

Save the date—Striders Christmas Picnic

Sunday 6th December, Kingston House grounds (details to follow)



Welcome back to (almost) normal sporting life. Thank you all for your patience whilst the clubrooms were closed and a big shout out to Colin who keeps them spotlessly clean and tidy.

Thank you too to Renata and Gerald who resigned from the committee this year, after serving as President and Treasurer respectively for several years. Striders new President is Gary Watson, and Bruce Stevenson is our new Treasurer. Both are keen cyclists, with previous Striders Committee experience and a vast knowledge of the club's history between them. We also welcome Michelle Robinson onto the new committee. An updated contacts list is now on the Striders website should you have any enquiries.

Not much to report events wise as you know fun was cancelled for about 3 months, but the cyclists competed in a tough Cape to Kaitaia June ride with Tیره Robinson excelling, and there are a few exciting rides ahead such as Cycling New Zealand's National Road Series, a new initiative to support skills development in the U13-U19 age group. <https://www.cyclingnewzealand.nz/events-and-results/national-events/the-national-road-series/> with events from October to April.

Al, Grant and Lyndon took part in the Blue Lake Challenge, Rotarua—run as many 5k laps as you want up to a max of 24hours. They ran over 300 km between them but 10k is fine too. Al enjoyed it so much he'd like to put in a Striders team next year. <https://www.bluelake24hr.com>

There's still time to enter the Kerikeri Half Marathon on 21st November, a big event in the Club's calendar.

Sports Shorts

Well done to Andy Finch—he ran Sport Northland's Virtual Marathon, earning himself a pretty nice medal! 42km solo (with a little help from running friends along the way), fantastic achievement.



Farewell to Margaret and Bob Crooke. Margaret is the newest Honorary Strider—her and Bob have been mainstays of the Striders for many years, and have now moved away from Kerikeri. They will be very much missed, although I feel a 'Whangarei Awayday' may be on the cards.

We recently heard from one of our overseas Striders, Rani, who sent us this from USA,

'I miss KK and the lovely group of encouraging runners, walkers and well wishers. Even though I miss Rainbow Falls and the unmatched NZ beauty, the KK Striders keep me encouraged to hit the road when I see the dedication of the club members. I'll keep running on this side of the world and it makes me happy knowing you are all doing the same on your side of the world.' Thanks Rani, good to hear from you.

Penny gives us the lowdown on the Wednesday Walkers

Wonderful Wednesday walking with the Striders continued every week over the winter months with a small/select group of stalwarts. Head torches are handy and recommended; or a decent torch. We are privileged to have 2 experienced leaders who belong to the Search and Rescue team so you are in good hands! At least one of them is able to lead if the other is unavailable. Rain has stopped play only 1 or 2 times so far!

Walks are for approximately one hour, meeting at Kingston House at 5.15pm. Plenty of chat, light and appreciated humour accompanies the Striders notwithstanding the occasional tree-root trip! Some of the trails include the waterfall walks either side of the Kerikeri River as well as the Wairoa Stream depending on available light. There are plenty of optional route choices as Kerikeri township area offers scenery no matter where you tread.

We look forward to spring and more light that swells group numbers—meaning more people to chat and share stories with.

Meanwhile, tighten your laces, join us do ...(especially when the evenings are lighter)

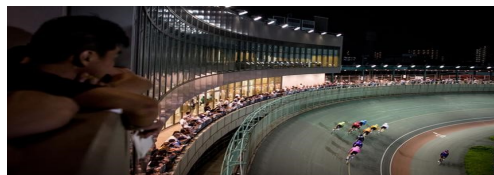
Penny Lawty

Contact Rebecca on 021 522 845 (text is best)



Here's one for the cyclists!

Question: What sport is a \$10 billion industry in Japan and its annual showpiece event attracts more in wagers than is gambled over the entire British horse racing season. **Answer:** Keirin Cycling



Keirin was established in 1948, created to boost income in Japan after the Second World War. More than 70 years on, there are 43 velodromes in the country and fans can watch keirin racing on 365 days of the year.

Every year, a small number of international cyclists are handpicked and invited to race the keirin season in Japan. They're known as the 'gaijin' - foreigners. Keirin racing is about respect, integrity and dedication. Keirin isn't just a sport in Japan. It goes deeper than that.

Those who watch only when the Olympic Games roll around every four years may remember it as the race in which riders are led out by a motorised pacer. In Japan, it's a serious business. Fans of track cycling will know keirin as the event that has seen UK cyclists Sir Chris Hoy, Jason Kenny and Victoria Pendleton take their place on the top step of the Olympic podium.

