

WELCOME TO ACTIV8

The chilly weather is here already and we have had to dig out our Winter gear. Remember to be prepared and layer up to stay warm for your outdoor rides.

Thanks to all those involved for nominating me for an award in the [2010 Australian Bicycling Achievement Awards](#). I am pleased to announce that I am a finalist and the award ceremony will be held in Canberra on the 1st of June. To have my contribution to cycling recognised is a real thrill so thanks again!

**ACTIV WILL BE CLOSED ON MONDAY JUNE 13TH
FOR THE QUEEN'S BIRTHDAY PUBLIC HOLIDAY**



This edition of Activ8 contains:

- ❖ **Our latest News and Specials**
- ❖ **Cameron's Updates – Activ Tri turns One & Red Dress Run**
- ❖ **When running gives you the s—ts! – Rod's recommendations**
- ❖ **Our Member of the Month – Mr May – Michael Milton**

Cameron

OUR LATEST NEWS AND SPECIALS

- ❖ Our **SECOND SKILLS COURSE** has been a great success with many keen cyclists taking their cycling to new heights. With some fancy maneuvers and burn outs at Nundah (controlled emergency braking) we have been having fun! The course concludes this week with perfecting climbing and descending skills. Well done to everyone involved!
- ❖ **2012 MOOLOOLABA TRIATHLON INDIVIDUAL ENTRIES** - open online Tuesday 14th June at 9am. ONLY individual entries will open on this date (including all festival events). Triathlon Team entries will open online at a later date.
- ❖ **SUNDAY RIDES & TRI RUNS HAVE RETURNED TO 6AM STARTS.** Loving that extra sleep in!
- ❖ **ACTIV MT TAMBORINE RIDE.** This ride will be on Sunday the 29th of May covering about 150km, with a stop at the top of the mountain. There will be 2 groups leaving Activ. The first at 5.30am will be Skinny-Intermediates and the second group leaving at 6am will be the Intermediate-Advanced riders. There will be a follow support vehicle and the groups will be back around lunchtime. If you are not sure if this ride is suitable for you please feel free to talk to Cameron or Sheree.
- ❖ **CAIRNS IRONMAN AND HALF IRONMAN.** Thanks to member Andy Bath, we now have video of the swim, transition zone, the turnaround and return leg of the bike from Port Douglas, as well as the run leg. These are on our [website home pages](#) for anyone interested in having a look. There is also detailed commentary of the course conditions. Sheree and Cameron will be cheering/competing at the event and are interested in organising an Activ 'gathering' after/during the racing. Please [email](#) Cameron if you are competing/supporting (even if you think he knows already).
- ❖ **SPORTS NUTRITION SEMINAR** –Thursday June 9th 6-7.30pm. FREE for Activ Cycle Coaching Members and \$15. Come and hear Rod Cedaro (an accredited exercise physiologist and head coach of Activ Tri Coaching) talk about the latest sports nutrition research and the interesting changes over the last couple of years. What was once considered to be "fact" has now been shown to be "old hat". Rod Cedaro recently attended a sports nutrition conference at the AIS at which some of the most respected researchers and academics in the area presented their latest findings. Rod has distilled this information down to the bare essentials and will tell you how to best apply this information into practical application to help optimize your sporting performance. Free Sports Nutrition samples from Pure Sport. Please [RSVP](#) by June 1st.
- ❖ **ELITE SPORTS MASSAGE MAY MAINTENANCE SPECIAL** – Don't forget all Activ Cycle Coaching and Tri Coaching Members Receive 20% off 1 hour massages for the Month of May. For bookings with Brett and Daisy please call 0430 325 775.

OUR ACTIV TRI CLUB TURNS ONE!

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

The big news this issue is our Activ Tri Club turns one in June! How time flies when you are having fun! Congratulations to our coaches and our founding members! New members are always welcome so if your next goal is to conquer a Triathlon or two here are the details about Activ Tri.

COACHES? 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 prepares personalised programs and conducts the swim and run elements of the club. Cameron and the Activ Coaches conduct 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 are conducted according to the Activ timetable and depend on rider ability.

