

WELCOME TO ACTIV8

The weather has us all in a spin at the moment. One hardly knows how many layers to wear out there on the roads in the mornings. With some minimums varying up to 10 degrees we don't know if we can use the "it's too cold" excuse or not! One thing is for sure it is getting lighter and Spring is just around the corner so getting up in the morning will get easier and easier every day.

ACTIV socks are now in store. White or Black options from \$15.20 so why not get a pair of each!

It's all happening in the coming weeks at Activ so I encourage you to take a moment a read this edition of Activ8 and keep up with the goss!

Enjoy this edition of Activ8, it contains:

- ❖ **Our latest News**
- ❖ **Activ Training Camp in September**
- ❖ **Better Bodies new 10 pack**
- ❖ **Check your helmet & protect your noggin – Cameron's info**
- ❖ **Alcohol – rethink your next drink – Peta's advice**
- ❖ **Activ member section**
- ❖ **Our Member of the Month – Miss August – Tash Middlebrough**

Cameron

OUR LATEST NEWS

- ❖ **ACTIV COACHING IS TURNING ONE!!** Where did the year go?? They say time flies when you are having fun and we are all having fun! To celebrate we would like to invite everyone to drinks at the Chalk Hotel Sunday the 19th of September from 3pm so save the date and keep an eye on your inbox for your invite.
- ❖ **ENTRIES FOR THE STATE TEAM TIME TRIAL** close on Saturday the 4th of September so please advise Cameron of your interest so he can help you find some team mates. Don't forget TTT training Wednesdays leaving Activ at 5.15am. All welcome even if you are not racing on the 19th of September.
- ❖ **COFFEE @ ACTIV!** The Garage Espresso Coffee Shop fit out is being done off site ready to "slip" into Activ in the next few weeks! So stay tuned for details.
- ❖ **BEGINNERS COURSE STARTS AUGUST 28TH!** The course is 4 weeks with 3 sessions a week so let your family, friends and work colleagues know as places are running out!
- ❖ **SKILLS COURSE STARTS OCTOBER 4th.** This course is available to help you improve your bike handling skills. If you are the one in the bunch that can't confidently lift your hands to signal, can't hold your line around corners, keep up on hills, emergency brake or hill start with ease then the skills course is for you. Chat to Cameron about securing your place.
- ❖ **ACTIV TRI UPDATE.** The website is being developed so you can book your CompuTrainer sessions online, the kit design is getting closer and don't forget we have the GC ½, Noosa and Busselton Tri courses on the CompuTrainers so you can book in outside class times and try them out.
- ❖ **ACTIV COACHES OFFER FREE 1on1 MEETINGS.** On the 11th and 18th of September from 11am-2pm Sheree and Cameron will be offering members FREE 15 minute meetings to discuss their cycling goals for Activ's next year. Members should call Activ on 3162 3229 to book their FREE appointment.
- ❖ **GRAFTON TRAINING.** Advanced riders are currently in training for the Grafton Inverell Race in October. If you or any one you know would like to get more miles under your belt (Activ member or not) check out Activ's home page for details. Advanced rides depart from Activ Sundays at 6am.
- ❖ **HTM WILSON BRISBANE TO GOLD COAST RIDE.** Anyone interested in participating in the Brisbane to the Gold Coast Ride on the 10th of October should check out the details on the ride's website and then let Cameron know if they are keen to participate. It would be great to have the Activ crew represented!

ACTIV TRAINING CAMP IN SEPTEMBER

Activ is putting together a training camp on the Gold Coast 25-26th of September, in preparation for the Gold Coast ½ ironman. **Latte and Intermediate riders are also welcome** to join Cameron and do some awesome rides in the hinterland. There will be a chance to train together, ride the Tri course, refine your techniques and nutrition, stretch and have some fun. So save the dates and look out for more information in your inbox soon.

BETTER BODIES REMEDIAL & SPORTS THERAPIES @ ACTIV

New 10 pack

Purchase a 10 massage card for Better Bodies and save \$100!! That's great value so get yours today. The massage appointment timetables are up at Activ so you can see when Julie Treseder, Lucinda Hensen or Paul Crowley are available to treat you!

It is good to see so many members benefiting from their treatments so if you are thinking about booking in and want some feedback from those who have had a treatment just ask around.

