

WELCOME TO ACTIV8

The downward slide to the end of the year and Christmas is just around the corner! So let's make the most of the coming weeks of training before the Summer holidays!

HELMET SALE
30% off selected helmets til the 12th of Dec
Adults and Children's helmets from only \$34.95!

Congratulations to all the Triathletes on their Noosa efforts. There were lots of PBs with Sara winning her age group! Awesome effort Sara and thoroughly deserved. So next stop Busselton Ironman this weekend. Good luck to all our athletes competing! We look forward to celebrating with you at **ACTIV's CHRISTMAS PARTY, Sunday 12th of December at Arrivederci Pizzeria, Park Road, Milton from 3.30pm. Have you RSVP'ed?**

Enjoy this edition of Activ8, it contains:

- ❖ **Our latest News**
- ❖ **Don't let the Festive Season turn into the silly season! – Peta's advice**
- ❖ **Keeping up with appearances – Emma Hassell**
- ❖ **3 Peaks Challenge Info – Joan Whybird**
- ❖ **Our Member of the Month – Ms November – Joan Whybird**
- ❖ **Activ member section – Karl's Grafton wrap up**

Cameron

OUR LATEST NEWS

- ❖ **SUNDAY RIDE START TIME CHANGE FROM DECEMBER 5TH.** Sunday rides will be leaving Activ Cycle Coaching at **5:30am** from the 5th of December. This change will take place for the duration of Summer. We will notify you when the Sunday ride start will go back to 6am.
- ❖ **OUTDOOR TRAINING.** Wednesday quality training is on trial til the end of the year at 5.15-6.45am. Suitable for Triathletes, Latte and Intermediates this session will vary from being a quality intense session to an endurance ride. So please come along if you are interested to keep this session alive!
- ❖ **NEW GARMIN 800 IN STORE NOW,** just in time for Christmas! Colour touch screen latest technology, built-in navigation and performance analysis data to keep your training on track. The Bundle Pack includes the Garmin 800 + heart rate strap + speed and cadence sensor + maps for just \$649 (an Activ member's discount will apply).
- ❖ **CHRISTMAS CLOSURE.** Activ will be closed from lunchtime on Christmas Eve and reopen with the 5.15am CompuTrainer and outdoor rides on Tuesday January 4.
- ❖ **CLIENT SHELVES AT ACTIV.** Activ will be having a clean out of the shelves near the couches **on Friday the 10th of December** so we are encouraging you all to check the shelves for any of your belongings. There are water bottles, shoes, helmets, clothes, gloves, towels, etc that have accumulated over the last few months. Please remember bike storage fees are for your bikes only not for your cycling gear.
- ❖ **ACTIV'S MT COO-THA HOT LAP.** Activ is running a handicap style event on the 11th Dec. It will be one lap of Mt Coo-tha going up the steep side and finishing near where we start on Sir Samuel Griffith Drive. Please [email Cameron](mailto:cameron@activcyclecoaching.com) to register your interest by the 7th of Dec so he can work on the handicaps. It will be lots of fun and set a bench mark for you. We will leave Activ at 5.30am for Mt Coo-tha on the day. **MEMBERS and 10 PACK HOLDERS WELCOME.** Prizes thanks to Arrivederci Pizzeria, Park Road, Milton.
- ❖ **TESTIMONIALS.** Activ Cycle Coaching now has a testimonial page and we would like to hear from anyone interested in sending us a testimonial about their experience at Activ. Please email testimonials to cameron@activcyclecoaching.com

