

## WELCOME TO ACTIV8

It's our 1<sup>st</sup> Birthday edition and we have plenty to celebrate with you. The Activ team would like to sincerely thank each one of you for your loyalty support and dedication during our foundation year! A special thank you to everyone who enjoyed our Birthday celebration with us at the Chalk Hotel on Sunday.

### BIRTHDAY SPECIALS

**3 tubes with 3 CO<sub>2</sub> Cartridges for only \$35!**  
**Also GO gels \$2.20 each while stocks last!**  
**Stock up now and don't get caught short!**

Good luck to all our Triathletes getting ready for the Gold Coast and Kingscliff Triathlons coming up. We hope your season gets off to a good start.

Enjoy this edition of Activ8, it contains:

- ❖ **Our latest News**
- ❖ **It's getting hot in here – staying hydrated this Summer – Peta's advice**
- ❖ **Making your ride more comfortable – Cameron's info**
- ❖ **Running well is as much about strength as it is endurance – Rod's review**
- ❖ **Activ member section**
- ❖ **Our Member of the Month – Mr September – Steve Whelow**

*Cameron*

## OUR LATEST NEWS

- ❖ **HTM WILSON BRISBANE TO GOLD COAST RIDE.** Sheree will be supporting riders from the Heart Foundation and Activ for this ride on the 10<sup>th</sup> of October. Check out the details on the ride's website and then let Cameron know if they are keen to participate. There will be an opportunity to get your bike back to Activ after the ride so let us know if you need this service. Be quick to register as the ride is capped and please consider supporting the Heart Foundation as your nominated charity.
- ❖ **THE STATE TEAM TIME TRIAL** Congratulations to our Men's Masters Team who flew over the Tenthill 40km in just over 57minutes! Well done!! They are already planning next year's improvement strategies.
- ❖ **OUTDOOR TRAINING** Now it is getting warmer and lighter in the mornings don't forget the Tuesday and Thursday outdoor quality training sessions leaving Activ at 5.15am and returning to Activ at 6.45am. Tuesday is the Social/Latte session and Thursday the Intermediate/Latte session. Come along and transfer some of the skills and strength you have gained on the CompuTrainers during Winter on to the road.
- ❖ **WEDNESDAY 29<sup>TH</sup> SEPT and 6<sup>TH</sup> OCT.** All welcome to join in for a River Ride leaving Activ at 5.15am.
- ❖ **BEGINNERS GRADUATE!** The third group of beginners are due to graduate. CONGRATS to all 14 of them! Please make them welcome as they graduate to the Social group in the coming weeks.
- ❖ **SKILLS COURSE STARTS OCTOBER 2nd.** There is only two weeks to go until our next skills course starts. We have four spots left before the course is full. If you know someone interested please email [cameron@activcyclecoaching.com](mailto:cameron@activcyclecoaching.com) and we will send them all the details, or ask them to Ccall Activ on 3162 3229. The cost for the course is \$149 or \$99 if you are a member.
- ❖ **ACTIV TRI UPDATE.** The kit are ordered and due for delivery next month. Running tops will be instore next month too. Don't forget we have the GC ½, Noosa and Busseton Tri courses on the CompuTrainers so you can book in outside class times and try them out. Activ will have an Expo Display at Noosa Tri this year so please come and visit us.
- ❖ **FREE 1on1 MEETINGS WITH ACTIV COACHES.** If you were unable to book an appointment with Sheree or Cameron at the structured times don't worry you can call Activ on 3162 3229 to book yourself a time.
- ❖ **CYCLE DYNAMICS** Sports Physiotherapist Ben Ward is now operating out of Activ Cycle Coaching. Services include biomechanical screening, video analysis, bike fitting, pre-purchase frame sizing, hands-on therapy and therapeutic exercise prescription. Full details can be found at his website [www.cycledynamics.com.au](http://www.cycledynamics.com.au)

## SPRING HAS SPRUNG AND HOW DO WE KNOW???

Sure the weather is warmer and the flowers are making hayfever sufferers sneeze but there is another sure fire way we know it is Spring.....Magpies! It's a sign of nesting season, when the swooping gets a little too close for comfort.

To alert us all of the Brisbane attack and swooping spots Quest newspapers have developed a webpage with the magpie hotspots mapped out <http://www.ourbrisbane.com/suburbs/magpie-alert#map> you can even leave a comment to warn others or share your trick to foil the magpie attack.

Not all magpies display aggressive tactics, but the ones that do are guarding their territory (about a 100-metre radius from their nest). Their swooping behaviour generally lasts the six weeks their chicks are in the nest. For some reason, cyclists and small children seem to be their preferred targets but this doesn't mean you are safe if you are out pounding the pavement.