Keirin school in Izu, some 200km from Tokyo, is part military academy, part training camp. The day starts at 6:30am with roll call and finishes at 10pm with lights out, for six days a week, 11 months of the year. This is no ordinary school. This is keirin school, where just 10% of applicants are accepted. Only the very best get to come here. Students have structured training and education sessions. Training could be on the bike, on foot or in the gym, while education sessions are both academic - studying tactics, theory and race rules in the classroom - and practical. Students also learn about bike mechanics in the workshop. Throw in meal times - students consume more than 1,000 calories at breakfast and 4,500 at dinner - cleaning responsibilities and extra exercise and there's very little time for anything else. Everyone wears the same uniform. There are televisions, but no mobile phones, no email access and certainly no social media. Students may call home once a week on a payphone.

Each year, there is one big event, the Grand Prix, and on that single day, there is more money bet than on the entire British horse racing season. Keirin racing is one of only four sports open to gambling in Japan.

Top riders can earn more than NZ\$2m a year in prize money, with many continuing to compete into their 50s and 60s. Such is the scale of betting on racing that riders must abide by incredibly strict regulations and nothing can prepare the riders for their first taste of race day.

Riders must arrive at meets dressed smartly - and everyone must then surrender their mobile phone. No communication with the outside world is allowed over the entire event. Many take place over four days. Sometimes riders will race only once in those days. It will mark their only chance to see daylight, to get some fresh air. For the rest of the meeting, they are cooped up inside, hidden from the rest of the world.



It's on the first day that riders declare their tactics. Before every race, riders know their opponents' exact plans in advance - who is planning to attack when, and who has got a target on their back. It makes for an intense experience, particularly when, for the entire duration of the race meeting, they only have each other for company. They sleep in a dormitory, some with beds, others with mats on the floor. They eat alongside each other, bathe alongside each other, warm-up alongside each other.

Their bikes will already be at the track, having been shipped directly from their previous race, and riders must put it back together themselves. It arrives in the box they had packed it tightly into, unassembled with shoes and other bits of kit thrown in.

They bow as they walk their bikes onto the track and they do so again as they slot them into the start gates. They have no coach, no mechanic, no team. They have assembled their bikes single-handedly. Some say a prayer, others throw salt over their chains as a blessing before the race begins. Each of them is wearing a different brightly coloured jersey with matching helmet. They had not long ago arrived in suits, as tradition dictates. The races themselves can be rough. Crashes are frequent, with riders allowed to make contact with their opponents, unlike in international keirin.

Whatever the crowd at the velodrome, large audiences around the country will be keenly following too. During races, riders cannot look to the crowd or celebrate a victory as they cross the finish line, for fear they could be passing on a signal to gamblers. For the same reason, windows in rider areas in stadia are translucent to prevent contact with the outside world.

The keirin might still seem like just a simple - perhaps a little eccentric - bike race. But its origins and traditions in Japan tell a richer story about this popular Olympic event.

John S courtesy of the BBC

Logo Quiz



LOGO QUIZ ANSWERS

Department of Conservation

Air New Zealand

New Zealand Post

KFC

St Johns

Holden

Sport Northland

Caltex

Steinlager

Subaru

Pak'n'Save

Internet Explorer

Asics

Giant Cycles

Rip Curl

Countdown

NZ Herald

Yamaha

Explore

All Blacks

Coming Up:

Running:

4th October - Three Lakes Trail Run Kai Iwi Lakes

<https://www.runningcalendar.co.nz/event/dargaville-fun-run-walk/>

8th November - Mangonui Lions Fun Run & Walk

<https://www.facebook.com/mangonuilionfunrun/>

21st November - Kerikeri Half Marathon (Let Al know if you are a regular Strider runner and would like to be part of our team) [https://](https://www.sportnorthlandevents.co.nz/kerikeri-half-marathon)

www.sportnorthlandevents.co.nz/kerikeri-half-marathon

24th January - Parihaka Trail Run/Walk

<https://www.sportnorthlandevents.co.nz/parihaka-trail-run>

Cycling:

Fred Ogle Memorial & Lynley MacDonald Trophy Rides

Sunday 1st November

Multisport:

5th December - TeRima multisport <https://terima.co.nz/>

IF YOU WOULD LIKE TO CONTRIBUTE TO THE NEXT NEWSLETTER, WITH A RACE/EVENT REPORT OR UPCOMING EVENT, EMAIL Info@striders.co.nz

I'd be really happy to hear your news.

Thanks and enjoy your sport

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