- ❖ **ACTIV GIFT VOUCHERS.** With Christmas only days away, are you stuck for ideas for presents? How about an Activ Cycle Coaching Gift Voucher! The Gift Voucher can be used for the next Beginners Course (19th Feb 2011), memberships, your next service or any items from our retail shop. Call Activ on 3162 3229 to order or alternatively drop into the shop at 391 Montague Road, West End and pick one up.
- ❖ **COMPUTRAINER SESSIONS REMINDER.** If you are unable to attend a CompuTrainer Session please notify us as soon as possible. Most sessions have a waiting list. The CompuTrainer sessions book out fast - if you do not have access to a computer please [contact Cameron](#) and he can book you in. If you are unable to book in due to the session being full please call Activ 3162 3229 be placed on the waiting list.
- ❖ **HPRW WEDNESDAY TWILIGHT CRITERIUM SERIES.** Interested in racing? Come along and support our members or give racing a try. First race is **December 1** at Nundah. If you are interested or would like further information please email admin@activcyclecoaching.com or contact Kim on 0414 238 496.
- ❖ **8 NEW COMPUTRAINERS.** Activ Cycle Coaching are excited to announce another 8 CompuTrainers are on the way in 2011! This will make us the largest CompuTrainer Centre. So there will be more room for all of your friends! Construction due to start in January 2011.
- ❖ **MORE SPACE FOR HEALTH PROFESSIONALS.** Our expansions and those by Ben Ward mean we will have more space available for Health Professionals to take up residence at Activ and provide members with additional conveniently located services. If you or someone you know might be interested in leasing some space at Activ please contact Karl Jameson on 0417 790 639 for more information.
- ❖ **THE ACTIV TRI WEBSITE IS LIVE!** So visit www.activtricoaching.com and forward the link to your friends.
- ❖ **COMPUTRAINER SESSIONS FOR SCHOOL STUDENTS.** Do you think your kids might be interested to in do some CompuTraining with their classmates? Well we can make it happen. Recently we had the Marist College Tri Squad do an indoor session and boy did they have a ball! Sessions are by appointment outside our class times and Cameron will design a session to suit. For information and a quote send Cameron an email cameron@activcyclecoaching.com
- ❖ **TEMPORARY BIKEWAY CLOSURES AND DETOURS.** With the Bicentennial Bikeway Upgrades in full swing (and will be for some time) we thought we would tell you about the Brisbane City Council's webpage which notifies users of such changes. Just visit this page for the latest information [Temporary bikeway closures and detours - Brisbane City Council](#)

NEXT ACTIV CYCLE BEGINNERS COURSE

Our next Beginners course is starting on the 19th February 2011 for 4 weeks. The 12 sessions are Saturday mornings for skills outdoors, Monday mornings for outdoor group road rides and Thursday nights for CompuTrainer fitness classes indoors.

The course is designed to develop cycling skills to improve the individual's comfort and confidence riding on the road, either in a bunch or solo. Our goal is to ensure that the participant has fun while becoming a fitter, more skilled and confident cyclist.

This course is also a great opportunity for those who may have been riding for a while but not yet made the transition to clip less pedals. There is no better time than a beginners course to start fresh and learn all the skills in a new shoe and pedal combination. Once clip less pedals have been mastered, cycling will become easier and the participant never looks back.

Activ Cycle Coaching will offer all Bicycling Queensland (BQ) members \$50 off the \$249 course cost. If non BQ members are interested they can find the details and benefits of BQ membership at [Bicycle Queensland Membership](#).

For more information or to book a place please call Activ on 3162 3229. Places are limited. Please pass this information on to your family and friends.

DON'T LET THE FESTIVE SEASON TURN INTO THE SILLY SEASON!

By [Peta Hood](#) (Accredited Practising Dietitian/Sports Dietitian/Exercise Physiologist)
Lifestar Nutrition and Exercise Physiology www.lifestarnutrition.com.au

If there is one time of year that most of us could do with a little help staying on track with our healthy eating goals, it's the festive season. The approach that most people take to the holiday season is excess... excess sun, excess spending, and often excess food and alcohol. These behaviours are usually the result of an overwhelming urge to reward ourselves for a hard-working year (i.e. 'I deserve this'); which, when coupled with the down-time of holidays, can mean a disaster for your health and your weight. From my experience, many people are in the habit of accepting 1-5 kg weight gain over the festive season, with the view that they will 'get back on track' in the New Year. Instead, I would encourage you to set your health and fitness goals for 2011 NOW. Change your thinking. Approach the holidays with the view that this is an opportunity that you wouldn't otherwise get, to eat as well as you can, challenge yourself during training and be good to yourself and your body.