COST? Costs vary according to whether you are a potential new member or have a current Activ Cycle membership. Ask at Activ for details or visit the Activ Tri Site www.activtricoaching.com

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

PS **Beginners Tri Course** coming soon so keep your eyes and ears open for details.

PPS There is a **new event "The Gold Coast Biathlon"**, a 4 race series, starting soon. There's different distances for age categories, all designed to keep the competitive juices flowing over the winter months. For further enquiries see www.goldcoastbiathlon.com.au

RED DRESS RUN

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

On Wednesday 1 June the Heart Foundation will be hosting their second annual Go Red for Women "Red Dress Run" to raise awareness about women and heart disease.

Some of you would know that Sheree works for the Heart Foundation as their Healthy Living Manager and she would like encourage you to register and get involved. The Red Dress Run is a fun way to draw attention to a very serious issue. This year the aim is to have 300 people running (or walking) through Brisbane's CBD in morning peak hour to peak attention and get people talking – and ultimately learning that heart disease is the biggest killer of Australian women.

Date: Wednesday 1 June
Location: Start & Finish at City Botanic Gardens (Royal Palm Lawn)
Time: Meet at 7.20am for a 7.30am start
Cost: \$10 per person, including Breakfast afterwards
Length: 5km



The event will again be led by Commonwealth Games runner Pat Carroll, and will also be hosted by Olympic and Commonwealth Games gold medalist and swimming sensation Emily Seebohm. **Spaces are limited so make sure you register NOW at www.heartfoundation.org.au/RedDressRun.**

WHEN RUNNING GIVES YOU THE S__TS!

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

One of the most common problems I hear of, particularly with novice, keen triathletes who eat relatively well and have high fibre diets is that they get all sorts of gut problems when it comes to running. This was emphasised to me earlier this week during a pretty intense threshold session where one of my athletes abruptly finished his last 500 metre repeat and ran faster off into the bushes than he was whilst doing the effort! Likewise, our Cairns bound ultra-distance triathlete had “gurgling gut” syndrome midway through his recent “simulation session” prior to the Cairns Challenge event.

So I queried my wife, Pieta (a Dietitian), on this and what follows are some handy tips to keep you out of the loo and on the track when hammering out those kilometres.

Runner's diarrhoea (aka the trots, pit stops) and other gastrointestinal upsets such as cramping and stitches can be unfortunate (and frustrating) side effects of vigorous exercise. Reduced blood flow to the gut, dehydration, nerves, being female or vegetarian, injury during exercise, wrong food choices, undiluted gels/concentrated sports drinks or soft drinks or the timing of foods may all be contributing factors.

Reducing fibre and caffeine intake closer to exercise and choosing liquid meals will all help to reduce the severity of gastric distress. Making sure solid meals are consumed earlier (2-4 hours prior to exercise) or even switching to a liquid meal supplement instead and only using fluids closer to the commencement of exercise is often sufficient to minimize such problems.

Running tends to be the triathlon discipline most susceptible to this ailment because of the increases in gastric motility (jiggling) associated with running in comparison to swimming and cycling where the gut is relatively stable.

Dietary factors that usually cause concern for athletes are legumes (e.g. baked beans), high fibre cereals (e.g. bran or wholegrain breads), gastric stimulants (e.g. caffeine and spicy foods), large amounts of fresh or dried fruits and vegetables (especially with skin on), high doses of vitamin C and finally foods that are too high in fat or protein as these will slow gastric transit time and thus sit in your gut for longer periods before digestion can be completed.

Remember tolerance to foods is always an individual matter so be sure to find out what works best for you and then practise it repeatedly in training. In fact, you can train your body to better tolerate certain foods and concentrations of sports drinks and the like over time, but make sure you mirror race conditions as much as possible.

The duration of the session or event and also your bodyweight will determine how much you should be consuming and how long before the training session (e.g. Racing versus a 2 hour slow training run), however the basic principals remain the same. Below I have included a list of lower fibre pre-exercise eating ideas for you to try so hopefully you'll get through your next run without the "runs"!

