

## WELCOME TO ACTIV8

Well the Easter Bunny has come and gone, leaving behind a trail of excessive calories so it is time to get back into the swing of things and burn them all off! Thanks to all members who worked hard and referred their friends in March. It was great to welcome new members and to reward you by extending your membership.

The **BCI Ride West Team** are raising money for the Flying Doctors, so why not make a donation to help a worthy cause. There is a collection tin near the Activ Reception. If you are feeling lucky there is a raffle that BCI has organised and Activ is selling tickets. It has two great prizes each are - 1/2 Wagyu/Angus cross grass fed Steer (fully dressed and cryovaced to the winners requirements) delivered free of charge in QLD and 12 bottles of boxed Clovelly Estate Award winning Shiraz (prize value \$2000) - tickets \$5 each with all proceeds going to RFDS.

**REMINDER:** There are two more Monday public holidays coming up soon, the 26<sup>th</sup> of April for ANZAC DAY and the 3<sup>rd</sup> of May for LABOUR DAY. **Activ will be closed on both of these days and there will be no organised rides.**

You may have noticed some members modeling their High Visibility Belts, Anklets and Bike Frame Bands from **Belt-Up**. They are made from a specially designed Reflective Material, which when illuminated by vehicle or bicycle headlights can be clearly seen up to 500m away. The Belts and Anklets are comfortable, light-weight and convenient to wear and remove when not required. There is a range of colours, including yellow, orange, pink and blue and sizes from childrens to extra large are available. Activ stocks a full range of Belt-Up products so check them out in store or on Belt-ups website [www.belt-up.com.au](http://www.belt-up.com.au) and "Be Safe, Be Seen".

Introducing our newest Activ annual members:

- |                  |                   |                                |
|------------------|-------------------|--------------------------------|
| ❖ Sarah de Jong  | ❖ Trudy Schneider | ❖ James <sup>sr</sup> Marriott |
| ❖ Mischa Traynor | ❖ Bev Sipos       | ❖ John Williams                |
| ❖ Kristen Brook  | ❖ Nicole Marriott | ❖ Tash Middlebrough            |

Enjoy this edition of Activ8 it contains:

- ❖ **Our latest News and Specials**
- ❖ **A Reminder about Bunch Riding Etiquette – Toby’s advice**
- ❖ **Sick of Getting Sick?! – Boost your Immunity with Nutrition – Peta’s advice**
- ❖ **Racing Achievements – Cameron’s segment**
- ❖ **Our Member of the Month – Ms April - Trudy Schneider**

*Cameron*

## OUR LATEST NEWS AND SPECIALS

- ❖ Quality long wearing **Soullimit Italian base layers (undershirts)** will be in store soon. They are awesome, not only will they keep you warm this year but for many years to come. Well known for lasting longer than the cheaper products. At \$49.50 for the tank top and \$57.50 for the short sleeve top they are a bargain!
- ❖ **Lights!** Now that lights are required to start our outdoor rides you must be safe and have fully **charged** front and rear lights. A safe ride is a good ride so respect yourself and your group and do the right thing.
- ❖ Our first **Skills course** starts on the 22<sup>nd</sup> of May. This course is targeted at riders with significant saddle time who wish to take their cycling to the next level. Discuss it with us if you want to be a better rider.
- ❖ Thanks for your patience while we get the **8 additional CompuTrainers** up and running. We hope to have the "construction site" functional very soon.
- ❖ **Recharge and fill up!** Experience the **Veneziano coffee** buzz after every ride and enjoy some social time with other Activ members. Veneziano at 369 Montague Road, West End is a local roastery/ cafe open Monday to Friday 6.30am and Saturday 7.00am extracting in house roasted coffee and providing fruit toast, banana bread, fruit salad, muesli and bacon & egg muffins. They want our feedback on menu ideas and possibly Sunday trading so please feel free to email them your suggestions [Jean-Paul@venezianocoffee.com.au](mailto:Jean-Paul@venezianocoffee.com.au)
- ❖ If you are **unable to attend a CompuTrainer session** which you have booked would you please let us know as soon as possible so other members do not miss out.
- ❖ **Activ rocked Mooloolaba Tri!** Activ’s first trade display at the Mooloolaba Triathlon was awesome. Thanks to all that popped in to visit, those who rode the CompuTrainer and the Wednesday morning CompuTrainer class for starring in Sheree’s fantastic Activ demo video!

