

TÊTE DE LA COURSE

Issue 05: January 2012

www.lespitscyclery.com.au

Events...

Discovery Long Weekend – Orange

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

Bike NSW Commuter Challenge

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

Racing...

14 January: Manning Summer Festival (MTB)

Host: NSW MTB
For more info visit:
<http://nswmtb.asn.au>

21 January: CycloCross Racing @ Terry Hills

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

22 January: Beaumont Road Criterium Racing (Road)

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

5 February: Calga Time Trial

Host: Australian Time Trial Assoc.
For more info visit:
www.atta.asn.au

5 February: Ginja Ninja 250 (MTB)

Host: Central West Off-Road Bicycle Club
http://www.cworbc.org.au/ginja_ninja250/

Get On Your Bike:

8-WEEK NEW YEAR'S CHALLENGE...

Are you looking for a challenge in the New Year? Do you need to lose some Christmas Kilo's? Or do you just want to join a bunch and have some fun on your bike? Join us for our 8-week New Year's Challenge!

Following the success of our inaugural 8-week ice-breaker program, we are running a second 8-week challenge. Build your fitness, improve your cycling skills, and hopefully have some fun. And if this fails, just enjoy the coffee at the end of the ride!

This time we are running a separate program, and a different challenge, for novice and intermediate riders. Both programs will start on Tuesday, 31 January with a *Hills of Mosman* ride, and finish with either the 70km challenge (novice) or the 100km challenge (intermediate) on Saturday, 24 March.

Does the 70km or 100km challenge make you nervous? It shouldn't. Over the 8 weeks we will build your fitness, skills, and confidence – ensuring a rewarding end to the program.

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. There is a program suitable for all levels of road rider. Previous participants and all regular bunch ride members are welcome to join.

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

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

Next month... 'Ready, Set, Pack', tips for getting your bike into that box! [Apologies to those who read our November newsletter which promised this article in the December issue, unfortunately we were unable to circulate a newsletter last month. This article has been carried forward to the February issue.]



Bianchi Oltre + 2011 Androni-Giocattoli Professional Racing Team



Where to Ride...in 2012

Events/Social Rides

Bicycle NSW holds a number of participation events during the year, the most notable being the Spring Cycle (21 October). In 2012, they have also introduced 'Discovery Weekends', a series of regional rides across NSW, the first will be held in Orange, on 23-25 March.

Gear up Girl hold an annual women's only bike ride in Sydney (date TBC).

Various '**Cycle Challenges**' are held throughout the year...two to lookout for in the near future:

#1 – **Pure Tasmania Cycle Challenge**: 26 Feb; Ride Cradle Mountain – Strahan (135km), or Devonport – Cradle Mountain – Strahan (219km).

#2 – **3 Peaks Challenge** (235km): 11 March; Ride Tawonga Gap/Mount Hotham/Falls Creek.

What's new?



... the new **EVOC Bike Travel Bag!**

100% Protection. Quickly Packed. Easy to handle. Easy to store. Fits all bikes! Hire or buy. RRP\$499. In store now!

January Specials...

Receive **20% OFF Any Nicks & Jersey combination when you mention our newsletter!***

*In store stock only. Includes already reduced items.

Coming Soon...



... **Ultegra Di2!**

The professionals have been using Di2 technology for the past 4 years. Now it is time to introduce this revolutionary technology into Shimano Ultegra, making it more accessible for the cycling enthusiast.

Racing – Mountain Bike

The **NSW Mountain Biking Association** promotes all forms of MTB racing throughout the year – XC, DH, Enduro....

MTB and Adventure races are also conducted regularly by event promoters such as RockyTrail Entertainment, AROCSport, and Max Adventure.

Racing - Road/CycloCross

Local clubs **Manly Warringah CC** and **Northern Sydney CC** hold weekend criterium, road and cyclocross races, and Time Trial competitions are also held at Calga on the first Sunday of every month.

For more information/links, please visit our website, and/or stay tuned for monthly updates on upcoming events/races.

Bunch Rides

Hills of Mosman

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

Akuna Bay

When: Saturday, 6:00am.
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:

KARL RUPP

Aka – *Kardashian*

Lives – Mosman

Occupation – Sales Rep for an IT services company called 'Interactive'.

Favourite Food – Pizza

Favourite Movie – Super Troopers

Favourite Saying/Motto – Can't think of anything that's not rude or offensive...

Favourite Ride – Wingello State Forest on the MTB bike, 3 Gorges on the road bike.

Favourite Bike – Bianchi 928 T-Cube

History/Achievements – 3rd grade Air Guitar champion 1992, and Egg and spoon race champion Gilroy College 1998! ©

Goals/Upcoming Races

* 3 Peaks Challenge, 2012.