### Things you can do:

- ❖ Wear a sturdy hat or carry an umbrella
- ❖ If possible, avoid the area where the magpie is nesting
- ❖ Wave your hand above your head but never attack a magpie – you'll only make it more vicious
- ❖ Call the Environmental Protection Agency Hotline 1300 130 372 or Council on (07) 3403 8888 if you need information about living with wildlife or relocating a protected animal

## CITYCYCLE LAUNCHES OCTOBER 1st

Activ Cycle Coaching is to be a CityCycle Helmet Vender. As the only Cycle Shop in West End now it makes sense! CityCycles will be in the racks ready to rumble on October 1<sup>st</sup>. You can subscribe now and read more about how the scheme is going to work, the specs of the bikes, where the stage one stations are and much more at [www.citycycle.com.au](http://www.citycycle.com.au)

## REPORT A POTHOLE AND WIN

### Eyes in the Suburbs Promotion

Residents who report certain maintenance issues to Brisbane City Council property will go in the draw to win one of ten \$100 monthly cash prizes as part of the Eyes in the Suburbs promotion. Brisbane residents are automatically eligible for a prize when they lodge a valid request with Council for issues such as potholes, graffiti, cracked footpaths, etc. Perfect for cyclists to report some of those nasty potholes that can cause us flat tires, buckled wheels or worse!

**Prizes:** There are 10 x \$100 prizes (cheques/bank transfers) per month for 12 months (total \$12,000). The promotion period closes at midnight on 30/06/2011.

**How to enter:** Entrants must lodge a request with Brisbane City Council for maintenance/repair to Council property for example, potholes on Council roads, grass cutting on Council land, graffiti on Council property etc, either by phoning 3403 8888, submitting a request online at [www.brisbane.qld.gov.au](http://www.brisbane.qld.gov.au), or sending an MMS/SMS to 0429 234 948 with your details and the details of the issue.

Terms and Conditions can be found at the following link

<http://www.brisbane.qld.gov.au/about-council/contact-council/report-a-maintenance-problem/eyes-in-the-suburbs/index.htm>

## IT'S GETTING HOT IN HERE! STAYING HYDRATED THIS 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 the hotter weather fast approaching, let's talk about your fluid needs before, during and after training. Our body is over 60% water, so adequate hydration is important all the time. As a general guide, we should aim to consume at least 1.5-2 Litres of water on any given day.

### Fluid needs during Exercise...

During exercise, fluid is lost through sweat and metabolic processes. For exercise lasting longer than 30 mins, or where sweat rates are high (e.g indoor CompuTrainer session or running), fluid replacement is essential to prevent the effects of heat illness, which can in fact result in death.

Individual fluid requirements depend on factors such as:

- ❖ Exercise Intensity
- ❖ Metabolic Rate
- ❖ Environmental Conditions
- ❖ Fitness Level
- ❖ Body Size
- ❖ Acclimatisation

Adequate fluid intake reduces the risk of:

- ❖ Dehydration
- ❖ Physical Fatigue
- ❖ Mental Fatigue
- ❖ Heat Stress
- ❖ Muscle Cramping

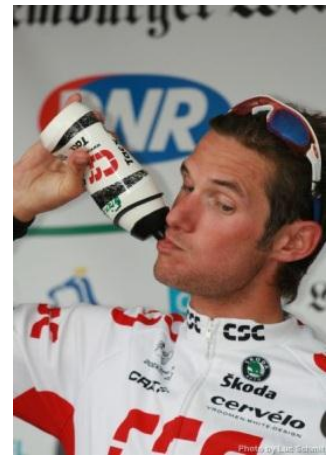


Photo courtesy of Frank and Andy Schleck.com

In most cases, the rates of sweat loss during exercise are higher than the rate at which you can drink, meaning most athletes fall short of their fluid requirements and get into a deficit.

**Dehydration** results in an increase in heart rate and body temperature, and an increased perception of how hard exercise feels, especially in the heat. Studies show that fluid losses of as little as 2% of bodyweight can cause a noticeable decrease in performance (that's a 1.4 kg loss in a 70 kg athlete).

### How much? How often?

Recommendations for fluid intake during endurance exercise are **highly individual**; however **500-1000mL fluid per hour (~1-1.5 bidons per hour)** is a good guide. It is important to acknowledge that it is possible to over-drink; and this can lead to a potentially fatal condition known as hyponatremia (low blood sodium), particularly in longer events.

Knowing your individual **sweat rate** gives you an indication of how much you should be drinking during exercise. Sports Dietitians routinely assist athletes with monitoring their sweat rates to provide them with the information required to design an individual fluid plan.

