



Newsletter #1 – October 2009

WELCOME

Welcome to Activ Cycle Coaching's first newsletter! Our first month has been an exciting one! Thank you one and all for your interest, participation and membership. We appreciate your support while the centre has been completed and we look forward to assisting all of you with your cycling goals. A special welcome to our foundation annual members:

- ❖ Brett Harris
- ❖ Sheree McKenzie
- ❖ Kim Pettigrew
- ❖ Karl Jameson
- ❖ Wayne Messer
- ❖ Brett Kerwick
- ❖ Kim Andrew
- ❖ Robert Henderson

We are look forward to bringing you a monthly newsletter to keep you up to date with the action at Activ! We are after a groovy name for our newsletter so if you have an idea we will reward the best suggestion with a Shotz Nutrition Pack, valued at \$40. If you would like to contribute in any way to the newsletter please email us. Thanks to all our contributors this month. We truly appreciate it. We hope you enjoy our first newsletter. Safe Cycling!

Cameron

SERVICING YOUR BICYCLE

Your bike will work more efficiently, take you further and faster and will last longer if it is properly maintained. Have your bicycle checked by a Mechanic regularly. The more regularly you use it the more regular attention it requires. By paying close attention to your bicycle, when out riding you will know if it requires attention. If you hear or feel something that just doesn't feel or sound right book your bike in with our head mechanic, [Toby](#) to have a look. Whether you want a clean and lube, basic service or a complete rebuild, Toby can help you work out what you need. Don't forget every annual member gets 2 FREE services and a FREE Activ kit per annum so [join now!](#)

A clean bike is a fast bike!

Woo Hoo!

*Congratulations to our first class of **beginners!** You have all come so far in such a short a period of time. We look forward to continuing to help you achieve your cycling goals. Our **next course** will start in **February** so please spread the word!*



ARE YOU EATING TO EXERCISE OR EXERCISING TO EAT?

By Peta Hood (Accredited Practising Dietitian/Exercise Physiologist)
Lifestar Nutrition and Exercise Physiology

Ever wondered exactly how many Calories you burn during cycling? Ever considered how easy it is to consume that same amount of Calories through food? If you have ever struggled to lose or maintain your bodyweight despite a heavy training schedule, read on.

It is true that structured physical activity such as running, cycling, and weights training burns Calories and can therefore assist with weight loss/maintenance, as well as providing obvious benefits for overall health and wellbeing. In fact physical activity is the second biggest contributor to our total daily energy expenditure (TEE), accounting for up to 25-30% in very active individuals. The biggest contributor is our basal metabolic rate (BMR), which accounts for ~60-70% of TEE. BMR is influenced by age and gender – with the principal factor determining BMR being muscle mass ie. a higher muscle mass = faster metabolism. Incorporating structured physical activity into your day, and increasing the amount of muscle mass you have via weight training or hills, are two sure-fire ways to increase the Calories you burn/expend each day. Unfortunately, however, there are two sides to the energy balance equation.

Energy Out (Calories burned through exercise, and basic physiological processes - BMR) is taken care of as long as you keep up the motivation to train; it is the **Energy In** bit (food... and beer!) where most of us come unstuck. A fundamental fact to note is that unless your energy out \geq your energy in each day ie. you expend more than you eat or eat less than you expend, you will not lose weight. Despite putting a lot of hard work into maintaining a training regime, many individuals, particularly in the early stages of training, are in the habit of exercising to eat; undoing their hard work by convincing themselves that it is ok to have a second helping at dinner, or chocolate bar after work because they have 'earned it' by exercising. Does this sound familiar?

The trouble is, there is a surprising mismatch between the time it takes to burn Calories through exercise vs the time taken to consume that same amount of Calories through food or drink. For example... take a 75 kg female exercising at moderate intensity (150 Watts) on a stationary bike or wind trainer for 60 minutes – she burns approximately 540 Calories. Same 75kg female enjoying a slice of carrot cake with friends for 5-6 minutes – consumes 500 Calories. Or a 90 kg male cycling on the road at moderate to high intensity for 2 hours – he burns approximately 1400 Calories. Same 90kg male enjoying 3 Crown lagers and a bowl of hot chips with his mates over a game of footy – consumes 1300 Calories.

