

## WELCOME TO ACTIV8

Weddings, parties, anything! November is a month of celebrations. To those having a celebration, best wishes and enjoy! We are also celebrating the newsletter's new name, "Activ8", thanks to Kim for her creativity and congratulations you have won a Shotz Nutrition pack. Thanks to everyone who sent in their newsletter names and positive feedback about our first edition. We encourage your opinions and your contributions are always welcomed.

We look forward to having a positive role in the cycling experience of our newest annual members:

- ❖ Peter Oversluizen (sorry we missed you last month, Pete!)
- ❖ Brett Harris
- ❖ Julie Treseder
- ❖ Mahia Lee Waddington
- ❖ Griff Davies
- ❖ Genevieve Whybird
- ❖ Kathleen Whybird
- ❖ Francoise Timms

Congratulations to all that successfully competed in the Noosa Triathlon recently. There were some good comebacks and PBs and we at Activ are proud of your achievements! Keep up the hard work and look out for our Mooloolaba Triathlon training starting in December. We will have the Mooloolaba course on the CompuTrainers so you can get some first experience and improve your times in the lead up to the race.

### Enjoy your November Activ8. This edition has:

- ❖ **Our latest news and specials**
- ❖ **Keep it Clean – Toby's tip**
- ❖ **Shotz Nutrition Info**
- ❖ **Bunch Riding Communication – Cameron's advice**
- ❖ **Our November Member of the month – David Bales**

*Cameron*

## PRO CYCLING NEWS FLASH

Cadel Evans will be racing with BMC at the Tour Down Under this year! Cadel got Team BMC a wild card entry. The TDU is in January and is the opening round of the ProTour. This means Cadel will race on home soil in the International Cycling Union (UCI) road world champion rainbow jersey. Woo Hoo! Go Cadel!

Saxo Bank's Stuart O'Grady has been admitted to hospital in Spain after he collapsed during a corporate event at the MotoGP circuit in Valencia recently. Stuey passed out after taking a hot-lap around the race circuit on a motorcycle piloted by Australian MotoGP rider Casey Stoner prior to the Valencia Grand Prix. Get well Stuey!

### Our December Special

**Continental GP4000 tyres for only \$69.95 each!**

**Get them quick before they all sell out!**

## KEEP IT CLEAN!

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

Bicycles are like any investment we make. Be good to it, and it will be good to you. Most of us own cars and do our best to keep it washed for the following reasons:

- ❖ Protect the paintwork
- ❖ Reduce the risk of rust and corrosion
- ❖ Resale

Your bicycle is no different. However with a bicycle, most of the moving parts are exposed to the elements so it is more important to keep your bicycle clean. Road grime, dust and dirt will eventually wear out parts like your chain, rear cassette, front chain rings and even cables.

A clean maybe as simple as a wipe with an old rag. Ideally it is suggested that your bike be cleaned once a week (*wipe down*). A full wash depending on usage, should be once a month. A full wash should consist of soapy water, degreaser and silicone spray. The silicon spray will help protect your frame from scratches and road muck.

We take our bikes for granted and sometimes don't give them the attention they need. Just remember the first time you saw your bike and how great it looked!!!

## SHOTZ NUTRITION PRODUCTS

At Activ we sell Shotz Nutrition Products and many of you have asked questions about them so we have written some FAQs.

### What is Shotz Energy Gel?

Shotz Energy Gel is a conveniently packaged, great tasting carbohydrate gel that is scientifically formulated to provide fast fuel to energise the brain and active muscles.

### When do I use Shotz Energy Gel?

If you train early in the mornings take a Shotz Gel 10 minutes before you begin to kick start your session. For competition take one sachet 10 minutes before and then every 30-40 minutes during activity.

### Is Shotz Energy Gel gluten free?

Yes it is gluten free. The main ingredient in Shotz Gels is maltodextrin – carbohydrate made from natural corn starch. Shotz Electrolyte Tablets are also gluten free.

### Does the Shotz Energy Gel use high fructose corn syrup?

There is no fructose in Shotz Gels and for good reason. Glucose molecules, which are the building blocks of sucrose, can be metabolised (used) by any and every cell in the human body. This is not so with fructose. It has to be metabolised through the liver and converted to glucose before it can be used as fuel. This is a process that requires energy and time. Energy and time that is better spent getting you through your session/event.

### Why use Shotz Energy Gel?

The Shotz Gel formulation is simple and for a very good reason, it produces a

We will be starting specific training for the cycle leg of the Mooloolaba Triathlon in December so call Activ for more details or to register your interest  
3162 3229

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Your first Activ indoor CompuTrainer session is still FREE! So book in and try a session today.

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Our local coffee shop, Veneziano is trialing a 6.30am opening time Monday to Friday during November so please support this trial so we can continue to enjoy a post session brew!

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Activ now sells a full range of Skins Garments. Just ask in store

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gel that is smooth and not gluggy. Natural flavours that taste just like the real thing. Shotz Gels go down easy, have a great after taste, energise the muscles and leave you feeling like you can take on any challenge.

**Should I take fluid with Shotz Energy Gel?**

You should be drinking every 10-15 minutes during activity to maintain fluid balance. Make sure to follow each Shotz Gel with a mouthful of fluid.

