

WELCOME TO ACTIV8

Six months young and going strong! Can you believe it? Activ Cycle Coaching has been open for six months! Time flies when you are having fun. Thank you to all for making Activ a success!

In March, if you are a member or a 10 packer you can get a month's free membership if you refer a friend and they join in March. You just have to introduce me to your friend before they have their first Activ session.



**DURING EASTER THE ACTIV COACHES WILL BE HAVING A WELL EARNED BREAK!
THERE WILL BE A RIDE GOOD FRIDAY MORNING THEN
ACTIV WILL BE CLOSED TIL TUESDAY APRIL 6TH.**



REMINDER: A successful ride begins with starting on time so please be courteous to your group and ensure that you are on time. Check out the complete timetable at Activ or on our website.

Introducing our newest Activ annual members:

- ❖ Tony Ramsden ❖ Shane Astbury ❖ Joan Whybird
- ❖ Peter White ❖ Ginny Scott

This edition of Activ8 contains:

- 🥚 **Our latest News and Specials**
- 🥚 **More Racing Tips – Cameron's advice**
- 🥚 **Fixing a puncture – Toby's Step by Step guide**
- 🥚 **A Winning Recipe – Healthy Stir fry Chicken with Pesto Pasta**
- 🥚 **Our Member of the month – Terry Ahern**



Cameron

OUR LATEST NEWS AND SPECIALS

- 🥚 **Lights!** Now that lights are required to start our outdoor rides you must be safe and have front and rear lights. A safe ride is a good ride so respect yourself and your group and do the right thing.
- 🥚 Our **beginners course** finishes on the 25th so we will have some new riders for the social group please make them feel welcome.
- 🥚 We have started **Off Peak CompuTrainer Sessions**. The off peak period will be from 12.30pm to 4pm Mondays and 10am to 3pm Tuesday to Friday, unless there is already a scheduled session on our timetable. You can purchase an off peak 10 pack for \$100 (that's a \$50 saving!). Sessions will start on the hour or the half hour and although a coach will help set you up these are non-coached sessions.
- 🥚 **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 tyres around we can provide you with a Computrainer wheel and will store it here at Activ for you 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.
- 🥚 Exciting news - **8 additional CompuTrainers** which are expected to be installed by early April (making a total of 32 CompuTrainers).
- 🥚 An **extra coached CompuTrainer session** on Tuesdays at 6.45am commenced on the 9th of March. Booking this class online will involve some changes to the website so until further notice to book this session please call or email Activ.
- 🥚 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 going to Mooloolaba Tri!** Activ is going to have its first trade display at the Mooloolaba Triathlon. Together with Belt-Up we are planning an awesome display. So please pop in if you are up at the event.
- 🥚 Kim Pettigrew won the Overall Crestmead Summer Sizzling Series for her grade. Check out the winner's jersey above the coach in the centre. **Well done Kim!! 😊**

MORE RACING TIPS

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

Bunch Racing Tips

Please remember these are bunch racing tips and shouldn't be practiced on Activ group rides.

Racing in a bunch can be easy if you just remember a few essentials. You can waste a lot of energy moving to the front at the wrong time, particularly when going fast. Try to wait til the pace eases up, and then move up or when the bunch is breaking don't break, or break late after coasting up the side of the bunch. Try to sit on the outside of the bunch as it is easier to move up, particularly as others start to move past you, jump on the back and get a free ride up the bunch.

Attacking in a cycle race

It is not all luck when it comes to getting away from the bunch. There is an art to attacking in a bike race and making that winning move. Of course not all attacks are successful but by following a few simple guidelines you can increase your chances of getting away.

Attack in a cross wind: as only so many riders can sit in your draft before they are in the gutter, in the wind and struggling at the back of the bunch. Don't attack into a headwind, as it's too hard, or a tailwind, as it is too easy.

Attack up climbs: as you can't draft or hide on a hill, so only the strongest riders will be able to follow. Remember not to attack too early on the climb, but wait till others start to tire, also you have to be prepared to suffer more and longer than others.

