



2014 OTB Tour de Massif Central (Ile du Nord) update

Dear Riders

This is the last communiqué for the Tour and details the final arrangements and makes a few suggestions as to what to bring and sort out before the 17th October.

What to do now

- Bike service
- New or near new tyres, brake pads and cleats
- Read the ride [Ethos/Safety](#) page on the web site
- Continue that extra training - it will pay off
- Download and signup for Strava (it's so easy to do)

Clothing required & the weather

It might be very cold. We are riding up a mountain, so this is not a shorts and shoes ride in summer. You need to bring booties, tights, headwarmers, multiple warm gloves, good jacket, etc. You should expect to need to change into dry clothes midway through the day.

We can make no promises on the weather. Worst case we might not be able to ride. (Bring a pack of cards, Gavin, pack the karaoke machine)

What to bring

Pack light, include six changes of riding gear (or be prepared to wash)

A day pack or bag for leaving in the support vehicle:

- suitable riding attire for all conditions, shoe covers/booties, arm and knee warmers, gilet, jacket, short & long gloves etc.
- warm jacket and comfortable shoes to wear during breaks
- a set of dry riding gear to include in day bag, particularly useful for the mountain top finishes where the down hill may be very cold.
- other: chamois cream, sunscreen etc
- two spare tubes
- bike cleaning rags/wipes etc
- bring your front light, rear red lights and any required chargers
- togs (for hot pool at [Powderhorn](#))

The support vehicle(s) will have some tools, bike stand, a floor pump and limited spare parts for roadside repairs

Bring your own preferred ride food and drink supplements. You will not need to bring much ride food as there will be regular stops. The support vehicle will carry extra water.

Ride Pacing

We have seeded you into groups. For some sections of the ride we will set you off in graded groups of similar pace. For other parts of the ride, we will have mixed ability by teams (see team/grade list below).

We will modify the groups as required and to suit the conditions. There are likely to be parts of the ride, pushing into the wind, say, where stronger riders will need to sit on the front and ride at a pace that accommodates the slowest riders. If you're a stronger rider, please be considerate of the needs of others. Similarly, please don't be offended if we ask you to take a stint in the car if progress is too slow.

Using Strava for Timekeeping

The two rides up the mountain, and potentially others, will provide a competitive element for those who want it. There is no pressure to compete.

We want to use Strava to make the timekeeping easy. Strava is an app which uses the GPS on your phone to record your time over defined segments. It is incredibly easy to use.

If you don't already have Strava, please go to the App store on your iPhone or to Google Play on your Android phone and download the free Strava app. Once you have it downloaded, open it and signup with your email address and a name we will recognise and select cycling as your primary sport. That's all you need to do, takes less than 3min to set-up.

When you want to use it, simply open the app, select the record tab at the bottom of the screen and press the orange button to start recording. Strava is hard on the battery, make sure your phone is fully charged each night, shut down apps running in the background and we recommend you turn the data off to preserve battery life.

When you've finished your ride, you stop the recording and save the ride (you'll need to have your data on to upload the details).

We will then be able to see comparison times to determine a KOM and QOM, Vet, first female and first male etc.

Support Vehicle (SV)

Each ride stage will have either one or two support vehicles, dependent on stage length/difficulty. Support vehicles drivers will be provided from each Team on a rotation, or by volunteers, or lastly names drawn from a hat.

Friday Départ (arrival in Ohakune)

Travel time Wellington to Ohakune is approximately 3:45hr non-stop, so you need to get away by 8am.

Our accommodation is at the [Powderhorn Chateau](#) located at 194 Mangawhero Tce (Bottom of Mountain Road), Ohakune, (see map below) Phone: +64 6 385 8888

You need to plan to arrive in Ohakune by noon, grab your lunch in town and get checked in at the [Powderhorn](#) and be ready to ride by 1pm.

