

WELCOME TO ACTIV8

Don't let the doona win too often this Winter or you might just find your fitness levels have declined when Spring comes around. If it is easier for you to get up later, we have a 6.45-7.45am CompuTrainer class Tuesday and Thursday mornings and the regular crew will ensure you have a good time (and workout!).

Don't forget the EKKA Public Holiday on August 17! Activ will be closed for the day.

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.

This edition of Activ8 contains:

- ❖ **Our latest News and Specials**
- ❖ **Recipe – No Bake Muesli Bar Slice**
- ❖ **A day in the life of a cyclist on Tour – Kim Jameson**
- ❖ **Our Member of the Month – Mr July – Ben Walding**

Cameron

OUR LATEST NEWS AND SPECIALS

- ❖ **MT COOT-THA HOT LAP:** Activ Cycle Coaching ran its second successful handicap style event on Sunday the 10th of July. 45 of us smashed out a smoking hot lap of Mt Coot-tha. Well done everyone! You earned your breakfast at Arrivedici. Thanks Dave and Connie! It was great to be able to share good food with friends and have a lovely morning! Thanks to our volunteers! We couldn't have done it without you!
- ❖ **LAST WEEK OF JULY SPECIALS!!!**
 - Purchase a Soullimit Undershirt receive a FREE phone & money wallet
 - Gator Skin tyres only \$40
 - Tubes (700x23c) are \$6 each or 5 for \$25
 - 25% off LG cycling shoes, while stocks last
- ❖ **WOMENS RACING – There are still two opportunities to enter the HPRW Women's Racing Series.** The series is intended to promote female participation in cycling and is a great series to start your racing.
 - **Round 1** – Completed on Sat 9th July – congrats to Jenny and Lauren for giving it a go!
 - **Round 2** - Sat 30th July Individual Time Trial – approx 32km Closeburn 8am
 - **Round 3** - Sat 20th August Criterium Nundah 8am
 Registrations close 15 minutes before start time and 3 day racing licence holders may participate. Line entries accepted on the day - \$10. For further details – contact Cameron Hughes 3162 3229.
- ❖ **DONATE CYCLING GEAR FOR TANZANIA** – Wayne is collecting helmets, sunglasses and jerseys to send to budding cyclists in Tanzania. Please let him know if you have items to donate wayne@alphafirstaid.com.au

CONGRATS CADEL!

Well the Tour is over for another year and what an awesome Tour it was! Nail biting till the concluding days and what a fantastic result making all those very early mornings of TV watching worthwhile!

We hope you are all inspired by Cadel's sportsmanship, skills, integrity and athleticism and channel that inspiration into your own cycling goals. As always the Activ staff are available to discuss your plans!

There is no greater time than right now to show your support for safe cycling in Australia and support the Amy Gillett Foundation bikemovement campaign! Cadel is the proud face of the campaign – go to www.bikemovement.org.au – for the sake of cycling!

ACTIV CYCLE COACHING - BEGINNERS LEARN TO RIDE COURSE

Never cycled before? Returning to cycling or just a recreational cyclist? Then our beginners course is for you....

Every six months we will hold a beginners training course to accommodate novices and those who wish to refresh their bike skills.

Our next course is:

- Starting Saturday 20th August 2011.
- Valued at only \$249.
- Expected to be popular and numbers are strictly limited so be quick and join our next beginners course on the website www.activcyclecoaching.com or phone Activ on 3162 3229.

The four week course includes:

- 4 indoor Computrainer sessions
- 4 outdoor enjoyable fitness rides
- 4 skills sessions covering all skills from mounting and dismounting to climbing and descending.
- A bike safety check
- Basic bike maintenance instruction

What will you get?

- Professional guidance from our qualified coaches
- Increased confidence and enjoyment when riding your bike
- Improved physical strength and fitness
- Enhanced cycle handling ability
- Better bike maintenance skills
- Like minded friends to ride with
- You can use your voucher number to book additional indoor training sessions at no extra charge.

We look forward to helping you or those you care about to ride safely on the road!

RECIPE – NO BAKE MUSELI BAR SLICE *recommended by Kim Jameson*

4 cups rolled oats
2 cups dried apricots
2 cups dried apples
2 cups dried dates
1 cup sultanas
4 dried figs
1/4 cup almonds or pietas
4 oranges, juiced (has to be fresh)

Line a baking tray (8x10inch or 16x22cm) with plastic wrap.

Place all ingredients in the food processor and process till mixture comes together.

Press out muesli mix on the lined tray and cover with plastic wrap.

Put in the freezer for about 30 minutes until firm.

Remove and cut into single portions.

Wrap each portion in plastic wrap and store in the freezer.

The slice will keep for about 3 months in freezer, if nobody finds it!! Delicious!

