

Hi all, welcome to winter :) and June's newsletter. This month features the annual report from Striders President Gary Watson, a farewell from Ted and Ann Kirkbride who have returned to Oz; Mike Pollok's report of his cycling adventure of a lifetime in Kopiko; photos from Striders Orienteering event and 24 hour run, and an article about the steepest hill climb in the world (or is it?)

In other club news, we had a very useful training session led by Nick Scott from St John on how to use the AED equipment. Nick has offered another session next year for those interested. A big welcome to Kelly Fogden who has started up a trail ride MTB group, and who has recently cycled the Old Ghost Road. Catch up with Kelly's travels on Striders Facebook group.

Too wet, too windy outside? If you're not already a clubroom member, it's a good time of year to join. Come on down to the clubroom to keep up (or begin) your training—we have some more new equipment and access to wi-fi now.

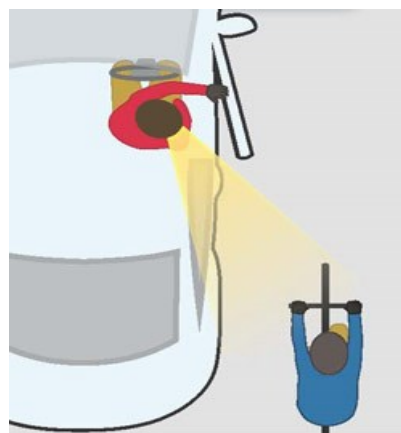
If you're interested in upgrading your basic membership to clubroom membership to take advantage of the great facilities the clubroom has to offer email John at: info@striders.co.nz

Thanks to everyone who contributed, very much appreciated, Di



A new course record was set for Rainbow Falls by Tony Crate. All of you who have had or will be having knee/hip ops take heart—Tony had a knee op not that long ago and he has come back better than ever! 37' 12" breaks Tony's, and the club's, previous best. The challenge now is under 37', watch this space (are you reading this Rory?!)

**Dutch Reach**—This is such a great way for drivers to prevent nasty accidents involving cyclists. It is now included in the UK Highway Code as well as other European codes. Simply, when opening the driver's door, use your left hand. This means your body naturally turns towards the right and you will spot any approaching cyclists. For more information <https://www.rosopa.com/road-safety/advice/cyclists-and-motorcyclists/dutch-reach>



One of our members suggested that Striders activity groups might find a register of 'ICE' (In Case of Emergency) numbers useful. A great suggestion; it was thought that members could take personal responsibility for this and carry their ICE number on them whilst running/cycling/walking etc.

## KERIKERI STRIDERS MULTISPORTS CLUB PRESIDENT'S REPORT 2022

It's been an eventful year however the club has come through stronger than ever thanks to the dedication of all on the committee, as well as the individual efforts of key members

In the engine room of the club are John and Diana Smith. They co-ordinate all functions as well as managing their specific roles. I would be lost without them. Thank you.

**Bruce** resigned as treasurer after doing a major sort out of the books. We are extremely fortunate to have **Steven Howell** step into this position. The right man for the right job. Welcome Steve

**Roger Allison** continues to manage the club rooms. Along with his sub-committee of **Sarah Kennedy, Grant Cannon, John Smith and Colin Horsfall**, he made room by selling off two of the rowing machines and having a brand new FUNCTIONAL TRAINER installed. With COVID, machines had to be spaced further apart than usual but we are always looking at improving our equipment. With that in mind we are considering purchasing a leg press.

**Michelle Robinson** has slotted into the public relations/ communications role. She is also extremely busy with her talented daughter, Tiree, who is developing into a top cyclist.

Recently, **Thomas Zink** joined the committee, and we look forward to his greater involvement in the club, once he gets back from cycling The Tour of France!

There are many individuals who quietly organise events or contribute in other ways. Namely:-

**Al Pankhurst** who motivated our runners with some very successful runs organised during the lockdown and throughout the year.

**Bill Miles** has transitioned from Triathlons to Orienteering. The event he set up on Grant Allerby's farm was a great success.