On arrival we will hand out your rider name bibs and sort out the four groups in order to manage on road safety logistics, we will hold a short pre-start safety briefing in the car park and get under way soon after 1pm.

Each group has been assigned a designated group leader (Captain) to manage the on road action (ie know where they are going) and address any issues that may arise.

For the hilly sections, on days 2 & 3, the Groups will be organised by grade 1,2,3 the slowest group will set off first with an appropriate spacing so we all arrive at the top about the same time.

Grading and time gaps will be reviewed as we go each day to tune up the smooth running of the tour and ensure everyone gets to the destination at about the same time and in good condition.

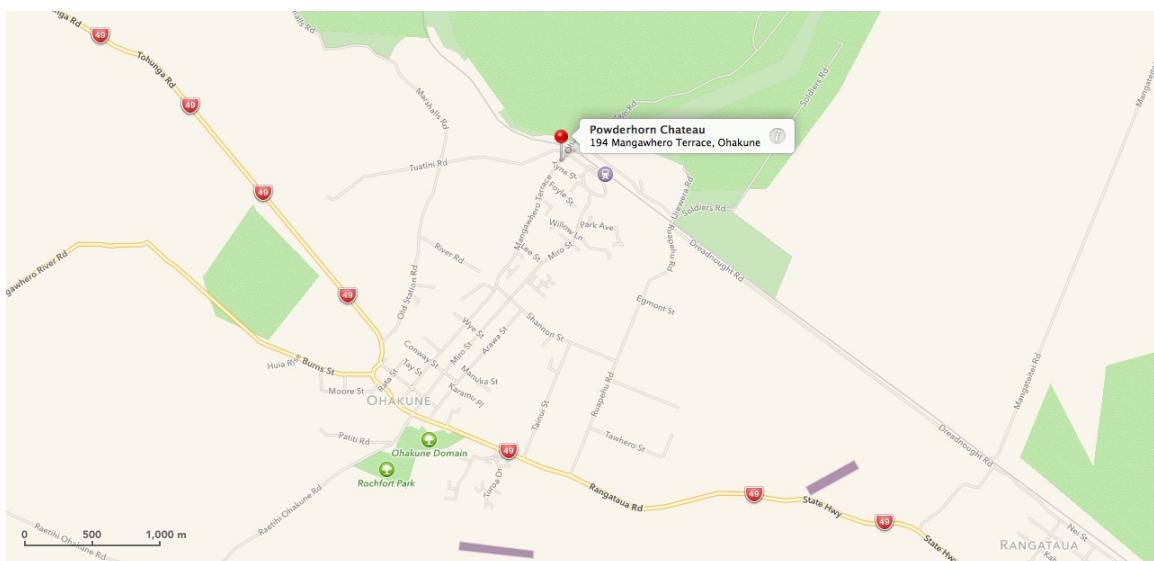
Total distance 400km
Total ascent 7,186m

Bon Courage

Frank Geoghegan
021 666 816
Directeur Sportif

Attached:

1. Itinerary
2. Team List
3. Tour Ride Rules



Itinerary

Day 1 Friday 17th October

1pm Welcome and ride briefing

Stage 1: Ohakune- Pipiriki (Whanganui River) return ~2.5-3hrs

Mixed ability grouping by Teams, departing 1-2min apart

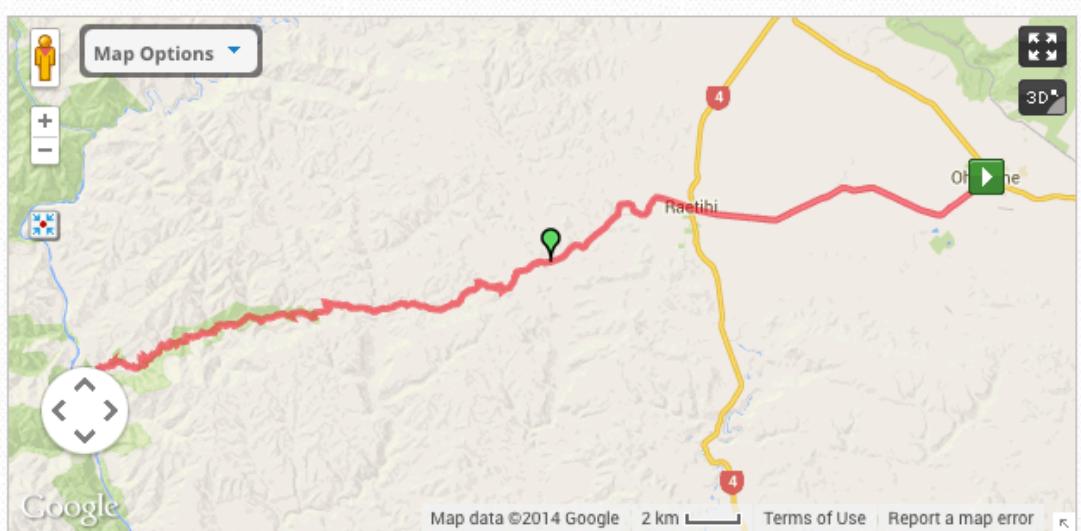
Support Vehicle Driver: volunteers for this initial stage

DESCRIPTION: This is a 75km out and back ride from Ohakune in our neutral ride Groups

<http://www.mapmyride.com/routes/view/396407766>

Drinks in the Bar post ride

7pm Dinner at the Powerderhorn



Day 2 (morning) Saturday 18th October

Breakfast from 7am at the Powderhorn

Stage 2 : Fields Track loop ride time ~ 3.5 - 4hrs

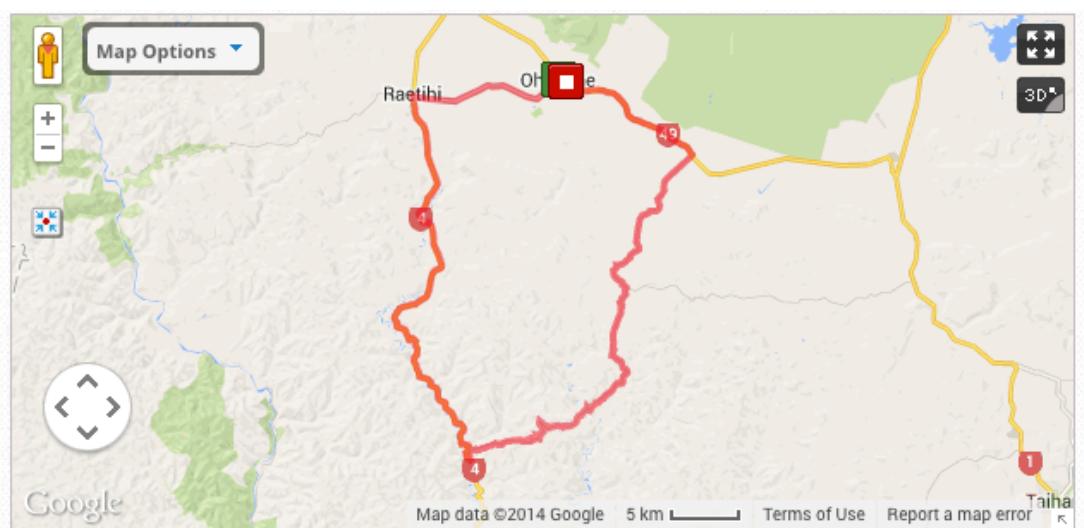
Start time 9am: briefing handicap start based on graded groups,

Support Vehicle Drivers : Team Ruapehu and Tongariro

DESCRIPTION: This is a hilly 90km out and back ride from Ohakune,

<http://www.mapmyride.com/routes/view/391573550>

Lunch in Ohakune at own arrangements



Day 2 (afternoon) Saturday 18th October

Stage 3: Turoa Ski Area access road (also known as the “Kune”)

Start time 2pm – Handicap start based on graded groups. The start times will be set to try to get all riders to arrive at the top at about the same time.