## A REMINDER ABOUT BUNCH RIDING ETIQUETTE

By [Toby Hood](#), *Activ's Mechanic and Accredited Cycle Skills Coach*

Due to popular demand we have decided to revisit our October newsletter article on bunch riding etiquette. There have been many new riders since October and we want to ensure that we all continue to improve our bunch riding skills and enjoy the safety and social aspect of our bunch rides.

Riding safely in bunches depends on all members of the group adhering to the road rules and correct cycling etiquette. The consequences of not obeying these rules can have disastrous outcomes. Most bunch rides are well disciplined, however, if they are not the incidence of crashes and/or accidents can be high.

So here are our tips to ensure all in the Activ bunch enjoy their ride safely.

- ❖ Obey the road rules.
- ❖ Be aware and courteous of all riders in the bunch.
- ❖ Communicate – always point and call out obstacles and directions loud and clear. The communication must be 'up' and 'down' the bunch to ensure the safety of all riders.
- ❖ Relax – trust other riders, use your brakes minimally and don't tense up your arms and shoulders, relax your hands and elbows.
- ❖ Legally we can ride two abreast, however at times there needs to be common sense used, sometimes single file may be more appropriate. When riding give yourself a little bit of space, do not hug the gutter. This forces cars to drive around you, not to squeeze by. By allowing a little space from the gutter you have room to move left or right to avoid any obstacles.
- ❖ No "half wheeling". Ride beside the person next to you, not in front or behind them. Always ride handle bar to handle bar, side by side approximately 1.5 meters apart.
- ❖ Ensure you always "hold the wheel". You should ride about half a metre behind the wheel in front. Don't look at the wheel in front, rather look through their helmet so you can see what is happening in the bunch.
- ❖ Always pedal when you are on the front, especially downhill, to minimize the amount of slowing and/or braking in the bunch.
- ❖ Keep the pace smooth and steady. Keep an eye and ear out for the need to ease the pace when needed. If the group splits, slow down, or in some cases stop to allow the bunch to regroup.
- ❖ Avoid sudden braking or changes in direction. If you are unsure what action to take, be predictable and maintain your line so others can go around you eg other bunch riders, other riders in general or drivers.
- ❖ Follow the direction of the ride leader.
- ❖ Everyone can have a turn at the front even if for only a short time. The roll over procedure is easy. The rider on the right moves to the left by slightly accelerating and moving over to the left while the next rider on the right moves forward to the front. This means the right side of the bunch moves forward while the left side of the bunch moves back. Once at the back of the bunch on the left, you move to the right and start moving forward again as the rider in front of you moves forward. If you don't feel you should take a turn at the front then request to stay at the back of the bunch or roll through and off the front when you get there. Please communicate a change at the front.
- ❖ Be aware of the roll back. The roll back is when the rider in front gets out of the saddle to ride up an incline. When they do this the back wheel momentarily comes back. If the rider following is a little too close they may touch wheels, possibly causing a fall.
- ❖ Whilst riding in a bunch it is etiquette for no cyclist to be down on their aerobars, using a phone or iPod, etc.
- ❖ Keep your bike well serviced, clean and with good, inflated tyres, as the safety of the bunch relies on each rider being responsible.
- ❖ Now that lights are required to start our outdoor rides you must be safe and have fully **charged** front and rear lights. Why not try some Belt-up high vis products too and 'Be safe – Be seen' [www.belt-up.com.au](http://www.belt-up.com.au)

