

## WELCOME TO ACTIV8

Not the best start to 2011! The impact of these floods has been devastating and our thoughts are with everyone who has been affected by this tragedy.

At Activ, we were blessed to have so many people help to sand bag, pack Activ into boxes and then fortunately restore a dry centre back to normal. A sincere thank you to all that helped and those that wanted too. Your support is greatly appreciated!

We wanted to reopen Activ as soon as practical because exercise can offer some relief during times of stress and returning to routine amongst friends can give some comfort.

Please take the time to read the Post Flood Information on the following pages as there may be some more specific information that applies to you/family/friends/neighbours.



### AUSTRALIA DAY CLOSURE

Activ will be closed on Wednesday the 26<sup>th</sup> of January for Australia Day.  
We encourage you to spend this day with family and friends.

Enjoy this edition of Activ8, it contains:

- ❖ Our latest news
- ❖ Post flood information – Cameron's info
- ❖ Make every moment count – Peta's advice
- ❖ Post flood bike recovery – Toby's Tips
- ❖ Activ member section – Stolen bike & Member spotting
- ❖ Our member of the month – Mr January - David Bailey

Cameron

## OUR LATEST NEWS

- ❖ **NEXT ACTIV CHALLENGE** - As mentioned in last month's newsletter, in the first quarter of 2011 we will be holding a weight loss challenge. Details will be revealed soon, when there is a little more normality back!!
- ❖ **NEW MONDAY OPENING TIME.** In 2011 Activ Cycle Coaching will open on Mondays from 4pm. Monday evening classes will run as normal starting at 5:45pm. All other opening hours remain the same.
- ❖ **SUNDAY RIDES** – Please remember Sunday rides leave Activ @ 5:30am for the rest of Summer and due to popular demand Venenzios is now opening Sunday mornings. So our post ride coffee is taken care of!
- ❖ **NEXT BEGINNERS COURSE** – starts February 19 for 4 weeks including, skills and CompuTrainer sessions, road riding, nutrition, basic mechanics and much more. Email [cameron@activcyclecoaching.com](mailto:cameron@activcyclecoaching.com) if you would like further information or if you know someone who may be interested.
- ❖ **THE HELMET SALE CONTINUES.** Activ's 30% of selected Lazer, Met and Children's Helmets has been extended til further notice so there is still time to get a bargain!
- ❖ **FESTIVE SPECIAL CONTINUED.** Continental GP4000 Tyres \$69.95 RRP \$99. Great value! Why not grab a spare! Offer extended til the end of January.
- ❖ **MASSAGE.** If you have been helping out cleaning up the flood destruction and you have found muscles you didn't know you had, take some time out and get Better Bodies to give those hard working muscles some attention. Call Julie on 0416 369 568 for an appointment.

## POST FLOOD INFORMATION

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

Due to the flooding, the scheduled Activ rides will be varied to negotiate the current road closures, poor road conditions and clean up areas so the website may not have the actual week day rides we will do. Obviously we will not be able to complete the traditional river ride for a while however we will plan a similar ride for Fridays leaving Activ at the same times, 5.20/5.30am.

When out on the road be especially careful as the mud is very slippery and if it gets wet again in the coming days/weeks it will be just as slippery. There are many more potholes to avoid so keep your eyes up looking for them and watch out for the increased number of trucks on the road clearing debris. We received the following notice from Police, please read and pass on.