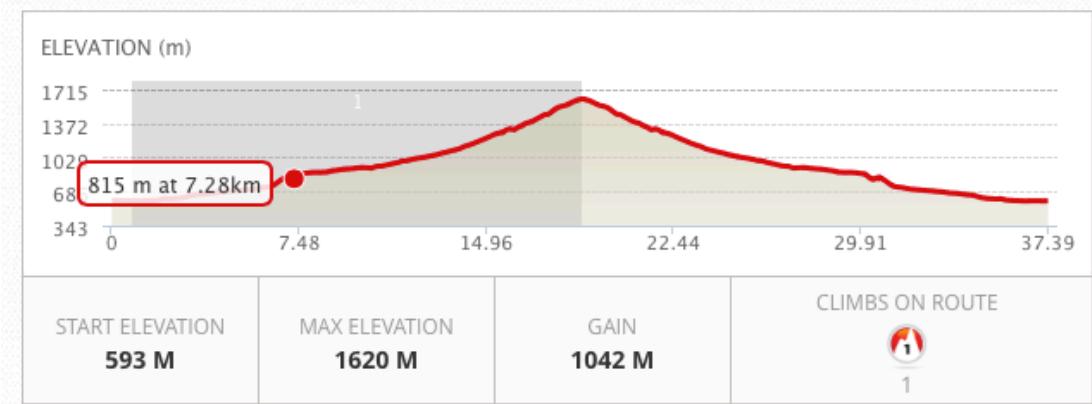
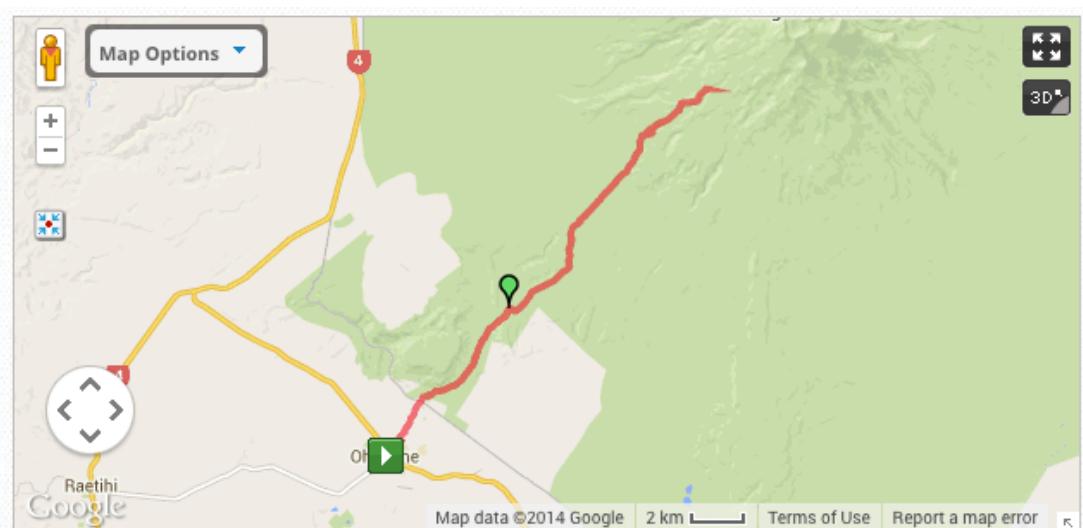
Support Vehicle Driver: Team Ngauruhoe

DESCRIPTION: This is a 37km up and down ride from Ohakune.