*A safe ride is a good ride, so respect yourself and your group and always do the right thing! Cheers Toby*

## SICK OF GETTING SICK? - BOOST YOUR IMMUNITY WITH NUTRITION.

By [Peta Hood](#) (Accredited Practising Dietitian/Sports Dietitian/Exercise Physiologist)  
Lifestar Nutrition and Exercise Physiology

For cyclists, the start of cold weather not only signifies the need for arm warmers, but also often goes hand-in-hand with the discomfort and inconvenience of getting sick. Whether it is an upper respiratory tract infection, gastroenteritis, or the flu, catching a bug means forced time off the bike, and a frustrating interruption to training. There is evidence to suggest, however, that you can strengthen your immunity with preventative nutrition. Here are 5 simple ways to boost your immunity this season. Now is the time to get started!

1. **Start your day with a bowl of oats** -  $\beta$ -glucan, the soluble fibre found in oats and barley known for its important role in reducing cholesterol re-absorption, has also been shown to enhance the immune system. A study recently published in the *Journal of Sports Science and Medicine*<sup>1</sup> found that marathon runners, who supplemented with 500mg of  $\beta$ -glucan for 4 weeks following a marathon, developed significantly less upper respiratory tract infections than the placebo group. This 500mg dose of  $\beta$ -glucan can be obtained from ~15g (less than 1 Tbs) of rolled oats.



2. **Take a Vitamin C supplement** – Vitamin C is an antioxidant that helps fight the free radical damage that occurs as a result of exercise and exposure to pollutants. Vitamin C supplementation has been shown to reduce the duration of symptoms of the common cold<sup>2</sup>, and to reduce the incidence of colds in active individuals operating under stressful conditions<sup>3,4</sup>. Vitamin C is readily available in foods such as strawberries, kiwi fruit, oranges, blackcurrants, and red capsicum; however supplementation can help ensure adequate intake, particularly since Vitamin C is water soluble, so is readily excreted. The optimal dose appears to be 500mg/day; larger doses have shown to stunt cardiovascular responses to training, potentially actually being detrimental to adaptation and performance<sup>5</sup>.



3. **Consume carbohydrate on the bike** - Consumption of adequate carbohydrate (60g/hour = 1 gel and some sports drink) during exercise of high intensity and/or greater than 90 minutes duration has been shown to reduce the detrimental effects of the exercise bout on the immune system<sup>6</sup>. So skimping on nutrition on the bike will not only reduce your performance due to early onset of fatigue, but also increase your likelihood of getting sick afterwards!



4. **Take a quality Probiotic supplement** - Probiotics are a type of bacteria or 'living organism' found in food and supplements that have positive effects on gastrointestinal health. Supplementation with probiotics has been shown to benefit a variety of health conditions including gastrointestinal disorders, food allergies, cholesterol and more recently, upper respiratory illness (colds)<sup>7</sup>. Recent research conducted with runners, and cyclists at the AIS, found that supplementation with a high quality probiotic for 30 days during winter training reduced the number and severity of sick days due to colds by half in the supplement group compared with the control group<sup>8</sup>.



5. **Eat foods rich in Zinc** - The mineral zinc plays an important role in the formation of cells responsible for fighting infection. Adequate zinc intake is known to assist with strengthening the immune system. Foods rich in zinc include oysters, beef, pumpkin seeds, Brazil nuts, wheat germ and liver. Excess zinc can be toxic, and interfere with the absorption of other important minerals such as iron, so take care not to overload.



### References:

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7. West, N. et al. (2009) Probiotics, immunity and exercise: a review. *Exercise Immunology Reviews*. 15:107-26.
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## RACING ACHIEVEMENTS

By [Cameron Hughes](#) (Accredited Cycling & Triathlon Coach), Activ's Head Coach

Sincere congratulations to everyone that has competed recently and achieved their goals. Well done !! ☺ Here are a couple of race stories to inspire you some more!

