



CALLIOPE CAPERS

22 AUGUST 2018

WEDNESDAY NIGHT RUNS

Maps can be found here

<https://www.calliopeahc.org/running-routes-road.html>

August 22nd

Road – Birkdale – Glenfield Mall

August 29th

Road – Twin Views (aka The Kiwi)

September 5th

Road – Sylvan – Oceanview - Coronation

DONUT RUN: Sunday August 26th

The route takes in part of the Devonport Half Marathon course and is great training for those who have entered this event. Meet at Little and Friday cafe, [43 Eversleigh Road](#), at 7:30 am for a 15k run (plenty of shorter/longer options available) and coffee/donuts afterwards. See Sara D for more details.

It's not an official event, just a casual Sunday run, but this will be the third year we've done it as a training run for the Devonport half, so people might be interested.

Sara D

Map and link for the run: https://www.calliopeahc.org/uploads/4/6/3/2/4632467/donut_run.pdf

Results Athletics Auckland Grand Prix 6, Auckland Road Champs, Calliope Road Champs, Sunday 19 August 2018

U 18 Women 5000m		
8/11	Natasha Gordon	22:47
MW55 5000m		
4/4	Sarah Fairley	29:32
MM40		
2/8	Simon Mace	34:29
SM60 10000m		
3/6	Steve Fairley	43:36

Membership Fees

A reminder that club membership fees are now long overdue, fees are meant to be paid **before the end of May** each year.

The instructions to pay your fees are found on the club website

https://www.calliopeahc.org/uploads/4/6/3/2/4632467/online_registrations_instructions.pdf

There are still some people still outstanding as of this date.

NEWS FROM NAPIER.

During July, it what could be termed a fit of madness, I entered a duathlon. It was one of series all based around a 1km lap for running and 7km per lap road cycling. As a first timer I entered the short course of the three available. This consisted of two laps around a vineyard, then two laps on the bike, followed by another two laps running, a total distance of 18 km. The two longer events were made up of additional running and cycling laps.

Still not used to the time it takes to get around the Hawkes Bay, I was the first competitor to arrive at the event. This was however a blessing as the race director took time out to talk to me about the event. I was unaware that in the transition area you must have your bike helmet on and done up before you take your bike off the rack. The same on returning the bike. Also there were markers on the road indicating where one could mount /dismount the bike.

So, a mass start and a steady two laps around the vineyard. This had recently had the vines pruned so one had to be careful not to trip on the cuttings. Then onto the bike. I have a soft mountain bike and really struggled. Heavy bike, off road tyres and sitting upright with more wind resistance than a road bike. Was passed constantly, although managed to hang on behind one woman for a while.

When I got off the bike for the last 2km run my legs were like rubber, only the bike held me up. I have since been told this is not an unusual thing and you should train for the transitions. The final 2km running was rather weird as I seemed to be the only person in the vineyard. Then it was all over.

This series of duathalons has no prizes for placings, only spot prizes. The place getters' names are read out and I was absolutely flabbergasted to hear I was first in the men's "Legends" group, the OAP/Walking Dead/Grey Power category. However, when the full results were published, I was somewhat deflated as there were only two of us in the particular group. I have now joined the Tri Club as a volunteer. There is no sub payable but after helping at a number of events, you are given a free entry to a race. That suits me at this stage. Also I have been checking out the price of road bikes!!

On Sunday 19th I completed my first assist at a tri event, a duathlon which was a teams event. Surprisingly I won a spot prize as all volunteers are eligible. Part was a voucher for a bike shop, great, and other was a booklet-How To Use a Heart Monitor When Training/Racing in a Triathlon! About as much use to me as a Botox treatment!

So next on the agenda is the Red Stag in September. Following a break in October I plan to compete in the run up and down Te Mata peak which is on in November, called The Peak Trailblazer. If you can picture an extended King & Queen of the Mountain but on tracks similar to Eskdale bush, that's it. Last year I walked the event so I roughly know the course.

All for now.

John Rhodes at jrracing53@gmail.com [18 Jervois Rd, Jervoistown, Napier 4112](https://www.google.com/maps/place/18+Jervois+Rd,+Jervoistown,+Napier+4112)