

WELCOME TO ACTIV8

Thanks to all members who worked hard and referred their friends in March. It was great to welcome new members and to reward you by extending your membership.

Well the Easter Bunny is about to arrive and give us all a well earned break but before he does we will be having our final weigh in for the **“BB” (Before Bunny) pre-Easter weight loss challenge** to decide which successful member will be extending their membership by a month. Well done to all that took part in the challenge, it has been great giving you some support to achieve your goal.

ACTIV WILL BE CLOSED FROM FRIDAY 22ND RE-OPENING ON WEDNESDAY THE 27TH OF APRIL FOR THE EASTER BREAK AND ALSO ON MONDAY THE 2ND OF MAY FOR LABOUR DAY

This edition of Activ8 contains:

- ❖ **Our latest News and Specials**
- ❖ **Cameron’s Updates with Member Stories**
- ❖ **Our Member of the month – Ms April – Stacey Hassall**

Cameron

OUR LATEST NEWS AND SPECIALS

- ❖ Our next **Skills Course** starts on the 7th of May so see the next page for details and spread the word! We are also in the throws of developing a Beginners Tri Course so stay tuned for those details soon.
- ❖ You may have noticed some members modelling their High Visibility Belts, Anklets and Bike Frame Bands from **Belt-Up**. They are made from a specially designed Reflective Material, which when illuminated by vehicle or bicycle headlights can be clearly seen up to 500m away. The Belts and Anklets are comfortable, light-weight and convenient to wear and remove when not required. There is a range of colours, including yellow, orange, pink and blue and sizes from children’s to extra large are available. Activ stocks a range of Belt-Up products so check them out in store or on Belt-ups website www.belt-up.com.au and “Be Safe, Be Seen”.
- ❖ **Crank Espresso** is ‘cranked’ and serving coffee! Thanks to all that have supported John during his opening weeks. John would love to hear your feedback so let his staff know whenever they are not too busy cranking out the coffee. Unfortunately John broke his leg playing rugby so we might not see him for a little while. Get well soon, John! Crank Espresso is open to the public every morning except Mondays and closed for the same Easter break as Activ.
- ❖ The **8 additional CompuTrainers** have been in full swing this month making it a little easier to book into the CompuTrainer class you need. Thank you for your understanding as we have got them going!
- ❖ **Activ rocked the Mooloolaba Tri again!** Activ had its third trade display at the Mooloolaba Triathlon last month and we send a big thank you out here to all that helped set up, pack up, demo at the stand, introduce us to their friends and show your support, you know who you are. THANKS SO MUCH!!! **Congrats** to all who participated it was awesome to cheer you all on and hear about your race results. We love to hear your race stories and how your training is paying off so keep them coming!
- ❖ Quality long wearing **Soullimit Italian base layers (undershirts)** are store. 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!
- ❖ **Sunday Rides will return to 6am starts** from Sunday the 8th of May. Woo Hoo! Half an hour sleep ins!
- ❖ **Mount Tamborine ride is scheduled for Sunday the 29th of May.** This is approximately 160km return so you will require a ‘leave pass’ for the whole morning. Pencil it in your diaries and stay tuned for details.

CAMERON'S UPDATES

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

THANK YOU!

Thanks to all those involved for nominating me for an award in the [2010 Australian Bicycling Achievement Awards](#). To have my contribution to cycling recognised is a real thrill! The finalists are announced in May so fingers crossed.

NEXT ACTIV CYCLE COACHING SKILLS COURSE

7- 21 May 2011

WHO should attend?

Our course is for road cyclists who have been confidently riding with clipless pedals but wish to advance their cycling skills, be it for racing or safer, more enjoyable riding.

WHEN		WHERE	WHAT
Saturday 07 May	10.30am – 12.30pm	Nundah Criterium Circuit	Bike handling skills Close quarters bunch riding
Wednesday 11 May	5.15am – 6.45am	Meet at Activ & go to The Corso	Effective, efficient use of gears and cadence
Saturday 14 May	10.30am – 12.30pm	Nundah Criterium Circuit	Faster, safer cornering Progressed handling skills
Wednesday 18 May	5.15am – 6.45am	Meet at Activ & go to Long Pocket	Climb hills more efficiently
Saturday 21 May	9.30am – 11.30am	Meet at Activ & go to Mt Coot -tha	Climbing and Descending

COST

Full course \$169* or \$50 per Saturday session.

*** \$50 off full course price for Activ Coaching Members.**

CompuTrainer sessions will be free for non-members during the course and these sessions can be booked when you reserve your place in our course.

