

# Pedal Talk

## Issue 19

We have passed the shortest day and are on the upward slope, with a bit of snow to play in on the way. With the shorter days we need to make sure we are seen out there, especially when riding on the roads. Enjoy the ride.

## BIG THANK YOU'S

- To Kevin Tamepo for helping out in Turangi with Bike Taupo Kids.
- To the Cranky Diva's team - Melissa, Lynette, Cath and Lynaire
- To the wonderful Moonride Marshals who helped out in the Rotorua mud, you are stars.
- To the Working bee crew on Beagle boys track May 25th John, Eddie, Tony, Chris, Bruce, Spike, Dick, Richard X2.
- Scrag and Bruce for the very cool Coaster - it's a blast.
- Matt and Aidan for widening the Coaster bridge - very cool



- Transpower for the funding for a second toilet at Craters MTB Park - Wairakei Forest car park.
- Mad engineers for their continual track work and maintenance.
- The young engineers who are currently working on Cole's Killer
- The secret Squirrels working on Luge
- Wally who has been busy advocating for Bike Taupo by taking locals from Kinloch over in the afternoon to look at Kotukutuku. Very positive feedback.



Wally overseeing Chad and the crew.

## Bike Taupo

### Bike Taupo T Shirts 4 sale

For purchase – our very own Bike Taupō T-shirts, designed and printed in Taupō. We're taking orders before they are printed so we can get the size allocation right. They're good quality and available in both men's and women's styles. They are \$35 each and will be the same colours as on the design picture. Order one by the 24<sup>th</sup> July and it will be available for pick up early August. If you live outside Taupō, it can be posted to you for an additional fee. Payment can be made by internet banking or a bank deposit. The sizes below are the actual measurements of the T-shirt.

| Men's Sizes                                    | S  | M    | L    | XL   | 2XL |
|--|----|------|------|------|-----|
| Width – cm (under arm)                         | 47 | 52   | 56.5 | 61   | 64  |
| Length – cm (top of shoulder to bottom of hem) | 75 | 78.5 | 82   | 83.5 |     |

- 180 GSM 100% Cotton
- Fabric pre-shrunk to minimise shrinkage

| Women's Sizes                                  | XS | S    | M  | L    | XL |
|--|----|------|----|------|----|
| Width – cm (under arm)                         | 43 | 45.5 | 48 | 50.5 | 53 |
| Length – cm (top of shoulder to bottom of hem) | 68 | 70   | 72 | 74   | 76 |

The women's T has curves where it counts. It has scoops, scallops and capped sleeves and looks great on all figures, curvy or otherwise. See photo.

- Curved tails (front & back)
- Scooped Neck & Capped Sleeves
- 150 GSM 100% Combed Cotton
- Fabric pre-shrunk to minimise shrinkage

Email [Julie](#) with your order and she will get back to you with the payment details.



### Craters MTB Park - Wairakei Forest

- The tracks are riding well.
- The bridges are in and Coaster is ready to ride, get out there, it's an awesome ride.



Coaster



Flying bridges



- The Beagle Boys track is well under way, with a great turnout to the working bee completing the tunnel end of the track.
- A new entrance to SH Fun has been built near the Kegress bridge along with the small amount of rebuild after the ripping of the skid sites.
- You will start seeing sponsorship signs at the start of tracks around Craters MTB park. Please support these business as they are supporting us.



First National is the sponsor of Tourist Trap



Vet Plus sponsors Squirt

- Coles Killer is closed at present the young engineers are working there magic on this track.
- A new bridge has gone in on Totara Gut.
- Toilet Number 2, is under - construction, thanks to funding from Transpower. NB If we have problems with freedom campers in Craters MTB Car park area, the toilets will need to be removed, as a member of Bike Taupo we ask you to move on anyone who is free camping in Carters MTB Car park - if we do not we could loose the toilets and could even jeopardise riding in this fantastic spot, also keep it clean. Please help us out.

