

## WELCOME TO ACTIV8

Twice the week before Noosa, when all through Activ, not an athlete was nervous, not even a bit! Well it might not be exactly true but we at Activ are proud of the preparation our athletes have strung together ready for their event. Activ will have an Expo Display at Noosa Tri so please come and visit us. If you want to ride the CompuTrainer for a demo spin let us know. The more the merrier! To this end Cameron will not be available at Activ from Thursday mid morning til lunchtime Monday. Toby and the Activ helpers will be available til lunchtime Saturday then Activ will be closed through til Monday lunchtime. **Please note there will be no Sunday outdoor ride.** If you are kicking around Noosa on Friday and Saturday morning, Sheree and Cameron will have a 40k ride leaving the Noosa Surf Club at 6.30am both days. All welcome!

Good luck to all our Triathletes and those competing in teams! Here's hoping for PBs all round!

Enjoy this edition of Activ8, it contains:

- ❖ **Our latest News**
- ❖ **Riding safely in the wind and wet – Cameron's info**
- ❖ **10 tips for improving your running – Rod's review**
- ❖ **Hot tips to help you drop those unwanted kilos before Summer – Peta's advice**
- ❖ **Massage Cupping Therapy – Better Bodies**
- ❖ **Our Member of the Month – Ms October – Nicole Marriott**
- ❖ **Activ member section**

*Cameron*

## OUR LATEST NEWS

- ❖ **COMPUTRAINER WHEEL.** We promote a realistic ride on the CompuTrainer but if you have had one too many 'flats' then you might like to consider getting a trainer wheel with a specially designed trainer tyre. The wheel and tyre will cost \$140. Then all you need is a cluster and you can store it at Activ for FREE.
- ❖ **COMPUTRAINER SKEWERS.** Are you sick over changing your rear skewer every time you do a CompuTrainer session? Well we can solve that! For just \$12 you can own your very own and save yourselves the bother of changing to ours each time.
- ❖ **OUTDOOR TRAINING.** There are a couple of new sessions on trial on the outdoor schedule. Tuesdays and Thursdays 9.30-11am for the 'after school drop off' river loop group and the Wednesday 5.15-7am Tri Squad/ Latte quality session. These sessions will only exist if we have the attendance to justify them. So please come along and be counted!
- ❖ **OFF PEAK SESSIONS.** All welcome to come along and ride on the CompuTrainers outside class times, during shop opening hours. However please call Activ on 3162 3229 so your arrival is expected. Starting on an hour or half hour would be appreciated. Off peak 10 packs are only \$100!
- ❖ **CHRISTMAS CLOSURE.** Yes Christmas is just around the corner!!! 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 very soon 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. For the benefit of all members please use the shelves to store your belongings while you are at Activ and take them home in between. Please remember bike storage fees are for your bikes only not for your cycling gear.
- ❖ **CORPORATE COMPUTRAINER SESSIONS.** Do you work with a lot of cyclists? Maybe it is time for a bit of team bonding! Activ offers corporate CompuTrainer sessions by appointment. You can book as many CompuTrainers as you might need outside class times and Cameron will design a session to suit. For information and a quote send Cameron an email [cameron@activcyclecoaching.com](mailto:cameron@activcyclecoaching.com)
- ❖ **HTM WILSON BRISBANE TO GOLD COAST RIDE.** The ride was postponed and is rumour has it that it will be rescheduled to the 7<sup>th</sup> of November. Keep an eye out on [www.bq.com.au](http://www.bq.com.au) for the confirmed date and details.

## RIDING SAFELY IN THE WIND AND WET

By [Cameron Hughes](#) *Activ's Head Coach*

With the recent wet and windy weather I thought it important to share some tips for riding in wet and/or windy conditions. It is important to be aware of the below tips as there will come a time when you might get caught in the rain or if you are planning to race your bike, you will have to race in the rain/wind.

### **Braking in the wet**

- Your braking distance (the distance it takes for you to come to a complete stop) is increased in wet conditions. It is important to allow more distance between you and the point at which you want to stop. This also means you should increase your following distance behind other bike/vehicles.
- Brake gently (feather your brakes) with both your rear and front equally to avoid skidding and to ensure your brakes engage when you need them to. The road grime in wet conditions can affect the responsiveness of your brakes.
- Be mindful not to unnecessarily use your brakes when riding in a group as this only creates panic and a possible domino affect where the riders at the back end up having to brake excessively. The result is the group lacking confidence and risk is increased.

### **Slipping and sliding**

Ride more slowly and cautiously than you would in dry conditions to avoid slipping and to expect the unexpected. Think ahead and plan what actions you will take next.