Registrations will be limited to maximise personal attention so don't delay and book your place today. For further information please contact Activ on 3162 3229 or cameron@activcyclecoaching.com

Please forward this information to anyone you feel might be interested in our course.

ACTIV MEMBER ACHIEVEMENTS

The last month or so has seen various achievements from our Activ Members and we would like to share some of them with you. Thanks to those who took the time to put their story together and if you ever want to share your story please send them in.

From Adventure riding tours to Charity rides and winning the National Triathlons Championships (congrats Sara!), every achievement is a combination of hours of dedicated training, commitment to good nutrition, personal sacrifices and family support (amongst other things) so we thought it important to share these stories and provide you with some inspiration to keep going with your goals or add some new ones to your list. Enjoy!

MT. COOT-THA CHALLENGE 2011

By Lauren Duthie, new annual Activ Cycle Coaching Member

I never imagined that I would ride a bicycle up Mt. Coot-tha and have fun while doing it! However, that is exactly what happened when I took part in [Bicycle Queensland's Mt. Coot-tha Challenge](#) last month.

My partner, Josh, and I decided to use the Coot-tha Challenge as a motivator to really get into cycling (up until then we had been pretty slack!). We were lucky enough to discover a free training program put on by Activ leading up to the event. Without it I am not sure I would be able to look back so kindly on my Coot-tha Challenge experience!

The ride started out from Southbank and took us through the Clem7 tunnel, down the ICB and up through Paddington/Bardon to the base of Mt. Coot-tha. It was really exhilarating to be riding alongside so many different people, but once you reach Mt. Coot-tha, ride over the start line and hear your RF tag beep (signaling you are being timed) it is all about the individual and the climb.

What a wet and rainy day it was! Mt. Coot-tha was shrouded in fog and the wet road meant it was virtually impossible to get good grip with your rear tyre. But up, up we all went, some people fast, some people slow and steady, others walking their bikes up but always with determination. I am proud to say that I made it up to the summit without a hitch (only my third time climbing Coot-tha ever) and could not keep the smile off my face.

As much as the actual climb was an individual challenge, the remainder of the ride was very social. Scores of people lined the roadside at the summit of Mt. Coot-tha, all waiting to regroup with their friends and continue on. The rest of the ride was exciting and tiring, but it was all worth it when we made it back to Southbank for the finish.

I think that Bicycle Qld has done a great job in promoting cycling with their Bike Week activities and am thankful that Activ played a part in it as well. Otherwise I may not have met such great people or have improved my riding so much. The whole experience was so rewarding that we've continued riding with the Activ crew and are working hard at making our Mt. Coot-tha times more competitive for next year!

PS. We are looking for 2 road bikes to borrow/rent while my parents are here in June so that they can come and ride with us at Activ. They will be here between 10 and 21 June. My dad rides a bike with a frame size of 53-54 and my mom as frame of 48-49. Please let the Activ coaches know if you can help out. Thanks!

3 PEAKS CHALLENGE (230KM), FALLS CREEK 13/03/11

By Caroline Acton, BQ Member and participant in the Activ Cycle Coaching training for the Mt Coot-tha Challenge

The 230km route of the 3 Peaks Challenge starts and finishes at Falls Creek, circumnavigating Victoria's Alpine Region traversing Tawonga Gap, Mt Hotham, then back to Falls Creek via Omeo. ... Yes it was a tough day out indeed but having done half of it last year, I had a good idea of what to expect. Fog in the darkness at the start was strange but 34km downhill to start the day has to be fun! Tawonga Gap (peak1) is a good warm up and the weather was kind to us at that point. Hotham starts ok but 32km up continuously probably plays more with the mind than the legs.....CRB hill, close to the top at 8km in distance hurts!! The wind at the top is a bit scary (last year I had my only teary moment at that point, as being little is great for hill climbing but not for remaining on the road in high wind!). The stop at Dinner Plain, half way is well organised and food a plenty, followed by undulations until Omeo and at this point we had sunshine, gentle breezes and good recovery time, despite the distance. THEN....well, thank goodness we had driven the next bit to assess the challenge. 198km in your legs and another 35 or so up at around 8%.....the worst bit as far as I was concerned and walked a couple of km. Rain and thunder appeared sometime then but it didn't seem to matter, particularly as they had said (very fiercely), "no one will be riding after dark". Anyway, having climbed the last hard bit (Falls Creek again) there was 15 km of flat but it was wet and very dark. I was not going to be swept at that point so went like the clappers (good old Ay up lights!) to cross the line at 8.15pm (we left at 6.45 am) very relieved and totally "spent"!