**Andy Dowdle and Sue Field** now have a kayaking group functioning. They also organised an overnight at Ahipara that many members enjoyed.

**Rebecca Clay** continues the Wednesday walking group.

**Maree Colins** gets road cyclists motivated Tuesdays and Thursdays and you can join her Whatsap group for information on rides.

**Kelly Fogden** has been getting off roaders, MTB, members active with rides on Mondays and Saturdays.

**Colin Horsfall** maintains our clubroom and cleans them too. Thanks for all your work Colin.

**Sue Field** is now our representative on the KINGSTON HOUSE committee. We appreciate Sue stepping into this role after the sad loss of **Roger Barnard**.

**Dale Simkin** who provides The Ridge Daycare van for our transportation when the road cyclists do an away trip.

**Susie Woods**, who has volunteered to help Roger organise the half marathon, once it comes back on stream.

For anyone I have missed I apologise but the future looks bright with such enthusiastic and active club members.

Gary Watson, President, Striders

# Farewell from Ann and Ted

Ann and Ted have been Striders for several years now, and in Al's words they embodied the 'Striders spirit' and will be sorely missed. Ted can't call himself a 'plodder' anymore, he has just taken first place for his age group in Melbourne Park Run—damn it, some of us will have to raise our game now! Here's few words from Ted and Ann.

Just a quick note to say Many Thanks and Farewell to all our friends at the Striders. We have had a great time living and working in the Bay of Islands area, and the friends we have made through Striders have been a big part of that.

When we moved to Kerikeri we were keen to get some regular exercise and meet some people outside of work, so Striders was just perfect, and at the time we lived about 300 metres from the Stone Store, so even better. Right from the start, neither of us were ever going to be proper runners but we were continually delighted by how accepting the group is even to plodders.

As well as the running group, we have also taken advantage of the gym (quite a lot), the short lived Easy Striders Sunday morning cycling group, and one of the kayaking trips. Also loved Bill's mini-triathlon events out at Opito Bay and especially the Orienteering at Grant's place. We had some great away day runs, Ahipara being a stand out event.

Too many good friends to list here, but nice to recognise some of those who were so welcoming when we started, Bob and Margaret in particular, and Scotty.

It's been a long time since we lived in a small town and it's a real joy to see the way that local community groups work. There is no doubt that these organisations rest on the shoulders of a few dedicated and motivated individuals, so to that end, many thanks to those who serve on the Striders committee, keeping it all working for everyone's benefit, and one special shout out, a lot of thanks and aroha to Al Pankhurst who is an example to us all.

All the best guys, Kia Kaha, and if anyone is heading to Western Australia, please get in touch

Ted and Anne K



# Mike Pollok's Amazing Adventure



## Kōpiko – The New Zealand adventure of a lifetime

Totalling around 1100km, the Kōpiko isn't exactly an easy Saturday morning session but it is an incredible adventure that takes you through some of the most remote parts of the North Island.

So, on March 13, I set off along with 13 other riders and an Adventure South NZ guide to tackle the Kōpiko North Island Traverse adventure.

You can start the trail at either end (east or west) and our group chose the latter, starting at Cape Egmont Lighthouse and travelling towards the East Cape lighthouse.

Spirits were high on day one as we rode from Cape Egmont to New Plymouth, following the Forgotten Highway to the Republic of Whangamomona, where a hot dinner and bed at the famous Whangamomona hotel awaited.



Following days saw us travel along the Timber Trail and the Waikato River Trail on the way to Waikite Valley all the way to Rotorua. By this point we'd cycled 6 days and countless kilometres but some of the crew couldn't resist using their break to hit the famous Rotorua mountain bike trails.

