

WELCOME TO ACTIV8



Spring has sprung right into Summer! With the warmer weather we would like to remind you to stay well hydrated before, during and after your training sessions. The Magpies are swooping too so remember if one swoops you wave one hand above your head and continue to concentrate on your direction of travel.

A BIG THANK YOU FROM ACTIV FOR ALL OUR 2nd BIRTHDAY WISHES!

This edition of Activ8 contains:

- ❖ Our latest News and Specials
- ❖ Activ Tri Club
- ❖ What is Quinoa? – Jana Christie
- ❖ A week in Beijing (Ron's trip to the Triathlon World Championships)
- ❖ What a difference a year makes – Rossco Hames & Pauline Seux
- ❖ The 'Hood' – getting to know our West End Neighbours - Jana Christie
- ❖ Our Member of the Month – Mr September – Josh Brown

OUR LATEST NEWS AND SPECIALS

- ❖ **WEEK DAY OUTDOOR TRAINING.** As it starts to get warmer and lighter in the mornings, don't forget the Tuesday, Wednesday and Thursday outdoor quality training sessions leaving Activ at 5.15am and returning to Activ at 6.45am. Tuesday is Social/Latte level, Wednesday Latte/Intermediate and Thursday Intermediate/Advanced. Come along and transfer some of the skills and strength you have gained on the CompuTrainers during Winter on to the road.
- ❖ **CAR PARKING @ ACTIV.** Unfortunately we have worn out our welcome in the car parking stakes with our neighbours so you will no longer be able to park in the driveways on either side of Activ. The coaches cannot chase down everyone parking there and suggest that members warn other members about it as well. The 10 minute parking section in front of "Lettuce Eat" is also inappropriate. If you are having to park further than you would like to walk please bring your helmet and simply ride your bike to the front door.



- ❖ **Ford Ironman World Championship** Saturday, October 8, 2011, Kona, Hawaii
Check out our own Peter Breadsell and all the Hawaii Ironman action at the above link. **GO PETE!!!!!**

- ❖ **HTM WILSON BRISBANE TO GOLD COAST RIDE.** Good luck to the Activ8 team entered in the ride this year's event. If you would like to ride with Activ8 on the 9th of October please email Josh Brown our team captain on joshua.brown@derm.qld.gov.au and he can send you the details for the day. Activ8 has a fundraising page for the [Heart Foundation](#) and they need \$200 more to exceed their \$1000 target. You can click here to [donate](#)



- ❖ **SAVE THE DATE FOR A WEEKEND IN BYRON!** On Sunday the 13th of November the Byron to Byron Rainbow Ride for charity is on. Check out all the details of the 100 and 160km courses and see if it is a goal for you to aim for <http://www.summerofcycling.com/>



- ❖ **ACTIV CYCLE COACHING CAPS and POLO SHIRTS in store soon!**

ACTIV TRI CLUB

Have you ever wanted to compete in a triathlon? Are you wanting to train regularly with like-minded people? Are you a beginner but don't know where to begin? Look no further. We can help you. Why don't you [join](#) the Activ Tri Club? Membership benefits include the following:

- Regular electronic updates on club news and events including an up-to-date race calendar
- Invitation to special club training/social events
- Access to club tent at races
- Regular athlete education seminars
- Training opportunities catering for all levels of ability
- Discounted Triathlon Qld/Tri Australia membership (additional benefits apply)
- Access to the club website
- Access to personalised training programs from an experienced coach
- A great atmosphere where members are supported and training buddies have fun and motivate each other
- Helpful mentoring of beginners by experienced club members who compete in events from enticer to ironman.



The Activ Tri Club now has an enthusiastic committee ready to increase membership and have some fun! Membership is only \$30 Individual or \$40 Family. To join, please [download](#) the membership form and return to [Activ Cycle Coaching](#), West End

"Like" our Facebook Page and keep up to date <http://www.facebook.com/pages/Activ-Tri-Club/271381779550095>

SO WHAT IS QUINOA? (pronounced 'keen-wa') *By Jana Christie, Activ Cycle Coaching Member*

A highly nutritious pseudo-grain - not a true grain. Great alternative to white rice and couscous.

