

Lakers,

Lakers legend Mark Kirtland is off to Germany to race the Roth Challenge (Ironman Distance) on 18 July 2010. During the last two summers Kirts has trained with and supported many of the Lakers Ironman competitors on the Saturday rides even though he wasn't racing. Now is our turn to repay that support by becoming part of Kirts Krew and ride long with Kirts during the next 2 months as he builds up to Roth. Whilst we are still getting reasonable morning light Kirts Krew will be leaving Henley at 0630 on Saturdays for the 120+ rides needed to build up to an Ironman. Note Kirts has had a few weeks off so he isn't in killer mode [[Kirts disputes this, claiming to "always be in killer mode" - Vincent](#)] so we can build our own winter base with him.

This week also coincides with my 57th birthday therefore I am claiming the privilege of choosing the Long Ride - Kersbrook - which I think is one of the really good base rides.

See you Saturday at 0630

COLIN CLARKE