## Mike's Adventures continued

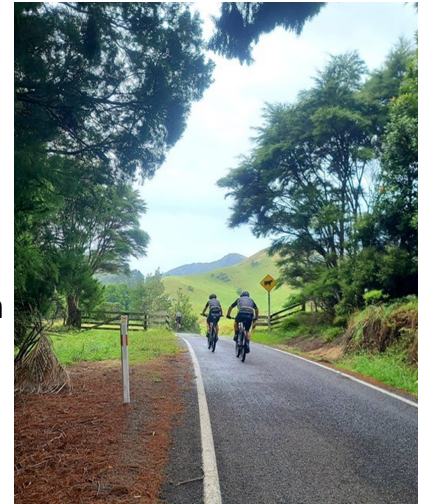
From Rotorua, we headed back into the remote country side, cycling through the rich native forest and wildlife of Te Urewera to the remote farming country in Hawkes Bay/Gisborne for an overnight with the locals.

Days later we hit one of Aotearoa's best forest rides, the Pakihi Track; 21 beautiful kilometres of untouched forest that pops out at the Opotiki coastline.



Then, came the final ride, a cruisy 53km ride from Lottin Point to the East Cape lighthouse.

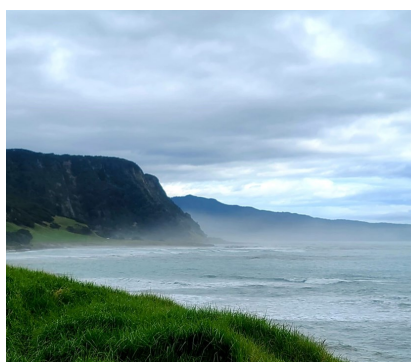
Designed by the Kennett brothers, Kōpiko isn't just about getting from A to B but getting there without major highways or busy roads; even if it means a longer, hillier route. The result is a journey unlike any other; one where you ride for hours through lush forest or rolling farmland without encountering a single car or truck but instead can fully sink into the surroundings and the people you're riding with.



This unplugged experience was only complemented by the places we ended each day from a new lodge on the Timber Trail to the home of a Gisborne farming family. I have completed rides all over the world, and Kōpiko is definitely right at the top.

Mike Pollok

Striders rider/member currently based in Auckland



## Orienteering on Grant's farm

Bill and Rene organised an Orienteering event for Striders and friends on Grant's farm. Nearly 30 of us entered, ranging from those of us who had never been orienteering before to a team from Land Search and Rescue (whose map reading skills may have been slightly better than mine and Ted's who bought a compass the day before with instructions in French :))

Thanks so much to Bill and Rene, and to Grant for trusting us on his farm!

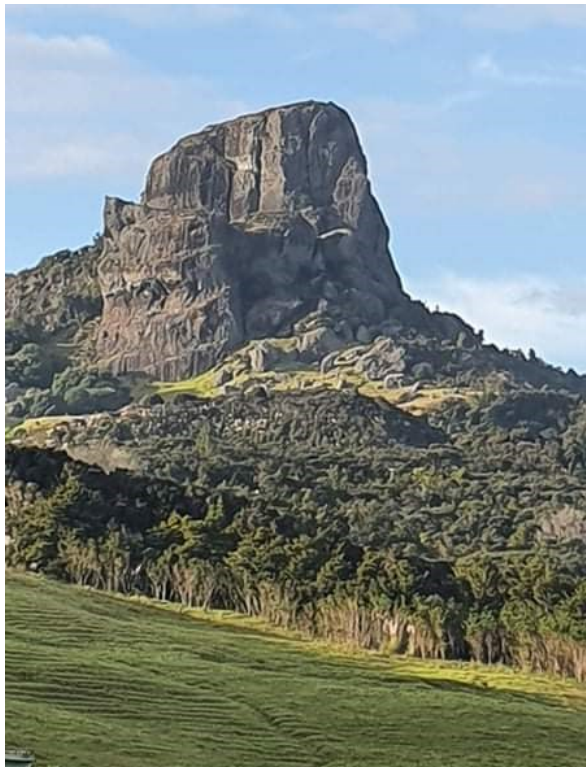


Above Rene settling down for the evening before the big day.

Below, Bill and Rene had been busy marking out the course



Right—Before the 'Off'



Backdrop to the farm—not bad eh?



