



Hi All—welcome to our new members and all our familiar members (note I didn't say 'old' :)) First some club news—at the AGM Grant Connon was deservedly awarded Honorary Membership of the club, thanks go out to Grant for his contribution over the years.

Lockdown means the clubroom will be closed following government guidelines. Better news is that the team reviewing the facilities have already made some improvements and are in the process of sourcing potential new gym equipment. If you need some

'Lockdown' reading here's a chance to catch up with some of the events Striders have been taking part in. 'Born to Run Adventure Racing' was a new venture, and Striders that took part and those volunteering as marshalls really enjoyed it and are

keen to do it again next year. Matt S has written about it.



A few weeks back Striders cyclists and runners/walkers spent a weekend in Ahipara—thanks to Andy Dowdle for organizing it so well. Gary W and Andy D report back.



Cara P, Shirley D and a friend were in Reefton, taking part in the Reefton Resilience Event, along the 'Painkiller Track'. Always fun when those two are around—Cara gives us a rundown (forgive the pun!)

Back in March, Striders took part in the Kai Iwi Lakes Tri, a favourite club event (though Bill and Rene were missed this year!). John did the cycling and tells us all about it.



**Coming up: The Kerikeri Half Marathon 13th November**—plenty of time to get your trainers on! A special event for Striders, there's always a great team entry, and a very good chance of a pb on this (mostly) flat course!

**Thanks to all who contributed to the newsletter—much appreciated.**

# Born to Run Adventure Racing

7 striders played an integral part in helping to organise the inaugural Born To Run Adventure racing miniature horse 4 day 100km race over the Queen's Birthday Weekend in June.

The run went through remarkably scenic routes in the Aupouri Forest and along 90 mile beach with the main camp located at Hukatere Lodge half way up the beach. The event series is the brainchild of 3 Kerikeri based ladies including the legendary Chloe Phillips Harris who is famous for her daring exploits eg. riding the Mongolian Derby, and crossing the Gobi Desert in the winter on Bactrian camels.

A number of top New Zealand athletes (including the current NZ Te Araroa trail on foot record holder) were tasked with running 25kms per day accompanied by their miniature ponies. Part of the challenge was to run alongside ponies with many different temperaments (stoical, charming, head strong, determined etc. a bit like the striders 😊) whilst completing the course as quickly as possible.

The Striders had a great time running some of the course as volunteers to various checkpoints, checking out the route etc. and our very own Shirley with her gallant miniature Lancelot won the 10km beach dash on the final day. [www.borntorunadventureracing.org](http://www.borntorunadventureracing.org)

## **Matt S**



More photos on the next page





## The winners





# Striders on Tour—Andy D's report

We had a great turnout (33) for the Striders Ahipara Weekend.

Cyclists gathered at Kingston house at the 'much debated' start time of 11am. The peloton comprised regulars Gerald, Pete, Gary, John, Shirl, Andy & Sue with a surprise return to the fold of Ross C. Bruce and Barb kindly provided sag wagon support. The group largely managed to keep together. Gary provided plenty of material for banter by throwing THREE punctures. We bumped into fellow Striders Runner Kevin, who happily tagged along, for a couple of hours, and was all intent on coming to Ahipara until he realized the rest of us were staying overnight! Afternoon tea (Lens Pies) was enjoyed at Broadwood 4-Square before the final push to the true Winterless North.



Jo and Andy Hay had arrived early at the Ahipara Holiday Park to make sure everything was OK for the incoming hordes and, in true Jo and Andy style, placed little guest name cards on all the rooms.

Predictably there was more than evening meal. A special mention slaved away cooking all after-contribution off as KFC :0) What congeniality (and drink), was further enhanced by watching the woman's sevens romp home



enough food for our shared to Al who had obviously noon then tried to pass his was an excellent evening of ther enhanced by watching to Olympic Gold!



Sunday's main event was the Sport Northland Kaitia run/walk series, at its new location in the forest near Waipapa Kauri, the new venue/route was outstanding, and I think most people running it will be putting the event on their calendar for next year. Striders had awesome representation with Di, Al, Rory, Shirl, Jo, Grant, Sue, Andy, Ted, Renata, Gary B & Katja competing as runners, Rory and Katja (pictured left) even

achieved podium finishes (GO STRIDERS!!) A special callout to our walking entrants (John, Ann, Kerry and Andy H) who put in solid performances on the back of very 'compressed' training schedules!

Other happenings on Sunday included a trip out to shippies (Gerald, Liz, Pete and Susie) and Bruce putting his e-bike to the test to take on the headwind back to Keri.

All-in-all a great weekend. We plan a similar adventure in about 6 months so keep an eye on the Club FB page and get your name down early. **Andy D**

## Striders on Tour— Gary's version!

Half a league, half a league,  
Half a league onward,  
All in the valley of Broadwood  
Rode eight STRIDERS cyclists.

Gerald, Andy, Sue, Shirley, Peter, Ross, John and me,  
Away for the weekend, free.



