

## WELCOME TO ACTIV8

Activ New Year! We all hope you had a great festive season with family and friends. Now it is time to focus on our goals for 2010. We are looking forward to a great year at Activ and will be bringing you lots of new and exciting training sessions, gadgets and good fun to help you on your way. **Activ will have surprise Australia Day Rides on Tuesday the 26th of January leaving Activ at 5.15am, then the centre will be closed for the day.** Check the website for details soon. Looking forward to seeing you all and sharing a coffee afterwards!

Introducing our newest Activ annual members:

- ❖ Ben Walding
- ❖ Leon Allen
- ❖ Dan Shepherd
- ❖ Lyn Milton
- ❖ Kelly Young
- ❖ Adri-Anne Scholtes

Congratulations to all that successfully competed in the National Road Race in Ballarat and we will miss all those enjoying the Adelaide Hills and the Tour Down Under this month.

Enjoy your January Activ8. This edition has:

- ❖ **Our latest News and Specials**
- ❖ **New Year, New you! – Peta's tips for new year's resolutions**
- ❖ **Criterium Racing – Part 2 – Cameron's advice**
- ❖ **Pro Cycling News Flash**
- ❖ **Make Your Bike Feel Like New – Toby's tip**
- ❖ **Our January Member of the month – Tanya Aaskov**

*Cameron*

## OUR LATEST NEWS AND SPECIALS

- ❖ **Members Criterium training is on Wednesday mornings in February.** If you are not a member just \$99 will give you a monthly membership so you can attend any Activ training session in February including the crit training sessions. Bargain! Register your interest with Cameron by the 31<sup>st</sup> of January.
- ❖ The next **beginners course starts on the 13<sup>th</sup> of February** so book early to avoid disappointment.
- ❖ The Battle of the Boarder Tour (30<sup>th</sup> Apr – 3<sup>rd</sup> May) details have been released so if you are keen for early bird cheap entries visit [www.qsmsports.com](http://www.qsmsports.com) We will be doing our best to get the courses on the computrainer ASAP so you can train for the event.
- ❖ **Don't forget our January special!** Continental GP4000 tyres \$69.95 each! This December offer was extended til the end of January so if you are getting a lot of flat tyres you might be due for a new pair!
- ❖ **Bike storage** is available at Activ. No more hassles getting your bike to and from Activ! The cost is 1-3 days for \$5, 4-7 days for \$10 or 8 days-1 month for \$30. Just discuss your needs with Cameron.
- ❖ Activ is about to start it's **Top Cycle Competition in February.** A course will be selected for the month and the best time over for that course in the month will win an Activ Prize pack valued at \$40. Gotta be in it to win it! Times will be posted on the Activ notice board so you have some goals to aim for.
- ❖ Send in your **race results, cycling pics and other interesting information for Activ's notice board.** Get into the community spirit and share your info.
- ❖ **New cycle wallets \$8.50!!!** Due to popular demand Activ has had some Cycle Wallets made for you to keep your phone, money and personal items clean and dry. The wallet is made from a strong durable plastic that sides perfectly into your jersey pocket. Wallets available in store now!

## NEW YEAR, NEW YOU!

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

For most people, the start of a new year brings about a sense of excitement, a boost in motivation and a welcomed sense of determination to succeed. Whether you ride to keep fit, lose weight, meet new people, or win races, chances are you have **goals** you would like to achieve. Although most people recognise the importance of goals, many people are reluctant to set them, for fear of failure, lack of knowledge about how to set effective goals, or a false sense of confidence that the *idea* inside their head will eventually come to fruition without any conscious planning or consideration.

**Goal setting** is a fundamental first step in the process of positive *change*. Goals provide a road map for your journey towards success. Embarking on such a journey without a map increases your likelihood of getting lost along the way.

### Why is it important to set goals?

Goals are important for a number of reasons.

- Goals express a vision of your future – they help transform an *idea* into *reality* by bringing it to the forefront of your consciousness, making you more *mindful*
- Goals provide *focus* for your energies – they direct attention to the important smaller steps or actions that are required to succeed
- Goals increase *motivation* via reiteration – “we become what we think about often”
- Goals allow you to *plan* the process of change – they provide structure
- Goals provide a framework for commitment – well-written goals force us to address areas of our life that we wish to change and identify strategies to help us do so
- Goals promote a sense of control – they foster a sense of involvement in our destiny
- Goals allow us to see what we achieve over time – conquering smaller milestones provides encouragement and positive reinforcement when our ultimate goal seems so far away.