Low fat low fibre pre-exercise meals and snacks

1. Low fat creamy rice (e.g. Le Rice/Heinz 98% fat free creamed rice).
2. Plain pasta and low fat commercial tomato pasta sauce.
3. White toast or fruit bread with jam, marmalade or honey (no butter or marg).
4. Fruit juice and low fat low fibre cereal bar.
5. Low fibre cereal such as Rice Bubbles or Cornflakes with low fat milk.
6. Liquid meal supplement (e.g. Sustagen Sport).
7. Sports drinks (e.g. PureSport) (made up to recommended concentration).
8. Ripe banana or canned pears/peaches in natural juice with low fat custard.
9. No fat flavoured yoghurt and stewed apples/pears.
10. Plain scone with jam (no butter or marg or cream).
11. English muffin with vegemite (no butter or marg).
12. Canned spaghetti in tomato sauce with white toast (no butter or marg).
13. Jelly with tinned pears.
14. Low fat pancakes with little maple syrup or honey (no butter or marg).
15. Low fat, low fibre packet or homemade muffin
16. Low fat banana/mango smoothie (see recipe below).



Breakfast in a glass

1 cup low fat milk or low fat soy milk.
 1 large banana/mango.
 1 tablespoon honey.
 ½ cup no fat flavoured yoghurt.
 Sprinkle cinnamon (optional).

Place all ingredients in a blender and blend until smooth and combined.

Energy: 1813kJ
 Protein: 21.7g.
 Carbohydrate: 81g.
 Fat: 3.19g.
 Fibre: 2.6g.

GIRO D'ITALIA 2011 – WATCH THE PRO'S AT THEIR BEST

While our own Activ members are well into their cycling season, training hard and fighting for podium finishes, the pro cyclists are gearing up to battle over mountainous terrain for 3 weeks to claim glory in the Giro d'Italia, the first of cycling's three grand tours of Europe.

The three weeks of racing began on Saturday, May 7 with a 21.5km team time trial. The corsa rosa concludes with a 32.8km individual time trial that finishes in the shadow of the spectacular Milan Duomo on Sunday, May 29.

You can catch the tour being televised on SBS with daily highlights and four live stages. SBS will broadcast daily highlights at 6:00pm on SBS TWO plus four live stages: Stage 9 (Messina to Etna), Stage 14 (Lienz to Monte Zoncolan), Stage 20 (Verbania to Sestriere) and Stage 21 (Milan). Check your program guide for details.

iPhone users – keep up to date with the tour with the free Cyclingnews.com application. Catch all the latest news stories as soon as they break. See the iconic images of the riders crossing the lines and through the picturesque scenery that the tour has to offer.



Here is a little piece of Italy from our 'Cyclists on Tour! Kim, Karl, Cam, Wayne and Pete are having a fantastic time making us very jealous of their amazing mountain climbs, beautiful scenery and delicious hot chocolates, so thick a spoon can stand up in them. Yumo!

MEMBER OF THE MONTH – MR MAY – Michael Milton

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?

I found a flyer for a beginners course for cycling in Aug '09 - this was Activ's first and coincided with the opening of *Activ Cycle Coaching*. It was just what I was looking for - a challenge. It was and still is a challenge for Cameron and Sheree! I've learnt so much from them. I also really enjoy the friendly, supportive Activ atmosphere, indoor and outdoor.

What are your cycling goals for 2011?

To continue to improve my cycling - (Cameron needs a challenge) and one day, maybe be the lead man in the Cafe Latte!!!! Losing some weight will help.

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

Is there anything else?? I retired in Dec '10 so I am now a house husband - soooo busy doing domestic "stuff" (looking after Lyn and Ruth). I've got lots of plans for retirement but cycling keeps getting in the way!

Cycling words of wisdom you would like to share:

I'd like to say GO HARD or GO HOME!!! But

"Often the goal is nearer than it seems to a faint and faltering man.

Often the struggler has given up when he might have captured the victor's cup.

And he learned too late when the night slipped down, how close he was to the golden crown." Anon.