

WELCOME TO ACTIV8

With the chilly weather comes dark mornings, the Activ coaches encourage you to help us communicate the bunch etiquette required on Activ rides and please ensure that your hand signals and verbal communication is clear and understood by your fellow riders. **Remember bunch safety is every rider's responsibility so please respect our "no light, no ride" policy. This includes lights with low batteries. Ask us for replacement batteries if you need them.**

Thanks for all your best wishes and crossed fingers hoping that I would win an award in the [2010 Australian Bicycling Achievement Awards](#). I didn't win but some very worthy recipients did and I was proud to be nominated beside them!

SPECIAL - Til the end of July when you purchase a Soullimit Undershirt, not only do you get your member discount but also a FREE phone & money wallet.

This edition of Activ8 contains:

- ❖ Our latest News and Specials
- ❖ Cameron's Updates – Race Reports
- ❖ Sports Nutrition – Ever Evolving – Rod's recommendations
- ❖ Our Member of the month – Ms June – Sara Finch

Cameron

OUR LATEST NEWS AND SPECIALS

- ❖ **MT COOT-THA HOT LAP:** Activ Cycle Coaching is running our second handicap style event on Sunday the 10th of July. It will be one lap of Mt Coot-tha going up the steep side and finishing near where we start on **Sir Samuel Griffith Drive**. Please email Cameron to register your interest by the 7th of July so he can work on the handicaps. It will be lots of fun and you can challenge your PB or set a bench mark for yourself. We will leave Activ Cycle Coaching at **6.30am** for Mt Coot-tha on the day and after the lap we will do a lap of the river and have brunch at Arrivederci, Park Road. **MEMBERS and 10 PACKERS ONLY AND VOLUNTERS GREATLY APPRECIATED.**
- ❖ **RENEWING ANNUAL MEMBERS** – when you renew your annual membership your member benefits also renew. So you are eligible for another free Activ Cycle Coaching jersey, wash and lube and basic bike service.
- ❖ **WOMENS RACING** - HPRW Women's Racing Series 2011 is intended to promote female participation in cycling and is a great series to start your racing.
 - **Round 1** - Sat 9th July Road Race Elimbah 1.30pm
 - **Round 2** - Sat 30th July Individual Time Trial – approx 32km Closeburn 8am
 - **Round 3** - Sat 20th August Criterium Nundah 8amRegistrations close 15 minutes before start time and 3 day racing licence holders may participate. Line entries accepted on the day - \$10. For further details – contact Cameron Hughes 3162 3229. Activ Cycle Coaching will have some experienced female cyclists racing to support newcomers.
- ❖ **CONGRATS TO WHELOW** for escaping from Alcatraz this month! Well done, Steve! We miss you and Nat!

TOUR de FRANCE

It may be cold here but it is getting hot, hot, hot in Europe with the TDF just around the corner! The action starts Saturday July 2nd and continues through to Sunday July 24th 2011. The 98th Tour de France will be made up of 21 stages and will cover a total distance of 3,430.5 kilometres. There are 10 fast, flat stages, 6 awesome mountain stages and 4 super summit finishes, 3 medium mountain stages, 1 individual time-trial (42.5 km) and 1 team time-trial stage (23 km). The official site is <http://www.letour.fr/> for more information.

Activ Cycle Coaching will be holding some special TDF events so watch out for information in our weekly emails.

CHALLENGE CAIRNS IM by Cameron Hughes

The inaugural Challenge Cairns iron distance triathlon race took place in sunny North Queensland on the 5th of June. There was a quality field lining up with current World Ironman Champion, Chris McCormack and a host of other top athletes from around the world, including 16 Activ Champions!

It was perfect calm conditions for the start of the race, and with no sign of any crocs or stingers, so we chopped out the swim. Sheree was caught off guard not expecting me back so soon but managed a photo or 2 or 3 (ok 5) of me struggling to undo my wetsuit! I exited the water with a few blue capped guys in my age group and ran for my trusty orange steed. My transition was methodical, that's technical for 'slow'. I had to get socks and shoes on, as I am a cyclist after all!

I finally mounted my bike 32 minutes in and was on my way. Now I feel at home! My goal was to average 40km/h for the 90km so that's what I did! The hum of my disc wheel was awesome and I felt as fast as I was told I looked, all in orange and black Activ colours (thanks Emma and Stacey for the fashion tips!).

Turning into Yorkies Knob, I cyc'd up for the dismount and run. I saw Sheree, Trudy and Owen and they were down the road from the transition. Awesome! No embarrassing dismount photos! Cool!

