

## WELCOME TO ACTIV8

Well Winter is upon us and it is a struggle to leave the warmth of our beds in the morning! The morning CompuTrainer sessions are starting to fill in advance, as our members try to avoid the cold. Make sure you secure your place early to avoid disappointment and disruptions to your training schedule.

**SPECIAL - Till 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.**

You will have noticed that our three consult rooms are almost finished out the back! Thanks again for your understanding during construction. Better Bodies Remedial and Sport Therapies has joined the team and leased one of the rooms and now we are scouting for **complementary allied health consultants to rent the other two rooms.** We are seeking services such as Physiotherapy, Pilates, Exercise Physiology, Complementary Therapy, etc to balance the existing range of professionals available to assist our members. Please let Cameron know if you know anyone that may be interested.

With new riders constantly joining our rides, the Activ coaches encourage you to help us communicate the bunch etiquette required on Activ rides and please ensure that your hand signals and verbal communication is clear and understood by your fellow riders. **Please remember bunch safety is every rider's responsibility.**

Enjoy this edition of Activ8, it contains:

- ❖ **Our latest News and Specials**
- ❖ **Our Next FREE Info Session by Rod Cedero**
- ❖ **Better Bodies @ Activ from July 1st**
- ❖ **Variety - the spice of life and good health – Peta's advice**
- ❖ **Another Cycling Poet – Bev Sipos**
- ❖ **Our Member of the Month – Ms June – Francoise Timms**

*Cameron*

## OUR LATEST NEWS AND SPECIALS

- ❖ **THE STATE TEAM TIME TRIAL is on Sunday September 19<sup>th</sup> and the course has changed to Tenthill!!!** So why not start planning your teams of 4 and give yourselves a goal to get through the Winter of training.
- ❖ The **Soullimit Italian base layers (undershirts)** have been replenished so get yours now to avoid disappointment. They are awesome! Not only will they keep you warm this year but for many years to come. At \$49.50 for the tank top and \$57.50 for the short sleeve top they are a bargain! There are some new rain jackets available too so check them out. Great quality and value!
- ❖ **CONGRATULATIONS to:**  
**Ian Johnston** for winning his Masters A Metro Championships Road Race. A real feather in the cap Ian!  
**Simone Hubber** for coming second in her very first race at the Metro's in Woman's C – what a force to be reckoned with!! Well done! Good luck with your last exam for the semester.  
**Francoise Timms** for doing so well in her first year back racing. Francoise your determination and improved skills are an inspiration.
- ❖ **BRAND NEW EVENT** in Brisbane City, perfect for Activ Cyclists and Triathletes.  
The **QSM FUSION GAMES** will consist of a Duathlon sprint in the morning and Cycling Criteriums.  
Date: Sunday 18<sup>th</sup> of July 2010 & Location: Newstead Brisbane City  
Events:
  - Sprint Duathlon
  - Kids Duathlon
  - Elite A Elite B Elite C Masters A Masters B Masters C and Women Handicap Cycling Criteriums**ENTRIES NOW OPEN AT [www.qsmsports.com](http://www.qsmsports.com)** Be quick as due to the medium technical aspect of the course each race for the Criterium.

## OUR NEXT FREE INFO SESSION

So you've managed to get your entry in for Noosa Tri 2010 – what do you do between now and then?

Come to our FREE Activ Info Session and find out!

Activ Cycle Coaching & Activ Tri are proud to invite you to Rod Cedaro's session on:

### STRUCTURING YOUR TRAINING TO GET THE MOST OUT OF YOURSELF.

The key to a successful endurance race is (a) **appropriate training** and (b) **appropriate pacing/nutrition**.

In this session we need to understand the basics. The human body produces energy in one of two ways:

1. **Aerobically** (in the presence of oxygen) and using fat as a principal energy source.
- or
2. **Anaerobically** (without oxygen) using carbohydrate as a principal energy source.

Most sports - triathlon included - have contributions from both energy systems, the onus varying based on the interplay of (a) the distance and (b) how fast the participant is going. Therefore the emphasis placed on developing these different systems in training needs to reflect the demands of the race distance.

"So how do you determine this without breaking the piggy bank and adhering to your time budgets?"

Come along to **Activ Cycle Coaching** at 391 Montague Rd, West End, **6-7.30pm** on **Thursday June 24th** and we'll show you how! Places are limited, so please call **Activ** at 3162 3229 or email [Cameron@activcyclecoaching.com](mailto:Cameron@activcyclecoaching.com) ASAP to reserve your spot.

