

Subject: North Harbour Cycling Club March 2010 Newsletter

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NORTH HARBOUR CLUB

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March 2010 NEWSLETTER

Ramblings from the President

I'm writing this from Invercargill where the National Age Group Track Cycling Champs are underway. There are some great performances from Auckland and North Harbour riders that we will do a wrap on once the champs are complete.

A couple of things to cover in this news letter: changes to our road racing schedule and an invitation to participate in a university study for our 13 – 18 year old riders.

As I write this, another group of riders is heading from Bluff to Cape Reinga. Amongst them are riders well known to the North Harbour Club – Tod Penberthy (NHCC Committee member), Geoff Chillcott and Steve Northey – amongst others. They are raising funds for Hospice so I encourage you to follow and support them through their blog spots over the coming weeks.

The big issue we are dealing with as a club at the moment is time availability to organise the club events and the proactive and willing assistance of volunteers at our events. Whether it is for you to ride in or your child/children, these events need your help to run. It would be so much easier if we had a database of willing volunteers rather than having to go "shoulder tapping" every week. Please respond to me or the committee indicating your willingness to help.

The committee will be investigating other ways of resolving the back ground organisation issues and will let our members know our thoughts in due course. Please let me know if you have any ideas.

We will be having our AGM and prize giving shortly. Will let you know where and when in the next couple of weeks.

2010 Race Programme

Cheers,

Graeme Wilson
 President NHCC

A Change
 Due to a number of factors, not the least being the time and logistics required to organise and run each of our events (traffic consents, race day management etc...) we have had to cancel the first race of our Autumn series. This will now be 2 races only on March 21st and April 18th.

North Harbour Cycle Club has sent you this e-mail newsletter to keep members informed of club news and events. Should you no longer wish to receive this newsletter please send an [e-mail](#) to be removed from our list.

North Harbour Stadium Criteriums

This will continue to be NHCC's core summer racing event. This is split into the pre-Christmas spring series and the summer series in the first quarter of the New Year.

Autumn Road Race Series

Consisting of 2 races over late March and April, this will be a key build up for club members before the April/May Club Road Nationals. We will have prizes for both individual races as well as the series. To be eligible for the series awards a rider will be required to have ridden in both races.

North Harbour Cycling Club Junior & Schools Tour

This event was successfully held for the first time in 2009. 2010 will see another fantastic event in support of the great talent pool of Auckland junior and school riders. We have brought the dates for this event forward to May this year to fit with a busy schedule and hopefully some better weather than last year!

Winter Interclub Challenge

Consisting of a 4 race series in July and early August. We will be inviting our great rival clubs to come and take us on on our roads. We will have both prizes for individual races, individual series and the champion club. Races will be a mixture of individual and team based events. Watch this space for more information.

Auckland Road Championships

North Harbour plays host to the 2010 full distance road champs in October.

Other

We will also be looking to hold a number of races with innovative formats to cater for both our core club riders as well as the many weekend warriors out on our roads. More information will come closer to the events.

MONTH	DATE	TYPE RACE	VENUE
FEBRUARY	2nd	Criterion	NH Stadium
	9th	Criterion	NH Stadium
	16th	Criterion	NH Stadium
	23rd	Criterion	NH Stadium

MARCH	2nd	Criterium	NH Stadium
	9th	Criterium	NH Stadium
	14th 21st	Autumn Series Autumn Series	Taupaki – Taupaki Rd/Nelson Rd Taupaki - Full McIntee
APRIL	18th	Autumn Series	Kumeu - full Access Rd
MAY	15th a.m.	Junior & Schools Tour	Kumeu - TT
	15th p.m.	Junior & Schools Tour	Kumeu - Full Access Rd
	16th a.m.	Junior & Schools Tour	NH Stadium - Crit
	16th p.m.	Junior & Schools Tour	Taupaki - McIntee & Nelson
	30th	Something different?	Kumeu
JUNE		No Racing	
JULY	11th	Winter InterClub Challenge	Taupaki - McIntee
	18th	Winter InterClub Challenge	Kumeu - Full Access
	25th	Winter InterClub Challenge	Taupaki - McIntee
AUGUST	8th	Winter InterClub Challenge	Taupaki
	29th	Criterium	NH Stadium
SEPTEMBER		TBA	
OCTOBER	3rd	Club TT Champs	Taupaki
	5th	Criterium	NH Stadium
	10th	Club Rd Champs	Kumeu
	12th	Criterium	NH Stadium
	16th	Auckland Road Champs	Taupaki
	17th	Auckland Road Champs	Taupaki
	19th	Criterium	NH Stadium
	26th	Criterium	NH Stadium
NOVEMBER	2nd	Criterium	NH Stadium
	9th	Criterium	NH Stadium
	16th	Criterium	NH Stadium
	23rd	Criterium	NH Stadium
	30th	Criterium	NH Stadium
DECEMBER	7th	Criterium	NH Stadium
	14th	Criterium	NH Stadium

Other Upcoming Events

2010 Club Road Nationals

RaboPlus New Zealand National Club Road Cycling Championships

Hawkes Bay

Thursday 29th April to 2nd May 2010

Club Road Nationals -

<http://www.bikenz.org.nz/Article.aspx?ID=4461>

Get this one in the diary now. Team North Harbour Cycling is looking for a great representation and are looking to develop an excellent team approach to our representation at this event. We will keep you posted as we develop our ideas more.

'An Investigation of the Influence of Differing Interventions on the Anxiety, Enjoyment, Commitment and Subsequent Performance of Athletes'

North Harbour Cycling Club has been approached by Massey University researcher Kate Mitchell to help her with a project aimed at reducing pre-performance anxiety in cyclists (things like feeling nervous and telling yourself that you are not good enough to do well). This study aims to improve your cycling performance by teaching you methods that will reduce anxiety and increase your feelings of enjoyment and commitment to cycling.

Kate is looking for males and females, aged 13-17 years old, to participate in a study which begins in April and ends in September. All participants will undergo VO max testing in the Massey University laboratory before the study commences. Participants who are assigned to a mental-skills training group will attend one 30 minute session per week for ten weeks, which will help them think more helpful thoughts (I have trained hard for this race and deserve to do well), or reduce feelings of nervousness (such as butterflies in the tummy).

Participants will also compete in 6 ten kilometre time trials, one each month from April to September. The aim is to improve your time, using the mental skills which you have been taught. Before each race, participants will be asked to fill out a questionnaire, which will take 10 minutes. This asks about levels of anxiety, motivation, confidence, and a range of other factors which could influence your performance.

It is important that this study fits in with your training and your daily routine, so we will be arranging training sessions and races to suit you.

All participants go in the draw to win fantastic prizes, with a prize for the fastest male and female rider overall and a prize for male and female most improved. There will be a small prize for every rider who competes, and all participants will receive their own manual for how to perform mental skills training.

Please contact Kate Mitchell on k8ymitch@hotmail.com, or text/call on 021 809980 if you are interested in taking part. If you do not advise us otherwise, we will be sending you information sheets about the study in a few weeks.

That's all for now. I look forward to hearing from you should you have any opportunities for us to further develop North Harbour Cycling.

Kind regards,

Graeme Wilson
President NHCC
029 200 7841

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