The mercury was climbing into the mid twenties by the time we ditched our bikes for running shoes. My run started fast but I knew there was still a long way to go and that the hot weather would likely take its toll. So I controlled my pace early in the run and I moved into 1st with 8ks to go and dug deep to see it through to the finish. My finish time was 4hours 21minutes and even through Emerson had me pegged for 4hours 20minutes I was just happy to have finished in under 4hours 30minutes. My time was the 6th fastest male and if I had been in the elite category I would have been 5th and reaped a little financial reward (much to Sheree's disappointment, less strawberry daiquiris' by the pool for her!). I couldn't have asked for a better result really.

Amazing effort by the Challenge team to get this stunning race up and running. I would highly recommend it! It was a fantastic four days in beautiful Cairns supported by friends and family. Massive thanks to Sheree for helping me fit my quality training in (definitely not quantity) and in preparation for me to race well which has been rewarded by a 1st place result in my 2nd 1/2 iron man distance race in 20 years! Congratulations to all Activ members that competed and particularly those that became Ironmen! Finally thanks to everyone who covered shifts at Activ Cycle Coaching, while we were away – I couldn't have done it without you! Til next race! Cameron

ST GEORGE IM, UTAH by Belinda Wannell

Troy and I recently travelled to Utah to compete in the St George Ironman on 7th May 2011. We travelled to Utah a few days before the race, and unfortunately things went a bit haywire from there with both of us coming down with killer colds. We were not really feeling in great shape to race, but had travelled a long way to be there so with some much needed encouragement from each other and our friends and family at home we decided to still start and try to enjoy the day.

The locals told us temperatures in Utah this year were pretty warm for May. This was great as it warmed up the water for the swim, but made the bike and run pretty hot with temps peaking at about 33 degrees. The swim was probably the highlight of the day, with Troy coming out of the water as 9th age grouper and 21st overall. From there it was a bit of a struggle with not feeling 100%, the heat and the hills on the bike and run which we knew were always going to be tough. In combination these made for a long day, Troy finished in 14hrs 50 mins and myself in 12hrs 53 mins. We were both happy to finish, at least for our first Ironman.

The race itself was pretty amazing, spectacular scenery and helpful volunteers who didn't stop cheering all day. We would recommend the race to others thinking of travelling for an Ironman and are definitely hoping to go back ourselves some day to try and take some revenge on the course! Thanks Cameron for help with our training. It was great to have done the bike course beforehand on the CompuTrainer.

Thanks also to our families and friends/ training buddies for getting us through it!

PS there are some photos of both events on the Activ Cycle Coaching Facebook if you want to have a look!

WELL WHAT A CHALLENGE! THE SMIDDY CHALLENGE by Jenny Tomkins

I signed up for the three day 580 km Smiling for Smiddy challenge just six weeks out when two people withdrew from the 50 strong group. Suddenly I had to train more, backing days up and doing more lovely hills. Oh yes this was good it meant I was allowed to eat more too. Yeah! I needed a challenge but I was not sure if I had bitten off more than I could chew!!

We had brilliant blue skies and lovely sunshine for all three day. There was a lovely bite in the air each morning so on with the gloves and arm warmers and off we went on the road by 6am each day. Long days of 8 - 9 hours actual riding that meant 10 - 11 hours out on the road. Average speed was 26 to 28 km hour each day.

The first days stage was a whopping 210 km, with sections where the hills kept coming and coming, and then the biggest of all climbs after 200km. The final climb called Flagsstone Creek is about 18 - 20 % for at least three km we arrived at the top in the dark and with the temperature down to 10degrees. I am proud of myself. I climbed most of it with only two small sections of walking. I have Sheree's attacking training to thank for helping me up to the top. A little voice in my ear saying "pull up, pull up". Hungry as horses at the end of the day we were grateful of the jugs of beer and coke and food platters at the Southern Hotel.

Day Two to Warwick was like an arm chair ride compared with Day one, gentler rolling hills over 160 km. Leg warmers helped to get the old legs moving and sleeping with compression skins definitely helped reduce inflammation in my knees. Pittsworth Bottlemart Hotel was our 9 am morning tea stop with a great spread of muffins and sandwiches. Lunch was at the 120 year old O'Shanley's Irish Pub where we were treated with their famous Irish stew. Each of these venues were extremely generous with their hospitality and large donations to the fundraising. We made good time arriving in Warwick at 3 pm we were rewarded with a few beers in the park and later a team dinner at the local Senior Citizens Hall. I found that I was needing to constantly rehydrate and had to take care I went for water and not too much wine.

Hills and thrills on Day Three saw us pushing the pace early to ensure we weren't late getting back to Brisbane. The peleton was very quiet when we were all saying to ourselves "can't keep this pace up for the whole day I won't make it" when around the corner there was the road crew stopped on the side of the road for another drink and comfort stop. Oh yeah! By now our legs were a little tired and those who had not been using chamois creame were suffering a little. Spirits were high we were on our way home and the day was fine and warm (last year it rained two days of the challenge) A nice 14 km climb up to Carrs Lookout then two steep descent sections with switchbacks and rough roads tested all our concentration, our bike skills and our brakes.