Attacking into a corner: can be another successful tactic, especially if you are turning into a crosswind or up a hill, as this will stretch the bunch out and can cause gaps to occur. This can be dangerous so proceed with caution.

Attacking when there is a lull in the groups speed, after a hard period of racing or chasing is a great way to get away. Most of the time the bunch will let you go as the riders on the front are too tired, and the riders at the back might be too lazy, after the previous few minutes of racing.

A few things to remember when attacking: Don't do it from the front, but at the same time, not from too far back. Somewhere around 5 to 12 riders from the front is a good place. You need to attack with speed and aggression like you are sprinting the last 200m of a race. Then settle in and concentrate on keeping the gap by maintaining a solid pace. Don't continue to attack, or do an effort to bridge a gap if you have the whole bunch on your wheel. Instead sit up and drop back a little and wait, before having another attempt.

Once the attack is successful and a break has formed take a look at who you are with to get an indication whether the break will work and what your odds are if you stay away versus getting caught and trying again. Watch everything going on around you. Look around and see who missed the break and which teams will be trying to get a rider across to the break or try to bring the break back to the bunch. Many times riders will be looking for somebody else to close the gap or chase you down, but nobody will be keen to do it themselves.

Probably the most important thing to remember is never attack in a feed zone. There is an unwritten rule in cycling regarding this and you can become very unpopular if you do!!

Summary.

- 🕒 Know the course and weather conditions. The more you and your team learn about the race and its competitors, the more success you will ultimately have.
- 🕒 The key is putting yourself in a position to win. Always be watching what is going on during the race and asking yourself questions. For example, who looks strong, general mood and feel of the race, understanding what is going on around you will play a role in determining the timing of your attacks.
- 🕒 Attack with authority and purpose and try to discourage the field from chasing you down. Successful attacks come as a surprise and when other riders least expect it.
- 🕒 A break becoming the winning break requires a lot of strength and some luck. More importantly, it requires a group of riders committed to making it work.
- 🕒 Tactics make bike racing so unique so practice your tactics in lead up training races ready for the main event.

FIXING A PUNCTURE

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

Back Wheel

- 🔧 Change into your smallest cog of the rear cluster
- 🔧 Release the rear brake
- 🔧 Remove the wheel by undoing the quick release
- 🔧 Check the tyre for the cause of the puncture and remove if found and take note of where the puncture occurred
- 🔧 Using two tyre levers, insert one lever under the bead of the tyre opposite the valve. Then insert the second lever about 8cm in front of the first and slide it around the tyre so one side of the tyre comes away from the rim.
- 🔧 If you found the cause of the puncture, remove the tube completely.
- 🔧 If you didn't find the puncture, remove the tube until you get to the valve then pump the tube up and try to find the hole in the tube. If you find the hole then check the tyre in the matching spot for the cause of the puncture, remove the cause then remove the tube.
- 🔧 Run your hand around the inside of the tyre to make sure there isn't another foreign object.
- 🔧 Take your new tube and slightly inflate it.
- 🔧 Put the valve in the rim and slowly work the tube in under the tyre.
- 🔧 Roll the tube into the rim.
- 🔧 Then starting at the valve start putting the tyre back on. Only use a tyre lever as a last resort to get the final part of the tyre on.
- 🔧 Work your way around the tyre ensuring that the tube hasn't been pinched
- 🔧 Gently push the valve up into the tyre and release.
- 🔧 Then slowly start to inflate the tyre
- 🔧 Inflate the tyre fully. Tightened the valve.
- 🔧 Put the wheel back on the bike ensuring that the chain is on the smallest cog of the rear cluster.
- 🔧 Tighten the rear brake. Spin the wheel and test the brakes.
- 🔧 Put the chain in an easy gear and you are away!

