



Tour de Ridges

15 December, Canberra

By Heather Davidson

I spent two months over summer doing a summer research project at The Australian National in Canberra. Naturally I jumped at the opportunity to make my international racing debut. My first race was a 5km fun run up Black Mountain (240m ascent) in which I placed 2nd woman, then couple of weeks later I raced a trail half marathon against some world-class runners and came 5th woman.

The Tour de Ridges is 21km with 4 main climbs and a total ascent of 630m. The race organiser kindly sorted out a lift to the start line for me as I didn't really feel like biking 20km in the dark to the start line. The course was mainly foot tracks and fire trails through grassland reserves, not very technical although there were a few rocky places which required care (especially the first two climbs). A few kilometres went through pine forest, but the majority of the course was open grassland.

A 6:30 am start and an overcast sky meant a good racing temperature. I settled into a comfortable rhythm right from the start, taking time to soak in the views. The first two sharp climbs were over within the first half hour. Somewhat unusually for me, there was one lady who kept passing me on the uphill but whom I would catch on the downhill. Normally it is the other way around! I passed people at each drink station as I was wearing my CamelBak and didn't need to stop. The middle section of the course was gently undulating and followed a section of the Canberra Centenary Trail. The number of runners in sight gradually dwindled, and at the one hour mark we hit the 3rd steep climb up through the pine trees onto Isaacs Ridge. I spotted a kangaroo bounding away, and apparently the first runners got to see an eagle sitting beside the track. The descent started off gently and gradually got steeper, and the last couple of hundred metres was a steep tarmac path, which wasn't pleasant to pound down in lightweight trail shoes. Here we were overtaken by a couple of the front runners as this short section had to be done twice. We turned right into the last climb back up onto Isaacs Ridge, which didn't seem too bad, and we were soon pounding back down the tarmac. This time we turned left and headed for home. This point also served as the turnaround for the 10km course so from here on we were constantly passing other runners.

The remainder of the run was fairly flat and I ramped up the pace a bit. With 4km to go there was a short rocky downhill and I managed to catch my toe on a rock. I almost managed to regain control but I had too much momentum and took a tumble. However, I practically bounced back up and kept running! A few grazes on my leg but nothing serious, although by the time I finished it looked fairly impressive. After that I placed my feet a bit more carefully while still keeping the pace up. With 1km left I managed to drop one of the guys I had been with for the last hour (the other one had bonked a short time previously) and put everything I had left into the effort. I finished in 1:57:45, 5th woman and 44th overall (out of 103).



Coaching

Sean Murphy will be running a 4-week block of coaching sessions on Sunday mornings, starting **Sunday February 9th**. On the water at **9am**.

Cost: **\$40** covers all 4 sessions.

Contact Sean on 021 482 006 or email rhodos@ihug.co.nz

Kaimai Classic Discount

The **Earthwise Kaimai Classic** is the Bay of Plenty's iconic 73km **multisport** adventure for individuals and 2 – 5 person teams and it's back for Anzac weekend **Sunday 27 April, 2014**.

Plus, introducing the new 52km (no kayak) short course and 5km, 10km & 15km trail runs at McLaren Falls Park.

You can read more about the event at www.kaimaiclassic.co.nz but in a nutshell it starts at McLaren Falls Park on the out-skirts of Tauranga with a 5km off-road run, followed by a 15km mountain bike through McLaren Falls trails (usually closed to mountain bikers!) and the Ruahihi Canal, 10km kayak down the Wairoa River, 14km run through farmland & orchard with a bonus river crossing, 27km road cycle through the back-roads of McLaren Falls to finish with a friendly 2km run (for the whole team).

We'd like to offer a 20% discount to WCMC members for January & February entries!

Just use the code "CLUB" when entering online at www.kaimaiclassic.co.nz to apply the 20% discount.

Please send in your race reports, photos and articles. Whether it was a race, an interesting training session or an adventurous holiday, we would love to know what you've been up to!

Contributions can be emailed to: club@wcmc.org.nz

Monday Night Training Sessions

On the water at 5pm

Phone Richard Couchman
818 2580

earthwise asking for your world
kaimai CLASSIC
15km MTB + 10km Kayak + 27km Cycle + 5km, 14km & 2km Runs
SUNDAY 27 APRIL 2014
BAY OF PLENTY
73KM MULTISPORT
NEW! + 52km (no kayak) short course
+ McLaren Falls Trail Runs
Teams & Individuals - ENTER NOW!
20% off Jan/Feb
Promo code: **CLUB**
"like" us on [facebook.com/EventDayNZ](https://www.facebook.com/EventDayNZ)
www.kaimaiclassic.co.nz

Club Executives - 2013/2014

| | | | | | |
|----------------|---------------|--------------|--------------|--|-------------|
| President | Terry Newsome | 021 074 8485 | Club Captain | Phill Exeter | 09 420 9343 |
| Vice President | Erika Currie | 027 434 5946 | RIB Manager | Terry Newsome | 09 273 0173 |
| Treasurer | Jim Davidson | 021 648 085 | Secretary | Heather Davidson | 09 827 5780 |
| Multisport | Mike Conza | 021 667 497 | Email: | club@wcmc.org.nz | |

New Members: contact any of the Executive for general information or assistance on club matters.