#### **Working bee - Beagle boys track**

Yes another fun morning out with the tools, meet 8.30am at Mangers Corner ( Squirt and SH Fun intersection) should be done by 10.30sh.

Just a reminder if there is a tree over the track, stock on a track or a wash out etc PLEASE email the track crew and they will head out and fix it, we would rather have 10 emails about one thing than not know about it - Cheers

Track Crew Contact Details

Email [trackcrew@biketaupo.org.nz](mailto:trackcrew@biketaupo.org.nz)

More info: <http://www.biketaupo.org.nz/news/track-crew>

#### **Wanted photos for Bike Taupo website.**

We would love some photos to use on our website and promotional material. we're looking for pics of awesome people having fun on and around our great tracks. Quirky or just captures the biking buzz in

our region. We are after shots of road cycling, mountain biking, BMX, bike polo, commuting, families, dirt jumps, trials, urban assault...you name it, we want it!!

Please email [http://julie@biketaupo.org](mailto:julie@biketaupo.org) with a message authorising Bike Taupo to use the photos in there publications.

### **Marshals - heads up September 7th**

We will need a good number of Marshals on September 7 as we have a double up: Jamis Day Night Thriller in Taupo's Spa park - and the Mizuno Kinlock Off Road Challenge. There are day and evening shifts or just a couple of hrs.

Both events give financial support towards maintenance of the tracks in return for marshalling - If you are keen to help out please email us @ [trackcrew@biketaupo.org.nz](mailto:trackcrew@biketaupo.org.nz)

### **Australian bike magazine article on Taupo**

Great write up check it out

<http://bicyclingaustralia.com.au/2013/06/where-ride-lake-taupo-new-zealand>

### **GLT and Craters MTB Park/Wairakei Forest Map**

Maps are available at your local friendly bike shop (\$3) or you can download a copy from the Bike Taupo website [here](#) If you're keen to advertise in the next edition please contact Mark Gibson @ Top Gear or email [media@biketaupo.org.nz](mailto:media@biketaupo.org.nz)

### **Donations**

Towards the rebuilding and maintenance of Taupo MTB tracks would be very much appreciated and would really help us build good quality tracks for the long term. If anyone wants to make a donation, there are donation boxes in bike shops around town, at cafes: Zest Cafe, Heli Cafe, Sierra Cafe, Tipsy Trout and the Kinloch dairy. There are also a few very solid donation boxes @ Craters MTB Park car park and Whakaipo Bay at the start of the W2K track, or you can donate online on the Bike Taupo website <http://www.biketaupo.org.nz/get-involved/donate-to-bike-taupo>

## **Great Lake Trail**

### **Kotukutuku**

Kotukutuku 1000m of track at Kotukutuku is now completed with all bridges and boardwalks in place including a viewing platform at the base of the waterfall, shelter and toilet.

Cath and Shorty took the Kotukutuku barge across to see how the boys were going, what a magical piece of track, a beautiful waterfall and forest, it takes your breath away. Photos do not do it justice, but we will try. Access to this section of the track is by boat only at present.



Some great engineering and building skills





The Waterfall lookout



Looking down, how many tracks can you see.  
Thanks Mike Saunders for the photos

### **Updates**

Both construction crews are now established at the Otupotu section  
Kawakawa Bay shelter only needs the fireplace to be installed to be completed and there is a new toilet there also  
Shelter at Whangamata Rd carpark is the next in line to be completed

### **Waihaha**

Has bedded in and is a great ride it's 13kms and you can take a side trip, a stroll down to the lake.  
Parking at Waihaha Bridge car park or at the end of Waihaha road.