This is NZ’s only HC paved ride. A real bucket list ride that will take the fastest guys about and hour and others up to 2 hours to get to the top..but what a great downhill. The climb itself is 18km at 5.6% average,

<http://www.mapmyride.com/routes/view/390649254>

Drinks in the Bar post ride
7pm Dinner at the Powderhorn



Day 3 Sunday 19th October

Breakfast from 7am at the Powderhorn

Stage 4: Ohakune- Top of the Bruce return

Start time 9am for race briefing:

1. Mixed ability grouping by Teams, departing 1-2min apart to Whakapapa Village
2. Graded handicap start for the Cat 1 hill climb section up to Top of the Bruce

Support Vehicle Drivers: Team Tauhara and Ruapehu for the outbound leg and Tongariro and Ngauruhoe for homeward leg

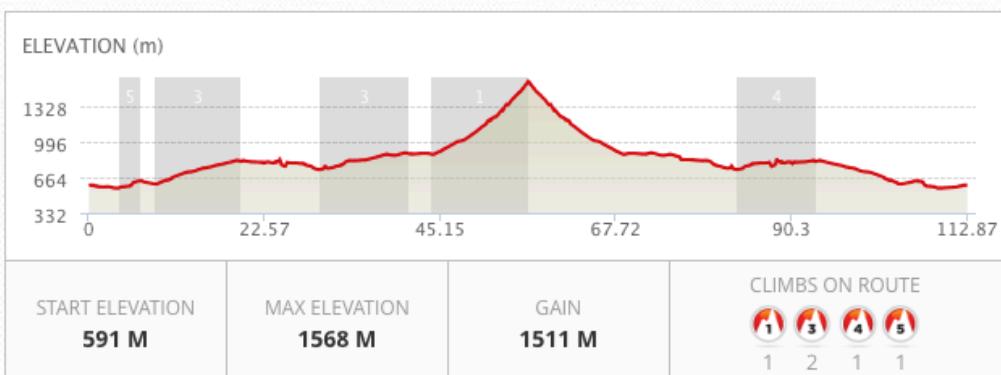
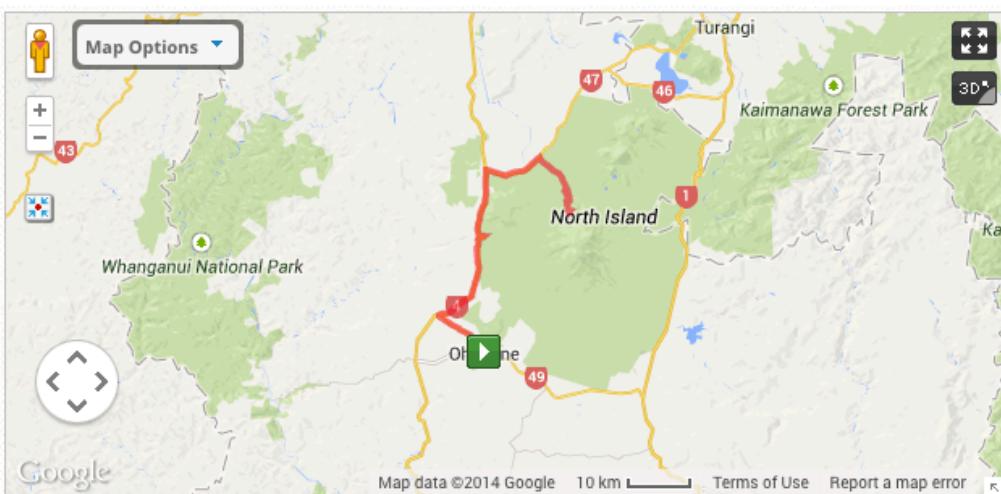
DESCRIPTION: This is a 112km out and back ride from Ohakune. We have a 12km Cat 1 climb of avg 5.1% from Whakapapa Village to the Top of the Bruce.