When it comes to your diet over the Christmas and New Year period it doesn't have to be about extremes (all or nothing), try to aim for somewhere in between to minimise the damage. Try to remain in control and make healthy choices whenever you can, rather than switching off and giving in to a month or two of indulgence.

So, when it comes down to the crunch (hopefully salad not crackling), what sort of nutrition strategies can you use to make this Christmas and New Year period a healthy one?

FOR PARTIES...

Never arrive feeling hungry. You will be far more inclined to overeat (likely high calorie food) if you are. **STRATEGY** -> have a healthy snack and a glass of water before you go.

Remember parties are not all about the food and alcohol! **STRATEGY** -> Strike up a conversation or hit the dance floor instead of downing anything that comes your way.

Don't drink alcohol to dampen your thirst or social anxiety. **STRATEGY** -> Drink water as soon as you arrive; avoid having a glass in your hand for the entire event; and space alcoholic drinks out with a glass of water or diet soft drink so you drink less throughout the evening.

WHEN TRAVELLING...

Don't get caught in the trap of eating out every night or relying on take-away foods when travelling. **STRATEGY** -> Book self-contained accommodation so that you can prepare your own fresh, healthy meals; take a small Esky of healthy snacks with you on day trips.

Avoid the temptation of letting alcohol or treats creep into your daily routine. **STRATEGY** -> keep busy, and look for non-food related ways to relax – long beach walks, spa baths...

Stay hydrated. Remember we often mistake dehydration for hunger. **STRATEGY** -> pre-freeze water bottles and take them with you on day trips, or take stopover breaks to have a drink.

ON CHRISTMAS DAY AND BEYOND...

Be smart about your food and drink choices; look for opportunities to save calories by switching to a different food, or brand. **STRATEGY** -> e.g. use vegie sticks with dips instead of crackers; serve a pear and walnut salad instead of a potato salad; have a glass of soda water and fresh lime instead of soft drink; choose pavlova with fresh fruit instead of cheesecake.

Avoid over-catering so you're not grazing on leftovers for the next week! **STRATEGY** -> resist the temptation of stocking up on chocolate-coated almonds and buying the biggest ham you can get; give leftovers to guests to take home; stock up on fresh fruit and vegetables.

Have your cake and eat it too by compensating for any extra calories consumed by doing more exercise!
STRATEGY -> plan a hard training session, organise a game of beach cricket or volleyball, or suggest that the family go for a walk after Christmas lunch.

Don't let your festive season turn into the silly season. Put your health and your body first and have a Merry Christmas!

If you would like some professional guidance on how to include more variety in your diet to benefit both your health and performance, book an appointment with Peta by phoning 0438 551 289. Peta consults at Activ on Tuesday evenings.

KEEPING UP APPEARANCES

By Emma Hassell, Activ Cycle Coaching Annual Member and fashion guru

Cycling and fashion. These are two of my favourite words and have been ever since taking up cycling at the start of the year. So it is with great excitement that I write this article following a request from Cameron to contribute to this month's newsletter about 'cycling fashion'.

What can I say? Where do I start? My mind is filled with the type of panic and confusion synonymous with the Boxing Day sales. I certainly don't see myself as a fashion guru but do admit to trying to 'look good' on my bike. Don't we all? I have to because my cycling skills are 'still developing' as they say. My theory is a simple one, if you look good, it helps make up for not riding very well or as well as you'd like to.

So how do you 'look good', especially at 5am in the morning with no make-up and the usual embellishments needed to venture out of the house with confidence? One trick I always swear by is to try and match your top with your socks. This gives the illusion that you can coordinate colour if nothing else. I also believe black knicks are the best way to go as anything 'goes with' black. The same can't be said for white knicks but I won't venture any further into that debate...ever.