From the left: Shane, Alison, Sue, Andy, Albert and John—featuring Rene!



From left: Al, Albert, Kevin and Grant

From left: Rene, Pip, Cara, Di and Dan



## Steepest long climb on a sealed-surface road in the world?

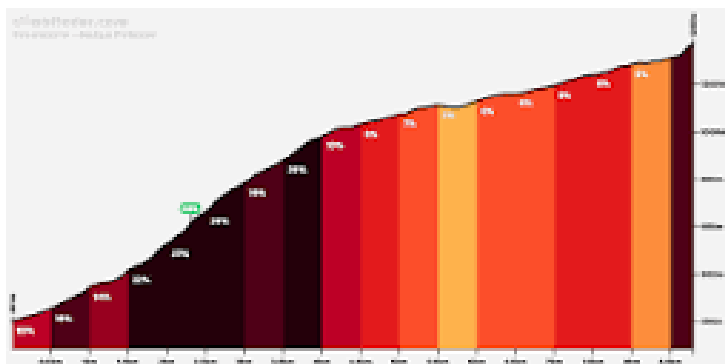
Scanuppia-Malga Palazzo is the name of a brutally steep climb located in Besenello, a municipality in Trentino in the northern Italian region Trentino-Alto Adige/Südtirol.



Tucked away in the Riserva regionale Scanuppia, it's said to be the **steepest hardest long climb on a sealed-surface road in Europe (or the world)**, hitting a 42,8% of maximum gradient through some of the ramps. The road, also known as Salita Scanuppia, follows a road built in the XVIth century.

The ascent is 7.5 km (4.66 miles) long. Over this distance the elevation gain is 1.317 meters and the average percentage is 17.6 %. Without marked central lines, the road climbs up from 198 meter to 1,515 meter above the sea level. See the video link on YouTube. Apparently the camera bike couldn't make it up the steep slope!

Set high in the Dolomite mountain range, the road is paved (with concrete parts). What makes it even more difficult is that much of the concrete surface is not "even". Not that it's "rough" (though in a few spots it is that) - but that it's "wavy", like with very wide "ripples" in its surface. This unevenness is intended to provide better traction when there is snow or ice.



Phew!! It's exhausting just reading it.

Keep up to date  
with all things Strid-  
ers on [facebook](#)  
Kerikeri Striders  
Multisports Club



# 24 hour challenge!

It was time for 24 hour challenge part two. Run or walk as many loops as you like—all at once or have a break. Plenty of us ran in the morning, went home and came back to do some more. It was the same 8.96km route as before (Rainbow Falls track, Waipapa Road, Mission Road, Kemp Road, back to R Falls car park HQ), and everyone had the same determination to complete individual challenges.

Massive thanks to Al for his always awesome organization and to Rene and Bill for packing up their van with supplies for the night for everyone, and being there till the end (along with Albert.) As Lyndon said, there was a great team spirit. Lots of people deserve kudos—from Kevin who finished his run then returned with pizza and drinks for the runners still going, Cara who ran, then went to the pictures, then ran again and Kathleen who did a KFC/pizza run for the group.



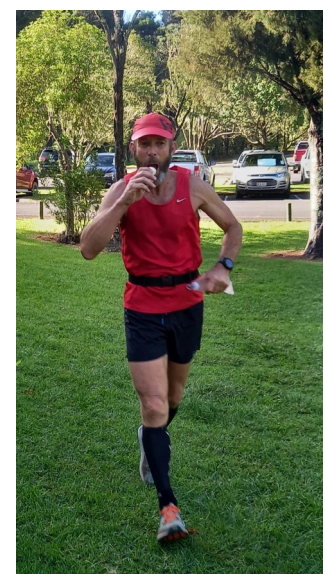
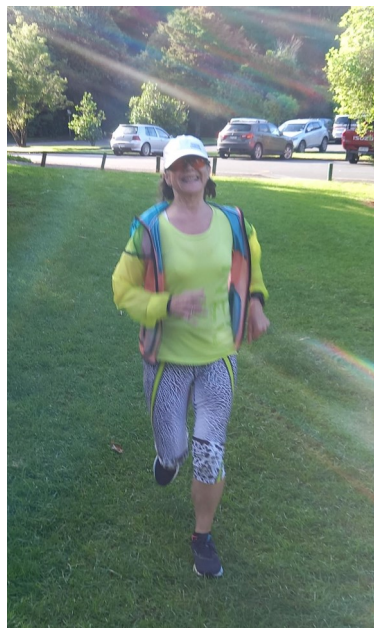
8.00am—John has everyone under starters orders



