



Taupo “Sub 5” Strategy workshop

GENERAL

- You must be capable - the group cannot carry you around
- Let one of the group know if you are dropping off
- This is a plan – it won't survive the first 40km but it sets the framework for the ride
- Some may just have an off day - Sh_t does happen sometimes but there is no shame in that.
- Keep this in perspective - there will always be another opportunity if you cannot complete your goal today
- Forget about the time - ride to how you are feeling. I'll be watching the average time.
- Don't give in the first time you are stressed and struggling - you may recover to ride a blinder.
- Punctures & Mechanicals - you're bugged! As far as the Sub 5 group are concerned anyway. Once you get going again, look for another group to slot into or form one up.
- Food and hydration - you should know what you'll be using/taking. Only advice I'll give is to NOT try anything different and drink plenty of water on Friday perhaps with a Nunn tablet or similar in so you don't flush too many of your bodies minerals out. Use a 3rd disposable bottle to start with, dispose of wherever bystanders are obviously going to tidy up, then stick your 3rd bottle in the carrier from your back pocket.

THE RIDE

Meet at OTB tent 7.15am

FIRST 100km

- Ride up the first hill on your pedals to get the heart going and warmed up. Rest after the first turn and recover. We will form a control group at front so we can control the pace, however you MUST stay near the front 20 or you will be yo-yoing. It's far more dangerous further back in the field. If you go on the front, do so briefly - let the workers do the work.
- If we catch another group - we go past them and do the above.
- Don't hang back - you might find the rest have gone on without you.
- We will ride up hills at a moderate pace - say about 80% (that's very subjective I know) We ride downhill at 90% - if on the front, you need to pedal. You must be near the front on the downhills or you may end up braking before you get to the bottom.
- Power into the bottom of a hill and continue powering up the other side of it - this uses your momentum to maximum effect and will get you over many rollers without having to grind it out too much. But you'll have to be near the front to be able to do this - it only takes a couple of riders to roll out their speed up the hill to slow everyone down behind them

- On the flat we'll be going pretty hard - it's where the most distance is covered and where our average time will make or break the overall attempt.
- Stay in the front 20 or you will be yo-yoing. Let workhorses do the work unless you feel like you have plenty of stamina.
- Even the workhorses will need a break every now and then. It's imperative that you hold the wheel in front closely but staying safe - i.e. to one side or other of that wheel in front.
- On longer hills, we'll regroup on the tops. We won't necessarily stop but will slow down to enable a quick re-group. If you are a slow descender keep going down the next hill ahead of the rest.
- The starting group WILL split - it's inevitable and it will be at the top of the longer hills that this will happen. If feasible, we will try to leave a Helper behind if there are a number trailing.

FROM TOKAANU

- Stuff your face with sugar/food at the top of Kuratau hill before starting the descent. You won't get a chance while descending.
- Spin your legs out during the Kuratau descent to work out lactic acid.
- It's a false flat and tough all the way to the turn at Turangi - one of the hardest sections of the ride. It's sapping and you need to be prepared for it.
- Stay in the front part of the bunch to avoid yo-yoing. Don't contribute to yo-yoing - even the effort out (this is mostly for the work horses)
- It's imperative we get a good rhythm going from Turangi. We'll aim to control the bunch which should be easy as most are happy to follow others from here.
- Probably will be cross winds from left to right - ride safe! Biggish gear.
- We can't all echelon so we should have some workhorses prepared to start a new echelon behind the front one.
- Eat and drink in the sheltered areas not while in echelon - it will be hard with lots of movement. Everyone looking for protection.
- Make sure you get sugar into you and cramp stop right after the tight corners into Halletts bay - Hatepe is right up the road.
- If you are going to get cramp - it will be at the beginning of Hatepe most likely - Bottom gear, spin it out, keep spinning... Don't give it a chance to grab

HATEPE TO FINISH

- The group (or whats left of it) will blow to bits on Hatepe!
- If you find yourself alone or ahead at the top - KEEP GOING! With any bunch you can put together. It's just 20km to go.
- The rest will probably re-group in smaller bunches but again make the best out of what you have around you.
- From the top of the hill spin your legs like there is no tomorrow. You need to get rid of the lactic acid in your legs before descending and resting them.
- Eat and drink all you can, as soon as you can, from the top. Your body will need all you can chuck in it to recover and set you up for the last drag into Taupo.
- Cross winds to head winds are likely at the bottom. Refer to notes above "From Turangi"
- You'll be in a much smaller bunch from Waitahanui and will have to contribute to the workload. Pick a good wheel to follow - consistent, safe and BIG!
- Don't out sprint someone that has done all the work for you in the finish shoot - bad form and no one gives a damn.
- Make sure you celebrate with your finishing companions! Job well done. It's a fantastic feeling.