

TÊTE DE LA COURSE

Issue 03: October 2011

www.lespitscyclery.com.au

Upcoming Events...

16 October: Spring Cycle

For more info visit:
www.bicyclensw.org.au

30 October: Fitz's Challenge

Can you conquer Canberra's Climbs?
For more info visit:
www.fitzs.com.au

Racing...

8-9 October: Scott 24hr MTB Champs (MTB)

Host: CORC. For more info visit:
www.corc24hour.com.au

9 October: West Head (Road)

Host: Manly Warringah CC.
For more info visit:
www.manlywarringahcc.org.au

16 October: Kanangra Classic Enduro (MTB)

For more info visit:
<http://www.mountainsports.com.au/ms/cms/kanangraclassic/>

16 October: Beaumont Road Criterium Racing (Road)

Host: Northern Sydney CC.
For more info visit:
www.northernsydneycyclingclub.org.au

22 October: Grafton to Inverell Cycle Classic 228km (Road) Host: Inverell Cycle n Tri Club. For more info visit:
<http://www.graftontoinverellcycleclassic.com.au/>

30 October: Beaumont Road Criterium Racing (Road)

Host: Northern Sydney CC.
For more info visit:
www.northernsydneycyclingclub.org.au

Get On Your Bike:

5 THINGS TO CHECK BEFORE YOU RIDE...

Most of us just want to jump on our bikes and ride. But for your own safety it's a good idea to get in the habit of completing some basic maintenance checks before you start.

Five things you should check before you ride:

4. Tyres and Wheels

- Ensure tyres are properly inflated. (The recommended pressure should be available on the tyre wall).
 - Inspect the rubber for cracks, gouges and general wear.
 - Check the skewers are securely fastened in your wheels.
- #### 5. Brakes
- Squeeze your brake levers: ensure there is enough pressure to stop.
 - Check cables aren't fraying or stretched.
 - Check the brake pads are aligned and hitting only the rims, not the tyres.

1. Seat Post and Handlebar Stem

- Check your seat post is secure.
- Ensure your handlebar stem is fastened tightly.

2. Helmet

- Inspect your helmet to ensure there are no cracks on the outer or inner shell.
- Adjust the straps so they fit snugly.
- Ensure the helmet sits down on your forehead – a common mistake is to wear the helmet too high which won't protect your forehead in the event of a crash.

3. Chain and Gears

- Check the drive chain is free from excessive grime and doesn't need lubrication.
- Check the chain turns cleanly through the front and rear sprockets and doesn't rub against the derailleur's.
- Once you start riding, quickly run through your gears to ensure they are shifting smoothly and there is no chain slippage.



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Where to Ride...

West Head/Akuna Bay:

One of my favourite training rides! Whether you start in Mosman and complete a 100km loop, or park your car at the West Head Road turn-off, the West Head/Akuna Bay loop is a beautiful place all cyclists can enjoy.

Located in Ku-Ring-Gai Chase National Park, cyclists can escape traffic, lights and pot holes, and soak up the scenery. The hot mix road out to the West Head lookout is the best riding surface you will find in Sydney.

The rolling terrain will ensure a rise in the heart rate, but it's the view at the end

that will really take your breath away.

The West Head Lookout is one of the most popular look out points in the Sydney area with panoramic views over to Palm Beach, Barren Joey and Lion Island. You won't be disappointed!

If you have energy left upon your return from the look-out, turn right onto *Liberator General San Martin Drive* and cycle around Akuna Bay. The road surface isn't great, but it's worth the bumpy ride, with the Bay offering a tranquil escape from busy inner-city living...and a fun little climb at the end that is sure to have you out of the saddle. *Happy Riding, Narelle*

What's new?

GIOS Bikes



"Like Henry Ford, I will sell you a bike in any colour you like...As long as it's blue!"

Alfredo Gios

October Specials...

Receive a **FREE** multi-tool with any purchase when you mention our newsletter!*

*Limited 1/customer & only while stocks last.

Coming Soon...



... 2012 Santini Fashion!

Santini is 100% Sourced, Produced and Handmade in Italy! *Great Christmas Gift idea...especially for yourself @

Bunch Rides

Hills of Mosman

When: Tuesday, 6am.
Where: Meet @ Buena Vista (Middle Head Road)
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).

Rider Profile:

MEGAN BLAKE

Aka – Megsy

Lives – Crows Nest

Occupation – Mortgage Lender

Favourite Food – If it's bad for me I'm sure to love it!

Favourite Movie – Into the Wild & Weekend at Bernie's

Favourite Saying/Motto – A girl should be two things, Classy and Fabulous – Coco Chanel

Favourite Ride – Ummm, not sure if I have one...? Actually the bike tour I did around London recently on a cruiser - I want one!



Favourite Bike – My team issue Orbea.

History/Achievements – Too many too list haha...I consider getting up at 5am for a mid-week ride a significant achievement...bed is soooooo good.....

Goals/Upcoming Races

* Complete the 100km challenge as part of Le Spit Cyclery's 8-week ice-breaker Training Program.

* Complete the Gong Ride as part of the Suncorp Team.