### **Possum Control - W2K and Headland Tracks**

The second operation is about to begin, baits will be laid around August on the W2K and Headland Track areas. Central Trappers Ltd are laying poison in this area. It is Animal Heath Board funded possum control. Pindone plus Potassium Cyanida (Feratox) will be used on the DOC land. There will be Warning Signs erected at all access points and roads entering the operational area for the duration of the operation which will take place between 31 July 2013 - December 2013.  
PLEASE watch CHILDREN at all times.

Poison baits and carcasses are DEADLY TO DOGS so watch them at all times too.  
For further information contact Neil Philpot [0274 845 454](tel:0274845454)

## Urban Jungle

### Kids Bike Taupo

The bikes have been a huge success, with Cath Oldfield heading out to schools during lunchtimes with the 25 bikes and getting kids riding. Cath is at Mount View every Friday and calls into other schools in Taupo. She headed down to Turangi this month 3 days in Tongariro which she loved and a day at the Te Kura O Hirangi thank you for all the help. If you would like to know more or keen to help, contact Cath. [admin@biketaupo.org.nz](mailto:admin@biketaupo.org.nz)

Would you like to help? Do you have a jumbo van you're not using or would you like to sponsor one? - Cath needs an easier way to get the kids bikes out to the schools around the district, would be sign written great advertising.



Cath with the kids at Mount View



The fleet of bikes and Bike Taupo's new flag

### Bikes in Schools/Youth Programme Development

The crew has been working very hard on this programme. The focus is on getting kids riding bikes. There are so many kids out there who aren't confident on a bike and this programme aims to give them opportunities to build up their skills. The programme also aims to get bike tracks and bikes into schools around the Taupo District. If you would like to know more or are keen to help out or sponsor please email [admin@biketaupo.org.nz](mailto:admin@biketaupo.org.nz). Rumour has it, there is sponsorship and forward momentum for the first school to have a bikes and a track - watch this space.

## Social Hard Court Bicycle Polo

If you'd like to understand more about how Bike Polo is played, there's some good info [here](#)

## Taupo Bike Park Inc.

When the guys are not out riding or competing they have been working on an action and site plan for the dirt park. (Spa Park, on the slope next to the Pump Track). They are still raising funds for the transportation and the dirt. If you want to make a donation to the cause or have any connections with potential sponsors for dirt or transportation of dirt please contact Cath Oldfield [admin@biketaupo.org.nz](mailto:admin@biketaupo.org.nz)

## BMX

### Club days - Sundays

Sunday afternoon club days begin with registration from 12.30pm and racing starting at 1pm. There will be a BBQ going and drinks for sale.

Come and give BMX a go – BMX bikes and helmets can be hired at the track for a minimal rate or just come and watch and support the crew heading to the worlds for a fun afternoon out.

### UCI BMX World Champs 2013

The World Champs are not far away now 24 -28 July 2013 and will be held at Vector Arena in Auckland. Over 20 Taupo rides have qualified for this event. Awesome effort, keep up the training and good luck to you all. <http://www.bmxworldsnewzealand.com/>

For more BMX information visit <http://www.taupobmx.org.nz>

## Unicycling

Check this out what Amazing unicycling skills <http://m.wimp.com/unicycleskills/>

For unicycling information go to [http://www.unicycle.org.nz/?page\\_id=14](http://www.unicycle.org.nz/?page_id=14) and to check out unicycle skills <http://www.unicycleskills.co.nz/>

## MTB Taupo

### The Phoenix/Pack n Pedal Thursday urban night rides

All welcome, meet at Ploughman's - Rainbow point rides leave 6pm sharp  
Big thanks Nigel for taking the initiative and time to run this event.

### Crafty Trout Brewing /Huka Honda Winter Night Series

Starts on the 1st August for 6 week series - meet @Craters MTB Park - Wairakei Forest car park register from 5pm racing 6pm sharp. Dust off those lights and hit the tracks.

### Monster MTB Challenge

WOW what a turn out, 175 kids challenged themselves to various courses within Craters MTB Park, an awesome success.