We are look forward to continuing to develop this new aspect of Activ and continue working towards the achievement of your goals. If you have any questions please feel free to contact us.

## BETTER BODIES REMEDIAL & SPORTS THERAPIES

**Not Long Now - Opening on 1 July 2010 @ Activ**

With our new massage clinic opening at Activ Cycle Coaching in 10days, I thought it would be a good idea to let you know what **Better Bodies** can provide you.

**Better Bodies** provides a highly specialised service allowing the client to benefit from a skilled assessment, an accurate diagnosis and correct management techniques. This is required to ensure (i) a minimal recovery time and (ii) enable you to maximize your sporting performance, whether at a recreational or elite sporting level.

Our purpose is to help people enhance their lives by improving their health and well being through our effective treatments.

Our practitioners provide these services in an ethical and responsible manner, working closely with the athlete and their associated members of their health care team (coaches, physiotherapists, strength / conditioning advisers, nutritionists, podiatrists), to provide optimal results for our clients.

To maintain excellence in our practice, each practitioner participates in continuing professional development, as well as strictly adhering to the codes of practice established by our therapist's professional association.

This ensures *treatment - prevention - performance enhancement*.

We are really excited about the opening of our second Better Bodies clinic at **Activ Cycle Coaching** and look forward to discussing with you how **Better Bodies** can assist you in achieving your goals.

For more information call 0416 369 568 or visit the website, [www.betterbodies.net.au](http://www.betterbodies.net.au)

## VARIETY – THE SPICE OF LIFE AND GOOD HEALTH

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

In my experience, many active people in search of a performance 'edge', turn to supplements before first considering the nutritional adequacy of their daily diet. Eating a healthy, balanced diet not only helps optimise performance and recovery, but also significantly reduces your risk of developing diseases such as diabetes, cardiovascular disease and cancer. A key step in establishing a healthy diet is ensuring adequate **variety**.

### HERE ARE 2 SIMPLE STEPS TO HELP ENSURE YOUR DIET IS ADEQUATE IN VARIETY:

#### 1) Choose foods from EACH of the five food groups every day

When was the last time you stopped to consider whether your daily diet consists of foods from each of the Five Food Groups? Each food group provides us with a range of vitamins, minerals and other important nutrients such as fibre and antioxidants.

##### **Bread, Cereals, Rice, Pasta, Noodles**

Foods from this food group provide carbohydrate, soluble and insoluble fibre (particularly the wholegrain varieties), and a wide range of vitamins and minerals, including B vitamins, which are needed to metabolise carbohydrate for energy.

##### **Vegetables, Legumes, Salad**

Foods from this food group provide fibre, vitamins (particularly A, C, K, folate and beta carotene), minerals (particularly iron), and antioxidants, which play an important role in optimising recovery.

##### **Fruit**

Fresh, tinned and dried fruit provides carbohydrate, soluble fibre, vitamins (particularly vitamin C), minerals and antioxidants. Fruit is a portable, nutritious source of energy for active people.

##### **Dairy and Dairy Alternatives**

Foods from this food group are rich in calcium, zinc, protein, and B vitamins. Calcium assists in maintaining bone density – cyclists can be at risk of low bone density because cycling is not a weight-bearing exercise.

##### **Meat, Fish, Poultry, Egg, Nuts, Legumes**

Foods from this food group are rich in protein. Red meat is a rich source of iron and vitamin B12, which are important for synthesis of haemoglobin which carries oxygen to the working muscles. Oily fish such as salmon and sardines are rich in Omega 3 fats which have anti-inflammatory effects and assist with reducing LDL ('bad') cholesterol.

#### 2) Choose variety WITHIN each food group

- Experiment with different cereal grains such as rye, quinoa, maize, barley and millet at breakfast
- Try to include vegetables of at least three different colours at lunch and dinner
- Choose a variety of seasonal, dried and tinned fruits as snacks or nutritious desserts
- Include soy products (rich in isoflavones), and natural set yoghurt for high levels of probiotics
- Include raw, unsalted nuts and legumes regularly, and aim to consume oily fish 2-3 times per week
- Experiment with a range of fresh herbs, spices and condiments – these are high in antioxidants

You can find a Food Variety Checklist on the Nutrition Australia website

[www.nutritionaustralia.org/national/resource/food-variety](http://www.nutritionaustralia.org/national/resource/food-variety) Check out how you score! 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.



