

## Taupo Triathletes Do Well in World Champs in Canada

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Held in Canada last weekend New Zealand has had some great results with Taupo being kept on the map as producing some high quality Triathletes.

Those results can be found on <http://static.sportresult.com/sports/triathlon/>

- Bevan Docherty 2nd in Elite Race
- Cameron Todd 5th in World Sprint Champs
- Donald Patterson 24th in Olympic Age Group
- Chris Todd 51st in Olympic Age Group
- Kevin Raven 51st in his age group
- Erin O'hara 38th in Age Group

If there is anyone else who competed from Taupo that I have forgotten I apologise.

Overall these are great results.

Other great results are Fiona Docherty 4th in the Maryland USA 70.3 Half Iron man last weekend also.

We have had a lot of successes in our club over the last few months and I do apologise for not getting them out sooner.

The Triathlon New Zealand Series were won by a number of TriSport Members:

1. Donald Patterson 1st in 30-34 Age Group in New Zealand
2. Chris Todd 2nd in 45-49 Age Group in New Zealand
3. Kevin Raven 2nd in 50-54 Age Group in New Zealand
4. Cameron Todd 1st in U19 Age Group Elite.

Bevan Docherty places

All of these results have been outstanding for our club and we look forward to hearing from some of these members on their return from Canada and America.



## Half Marathon not far away

You may have seen one of our longest members of the Triathlon Club (Andy Bloomer) in the paper recently going for his 15th half marathon finish.

He nailed it when he said it is a good thing to train for to keep the body active over these winter months. If you are looking at doing Iron man it is also a good way to gauge how your run training is going. In My

case not very fast but it'll still be a blast to have a run on the day.

If you are a Tri Club member and want to join with other people running drop me a line at [info@tarts.co.nz](mailto:info@tarts.co.nz) and I will put you in contact with other people out training.

Also I have had heaps of people ask us about organising a social training ride during the week. If you are inter-

ested pop in and see me or drop me an email.

[info@tarts.co.nz](mailto:info@tarts.co.nz)



## What's Happening?

- **Tri-Sport Taupo AGM is on the 11th of July 2008 at the Harriers Club rooms in AC Baths Reserve. Starts at 7pm with spot prizes being drawn on the night. Come along and share your ideas.**
- **Mark Gibson and Katey Coubrough won the Air New Zealand International Rarotonga Triathlon Teams Challenge on the 10th of May.**
- **Sunday morning rides at 9am outside Top Gear Cycles is a road bike bunch ride for all levels.**

## Tri-Sport Taupo Proudly Supported by



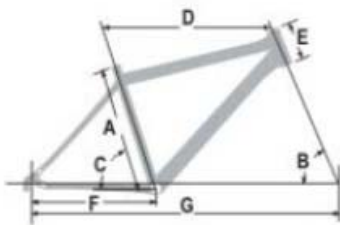
## This months feature article brought to you by Mark Gibson active committee member for Tri-Sport Taupo

### BIKE FITTING 101

I am asked about twice or three times a week whether my bike is the right fit for me? There is a lot of science behind a bike fitting a person.

Firstly if you are looking at buying a new bike whether it is new or second hand make sure you do your research and find out what size you should be on. This might mean trolling websites or asking your friendly bike shop staff.

A persons body is a dynamic system as opposed to a bike that can only be adjusted a few millimetres here or there so it is utmost important to get a bike that is close to fitting you.



1. Buy a bike that is the right length for you. This means the length of the top tube (D above)
2. Once you have the right length it is very easy to adjust the bike to hypothetically fit. (This doesn't take into account injuries or any other physiological problems)
3. Sitting on the bike you should adjust your seat height first. Generally just hang your leg from the seat whilst holding onto something and have your leg extended so that the heel of your riding shoes scuffs the pedal. NB this is a general rule of thumb and does not suit Mountain Biking, Time Trials or take into account how long you have been riding for)
4. Your seat height is now set and now you need to find the best position above the pedal for your knee. Simply put your knee cap (Patella) above the centre axle of the pedal. This can be done by eye. Best to get someone who knows what they're looking at to do this part.
5. Adjust your seat back or forward to get the correct position.
6. Now your legs are in the most powerful position you need to

check the stem length.

7. Whilst on the hoods of a road bike you should not be able to see the hub of the front wheel in a normal riding position. (Again a rule of thumb) !
8. You may need to purchase a new stem to get this correct. (Check out how this changes your handling of your bike for both aero bar position and normal road riding before doing so.
9. Check the width of your bars to see if they are similar or slightly bigger than your shoulder width. If too small you will have problems steering.

This is a very simple way to check your bike fit. You will have to take into account cleat fitting on cycle shoes, injuries, age of the rider, type of riding, amount of riding and many other factors.

If you are unsure about how to do anything check out the following websites:

<http://www.caree.org/bike101bikefit.htm>

[http://www.byrn.org/gtips/cobb\\_fit.htm](http://www.byrn.org/gtips/cobb_fit.htm)

[http://www.cyclemetrics.com/Pages/FitLinks/bike\\_fit\\_links.htm](http://www.cyclemetrics.com/Pages/FitLinks/bike_fit_links.htm)

<http://www.slowtwitch.com/mainheadings/techctr/bikefit.html>

If you are unsure at all good bike shops should be able to fit you on your bike correctly.

If you have any questions drop me a line or come in and see me at Top Gear Cycles.

By Mark Gibson



**This months Committee Member**

<b>Role on Committee Name:</b>	Active Committee Member Bruno Stutz
<b>Age:</b>	52
<b>Favourite Bike:</b>	Avanti
<b>Favourite Run Shoe:</b>	Asics
<b>Favourite wet-suit:</b>	The old one
<b>Best Triathlon Event:</b>	Kinloch Tri
<b>Goals:</b>	To keep going
<b>Favourite food:</b>	Bratwurst & Rosti
<b>Favourite drink:</b>	Red Wine
<b>Best thing about Taupo:</b>	Great Place
<b>Profession:</b>	Dentist