

WELCOME TO ACTIV8

Cycling adventures seem to be the flavour of the month at the moment. The BCI Ride West Team are back and pumped about their experiences. 1200kms! Epic! We are very proud of each one of you! The Tour de Cure finished their epic journey too and we congratulate our Activ rider's achievements. Next the [Cyclists on Tour](#) crew are off cycling around Italy. Have a great time and give Cadel a big cheer from us! You'll be missed!

The winner of the [BCI Ride West Raffle](#) is not from Brisbane! Shame! No big BBQ for us! Thank you to all that supported the Ride West Crew and the Flying Doctors. A total of \$130K was raised and more donations are expected to try and crack the \$150K mark so if you didn't get to donate and would like to, please let us know.

REMINDER: The last public holiday for a while is coming up soon, the 14th of June for THE QUEENS BIRTHDAY. **Activ will be closed and there will be no organised rides.**

Introducing our newest Activ annual members:

- ❖ John Williams
- ❖ Peter Dyer
- ❖ Martin J Browse
- ❖ Fiona Ide
- ❖ Shannon Wright
- ❖ Deb Bean

Enjoy this edition of Activ8 it contains:

- ❖ **Our latest News and Specials**
- ❖ **Our New Activ Tri Club**
- ❖ **Introducing Better Bodies @ Activ**
- ❖ **More Exciting Cycling Achievements – Cameron's segment**
- ❖ **Have you had your daily dose of Omega-3? – Peta's advice**
- ❖ **Our Member of the Month – Mr May – Martin (Marty) Prowse**

Cameron

OUR LATEST NEWS AND SPECIALS

- ❖ The [Soullimit Italian base layers \(undershirts\)](#) have been a big hit! Our stocks will be replenished in early June so if your size is not in store, reserve your garment with Cameron to avoid disappointment. 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! Members discount applies too!!
- ❖ **Winter!** Now that the cooler weather is well and truly upon us Activ has stocked up on all your winter needs. So come in store and get your arm/leg warmers, long fingered gloves, toe covers, wind vests, etc.
- ❖ Last chance to sign up for our first [Skills course](#) starting on the 22nd 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.
- ❖ From one construction site to another. You may have noticed the [new consult rooms](#) out the back. There will be a variety of allied health professionals working from Activ from July. Thanks for your patience while we expand to give you access to all your cycling needs.
- ❖ **Christmas in July!** Coffee "shop talk" recently has been about having a Christmas in July function for Activ athletes. If you have any ideas or would like to help organise the event please let us know.
- ❖ If you are [unable to attend a CompuTrainer session](#) you have booked would you please let us know as soon as possible so other athletes do not miss out.

OUR NEW ACTIV TRI CLUB

Big news this month is the establishment of Activ Tri Club and boy have we got our Triathletes excited! Another element to Activ Cycle Coaching is born!! So if your next goal is to conquer a Triathlon or two have a chat to Cameron about the options for you.

- WHO?** Rod Cedaro a professional Exercise Physiologist and a former full-time professional Triathlete and Hawaii Ironman plus Cameron Hughes a former full-time professional Cyclist and Triathlon Coach, together with our Activ coaches. Wow! What an awesome team!
- WHAT?** Rod will be preparing personalised programs and conducting the swim and run elements of the club. Cameron and the Activ Coaches will be conducting the CompuTrainer and Outdoor Cycling sessions.
- WHEN?** Monday and Wednesday evening swim sessions and Tuesday and Thursday evening and Sunday morning run options. CompuTrainer and Outdoor Cycling sessions will be conducted according to the Activ timetable and will depend on rider ability. Additional options may be required and will depend largely on demand.
- COST?** Costs vary according to whether you are a potential new member or have a current Activ Cycle/Croc Squad membership. Ask at Activ for details.

To give athletes the opportunity to meet the coaching team and trial the CompuTrainers we will be holding a free **"meet the coaches and try the Computrainers" session on Sunday 30th of May from 11am onwards**". All welcome so please pass the details on. We do need to know who is planning on attending so we can be prepared. RSVP to Cameron@activcyclecoaching.com

We are looking forward to developing this new element to Activ and continue working towards the achievement of your goals. If you have any questions please feel free to contact us.

INTRODUCING BETTER BODIES @ ACTIV

Do you experience any of the following:

- Lower back pain?
- Fatigue after training or racing?
- Neck or shoulder pain?
- Sciatic pain?
- General tightness?
- Strained or sore muscles?