These are simple, if not predictable fashion tips though. What I think we need to do here at Activ Cycle Coaching is educate one another about cycling fashion so we can all look absolutely fabulous every time we are out on our bikes. Don't get me wrong, my observation is that we all do our best when it comes to cycling fashion. But I live by the motto that there is always room for improvement.

I don't want to ignore the wonderful Activ Kit that we wear with pride. How good do we look when the majority of the group are in it? We look like a cohesive team and Sheree tells me we are easily spotted when we are off doing hill repeats or efforts! Hmmm she has her eye on us 😊

But it is not just about the clothes we wear but also matching the other accessories we have. Matching helmet colour with the colour of your sunglasses is cool and what about the bar tape matching your helmet (well that might be going too far but I obviously think it looks good).

Lastly three fashion tips from good cycling friends of mine:

Tip #1: Don't wear a sleeveless jersey with arm warmers!

Tip #2: Socks that venture too close to your knees are not acceptable.

Tip #3: Don't let your cycling knicks become see through. It isn't a good look for those riding your wheel!

Yours in fashion!

CALLING FOR EXPRESSIONS OF INTEREST – 3 PEAKS CHALLENGE (230KM), FALLS CREEK 13/03/11

By Joan Whybird, Activ Cycle Coaching Annual Member (and Ms November!!)

I plan to do the 230km “3 Peaks Challenge” Falls Creek, Victoria next March and was wondering if there were others interested in doing the same?? We all need a challenge to keep us working hard on the bike so calling all Activ Women [and male support crew] to join me. No seriously anyone can come along!

Anyway, the details are.....

The 230km route starts and finishes at Falls Creek, circumnavigating Victoria’s Alpine Region traversing Tawonga Gap, Mt Hotham, then back to Falls Creek via Omeo. With plenty of ride options available over this route, riders can choose between the ultimate challenge of riding the entire 230km or share the load with a friend by taking part in the relay or enjoy the scenery and experience the uncharted climb up Falls Creek on the Bogong High Plains Road with the 115km distance available.

Check out the course profile and be inspired!

<http://www.bv.com.au/file/file/3PC%20course%20profile%20download.pdf>

DRAFT ITINERARY

11th March	Friday night in Melbourne
12th March	Dept Melbourne 11.00am for Falls Creek [if keen a spin on the bikes]
13th March	Successfully complete Challenge, a big dinner followed by a big sleep
14th March	Off to Melbourne early for shopping or whatever & return to Brisbane.

Numbers interested in the event will have an impact on accommodation and transport of people & bikes. So if you would like to do the 3 Peaks Challenge - 230km or 115km, would you let myself, Sheree or Cameron know soon so we can get planning. This would make the perfect New Year Resolution goal for early 2011 and keep you looking after yourself over the holidays! Looking forward to you joining us! *Thanks, Joan!*



MEMBER OF THE MONTH – JOAN WHYBIRD

CONGRATULATIONS JOAN! You are the first member of the month to win a Arrivederci Pizzeria voucher. Nominate the next member of the month and they too could be off to Arrivederci Pizzeria, Park Road Milton!

Why did you become a member of Activ?

Because of Cam!!! I needed help to prepare for my 2009 challenge, the NZ - Lake Taupo round the Lake in a day. So I asked the guys at Yellow Jersey in Ipswich for recommendations. They told me the man I needed was a Pro-cyclist, Cameron Hughes, who was just about to start up a new business. Very hesitantly I rang Cameron, who was wise enough to not take just anyone, so suggested we meet. I was nervous and a little bit late [not a good first impression] so I resorted to my usual tactics I plied Cameron with wine until he said he would take on my challenging case.

What are your Tri / cycling goals for 2010?

As 2010 is nearly at an end, I just want to train well and get back to "Skinny Latte" status in preparation for my 2011 challenge – 3 Peaks in Victoria in March. Also I want to really enjoy the Activ Christmas Party on 12/12/10.

