

THE BIKE SHED NEWS

OFFICIAL NEWSLETTER FOR MASSEY CYCLING TEAM

2009



Coaches Comment



Jp with his 100% pure bottle!

Jp Says:

Hi Everyone,

Congratulations on a great effort at the Mt Wellington Championships. I hope it gives you a lot of confidence heading into the National Championships in the Manawatu. It should have also given you a chance to learn about your opposition, your cycling, and possibly taught you a few things you are not aware of. In order to really understand by races being a learning experience I am going to talk about my last two races, how they went, what worked, what didn't, and what I have learnt from these races.

Right now I am in the middle of a race series for

the Hella Cup, which is a series of three races; a 10km race, 10 mile race, and a half marathon. This series is run exactly like a Cycling Tour's General Classification in that the lowest combined time over the three events wins. This means that you need to be fast across the three distances, but also that you can't have a bad day. The first two races were held on consecutive Sundays with the first being part of the Alsterlauf, an international standard 10km race. It was also the Hamburg 10km Championships. With such a strong field it was FAST and I knew that I had to run controlled to ensure a good result. However, I wanted to run a Personal Best too and try to win the Hamburg Championships. It was a fast race, but the second half was very windy and hard. I decided to control my pace and drop off the leading Hamburg runner with just under 3kms run. This ended up being a bad decision as I kept the same gap with him for the rest of the race and couldn't close the gap no matter how I tried. I thought my strength would help in the hard sections and he would die from running too fast, but he ended staying clear by 19 seconds and winning the title. He also beat his PB, so just had a great race. I had a very good race and took 11 seconds off my PB, but felt I could've run faster and perhaps should have stuck with him for longer so I had company and could also attack from his shoulder. In running it is not as important to draft, as in Cycling, but it does help to be close to someone mentally. Also I was at the end of an easy week, but had come off my three biggest training weeks ever (195km, 215km, and 242km of running) and just lacked 5th gear. We both go beaten by another guy who was running the series, so it

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left me with ground to close in the 10 mile.

The leader of the series raced a 10km PB the day before this race and 2nd place in the series was a little sick, so it meant the race could be a little easier. However, I knew if I was going to win and going to take the time back I needed too I was going to have to make it a fast race, a hard race with surges, and also attack a long way out from home to get enough time. Again it was a little windy and the other runners were running really strong. A few times it got strung out and I was wondering if I could hang here, but I knew I had to if I wanted to win the race and try to lead the series. I threw in a few attacks and a couple of fast kilometres where we were 10 seconds faster than the other kilometres and I could hear they were breathing harder, but the other two were still there. My heart rate was good and I was feeling strong, and in the back of my mind I had a plan to attack with 5km to go, but this came unstuck when we were coming up to the 9km mark and I couldn't keep up with the Leader. He just rocketed off a little downhill and along the flat and it was FAST. I didn't want to lose, so I fought back and clawed up to him on the next rise. We were a group of 3 again, but I figured we were all hurting from that burst, and that is also the best time to counter attack, so I wound it up for 500m or so, but nobody was getting dropped. I knew it had to be having an effect on them, but also on me, so I settled back into our rhythm as we passed 10 in a time that was only 10 seconds slower than my 10km race last week. We were flying as this wasn't a super fast course with narrow pathways and lots of turns. We passed 11km and my 5km to go attack point, but with the way the race had going I

wanted to feel good when I went, so I got a drink at the drink station and then waited until we got a long straight. Once we hit it I literally sprinted for 300m. It was a copybook cycling attack apart from I did it on the front. Not so secret, but it had the effect as I dropped the guy who was second in the series. Of course a good attack is pointless unless you keep it up, so I kept pressing. Only to be counter attacked and dropped about 1km later, but this time the attack wasn't so strong so I chased and chased. Just under 1km later I was back with the leader. This lasted until 2km to go and then he dropped me again. We raced at the same distance until the finish and he won by 20secs, but I had put 28 seconds into the other runner. We also were 2 minutes faster than the winning time last year, and a minute faster than the fastest 10mile in the Hella Cup History.

So my key points are:

- Keep close to the opposition
- Watch your key people
- Know their strengths
- Back yourself
- Fight
- Never Give up
- And if you give it everything and do all you can and lose that is ok
- Oh and I will be back to win the 3rd race in two weeks.

Give it everything you have and make sure that you can sleep well that night knowing that you did all you can.

Good luck!