All these conditions are treatable by remedial massage and a range of other [alternative therapies](#) by the team at Better Bodies. We specialise in:

- Sports massage
- Injury management
- Trigger point therapy
- Remedial massage therapy
- Relaxation and stress management
- Cupping
- Dry needling
- 1 on 1 pilates

Julie Treseder has been massaging for the last 11 years. She has worked as a sports trainer and massage therapist for AFL and with a large number of elite athletes from a wide range of sports, including triathlon, cycling, water polo, ballet, track and field, swimming, diving and rugby league.

Experience a personalised treatment designed to reduce pain and fatigue leaving you feeling energised and rejuvenated. **Call 0416 369 568 for an appointment.** Health fund rebates available.

For your treatment, please present at the reception of Activ Cycle Coaching, 391 Montague Rd, West End. For more information www.betterbodies.net.au or email Julie julie@betterbodies.net.au

MORE EXCITING CYCLING ACHIEVEMENTS

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

Thanks for the feedback about my section of Activ8 last month. I am glad that you enjoyed sharing in some race stories from our members. This issue I thought I would share some more cycling achievements from our members.

A Battle on the Boarder by Ben Walding

Battle on the Border is an annual stage race held in and around the hinterland on the NSW side of the QLD-NSW border. It is one of the hillier road race courses on the Queensland calendar. This race is great for families - as they can stay at the resorts nearby - plenty of pools and the patrolled beach is in walking distance.

Race 1 - 5km Terrible TT

The time trial was not terrible, however it was not perfectly flat which curtailed my dreams of a victory. I had hoped to catch the rider in front, but this was dashed when a tall whippet turned up wearing full TT gear. I turned in what I thought was a reasonable time of 8:53 (for 5km - which is a dismal 33km/h - mid Elite-C grade). Rob Henderson stunned all onlookers with an 8:28 over the same course. Some say he has had a staring contest with the sun - and won. Others say he can smell corners. All I know is that Rob is now representing Activ as the leadout man for all future races!

Lesson learned: warm up, warm up, warm up, or start race 30s early - this is the key for TTing. We warmed up in the field - we should have warmed up at the start line where we could see the riders lining up.

Race 2 - 87km Rapid RR (or 56km)

The rapid road race was rapid from the whistle; seeing us climbing the Burringbar range 4 times. I knew I was in trouble when my heart-rate hit 97% on the first 3% grade. When we hit the 10% section of the range, I was unceremoniously spat out the back and spent the next 82km/h working in a group of 3 (1st lap) or 1 (2nd lap). I was "ecstatic" to return home only 15 minutes off the chase bunch (but down 30 min overall).

Lesson learned: eat less, train more, warm up more, hurt more (or race against women and children like Karl!)

Race 3 - 84km Epic RR (or 42km)

This was a slightly flatter road race that saw us roll out of town for 5km of neutral zone. The elastic band stretched on the first corner and we were left looking at each other in confusion as the pace hit 49km/h down the back (even though the front was a consistent 35km/h). Some longer climbs split the peloton, but we put together a chase group and successfully got back on. A mechanical saw me dropped for a lonely 20km TT. Word has it that Karl crested the last climb in 6th position; but realising any victory might see him upgraded; he quickly fell asleep at the wheel and was dropped on the downhill.

Lesson learned - eat more pies!! Trudy also did an awesome job, dragging groups of guys up the climbs and then using her feminine wiles to make them wait for her on the descents ☺

Race 4 - ~30min Cracker crit

This race saw many of the Activ riders withdraw due to the late start (3pm). In hindsight I needn't have bothered - I spent the morning in the surf chilling my legs and then hit the crit start without a warmup. This proved fatal when we rolled out - I was struggling as I crossed the line - and then the elastic band snapped. I spent the next 25 minutes TTing the course - and was finally pulled out on the final lap as the chase group approached (but never lapped me!). Kim hid in the pack for the race (as all good crit racers should), and then unleashed the Pettigrew sprint on the final corner (note - while Kim is now a Jameson, Karl does not have any of this mythical sprint ability).

Lesson learned: warm up, stay up the front, clip in fast - you can get away skipping this in some club-races, but not in any serious crit as I discovered.

Overall it was a great weekend of racing, suffering and celebrating with mates, and even when I was thoroughly dropped, the countryside was pleasant enough that I could ignore riding into the wind on my own.

BCI Ride West 1000 by Adri-Anne.Scholtes

Nine Activcycle Coaching Members and Staff have recently returned home after participating and completing the Inaugural BCI Ride West 1000 Charity Bike ride to raise money for the Queensland Royal Flying Doctors Service which started at Amberley RAAF Base and finished 1188km later in Longreach. The inspiration for the ride came from our very own Les Hancock however behind every successful man stands a hard working woman and in this case it was Les' wife Shelley, who over 6 long months, took care of every possible detail and even rallied the services of long serving friends to help out to ensure the event was the enormous success it was. Over \$130,000 was raised for the RFDS by the 32 participants with donations still trickling in. So it is not too late to donate.