### I have never set goals. What should I consider to get me started?

The main principles of effective goal setting include:

- 1) Identifying your ultimate goal and the *benefits* of achieving it – get emotional; get passionate; how will it make you feel to succeed?
- 2) Breaking down your goal into smaller, specific and achievable *milestones*
- 3) Establishing *what* needs to be done in order to achieve it – what actions are necessary on a day-to-day basis?
- 4) Putting pen to paper – *documenting* short and long-term goals is extremely important for staying on track
- 5) *Monitoring* your progress through regular review and documentation
- 6) Building *flexibility* into your goals so that you can adapt to changing circumstances
- 7) Learning from mistakes – don't be too hard on yourself
- 8) Communicating your goals to others – this helps with accountability
- 9) Incorporating *rewards* in the goal-setting process
- 10) Ensuring that your goals are focused on the *processes* necessary (the 'doing' bit), not just the desired outcomes.

### How do I set effective goals?

When setting goals, it is often useful to consider the S.M.A.R.T principle. Goals should be:

- **Specific** – If your goals are not specific enough, progress becomes difficult to measure eg. 'To achieve a time of 42 mins for a 10km Computrainer strength/endurance circuit within 4 weeks' is a much more specific goal than: 'I want to get fitter'; likewise, 'I will reduce my portion size of pasta at dinner to 1 cup' is more specific than a goal that simply states: 'I want to reduce how much I eat'
- **Measurable** – Goals should be written in such a way that success or failure is easily measured; give some thought to what sort of monitoring tools you will use eg. Goal planning sheets, tick boxes, dairies, asking friends to keep you on track, incentives, etc
- **Achievable** – Goals should be based on something that is achievable for *you* given *your* current circumstances, not something you read in a magazine
- **Realistic and Resourced** – Do you have the necessary equipment available to you to allow you to achieve your goal? Have you discussed your plans with others around you? Do you need to rearrange prior commitments or reshuffle your time?
- **Time-oriented** – It is important to identify the time-frame by when you wish to achieve your goal; this helps ensure that you stay on track.

***“If you always do what you always did, you’ll always get what you always got.” Anonymous.  
Dare to be different. Embrace change. Dream big and make it happen.  
And... Don’t be scared to ask for help.***

Help is only a phone call away!

Peta now has appointments from Activ every second Tuesday afternoon so give her a call 0438551289.

## **CRITERIUM RACING – Part 2**

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

Last month I introduced you to criterium racing. This month I have a few more tips to share with you and the knowledge will be perfect to lead into the Activ member’s criterium training sessions every Wednesday morning in February. If you are not a member just \$99 will give you a monthly membership so you can attend any Activ training session in February including the criterium training sessions. Bargain! Register your interest with me by the 31<sup>st</sup> of January.

### **Pacelining.**

This is when the rider at the front takes a big hard turn to ramp up the pace. That rider will then pull off and drift back in the group while the next rider does the same. You can pull through hard on these types of turns. The rider who just finished will be tired and will drift back quite a few places to recover. If you are that rider who just pulled off, do not drift back too slowly or you will have to accelerate too hard to get back onto the group and you could easily get dropped. Drift back at a slower pace, but keep your speed up so you can get back on and concentrate on recovery once you are safely in the group.

Pacelining in a criterium is usually done in high pressure situations in races where speed is a priority, not efficiency. These include:

- ❖ A break bunch maintaining their breakaway from the main bunch
- ❖ Bringing back a breakaway.
- ❖ A small group trying to quickly bridge a gap made by a breakaway.
- ❖ A lead out train at the end of a race coming into a sprint finish.

### **The Echelon.**

To be used in cross winds. It is an effective way to negotiate cross winds and cut through them like a knife. One thing to remember, always pull off into the wind. Don’t be the rider who pulls through too hard. This will force the rider who just did their turn at the front to step on the gas just to catch you while you’re pulling through. Instead roll through smoothly, pull off in front of the lead rider and ease up to let the next rider come through-pull off into the wind. This technique can be used in most forms of racing.

There is a lot of crit racing coming up so get your racing licence and have a go or come along and support our Activ members giving it a shot and having some fun!

