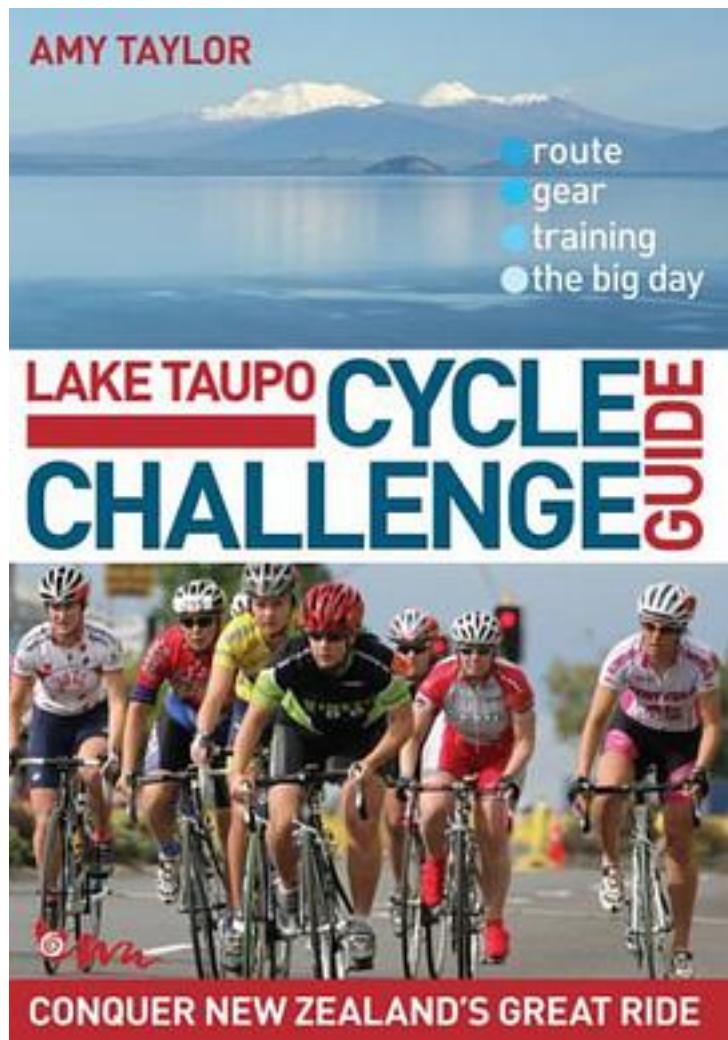


Lake Taupo Cycle Challenge



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The essential guide for the ride of your life. A bike ride that began with 26 friends in 1977 is today New Zealand's premier cycling event. Covering a scenic course on 160 kilometres of sealed road around beautiful Lake Taupo, it caters for riders of all abilities, and attracts around 12,000 riders, with numbers increasing every year. In 2007 it was named one of the best rides in the world by the International Cycling Union, and became part of the prestigious international UCI Golden Bike series. The most popular challenge is the solo ride around the lake, but there are also 2-, 3-, 4- and 5-person relays, a 5-kilometre ride for children, and 2- and 4-lap endurance rides. Elite riders compete in the Avanti Classic. Whether you're riding for fun or competitively, this book contains all the information you'll need to prepare for the event and have a great ride on the day - including details of the course, suggestions as to gear, and training programmes for all levels.

作者介绍:

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