

## WELCOME TO ACTIV8

No doubt you have noticed the latest new row of 8 CompuTrainers at Activ and they are almost ready for action! This row will be known as Recovery Row, so if you wish to have an easy session, please book row "F" online.

Please remember it is preferable for you to cancel any CompuTrainer session you are unable to attend during Activ opening hours so we can endeavour to fill your spot. If you can't do this the current preferred method is to call Activ on 3162 3229 and leave a message. Text messages between 9pm and 4.30am are much less preferred!!!

### This edition of Activ8 contains:

- ❖ **Our latest News and Specials**
- ❖ **Congrats to Peter Breadsell – UK Ironman!**
- ❖ **Activ Tri Beginners course**
- ❖ **Notes from Cycle Dynamics – Ben Ward**
- ❖ **A day in the life of other cyclists on Tour – Mary & Maurice Quirke**
- ❖ **Our Member of the Month – Ms August – Angela Tanner**

*Cameron*

## OUR LATEST NEWS AND SPECIALS

- ❖ **OUTDOOR TRAINING** As it starts to get warmer and lighter in the mornings, don't forget the Tuesday, Wednesday and Thursday outdoor quality training sessions leaving Activ at 5.15am and returning to Activ at 6.45am. Tuesday is Social/Latte level, Wednesday Latte/Intermediate and Thursday Intermediate/Advanced. Come along and transfer some of the skills and strength you have gained on the CompuTrainers during Winter on to the road.
- ❖ **DUE TO POPULAR DEMAND AND WHILE STOCK LASTS THE FOLLOWING SPECIALS CONTINUE!!!**
  - Gator Skin tyres only \$40 each
  - Tubes (700x23c) are \$6 each or 5 for \$25
  - LG cycling shoes, 25% off
- ❖ **HTM WILSON BRISBANE TO GOLD COAST RIDE.** Activ has a team entered in the ride this year, "Activ8". So if you would like to join team Activ8 on the 9<sup>th</sup> of October please email Josh Brown our team captain on [joshua.brown@derm.qld.gov.au](mailto:joshua.brown@derm.qld.gov.au) and he can send you the details to register in the team. The Activ8 fundraising page for the Heart Foundation is up and running too so if you wish to donate stay tuned for details!
- ❖ **DONATE CYCLING GEAR FOR TANZANIA.** Wayne would like to thank everyone who has donated helmets, sunglasses and jerseys to send to budding cyclists in Tanzania. You still have til the end of August to give so please let Wayne know if you have items to donate [wayne@alphafirstaid.com.au](mailto:wayne@alphafirstaid.com.au)
- ❖ **AMY GILLETT FOUNDATION BIKEMOVEMENT CAMPAIGN.** There is no greater time than right now to show your support for safe cycling in Australia and support the Amy Gillett Foundation bikemovement campaign! Cadel is the proud face of the campaign – go to [www.bikemovement.org.au](http://www.bikemovement.org.au) – for the sake of cycling!
- ❖ **NUTRITION 101 SEMINAR – 3rd September 10:30am at Activ.** Completely confused about what, when and how much to eat to optimise your training and race performance? Pieta Cedaro Accredited Practicing Dietitian will help to clarify fundamentals of healthy eating for exercise and dispel many common fallacies associated with sports nutrition. Topics covered will include role and importance of macronutrients (carbohydrates, protein, alcohol and fats) and micronutrients (vitamins and minerals), use of supplements and common mistakes made by athlete in this introductory nutrition talk. This informal lecture is free for members, \$15 non-members and 10 packers. Please RSVP to [admin@activcyclecoaching.com](mailto:admin@activcyclecoaching.com)
- ❖ **LOOKING** for volunteers to help out with making our Activ Tri Club bigger and better in its second year. If you have some ideas then we want to hear them. Drop us an email [cameron@activcyclecoaching.com](mailto:cameron@activcyclecoaching.com)

## CONGRATULATIONS TO PETER BREADSELL – UK IRONMAN!

Pete completed the UK Ironman with truly awesome results!

**3.8km Swim - 01:05:59, 180km Bike - 05:04:39 and 42.2km Run - 3:04:08**

earning a:

- 1<sup>st</sup> in age group - top 6 getting Kona spots.  
Kona here you come on Oct 8<sup>th</sup>!!!!
- Total time 9:19:16 Which gave Pete 13th overall  
Awesome, fantastic, terrific, deserved – well done!
- 3<sup>rd</sup> best bike split overall.  
All those 5+ hour rides on the CompuTrainer were completely worth it!