In the months leading up to the ride you would have seen the following people diligently turning up to both Indoor and Outdoor training sessions to ensure that they were in peak physical condition to tackle the demands of the ride:

- Terry Ahern
- Les Hancock
- Graham Johnston
- Adri-Anne Scholtes
- James Marriot
- Martin Prowse
- Mark Dillman

It was a clear standout throughout the event that the hard work paid off as many of our riders were instrumental in providing support and advice to others who were struggling or who had minimal experience in bunch riding.

Our very own Toby Hood and Brett Harris were involved in a more formal capacity as Chief Mechanic and Masseur respectively. To their absolute credit they were instrumental each and every day in helping to keep the group together, supporting the strugglers, helping out where needed and adding their own special sense of humour. After a long day of riding while we were all relaxing they were hard at work attending to bikes and sore muscles. Both earned reputations, Toby as the Lone Wolf who would go out riding on his own following a long days ride and Brett who was affectionately given the nickname 'Kelpie' for keeping the 'herd' in line and well behaved.

One of the riders took the time to put her insights of the ride into a poem that I have attached below – it sums things up beautifully. There are a thousand tales from our adventure and plenty of funny stories that simply can't all be included in a short summary however I strongly encourage you to ask any of us what was our most memorable experience and I am sure that we will gladly retell the tales.

Ode to the BCI Ride West by Vanessa Boulton

*The Inaugural Ride West is quite in demand
With cyclists and athletes from all over the land.
From all walks of life and backgrounds abound
Its cycling that ties us and with fun to be found.
From Brisbane to Longreach we pedal our way
and pray for a tailwind each and every day.
Through Oakey and Mitchell the banana peels fly
As we pedal our legs off and time flies on by.
We've pedaled our way through town after town,
with zinc on our faces we do look the clown.
Uncle Terry is writing a blog of the ride.
A warning my friends to be on his good side.
In true Aussie style we've nicknamed the crew
The Stig, Kelpie and Dildo to name just a few.
Toby's our man, he'll fix you right up
Then talk about it for days and never shut up.
He rides up the back and helps with tyres blown
at the end of the day he'll go ride on his own.
Our new cycling family, well we've found us a pet
Go Kelpie we shout, we just love him to death.
Day 7 was fun for all but the Stig !
Eye witnesses say he fell on a twig.
A tumble he took but got up just as quick
I guess the Kelpie didn't catch that play stick.
The grandmaster Les has put this together
but behind every master there's always a hand
So to you Shelley we say thanks mate you're grand!
Through Morven and Tambo we get through this ride
Every stroke of the pedal, with support by our side.
Some of us are suffering and would rather be at the beach
But we won't give up til we get to Longreach!*



A NEW Bike – I feel pretty now!! by Lyn Milton

I liked my old bike I really did – but I am totally smitten with my new bike. When I started at Activ I rode a flat bar bike – slowly, struggling up hills and despite putting in some effort and “secret” training sessions I was improving only slightly and very slowly. I was getting used to (that’s a lie) hanging off the back and always being last up the hill (despite Sheree’s encouraging coaxing) – thighs burning, gasping for air, praying for a reprieve but hearing “ok we’re on” then watching the pack disappear into the distance as I would madly pedal to try catch up and stay on. So after some comments, words of wisdom and advice from Sheree and Cameron, we arranged a consult and a visit to Shane at Velo cycles – it was love at first (for the bike) as I purchased my new bike- an EMC Equip R1.2 .

It was an anxious, exciting time as I waited delivery of my new bike: -

Will a new bike really improve my riding?

Will a new bike make me a better rider?

Will I know how to ride a road bike?

Is the expense justified?

Will the bike do all it promises?

My anxieties were allayed on my first ride – the sheer joy of putting “pedal to the metal” and going forward up hill - not quickly but WOW, noticeably moving!!

Feeling a real buzz when cornering and a thrill going downhill –I am riding with more confidence and faster then I used to. Although hills remain a challenge – I am not as far off the back as I used to be and with my new bike I do catch up and stay with the pack (most times).

The bike looks fantastic and feels sensational to ride. Was it worth maxing the credit card?– DEFINITELY!

PS Although-“ It is all about the bike” I also have to give a big thank you to the Activ Team, especially Sheree and Cameron for their continual support encouragement coaxing and coaching.

HAVE YOU HAD YOUR DAILY DOSE OF OMEGA-3?

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

What exactly are Omega-3s?

Most athletes are aware of the need to avoid ‘bad’ fats in their diet (saturated and trans) due to their effect on increasing LDL (‘bad’) cholesterol and the risk of cardiovascular disease, but very few recognise the importance of including ‘good’ fats in their daily diet.