Big thanks to Sandy/Warren and crew for organising the 3 pre - event practice rides and St Patrick's for promoting the event to the districts students.

Sandy and Warren are keen to get the kids out riding, if you can help them out please contact Warren [027 448 3252](tel:0274483252) or Sandy [027 600 2181](tel:0276002181).

### The Cranky Diva's

What a wicked turn out 36 women, of all ages and riding abilities, out riding the tracks. The next Cranky Diva's ride is on the 30 June 2013 meet at Craters MTB Park - carpark There will be three group.



Experience riders meet @ 10am for a 2hr ride  
Intermediate riders meet @10.30 for a 1.5hr ride  
Novice riders meet @11am for 1hr ride  
Then all head to the Heli Café afterwards for re-hydrating around noon.  
Contact is Mel Johnson [07 377 1044](tel:073771044)



The Diva's out doing it.

#### **Phoenix Cyclery -Pack and Pedal Craters Classic 2013**

She was wet and slippery out there - character building I think they call it, certainly kept you on your toes. 70 riders turned out and it was great to see riders from Rotorua, Wellington, Whanganui and Hawkes Bay and of course the locals, awesome effort by all.

Big thanks to the organisers, the marshals and of course the sponsors Phoenix Cyclery - Pack and Pedal you guys rock.

Looking for a professional photo check out <http://www.photo4sale.co.nz>



The boys - loving it.



Nic Leary - Open women's winner

### **Clover Points Race**

Is coming back on the 6th October. This is setting up to be a Great event again this year! Details are under wraps, but get thinking about entering your family/work colleagues/friends or take all the glory and go solo!! Keep a watch on facebook for updates. (Taupo Mountain Bike Club) or check our website. <http://www.mountainbiketaupo.org.nz>

For more Mountain biking info and their very cool newsletters please go to <http://www.mountainbiketaupo.org.nz>

## **Taupo Cycling Club**

### **Sunday Morning Social Rides**

<http://www.taupocyclingclub.org.nz/sunday-morning-rides/>

These rides leave from outside Farmers, Tuwharetoa Street (Next to McDonald's drive-through) Taupo. Start time is 8am sharp! There are 2 groups, a slower group with average speed 20-25kmph riding a distance of approx 40-50km, or a faster group with average speed 26-30kmph riding a distance between 70-100+ km. We will regroup at designated points along the way. Please remember to bring 2 water bottles, food, spare tube and pump and most importantly some \$ for a coffee at the end of the ride! Remember the road rules and when riding two abreast ride in a light formation. These rides are a great way to experience the beauty of our district and it's always fun to ride in a group. These rides are a social **pedal**, not a race, which gives cyclists an opportunity to gather together for a pleasant Sunday morning ride. All visitors welcome.

### **Wednesday Night Racing 6pm Taupo Velodrome**

Track cycling provides all the skills/fitness required to make all your other cycling easier. It improves **pedal** stroke/rotation, and improves fitness through faster recovery. Track cycling gives you Paceline experience and better **pedal** cadence.

There are 14 bikes available for free to all members of TCC. Sizes are varying between 49cm and 58cm – you need to bring helmet, **pedals** and shoes

Track lights are on Mondays and Thursdays 5.30 - 7.30pm and Wednesdays 5.30 - 9.30pm. For more information check out the [website](#).

### **Tour De France 2013**



Keep up with the Tour - <http://www.letour.fr/le-tour/2013/us/animations-100th.html#larandonnee>

For more information go to our website <http://www.taupocyclingclub.org.nz>

## Snippets

### TAUPO's OWN BIKING BARBIE finishes 2<sup>nd</sup> in NZ SINGLE SPEED ROTORUA CHAMPS

To enter this prestigious and exclusive event, one must:

Ride a single speed, wear the most provocative outfit you can squeeze into and have a wicked sense of humor.

