



Hi All

Its goodbye to life as we know it (temporarily) and hello to circuit training in the garden and monopoly; but luckily to cheer you up there's plenty of Striders sporting news from the last few months. Hope you enjoy a few minutes reading about some of the challenges and events we've taken part in. Its really good to hear from one of our younger Striders, Tiree Robinson, about her cycling training and events. Thanks to all who contributed.

Let us know how you are coping with Alert Level 4 and exercise, it could be interesting to see how we all adapt our running\*/cycling/swimming/keep fit routines. Drop an email to: [info@striders.co.nz](mailto:info@striders.co.nz). A few words and pictures would be very welcome.

\*BREAKING NEWS FOR RUNNERS: Al has set up a Strava group, let him know if you're interested

## Sports Shorts

**Congratulations to Margaret Crooke— Masters Athletics NZ Athlete of the Year 2019 for jumps. So proud of her and her well deserved success!**

Are you interested in joining or leading an **Easy Riders** cycling group once we are in the 'All clear' ? The aim is to include everyone, e-bikers, newby cyclists, anyone who hasn't been on a bike for a while, and possibly on Monday mornings. Let Renata know at [info@striders.co.nz](mailto:info@striders.co.nz)



## Stories featured inside

**Andy finds the start of, and survives, the 90 mile Beach event**

**Tiree tells us about her road cycling and mountain biking ambition**

**Di's first Tri (just the short course) - will it be her last?**

**Shirley's adventures on the Kopiko ride, from the East Cape to the West**

**A short general knowledge quiz to help you beat the isolation blues! (answers on the last page)**

# Te Houtaewa Challenge 2020

## 7 March 2020

The famous 90 Mile beach run!

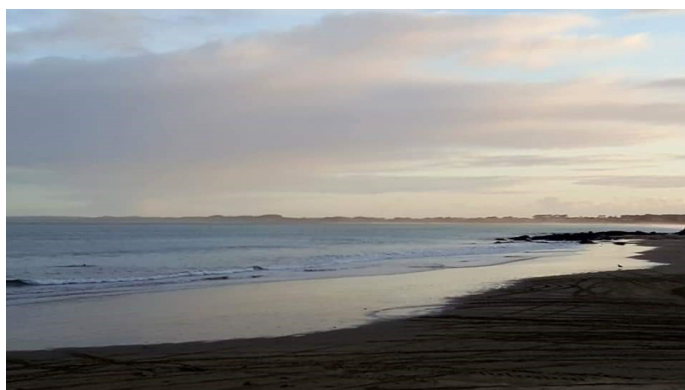
A number of intrepid Striders headed north over the weekend on 7 March to take part in the Te Houtaewa Challenge. This race has the options of an Ultra, full or half marathon, 6km fun walk (which most participants appeared to run!) along with relays. Cara, Renee and myself plumped for the half while Bill and Renata went the full marathon distance.



First up the race day organisation wasn't great. The bus for the ultra and full marathon left at 5am to first drop off the ultra runners and then the marathon runners - apparently the bus got stuck in the sand between the ultra and full drop off points which meant those on the bus started their marathon about 45 minutes after the rest of field. Not sure how the timings got adjusted.

The half marathon had a more relaxed 7.45am pick up. Unfortunately, the start point wasn't set up on the beach when we arrived, and we then spent the best part of an hour driving up and down the beach looking for it. In the end the organisers turned up and set up a start point at what they said was 18km. No toilets were available at start line so sand dunes were the obvious answer. To cut a long story short the half event ended up being 16.3km long- still trying to work out how they lost the best part of 5km- and all the distance markers along the course were wrong which played a few mind games.

Anyway, this was my first run on sand and there wasn't a hill in sight. The sand was firm just like running on the rainbow falls track. I actually enjoyed the run and will consider doing it next year again. Congratulations to Cara who came first in the half.



Kerry and I decided to spend the weekend in Ahipara. This meant we could attend the Powhiri on Friday evening and enjoy Kai afterwards. The cultural aspects underpin and run through the whole event and it was great to see so many schools being active participants.

Despite the organisational hiccups the run was enjoyable - for the entry fee you get the Powhiri and kai, the race, a commemorative shirt, and food after the run. Aid stations are every 3km and had the obligatory drinks along with an assortment of lollies- I found the wine gums to be the best. There were also cars driving along the beach also offering an assortment of lollies as you were running.

Next year let's see if we can get a Striders entry for every distance!

*Andy*



From the left: Andy, (Neil photobombing), Renata, Cara, Rene, Bill

# Report from Tiree, one of our younger Striders cyclists

## Tiree Robinson, age 14

I am a member of the Kerikeri Striders Multisports Club and have been riding with the road cycling group on Sunday mornings.