**Can I combine eating a Shotz Energy Bar with Shotz Energy Gel?**

Absolutely, in fact they work very well together particularly for long duration rides when you feel you need some solid food to satisfy hunger. Because the Shotz Energy Gel moves so quickly across the gut into the bloodstream you rarely feel full. Combining the Shotz Energy Gel and Shotz Energy Bar is smart move.

**Why isn't there any carbohydrate in Shotz Electrolyte Tablets?**

We already have the energy component in the Shotz Gels and Bars. Having electrolyte tablets allows you to focus purely on hydration and also assist in controlling your calorie intake.

**What is in Shotz Electrolyte Tablets?**

Shotz Electrolyte Tablets have sodium, potassium, magnesium and calcium. They have a slight flavour for taste too.

**What's not in it?**

SUGAR – think of your stomach as a filter and how much faster energy will move across the gut when you reduce the amount of sugar you are consuming through traditional/commercial sports drinks. The Shotz Tablet moves faster across the gut to rehydrate you and replenish lost electrolytes faster!

**How is Shotz Electrolyte Tablets different to other sports drinks?**

Think of Shotz Electrolyte Tablets as a sports drink in tablet form (without all the sugar), the ability to be able to carry your sports drink wherever you go... simple, smart and effective.

**How many tablets in a tube?**

There are 20 tablets per tube enough to make 10 litres.

**How much do Shotz Nutrition Products cost?**

At Activ the gels cost \$3.20 each, the bars \$3.50 each and a tube of tablets is \$19.95.

**BUNCH RIDING COMMUNICATION**

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

In the October eNews we discussed bunch etiquette. This edition we are going to look at some simple calls and hand signals to allow the bunch to communicate effectively and ride safe.

**Simple calls and hand signals are as follows...**

Note all calls should be passed up/down the bunch as appropriate.

- ❖ Stopping - right arm bent at right angles held directly out from shoulder and call "stopping".

No need to sweat all over your bike at a CompuTrainer session anymore. Triple Play have produced a "No Sweat" protector for only \$39.95

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Please remember to change your skewer out before you leave, as we like our cheap ones, not your expensive ones

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NEW Activ Women's Nicks will be in store soon! The current kits are available for \$229 for the set. so join us in black and orange and be more visible on the road!

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In early December, the new Garmin 500 will be available at Activ from \$299

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Please don't forget to sign in before you start your session!

- ❖ When approaching traffic lights there are set calls to be used..”lights..rolling/lights..stopping”.
- ❖ Slowing – Sometimes the bunch will need to slow rather than stop. If this happens then “slowing” should be called.
- ❖ Turning corners or crossing lanes - hold turning side hand out straight at shoulder height and call “left/right turn or lane”
- ❖ When approaching intersections/roundabouts calls to be used are “clear or car right/left”.
- ❖ Pothole - point to the ground with straight arm and call “hole”. Large bumps in the road should also be pointed out and “bump” called.
- ❖ Glass - point to the ground with straight arm and call “glass”.
- ❖ The tail end riders also have a responsibility for the bunch. They make the calls when it is safe to cross lanes or overtake cars and trucks. The calls are either “wait or over”. The bunch must move as one. The rider on the outside rear must hold their hand signal until the bunch has crossed safely as a whole. The call for a vehicle overtaking the bunch on narrow roads is “car back/passing”.
- ❖ Overtaking parked car - 3 large waving left arm movements from level of shoulder to behind hip and call “car”.
- ❖ Overtaking slower cyclist or walker - as above but call “rider left or walker left”.
- ❖ Passing oncoming rider or walker - 3 large waving right arm movement from level of shoulder to behind hip and call “rider right or walker right”.
- ❖ When forced to ride close to parked cars be careful of car doors opening and if you see or anticipate an open door call “car door”.
- ❖ Dogs - the bunch needs to slow as no one can predict what an animal will do. The call is “dog right or dog left”.
- ❖ There are many other calls but these are generally universally recognised.

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

### 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 December member are welcome now. Just email Cameron [Cameron@activcyclecoaching.com](mailto:Cameron@activcyclecoaching.com)

Introducing Mr November - David Bales!

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

*I joined Activ because I was sick of turning up to races thinking “When will I ‘blow’ up today?” I would rather be lining up at the start line thinking “Who do I have to beat today to win?” I also liked the idea of having structure and planning to my riding and being able to have a consistent bunch of good riders / people to ride with – pretty sure I have found that with Activ.*

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

*My short term goal for 2010 is to consistently turn up for training, especially the longer hilly rides, and improve my strength and endurance. The medium term goal is to apply increased performance levels in racing and start to pick up some places and hopefully a couple of wins. Long term goal is to be promoted from Masters C to Masters B (a solid performance in the Cunningham Classic features pretty highly as well).*

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

*When not riding I am either studying (just completed a Law degree and about to commence the Legal Practitioners course), watching the mighty Brisbane Lions, being harassed by my four year old who is built like a junior version of the Incredible Hulk, attempting to get my teenage daughter to do something with me (apparently fathers become merely an embarrassment at some point) and of course doing whatever my beautiful, lovely wife Brook wants me to do (always remembering “Happy wife, happy life!”).*

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

*Finding a group of people to ride with that are about the same level with similar goals and commitment really enhances what you can get out of riding. Bottom line is that if you lose the enjoyment factor it and it starts to become a chore you will give it away because who wants to get up 5 or 6 times a week at 5:00 am and flog yourself for something you don't enjoy?*