JP

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Mt Wellington Individual results:



Jenna- Bronze & Dion- Silver

U16 Girls:

Jenna 3rd TT
Jenna 6th Crit
Jenna 9th HC
Jenna 4th GC (over all)

U17 Boys:

Dion 2nd Crit
Dion 10th GC

U20 Boys:

Steve 4th TT
Steve 5th HC
Steve 10th Crit
Steve 6th GC

Dan 7th TT
Dan 9th GC

U20 girls:

Chloe 6th Crit

Out & About

There has been a fair bit of club racing happening too, this is a great way to get more race experience, which Jp always say's really helps!

We went to the Auckland 1000, where the big guns race like Gordon McCauley (who won over all) Dion got 3rd in the Under 17 section of the race in a very exciting sprint finish. Well done to those of you who gave it a real go.

Mt Wellington was a real highlight, the weather was perfect. The hill was still steep and the crit a real challenge. The Massey tent was up in all it's glory- thanks to Warren & Greg getting to the races bright & early to grab us a decent spot.

Im sure you will all agree, Dean & Derek did an awesome job getting you all warmed up to the start lines on time. I am informed (by a reliable source) that Dean's prep talks were excellent and got the kids pumped and ready to race.

The usual Massey noise was in full swing- some louder than others- aye Debbie?
Each and every rider bet their best time or place at some point over the 3 days. You cant ask for better than that.

Please remember to bring your black school sports jacket and track pants for prize giving on Sunday 20th after the final race. Prize giving is at St Kents & there will be spot prizes & morning tea.

Captains Report

I hope you are all pleased with yourselves, good effort by all at Mount Wellington, not just with the riding but with the supporting also.

The Sunday before Mount Wellington I raced in the Auckland 1000, held at Karaka. It was a 52km road race (3 laps). It was good to get back into race pace as it had been a few weeks since I had raced seriously. The pace was on from gun. 2 guys broke away so 2 other riders and myself tried to chase them down for over a lap leaving the bunch behind. We couldn't catch them but I was happy to take out 3rd in a sprint finish with a fellow rider that generally bets me.

Now that Mount Wellington has finished our focus is on nationals. While most of you will be competing in the road race on Sunday Jenna, Freya, Ivor and myself will be competing in the 4 stage U17 Tour of Manawatu covering a distance of approx 110km.

A lot of lasagna eating the night before. This is my last year and my goal is to place in the top five and to win a stage. This is a great tour to add to your goal setting list.

It will be a good weekend.

Cheers D

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ROAD NATIONALS

Just over a week to go until we head off to Palmerston North for the final school racing of the year. Here is the itinerary:

Thursday 24/09 0820hrs All meet at Massey Community House opposite the Police Station on Don Buck Road as the school carpark will be chaos. Leave at 0835hrs. Make sure you have breakfast before you go as we will be driving straight through to Taumarunui (280k) for lunch at about 1.00pm. From Taumarunui it is 230k to Palmerston North and we should arrive around 4.30pm. We are again staying at A'Abode motel (06 357 9903) which is at 35 Ruahine Street, next to the Hospital. We will be going for a short ride to loosen up the legs.

Friday 25/09 Immediately after breakfast we will be heading out to Manfield Race Track to have a look at where we are racing the crit and will attempt to ride the track if allowed. From there we will go into Fielding and ride a lap of the road race course (16k). From there it is back to the Motel for lunch. After lunch we head out to Levin (48k) and will have at least one ride over the time trial course (16k). Then it is back to the motel to prepare your bikes for race time. The Tour riders (Dion, Jenna, Freya and Ivor) will be taken on a lap of their race course.

Saturday 26/09 Its an early start as we have to be out in Levin at 0830hrs for the Team Time Trial. We will have lunch out at the course. After the racing its back to the Motel for rest and dinner for the next day.

Sunday 27/09 Its another early start as we have to be in Fielding by 0900hrs for the individual road races. Everyone under 15 does 16k, under 17 does 33k and under 20 does 49k. Again a pre made lunch is out at the course. At the conclusion we head out to Ashhurst to support our Tour riders, who are doing the brutal Tour of Manuwatu. From there its back to the motel.

Monday 28/09 Yes, another early start as we

have to be out at Manfield at 8.00am for racing. The racing lasts all day, as we all stay support all our team racing. We normally get out of there at about 4.30pm. From there the school van(s) head home, normally getting back to Auckland just after midnight. For others it is a decision whether you drive home, or stay somewhere such as Taupo or Palmerston. I can guarantee that parents and kids will be shattered by this point.

Make sure you bring sufficient riding gear and lots of energy. For most this is the biggest racing of the year, so make it count. For parents who are riders, there are several chances for you to ride as well.

Dean

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