Due to popular demand, entries closed 3 weeks out, with many hoping for a cancellation entry. Only 1 or 2 sad individuals lacked the imagination and confidence to dress up, which greatly displeased the onlookers. The 250 serious competitors Le Mans start was further confused by the intentional muddle of bike locations by the organisers, causing mass pandemonium. Bikes were simply stacked in piles on top of each other, owners frantically fought over similar coloured models.

Three 9.5 kms laps took winner Black Ninji Garth Weinberger less than 3 hours to finish, with his mandatory tattoo taking longer. Zebra clad Erin Green won the female first place. The best-dressed prize was awarded to the biker wearing full scuba gear, wetsuit and tank. Wayne Gedye rode the 3 laps, although I am not sure how he managed to peddle with flippers. Barbie being scared of a permanent tattoo disfigurement, opted for a second place along with the 248 others.

The rules that had to be adhered to

- Anyone who wants to 'check their stats' or race times and places (apart from 1<sup>st</sup>) is subject to disqualification
- No Ta Moko or tattoo, no title for 1<sup>st</sup> man & woman
- And everyone else is 2<sup>nd</sup> equal

Taupo's own Barbie, one old tough chick, with 3 beers under her belt, attempted to ride the 'Rock Drop Creek', discovered the depth deceiving, however the face plant won spontaneous crowd applause. Barbie was disappointed Superman didn't properly resuscitate her after the near drowning.

To decide the 2014 SS Nationals location, a vigorously contested BMX race was fought between the Islands, with Queenstown winning hosting rights.

To all who think they have some riding ability, a sense of humor, and enjoy dressing up as their favorite fantasy, I'll see you at the 2014 SS Race in Queenstown. Love Barbie.

Check out some of the other photos – [facebook.com/2013NZSinglespeedChamps](https://www.facebook.com/2013NZSinglespeedChamps)



MTB Barbie



Scuba Guy

#### **Body geometry bike fitting**

Mark Gibson has just arrived back from Melbourne from a body geometry bike fitting course which is endorsed by

The boulder centre for sports medicine more info here <http://youtu.be/ELnHNNg4sGM>

Top gear now offers this service and winter is a great time to get in and get correctly fitted to your bike.

#### **Check out Danny Mckaskils latest Trail biking video:**

[http://imagine.redbull.com/videos/riding\\_film](http://imagine.redbull.com/videos/riding_film)

#### **Have your say on the Heaphy**

This winter marks the last season of DOC's three-year mountain biking trial on the Heaphy Track. Department of Conservation Golden Bay area manager John Mason said at the end of the year DOC will prepare a report about the trial to be reviewed by the Nelson Marlborough Conservation Board.

All track users are encouraged to participate in the trial's review by submitting comments on their track experience to : [mbtr\\_ialsnm@doc.govt.nz](mailto:mbtr_ialsnm@doc.govt.nz)

The final decision about whether or not winter mountain biking will be permanently permitted on the 78km Great Walk will be made by the New Zealand Conservation Authority.

#### **The Official New Zealand code for Cyclists**

Just in case you were wondering what the rules were, or you want some information check this site out.

<http://www.nzta.govt.nz/resources/roadcode/cyclist-code/index.html>

### Resources for families

<http://www.bikewise.co.nz/resources/resources-families>

### IMB Magazine, Issue 24

Check this online free magazine and the latest edition is packed with the best videos, photos and stories from around the globe! <http://www.imbikemag.com/issue24/>

### New Zealand's online Road Cycling Magazine

Gear talk, Race talk, events etc... check out <http://www.roadcycling.co.nz/>

### National Cycleways Project Update

Cycleways continue to be constructed all around the country. If you're wanting some ideas on where to ride this winter have a look on their website [www.nzcycletrail.com](http://www.nzcycletrail.com)



Any biking news for future Pedal Talk newsletters can be forwarded to Shorty at [newsletter@biketaupo.org.nz](mailto:newsletter@biketaupo.org.nz)