

TÊTE DE LA COURSE

Issue 01: August 2011

www.lespitscyclery.com.au

Upcoming Events...

16/October: Spring Cycle
Incorporating the Classic Ride (approx 55km) and the new City Ride (approx 16km). For more info visit: <http://www.bicyclensw.org.au>

Racing...

7 August: NSW Elite Road Champs & Kurrajong Classic (Road)
Host: NSW Cycling. For more info visit: <http://www.nsw.cycling.org.au/>

6/7 August: RedAss 4x & Dual Slalom State Series and NSW Champs 2011 (MTB)
Host: NSWMTB. For more info visit: <http://nswmtb.asn.au/node/18506>

14 August: Beaumont Road Criterium Racing (Road)
Host: Northern Sydney CC. For more info visit: <http://northernsydneycyclingclub.org.au/>

14 August: West Head (Road)
Host: Manly Warringah CC. For more info visit: <http://www.manlywarringahcc.org.au/>

28 August: Akuna Bay TT (Road)
Host: Host: Manly Warringah CC.

27/28 August: RedAss 4X & Dual Slalom State Series and NSW State XC Champs (MTB)
Host: NSWMTB.

Get On Your Bike:

8-WEEK ICE BREAKER

Have the cold mornings made it hard to get out of bed? Did you stay up too late watching the tour? Just need a little help to get motivated?

Join us for our 8-week ice-breaker program! Build your fitness as we head towards summer, improve your cycling skills, and hopefully have some fun. And if this fails, just enjoy the coffee at the end of the ride!

Starting Tuesday, 23 August, with the Hills of Mosman, we will finish with the 100km challenge – riding to Palm Beach and returning via Akuna Bay, on Sunday, 16 October.

Does the 100km challenge make you nervous? It shouldn't. Over the 8 weeks we will build your fitness and confidence - ensuring a rewarding end to our program and a great start to your summer of riding.

Important things to note: All rides are free. A road bike is essential. A puncture pack is compulsory – spare tube/pump/tyre levers. Water is recommended. Suited to all levels of road rider – yes, novice riders will be able to complete the final ride with regular participation throughout the 8-weeks.

The ride dates are set, times and locations finalised. Regular participation in weeks 1-4 is essential to participate in weeks 5-8.

Weeks 1-4 will include rides Tuesday and Saturday mornings. Tuesday's will be based around the *Hills of Mosman*, and will vary from week to week. Saturday will be the staple McCarrs Creek Road bunch ride, graduating into an Akuna Bay loop.

Weeks 5-8 start to increase the km's with the addition of a Thursday morning McCarrs Creek Road bunch ride, and a switch on the weekend to a Sunday ride – the length steadily increasing as we head towards the 100km challenge.

Full program details, including start times and locations, are available on our website at: <http://www.lespitscyclery.com.au/road/bunch-rides>

Interested? Numbers are limited so please register your interest via email: le_speed@hi-speed.com.au



Where to Ride...

Children's Rides:

Are you looking for a safe place for your kids to ride their bike? You don't have to travel far!

Balmoral Beach

Location: *The Esplanade*, Balmoral Beach (Southern end).

About: The flat circular track is set in a shady reserve, and is adjacent to a family friendly beach. There is also a skate ramp and swings, as well as café's and amenities nearby.

Brightmore Reserve

Location: Young Street, Cremorne

About: Educational tricycle track simulates the public road system with roundabouts, pedestrian crossings and road signs. The site is flat and accessible with leafy surrounds and picnic tables. Toilets, BBQ's and sports fields are across the road in Primrose Park.

Do you have a favourite ride? Write to us and receive a \$20 in-store gift voucher if it makes our newsletter! Whether you're an off-road adventurer, a mad roadie, or just out for fun and fitness, we would love to hear from you. Email us today! (Max length: 150 words).

Rider Profile:

CAMERON DINNIE

Aka – Cam

Lives – Curl Curl

Occupation – Media Insights Manager

Favourite Food – Pizza it's the reason

Cam rides his bike so much!

Favourite Movie – Scarface

Favourite Saying/Motto – "If

everything seems under control, you're just not going fast enough."

Favourite Ride – Col du Tourmalet or a little closer to home, West Head and Akuna, beautiful place to ride.

Favourite Bike – Merida Reacto, most comfortable I have ever been on a bike.

History/Achievements

Too many to list! Cam is a former elite rower whose highlights include

podium finishes at junior world champs, Head of the Charles (Boston, USA) and Henley Royal Regatta (UK).

He also has plenty of top 10 finishes in triathalons and is a multiple Balmoral Tri Club age group champ. A regular 'A' grade club rider, this year Cam has his sights on the road.

Goals/Upcoming Races

* Grafton to Inverell Cycle Classic

* Tour of Bright

What's new?

The crème de la crème of mountain biking has arrived at Le Spit Cyclery

**Santa Cruz
Carbon Tallboy**



Visit our store today to check out the standout 29'er on the market.

Specials

ITM Mastro Bar Tape

Was - \$29.95

Now - \$14.95

Available in:

Black/White/Red/Blue

OnGuard 5012

Bulldog DT U-Lock

Was - \$69.95

Now - \$49.95

Coming Soon...



... and plenty more...

This year Le Spit Cyclery is pleased to add Cannondale Bikes to our range. Stay tuned for arrival times!

Bunch Rides

Hills of Mosman

When: Tuesday, 6am.

Where: Meet @ Le Spit Cyclery (Street Front)

Level: Novice - Intermediate

Akuna Bay

When: Saturday, 6:30am.

Where: Meet @ Le Spit Cyclery (Street Front)

Level: Intermediate (Select from A or B Bunch)

Distance: 70+km (or 60+km via McCarrs Creek Rd).