### **For wide distribution among Cycling Organisations and groups from A/Inspector Bryan Eaton, Regional Traffic Coordinator, Metropolitan North Region 17/01/11**

*"There are numerous locations in an around the suburbs of Brisbane that are used as staging and collection points for the removal of debris as a part of the cleanup from several flood inundated areas. This debris is brought to these locations by small truck, trailers and any other means available. From these sites, the debris is loaded onto Heavy Vehicles, including Trucks, Truck and Trailer combinations, Semi Trailers and B-Doubles, and transported to various landfill sites across Brisbane. Motorists and pedestrians should exercise caution in and around roads near these staging and collection points and be aware of the movement of Heavy Vehicles in areas where they are not usually encountered.*

*Some problems have been especially experienced in areas where roads have been closed for these staging and collection points. Of particular note, there are locations on Mount Coot-tha which are closed to all traffic - Scenic Drive (between Sir Samuel Griffith Drive and the Scenic Restaurant), Mount Coot-tha Road (between the Western Freeway and Sir Samuel Griffith Drive) and the section of Sir Samuel Griffith Drive (between Mount Coot-tha Road and Simpsons Road). Road Closures apply to all road-users, including cyclists.*

*Today (17.1.11), cyclists have been observed trying to meld in with large numbers of heavy vehicles including up to B Double size utilising the areas for the dumping and/or collection of refuse.*

*Cyclists are requested to avoid the Mount Coot-tha area from the Western Freeway Roundabout to the Simpsons Road intersection. Cyclists who wish to use Mount Coot-tha are requested to access Mount Coot-tha from Simpsons Road and travel towards Channel 10. They will be able to travel as far as the Summit Restaurant where the road is closed due to these dumping activities.*

*For those cyclists who utilise the Western Freeway bike path from Anzac Park to access Mount Coot-tha they are requested to turn right on to Richer Street (before the Planetarium) travel along Richer Street on to Stuartholme Road (do not go down Birdwood Terrace past the access to Stuartholme College as that will bring you out on Sir Samuel Griffith Drive near the secondary dumping site) turn left on to Leworthy Street and then left on to Simpsons Road and then right on to Sir Samuel Griffith Drive. This will avoid all of the heavy vehicles and the dumping sites associated with this activity.*

*Road users will need to continue exercising extreme care and caution in and around these staging and collection points, as they will continue to be in operation for several more days. Thank you".*

## REPORT POTHoles TO COUNCIL

Now more than ever it is important to lodge a request with Brisbane City Council for maintenance/repair to Council property (eg potholes) 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. Your eyes in the suburbs will surely help out.

## MAKE EVERY MOMENT COUNT

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

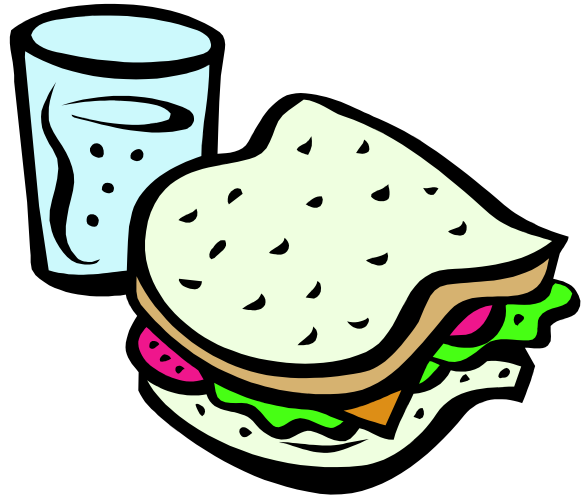
After an amazingly devastating showcase of her finest in what has been a very surreal week for most of Queensland, Mother Nature seems to have finally decided to deliver some welcome sunshine. My thoughts and prayers are with members of the Activ community who have been affected by the recent weather, and I wish you all the very best during your cleanup and the road to recovery.

The amazing thing about disaster is the enormous amount of spirit it evokes in people, and the new perspective it brings. For many, the realization after an event such as the recent flood disaster is that human life is what matters most. Not material possessions; but people. Not meeting deadlines; but ensuring that our loved ones are safe and well. When human nature finds us contemplating what it would be like to be in the shoes of those less fortunate, we are forced to slow down and readdress what matters most, and how we really want to invest our time. I would encourage you all to consider the recent events as an important reminder of how precious life is and how important it is to protect our best asset - our health. My advice is to make every moment count!