Keep a close eye on the road and avoid and communicate to fellow riders the following slippery things:

- road-marking paint
- metal objects, like manhole covers or train tracks
- oil/mud/gravel/puddles on the road

Be careful when cornering/turning. Take it slowly, brake more before the corner than in it and avoid sudden turns.

### **Visibility**

- In dark or rainy conditions your visibility to motorists, pedestrians and other riders will be greatly reduced. Even lit up, you will be much harder to see, so make sure you're riding safely and signaling your intentions far in advance.
- Take extra care to make yourself highly visible to others. Dress in bright colours. Orange, yellow, green or white are best. Avoid red, as it's hard to judge its distance and it looks dark at night.
- Don't be shy about lighting up! Add reflective belts such as the ones from 'Belt up' (available at Activ) to your clothes, bikes and bags. The Belt up high vis ankle straps are especially good as they are constantly moving.
- Don't let the rain get in your eyes. Clear glasses are a must and a visor on your helmet or a cycling cap under your helmet can make all the difference.
- Try to avoid riding in the rain at night, as it's even harder for motorists to see you.

### **Wind**

Wind is without a doubt one of the hardest to weather issues to predict and also is one of the most difficult elements to contend with on a bike. A tailwind (when the wind is behind you) is a riders delight as it pushes you along. A side wind can make things tricky with balance and rhythm and the dreaded headwind can make a 40kms seem to go forever. A rule of thumb is to try and maintain your balance and a reasonable cadence so you don't get too tired. Gusty winds are even worse as the wind is unpredictable and riding in a peloton can be very dangerous so give each other plenty of room and never 'cross wheels' with the wheel in front of you.

I do hope these tips assist. If the weather conditions are not suitable for Activ rides we will leave a message on our weather hotline (3321 4455) so give it a call 1 hour before the expected ride departure time for instructions.

Adapted from <http://www.bv.com.au/bikes-&-riding/90490/>

## 10 TIPS FOR IMPROVING YOUR RUNNING.

By [Rod Cedaro](#) *Activ's Tri Coach (M. App. Sc.) Consultant Exercise Physiologist ACC Accredited Level III Triathlon Coach*

Aside from training the house down, I've pulled together some of the most important lessons I've learned from some of the great coaches and athletes I've known over the years to improve running performance. If you look back as little as 50-60 years the current women's marathon world best would have beaten the men's fields anywhere in the world. How did performances improve so dramatically? One thing you'll find is an amazing work ethic; an ability to push the boundaries of what was thought to be the limits. But be aware, more isn't always better, there is a point of no return.....

**1. Experience counts for a lot.** Run with people who know and have a wealth of experience. Train with runners in your area who have experienced both success and failure - learn from them - don't make their mistakes. Go to running camps, join a training squad. This helps fast-track your experience in the sport.

**2. There are no "secrets".** If you want to improve it comes down to hard work and recovery. There's always someone who claims to know it all and have the "secret" to success. In the majority of cases they are simply out to make a buck from some gimmick. Do your homework, go to reputable sources. Check their success rate with other runners and their proven long-term results. There are a lot of coaches out there that have produced a number of champion athletes and they'll want to tell you about them but dig a little deeper to make sure there aren't significant failures in their closet.

**3. There are no short-cuts.** You have to do the work over time. To reach your potential as a runner research would suggest you've got a good decade of progressive focused work. So don't look for or expect to find a short-cut - it'll end in grief. Patience is indeed a virtue with your running, try to fast track your improvement by running too hard or too long, too early and you'll quickly find yourself injured and sitting on the sidelines.

**4. "Train don't strain".** This was a common theme espoused by great Australian distance coach Pat Clohessy and goes hand in hand with my previous point. Sure there are times - which become more and more regular the more competitive you become - when you have to push yourself. However, more often than not running should be comfortable and fun. Use your heart monitor on your recovery day and keep your heart rate down. You'll often hear experienced runners talk about "hard" "easy" training. Remember, you can't train or race a tired (or sick) body.

**5. Easy recovery days** are crucial so take them!

**6. Feed off others.** Don't train in isolation; join a squad or training group. This makes your training fun, social and challenging when it needs to be.

**7. Get off the hard stuff!** Concrete and asphalt trash your legs. Spend as much of your training time as you can run over softer surfaces like trails and golf courses. In short, they save your legs from the impact shock of kilometre after kilometre of hard surface running. Remember, every-time your foot hits the ground when you run you're putting between 4-6 times your body weight through that individual limb about 500 times on each leg per kilometre. Do the math - that is an enormous load week in week out. Do that on an unforgiving surface and you'll soon end up trashed. Natural trails are simply more forgiving on your legs. The uneven nature of such surfaces force the runner to develop the stabilizing muscles that help with balance and agility. I have often heard the analogy of trail running being to road running what free weights are to weight machines. Having said this, if you're racing on the road (or track) it is still important to get some of your sessions out on these surfaces. Here we're talking about the physiological principle of "specificity" - what you train for is what you get. Always get some training on the course surface that you will be competing on.

