

WELCOME TO ACTIV8

Well the year has started with a bang! The vibe amongst the Activ groups is electric and so many of you are fired up for a Fit and Healthy 2010! The TDU groupies are back and with many Adelaide Hill kms in their legs they are keen to continue to build their base. Racing has started for the year with both the Twilight and Summer Series Criteriums back in gear. We continue to be proud of our Activ racing crew, with Kim and Tash going one, two for their first race in 2010. An awesome start to the year! If you are keen to race or support some racing check the Activ notice board for details of the current races.

With the recent wet weather it is timely to remind you Activ has a wet weather hotline 3321 4455. The concept is to call the hotline for the latest information about the scheduled outdoor session and the indoor session start time, if necessary. We will try to fill the first of the two indoor sessions first, so please consider this when booking on line. If in doubt call me 0418722901.

REMINDER: Bunch riding etiquette must be adhered to at all times on Activ rides so please communicate, ride as a group, not as an individual, look out for each other (in front and behind) and when riding on the front remember you should rarely stop pedaling and you are the eyes and ears for the bunch. Thank you for considering these tips.

Introducing our newest Activ annual members:

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| ❖ Steven Wehlow | ❖ Natalie Cronan | ❖ Sue Bennett | ❖ Les Hancock |
| ❖ Michael Milton | ❖ Jana Christie | ❖ Jim Bennett | ❖ Paul Condon |

Enjoy your February Activ8. This edition has:

- ❖ **Our latest News and Specials**
- ❖ **Eat your veggies – an antioxidant powerhouse – Peta’s suggestions**
- ❖ **An athlete’s update – Cameron’s advice**
- ❖ **Bike Fit – make your bike feel like it is a part of you– Toby’s tip**
- ❖ **Our February Member of the month – Jana Christie**

Cameron

OUR LATEST NEWS AND SPECIALS

- ❖ **Members Criterium training is on Wednesday mornings in February.** We are two sessions into the month and are having some fun. It is a shame that the weather prevented some actual race practice of the skills learnt for some but there is always next race! Join Toby at Nundah at 5.45am.
- ❖ The second **beginner’s course started on the 13th of February.** We have 16 new recruits and it is shaping up to be a great group, so look out for our ‘newbie’s’ and please make them feel welcome.
- ❖ Our **Dietitian Peta Hood** has appointments from Activ every second Tuesday afternoon so give her a call on 0438551289, if you need some advice.
- ❖ **Lights!** It won’t be long before we will need lights on our bikes in the mornings. Activ has a full assortment of cycle lights, with 6 and 12 month members able to get great discounts. We also have “Belt Up” – high vis sports belts and anklets for \$20. So please be safe and be visible.
- ❖ **NEW Windtrainer Wheels/Tyres** are available at Activ. A Trainer tyre is made to enhance rolling efficiency and speed (from \$54.95). They will save your road tyres from unnecessary wear. To take the hassle away from changing tires around you can purchase a CompuTrainer wheel and store it at Activ for FREE. For \$140 you can purchase the wheel with a Vittoria tyre and then you just have to fit a cluster to suit your gearing system. Discuss your needs with Cameron.
- ❖ Activ is about to start its **Top Cycle Competition.** The course will be the steep side of Mt Cootha to get everyone ready for Bike Week’s Challenge in March and the best time over for that course in the month will win an Activ Prize pack. Gotta be in it to win it! Times will be posted on the Activ notice board so you have some goals to aim for.
- ❖ **Monday shop hours.** New Monday shop hours 12 noon til 5.30pm. Class times maintain the same.
- ❖ **Activ is going to Mooloolaba Tri!** Activ is going to have its first trade display at the Mooloolaba Triathlon in March. Together with Belt-Up we are planning an awesome display. So please pop in if you are up at the event.

EAT YOUR VEGIES – AN ANTIOXIDANT POWERHOUSE

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

The Role of Antioxidants in Health.

Antioxidants are natural substances that help to fight free-radical damage that occurs to our cells as a result of oxidative metabolism, exposure to pollutants, toxins and UV radiation. Exposure to free-radicals over time can contribute to inflammation, heart disease, and an increased risk of developing certain types of cancer¹.

Since cyclists produce free radicals as a result of oxidative metabolism and are exposed to pollutants such as exhaust fumes, smog and the sun on a regular basis, it is worthwhile considering boosting your antioxidant intake to optimise your health and prevent disease. Antioxidants will also help maintain a healthy immune system, particularly at the start of a period of heavy training.

Nutrient antioxidants include Vitamins A, C, E and beta carotene, zinc, and selenium. There are also many other naturally-occurring antioxidant compounds in food. Fruits and vegetables are very rich in a number of antioxidants.