<http://www.mapmyride.com/routes/view/390668332>

Lunch own arrangement at Whakapapa Village

Drinks in the bar at the Powderhorn after the ride

7pm Dinner in Ohakune at the Cypress Tree Restaurant



Day 4 Monday 20th October

Breakfast from 7pm at the Powderhorn, check-out by 9am and drive to Taihape, ~45min) and park in Huia Street (near New World and Exchange café)

Stage 5 Taihape - Rangitikei River (Gentle Annie teaser) Return

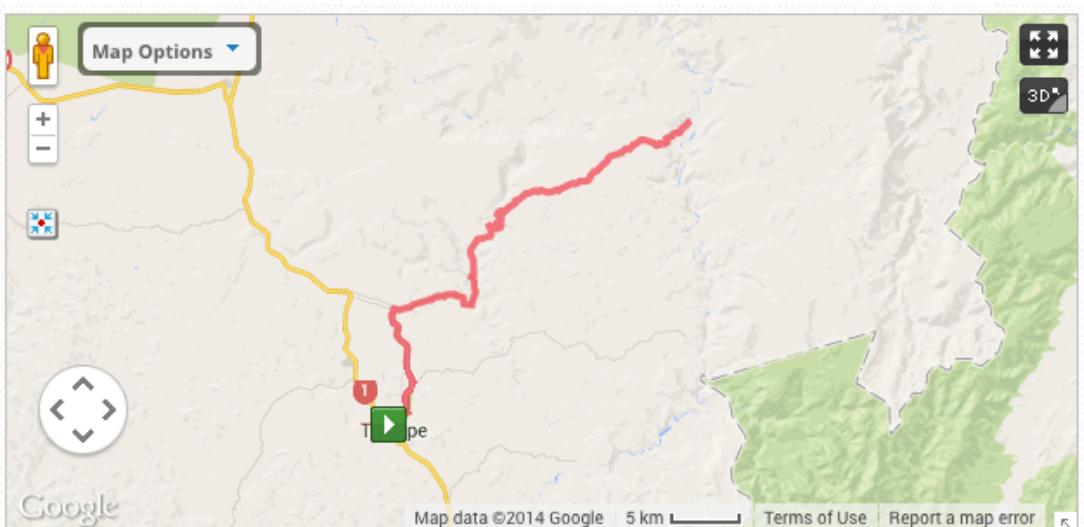
Start time 10am: Graded handicap start

Support Vehicle Drivers: Team Tauhara

DESCRIPTION: This is a 83km out and back ride from Taihape.

<http://www.mapmyride.com/routes/view/390661896>

We ride to the Rangitikei River have a rest/food stop and return to Taihape to have a late lunch at own arrangements and drive back to Wellington (~3hr)



Team List

First	Last	Grade	Group	Leader
Neil	Pardington	1	Ngauruhoe	
Ric	Van Weede	1	Ngauruhoe	Captain
Tim	Goodall	2	Ngauruhoe	
Richard	Martin	2	Ngauruhoe	
Philip	Orchard	2	Ngauruhoe	
Jonathan	Paape	2	Ngauruhoe	
Pia	Raudkivi	2	Ngauruhoe	
Malcom	Standrill	2	Ngauruhoe	
Liz	Tomlinson	2	Ngauruhoe	
John	Hedge	3	Ngauruhoe	
Leta	Kane	3	Ngauruhoe	
Sandy	MacFarlane	3	Ngauruhoe	
Jamie	MacKay	1	Ruapehu	
Steve	Strain	1	Ruapehu	
Paul	Barnes	2	Ruapehu	Captain
James	Betteridge	2	Ruapehu	
Gillian	Bruce	2	Ruapehu	
Gregor	Bruce	2	Ruapehu	
Ross	Buckley	2	Ruapehu	
Ollie	Gilbert	2	Ruapehu	
Jo	Leech	2	Ruapehu	
Rick	Holmes	3	Ruapehu	
Rebecca	Speirs	3	Ruapehu	
Neil	Stodart	3	Ruapehu	
Gavin	Cho	1	Tauhara	Captain
Mike	Faherty	1	Tauhara	
Mike	Revell	1	Tauhara	
David	Comans	2	Tauhara	
Kara	Daly	2	Tauhara	
Dave	Flynn	2	Tauhara	
Dave	Levick	2	Tauhara	
Marty	McDonnell	2	Tauhara	
Alan	Moss	2	Tauhara	
Stephanie	Revell	2	Tauhara	
Tim	Blackmore	3	Tauhara	
Helen	Bradford	3	Tauhara	
Mike	O'Sullivan	3	Tauhara	
James	Barnsley	1	Tongariro	
Shane	Collett	1	Tongariro	Captain
Rachael	Cunningham	1	Tongariro	
Andrew	Elliston	2	Tongariro	
Frank	Geoghegan	2	Tongariro	
Jo	Geoghegan	2	Tongariro	
Ross	Jackson	2	Tongariro	
Mike	Phillips	2	Tongariro	
Kath	Tate	2	Tongariro	
Mike	Bazalo	3	Tongariro	
Gary	Delbridge	3	Tongariro	
David	Lloyd	3	Tongariro	