- Very high protein content for a grain (similar protein profile to amaranth)
- Rich in calcium
- Good source of iron, B vitamins and vitamin E

Quinoa thrives in cold climates at high altitudes, such as the Andes, where it has been grown by the Incas for thousands of years.

Quinoa with Rolled Oats

- ❖ ½ cup quinoa
- ❖ 1 cup rolled oats
- ❖ Water
- ❖ Pinch of salt (optional)

Place quinoa in a saucepan with 1-2 cups of water. Bring to the boil. Simmer for approx 7 minutes until quinoa starts to become translucent and you can see the germ separate from the seed. You'll understand when you see it!

Add rolled oats and more water. Keep an eye on the consistency to ensure the porridge doesn't become too dry, stirring occasionally, ensuring it doesn't stick to the bottom of the saucepan. Simmer for approx 15 minutes or until oats are cooked.

If sweetening porridge with dried fruit, such as sultanas or dates, add dried fruit 3-5 minutes before serving to allow the fruit to soften and become plump. Note: may require a little more water.

The cooking time may be shortened by soaking the quinoa in water overnight. Drain and discard this water. Using fresh water, add the pre-soaked quinoa and rolled oats together. Commence cooking.

Leftover porridge may be stored, covered, overnight in the fridge. Add a little more water and warm on a gentle heat the following morning.

Serving options: dates, sultanas, grated apple with a squeeze of lemon to prevent oxidation, berries, maple syrup, honey, sprinkle of brown sugar, chopped almonds, LSA, pepitas, walnuts, plain yoghurt, dash of milk.

Jana's favourite combination: dates, lots of cinnamon, lightly roasted pine nuts and a dash of goat's milk.

- adapted from Paul Pitchford, *Healing with Whole Foods*

A WEEK IN BEIJING (Ron's trip to the Triathlon World Championships)

I arrived at Beijing airport after midnight...had a terrible flight from Singapore and was feeling like death warmed up but managed to negotiate my way through the airport formalities and find the person waving a card with my name on it. After a while, a small group of Australian athletes started to congregate as other late night flights landed and we made our way to the bus which would take us to our hotel in Changping. Waiting...waiting...what was going on? I think the driver must have been asleep somewhere because this was a common trait for any form of transport driver, as I was to find out as the days went on.

Nobody new how far it was to Changping but we seemed to be driving for about 20 minutes and we were still in the airport! The roads all seem to go around in circles in this city. Eventually, after driving for about an hour, we arrived at the Fengshan Hot Springs Resort (which was some type of Chinese country club as it turned out where people go to relax in hot springs and play skirmish).

The place had a relaxed feel about it. It was tucked at the bottom of some scenic mountains and was surrounded by golf courses. Taking a walk around the streets near the resort gave me an insight into rural China. You would almost think that nobody lived there but there were numerous little communities tucked away down narrow alleyways. Over the coming days, lots of people emerged and the most unlikely looking supporters spent entire days sitting by the side of the road cheering people as they trained, raced or even walked down the footpath. I made several attempts at chatting to the locals, with little success however, one day I did manage to make someone understand they were riding along happily on a flat tyre!

It's safe to say when I go on holidays, things usually go wrong at some stage...I get lost easily, I lose stuff and things can go pear-shaped in the blink of an eye. With this in mind, I have a story to share as a fine example! I did some research and found a Chinese version of Walmart. I caught a cab and asked the driver to wait while I went shopping. I remembered my warnings about the food and water so if it didn't come in a packet or can I didn't want to know about it. With this ringing in my head, I searched the aisles for something recognisable. After walking past the display stand stacked six foot high with unidentifiable, unrefrigerated meat products, I stumbled upon the junk food aisles which were packed with Snickers, Oreos and Pringles. I also found some Gatorade and bottled water so I thought I was going well. This is about where things started to turn bad...Not only did I get lost inside the store, but when I eventually found the exit, to my surprise, the cab was not waiting as I had asked. What was I going to do...how do I ask for help... would I be mugged for my junk food... all this went through my head until I realised that I was not in same place where I had left my cab! I'm lost again...stay calm...how would I get my way out of this? I decided to walk around for a while and see if I recognised anything and finally, to my relief, I found my reliable cab driver, where I left him, fast asleep (my belated apologies for the lack of faith in this man).