We gathered on Saturday 31<sup>st</sup> of July at 1100hrs at Kingston House. Bruce was there with Barbara to take our bags. After the obligatory photographs we set off into the packed Kerikeri roads. All managed to navigate through the traffic and we were soon heading for “The Plough”. A bit before we got there, a cyclist coming down the hill turned and joined us. We discovered that his name was Kevin and that he was a Strider too – although usually he joined the runners.

And he stayed with us, until just past the Horeke turnoff where I got my first puncture. My lack of expertise in replacing a tube was soon evident! I had replaced the tube and tyre, and to speed things up, Gerald offered to inflate it with one of his gas bottles. Instantly it was firm and hard. With all the bits and pieces secured I jumped back on my bike only to find the tyre flat once more. I had pinched the tube while squeezing on the tyre with my plastic levers! Another tube inserted and this time successfully.



Andy stayed at the back and gave me encouragement but about 15km before Broadwood I felt a sudden, unhealthy smack of my front wheel and an instantaneous flat! Luckily, Shirley was able to lend me a tube, as I had run out of spares, and Peter expertly installed it to get me back on the road!



At Broadwood Ross, having a semi heated pie, and Bruce and Barbara, waited. Bruce had his ebike ready to roll and I felt it was a good time to call it quits. Loaded my bike on the car and went the last 36km with Barbara.

Continued on next page





The Ahipara Holiday Park was a welcome sight. Andy and Jo were already there and had put our names on labels at the entrance to all the rooms.

The main reason for the trip was for our runners to compete in an event at Wai-papakauri on the Sunday. It was quite a gathering: the runners and walkers were Renata, Rory, Al, Anne and Ted, Andy and Sue, Andy and Jo, Shirley and John and Di . And support crew of Kerry (Shirley), Lys (Gerald) Neil (Renata) and Susie (Peter). We had a large communal table in our main lodge where a heap of food was laid out. It was a banquet!

The Olympic Women's Sevens final was on. Andy Hay cranked up the sound as we watched the women take the gold medal.  
No one stayed up late.

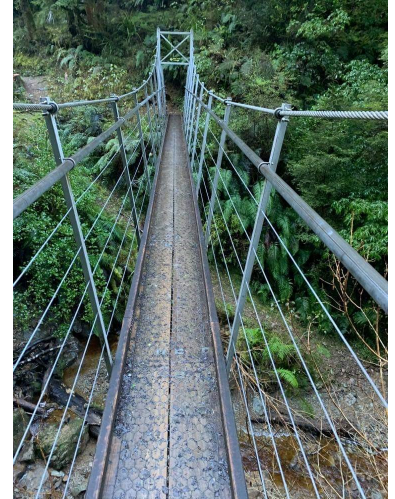
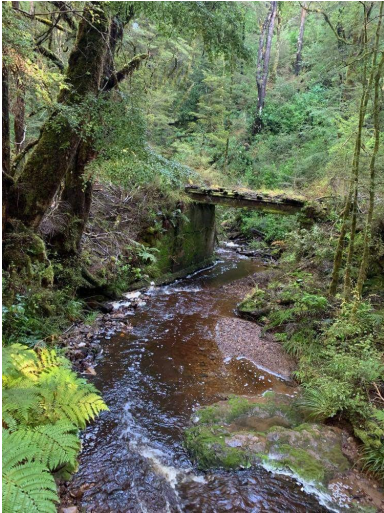
Sunday morning the runners were off early. They were joined by Grant, Gary and Katja at the event. John cycled off for Tokerau Beach while Bruce was the only cyclist to do the return ride to Kerikeri.

## **Gary W**





# Reefton Resilience Ultra—with Cara and Shirley

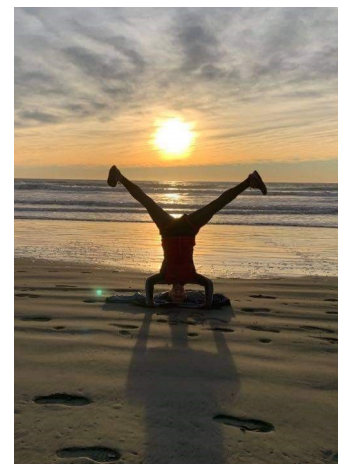
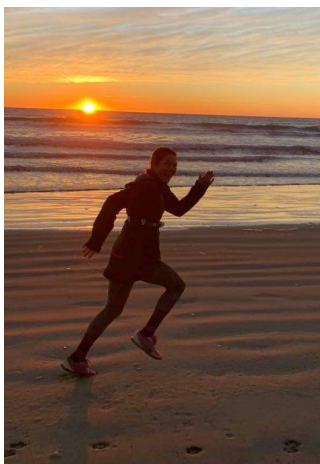


Shirley and I have a great friend who organises ultra-marathons ... so not your walk in the park style. Our brief was hilarious "So you'll get to this bit where there's a big slip and just be careful; single file and hold onto the rope, then when you're coming down almost impossible to stand ... so may pay not to run this bit and then the next part is diabolical!" □ ... and this was just the 33km we were doing.

