

Welcome to our new format. We have introduced a 'Striders on Tour' section. If you have recently taken part in a sporting event, email us at info@striders.com and we'll try to include it in our next newsletter or on the Striders website. Photos welcome.

Striders Club Updates

It's been a busy couple of months in Striders world! If you aren't yet a member of the Striders Facebook page, you'll have missed out on heaps of Multisport news, photos, stats and good times.

October has seen the inaugural ride of the **Striders Easy Riders**, a cycling group for those with a more leisurely pace and distance than the regular group, and led by Renata. It is timed so that both groups meet up for coffee at Santeez after the ride.

Junior Athletics was successfully launched in October at KKHS, thanks to Wanda. 40+ children have so far registered.

Newsletter Spotlight— Striders on Tour

Ever wanted to cycle the Tour de France route? Thomas Zinc did! Read about it [here](#)

Margaret writes about her World Masters Athletics trip



Easy Riders before the 'off'



Renata celebrated her 21st in style — her 21st marathon — in Sydney with an amazing time and wide smile

Several Striders, Bill, Iain, Chris and Alice (hope I haven't missed anyone) enjoyed the **2nd Te Rima Multisport Challenge**, an event which featured running, swimming, kayaking and cycling starting in Opuia and ending at Horeke, a total of 101km. In the words of Bill, 'A really awesome day. The swim (1km) was picture perfect, the run (9km) was cool and flat, the cycle (I clocked 72km) was as bumpy as I remember it (and on the road bike I felt every bump) and the kayak (9.8km), well, that just sucked! Very windy and choppy but it levelled the field for those in the 'kayak from the bottom of the garden'



In **running news**, a mixed team of runners and walkers entered the K2 event, an 18Km trail run from Kawakawa to Opuia, along the Oromahoe Ridge, organised by Bay of Island Runners and Walkers. Conditions were perfect, no-one got lost and there were plenty of goodies to replenish energy supplies at the end.



Lots of runners and walkers are busy training for the upcoming ASB Kerikeri Half Marathon, a race that was started by Kerikeri Multisports Club. If you haven't entered yet, entries are still open, or come along and support the Striders teams and enjoy the after race Street Party (See their website for details)



Thomas Zinc rides the Tour de France route

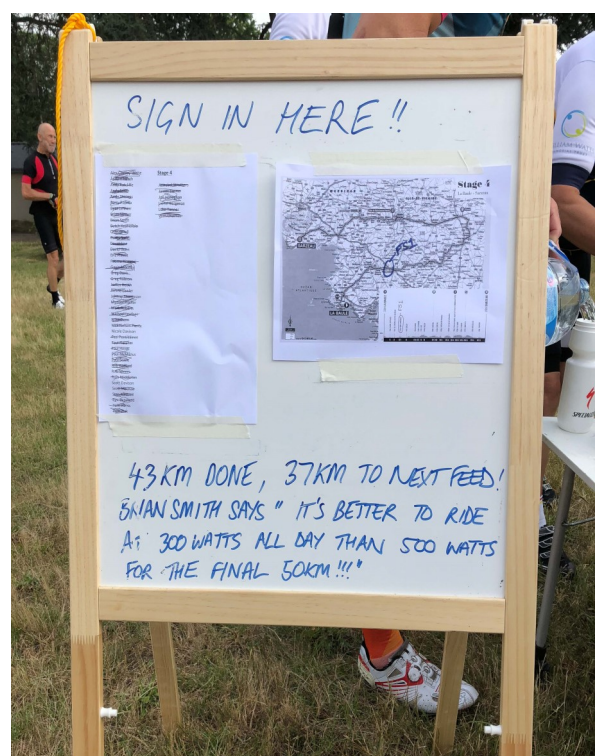
Most keen cyclists at some time have dreams of riding with the professionals, even though we know that age and ability are working against us. So the next best thing is to ride the same course as they do. I had my chance in July 2018 to ride the full Tour De France course with an English charity, one week ahead of the main event. The event is known as Le Loop and is the main fundraiser for the William Wates Memorial Trust which works with youth in the UK

(rideleloop.org). Le Loop offer a number of ride options, from 2 stages to 10 stages as well as the 40 cyclists riding all 21 stages.

