

2018



TOUR OF THE GREAT SOUTH COAST

August 15 - 19

GERMAN ACE THE IN-FORM RIDER

Raphael Freienstein is adapting to a new chapter in every facet of his life and cycling career as he prepares for next week's Campolina-Visit Victoria Tour of the Great South Coast.

The affable German moved permanently to Melbourne last September, completes a degree in International Management next month, has started a new job and has converted himself from an aggressive all-round competitor to a mentor of his new development team.

The changes agree with Freienstein, 27, who only a fortnight ago won his maiden time trial at Coolangatta, which follows his victory in the German National Hill Climb last year.

"My life certainly is changing in all directions," he said. "I spent two years (2014 and 2015) in Australia and then the next two years racing in Germany.

"Then last year my Melbourne girlfriend of four years and I agreed to move permanently to Melbourne where we have set up home at Black Rock.

"I joined the InForm Design team in January, and they helped me settle in. Then I started a job in March and next month I will complete by university degree.



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"The thing that attracted me to InForm Design was that I am able to give the lads the benefit of my experience. We have two juniors under 19 and the rest are 20 or 21 so we really are a development team. I am trying my best at whatever I tackle, but my main focus is giving help to the young guys, getting them to the next level," he said.

Freienstein, who contested the Tour of the Great South Coast in 2014 and 2015, said he was looking forward to the extra challenges this year.

"It will be a huge learning experience for the young team because of the cross-winds, and the importance of trying to hold a good position and to be protected.

"I am aware of the courses, the windy conditions, the different criteriums and winding road stretches and mountain climbs. I hope I can lead the younger guys and give them the international experience they will need."

Freienstein will be the leader in the saddle and he will have direction from the team car from a veteran who also is taking on the challenge for the first time.

Pat Lane, a combative rider who retired only recently, will manage the InForm Design team for the first time.

"I have done the Tour of the Great South Coast a few times and hopefully it will be nice and windy and give the riders plenty of experience in those conditions," he said.



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"I decided to retire and suddenly this manager's role came up, so I grabbed it."

Lane was a talented, hard-working and determined rider who enjoyed a promising development path through the Victorian Institute of Sport (VIS) and Australian Institute of Sport (AIS) before a couple of ventures overseas turned his career sour.

After impressing national selectors as an 18-year-old, Lane was picked to represent Australia at the 2009 Junior World Championships in Russia. For the next three years, he rode for the Jayco-AIS set-up, gaining international experience and winning a couple of races alongside the likes of Rohan Dennis, Luke Durbridge, Michael Matthews, Michael Hepburn and Damian Howson.

Now he hopes to provide a similar development path to his young charges, with the help of Freienstein.

Founded in 2012, the six-stage Tour of the Great South Coast will start with a traditional morning criterium in Mount Gambier's Vansittart Park on Wednesday, August 15, and end with a grand finale street race on Portland's waterfront on Sunday, August 19.

The Great South Coast Tour is expected to attract about 100 upper-level cyclists from all Australian states and New Zealand.



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The multi-sponsored race is backed by the City of Mount Gambier and District Council of Grant in South Australia, and the Glenelg Shire in Victoria.

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