From the bottom of Queen Mary falls it was 120 km to get home and I was tired but full of satisfaction that I had traversed the most difficult sections of the weekend without holding the group back in fact even climbed some of the long rolling hill sections with greater strength than others. Mark Smoothy (founder of the Smiling for Smiddy Foundation) suggested that the 7 girls should lead the peleton into Adam Smiddy Park in Milton and so with great pride I headed up the peleton and brought us home to the cheers and whistles of our family members and supporters.

Over 100 people joined the Smiddy huddle in the memory of Adam Smiddy, the last three days were remembered, our supporters and crew were thanked and the purpose of the ride was acknowledged - to fundraise and support those who have been touched by the devastating disease that is cancer.

So it was bye for now until next time we meet and home for a big feed and a long sleep. Yes they have already been asking about next years ride. Would I do it again?? Well I don't think I will do that 3 day ride again I don't feel I have any 'unfinished business', but I am going to do the 5 day Half Smiddy. Anyone want to join me??

We have raised almost \$100,000 for cancer research. If you feel you can donate then please go to the following link www.smiddyfundraising.com.au/jenny_tomkins If you would like to join one of these fantastic challenging rides then go to www.smiddy.org.au and get prepared for a challenge like no other. See you on the road!

SPORTS NUTRITION – EVER EVOLVING!

by [Rod Cedaro](#) (M. App. Sc.) Consultant Exercise Physiologist ACC Accredited Level III Triathlon Coach and Pieta Cedaro (APD) Consultant Dietitian

The Activ team recently ran a members seminar dealing with the latest developments in Sports Nutrition. After attending a conference earlier in the year at the AIS that featured some of the leading researchers in sports nutrition from around the world myself and Pieta (my wife and dietitian) were amazed that many of the concepts once considered firmly established doctrine has actually changed – considerably.

Some of the key messages of the conference have been summarized in the PowerPoint presentation I've provided which can be accessed on the [Activ Tri website](#) but in summary the researchers indicated:

1. Carbohydrate (CHO) consumption can actually be beneficial during intense exercise of between 45-75 minutes – this wasn't previously established.
2. The brain is highly CHO dependent. During intense exercise of up to 75 minutes even rinsing your mouth with a CHO solution and spitting it out will improve your performance.
3. Whereas we previously thought the upper limit of CHO consumption was 1 gram/kg body weight per hour (60-80grams), research has now shown that by adding different sources of CHO the amount of CHO that can be absorbed by the body can be increased significantly – up to 105 grams/hour – and benefit performance accordingly.
4. Other researchers have gone the other way, lowered the CHO content of sports drinks and added in Whey Protein Isolate (WPI) at a ratio of 2.67 grams of CHO to 1 gram of WPI (e.g. PureSport Workout) and shown performance improvements way beyond conventional sports drinks.
5. Consuming a CHO and protein blend (20-25 grams of WPI) immediately post-exercise has been shown to speed recovery much faster than taking CHO only. Sports drink manufacturers are responding accordingly with specialist recovery beverages formulated accordingly to meet these requirements (e.g. PureSport Recovery). PureSports is now available at Activ.
6. Sports Nutrition is an ever evolving field of interest and endeavour. Researchers are often “working backwards” – athletes and coaches are doing things in the field, getting performance increments and then they are trying to work out “why?” and “how?” What is apparent is that the field will continue to evolve in coming years as athletes continue to push the envelope.

Have a look around my PowerPoint presentation. Should you have any questions relating to the content and/or specific sports nutrition questions or requirements feel free to drop me a line direct at rod.cedaro@gmail.com Until next time – stay upright!

MEMBER OF THE MONTH – MS JUNE – SARA FINCH

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 riding had plateaued and I was pretty bored with my own company on long rides. I was looking for the best cycling coach and group of people to step it up a notch and improve my bike leg over Olympic distance triathlons and half ironman events.

What are your cycling goals for 2011?

I am doing my first ironman in Busselton in December and so my focus for the rest of the year is to increase my endurance - to be able to hold speed, form and mental focus over distance.

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

I run and I swim! I also work full time as a solicitor which keeps me pretty busy. I was a chef in a past life so enjoy cooking when I have the time. And in my otherwise fairly limited spare time - hang on a minute, let me just look up the meaning of spare time in the dictionary = 'not required for ordinary use'. Ordinary use of time for me is dedicated to my relationships with partner, friends and family, working, training, eating and sleeping. And so if I had some time not required for ordinary use I would volunteer, travel, relax and eat out more.

Cycling words of wisdom you would like to share:

Speak to Cameron or Sheree!

Consistency, good form ... and a good power to weight ratio