The majority of riders were from the UK, but we had a few from USA, Switzerland, Germany, France, Belgium, Australia, Finland, Abu Dhabi, and one other from New Zealand. Riders had a range of abilities and objectives, from A and B grade riders wanting to hum along in a paceline to those intent on taking a bit more time and sampling the cafes on the way. Up to 80 cyclists were on the road on any one day, soon forming into groups of like minded riders.

The organisers took care of everything while on tour - all I needed to do was get to the start line in Noirmoutier for stage 1, ride my bike, follow the arrows that were used to mark the route, remember to eat and drink enough during the day, wash my riding gear in the evenings, try to get enough sleep before the next day, and pack my bag the next morning and get it on the truck at the allocated time. Doctors, physios, and mechanics were on hand throughout the event.

Most ride days would be a mass start at 8am, heading off in a neutralised fashion to the first food stop 30 - 40km down the road. After that we were free to ride as fast or slow as we wanted with food stops every 30 - 40 km.



A few statistics:

- distance 3430km
- climbing 51,000m
- pedal strokes 492,000
- elapsed time 165 hrs
- moving time 130 hrs (Geraint Thomas did it in 83 hrs!)
- longest day 12 hrs elapsed time (stage 12, Alpe d'Huez)
- longest distance 232 km (stage 7)
- most climbing 6275 m (stage 19, Tourmalet)



Although these numbers look daunting, the ride was achievable for a wide variety of riders. The secret was to ride at your own pace and, with the food breaks, each day became a series of 40km rides rather than a single 200km ride. Obviously a bit (a lot) of training and preparation is needed beforehand. The organisers recommended that we should be able to ride 200km back to back. I never managed to do that much, but had completed the Tour Aotearoa a

few months earlier which was excellent preparation for the long days in the saddle.

While the early stages of the tour were through relatively flat farmland I enjoyed the Alps and Pyrenees more due to the variety in the scenery and challenge of the climbs. The cobbles stage to Roubaix, while brutally hard, was also a highlight as was the ride into Paris and along the Champs Elysees. Temperatures on many days were in the mid to high 30's which was really hard work, and 12-14 water bottles were not uncommon. We had only one miserably cold day on stage 19 over the Tourmalet.

I was surprised how quiet French roads were, hardly anyone to be seen except in the major cities.

Overall it was a great experience which I highly recommend to any keen cyclist who can find 4 - 5 weeks in their calendar.



Margaret medals at World Masters Athletic Championships

The 2018 games were held in Malaga, Spain. Margaret represented New Zealand and sent this fascinating and inspiring report.

‘With over 8000 masters track and field athletes it is the biggest event that I’ve attended. Ages ranged from 30 to the oldest, 102. I competed in the W70-74 heptathlon, long jump and triple jump.

The heptathlon is run over two days, first day 80m hurdles, high jump, shot put and finishes with 200m. The temperature on the track was around 30 degrees, and we were not allowed to leave the track until after the 200m—5 hours in total. There were 11 in my age group and I thought around 9th placing for me on the others’ previous performances. We also had the next two ages groups with us, making the oldest 84. Those older women are amazing.

On the second day we had long jump and javelin, then the dreaded 800m in the heat. I was over the moon with my result, I came 4th, bettering my previous points in a very tough European competition. A few days of sightseeing then the long jump. This was run at 7pm so conditions were a little cooler. There were 11 of us again, so it was the first time I had to qualify as only 8 go through to the final. Everything came together, I put it down to being in the warmer weather, I qualified for the final and had a great tussle with the Finnish lady for the minor medals. My husband said I was like Elza when she won her Olympic bronze, I couldn’t stop smiling with my silver.

Next day we had the triple jump. This is an event I only took up in January for fun. Great competition and friendship again, three of the ladies from the long jump were competing. With a jump of 1 metre further than I’d done in training I unbelievably went into 2nd. The Finnish lady came through with her next jump, 5cm further taking silver and I came home with bronze. It was a great experience, I met competitors from all over the world.