**8. Race yourself!** It doesn't matter who you are - a novice or an Olympian. Measure your improvement against yourself and not that of others. If you measure yourself against others you'll never reach YOUR potential. Take your time. Stick to a time table that you work out with your coach. There is always going to be someone a little more mature and a little faster, your objective is (over time) to reach YOUR potential.

**9. Be balanced in your approach.** Prioritize aspects of your life, but don't become so focused on your running and triathlon that you let other aspects of your life slip completely. Don't become so rigid and narrow that you exclude

other important aspects from your life. Running and triathlon should be an important adjunct to your life, they shouldn't "be" your life. Learn this balance and you'll be a much happier and better athlete in the longer term.

**10. Pick a role model.** Just as there are mentors in any profession, there are running and triathlon mentors. There are all kinds of mental and emotional tools this will help you to draw on. If you can observe how other athletes overcome seemingly impossible hurdles you will soon come to realise that anything is possible.

Good luck and keep moving forward!

## HOT TIPS TO HELP YOU DROP THOSE UNWANTED KILOS BEFORE SUMMER!

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

With summer fast approaching, now is a great time to take action against those unwanted kilos. The decision to shed some body fat doesn't have to mean giving up all of your favourite foods. Reducing your weight, and optimising your health and performance can be as simple as being smart about your diet and exercise regime, and committing to a plan. Here are some tips to get you heading in the right direction.

### SWITCH BRANDS

Next time you are shopping for your favourite foods at the supermarket, consider trying a different brand. Compare the *Energy* 'per serve' listed in the Nutritional Information Panel with your usual choice. Replacing a few of your usual favourite foods with brands which are lower in Energy (kJ or kcals), will add up to a significant calorie saving across a week.

### INCREASE YOUR VEGETABLE INTAKE

Make an effort to incorporate more vegetables and salad into your daily diet. Try to allocate half of your plate to vegetables or salad at main meals, and snack on vegetable sticks dipped in tzatziki, salsa or low fat hommus in between. Vegetables are high in fibre and low in calories, meaning they fill you up without filling you out.

### WATCH YOUR PORTIONS

Work on reducing your portion sizes. Remember even healthy foods if consumed in excess of your body's requirements, will cause weight gain over time. Drag out the kitchen scales and measuring cups, and start monitoring your portion sizes. Aim for small, manageable reductions over time. Foods like cereal, rice, pasta and meat are a good place to start.

### KEEP A FOOD DIARY

Start monitoring your food and drink intake. And I mean every little thing! If you don't have the time to keep a complete food diary, keep track of *Extras* like treats and alcohol. Once you have established your usual intake of these foods or drinks in a given week, set yourself goals for reducing your frequency of consumption. Research has also shown that the process of simply monitoring and recording your food intake actually makes you eat less.

### AND FINALLY... YOU DON'T HAVE TO EXERCISE FLAT-OUT

When it comes to targeting body fat, exercising harder isn't necessarily better. Stop to consider the fact that maximal fat oxidation (burning) for most people, occurs at approx. 65-75% of max heart rate i.e. during low to moderate intensity exercise, not maximal.

*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.*



## MASSAGE CUPPING THERAPY

By Lucinda Hensen, Accredited Massage Therapist  
Better Bodies [www.betterbodies.com.au](http://www.betterbodies.com.au)

Massage cupping therapy is used to soften tight muscles and tone attachments, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways. It achieves this by creating suction and negative pressure in the cup, which draws in the skin, connective tissue and muscle.

### How Cupping Works

Cupping stimulates the skin by increasing circulation while separating fused tissue layers and draining lymph to promote a smooth appearance and healthy glow. It works deeper by loosening adhesions, facilitating the muscles to operate more independently and stimulating healthy elimination of accumulated debris in the tissues, organs and systems. It relieves trigger points (knots) in muscles by creating pressure that is similar to that felt using thumbs or elbows (ischemic compression).

### Method

The cups themselves can be various shapes including balls or bells, and may range in size from 1 to 3 inches (25mm – 75mm) across the opening. Plastic and glass are the most common materials used. Depending on the specific treatment, skin marking is common after the cups are removed. This may be a simple reddening of the area treated or a ring that disappears quickly, deeper treatments that use more suction can result in mild bruising that may take 1 to 2 days to disappear. Areas of chronic tension or muscle fatigue will colour quicker and the marks will tend to last longer as the muscle tissue has not been receiving adequate blood flow and as a result are not as healthy as surrounding tissue. Cupping can increase the blood flow to the area and restore tissue health, enabling the muscle to release tension and relax back into a neutral position.