Cara signing in



Jess, Renata and Grant



STRIDERS 24 HR CHALLENGE 2022		
NAME	LAPS	WHEN FINISHED WRITE (F) ALONGSIDE NAME.
Shane (F)		4 35.2
Alyson (F)		4 35.2
AL (E)	☺☺☺☺☺☺☺☺	6 52.8
Gary	☺☺☺☺☺☺☺☺☺	8 70.4
Katja	(F)	10 88.0
Andy		4 35.2
Sue		3 26.4
Debbie (F)		2 17.6
Chris		5 44.0
Lyndon	/ + Little Spine 34.95km ☺	9 79.2
TED	☺☺☺☺☺☺☺☺	3 26.4
ANN		3 26.4
DAVE		1 8.8
PIP	F	4 35.2
DAN	F	4 35.2
Tracy C	F	3 26.4
Di	☺☺☺☺☺☺☺☺	3 26.4
Red lv	(3) —————	13 110.4
Derek		1 8.8
Albert	F	4 35.2
Cara	☺☺☺☺☺☺☺☺	9 79.2
Kevin	F	5 44.0
Renata	☺	1 8.8
Bill		7 61.6
Sue D	F	1 8.8
Jess ☺	F	3 26.4
René	☺ F	1 8.8
Tony	F	1 8.8



The next morning—Debbie, Chris, Andy, Cara, Al, Sue, Ted, Grant, Bill and Ann—still smiling!

# Club Kit



We have a few items of Club Kit available, all at cost price of \$69. Email: [info@striders.co.nz](mailto:info@striders.co.nz) if you would like one.

## Womens

T shirt Red Size 10 and 12

T shirt Blue Size 16

Singlet Red Size 14

## Mens

T shirt Red Medium

T shirt Blue Large

Other kit is available—see the Club Kit tab on the Striders website, or go to

<https://shop.ultimoclothing.co.nz/categories/kks>

# Coming Events

- **Saturday 25-Jun-22; MM; Matariki Madness (at the Domain in the middle of Kerikeri)**
  - 8:30am start. 8:25am briefing
  - Parking at the bowling club car park (on Cobham Drive) or along Cobham Drive.
  - Start at the bowling club "Parking Area" marked on the map.
  - We will run slowly ONE lap together anticlockwise on the marked route (red).
  - Then the fun will start! (when the last person is back).
  - Leader takes a batten and will try to catch up (i.e. lap) the other runners and walkers.
  - Runners need to be lapped once - If caught they are out of the race (but you can still run further if you want, just change direction).
  - Walkers or slow-run/walkers need to be lapped twice and they are out.
  - A lap is just under 1 km so you've got either 1 or 2km head-start.
  - If the person with the batten is caught by another runner then they pass the batten to the one in front.
  - Theoretically this race will continue until the last person is caught by the batten carrier.
  - Make sense? Come along and have a laugh. Should be a fun race for everyone.
  -



- 8th/9th Oct-22 - Tentative new date for Born to Run Adventure Race

Orienteering dates <https://www.sporty.co.nz/whorienteering/> Talk to Bill if you are interested in going to any of these.

Winter 3 - Saturday 18th June - Blue Goose Night Event

Winter 4 - Sunday 31st July - City Rogaine

Winter 5 - Sunday 21st August - Smugglers

Winter 6 - Sunday 18th September - Lovells

**A DATE FOR YOUR DIARY: Kerikeri Half Marathon—Saturday 19th November**