Check out the course profile and be inspired for 2012!

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

2011 DEXTRO ENERGY SYDNEY TRIATHLON

By Sara Finch, Paul Banister and Rod and Ange Tanner, Activ Tri Coaching Members

The last race of the Triathlon Australia National Championships was fought out in Sydney on 10 April 2011. The swim was in Farm Cove (with a nice steep run up to the Domain into transition), the ride through the streets of Sydney included six crossings of the Harbour Bridge (which was fully closed and apparently caused major traffic chaos - they should ride more :)) and the run turned around at the steps of the Opera House. The course was spectacular and the weather near perfect (at least until the elites started racing later in the day). The 3-lap ride leg included some strategically placed pot holes and surprising climbs (lap 1 was basically a reconnaissance mission to ensure survival!). Even the large Transition Zone had its own hills!

A number of the Activ team raced with some exceptional results.

Sara Finch raced head to head with an old nemesis and missed line honours by seconds (blaming the pot hole that nearly took her life!), was top 20 female overall beating a few of the pros and took out the National Series. What a performance!

Rod Tanner took advantage of a wetsuit swim and had a good swim. Apart from the usual "softening up period" in the water and being unable to navigate looking into the sun, the swim course was "good clean fun"!!! The cycle leg was very much "hit & miss" with the hits being the potholes and the miss being the other competitors not sticking to the left, grrrrr!!! But seriously, it was a good course with some nice inclines to put those with the larger frame back on an even footing with the superlight weights! The run was surreal and also quite tough given that it was mostly downhill on the way out and uphill on the return to the domain. Like the other 2000+ competitors, I recorded a PB, 2h 14m. But this time it was a pb for all 3 OD's to date, so very memorable. I look forward to 'Sidenee' in 2012 to improve on this pb yet again!!



Angela Tanner had a surprisingly fast swim split, given that she was in a minority group by not donning a wetsuit! That coupled with her strong aversion to stairs, which there were plenty of, just after the swim, did not bode well. However, these obstacles were brushed aside with some strong will power and determination! A solid pb on the cycle leg was blasted out. A big thanks to Sheree and Cam for their coaching and encouragement on this discipline. The run was always going to hurt not being remotely interested in running, ever!. A big thanks to Mr T (a close relative) who made a guest appearance on the course. Quotes like "you crazy fool" and "I'm not getting into no plane" etc were aplenty. It appeared to help her get through the 10k without any permanent damage, other than the mental scars.

Paul Banister took great advantage of the wetsuit with a strong swim split and during his solid bike leg even took the time to cheer Sara on! The run split suggests that the scenery eventually got to him (or was it that the 6km of hills took away his running legs?), but overall Paul had a reasonable day out.

The professionals took to the course after the main event for the opening round of the ITU World Championship series and it was fast and furious. Javier Gomez showed that staying upright on the bike can be overrated when he recorded a strong win in the men's event after falling in wet conditions late in the bike leg and losing touch with the pack for most of the last 2 bike laps. Look for the Australian team to build into the series - next race Yokohama 14/15 May.

ADVENTURE COLLECTIVE

By Lew Williams, Activ Cycle Coaching Member

Lew is off on yet another epic tour! 2255km in 4 weeks! This one is an Adventure Collective organised the trip and Lew has given us his itinerary to share. No doubt Lew will have many a story to share with us when he returns!

Date	Travel	Leave from	Going to	Distance
10-Apr-10	Cycle	Port Augusta	Quorn	40
11-Apr-10	Cycle	Quorn	Rawnsley Park	100
12-Apr-10	Cycle	Rawnsley Park	Angorichina	100
13-Apr-10	Rest Day	Angorichina	Angorichina	
14-Apr-10	Cycle	Angorichina	Beltana	55
15-Apr-10	Cycle	Beltana	Lyndhurst	65
16-Apr-10	Cycle	Lyndhurst	Maree	80
17-Apr-10	Cycle	Maree	Clayton Creek	55
18-Apr-10	Cycle	Clayton Creek	Cooper Creek	80
19-Apr-10	Cycle	Cooper Creek	Mungerannie	70
20-Apr-10	Rest Day	Mungerannie	Mungerannie	
21-Apr-10	Cycle	Mungerannie	Lake Koodnanie	80
22-Apr-10	Cycle	Lake Koodnanie	Melon Creek	80
23-Apr-10	Cycle	Melon Creek	Pandie Station	80
24-Apr-10	Cycle	Pandie Station	Birdsville	75
25-Apr-10	Rest Day	Birdsville	Birdsville	
26-Apr-10	Cycle	Birdsville	Cacoory	100
27-Apr-10	Cycle	Cacoory	Bedourie	100
28-Apr-10	Cycle	Bedourie	Hilary Creek	110
29-Apr-10	Cycle	Hilary Creek	Boulia	90
30-Apr-10	Cycle	Boulia	Sulieman Creek	100
1-May-10	Cycle	Sulieman Creek	Yappa Creek	100
2-May-10	Cycle	Yappa Creek	Mt Isa	90
3-May-10	Rest Day	Mt Isa	Mt Isa	
4-May-10	Cycle	Mt Isa	Cloncurry	120
5-May-10	Cycle	Cloncurry	Kajabbi	95
6-May-10	Cycle	Kajabbi	Burke & Wills Roadhouse	110
7-May-10	Cycle	Burke & Wills Roadhouse	Warren Vale Station	120
8-May-10	Cycle	Warren Vale Station	Normanton	90
9-May-10	Cycle	Normanton	Karumba	70
	End of ride			2255km