From the Golden Door Cook Book

A DAY IN THE LIFE OF A CYCLIST ON TOUR by Kim Jameson

850kms and 15,330m of vertical climbing in 10 days! Here is a story of one of my favourite days of our trip to Italy.



The statistics do not give the climb the justice it deserves. The climb was really steep, especially at the top. Even the pros were hurting. We stayed and watched the pros and I have never seen them hurting so much. Their faces were pale and blank and they were all asking for pushes.

Average: 7.5 %, Length: 14.1 km, Height start: 998 m, Height top: 2057 m, Gradient Maximum: 18 %

We started the day with an additional climb – we climbed the easy side of Passo Giau – an 8.6km climb with an average of 8.3% and a max of 11%. This side was much easier than the hard side that we climbed last year. It was an enjoyable climb this year – it was however very cold at the top. The top of the mountain was covered in snow. We climbed with loads of people. The excitement was electric. We did not wait long at the top as the weather looked very ominous. We put every piece of warm clothing we had on and started the descent to climb Passo Fediai – at this point I was thinking to myself, ‘am I crazy’?

The descent was very technical and I could remember the pain of climbing it last year. Fantastic to descend and challenging to climb. Cheeco (the current Italian Champion for Lawyers) our guide must have known I was nervous about Passo Fediai so while the others waited for everyone to descend he took me for an espresso. Very dodgy looking shop on the side of the road – however an amazing coffee. I am not sure if it was a double or not but I was firing on all cylinders ready to tackle this climb. I now know the secret to the Italians climbing – a simple espresso.

The Passo Fedaia climb starts off gentle and we were climbing through villages all decorated for the race. The streets are filled with spectators either walking or driving up the mountain. I learnt very early on that SPRINGERE means push. It is amazing on a climb that appears to go on forever how much your legs appreciate a 5 second break from a push.

I must have looked tired as I had one lady offering me rockmelon on the way up. I couldn't stop or take my hands off the bars – in my broken Italian I finally managed to say that I couldn't stop and that I did not want any rockmelon. So in true Italian hospitality her husband in his wisdom decided I needed a push. *Continued overleaf...*

The Italians are fantastic at cheering and I really felt like I was racing in the tour. The crowd support is really encouraging and they love Australians thanks to Cadel. The higher we climbed up the pass the rowdier the crowds got. Rockmelon was soon replaced by offers of Vino Rosso and Grappa.

I made the climb (just) – every part of my body was aching. It was worth the effort and we sat outside a bar in the sun having beers and eating Italian fast food (a slab of salami and some bread).

When the tour came through it was brilliant – it gives me shivers thinking about it. First about an hour before the race the Carnival comes through. A procession of vehicles covered in advertising and throwing out give-aways. Our group was on the really steep section of the climb. We were on a tight corner so it was funny watching the huge trucks get around the corners. Then you hear the helicopters coming, the crowd cheering from all the way down the mountain and then the riders come through with their myriad of support and media crew.

The riders were really spread out and like I said before the guys looked really, really tired. Actually to clarify, the guys at the front didn't look too bad but the poor old sprinters looked really knackered. We started a train of people (strangers) pushing the riders up the steep section of the climb. Fantastic team work and the riders really appreciated the help.

After the race we descended with about 10,000 people down into Canazei to our favourite hotel with Turkish Showers, Saunas, Heated Pool and beer whilst the tour riders completed the final of 6 climbs for the day. Yet another amazing day in Italy – thankyou to all my riding buddies for such a wonderful time!

MEMBER OF THE MONTH – MR JULY – BEN WALDING

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 joined for the CompuTrainers but stayed for the pain ☺ I find the trainers give excellent and immediate feedback in my training and help me with controlling my pacing.

The outdoor rides are great, with a good range of ability and competitiveness in any group - which means you can usually work as hard as you want or relax on your aluminum armchair. Unfortunately relaxation is usually short-lived due to the coaches all having a copy of "Cameron Hughes' Comprehensive Guide to the Hills of South-East Queensland".

What are your cycling goals for 2011?

It has often been said that I can't climb (Karl, Rob and numerous other whippets), can't descend (see Coot-tha hot-lap), can't corner (crashed in perfect conditions while cornering) and can't pace myself (any given Sunday); this gives me a lot of areas to work on.

To that end, I am targeting straight flat races with huge amounts of cross-wind (Cunningham Classic). My main goal is to finish in the front bunch of road-races and criteriums. Once I've mastered that, I'll work on the winning component.

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

Work / entertaining the kids / trying not to be too demanding on my wife (Suzi) who takes care of the little blighters when I'm off riding to places I would never bother driving to.

Suzi and I have finally got the kids to the point where riding with them is almost...pleasant - so will be doing more of that in the future.

Cycling words of wisdom you would like to share:

As one of the larger gentlemen of the peloton; my advice is to never ever get to the start of the climb last. That extra minute of climb time can make all the difference to your legs!