### What type of fluid?

**Water** is the first point of call; however **sports drinks** provide a convenient combination of carbohydrate (5-8%), fluid, and electrolytes, helping to meet a number of nutrition goals in one convenient source. Cordial, juice, and soft drink are okay occasionally, but can cause gastric upset and osmotic diarrhoea due to their higher carbohydrate content (8-12%). Always trial your fluid (and nutrition) plans before race day!

## MAKING YOUR RIDE MORE COMFORTABLE

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

To make your ride more comfortable start thinking about these simple riding techniques. You will stop feeling aches, reduce your injury and find yourself riding more powerfully and comfortably.

### Rule of thirds

When you're cycling, try to think of the rule of thirds. Distribute your body weight more-or-less evenly between your hands, your feet and your seat. Following this rule, you'll probably find yourself leaning forwards at an angle of 30 to 45 degrees - halfway between an upright position and a low, crouching position. With your weight evenly distributed like this, you're less likely to feel pressure on your back or stomach.

### Upper body

Ways to alleviate back, shoulder and arm discomfort:

- Try not to keep your head and neck still in one position for a long time. Occasionally tilt it or roll it from side to side. This will reduce strain and stiffness. Why not have a quick stretch at the traffic lights.
- Be conscious of letting your legs do as much of the work as possible. Keep your shoulders and upper body relaxed, even when going uphill.
- Try and keep your back straight, not bowed or hunched. Imagine you're trying to point your belly button at the top tube of your bike.
- Keep your elbows slightly bent to absorb shock, and hold them in line with your body. Keep your arms relaxed by not gripping the handlebars too tightly.
- Don't grip the bars too tightly. Change hand positions often to avoid constant pressure, as this can make the hands numb. If your hands do start to become numb or you start feeling pins and needles, gently shake them out until they return to normal. Also check your gloves and make sure they are appropriate for you.

### Lower body

These tips will help you with your pedal power:

- Concentrate on pedalling smooth circles when you pedal. Actively use your hamstrings to pull back at the bottom of the stroke (instead of just relying on the movement of the pedal), then raise your heel on the upstroke and lift your knee forward toward the handlebar.
- Clipless pedals place the foot correctly on the pedal and increase efficiency of cycling but if your cleats are not in the correct position this could cause discomfort in your knees and a lack of power produced.
- For better leverage, slide backward on the saddle when climbing or working hard. Move forward for increased leg speed during time trials or other short, hard efforts.

### Nether regions

How to stay comfortable in the saddle:

- Sometimes on a longer ride you may get numbness in the nether regions that will go away when you stop. If you are constantly experiencing numbness, check your saddle adjustment to make sure it's at the right height and position.
- During riding, your 'sit' bones (the bones under the flesh of your bottom) should be perched on the broader rear portion of the seat. If yours don't it may be time for a new saddle. There are plenty to choose from and some are anatomically designed for women.
- Make sure you are wearing clothes that do not rub while you are riding. Cycling knicks are ideal because they are seamless, and won't chafe. Don't wear underwear with your knicks, as this may defeat the purpose!

A comfortable ride is a good ride and the Activ staff are here to help so if you have comfort concerns please ask.

Adapted from <http://www.bv.com.au/bikes-&-riding/90491/>

## RUNNING WELL IS AS MUCH ABOUT STRENGTH AS IT IS ENDURANCE.

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

Elite marathon runners have known it for years. Running well when fatigued is as much about strength-endurance as it is about cardiovascular fitness. For the triathlete that gets off the bike, having ridden anywhere between 20-180km, which "pre-fatigues" the pelvic girdle and leg muscles, "running strong" becomes an even greater consideration as it allows you to "hold your form".

With the aforementioned consideration in mind try getting 2-3 specific running muscle strengthening exercise sessions into your training program each week because, at the end of a race, when you're starting to get tired it'll be your strength that'll get you through the closing few kilometres of the run.

Various studies have shown that regular strength training can significantly improve running efficiently lowering the "oxygen cost" (i.e. How much oxygen your body needs at a certain speed) by as much as 8% - which effectively means greater speed and endurance. For many triathletes juggling three sports is already hard enough so fitting in another 2-3 sessions per week dedicated to strength training can be a pretty tough call. Having said that you don't need to be spending 2-3 hours extra in the gym per week, doing a few key exercises from home, which will take you about 15 minutes per session, can have a considerable effect on your performance.