I am also a member of the Kerikeri Mountain Bike Club and became a member of Marsden Wheelers as they are affiliated with Cycling New Zealand which allows me to enter CNZ events.

I'm really lucky to be so supported by all these clubs. Each ride I learn something new. I really enjoy being able to ride with other people out on the road because when I'm not with Marsden Wheelers or Strider rides I'm often by myself as there are very few young people road cycling in our area. When I go out with Striders on Sunday I am so thankful for getting bunch riding experience and I really appreciate the tips and advice I receive from experienced cyclists.

I met Kurt Coetzee at a schools cycling event, he is a member of Marsden Wheelers and has generously been coaching me. I have been riding with Marsden Wheelers on their Summer Training Nights where I get to ride with Bree who is my age, I have also been doing some crit racing on a go cart track down in Whangarei.

I also train with Kerikeri Mountain Bike club focusing on cross country racing which ties in well with road cycling. I am still fairly new to road cycling and I have only competed in a few competitions. I entered the Tour de Ranges 30km event in January and came in 2nd women and 3rd overall. In February I competed in the women's only Bev May Road Tour in Morrinsville, racing in the U17 year olds category (with a starting group of 22 girls). I learnt a huge amount from each stage and I had the following results...

Stage 1 21km - 14<sup>th</sup>; Stage 2 40km - 7<sup>th</sup>; Stage 3 65km - 6<sup>th</sup>; Stage 4 Criterium - 6<sup>th</sup> which earned me a 6th place on GC (the general classification).

Cycling is so much fun, I especially love racing.

My dream for my future would be to get a professional contract with a pro team and win races (whilst wearing a "rainbow jersey" UCI world title jersey).





# Kai Iwi Lakes Triathlon—Di and Ted give it a go

Kai Iwi Lakes Triathlon 22<sup>nd</sup> Feb 2020

Short Course: swim 350m; cycle 9km; run 3.5km



Until Bill's Striders Training Day, thoughts of a triathlon had never entered my head. But ... I'd been having swimming lessons, I could manage the run, so now I just needed to dust off my (very dusty) bike and then I could enter my very first triathlon. And, joy of joys, a coveted bag of kumara would be mine! Yes, a proper prize, a bag of Dargaville spuds. I love New Zealand. So I clicked 'Enter' and my first triathlon adventure began.

Ted, Andy and I run the School Track in Paihia each week, so we added on a swim for a bit of practise although Andy, for the moment, was concentrating on his running. Ted was already a strong cyclist and good swimmer but he entered the short course tri too as he hadn't done one for a while. With support from Ann, Kerry and John at the important re-view session in the pub each week, training began. Ted and I also joined forces with the friendly Paihia Sunday swimmers, and with a lot of help from Bill and Rene each week our distance increased.

Me and my trusty (and still dusty) bike huffed and puffed up and around Haruru Falls a couple of times a week, and Ted went out for a few spins too.

Two weeks before the event Ted and I had a trial run in Paihia after which our support team (Ann and John) pronounced us 'Tri ready'.

Ann sent me these encouraging words the night before the event – 'Swim like there's something large and dark in the water just behind you; Cycle like you stole the bike; Run like you usually do'. John washed my bike (NB Andy: using cooking water saved from my pasta)

Many competitors make a weekend of it and camp at the lakes. We decided on a day trip and left home at 'crackers' – 5.00 am.

The event was really well organised by Sport Northland. Easy parking and marked areas for bikes meant we had time to meet up with Rene and Bill and their friends at what Ted named their 'Canvas Palace'. We were really happy to see two of our younger Striders, Mitchell and Callum, finishing their event. Callum came sprinting across the finish line to win his race (he had won the previous day's schools event too,) with Mitchell not far behind him looking strong.

Then it was our turn. First up was the lake swim. This was the part I thought would be most challenging for me. Rene, Bill and Ted settled my nerves with some sound advice.



It was actually exciting – lots of people in front, beside and behind me. I remembered to breathe (!) and apart from zigzagging a bit off course at one point it was a lot easier than swimming at Paihia. I saw Ted streaking off ahead, but on leaving the water the marshals assured me I wasn't last. Good news!



Ann was thoughtfully waiting by my bike in the transition area – just as well, as in my haste I jumped on my bike and began to pedal off —a big no no! (No riding in the transition area). John and Ann have loud voices and yelled at me to get off my bike. Fortunately I hadn't gone very far.

With a lot of gritting of teeth I pedalled furiously away. Ted was already flying past on his way back when I reached the turnaround cone, but I overtook a few and feeling a bit pleased with myself it was just the run left.