Front Wheel

- 🔧 Release the front brake.
- 🔧 Remove the wheel by undoing the quick release.
- 🔧 Check the tyre for the cause of the puncture and remove if found and take note of where the puncture occurred.
- 🔧 Using two tyre levers, insert one lever under the bead of the tyre opposite the valve. Then insert the second lever about 8cm in front of the first and slide it around the tyre so one side of the tyre comes away from the rim.
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- 🔧 Tighten the front brake. Spin the wheel and test the brakes.
- 🔧 You are away!

RECIPE – STIR-FRY CHICKEN WITH PESTO PASTA

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

I hope you enjoy this stir-fry chicken with pesto pasta. High in Carbohydrate, Protein and Antioxidants. A great meal for cyclists!



Prep Time: 5 mins **Cook Time:** 10 mins **Serves:** 4 to 6

Ingredients

- 500g farfalle (pasta bows)
- 4 single chicken breasts, trimmed of skin and fat and cut into chunks
- cooking oil spray
- 1 tub sun-dried tomato pesto
- 1 cup snow peas, trimmed and sliced in half
- 1 large red capsicum, sliced
- bunch of baby English spinach, roughly chopped
- 1 cup of sliced vegetables
- 3/4 cup semi-dried tomatoes, drained and sliced in half

Method

1. Cook pasta in a large pot of water, according to the packet instructions.
2. Spray a wok or large fry-pan with olive oil and stir-fry chicken for about 5 minutes or until just cooked.
3. Slice capsicum and add to stir-fry for 1-2 minutes. Add desired vegetables and snow peas and stir-fry for 1 minute. Add semi-dried tomatoes.
4. Drain the pasta, and toss through the chicken mixture with the pesto.

Adapted recipe courtesy of the Queensland Academy of Sport (QAS) Sports Nutrition Network

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 Mr March – Terry Ahern!

Why did you become a member of Activ?

I was starting to get the Cycling Bug and I wanted more out of cycling. Activ gave me the choice of different rides on different days in groups at my riding level and the option of indoor sessions. Working in the CBD, it is super convenient to be able to shower after a session and then head into work. As a newbie, everyone has been great, very encouraging and supportive, and always good fun.

What are your cycling goals for 2010?

To do the BCI Ride West from Brisbane to Longreach. It's 1200km over 10 days. To back up day after day will be a challenge, but I think it's going to be a great challenge getting to know the other riders on the Ride West Tour and meeting the locals as we travel out west. Then we might work on being a better hill climber, and Cameron reckons he's going to get me into racing. You know, I want it all and I want it now. My wife calls cycling my new obsession. Cycling is helping me to get in shape.

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

I'm married to Michele who is a teacher and we have a daughter Sinead who is 13 going on 33. I go to the gym twice a week and I'm a mad keen golfer. I'm on the board at Keperra Country Golf Club, which keeps me busy with Meetings and organizing the Footy Tipping Comp. Oh and I work also. I'm the Senior Business Banker for Bendigo Bank's Brisbane Region.

Tell us about the BCI Ride West.

When Cameron mentioned the BCI Ride West it immediately peaked my interest as my family used to live in Barcaldine, which is our last stopover on the Ride. There are 34 riders in total doing the ride in May, and we are raising money for the Royal Flying Doctors Service. Having only started my cycling in June 2009, I have very few K's in the tank, so I'm currently riding 4 sometimes 5 days a week trying to get the K's into my legs for the ride. Our goal is to raise \$50K for the RFDS and each of the riders has their own Fund Raising initiatives to reach that goal. Les Hancock from BCI Law is organising the Ride West and he and his wife Shelley are doing a great job in co-ordinating accommodation and food along the way. Should be lots of fun! I'm even going to be spreading my Dad's Ashes in Barcaldine when we have the stopover there on Day 9.

Cycling words of wisdom you would like to share:

It's all about technique. Whenever I'm huffing and puffing, and going nowhere fast, it's usually because I have become sloppy and forgotten about technique. Come & join us in the Skinny Latte's!