We at Activ are so proud of you Pete and wish you all the very best for your Kona preparations and race!



## ACTIV TRI BEGINNERS COURSE

Inspired to do a Triathlon but never done one before? Then our beginners Tri course is for you....

Activ Tri Coaching is soon to hold its first beginners tri training course to accommodate novices and those who wish to refresh their swim, bike, run skills.

Our next course is:

- October 3<sup>rd</sup> to October 23<sup>rd</sup>, 2011
- **Only \$349 (\$299 for members)**
- Expected to be popular and numbers are strictly limited so be quick and join our next beginners course [here](#) or phone our head coach Cameron Hughes on 3162 3229.

The four week course includes:

### Swim

- 3 stroke correction/technique sessions
- 3 Strength and stroke sessions
- Group and open water swimming confidence
- Transition training

### Bike

- 3 indoor CompuTrainer sessions (Can attend other normal scheduled classes)
- 3 skills sessions covering all skills from mounting and dismounting to climbing and descending.
- A bike safety check and basic bike maintenance instruction

### Run

- Technique assessment and feedback.
- 6 run training sessions designed to target different energy systems and teach pacing.
- Two functional (core) stability sessions.

### PLUS

- Two lectures and printed handouts focused around training principals and sports nutrition.

### What will you get?

- Professional guidance from our qualified coaches
- Increased confidence and skill level when swimming
- Better understanding of basic swimming techniques, and how to swim in open water
- Increased confidence, enhanced handling and enjoyment when riding your bike
- Better bike maintenance skills
- Improved running technique
- Understanding of pacing and how to make it work best for you.

## NOTES FROM CYCLE DYNAMICS from [Ben Ward](#)

### PHYSIOTHERAPY CONSULTATIONS ON-SITE AT ACTIV

APA Sports Physiotherapist Ben Ward of Cycle Dynamics will be providing physio services on-site at Activ Cycle Coaching in addition to bike fitting as of Tuesday the 23<sup>rd</sup> of August.

Services include:

- Injury assessment and diagnosis
- Manual therapy (joint mobilizations / manipulations, trigger point therapy etc)
- Dry needling
- Therapeutic exercise prescription
- Pre-season screening

Appointments will be available 7-9am on Tuesdays and Thursdays and the appointment structure will be as follows:

- Initial assessment
  - 30mins for acute injuries
  - 60mins for chronic/overuse injuries
- Follow-up consultations 30mins

To make an appointment contact Ben directly on 0402 438 342. For those preferring afternoon/evening appointments Ben is available Monday and Friday (and Wednesday as of the start of September) at [Performance Podiatry and Physiotherapy](#), also located in West End (call 3846 4800).

**Paid members of Activ are entitled to 10% off the standard consultation fees.**

### NOTES FROM THE BIKE FIT STUDIO – HOT FEET

Burning feet or hot spots are a common affliction affecting many riders and for those who suffer it certainly takes the fun out of cycling. It often presents as a focal hot spot under the ball of one or both feet after a period of time in the saddle and tends to progressively worsen until the rider stops and gets off the bike.

So what is the cause of the pain? Well for some it may be related to a point of focal pressure on the soft tissues of the ball of the foot secondary to issues with foot alignment/mechanics or cleat positioning. This point pressure impedes the blood flow to the affected tissues causing ischaemic pain due to lack of oxygen and a build up of metabolic waste products. For others the cause is entrapment of the digital nerves between the metatarsal bones (the long bones in the forefoot to which your toes attach). Nerve pain is often a searing, burning pain and may be associated with toe numbness in more severe cases. Less commonly, burning pain in the foot may result from nerve entrapment further up the limb or in the lumbar spine but these cases are generally easily picked as there are often other symptoms present (eg. low back pain).