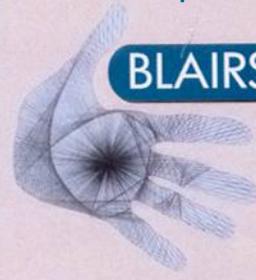
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(09) 834 3851
 M 021 626 966
 Roskruge@orcon.net.nz

*Classified Advertising Rates:
 \$10 per issue for a business card sized ad.
 Email club@wcmc.org.nz for enquiries.*

Events Calendar ~ February - May

| | | | |
|----|----------|--|---------------------------------------|
| 14 | February | Canoe Sprint Champs - Rotorua | canoeracing.org.nz |
| 14 | February | Coast to Coast - Iconic NZ multisport event | coasttocoast.co.nz |
| 22 | February | Kururau Krusher - Taumarunui multisport race | eventday.co.nz/events/kururau-krusher |
| 8 | March | Tararua Mountain Race - Trail run across the Tararua Ranges | tararua-race.org.nz |
| 15 | March | ARC - 24, 12, or 8 hour adventure race around Raglan | arcevents.co.nz |
| 22 | March | The Dual - MTB or run on Motutapu & Rangitoto Islands | thedual.co.nz |
| 29 | March | The Hillary - 80km ultramarathon through the Waitakere Ranges | thehillary.co.nz |
| 29 | March | King of the Harbour - Ocean ski racing on the Waitemata | kingoftheharbour.co.nz |
| 4 | April | Mountains to Sea - The classic 3-day multisport race is back | m2c.kiwi.nz |
| 5 | April | Northern Crossing - 8km run, 80km cycle, 8km run, 12km kayak | northerncrossing.co.nz |
| 5 | April | NZ Marathon Champs - Lake Karapiro | canoeracing.org.nz |
| 12 | April | XTERRA - 1km Swim, 29km MTB, 11km Trail Run | xterra.co.nz |
| 26 | April | Cape Brett Challenge - 40km Trail Run | capebrettchallenge.com |
| 27 | April | Kaimai Classic - 5km Run, 17km MTB, 11km Kayak, 23km Cycle, 11km Run | |
| 24 | May | The Big O - 35km Trail Run around Lake Okataina | lacticturkey.co.nz |

For more events visit www.wcmc.org.nz



Submarines

- Fraser - Crossing the finish line at Ray Baker #2
- Fraser (again)- Trying to get a good handicap for RBHS #4
- Dave - Ran into submerged pole
- Herve - Waiting for his start

Booking Club Boats

Use from the Club is free.

Away from the Club:

Daily Hire is \$50, with the inclusion of buoyancy aid, paddle and spraydeck. Fibreglass boats must not be taken on rocky rivers.

Rules

Club Hire

- You must fill out the online form or contact the Club President, Terry Newsome (021 074 8485)
- Pay for the hire before you take the boat and accessories.

As this is not a commercial venture but a service to the Club members, we request that you report any damage to the boat or accessory equipment to the President immediately upon return of hire. Neglecting to do this will affect your right to hire equipment in the future.

If any damage to club gear occurs during the period of your hire you must pay for the repairs.



CLUB KAYAK TRAINING

6:00pm Wednesday time trial/race

5:00pm Friday Night of Pain

7:30am Sunday endurance based session.

Check with Phill for details

Coaching available Sunday.

It's fun, social and extremely beneficial to you.

We would love to see you there!

Or by appointment -

Call Phill 09 420 9343

Date

High Tide

| | |
|----------|-------|
| Wed 5/2 | 12:39 |
| Wed 12/2 | 18:54 |
| Wed 19/2 | 23:41 |
| Wed 26/2 | 17:24 |
| Wed 5/3 | 23:46 |

Date

High Tide

| | |
|----------|-------|
| Sat 1/2 | 09:16 |
| Sat 8/2 | 15:13 |
| Sat 15/2 | 08:45 |
| Sat 22/2 | 13:25 |
| Sat 1/3 | 08:02 |