With legs like jelly, I followed Bill's advice and eased gently into the run. After conquering the stonking great hill I began to enjoy it and finished, very happy, on a bit of a sprint.

Time for us all to enjoy a dip in the lake before we watched Bill and Rene finish their long course event.

750m swim, 19km bike ride topped off with a 10km run round the lake- they are legends!

We shared a couple of beers and a picnic before the prize giving, collected our bags of kumara then left Bill, Rene and their friends to enjoy the rest of their camping weekend.

I loved this event, for my first triathlon it was perfect. The lake was amazing to swim in and the atmosphere was friendly and supportive. This year there was a 'Try a tri' event too for adults and children, which had a swim of 100m. There truly is no need to feel you can't do it, or you're not good enough, 'cos if I can, you can!

*Di*





## Shirley's adventures on the Kopiko ride

Two years I completed Tour Aotearoa on a mountain bike ride from Cape Reinga to Bluff organised by the Kennett brothers.

These guys are our gurus-they write the mtb books, they work out the best routes so we avoid motorways and try and get us off road as much as possible. I loved it as did most other TA riders so when they announced they were planning a similar ride from East Cape to West Cape I was in.

Kopiko means to wander and due to the popularity and remoteness of the ride they decided to have riders starting from the West as well. Scouts checked out the route and resources as there was sometimes 70 km between food/water/accommodation so tents and food drops were recommended. Sadly my 3 food parcels did not arrive as the post office didn't deliver them as one had required a bit extra for rural delivery.

The great thing about an event like this is we all have spot trackers (one per group) and there are many 'trail angels' that help with water, getting to the start etc. There was a lovely couple that opened up their home where they offered camping, drinks, fruit, showers etc

It's not a race and you are not supposed to have any support crew. Some people in the Kopiko were having support or shuttling various sections or starting days earlier but I think that's ok as its a personal journey and challenge.

I was lucky to meet up with Marcus, David Baguley's brother not only because he fed me through the timber trail when my food didn't arrive but we had a great adventure including the Moerangi mtb trail staying in a hut on the trail and the Pakihi.



"Rosie" loaded with 1/2 boogie board we found for Rere water slide!



# Shirley's Kopiko Ride

Highlights were the Rere waterslide, Moerangi, Pakihi and camping with some Ruatahuna locals who were teaching their young folk eeling.

I enjoyed meeting Francis and Simon on the timber trail. About 100 riders going the other direction so the infamous Arataki bridge had a queue!

You eat a tremendous amount of food on these brevets in fact its eat, sleep, eat, cycle, eat and eat again. Sometimes we would eat at one cafe then eat again at another cafe in the same town!

We had all heard about the hills and the Easties had been grizzling ( I think because they had bad weather at the beginning). They were steep! I won't forget Ohuka not least because I came off on it but maybe because we built up to it it didn't seem so bad.

I highly recommend these bikepacking adventures. Rosie my dual suspension bike had been promised she can live out her days at the mtb park (after the Paparoa next week 😊).

My advice to anyone considering this ride is go for it ! 😁

*Shirley*

# Remedy for the isolation blues...

## Striders Newsletter Quiz No.1

1. What is a Flemish giant?  
a) Cabbage                      b) Horse                      c) Rabbit
2. What country lists its 3 most popular sporting events as wrestling, archery & horse riding?  
a) Mongolia                      b) Iraq                      c) Afghanistan
3. In Greek mythology what is a creature with the head of a bull and the body of a man?  
a) Centaur                      b) Manticore                      c) Minotaur
4. On average how many kilometres above Earth does the Int'l Space Station orbit the Earth?  
a) 177                      b) 350                      c) 444
5. On average how many grapes does it take make a 750cl bottle of wine?  
a) 600                      b) 1000                      c) 1600
6. Rapa Nui is the native name for which Island?  
a) Oahu                      b) Christmas                      c) Easter
7. Where would you be if you landed at McCarran Int'l Airport in the U.S.?  
a) San Diego                      b) Las Vegas                      c) Detroit
8. Tigerella, Black Russian and Red Alert are all varieties of what?  
a) Tomato                      b) Vodka                      c) Chilli
9. Where would you find the biggest carrot in New Zealand?  
a) Taihepe                      b) Ohakune                      c) Cromwell
10. Which of these is an actual MP currently serving in the Dutch Senate?  
a) Dickie Thumm                      b) Tiny Cox                      c) Hugh Jaarse

## Quiz Answers

- 1) c
- 2) a
- 3) c
- 4) b
- 5) a
- 6) c
- 7) b
- 8) a
- 9) b
- 10) b