The scientific evidence fails to show that a single bout of exercise causes an immediate, short-term increase in hunger and food intake in

Don't forget our FREE
Friday Recovery River
Ride!

All welcome!

It leaves Activ Cycle
Coaching, 391
Montague Road, West
End at 5.30am.

We finish up at Activ
at 7am and then we
head up the road to
Veneziano for the best
coffee in West End!

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

We want to name our
newsletter!

If you come up with
the winning
suggestion you could
win a Shotz nutrition
pack valued at \$40.
Entries close on the 6th
of November so put
your thinking cap on!



most individuals; in fact exercise has been shown to assist with appetite control in the short-term^{1,2,3}. Instead, it is thought that there may be longer-term effects of accumulated exercise bouts on hunger and food intake which cause us to overeat, largely driven by an increased *psychological desire* rather than *physiological need* to eat⁴. So... make sure you educate yourself on the Calorie-density of food, and be aware of this tendency to psychologically 'justify' your extras after a hard day on the bike. Make a conscious effort to eat a balanced, nutritious diet consisting of small, frequent meals and snacks from each of the five food groups, and next time that cake crosses your lips, ask yourself, is it really worth it?

1. King, N.A., V.J Burley, et al. (1994). "Exercise-induced suppression of appetite: effects on food intake and implications for energy balance." European Journal of Clinical Nutrition **48**(10): 714-724.
2. King, N.A., L. Snell, et al. (1996). "Effects of short-term exercise on appetite responses in unrestrained females." European Journal of Clinical Nutrition **50**(10): 663-667.
3. Westerterp-Plantenga, M.S., C.R. Verwegen, et al. (1997). "Acute effects of exercise or sauna on appetite in obese and non-obese men." Physiology & Behavior **62**(6): 1345-1354.
4. King, N. A., P. Caudwell, et al. (2007). "Metabolic and behavioral compensatory responses to exercise interventions: Barriers to weight loss." Obesity **15**(6): 1373-1383.

****FREE MESSAGE****

Have too many rides left you feeling like the hunchback of Notre Dame? Then come and take advantage of a free massage. Foundation Activ Member Brett Harris is currently gaining his qualifications as a Remedial Massage Therapist. With the "L" plates still on, he's offering free massages to anyone keen. We don't want to seem bias towards Brett but he is learning and we want to help! If you'd like to take Brett up on his offer, give him a call on 0415 912 577.

BIKE FITS WITH STEVE HOGG

Cameron Hughes, your Activ Cycle Coach has had a long relationship with Steve Hogg, Australia's premier bike-fitter. Steve is based in Sydney and has an Australia wide and International clientele. The principles he has evolved in matching rider and bike, which he has expounded through his writings for Bicycling Australia magazine and www.cyclingnews.com, have been influential where ever bike-fitting is taken seriously.

We are talking to Steve about the possibility of a working visit to Brisbane. Steve would be available for bike-fitting sessions and to give seminars on the principles involved. A typical session with Steve takes 3.5 hours and 4 hours if the rider uses aero bars. If you are interested, [contact us](#).

For more about Steve, check out these links.

<http://www.bikefit.com/fitterstevehogg.php>

http://autobus.cyclingnews.com/fitness.php?id=fitness/2008/bike_position

<http://www.bikefit.com/docs/Footloose.pdf>



BUNCH RIDING ETIQUETTE

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

There are many benefits of bunch riding:

- ❖ social aspect makes long rides more fun,
- ❖ sharing of work on the front,
- ❖ development of group riding skills that are essential for racing and endurance rides,
- ❖ safety in numbers.

Riding safely in bunches depends on all members of the group adhering to the road rules and correct cycling etiquette. The consequences of not obeying these rules can have disastrous outcomes.