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

In between supervising 4 children who are older enough to leave home, but won't go, I work at Queensland Institute of Medical Research [QIMR] in the corporate division. [Have you noticed QIMR is holding a Ride to Conquer Cancer in August 2011 – so I'll be looking for sponsors]. Apart from family and work I love catching up with friends and having heaps of fun. Another passion I have is sleep ☺

Cycling words of wisdom you would like to share:

If you cannot be one of the best cyclists, then just look like you are one of the best. If that fails then buy a new bike. Seriously though, setting challenges no matter how large or small will keep you motivated and on the bike.

ACTIV MEMBERS SECTION

GRAFTON TO INVERELL 2010 – THE RACE by Karl Jameson, Activ Cycle Coaching Director

The Grafton to Inverell. Billed as Australia's toughest one day race. For the uninitiated a 228km race with a 17km hill at the 80km mark and rolling hills for the rest of the race until the last 10 km which has a slope....downwards.

So the training was complete and after a week or so of tapering I was feeling reasonably good. To be honest, I felt worse during the tapering period than I had during the training program. Apparently this is not uncommon.

A hit out with Ian and Tim the day before the race and my legs felt rested and good for the first time in ages. At last the benefit of the taper had arrived just in time.

On the starting line with 458 other riders in various grades my stomach was a bundle of knots only a sailor could untie. At last the gun went off and away we went. Only 228km to Inverell and I was feeling pretty confident. If Cameron Hughes can win it twice (albeit in the elite division as opposed to the lower grade I was racing in) how hard could it possibly be??

In the neutral zone for the first 5km - sitting at 45km/h I should have realised that perhaps this race was a bit faster than the year before. I didn't. Out to the bottom of the range (about the 80km mark over some leg sapping smaller climbs) and the average speed had quietened down to an average of 35km/h. My stomach had gone from a bundle of knots to just knots. Thoughts of pulling out at the first feed stop (at the 120km mark) were the only thing keeping me going....if I can make it that far!

The lead bunch pulled away on the hill and given how I was feeling, I took the option of riding myself tempo up the hill. After a few km the pack must have felt pity for me (as I could still see them!) so I rode a bit faster and with 5km of the hill to go, caught back up with them. Pop! That was the last I saw of the lead pack until the finish line.

Over the top of the 17km range and everyone around was stuffed. Thankfully my knots were gone and I was feeling okay so off I rode on my own with the first feed stop only 20 or so km away. I caught a bunch and two of us started working whilst the rest just sat in.

We refuelled at the feed zones at the 120km and 180km mark. We kept going. A pack of about 12 with only 2-4 of us working on the front. No amount of encouragement would motivate the others to take a turn so there was little prospect of catching the groups in front.

With 30km to go I started to have some fun. The rest weren't working together so why not make them suffer a bit too. Off I went on my own. I got caught within a few kilometers with a few choice words thrown my way along the lines of "What the ##! are you doing? We just want to finish". A smile was the best answer. 10km to go and a small incline....time for some more fun and off I went. The pack caught me at the 1km to go mark....a few more choice words and more smiles. The finish was a sprint for the line, at the pace of a fast walk but I had finished!*

Lessons I learned:

- 1. Not every race goes to plan. My severe stomach cramps, a broken spoke (yes this happened) and a strong headwind can just happen, so tough it out and make sure you finish.*
- 2. Grafton to Inverell is a great race. Everyone should do it. With Activ's training anyone can complete the race.*
- 3. Cameron's record of two wins is safe. I have not a hope in hell of winning it once let alone twice!*
- 4. Pain is temporary; quitting is forever - thanks Lance*

2011 will be my third attempt. I will be on the starting line in October 2011. I hope to see a lot of Black and Orange kits on the line in 2011. Thanks to everyone who assisted in my race preparation and supported me on the day. It really is the journey, not the destination.

Member Spotting

Thanks to all Activ members et al., spotted at (& supporting) Trudy's back yard blitz. Your efforts were appreciated by all. It was awesome to I be a part of something so special and we proved many hands make light work! ☺