

## WELCOME TO ACTIV8

The kids are back at school and it is time to get back in to it. Don't let the doona win too often or you might just find your fitness levels have declined when Spring comes around. If it is easier, we have a 5.45-7pm CompuTrainer class Monday through to Wednesday evenings and the regular crew will ensure you have a good time (and workout!). **Don't forget the EKKKA Public Holiday on the 11<sup>th</sup> of August! Activ will be closed for the day.**

**HURRY - there is only 1 week left of our JULY SPECIAL - til the end of July when you purchase either a Soullimit Undershirt or Long Finger Gloves, not only do you get your member discount but also a FREE phone & money wallet. So get yours now!**

Now that we have been using our bike lights for a few months it might be time to check their battery power. Activ has all types of batteries so make sure your light is working properly and be safe!

Thank you to all those bringing your friends along to CompuTrainer sessions and Activ outdoor rides, keep them coming. To ensure everyone has a positive first experience on an outdoor ride by being in the right group, please ask your friend to have a chat to Cameron before the day of their first ride so the appropriate ride can be determined with them. We would hate your friend to be in a group that is too fast or too slow and not enjoy their ride as much as you do.

### Introducing our latest annual Activ members!

Congratulations for making such an important commitment to your cycling goals.

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|----------------|------------------|----------------|
| ❖ David Gayner | ❖ Stacey Hassall | ❖ Matt Teh     |
| ❖ Emma Hassall | ❖ Steve Pride    | ❖ Elissa Lewis |

### Enjoy this edition of Activ8, it contains:

- ❖ **Our latest News and Specials**
- ❖ **Activ Tri is now an official TQ Club, Better Bodies now open @ Activ, Teams Time Trailing**
- ❖ **Sports Foods - the benefits – Peta's advice**
- ❖ **Are you using the right wheel for the right purpose? – Toby's tip**
- ❖ **Our Member of the Month – Mr July – Dan Shepherd**

*Cameron*

## OUR LATEST NEWS AND SPECIALS

- ❖ **DON'T FORGET CBD BIKE PICK UP AND DROP OFF SAME DAY** if you need your bike serviced (Wednesday – Friday). Just [book](#) in via the link on our home page and the Activ staff will come to you for no extra fee.
- ❖ **THE STATE TEAM TIME TRIAL is on Sunday September 19<sup>th</sup> and time is marching on!** Please advise Cameron of your team so he can start planning teams training for you on Wednesday mornings. If you don't have a team of 4 still register your interest with [Cameron](#) so he can help you find some team mates.
- ❖ **Coffee @ Activ!** The next exciting addition to our Activ Cycle facility in the coming weeks is a coffee shop! So stay tuned for details.
- ❖ **Activ clothing.** The **Activ long sleeved jerseys** are in so if you ordered one it has been put aside so please ask one of the staff. If you didn't order one there are a couple extra so check out the shop and see if we have your size. **Activ socks** will be in store any day so keep your eye out for them. Interested in an **Activ Sleeveless Jersey** for indoor training and the warmer months? Please let Cameron know so we can consider an order. **Activ Tri Suits** are coming too! Cameron has a draft design so check it out!
- ❖ **BEGINNERS COURSE STARTS AUGUST 28<sup>TH</sup>!** The course is 4 weeks long with 3 sessions a week so let your family, friends and work colleagues know as places will be limited.

## ACTIV TRI IS NOW AN OFFICIAL TQ CLUB

It is full steam ahead with Activ Tri. We have now registered Activ Tri as an official Triathlon Queensland Club. "So what does that mean?" I hear you ask! Well it means members are insured while racing and training, get discounted race entry fees, discounted TQ membership fees and notification of information relevant to your training/racing as it comes to hand not just through the grapevine. This will cost you \$30/year as an individual adult, \$40 as a family (2 adults + 2 kids) or \$20/year for those under 23 years of age. If you have any questions or would like to join please feel free to [contact us](#).

## BETTER BODIES REMEDIAL & SPORTS THERAPIES

Now Open @ Activ

Introducing Lucinda Hensen and Paul Crowley the two Better Bodies Therapists who can help you with your remedial and sports therapy needs. Why not book a session today and experience what a different Better Bodies can make to your performance.

We are really excited about Better Bodies at Activ Cycle Coaching. For more information and get **\$10 off your first treatment** call 0416 369 568 or visit the Better Bodies website, [www.betterbodies.net.au](http://www.betterbodies.net.au)

## ACTION @ THE TOUR

What a dramatic Tour de France this year! There has been a little bit of everything! The yellow jersey has been on many backs! The cobbles mixed it up at the start with many egos and limbs bruised. Upsets all round then the hills were fraught with more problems and many of the Tour hopefuls had their dreams of the yellow jersey taken away in an instant. Head butting!?! Not a good idea if you want to continue your tour! Contador verses Schleck what an interesting battle. I hope you have enjoyed watching the Tour and hope to see more of you bright eyed and brushy tailed in the coming weeks now that the Tour is over for another year!

## TEAMS TIME TRIALING (TTT)

**FACT: The fastest TTT in the TDF was by Discovery Channel, in 2005 - 67.5km with a 57.324 km/h average!!!**

So what is a TTT? A TTT is a road-based race in which teams race against the clock. Teams start at equal intervals, a couple of minutes apart. Starting sequences will usually be based on previous events with the highest ranked teams starting later.