Most bunch rides are well disciplined, however, if they are not the incidence of crashes and/or accidents can be high. The main problem with large bunch rides on the roads is the pressure for riders to stay with the bunch. This pressure builds and riders feel forced to break traffic rules, run red lights and generally behave in a way that puts themselves, other riders and other road users at risk.

Once a bunch reaches a certain size, it becomes difficult to wait for riders separated from the bunch. Often bunch rides can deteriorate into races with a "last man standing" mentality. As a result neither the individual nor the group's training needs are met.

Here are some tips to ensure all in the Activ bunch enjoy their ride safely.

- ❖ Be aware and courteous of all riders in the bunch
- ❖ Communicate – always point and call out obstacles and directions loud and clear
- ❖ Relax – trust other riders, use your brakes minimally and don't tense up your arms and shoulders, relax your elbows
- ❖ Legally we can ride two abreast, however at times there needs to be common sense used, sometimes single file may be more appropriate. When riding give yourself a little bit of space, do not hug the gutter. This forces cars to drive around you, not to squeeze by. By allowing a little space from the gutter you have room to move left or right to avoid any obstacles.
- ❖ No "half wheeling". Ride beside the person next to you, not in front or behind them. Always ride handle bar to handle bar, side by side.
- ❖ Ensure you always "hold the wheel". You should ride about half a metre behind the wheel in front. Don't look at the wheel in front, rather look through their helmet so you can see what is happening in the bunch.
- ❖ Always pedal when you are on the front, especially downhill, to minimize the amount of slowing and/or braking in the bunch.

Did you know that Activ members can post any cycling items they have for sale on Activ's website? Visit www.activcyclecoaching.com for more information

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Activ Cycle Coaching has a Wet Weather line so you can determine if the outdoor ride has been rescheduled as an indoor CompuTrainer session. Just call 33214455 and listen to the recorded message for instructions.

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Activ 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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One on one coaching is available. Visit www.activcyclecoaching.com for more information

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BUNCH RIDING ETIQUETTE (cont)

- ❖ If there is a gap next to you signal for someone to fill the gap or you can peel off to the rear of the bunch.
- ❖ Keep the pace smooth and steady.
- ❖ Obey all road rules.
- ❖ If the group splits, slow down, or in some cases stop to allow the bunch to regroup.
- ❖ Avoid sudden braking or changes in direction.
- ❖ Follow the direction of the ride leader.
- ❖ Everyone can have a turn at the front even if for only a short time. The roll over procedure is easy. The rider on the right moves to the left by slightly accelerating and moving over to the left while the rider on the left moves forward to the front. This means the right side of the bunch moves forward while the left side of the bunch moves back. Once at the back of the bunch on the left you move to the right and start moving forward again as the rider in front of you moves forward.
- ❖ Be aware of the roll back. The roll back is when the rider in front gets out of the saddle to ride up an incline. When they do this the back wheel momentarily comes back. If the rider following is a little too close they may touch wheels, possibly causing a fall and bringing down the bunch.
- ❖ Whilst riding in a bunch it is etiquette for no cyclist to be down on their aerobars.
- ❖ If you feel that the pace is too fast for you to take a turn at the front then request to stay at the back of the bunch. However the ride leader may encourage you to have a turn even if only to learn techniques for changing positions in the bunch.
- ❖ Keep your bike well serviced, clean and with good tyres as the safety of the bunch relies on each rider being responsible.

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

Each month we will introduce you all to the Activ Cycle Coaching's Member of the month. Votes for your November member are welcome now. Just email Cameron Cameron@activcyclecoaching.com

The best way to become a member, book an indoor session and keep up to date is to visit our website
www.activcyclecoaching.com

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We are looking for more photos for the website so if you have a Kodak cycling moment or would like to create one to share please send them in to Cameron

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Activ offers a bike pre-service pick up and drop off service from the CBD from \$10

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If you have you a Garmin computer and have saved a favorite ride, give it to Cameron and he can load it up to the CompuTrainers so fun can be had by all!

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