island Club Champs on everyone's calendar

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I have to apologise to Kevin Raven who was also nominated and accepted as a Tri-Sport Taupo Committee member at the AGM in July. We have just had our August meeting and it was very busy with news and events coming up in the club scene. The calendar and the club entry fees were finalized and this membership form/calendar will be out by the end of the month.

The Contact Energy Kinloch Triathlon (Standard Distance) is on the 3rd of February, 2008. This will also include the National Sprint Championships and the Under 19 Trans-Tasman championship race. This should see some great international talent showing up in Kinloch.

We are all gutted to hear that Anna Hamilton has been knocked off her bike and it is a reminder for everyone doing lots of k's that car drivers in New Zealand are totally oblivious to how vulnerable a cyclist is so Steve Curry has written and article to help cyclists keep get the basics right.

We hope you pass on this newsletter to everyone who you think will value from reading it. If you want to see anything else in it or on the clubs website just drop us a line at [info@tarts.co.nz](mailto:info@tarts.co.nz)



**Hamish Carter is coming to Taupo.**

He will be present for a brunch at The Clubhouse, 10 Roberts St Taupo on Sunday 19<sup>th</sup> August from 10am to noon. He will speak to the group and his book will be available for signing and purchase. Tickets will be available at Paperplus and The Clubhouse for just \$25 per head. Let them know that you have read this add from the Tri-Sport Taupo Newsletter. See you there!

### What's Happening?

- **Tuesday Night Training runs leave outside House of Travel at 5:30pm every week. This is a 14km loop or whatever you make it.**
- **Tuesday at 6pm is cycling at the Motor Racing Circuit bring your lights.**
- **Wednesday night 4pm Intermediate Cycle Training, 5pm Secondary School Aged at Owen Delany Velodrome.**
- **Thursday night at Top Gear Cycles there is a wind trainer session free of charge that Nik Eliadis is running. Bring your trainer.**
- **Sunday morning at 9am outside Top Gear Cycles is a road bike bunch ride for all levels**

## How to enter the North Island Club Champs

Come in to Top Gear Cycles and fill out an entry form before the 5th of September to compete for the club.

The club will pay your entry fee if you are an 07-08 member. To do this you need to fill out a new membership form that will be out on the 1st

of September.

If you do not show up on the day your membership payment will be invalid. This will make sure you are committed to the club and winning the Trophy for overall best club.

We have very few Open or Junior Females regis-

tered so far and to win we need to have high places in every category.

Some transport will be provided if you want a ride and the club would like everyone to attend the post-race function. (This is not included in the race entry fee). Check out [www.rats.org.nz](http://www.rats.org.nz)

### Tri-Sport Taupo Proudly Supported by



# This months feature article brought to you by Steve Currie (Life Member) and active committee member for Tri-Sport Taupo

## CYCLING..... SAFETY & GENERAL TIPS

It's easy for cyclists to get complacent and think they're always safe. Wrong!! On a bike you are incredibly vulnerable and an easy target for bad, lazy, irresponsible drivers who could turn your life to tragedy in the blink of an eye. Following are a few tips that may seem obvious but are worth taking very seriously:

- ALWAYS wear a helmet. The only time you don't wear a helmet whilst cycling is never!
- Wear cycling gloves. If you are going to come off, the first thing you do is try and break your fall with your hands.
- Wear glasses. Being hit in the eye by a bee at 50kph is more than mildly unpleasant. Sunshades also ease the eyestrain on bright summer days. You can change to clear lenses in winter.
- Dont ride your "aero bars" through town, particularly near intersections. Your time delay in getting onto the brakes from the aero position may be the critical difference in avoiding an accident.
- Don't ride a bike wearing ipod or similar headphones. Being able to hear cars approaching from behind is vital.
- If riding at night wear plenty of reflective clothing, don't wear dark colours. Have plenty of lighting especially red tail-lights.
- The most dangerous areas of town riding are intersections and roundabouts. Always assume the car at a give way, stop sign or roundabout has not seen you, or is being driven by someone who does not like cyclists.. Always look for confirming signs that they have seen you. Has the driver looked in your direction? Is the sun low in the sky and blinding the driver? Has the driver spotted a car some way off and is trying to get across the intersection before it arrives and hasn't seen you?. Be defensive. Slow down so that you can stop and avoid the car if they haven't

seen you. Watch the driver and try to anticipate what he or she is going to do.

- When approaching cars parked on your side of the road be wary of an opening door. Look and see if someone is in the car (look in the car mirrors). Has it just stopped? Watch the doors. Glance over your shoulder to see if you have room to swerve if a door suddenly opens.
- Be careful on wintry mornings. Fortunately there are not too many Taupo mornings when ice is a problem. Watch the road surface for ice signs, don't lean too much on the corners, don't apply too much front brake. Also avoid the road markings when wet, they can be as slippery as soap.
- If a car is approaching you when riding on the open road check behind for cars. Be very careful if two cars are going to cross right beside you lest you get squeezed into the rough.
- If you are being passed by a large wide vehicle be aware that the car behind may not have seen you. Don't pull out and regain your cycling line until you know you are clear behind.
- If you are heading into the country for a long ride tell your partner/family/friend where you are going and when you expect to be home. Take some water and food. Be prepared for possible cold wet weather. Take some cash, a cell phone and at least one spare tyre/tube.
- Cyclists always seem to be a challenge to the under-exercised dog. If one approaches me I usually growl deeply and loudly to it, have my leg ready to administer a sharp kick if required. Don't swerve towards the centre line unless you are sure there are no cars behind.
- Be careful on downhills where drivers often underestimate your speed, ie. they may pull out from an intersection thinking you are travelling slow.
- If you puncture, try and remember to shift down to a low gear before

stopping. It is very difficult to move off from rest in high gear.

By: Steve Currie (Tri-Sport Taupo)

## This months Committee Member Corner.

<b>Role on Committee</b>	President
<b>Name:</b>	Mark Aldridge
<b>Age:</b>	46
<b>Favourite Bike:</b>	Best Price at the Time
<b>Favourite Run Shoe:</b>	Asics
<b>Favourite wetsuit:</b>	Orca
<b>Best Triathlon Event:</b>	Ironman
<b>Goals:</b>	Ultramarathon
<b>Favourite food:</b>	Chocolate
<b>Favourite drink:</b>	Red Wine & Woodies
<b>Best thing about Taupo:</b>	Definitely not the winter
<b>Profession:</b>	Company Director