4 Day Tour Rules and Guidelines

(the fine print)

Choosing to ride the tour means you consent to the following rules and guidelines.

1. OTB ETHOS and [etiquette](#) applies at ALL TIMES.
2. Everyone must adhere to the NZ road rules at all times.
3. An approved safety helmet must be worn at all times while riding.
4. Entrants also accept that they ride at their own risk and will not hold the organisers liable, financial or otherwise, for any direct or indirect loss, injury or death which might be sustained from participation in this event or its related activities – this includes excessive alcohol consumption at post ride functions.
5. Entrants acknowledge that this is a bunch ride for fun and that there will be no racing. These are training rides designed for endurance, conditioning and above all enjoying the time with your fellow OTBs.
6. Pace: There will be no racing although there will be the opportunity to stretch your legs for a King of the Mountains competition – but only if you want to.
7. Some individuals may be asked to take leads in particular sections. Please don't be offended if you are not asked, we are trying to ensure safety in some of the higher risk areas such as SH's and also to maintain a comfortable pace for the whole bunch. If it gets windy our Grade 1 riders will be called forward to lead.
8. We will ride in 4 groups of ~12, we will be riding in single file when called by the Team Leader
9. In the event of punctures or mechanicals, a larger group needs to stop for the rider to assist with repairs/recovery and help to catch up with the bunch. It may be desirable for the whole bunch to stop; the leader at the time will make the call. Otherwise, normal rule of minimum 2 riders stop with puncture victim – those beside and the pair immediately behind.
10. It is a prerequisite that all riders warn others of hazards on the road by making clear visual and audible signals. Punishment to those who breach this code will require them to furnish their fellow riders with many free drinks at the post ride de-briefing.
11. There will be a lead vehicle and on some stages a lag vehicle to act as trail safety vehicle and sag wagon. If you are struggling, don't be too proud to make use of the vehicles to recuperate – volunteer drivers are always welcome. If you are asked to abandon your ride and get in the support vehicle by the group leader please comply, this will be for the overall benefit of you and the group.
12. No i-pods or similar to be used during the ride.

13. On busy roads, the support vehicles may be parked off the road ahead of and behind the bunch to warn other road users. On quieter roads, they will be driving in closer proximity. The tail end vehicle in particular needs to have a reasonable distance between it and the bunch to warn vehicles approaching from behind with enough time for them to react safely.
14. Support Vehicles. When you drive the SV, please travel behind the last bunch, but don't drive slowly at their pace. Pull over and stop for a while, then drive until you catch up, before pulling over again. Pull over and stop if someone has a puncture, so that you can give them a tow up to the bunch if necessary. Make sure you take off your cycle shoes - don't attempt to drive with cleats. We have maps indicating the route in the SV.