For more information call 0416 369 568 or visit the Better Bodies website, www.betterbodies.net.au

CHECK YOUR HELMET & PROTECT YOUR NOGGIN

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

Helmets seem to be the topic of conversation lately, with the CityCycle scheme about to start stage one in about five weeks. But putting the debate aside I thought it was timely to remind everyone about wearing their helmet. Not wearing a helmet can cost you dearly with an on the spot fine so even if you are riding off to your car or to the coffee shop please wear your helmet at all times.

Your helmet must fit correctly and be comfortable. Helmets come in a range of sizes. It is not a case of one size fits all. There are usually a few ways to adjust your helmet. The toggles on each side of the straps should be under your ears, the chin strap firm so you can feel it under your chin when you open your mouth and your helmet should sit squarely on your head about 10-15mm above your eye brows. Put your helmet on and check it in the mirror. Make sure you can't easily move your helmet up or down or side to side.



Your helmet should have an Australian Standard 2063 (1996) sticker inside it. This is important to ensure that any insurance you have remains valid. Be especially careful if you have bought your helmet online or overseas.

Your helmet should be replaced after an accident or any big knock/drop. You must replace your helmet if you have a crash, even if the damage is not visible. In a crash the foam in your helmet provides protection by absorbing the impact. After a crash or other mistreatment (such as falling on to a hard surface) the foam remains compressed so will no longer be effective.

Cycle helmets do not currently have use by dates, however hard hats do and for good reason. Just think about the elements your helmet is exposed to, sunscreen, sweat, knocks/drops and rolling around in the car. There is only so much your helmet can take and still be 100% reliable. If your helmet has seen better days or is not comfortable it may be time to invest in a new one. *Have a chat to Cameron to find out whether your helmet is still right for you.*

A METRE MATTERS CAMPAIGN



During August, The Amy Gillett Foundation has made it possible to purchase a new "A Metre Matters" reflective bumper sticker for \$2 at all Big W stores, with the proceeds being invested back into the campaign!

The Foundation continues to work with interested local councils about joint campaigns promoting the safety message into their local communities. It is the great work of campaigns like this that improve our safety on the road so I urge you to get your sticker and show your support.

ALCOHOL – RETHINK YOUR NEXT DRINK!!

By [Peta Hood](#) (Accredited Practising Dietitian/Sports Dietitian/Exercise Physiologist)
Lifestar Nutrition and Exercise Physiology

Think Twice Before Having Your Next Drink. Whether it is because it helps you wind down at the end of a hard day, adds zest to a dinner party with friends, or simply tastes too good, there are a few things you should consider before downing your next glass of chardonnay or knocking the top off your next beer.

Alcohol, although widely used and enjoyed in Australian society, is a drug. The Australian Bureau of Statistics *Alcohol Consumption in Australia: A Snapshot, 2004-05*¹ reported that one in eight Australian adults (approximately 2 million people) drink at levels which pose a risk to their health. Although moderate alcohol consumption may offer some protective health benefits, consuming **more than 2 standard drinks per day is harmful for your health**; increasing your risk of heart disease, stroke, liver cirrhosis and certain types of cancers.

What is a Standard Drink?

A standard drink contains 10 grams of alcohol.

5 good reasons to think twice before having your next drink:

- **Alcohol** is a **depressant** - although a few glasses of wine may seem to help wile away the stresses of the day, alcohol may actually be doing damage to your brain and nervous system, resulting in long-term damage to your psychological health.
- **Alcohol** is **high in calories** - at 7 Calories per gram, alcohol is not far behind fat when it comes to contribution to weight gain. Unfortunately alcohol also tends to favour weight gain around the waist. So watch out for the empty calories!
- **Alcohol** is a **diuretic** - alcohol encourages fluid loss in the body, increasing the risk of dehydration. Dehydration is detrimental to athletic performance and general health.
- **Alcohol** is a **vasodilator** - alcohol causes your blood vessels to dilate, which lengthens post-exercise recovery time, and increases your risk of injury.
- **Alcohol** damages your **liver** – since alcohol is a drug, it is metabolised by the liver, placing strain on this organ. The liver plays an important role in detoxification and metabolic processes in the body, including storing glycogen and recirculating lactic acid – if your liver isn't in good shape, your performance and health will suffer. At least 2 alcohol free days per week is recommended for this reason.