The full 2010 race calendar is on the Activ notice board but here is a snapshot of the next few crit races:

- ❖ 20<sup>th</sup> & 27<sup>th</sup> of Jan & the 3<sup>rd</sup> of Feb are the final races for the HPRW Twilight Crit Series at Nundah
- ❖ 31<sup>st</sup> of Jan and 7<sup>th</sup> of Feb are the first 2 rounds of the Sizzling Summer Series at Crestmead.

**ENJOY YOURSELF....SAFE RIDING....HAVE FUN!**

## **PRO CYCLING NEWS FLASH**

George Hincapie is in Australia to be domestic for Cadel Evans at the TDU. Woo Hoo! The big man will be great to see in action. Baden Cooke will be there too. He is considered a bit of a dark horse for the overall win. Stuey is only an outside chance due to illness but we know he will be out there doing his job for his team. In fact there are 24 Australians so there will be plenty of Aussies for our Activ members at the TDU to cheer for. Give them a big cheer from us here in Brisby! You can see highlights of the TDU and two live stages on TV. Check your local TV guides for details.

Keep an eye out for the Davis brothers, Allan and Scott, from Bundaberg who return to race together for Astana in 2010!

## MAKE YOUR BIKE FEEL LIKE NEW!

By [Toby Hood](#), *Activ's Mechanic*

When we all first bought our bikes, they were amazing! Now they ok, they look alright, feel adequate, and quite frankly you've probably thought that if I spend thousands of dollars more on a new bike I could get that feeling again. You can have that same feeling again with the o'l flame for much less coin. Below there are some reasons why your bike isn't feeling like the young steed you once knew:

- ❖ **Worn Tires** - Tyres wear out in a number of fashions. Natural loss of rubber causing a flat top surface of the tyre. Another might be that you haven't ridden in quite a while and the rubber has hardened causing the tyre to feel dead.
- ❖ **Cable Corrosion: Wear and Clogging** - Cables although made of steel will deteriorate over time. This will cause poor shifting performance. Even though they are mostly protected by the cable outer, dirt and grit will find it's way into places you can't see.
- ❖ **Drive-Chain Wear** - Parts of the drive train include; Chain, Front Chain rings, Rear Cassette and Rear Derailleur. Wear can be caused by a couple of things. Poor lubrication, lack of cleaning or purely those 1000km weeks that you're putting in!!! ☺ A worn drive chain will also cause poor shifting performance.
- ❖ **Handlebar Tape** - This is by far the cheapest cosmetic and comfort upgrade you can do to your bike. Worn handlebar tape looks ugly, feels ugly and sometimes smells ugly!
- ❖ **Cleat and Pedals** - Cleats wear very easily. Mainly due to walking around in your cycling shoes. Worn cleats can be dangerous as they do not engage with the pedal the way they should. Believe me, there is nothing worse than going for the win in the final meters, only to pull your foot from the pedal.

In a nutshell, if you look for these symptoms and address them early enough, the cost of maintenance is far lower than replacement. If you want a bike make-over come and have a chat about what we can do.

**Your steed will love you for it!**

### **Activ Cycle Coaching's Member of the Month**

*Each month we will introduce you all to the Activ Cycle Coaching's Member of the month. Votes for your February member are welcome now. Just email your vote to [Cameron.Cameron@activcyclecoaching.com](mailto:Cameron.Cameron@activcyclecoaching.com)*

#### **Introducing Miss January – Tanya Aaskov!**

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

I heard great reports from a couple of different sources and after my first session, I was hooked! Friendly people, quality coaching and feedback as well as challenging training sessions is exactly what I was looking for to help improve my riding and have fun doing it!

##### **What are your cycling goals for 2010?**

- a) Develop a love of hills (ok, maybe that's pushing it, I will settle for an indifference towards them)
- b) Compete in my first crit race
- c) Clock the fastest time in my age group for the bike leg of a local triathlon

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

I know it's a dirty word in cycling circles but...triathlon (please don't hold it against me). So, after swimming, running and riding there doesn't seem to be a lot of time left. I work as a Business Development Executive for Southern Cross Protection and play time consists of good food, wine & friends (who are only just getting used to me falling asleep by 10pm on a Saturday night!!).

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

My words of wisdom are that you should not ask me for any cycling words of wisdom. I would tell you to take the route that has the least hills, if it means you have to ride an extra 20kms, that's ok...just kidding HILLS! HILLS! HILLS! (Is that believable?)