Treatment is not usually painful, mild discomfort may be felt over areas of tension or adhesions in the connective tissue or muscle; however this will ease through treatment. Many find the use of cups in treatment quite soothing.

If you would like to book in for a massage cupping therapy treatment, please call Better Bodies on 0407 327 323.

## MEMBER OF THE MONTH – NICOLE MARRIOTT

### Why did you become a member of Activ?

Coerced by husband James who had been training with Activ for sometime...as I could see him quickly leaving me for dust...I decided it was a necessity if we were to ever ride together again! I love training in the structured social group environment that Activ offers. I wanted to improve my fitness and skill on the bike, and both Sheree and Cameron are very encouraging...and patient!! Mostly I really enjoy it – and besides there's good coffee at the end!!

### What are your Tri / cycling goals for 2010?

After my first ride over Gap Creek Rd...learn to love hills! Generally improve my fitness so I'm not always the last rider home in Skinny Lattes!! Complete Noosa and Mooloolaba tri's in a not too ridiculously long time!

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

Try to fit in a couple of swim squads and the odd run in my week but mostly my time is taken up being Mum to twins, Elke, Sophie (9), Lach (6) and Alice (4) (ie...chef, cleaner, chief bottle washer, confidante, nurse and taxi driver!!); work 4 days a week in our family business, I love to read.....and a good party never goes astray every now and then too!!

### Cycling words of wisdom you would like to share:

Don't forget to unclip your foot when stopping at the lights ...it can be very embarrassing!

## ACTIV MEMBERS SECTION

### GRAFTON TO INVERELL 2010-the training phase by Karl Jameson.

*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.*

*The only words I can remember uttering after completion of the 2009 Grafton to Inverell race were "I am coming back next year and I am going to do it better" and so the journey began.....*

*The training started in December 2009, although at that stage I still had the "get out of the Grafton race" card in my pocket. At that stage the training was as much about making sure I got out of bed and joined the Activ training sessions at least 4 times a week. A good start!*

*The Tour Down Under in Adelaide (January), Le Race in New Zealand (March) and finally the trip to Italy for the Giro tour (May) ensured I kept the momentum in my training. Thank goodness for Cyclists on Tour [www.cyclistsontour.com](http://www.cyclistsontour.com) (small plug!)*

*June arrived and now was the time for decisions. The expiry date on the 'get out of Grafton race' card had arrived and I either had to commit to doing it or not. Why not I thought, and the real training started.*

*Head coach Cameron Hughes (who I should add has won the race twice, but is far too modest to tell people unless they ask!) provided plenty of advice and coaching on what was needed. "Karl, keep your left heel down, drop the left elbow" and the ever popular "just add on a river loop after each weekend ride".*

*Move forward to August and the mid week long rides started. Every Wednesday out to Dayboro and start off with one rep of Mt Mee increasing to four laps. I will be ever grateful to Rob Henderson for his company on these rides. 160km rides on your own into a headwind are not my idea of fun! At this stage my weekly kilometres were around the 450 to 650k and the race was still some two months away. There was not a day when my legs did not feel tired or when I didn't groan as I got out of bed in the mornings but thankfully starting Julie's mid week massages gave me some reprieve.*

*On the home front it was clear that "this bloody race was all consuming". My wife Kim, described it as "like living with a professional athlete". Now I am far from being an athlete, so I accepted the compliment and kept on training. It would be remiss of me if I didn't mention her unqualified support throughout.*

*Two weeks to go and the mind games started. I thought on more than one occasion I should give it away. I wondered what possessed me to do it once let alone twice. At that stage I would rather have run around the river than jump on the bike. Then finally, I had two days off the bike. The next day I rode with Activ to Ipswich. Someone had super powered my legs and I felt unbelievably good. So this was what it was like to ride with fresh legs-awesome-the benefits of the training were finally apparent.*

*Into the tapering week and I had strict instructions from Cameron as to what I should do. Legs are feeling awesome and I cannot wait for the race.*

*Would I do it again? Absolutely! However it has become apparent this year that to train for the race you need the support of a great coach (Cameron-thanks for your patience and coaching), a supportive family (thanks Kim for indulging me), good friends to accompany you on the long rides (thanks Rob, Ben, Tim and Dave) and most importantly a great social group at Activ (to keep you motivated when every ride is a chore). Thanks everyone!*

*Off to the race! Looking forward to giving it my best shot! Stay tuned for the result!*

### Member Spotting

We understand an Activ foundation member was fortunate to enjoy a sporting weekend in Melbourne taking in the GF Replay and the World Cycling Championships. Rumour has it that they got to meet Fabian Cancellara and Mark Cavendish and even had their photo taken with the World Champion Thor Hushovd at dinner after winning the road race. Guess who was so lucky?? Any ideas Wayne?? ☺