After I stirred him from his slumber, we commenced the trip from hell back to the hotel where my new buddy had a minor collision with a bike rider, stopped a few times to light a cigarette and have a big spit in the gutter and drove up the wrong side of the road whenever there was a traffic jam (which was often), all this for the small price of 20 Yuan (three bucks)! Can't get entertainment that cheap in Australia! That was the end of my attempts at catching the local transport...walking was the only way I was getting around from now on.

Nearly out of room and I haven't got to the race yet....Saturday 10th September (Sprint distance)...It was a difficult day. Heavy rain bucketed down all night and it was freezing cold on race morning... just my luck! The best part was the swim...The water was warm so I stayed in longer than most people! The bike ride was difficult in pouring rain so I just concentrated on staying upright. The run was fine...except for some bad Chinese directions which confused everyone who might not have been thinking clearly in the conditions. In these trying conditions, Australian athletes raced tough and proud and had some great results (5 Gold and 9 medals overall). The Olympic distance race on Sunday had better conditions and produced some more great Aussie team results. *Looks like you will have to ask Ron yourself if you want to know his results!!!*

Australian athletes picked up 9 Gold and 24 medals overall which put us second behind Great Britain. Not bad considering we had 170 athletes to their 400! There were some bragging rights earned by the Brits at the after-race party but with the world Championships in NZ next year, we should get our revenge!

After the race, I did manage to see the tourist sites around the city with the highlights being climbing the Great Wall and a visit to the Olympic sites. Somehow I made it through without any further mishaps. I must be improving at this holiday thing. Bring on the next adventure!

Congrats to Jackie Phillips too. She was 4th out of water, 6th off bike and finished 13th. A great start for next year!



WHAT A DIFFERENCE A YEAR MAKES! Rossco Hames & Pauli Seux

We have returned from a fun week away with over 820 riders from around Australia and NZ riding from Goondiwindi to Brisbane via Yelarbon, Texas, Stanthorpe, Killarney, Woodenbong, Boonah and Rosewood - 9 days - 600 km tour.

This was our second Great Queensland Bike Ride with Cycle Qld and 12 months on, thanks to Activ Cycle Coaching, we found ourselves in a much better position to enjoy the ride. We were well able to deal with the hills (100km with 1600m ascent the toughest day). Instead of 'blowing out early' as we used to, we now get into a rhythm and get to the top keeping our breathing under control, often passing many others on the way! On the flats we were able to average higher speeds whilst generally keeping our heart-rates in the aerobic zone. Another positive, thanks to backing up on the Saturday and Sunday Activ Rides, was our ability to ride for the whole 9 days without running out of energy at the end of the tour like we did last year.

The weather started out windy and cold and finished sunny and hot. We were normally on the road early, around 7:00am, and were often in the first 10% to reach our destination around 11:30am. Yes, it did seem strange having morning tea at 8:30am and lunch at 10:00am!

If you would like to have an enjoyable break with some great riding and a chance to see some wonderful Queensland scenery, we highly recommend the [Cycle Queensland](#) Great Queensland Bike Ride. Next year the ride is from Gayndah to Noosa via Hervey Bay. So save the dates!

It pays to be a member of Bicycle Queensland

Join NOW to receive...

- Personal accident insurance through [Cyclecover](#) for damage to you in an incident;
- Third party and third party property insurance;
- \$35 clothing voucher from **SCODY** for all new memberships;
- Twelve months subscription to Australian Cyclist magazine (6 editions);
- Twelve months subscription to the Queensland Cyclist newsletter (6 editions);
- Discounts on entry to our great events including the BDO Brisbane Coot-tha Challenge, Cycle Queensland & the Wilson HTM Brisbane to the Gold Coast Cycle Challenge;
- Discounts at many bike shops;
- Free legal assistance for incidents when riding;
- Expert advice on most cycling matters; and
- **A national contribution to cycling advocacy through the Bicycle Federation of Australia and the National Bicycle Coalition.**



DID YOU KNOW?