What can be done to alleviate the pain? Several factors need to be considered and are listed below:

- The first step in addressing this issue is a check of your cycling shoes as many cases are caused by shoes that are too small or narrow. For some fixing the issue is as simple as getting an appropriately sized pair of shoes, although this is not always welcomed by the rider who may have invested a significant sum of money in the shoes. Carbon soled shoes have also been shown to increase plantar foot pressures and may not be recommended for those who suffer chronic, recalcitrant burning feet. Where shoe size is the issue, the pain is often more prevalent during the warmer months as the foot tends to swell more within the shoe, although some also experience increased symptoms during winter with the use of thicker socks.
- The next step is an evaluation of foot and lower limb alignment and mechanics both on and off the bike to determine whether there are any issues that may cause point pressure within the shoe (eg. a supinated foot causing excessive pressure towards the outside margin of the forefoot). Correction of foot alignment via the use of wedges or orthotics is often helpful in these cases.
- Thirdly, a review cleat setup is sometimes beneficial as incorrectly positioned cleats can affect the distribution of plantar foot pressure and a simple adjustment of cleat position may go a long way to fixing the problem.
- Finally, for those suffering from nerve entrapment between the metatarsals, the addition of a piece of domed padding under the ball of the foot to spread the bones apart is often very relieving (this is not likely to be successful if the shoes are not appropriately sized). These metatarsal domes are easily obtained through a podiatrist and may be directly fixed to your insoles or incorporated into a pair of orthotics.

## A DAY IN THE LIFE OF OTHER CYCLISTS ON TOUR *by Maurice & Mary Quirke*

14 July 2011..... We rode towards the old part Mantovana, an old castle with a moat around it, small castle, and into the town centre. Here, we came across a huge market that extended thru many of the streets. It was full of people, so we grabbed a seat and coffee, and watched the activity.

The traffic was very heavy with trucks heading north. We took an alternative route, which was much more relaxing. The countryside was green with cornfields, kiwi fruit orchards, vineyards and I found the animals! They're kept in big sheds! Now I understand it all - the fields of Lucerne the hay bales, sorghum crops.

When there was sign of animals, I thought they may have exported these products, but there was always the heavy smell of manure and tractors with big bins driving past us with the strong smell. So the cows and pigs are kept indoors!

Our drinking water with the heat, was tasting terrible and not at all thirsting quenching, so Maurice suggested putting fresh lemon in it. A few slices of lemon and a good squeeze of juice in the drink bottle and it was like drinking a refreshing lemonade all day. It worked! That day had reached 36 degrees.

A tiny churchyard on the side of the road, outside Volta Mantovana, under a shady pinetree, was the setting for lunch. Maurice finds the best places! 'Bon appetite' a lady called from her car.

We were heading for Desenzano on Lake Garda. Maurice had suggested this morning, that if we stayed there a few days, we could catch the train from Desenzano to Venice for the day. How exciting!

We arrived at Peschiera on the lake around 4pm, absolutely beautiful! The water was see thru green and had a massive mountain range in the background which provides the water for this lake. Breathtaking! Desenzano was another 18kms away, so back on the bike to find a camp site. Only fancy accommodation around here!

We had the Aussie flag attached to the back of our bikes so that people know where we have travelled from. On our way thru the streets to Desenzano, an Italian lady on a scooter, called out, hey are you from New Zealand? Maurice replied with a "No, Australia." Fancy, when New Zealand is so much smaller, that she would know that!

Eventually we came to a camp sign on the side of the road, and pulled into nice accommodation. Believe it or not, they don't take 'tenters', but for 25 euro a night they gave us the best site in the house, nestled between 2 unoccupied vans, lake frontage, with ducks and ducklings out front and a restaurant attached. We're staying here for a break. The best so far!



### MEMBER OF THE MONTH – MS AUGUST – ANGELA TANNER

**Congratulations! Thanks to Dave and Connie Silvestri you have won a \$50 voucher to Arrivedici Pizza, Park Road, Milton. ENJOY!**

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

My husband Rod joined first and he suggested I join to improve my cycling skills and strength without the risks of riding on the road. I'm a little accident prone so it seemed a good idea until I met Cam and he felt compelled to hurt me every week!!

#### **What are your cycling goals for 2011?**

For this second half of the year I want to improve my speed as I've entered my second Noosa tri and I'd like to improve my time from last year. I'm also working on not getting dropped up the hills on my social rides (thanks to Sheree and all my co-riders for your words of encouragement over the last few months!!)

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

I work as a Product Manager for Optus Business, as well as being a mum to our girls Madi and Amy and trying to fit in training for the other elements of triathlon, sleeping, eating, catching up with friends and currently house renovating.

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

Listen to all the more experienced people you ride with and at the after ride coffee catch ups. Cyclists all seem to be quite a welcoming bunch so use the opportunity to make new friends.