

## Taupo Triathletes Doing well in New Zealand series

VOLUME 1, ISSUE 5

TriSport Taupo members have been competing in many of the TRINZ National Series. As yet Triathlon New Zealand has not loaded many of the results from the last two events, Takapuna and Whangamata.

The Contact Energy Kinloch Tri and the New Zealand Sprint Championship event on the 3rd of Feb went extremely well thanks to all the volunteers from the club.

We had over 540 entries for all four events. The Contact Standard Distance Triathlon/ Erin Baker triathlon had around 180 entries. This is awesome and there was some great racing from many locals such as Duncan Milne, Tim Wilding, Fiona Docherty and many more.

The Sprint Distance Age Group Championships

produced more outstanding racing and a lot of locals placing in the top three in many of the age group categories.

The Trans-Tasman U19 Race featured Cameron Todd, John Glanville and Shea Reardon. All of which races extremely well with New Zealand's and Australian's top junior triathletes.

The U23/Open elite race saw some amazing racing with Taupo's own Bevan Docherty battling it out with Clarke Ell ice, Shane Reed and Kris Gemell. Clarke ending up winning the race. Debbie Tanner had a tough race with overseas competitor Anja Dittmer sitting on her wheel throughout the bike and then had a tough run.

We would like to thank all our valued sponsors:

Contact Energy  
Sports Shop  
Life Cycles  
ORCA

We would also like to thank everyone in the Taupo community who helped out and especially the Kinloch Residents for putting up with us in and around their little township.



### What's Happening?

- **Scenic Cellars Charity Triathlon (Wharewaka Point) Monday 18th of February. \$5 Individuals and \$10 Teams. All proceeds go to Victim Support. Monday Night Triathlon's on every week**
- **Want to go to Rarotonga to do an International Triathlon. May 10 2008. If you are interested Mark Gibson is going and is keen to talk to you. Check out [www.rarotri.com](http://www.rarotri.com)**
- **Reporoa Community are holding a sports day on Sunday the 24th. Part of this event is a Duathlon that has two different lengths. Long Course: 3km run, 30km bike, 2km run. And a short course 1.5km run,**

## 25 Years Taupo Triathlon

History was made with only two of the original people who have competed in all 25 Taupo Triathlons. Steve Currie and Ray Litchwark have been battling it out for the last 25 years.

If you think you have seasoned triathlon experience then you'd have to compare yourself to them.

This year we gave away a 25th anniversary T-shirt for all entries. If you

missed out on one of these awesome casual shirts please drop us a line to let us know as we are doing a reprint of the shirts.

Please contact us by email with your shirt size to [info@tarts.co.nz](mailto:info@tarts.co.nz).



## Wetsuit Deal

Blue Seventy have dropped us a line to say that there Ironman 2008 deals are now available at Top Gear Cycles.

The Helix was \$725  
NOW \$550

The Energie was \$450  
NOW \$375

The Reaction was \$300  
NOW \$270

The TST is also available for order and pick up at Ironman. Trade in your old wetsuit for \$100 off the latest TST suit. Check out [www.bluseventy.com](http://www.bluseventy.com)

## Tri-Sport Taupo Proudly Supported by



## This months feature article brought to you by Katey Coubrough active committee member for Tri-Sport Taupo

### The Bike leg for first timers.

Triathlon is a multidisciplinary sport and cycling is always the longest part of the race.

If you are a first time triathlete these things are very important to check in a bike:

1. It is the right size for you.
2. The wheels are always done up and the tyres are at about 100psi.(For 700c road bikes)
3. Carry the correct tools for repairs whilst on the course. This would include a pump (or CO2), tube, tyre levers and possibly a small multitool.
4. You have a comfortable saddle

If you are in doubt about the size of your bike. Most quality bike shops will carry out a bike fit to check it for you. If in doubt ask one of the TriSport Taupo Committee members.

When leaving reaching transition for the first time to rack your bike, make sure everything is ready to go for when you get there during the event.

For example:

Your bike is in the correct gear for the start of the bike. Your helmet is ready to pick up and do up the harness. Your shoes (if you have clip shoes) are either on your bike or laid out and open ready to slide on.

Having all this set up so you can save a few seconds in transition does make a difference, even if it is mentally knowing that everything is there and you haven't forgotten everything.

When you take off on your bike ride the first couple of pedal strokes are an important start to the ride ahead. Make sure you positively clip in to your pedals or shoes. This will set you up to put the power on up the first part of the course.



With the rest of the ride ahead you now can ride to your potential. If you are a strong cyclist then this is where you will pass a lot of people. If not it pays to pace yourself so you can put your energy into the run at the end. If you burn out on the bike you will not have enough left for the run. This comes with experience and we recommend that you experiment to see if going a little bit easier on the bike is favourable to your style of triathlon.

At the end of the bike it works really well to change down into a lower gear so that it makes you spin your gears to prepare your legs for the run. Try to focus on your transition ahead and where all your run gear is for the exit off the bike.

Remember you have to rack your bike and keep your helmet secured until you have racked it.

If you want to know more ask any of the TriSport Taupo Committee.



### This months Committee Member Corner.

<b>Role on Committee</b>	Vice-President
<b>Name:</b>	Chris Todd
<b>Age:</b>	45-49 Age Group
<b>Favourite Bike:</b>	Fast and Light ones (Giant)
<b>Favourite Run Shoe:</b>	Asics
<b>Favourite wet-suit:</b>	Blue Seventy
<b>Best Triathlon Event:</b>	Ironman
<b>Goals:</b>	To still be doing triathlon when I'm Steve Curries and Ray
<b>Favourite food:</b>	Chicken & Spinach pie, Lemon
<b>Favourite drink:</b>	An aged Cab Sav Merlot
<b>Best thing about Taupo:</b>	Great Training, Quiet roads and your own swim lane
<b>Profession:</b>	Civil Engineer