### Some points to consider:

- ❖ **Before you can strengthen your legs you need to have a strong basis of support.** This comes from your "functional stability muscles" located in your abdominal and lower back region. It is this "core" that gives you the basis from which to drive when running. No functional/core stability = no performance, it is as simple as that.
- ❖ **Address imbalances.** Most triathletes have well developed quads, calves and glutes but poor hamstring strength. So triathletes need to strengthen their hamstrings (see "hamstring push-up" exercise below).
- ❖ **Bilateral instability.** Triathletes always tend to favour one side of their body more so than the other, so aim at doing the following exercises with each leg individually. This will help you identify which leg is stronger/weaker and allow you to create balance across your body and eliminate these discrepancies.

### 5 Simple exercises:

- ❖ **Single-leg Squat.** Squat down on one foot until your leg is bent about 50 degrees; push back up with the weight through the heel. Once you can do this easily add weight by holding dumbbells.  
**Reps:** 2 sets of 10; build to 3 sets of 12. **Strengthens:** Quads and glutes
- ❖ **Balance Run.** Stand on a stability trainer (i.e. a half round platform with a flat top). Hold light dumbbells and swing your arms in a running motion. Keep your knees slightly bent and your abs tight.  
**Reps:** 3 sets of 30 seconds. **Strengthens:** Core muscles and hoes balance.
- ❖ **Calf Raises.** Stand on a curb or platform with your heels over the edge. Lift up onto your toes, raise one foot and slowly lower take your heel down to full stretch. Once you have the move down, add dumbbells to increase the load.  
**Reps:** 1 set of 8; build to 3 sets of 15. **Strengthens:** Calf muscles and Achilles tendon.
- ❖ **Hamstring Push-up.** Lie on the floor with your feet on a chair (or to make the exercise harder; a Swiss ball that's against a wall). Lift your butt off the floor, then lift one leg off the ball. Slowly lower your body to the floor, using the hamstring of the supporting leg.  
**Reps:** One set of 8 on each leg; work up to 3 sets of 12. **Strengthens:** Hamstrings
- ❖ **The plank + lift.** From a push-up position, drop onto your forearms. Lock your pelvic floor muscles on (i.e. imagine you're having a wee and you wish to stop the urine flow mid stream, those muscles that you draw up to stop the urine flow are the ones you want to have on when doing this exercise). Then lift one foot about 15cm (keep hips square to the floor), hold for five seconds, and repeat on other side.  
**Reps:** Continue for 60 seconds, build to 3 minutes. **Strengthens:** Core and glutes individually.

These exercises are relatively simple, time effective exercises you can do from home, you'll initially be amazed at how weak you are when you attempt them, but a little practice and persistence will pay significant dividends for you down the road from a run performance perspective.

## ACTIV MEMBERS SECTION

### Canadian Ironman by Carole Wakelin

*I just raced my Ironman on Sunday and got so many compliments about my awesome bike jersey. You guys should open some stores in Canada and get that orange on the roads out here!!*

*Thanks so much for all the rides, coaching and most of all, encouragement!! I was only 4 minutes shy of a PB for this course, but most importantly, I had the most enjoyable ride out there. The cycling photo is from about 145km (going up Yellow Lake, if you want to look at it on the CompuTrainer video!) and the run photo is about 6km into the marathon. The guy running behind me is actually my brother, FYI. :) I finished in a very-good-for-me 14 hours 46 minutes and 14 seconds. Thanks again, you guys are amazing and run a fabulous facility. Keep it up!!!*



### Cycle Queensland 2010 by Rossco Hames and Pauline Seux

*How to turn a 40km cycle habit into a 70-90km cycle habit and being able to back up again the next day, was our main objective in joining Activ Cycle Coaching. Having signed up with Bicycle Queensland's 9 day, 570km Cycle Queensland 2010 tour Yepoon to Bundaberg, we wanted to extend our riding range and speed so the tour would be enjoyable and not a slog.*

*Through a combination of indoor sessions and outdoor rides we did just that and more. Increasing our fitness levels and riding efficiencies, learning better climbing and descending techniques and bunch riding abilities, come last Saturday (4th of September) we were set - "Bring it on"!*

*We had a great time on the ride - enjoyed some fast group rides, endured rough but quiet regional roads, coped with flooding rains and 8 days in a tent, falling off, and meeting a large cross section of cyclists - it was a great week!*

## MEMBER OF THE MONTH – STEVE WHELOW

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

It was too cold to ride outside in winter and was told about Activ so I went along to a CompuTrainer Session and really enjoyed the social atmosphere and specific training and the variety of courses / programs available.

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

My major goal is to finish the Busselton Ironman in December. Other than that I'm competing in the Gold Coast Half Ironman and Noosa Triathlons.

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

When I'm not riding I'll most likely be in the pool, running or working (and trying to spend time with Nat wherever possible).

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

The only time you fail is when you quit!