As flood recovery efforts get underway in our city, here are some important points to consider:

1) There is, and will continue to be a genuine **food shortage** in our State. Consider switching to long-life, and non-perishable food products, and making use of ingredients you already have in your pantry. Get creative in the kitchen!

2) **Remember to stay well-fuelled and well-hydrated** during recovery efforts. Take along nutritious, portable snacks such as fruit tubs, muesli bars, wholegrain crackers, fruit and nut mix, and sandwiches for what promises to be a very long day. Remember to also take bottled water. Encourage others to do the same, especially those hit hardest by the floods as they may not be putting their health first.



3) **Disaster brings with it a bunch of emotions**, everything from sadness and helplessness, to anger and frustration. Whilst it might be tempting to simply 'throw in the towel' on healthy eating efforts during this time, now more than ever, you need to respect your body. If you are feeling overwhelmed or emotional, over-eating or over-drinking is not the solution. Be mindful of the emotions you are experiencing and deal with them in other ways. Try phoning a friend, having a shower to relax, or grabbing pen and paper and writing your 'bucket list'. Life is always going to throw some challenges at us, but it's how we deal with them that counts.

4) **Food is ultimately for fuel and nutrition**. We too often abuse it. Stop to consider how many of your decisions to eat are based on 'want' rather than 'need'. Interesting isn't it?!

*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.*

## POST FLOOD BIKE RECOVERY

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

My thoughts are with those affected by the floods and I would like to offer my advice on the treatment of bikes recovered from the flood.

If the bike recovered is yours:

- Hose off the bike with clean water – careful not to use a strong pressure hose though
- Wipe the bike dry with a clean cloth
- Lube the chain
- Hang the bike upside down to drain the water out
- Bring the bike to Activ for an inspection

Flooded bikes of any kind should definitely not be thrown away. They can probably be rebuilt and Activ can inspect your bike and give you a quote at a discounted rate to do so.

If you have found a flooded bike please report it to Police, quoting the serial number as someone could be looking for it.

## ACTIV MEMBERS SECTION

Unfortunately **Jana Christie has had her new bike stolen** from her garage at River Place Apartments in the city. Here are the details. Please pass them on and report any information to Jana 0409 598 909. We hope it is found!

Stolen: Thursday 13<sup>th</sup> January  
Giant Avail Advanced 2010  
Serial Number GH9B50  
Black Carbon Frame (small) with Silver Bar Tape  
Shimano Ultegra Group Set

## Member Spotting

Fresh off the press Alison Johnston spotted in an Adelaide café meeting the HTC - Highroad Heros Mark Renshaw and Mark Cavendish! We have seen the photo! So jealous Alison! Catch all the Tour Down Under action on SBS.

## MEMBER OF THE MONTH – MR JANUARY – DAVID BAILEY

**Congratulations Dave! Thanks to Dave and Connie Silvestri you have won a \$50 voucher to Arrivedici Pizza, Park Road, Milton. ENJOY (when they reopen)!**

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

I was originally invited along by David Gayner and introduced to the group rides where I was instantly impressed with the fantastic coaching and organisation of the rides and discovered how much fun it was to ride in a bunch. Following this my aim was to casually join in an Activ ride or go on the CompuTrainers each week to try and maintain a certain level of fitness. As you all know there are heaps of great people associated with Activ and lets face it, cycling becomes addictive, so when I shifted closer to Activ during the year becoming a member and increasing my time on the bike was at the top of the priority list!

### What are your cycling goals for 2011?

Keep up with (or beat) Nick in the efforts!!! (He was getting really fast by the end of last year and sneaking in extra training when we weren't looking!)

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

Talk about riding my bike, just ask my friends who aren't cyclists! Besides that, I'm busy with work, enjoying hanging out with friends, being involved with church and going on the occasional camping trip.

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

Just keep having fun!