So please rethink your next drink as it may be detrimental to your goals!

References:

1. Australian Government, Australian Bureau of Statistics. (2006) *Alcohol Consumption in Australia: A Snapshot, 2004-05*. Available Online. Accessed: August, 2010. URL: www.abs.gov.au/AUSSTATS/abs@.nsf/ProductsbyReleaseDate/0B973AF7706E8B15CA2571D4001C8654?OpenDocument

2. Standard Drinks Chart www.alcohol.gov.au



ACTIV MEMBERS SECTION

The Best Bike Ride of my Life by Eric Hewett

We set off early in the morning from Toulouse for a 110k ride over the Col d Soulor and the Col d Aubisque. As we rode along the 20k bike track, I wondered if the training with Activ was going to pay off.

I thought about the last couple of days. We had arrived in Toulouse three days earlier. In the afternoon we took a slow ride along the famous Canal du Midi which was built by Napoleon to link the Mediterranean Sea to the Atlantic Ocean. This was to familiarize us with our bikes (rented or recently reassembled after the trip). Then we were ready for some more serious rides.

The next day we started at Ravel with a short loop to climb up to Saint-Ferreol on the concluding part of the Tour's ride of the day. It was like a climb up Mt Cootha before doing a beautiful 60k ride through picturesque country side which brought us back to Ravel to see the finish of the days Tour.

Day two was a 70k ride to Mirepoix. Again the scenery was beautiful. The ride would be "lumpy"- a nice way to break our legs in, we were told. At Mirepoix we watched the Tour come through the medieval town for an intermediate sprint. That was exciting!

Day three was our first mountain ride. We only rode 55k but the first part of the ride was up the back of the Col de Portet d'Aspet to the memorial to Fabio Casartelli, killed descending the mountain in 1995, the days before helmets were compulsory. Then we went on and up the Col des Ares (Cat 2). It was only 6.1k at 4.7%. There, after a well earned hot dog from a makeshift stand, we watched the Tour fly by preceded by the caravan (an hour long procession of floats created by the sponsors, with pretty girls throwing away goodies to the crowd). So that is why lots of dads are there with their children. I did not think it was fair for me to fight with a 10 year old for a T shirt!

So back to the bike track from Lourdes. Not long till the flat 20 k has passed and we turn in to the village of Argeles-Gazost and onto the course for the Tour. Immediately onto the first of the 30k climb, 3k at 8.5%. The fresh legs did not think that was too bad. Activ had done its job. Then the ride leveled out to a steady climb through beautiful villages till the last 8k at 8% to the Col de Soulor at 1400m. The next four kilometres, first downhill, are through some of the classic scenery in the Pyrenees, with not a cloud in the sky. Then we started the final 8 k at 8.5% to the Col du Aubisque at 1700m. Celebrations at the top before a dramatic descent (I wish I had paid attention to the descending lessons given by Nicki) 50k later we were riding into Pau on the Tour course, but several hours before the Tour with crowds cheering as if we were the winners of the Tour. What a wonderful day!

The next day was our hardest day. With tired legs we set of again from Lourdes but in a different direction for a 100k ride over the Col d Tourmalet. This ride truly was a challenge but I made it with lots of stops (for photos of course ☺).

I would like to thank Cameron, Sheree, Toby and Nicki for the great riding education and training they gave me since I joined Activ in April.

MEMBER OF THE MONTH – TASH MIDDLEBROUGH

Why did you become a member of Activ?

I heard about these 'awesome new CompuTrainer sessions' and so had to suss it out for myself. After my first indoor session experience I was immediately hooked and knew that Activ was the place for me! I was really impressed with the level of genuine positive and supportive coaching available to all of its members and to me that's really important.

What are your cycling goals for 2010?

Coming up - Teams Time Trial in September with my awesome Activ girls, getting fit for criterium racing by December, and possibly some track racing too. My secret goal though is to get us girls super fit to put these boys back in their place – look out boys ☺

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

Hmmm I have a very busy lifestyle juggling full time study, work, facebook time, and of course fitting in some riding too!!! Coffee time in my famous pink slippers with the crew from Activ is always a guaranteed good start to the day.

Cycling words of wisdom you would like to share:

I like to apply this saying to every aspect of life - "The only real failure in life is the failure to try at all" - so what have you got to lose? ☺