Different types of fats behave differently in our body. Saturated fats (found mostly in animal products like meat, butter and dairy, and also in coconut and palm oil) are not needed for bodily processes, and can in fact be harmful, by contributing to clogging of the arteries (atherosclerosis). Monounsaturated and polyunsaturated fats on the other hand (found in foods such as nuts, seeds, avocado, fish, and plant oils), have protective health benefits, including lowering triglycerides (blood fats), increasing HDL (‘good’) cholesterol, and reducing inflammation.

Omega-3s are a type of polyunsaturated fat which are particularly important in the body and must be sourced from our diet; often referred to as ‘essential’. The most abundant type of omega-3 fat in the western diet is *Alpha Linolenic Acid* (ALA). It is found in a range of foods including legumes, canola oils and margarines, linseeds, meat, eggs, nuts such as walnuts, and green leafy vegetables. The body converts ALA to the long chain omega-3 fatty acids *Eicosapentaenoic Acid* (EPA) and *Docosahexaenoic Acid* (DHA), which are needed to form the structural wall of cells, particularly in nerve tissue, and also act as a precursors to eicosanoids, substances which have strong anti-inflammatory effects in the body.

In simple terms, consuming adequate omega-3 in your diet has the potential to not only improve your health, but also your performance.

How much do I need?

Consumption of **3 serves of omega-3 rich foods per day** will provide the cardiovascular and anti-inflammatory benefits that may contribute to enhanced recovery and performance, and improvements in general health and disease risk.

The Benefits:

There is research to support the following benefits relevant to athletes, of omega-3 fats:

- Reduced triglyceride levels
- Increased HDL ('good') cholesterol
- Improvements in blood vessel elasticity and blood pressure
- Maintenance of normal heart rhythm
- Blood thinning = less likely to clot and form arterial plaques
- Reduced inflammation of the joints
- Support for the immune system.



The National Health and Medical Research Council recommend a minimum of **160 mg/day for men** and **90 mg/day for women** of combined EPA + DHA¹; however for individuals with a personal or family history of heart disease, diabetes or other inflammatory conditions, doses as high as 1000mg/day of combined EPA + DHA are recommended².

Sources of omega-3:

Food Source	Combined EPA + DHA (mg) ³
Atlantic Salmon (150 g)	2115 mg
Sardines (110 g tin)	2625 mg
Bream	712 mg
Egg (chicken)	165 mg
Omega-3 fortified Eggs	270 mg
Fish Oil capsule (average brand 1000 mg)	300 mg
Walnuts (3 Tbs)	2300 mg (ALA)
Linseeds (1 Tbs)	1600 mg (ALA)

A final note about fish...

The reason we hear so much about fish and fish oil capsules in relation to omega-3 is that EPA and DHA are readily available in oily fish and seafood such as mackerel, herrings, sardines, bream, salmon and tuna. Omega-3 from plant sources such as linseeds or walnuts, must first be converted to EPA and DHA by the body, and this conversion can be a little hit and miss, making fish the most "bioavailable" source of omega-3.

References:

1. National Health and Medical Research Council. (2005) *Nutrient Reference Values for Australia and New Zealand - Fats*. Available Online. www.nrv.gov.au/nutrients/fat.htm
2. National Heart Foundation. (2008) *Position Statement. Fish, Fish Oils, n-3 Polyunsaturated Fatty Acids and Cardiovascular Health*. Available Online. www.heartfoundation.org.au/sites/HealthyEating/SiteCollectionDocuments/Fish%20Oils%20PS.pdf
3. Food Standards Australia New Zealand (FSANZ). (1995) *Food Composition Tables*.

Introducing Mr May – Martin (Marty) Prowse!

Why did you become a member of Activ?

I had signed up to ride to Longreach and realised that I didn't have a bike, fitness or any clue. The Activ indoor and outdoor sessions allowed me to progress to a stage where I was confident that I would make the ride.

What are your cycling goals for 2010?

The first was to make the Longreach ride. I am happy to say I have done this. I would also like to improve my ability and fitness so I am not always the last in the pack. I cried for the last 2 hours of the Tambourine ride and this was fairly embarrassing. I would like to have another shot at Murphy's Creek Road (21% grade up the Toowoomba Range). I had to walk part of this on the first day of the Longreach ride. I swore I would be back to have another crack.

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

Married and 4 wonderful kids. Trying to live my life through their sporting achievements. Managing Director of a traffic survey company with offices in Sydney, Brisbane and Melbourne. Trying to strike a balance between family, work and sport.

Cycling words of wisdom you would like to share:

Practice walking up hills with bike shoes on. It is an under-rated skill!!