In TTTs, riders in each team employ drafting as their main tactic, each member taking a turn at the front while teammates 'sit in' behind. A rider who is riding at the front is said to be 'taking a turn'. Accelerations require harder efforts, and therefore it is desirable to have a smooth, steady pace. Different riders have different power outputs, lactate thresholds and aerodynamics. To equalise the efforts in order to not tire some riders too early, the weaker riders take shorter turns and stronger riders take longer turns, all at the same speed to minimise the change in pace. A rider finishing a turn usually rotates to the very back of the team, and the rider who was formerly behind this rider takes over. A rider who needs more time to recover may take a longer time at the back while the other teammates rotate in front of this rider. With increased desired speed, the riders take harder but shorter turns at the front so they don't 'blow' themselves up.

The recorded finishing time in a 4 person TTT is based on the 3rd rider of that team. Therefore a team may choose to have the 3 strongest riders do a hard effort towards the end of the TTT event, at the potential cost of exhausting the 4<sup>th</sup> rider. This can be risky! You don't want to drop the 3<sup>rd</sup> rider! Finishing at least 3 riders across the line is ideal

Most importantly TTTs are a lot of fun and it would be great to have many Activ teams in the various distances/grades for the State TTT on Sunday September 19<sup>th</sup> at Tenthill. Please advise Cameron of your team so he can start planning some TTT training for you on Wednesday mornings. If you don't have a team of 4 still register your interest with [Cameron](#) so he can help you find some team mates.

## SPORTS FOODS – THE BENEFITS

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

When it comes to meeting fuel and hydration needs on the bike, a question I am often asked is: “Is it really necessary to consume sports foods, or can I just eat real food?” Although ‘real’ foods are far more nutritious and satisfying on a day-to-day basis, sports foods (gels, bars, drinks), have benefits over ‘real’ foods in certain situations. Those of you who have been riding for some time will no doubt have experienced the convenience of simply downing a gel, rather than fussing over a sandwich on the bike. For others, who are not so familiar with sports foods, I thought I would highlight some of their benefits.

### Benefits of sports foods for meeting carbohydrate & fluid needs on the bike:

- Sports foods provide a **concentrated source of carbohydrate** in a smaller volume, making it easier to meet your carbohydrate needs without feeling too full.
- Sports foods provide **quick acting** carbohydrates that are digested and absorbed rapidly, providing carbohydrate to the working muscles much quicker than a muesli bar or fruit.
- Sports gels are **easier to consume** than food, particularly at high intensity, helping you maintain your nutrition plan during a hard training ride, or race – when you need it most.
- Sports drinks can help meet both **fluid and carbohydrate** needs in one source. This is beneficial when exercising in the heat, or where carbohydrate needs are high.
- Sports gels now come in **caffeinated varieties** making them a convenient choice for athletes who find consumption of caffeine beneficial for reducing their perceived effort.
- Sports bars provide the **combined benefits** of a concentrated source of carbohydrate, with the satisfaction of something more substantial than a gel on longer rides.

Whilst sports foods can be a practical means by which to optimise your nutrition intake on the bike, different flavours, brands and combinations will suit different people. Be sure to experiment *before* a race or long endurance ride to prevent the undesirable side-effect of gastrointestinal upset.

*Activ stocks a range of sports foods and supplements. For more information on which sports foods are right for you, make an appointment with our expert Sports Dietitian Peta Hood by phoning 0438 551 289.*



## ARE YOU USING THE RIGHT WHEEL FOR THE RIGHT PURPOSE?

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

A question I often get asked is 'What wheels should I buy?' For most, this isn't an issue, as bikes are generally sold with a wheel set that is appropriate for the level and use of that bicycle. However, there are times when a different wheel set may be more appropriate. One such scenario is racing.

### Are my wheels suitable for racing?

Depending on the age and previous use of the wheel, the answer is more often than not 'yes'. If you are not sure, have a competent bicycle mechanic inspect your wheels for safety and performance.

### Why should I upgrade?

Depending on your riding ability, drive, and budget, a wheel upgrade can improve overall comfort, feel, and ultimately, performance.

### Why should I downgrade?

In cases of higher end bikes, manufacturers may ship a complete bike with a high end wheel set to match the level of the bicycle. This is great if the bicycle is for racing use only, however training wheels may be more appropriate in this instance if the bicycle is also to be used for general riding and training; this is because training wheels provide greater durability. The difference in cost between a training wheel set compared to a racing wheel set can be in excess of \$6000.

### What are the benefits in having wheels custom built?

There are three main components to a wheel: Rim, Spokes, and Hubs. When buying a factory built wheel set, these components are generally equal in quality depending on the level and intended use of the wheel. A hand built wheel can be customised. For example:

- Heavy rider = deeper rim, heavy gauge spokes on a budget hub.
- Light rider = low profile rim, light gauge spokes on a budget hub.
- Elite Racer = low profile tubular rim, light gauge bladed spokes on a high end hub.

*There are many more configurations that can reduce your financial outlay, increase performance, and/or increase durability. Have a chat to our friendly mechanic, Toby to find out whether your current wheel set is right for you.*

## Introducing Mr July – Dan Shepherd!

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

Initially it was the format of the outdoor rides that impressed me. I like the fact Activ include efforts, which mixes things up, as well as the fact the coaches identify flaws in your technique and help you to improve ..... but then I got hooked on the CompuTrainer sessions. I'm pretty competitive and I love the fact that you get to race against other people! And then the people of course! You don't have a great group without great people.

### What are your cycling goals for 2010?

The Gold Coast 1/2 marathon was a first for me, so I have ticked that off. But my main goal this year is to compete in my first 1/2 iron man at Calypso Bay in October. I haven't come up with a goal time just yet. At the moment just to finish it is my goal!

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

It's all about family, work, running, and swimming in that order. I don't have much of a life outside of family, work and triathlon, but it's all good because I love it!!

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

Each year set yourself goals and go for them! When it comes to training consistency is the key.