## ANOTHER CYCLING POET – “The Beast” by Bev Sipos

*There's an old saying that you can take the girl out of the bush but not the bush out of the girl  
Though I believe that's not such a bad tag to carry these days in this crazy old world.  
Where our different pathways of life can get pretty complicated with schedules and stress abound  
And we lament the lack of hours in our day, sure as our big wide world spins around.*

*So, for what sensible god-forsaken reason does she swap her trusty RM's and her ten gallon hat  
For a pair of ritzy Star Wars like shoes, a silver space helmet with gloves to match.  
And trade those old faded, favourite longhorns for padded poo pants with shine  
Sure to rival the best of Gay Mardi Gras with such Lycra and couture simply sublime.*

*Some may called it recklessness, inquisitiveness, craziness, some bloody suicide mission  
Surely to contemplate climbing aboard an old trusty iron steed, sure to be some mid-life decision.  
And ride kilometres off into the sunset over them thar hills, right across this great land  
One would guess it's all that and more and ultimately..... just cos' she can.*

*Though at the end of the day if it comes down to tin tacks, it's not unlike your regular rodeo ride  
Where you're saddled up and locked in your stirrups, with a good mix of nerves and of pride.  
And I'm guessing with just the slightest of confidence, though a dry old bushie would never admit  
Padded pants and a helmet as you're bucked sky-high would be to all and sundry, the perfect fit.*

*So then like any old bushman the day will surely arrive when it's pension time for the old steed  
And you keep your eye out for a brighter, swifter one, just the one to suit your every need.*

*The day you find it nothing else in the world matters, it's that feeling of love at first sight  
And then reality hits and dollar signs dance all around as you ponder the price with sheer fright.*

*She gazes longingly at that shiny blue Trek steed with Ultegra gearing and schmick carbon to go  
And at a last resort, hits the other half up for the funny stuff, as at that stage her coffers were low.  
Though to no avail, the budget was tight with no stretch, the whole sordid affair looked quite grim  
Until the promise of the sale of one of his herd, refreshed her memory of why she did wed him.*

*Don't get her wrong she was duly impressed, though just the one bull wouldn't even come near  
Not even one weighing a whopping nine hundred kilo's and that was just the size of his rear.  
Call it divine intervention or if you really must aim low, a bit of conniving and scheming that day  
Because mysteriously our big boy morphed into three big old bulls and the rest is history they say.*

*With the credit card maxed and a nod from the Boss, which would be Cameron and Toby to boot  
She wore one massive grin and was as giddy as, one of those cowboys being spun out of a chute.  
The unveiling of 'The Beast' was a regal affair resplendent with cow blanket and horns aloft  
And with good friends to admire and celebrate with a thimble of plonk to top it all off.*

*Her first maiden voyage was a shaky one, a mix of pride and plain unadulterated raw fear  
Though with the expert guidance of our sweet Sheree, dutifully observing the pack from the rear.  
It was not too long before she was scaling cemetery hill and Mount Cootha like never before  
Smoothly gliding through those river loop corners like a true professional for sure.*

*She jokes in jest at her skill level and knows there are still many more goat tracks to ride  
Before she can be up there with the best of the crew but it's a journey she takes on with pride.*

*Alas, missing from her new box of components was just to mention a few vital things  
For along with that shiny new pushbike, she should have ordered a shiny new set of pins.*

*Thank you all at Activ Cycle so very much for the patience and guidance shown her thus far  
For helping a bush girl realise her crazy mid-life dream in order to reach her shining star.  
However, she thinks she found that twenty-five years ago when she married that bushie lad  
The one that can morph three bulls from one, she reckons you'll all agree that ain't too bad.*

### Introducing Ms June – Francoise Timms!

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

I had hardly ridden for 2 years and essentially given up cycling when we received a call from Kim. I joined Activ and am sometimes amazed at the progress I have made in 6 months. From struggling to keep up on the river ride with shortcuts and wishing for a flat tyre, to being able to sit on the front on a ride and also start racing.

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

Become competent at racing, and get my head in the right frame of mind while climbing. I'm sure I'm allergic to it!

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

Reading, going to movies, art galleries and cafes with friends and occasionally surfing.

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

Just keep turning up, listen to the coaches and endeavour to do what they say. Even when they are stalking you. You know how it is – you're doing a lap of UQ and the last 500m is to be 100% and you come towards that point and you see the coach's orange and black kit in the distance and you know you're going to be working really, really hard!!!