### Mooloolaba Triathlon by Kristen Brook

*I came 10<sup>th</sup> in the 40-44 age group. Swim was fantastic out in the ocean - nice and calm, warm water, no stingers! Challenging and good fun trying to find the next marker! Felt like a loooooong 1.5km though! It was an excellent feeling coming out of the water first in my wave. Went downhill from there though!!!! BUT – I took 3 minutes off my last year's bike time, thanks to you guys at Activ Cycle Coaching!*

### Le Race by Karl Jameson

*One of our members Grant Botica had an idea earlier in the year that it would be good to travel to New Zealand and ride Le Race, a 100km race out of Christchurch, NZ. "Anything to give me a goal and make me train harder", I thought. So I blindly joined the start list. Only then did I review the terrain.....two 10km climbs, a flat section for 40km and more rolling hills. Oh well, the commitment had been made so the training started. Luckily for us, Cameron arranged for Le Race to be put on the CompuTrainers so we were able to experience what we were in for.*

*Fast forward two weeks and we were all there at the start line. Unfortunately, I was right at the back with some 900 people lined up but after some French music to get us in the mood and a send off in French (which no-one understood) we were off!!! In an effort to catch the other Aussies, who wisely arrived early and started from the front, I raced in and out of the riders, thumped myself up the top of the first hill and cast all elements of danger to the wind on the downhill descent. Then the flat section hit with a small headwind. I was on my own with no packs to work with except the ones I was passing! Then up ahead I spied a large pack. Being in the red zone (since the start) I had one last chance...catch that pack! Finally, an hour and a half since the start, I caught that pack and surprise, surprise, who happened to be swapping off on the front but the Aussies, including Grant! Thankfully, I sat on and avoided the front to recover for a while.*

*40km later and the flat section was finished. One last hill? This is where the pack started to break up. A few of us leapt to the front and 6km later were at the top. Race over or so we thought....Not! The rolling hills from then on, whilst spectacular, zapped the legs with small climbs from 300m to 2kms climbing up to 12% and around winding small roads. Everyone was in their own world....of hurt! So it was race face on and pedal like crazy!*

*Thankfully 30km later and one steep descent to the finish line and we were done, arriving in the picturesque town of Akaroa on a lake. Beautiful! All the locals were out in force and only too happy to feed the riders and give them a well deserved slap on the back! 3 hours 23 minutes of the best riding NZ has to offer. Funnily enough with all the advantages of tail winds and draft from holding a wheel, only 2 minutes faster than the CompuTrainers! Would I do the race next year? ABSOLUTELY YES!! I would encourage all Activ riders of any level to train and compete in Le Race. You will have a fantastic time! Cheers Karl*

### Paris-Roubaix by The Prologue, a weekly summary of competitive cycling by [VeloNews.com](#)

*Well we started our late night cycle racing viewing of the year watching the tough men take on the rough, nasty roads from Compiegne to Roubaix. What a race with Fabian Cancellara, attacking 50 kilometers from the line to claim a solo victory in Roubaix! All this after winning the Tour of Flanders the weekend before! Can't wait til July!*

## Introducing Miss April – Trudy Schneider!

### Why did you become a member of Activ?

Got the call from Kim Pettigrew, who I met through triathlon back in 2002, to come try an indoor session and I was hooked. After 3 years of stress fractures from marathon running I needed a new focus and found the perfect group with Activ - great people in a very encouraging and supportive environment.

### What are your cycling goals for 2010?

To get some racing experience and hang in there for as long as I can, while hopefully not causing a crash with my not so great cornering and descending skills (other goals for 2010 learning how to corner and descend without wearing out my brake pads!).

### What do you do when you are not riding your bike?

Nothing too exciting, try to get a few runs in here and there when my legs allow me too. Hopefully getting back into touch footy shortly, work, catching up with friends, drinking too much red wine and snoozing.....lots!

### Cycling words of wisdom you would like to share:

Don't ever ride behind me because I've heard I don't provide much of a draft! ☺