Foods sources of particular types of antioxidants:

- ❖ Allium sulphur compounds - leeks, onions, garlic
- ❖ Anthocyanins - eggplant, grapes, berries
- ❖ Beta-carotene - pumpkin, mangoes, apricots, carrots, spinach, parsley
- ❖ Catechins - red wine, green tea, dark chocolate
- ❖ Flavonoids - tea, citrus fruits, red wine, onion, apples
- ❖ Isoflavonoids - soybeans, tofu, lentils, peas, soy milk
- ❖ Lignans - sesame seeds, bran, whole grains, vegetables
- ❖ Lycopene - tomatoes, pink grapefruit, watermelon
- ❖ Polyphenols – thyme, oregano, dark chocolate
- ❖ Selenium - seafood, offal, lean meat, whole grains
- ❖ Vitamin C - oranges, kiwi fruit, broccoli, spinach, capsicum, strawberries
- ❖ Vitamin E - vegetable oils (e.g wheat germ oil), avocados, nuts, seeds, grains
- ❖ Zinc - seafood, lean meat, milk, nuts.



A Word on Antioxidants and Performance.

Research into the effects of supplementation with antioxidants such as Vitamin E and C, on recovery and performance, have produced mixed results. Although some performance benefits have been found in situations where the body is under acute stress, such as acute **altitude training**, **heat acclimatisation**, and **sudden increases in training**, habitual exercise is known to improve your body's own antioxidant ability anyway, thus a well-trained athlete may have a more developed antioxidant system than a sedentary person².

While the evidence to support substantial performance enhancements following antioxidant supplementation is lacking, there is some logic to suggest that a phase of supplementation just prior to a period of increased training stress, or for previously inactive individuals embarking on a new training regime, may assist the body in coping with this 'stress'. Vitamin A,C,E supplementation of 1-2 weeks at the recommended dose can be justified. However, long-term supplementation is not usually warranted, nor are doses higher than recommended. What is most important, is a daily diet containing foods naturally rich in antioxidants such as fruit, vegetables, herbs, soy foods and wholegrains. Food contains a wider spectrum of antioxidant nutrients than any commercially available supplement, and tastes a lot better!³

1. Hussain, S et al. (2003) Radical Causes of Cancer. *Nature Reviews*. 3: 276-285.
2. American College of Sports Medicine. (2009) Nutrition and Athletic Performance: Joint Position Statement. *Medicine & Science in Sports and Exercise*. 41(3): 709-731.
3. Australian Institute of Sport. Online Article. Accessed 13th February, 2010. URL: http://www.ausport.gov.au/ais/nutrition/supplements/supplement_fact_sheets/group_a_supplements/antioxidant_vitamins_c_and_e

AN ATHLETE'S UPDATE – Simone Grounds

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

This month I thought I would share with you a story from one of Queensland's best female cyclists at the National Road Championships. You may have met Simone Grounds on an Activ ride. She is the affectionately named 'Ginger Ninja' giving the boys a run for their money on the road or during a Computrainer session. Simone rides for the Bundaberg Sugar female racing team and we asked her to write us an article about her experience. I hope you enjoy it!

While most people are tucking into a turkey and the odd sherbet or two at Christmas time, there's the odd cyclist making final preparations, both to the body and the bike, for the National Road Championships in Buninyong, south of Ballarat in Victoria. This year I was one of them.

2010 was my second year at the National Road Championships. I'd ridden all but one of the National Road Series races in 2009 and with a solid base under my belt, I was looking forward to testing myself on the Buninyong circuit again this year. I'd been doing the odd session in on the ActivCycle computrainers which was a step up from windtrainer efforts at home (no hiding when Cam's around) and I was stoked when Cam told me that he had the Nationals Course on the computer so I'd be able to do a reconnaissance session. It's great to be able to ride a course and get a feel for it before you get there – although for me it was more about a reunion.

This year I took on the Time Trial and the Criterium as well as the Road Race, which was a good lead up to what I was making my "main event". For the time trial I clipped on some aero-bars onto my roadie, which I'd borrowed from one of my team mates, as well as some borrowed Zipp 808 wheels. Unfortunately I couldn't borrow anyone else's legs! In the end I didn't need to worry about the legs because mine did the job for me (and quite frankly surprised me). I was stoked to place 8th overall in the Open Women, beating some of my regular competitors who usually beat me by a minute over this distance. Training had paid off!

The next race was the crit. It was a wide hotdog circuit on the main street of Ballarat with one side up an otherwise gently slope and the other down. Most of the girls who had lined up for this race had been racing the Bay Crits (Geelong) during the previous week so the pace into and out of the corners was fast! It was a 33 lap course which meant 66 sprints (not including intermediate sprints)! This whittled the starting group of 70 down to 30, helped by a mystery crash in the middle of the race. I placed 8th in the open women again and was pretty happy with that result considering the company I was in.

