

THE SIMPSON NEWS



why not, a change?

or perhaps



Ever considered to enter the Crocodile Trophy?

Greetings from Bali to all my friends from the Simpson Desert Bike Challenge. In today's update I would like to share with you my experience from the Crocodile Trophy, just in case you ever consider to participate in this so called "toughest mountain bike race on earth". Tough it was, this is true, but nothing like the Simpson has on offer. On the start of every stage at the Simpson there is only one question. "Will I beat that blo.....sweep?". Where as at the Croc trophy you can challenge yourself to be home as quick as possible.

After participating in the Simpson four times and finishing in each race in the top ten, I was confident that I would be able to achieve a similar result in the Croc Trophy across the Daintrees. As such I made certain that I trained hard every single day. There was not a spare minute over the past 12 months which I did not invest into tough training. 1 1/2 hours running in the morning, and then two hours hard on the bike in the afternoon. I was so confident to finish this race among the top 20. Unfortunately there were a few obstacles along the way.



DAILY HARD TRAINING



RUNNING VOLCANOES



ONLY THE BEST FOOD EATEN

Remember Mr. Jap the Dutch Rider

When I participated the first two times out in the Desert in 2005 and 2006 the race was absolutely dominated by Jap a professional rider from Holland. He was not minutes ahead of everybody but hours. At the same time I was aware of the fact that Jap has previously won the Crocodile Trophy three times.

MY GREATEST DISCOVERY AMONG THE 80 RIDERS

October 20, Cairns 10 am. on the Esplanade

Totally enthusiastic I anticipated the start to this grueling 10 days, 1200 km and 12'000 m altitude , endurance test. The first 14 km were easy going through the streets of Cairns, ending at the foot hills of Cairns. Every one had to ride together and it all looked like a fantastic joy ride.

Then come the real start. 5-4-3-2-1-go, and of they went. What is going on? I ask my self as within five minutes I was probably 1/2 hour behind. I checked my bike, my pedals, the tires, the chain, no it must be my shoes. My heart rate monitor showed nothing extra ordinary, neither did my speedo. Something was not right, but what? No idea. I was ignorant.. The first stage was just under 100 km, but required a climb over 2500 meters which was a terrific challenge, but nothing like day 2 in the morning out in the desert. I finished the stage OK, was happy with my performance but to my amazing discovery among the last 15 riders to finish.

Beautiful Scenery

Just like in the Simpson the Crocodile Trophy brings you into a magnificent part of Australia, making it worth while taking part in this great race.



WHAT A DISCOVERY

WHEN I WAS TOLD WITH WHOM I WAS ON THE STARTING LINE. OLYMPIC, WORLD, SWISS, NATIONAL CHAMPIONS, THREE TIMES WINNER OF THE RACE ACROSS THE USA. ETC.ETC. PROPERLY 75 % OF THE FIELD HAD A PROFESSIONAL RACING HISTORY. WHAT AN HONOR IT WAS TO RIDE WITHIN SUCH AN EXPERIENCED FIELD



SHOULD YOU TAKE UP THE CHALLENGE?

WHEN EVER YOU ARE AT THE STARTING LINE IN THE SIMPSON THERE IS ONLY ONE QUESTION, WILL I FINISH? PROBABLY NOT. HOWEVER YOU ARE CERTAIN THAT YOU HAVE TO GIVE ABSOLUTE EVERYTHING IN YOURSELF TO OVERCOME AN UNBELIEVABLE PHYSICAL AND MENTAL CHALLENGE. THE SIMPSON IS CRUEL TORTURE. HORRIBLE



SHOULD YOU TAKE UP THE CHALLENGE?

DURING THE SECOND STAGE I TEAMED UP WITH ERWIN, A RIDER FROM SYDNEY AND TOGETHER WE ROAD HAPPILY ON THE BACK OF THE PACK HELPING RIDERS IN NEED OF ASSISTANCE. OCCASIONALLY WE STOPPED FOR A PHOTO AND EVENTUALLY COME THROUGH THE FINISH TIRED BUT NOT AT THE END OF OUR STRENGTH. THE CROC IS JOY.

A DEFINITE CHALLENGE



CONCLUSION

1. DESERT MUCH TOUGHER
2. CROC BETTER RIDERS
3. DESERT REAL ADVENTURE
4. CROC FANTASTIC SCENERY
5. DESERT NO SHOWER
6. CROC MASSAGE DAILY
7. CROC GREAT FOOD
8. DESERT INCREDIBLE TEAM
9. CROC FOR BOYS
10. DESERT FOR REAL MAN

Will I return to the Simpson or the Crocodile Trophy? Properly not!

Mike should we start talking?

Well I have made this statement several times after each of my participation. This time I am almost certain for the simple fact that it takes just too much time to prepare for either event. Running a business, having a family, and taking part in such a monstrous task is just too much. However if I get a chance to race again then I probably will return to the Simpson. Yes it is a lot tougher and definitely crazy just to consider participation. But what makes this race so very special are the people involved. The organizers are terrific, the

doctors very special, the sweep and his great assistance are characters on their own. Not forgetting the support teams and the camping. Well I am not certain about the shovel. Then the last 20 km with Birdsville in sight and with it the wet, and wild part party at the pub.

All you undecided riders out there, do not wait any-longer, turn on your computer and register for the 2010 desert challenge. I already know I will dearly miss it if I am not on the starting line. Well let's see. From Bali. Heinz