

TÊTE DE LA COURSE

Issue 04: November 2011

www.lespitscyclery.com.au

Events...

Bike NSW Commuter Challenge

For more info visit:
<http://www.bicyclensw.org.au/category/news/events>

Central Coast Community Cycling Challenge

For more info visit:
<http://www.bicyclensw.org.au/category/news/events>

Racing...

13 November: West Head (Road)

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

26-27 Cronulla Grand Prix

For more info visit:
<http://www.nswgrandprixcycling.com.au/nswgpc/Welcome.html>

27 November: North Head (Criterium)

Host: Manly Warringah CC.
www.manlywarringahcc.org.au

November '11 - February '12: Summer Track Season

Host: Bankstown Sports CC & Parramatta CC
When: Wednesday Evenings
For more info visit:
<http://www.nsw.cycling.org.au/?Page=44552>

3-4 December: Jetblack 24 Hours Sydney Race (MTB)

Host: Rocky Trail Entertainment
For more info visit:
www.rockytrailentertainment.com

Get On Your Bike:

BOX IT! FLYING WITH YOUR BIKE...

Flying interstate or overseas? Taking your bike? The first challenge for most travelers is deciding what type of box they should use....

The humble cardboard box...

A cardboard box has a few advantages:

- It's easy to find and it's cheap. We will provide a box free of charge - please call ahead though to confirm one is available and allow us time to put it aside for you. Otherwise, most airlines supply cardboard boxes for a small fee.
- It is light, helping to avoid/minimise excess luggage fees.
- Because it's cheap and easily replaceable you don't mind throwing it away at the end of your journey.

On the downside, baggage handlers don't always take the greatest care, and whilst it's light, cardboard can also be flimsy.

Bike Bag - Soft Bag

A padded soft bag is a good option for those wanting extra protection. They are lightweight, generally made of resilient/heavy duty materials, and reasonably easy to store. The shoulder strap makes them easy to carry, and depending on the bag you choose, you may not need to remove your rear wheel.

Bike Box - Hard Case

A hard case offers the ultimate protection for your bike with a strong outer casing. On the down side, they are heavy, cumbersome, and not the easiest things to store.

10 things to consider...

1. Convenience;
2. Compatibility;
3. Weight/Size;
4. Robustness;
5. Agility/Portability;
6. Protection for bike;
7. Adjustability;
8. Storage;
9. Securing the bike;
10. Overall design construction.

Next month... 'Ready, Set, Pack', tips for getting your bike into that box!



Team
Liquigas-Cannondale
Racing in the
40th
Anniversary
Special Kit

IN STORE NOW!



Where to Ride...

3 Gorges -

Galston, Berowra, & Bobbin Head

The best ride in Sydney! The ride up the Pacific Highway is a necessary evil and I recommend you leave early to avoid the traffic, but once you reach Hornsby things settle down before you escape into the picturesque Berowra Valley Regional Park.

Of the three descents/climbs Berowra is my favourite. The sweeping bends lend themselves to speed, and with the road recently resurfaced, it is a cyclist's paradise. The unique vehicular ferry takes you across Berowra Creek, giving you an opportunity to refuel before the 4km climb up to the freeway. Make sure you are in the small

chain-ring before you hit the ferry - you will appreciate the gear change when you get back on your bike! The climb itself is steady, allowing you to get into a nice rhythm.

Overall, this ride isn't for the feint hearted. It is a 100km round trip, with three solid climbs, but the rewards are worth it. The descents are fun, the scenery beautiful, and there are plenty of toilets and water stops along the way. Plus, when you hit the coffee shop at the end of your ride, you will have totally earned that piece of chocolate cake!

Happy Riding, Narelle

What's new?

2012 Bianchi
Camaleonte



They have arrived!
2012 Bianchi flat bar road bikes are now available in store. Prices range from \$749-\$1349

November Specials...

Continental
Grand Prix
700x24c

Was - \$69.95

Now - \$39.95

when you
mention our
newsletter!*

*Limited 2/customer & only while stocks last

Coming Soon...



... Giro and Bell
Helmets!

We are pleased to add Giro and Bell helmets to our range. The preferred helmet of many of the world's best riders...and now competitively priced! RRP \$59.95-\$299.

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:

HANNAH DONALDSON

Aka - Hannah Montana, Hannah Banana

Lives - East side...Paddington

Occupation - Manager, Australian Indigenous Mentoring Experience

Favourite Food - Anything after a long ride that is within arm's reach and doesn't require preparation!

Favourite Saying/Motto - Wag more, bark less

Favourite Ride - 3 Gorges, preferably on fresh legs.

Favourite Bike - My new Cannondale SuperSix, closely followed by my childhood Mongoose BMX.

History/Achievements - Rookie rider, Balmoral Triathlon Club Member, ocean swimmer, dog lover, food thief!

Goals/Upcoming Races

* Will be testing my first block of consistent training over a long, cold winter at some upcoming club and local short course races.

* Long term: a sub 17 hour ironman... a few years of sanity left in me before this one though!

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