THE RIDE TO CONQUER CANCER

The ride to conquer cancer is 200+kms on the 20th and 21st of August to benefit the Queensland Institute of Medical Research. There are a number of Activ members participating, including the Whybird Caln, Belinda Grimwade, Laura Koman, Matt Weaver, Peter Breadsell, Matt Schlyder and Deb Bean (sorry if I have missed anyone!) so please consider supporting their fundraising efforts.

If you would like to join them you can register to ride at www.conquercancer.org.au

HALF SMIDDY - RIDING TOUR FOR A CURE TO CANCER

Smiling for Smiddy is an organisation that raises funds for the fight against cancer and to increase awareness for the prevention of cancer. To date, Smiling for Smiddy has raised over \$1.6million and has educated many people on cancer prevention. This year and every year 110,000 Australians will be told they have cancer. The news will be devastating for them, their family and their friends. Fifty years ago cancer used to be a death sentence. Today, 70% of cancers are preventable or curable. This is achieved through organisations such as Smiling for Smiddy.

Smiling for Smiddy is organising a SAFE ride over 5 days called the Half Smiddy. If you are interested in doing something for others that is worthwhile, self fulfilling and selfless; if you are interested in being part of group of people who are focused on enjoying life by helping others; if you are looking for a physical challenge to see what you are made of, then you should consider the "Half Smiddy".

The Half Smiddy is a ride from Brisbane to Byron Bay to Casino to Warrick to Crows Nest to Brisbane. It is from Wednesday the 8th of June to Sunday the 12th of June. During the 870km journey you will cover some of the most scenic landscape this country has to offer. You do not have to be a professional rider but you will need to commit to a training program that is provided.

Riders are expected to contribute \$1000 to pay for expenses (riders contribution covers 2 riding kits all meals and accommodation outside of Brisbane), and riders are asked to aim for \$5500 in donations. Riders will be given help to raise money and will be teamed up if desired to work with others on events. You should not exclude yourself from joining in because of the fundraising until you have talked to Activ member Peter Dyer.

Those of you that may be interested should contact Peter 0428778118 or pdyer@sealy.com.au

PS. Jenny Tomkins has been entrepreneurial and asked us to promote her fundraising efforts so if you would like to donate to support the cancer foundation this is her link http://www.smiddyfundraising.com.au/jenny_tomkins

MEMBER OF THE MONTH – MS APRIL – Stacey Hassall

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 have been a runner for many years and I had dabbled in cycling (the flat-bar type) as a form of cross-training. Some friends provided encouragement to consider doing more cycling and I went and purchased a road bike. To ensure I didn't cause myself or any other person serious injury, I decided I better learn how to ride my road bike properly so I enrolled in the Activ beginner's course. I really liked not only riding a road bike but the people at Activ so I decided to become a member.

What are your cycling goals for 2011?

I am not sure I ever really have proper goals but I would very much like to become stronger and to finesse my hill climbing skills. I am not sure how much more capacity my petite frame has for getting stronger, but I know I can get better at hills.

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

Work pretty much takes up a lot of my time. I am trying, but not succeeding, to not take work home. At the risk of sounding rather boring, I am pretty content when catching up with friends, reading (newspapers in particular), and pottering around home. I wish I had more time for a power nap every now and again!

Cycling words of wisdom you would like to share:

I am not sure this constitutes any form of wisdom, but I think it is really important to let someone know they are riding well or offering some words of encouragement when you see exhaustion has set in. Sometimes these kind words can make all the difference.