We were not disappointed. The first 20 km was challenging and rated the same exertion as a marathon, the scenery was awesome and the crowd was great! Spot prizes were awesome - we won passes to the hot springs thanks to Shirley's quick wit and enthusiasm, so fantastic recovery day at the Mahaia hot springs, highly recommend there.

Seems we were snowed in so we took the opportunity to explore more of Reefton tracks, Kahini, tram track and along the river bed with weird history icons randomly placed along the way.

After a couple of days of skiing in totally epic ski conditions it was back to Christchurch with so many great running places, beach, sand dunes and awesome big hills/ mountains surrounding the city. Will definitely be coming back here to do all these cool runs/treks ... maybe in warmer weather though. **Cara P**



## Kai Iwi Triathlon – 20<sup>th</sup> March 2021



The first view that the would be triathlete gets of the event location is as you turn off the road for the event parking. And what a view you get. With the sun shining over the lakes you take in the pure white sands, the crystal clear waters and different shades of blue where the water deepens. Everybody's heart must beat a little faster when confronting this amazing sight. There's lots of events going on and everybody seems to be rushing somewhere either trying to find the registration tent, wheeling a bike to the transition area, changing into a wet suit or simply putting numbers on vests and various parts of the body or even unloading kayaks.



The frantic activity soon gives way to calm as the announcer starts the briefing telling people where to be for their start and what to do and what not to do along with details of the course.

First, the Tri a tri competitors head down to the beach for a 100m swim, a 9Km bike ride and a 2Km run. This is basically for people who have never tried a multisport event and want to see if they get a taste for it. Secondly, the short course competitors prepare for their event which is a 350M swim, 9Km bike ride and a 3.5km run. Quite a few people enter this event following their try a tri the previous year.

The long course comprised 750m swim or a 1.5Km, 20Km bike ride and an 8.5Km run. Definitely not the event for the faint hearted or unprepared although Andy did manage to compete with only the barest minimum of training. *Continued on next page*





The long course bike ride in which I am competing as part of a team looked easy enough on paper, 10K out, 10K back with a few gentle rises in between. However, you don't ride on paper and after a few Kms the gentle rises seemed to loom larger and longer with every revolution of the pedals. The road on the way in didn't seem half as hilly while we were driving! Whilst searching for a sadly non-existent lower gear on my bike it was disconcerting to see riders hurtling down the road at breakneck speed heading for their transition. It was also a bit disconcerting keeping one eye on the road behind me making sure I wasn't the tail rider!! With the last hill climbed successfully, deep joy and happiness there was a nice long downhill section following the contours of the lake into the finishing chute where I was not unhappy to hand over the wristband to my teammate to do the run.

It was a great day made all the better by the late arrival of the prize for all the competitors – a bag of Kumara. A great turnout from the Striders ranks this year Mark, Ted, Diana, Chris, Debby, Steph, John, Kevin, Andy, Jill and Liam (apologies to anyone I've missed) all taking part either as individuals or part of a team.

Would I do it again... yes. I have already decided. It's such a great day in a brilliant event at a beautiful location so why not give it a go next year. Just remember, the hills are your friend.....

**John S**

# Coming Up:

## CHECK EVENTS WEBSITES TO KEEP UP TO DATE WITH POSTPONEMENTS/ CANCELLATIONS

### Running

5th September—Northshore Marathon/Half Marathon **CANCELLED**

12th September—Whangarei running festival 4,8.5, 21km <https://whangareihalf.co.nz>

12th September—Trail Trilogy <https://www.trailtrilogy.com>

25th September 2021 is the **Blue Lake Challenge** <https://www.bluelake24hr.com>. As many 5.5km laps as you want to do in 24hours, so something for everyone (some people only run one lap). Al is really keen for the club to go to this event, so ***Al's challenge to you is*** (a) put this in your diary, and (b) set yourself a personal goal for this event (be it 5.5km or 160km). **You don't have to tell anyone your distance, it doesn't cost anything to enter, and it will be great fun supporting each other. Let Al know if you are interested** and we will try to secure a spot to put up a club gazebo as our aid station for each lap. Rotorua has lots of other things to do to make it a fun weekend for everyone.

10th October—Kai Iwi Lakes trail run <https://3lakes.nz>

23rd October—Pirongia Trail Run (Waikato) 3, 8.3, 13.5, 36.5km <https://pirongiatriailrun.com>

13th November—**Kerikeri Half Marathon**—this event was originally organised by Striders, and the club always has an enthusiastic team entry. If you're keen to give it a go, contact Al or come along to our Saturday morning runs at the Rainbow Falls track (Stone Store basin car park, Riverview side)



## Multisports

A good site for Adventure race events is [adventurerace.com.au](http://adventurerace.com.au)

## Cycling

Sunday 7th November—Fred Ogle Memorial & Lynley MacDonald Cycling Event—registration now open

The Tour of Northland is coming to Kerikeri next year, Day 3.

<https://www.bikenorthland.co.nz>

**If you have taken part in any sporting events, or know of any to include in the next newsletter, I'd love to hear from you, contact Di at Striders email: [info@striders.co.nz](mailto:info@striders.co.nz)**

**Thanks and enjoy getting out there!**