Figures from Bicycle Victoria's *Ride On* magazine tells its 45,000 members that ditching one family car and riding a bicycle to work instead can be worth up to \$3.5 million over a family's working lives! The figures showed that if a 45-year-old ditched a car for a bicycle and saved the money into an account with 6 per cent interest, the person would save \$358,000 by retirement age. For a person aged 25, the saving would be \$1.04 million!

If that 45-year-old earned \$60,000 a year and salary sacrificed the savings into superannuation, it would give them an extra \$667,490 to retire on, the magazine said. A diligent 25-year-old would have an extra \$3.5 million!!!

Read more: <http://www.theage.com.au/national/wheres-a-wheel-theres-a-way-to-save-big-money-20110731-1i6hf.html#ixzz1ZUYVreUz>

THE 'HOOD'...GETTING TO KNOW OUR WEST END NEIGHBOURS

By Jana Christie, Activ Cycle Coaching Member

This article, I hope, will be the first in a series on great places to shop in West End. I suspect there will be a strong emphasis on food ... as Activ people (excuse the pun) we all like to eat, right? Me, I love good food and when it's sold by friendly staff with attention to customer service, I join the faithful, repeatedly finding my way to the store.

Mick's Nuts

To those of you who have yet to discover this iconic West End landmark, allow me to introduce you:

Where? 31 Hardgrave Rd (corner Hardgrave Rd and Vulture St), West End. ph: 3844 7396

When? Monday – Friday: 7am - 6pm, Saturday: 7am – 3pm, Sunday closed

Mick's Nuts is a shop worth knowing! The family owned and operated store specialises in; fresh and cooked nuts, dried foods (fruit, cereals and pulses) and European foods with an emphasis on Greek cuisine, reflecting the owners' cultural heritage. Mick's roast and mix their own nuts and make their own range of cereals, including '16 in 1' (16 items in 1 cereal), 'new lite muesli' and a gluten-free and wheat-free cereal. They also stock a range of organic, insecticide and pesticide-free, and gluten-free options.

Mick's has been operational for 38 years and started life as a corner store in a time when ethnic food wasn't an easy sell. With the introduction of olives, then nuts and over time a range of deli goods, the business evolved to its current form. As a business, it's hard to categorise; it falls somewhere between wholesale health food shop (goods are arranged in large plastic bags on shelves and you order by the scoop) and a deli. It has its own charm and is definitely worth exploring!

The tiny store has a faithful following of locals and the health conscious with a steady stream of customers. Saturday mornings are characterised by a queue which often extends out the door. The high turn over of produce ensures the nuts are always fresh! The focus of the business is on delivering quality, healthful products (there are a few sweet treats) by their friendly, attentive staff – all are family members. While they recognize they aren't always the cheapest, they aspire to offer great products at reasonable prices, believing the discerning customer will generally return for more.

Recommended buys:

- Nuts; all but especially the whole Macadamia nuts - slow roast at home!
- Muesli; the one without the banana chips
- Alternate Cereals; try the puffed buckwheat and amaranth
- Gift Certificates; for that special one on their special occasion



Jana would be delighted to hear about your favourite shop in the 'hood' so she can investigate for further editions of Activ8. Please chat to her about it at coffee or on a ride.

MEMBER OF THE MONTH – MR SEPTEMBER – JOSH BROWN

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?

Lauren & I started with the free 4 week prep course for the BQ Coot-tha Challenge. I really enjoyed Sheree's outdoor rides, Cam's house of pain/indoor sessions and of course the coffee so I started off with a 'ten pass' and before that was up I signed up for a month and once again before that was finished I signed up for a year...Decisive much?

What are your cycling goals for 2011/12?

My main goals for 2011/12 are to improve my strength and endurance, and start racing. I have decided that I will take part in the Battle of the Border next year and a few of the Crit series coming up. Though I think my biggest cycling goal for 11/12 will be to get a new bike ☺

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

I work as a Team Leader/Technical Manager for the Dept. of Environment and Resource Management on a project concerned with digitalising the transfer of surveying information. Other than that and cycling it's catching up with friends over a few beers...Oh and of course spending time with my lovely wife to be ☺

Cycling words of wisdom you would like to share:

When riding outdoors with Sheree during the week, don't even think that you can 'take it easy' for a second, because she will come out of nowhere and start encouraging you – especially on Mt Coot-tha when it's still dark ☺