The road race was my goal race and the predicted heat made its presence felt early. By 9am it was 32 deg and I had already finished 2L of water. I was nervous and excited at the same time because my form and legs had been great leading up to it. The heat was going to be a telling factor however. As the race wound up, I claimed a few QOM and sprint points and managed to get away in a breakaway which formed after the hill on the 3rd lap. We were reeled in halfway around the 10km circuit after ex-World Champion Judith Arndt rode away from us and stayed away until the closing laps. On lap 5 my fortunes changed and after a couple of interesting manoeuvres around some of the corners, I realised my rear tyre wasn't happy. I should say that by now, my computer was showing 46deg and tar on the road edges was becoming molten! So I wasn't entirely convinced that my tyre was punctured (it was a slow leak) but was worried it might have been melting with the tar! By the time I realised that I definitely had punctured, I'd been well dropped from the bunch, but was able to stop and get a spare from the QAS follow vehicle and a big push from Nick Formosa (thanks Nick!). I put my head down with vague hopes of catching the bunch but the bunch pace had started to pick up and the heat was starting to take its toll on me. I managed to finish the race, a bit worse for wear and my hopes for an improved result on 2009 totally dashed.

To be honest, I was really apathetic about doing the TT, but in hindsight I'm really glad I did it because it made for a more well rounded week for me. My result in the road race proved to me that no matter how much hard work you put into something, some things are just beyond your control, like little tiny bits of glass and the weather. It's great to have goal races, but it's also good to remember that if the race doesn't turn out like you want it to...maybe with you storming across the finish line in first place, pointing at the sky, with the bunch desperately chasing you in the distance...life still goes on afterwards ☺

Simone Grounds

BIKE FIT – MAKE YOUR BIKE FEEL LIKE IT IS A PART OF YOU!

By [Toby Hood](#), *Activ's Mechanic*

With our new recruits starting out, I thought it timely to chat about bike fits. The most overlooked aspect of riding is a proper fitting bike. Regardless of what kind of bike you own or what type of riding you do, the most important feature is that your bicycle fits you properly. Improper bike size and set up can create knee, neck and back pains, making riding uncomfortable. A proper fitting bike will make cycling easier and more enjoyable.

There is no standard sizing or fit, everyone will be different. The right fit for you will depend on your body geometry and how aggressive you want to ride. To get the right bike fit, you have to consider the following:

- ❖ Spend some time riding and testing different set ups. Move the saddle and handlebars into a few different positions. Then try each one with a short ride.
- ❖ Pay attention to any aches or pains as you ride. For example, back pain may be caused by leaning too far forward. Sore knees are usually due to inappropriate saddle position.
- ❖ Sound complex? Well sometimes it can be. Activ can help. Book in for a bike fit with us and we will spend about an hour completing several steps for your initial set up and fit:
 - Checking your frame size.
 - Saddle position (fore/aft).
 - Saddle position (height).
 - Saddle position (tilt).
 - Positioning your handlebars.
 - Adjusting your handlebars.
 - Pedal analysis
 - Cleat position

Everybody is a little different and having a good bike fit is highly recommended.

Your steed will love you for it!

PS. The wet weather also means that you need to keep your bike clean and lubed to prevent, rust, deterioration of the brake pads and wear and tear of your chain and cluster. Ask me for what you need to DIY or book your bike in for the royal treatment.

Activ Cycle Coaching's Member of the Month

Each month we will introduce you all to the Activ Cycle Coaching's Member of the month. Votes for your March member are welcome now. Just email your vote to Cameron Cameron@activcyclecoaching.com

Introducing Ms February – Jana Christie!

Why did you become a member of Activ?

Cycling is the best form of cross training for rowing. (I'm a rower but unfortunately have been off the water for a year with an injury.) When I was asking around about where to go to learn to ride, Trish Palmer & Scott Greenland recommended Activ. They said Cameron and Sheree would look after me - they were right :-)

What are your cycling goals for 2010?

My immediate goals are to stay upright (not fall off) and learn how to clip in smoothly (first attempt) on an uphill take-off. Maybe a little further down the line, when I don't pose a threat to myself or other riders, I'd like to try crit racing.

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

Ideally I'd be on the water on my non-cycle mornings but until that's possible, I swim. I also study at Australian College of Natural Medicine (ACNM).

Cycling words of wisdom you would like to share:

Given that I've only been cycling for a few months, I'm hardly in a position to offer any cycling-specific words of wisdom. Mahatma Gandhi however, was a wise man and probably rode a bike at some point in his life. He said, 'Strength does not come from physical capacity but from indomitable will.'