

WELCOME TO ACTIV8

After an eventful 2011 I am sure many of us pin our hopes on a 'better' 2012. Here's to looking forward to an exciting 2012 full of new goals, hopes and dreams for our futures. The team at Activ are here to help with your fitness and sporting goals so please don't hesitate to discuss yours with us and develop a plan for achievement!

A BIG THANK YOU FROM ACTIV FOR ALL OUR CHRISTMAS & 2012 WISHES!

JANUARY SPECIAL – start the New Year in an Activ kit! For just \$170 a set you can either have another kit or get your first kit! Special applies while stock lasts!

This edition of Activ8 contains:

- ❖ **Our latest News and Specials**
- ❖ **Activ Tri Club News**
- ❖ **Website Upgrade**
- ❖ **Bill (Wombat's) Shave**
- ❖ **Heart Foundation Heart Heros - Lola Ogunbanjo**
- ❖ **The next installment of the 'Hood' – getting to know our West End Neighbours - Jana Christie**
- ❖ **Our Member of the Season – Ms Summer – Jodie Nichols**

OUR LATEST NEWS AND SPECIALS

- ❖ **WEEK DAY OUTDOOR TRAINING** - As the New Year begins it is time to remind everyone about the Week Day Outdoor quality training sessions leaving Activ at 5.15am and returning to Activ at 6.45am. Tuesday is Social/Latte level and Thursday Intermediate/Advanced. Come along and transfer some of the skills and strength you have gained on the CompuTrainers on to the road. Friday Recovery River Rides are for everyone so we can recover after the weeks training before we hit the road for our weekend longer road sessions. At the moment there are two starts times 5.20am for the social riders and 5.30am for the remaining riders. We are looking at another group come February so all levels can be catered for.
- ❖ **CAR PARKING @ ACTIV** - Thank you for your adherence to our parking requests last year but for those of you that are new or have forgotten over the break we can no longer park in the driveways on either side of Activ, the 10 minute parking section in front of "Lettuce Eat" is also inappropriate and 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.
- ❖ **TRI CLUB CHAMPIONSHIPS AT ROBINA THIS WEEKEND** - Entries close on the 12th so there is still time to enter and definitely time to put your cheering voice on and come and support the Activ Tri Club members as they compete in their first triathlon of 2012. Each Activ Tri Club member that enters receives a point for the club then there are bonus points for podium finishers and the club with the most points wins the championship! [Event details](#) Come on let's get involved and show we are a champion club. If you are not a Tri Club member yet and would like to be, membership details are on page 3. Good luck to the Activ Tri Club team!
- ❖ **GIRLS SAVE THE DATE FOR A SHEREE'S BABY SHOWER!** On Sunday the 5th of February, 10-12noon at Venezianos and grab your invite from Activ. It's time to have some coffee and cake to celebrate the pending arrival of Baby Hughes!
- ❖ **WORKSHOP SPECIAL** – All four bike cables should be replaced annually so to encourage you to do this Trevor, Activ's mechanic has a special of \$110 for a basic service including replacement of all 4 cables. Bargain! [Book here](#)
- ❖ **BEGINNERS COURSE** – know someone who has never cycled before? Or someone who is returning to cycling after a break? Or a recreational cyclist who would like to improve their cycling? Activ Cycle Coaching has a Beginners Course starting 18th Feb 2012 for 4 weeks. Contact headcoach@activcyclecoaching.com for more information or book [online](#)

- ❖ **CHILDREN'S CLINICS** – Last chance to book for the clinics this week and next. Info & to book [here](#)
- ❖ **MOOLOOLABA TRI** – is just over 2 months away. Start your training program today! For cycling specific training email cameron@activcyclecoaching.com or triathlon training email training@activtriclub.com. Activ has the Mooloolaba course on the CompuTrainers so why not book a time to come in and give it a try!
- ❖ **TOUR DOWN UNDER** – For those cyclists lucky enough to be going to the Tour Down Under, don't forget to have your bike serviced. Book you bike in by emailing mechanic@activcyclecoaching.com Also remember clothes for all occasions – hot, cold and wet. Activ have a great range of accessories in store now. Adelaide weather can be unpredictable so pack for all seasons. Have fun and enjoy the racing!
- ❖ **ONLINE BOOKINGS FOR CT SESSIONS ON SATURDAYS** – These sessions can be booked for 9.30am or 10am or 10.30am starts. They are still self coached off peak sessions but you can manage your booking during what are busy times on Saturdays.
- ❖ **2012 CYCLING QUEENSLAND RACING CALENDAR** - available [here](#) for planning your 2012 racing.
- ❖ **BIKE WEEK 2012** – March 10-18 – save the dates and check out [activities](#) you may be interested in.
- ❖ **REMINDER** - If you are looking for a reminder about [the importance of fuelling your body correctly](#) for cycling. Check out Peta's previous newsletter article about it.

WHAT DID YOU GET UP TO ON THE CHRISTMAS BREAK?

Send us a photo of what you got up to on your Christmas Break and we'll put it on the website to share! This photo is of Lachy Joyce skydiving above Dubai. What an awesome clear day making for an extraordinary photo. The look on Lachy's face tells us he enjoyed it just a little ☺



ACTIV TRI CLUB NEWS

NEW Activ Tri Club morning run sessions

Lachy Joyce, Activ Tri Club Member and qualified running coach will be starting morning coached run sessions twice a week from Activ Cycle Coaching, 391 Montague Road, West End, starting Wednesday morning January 11.

Details are:

Wednesday mornings at 6 am - faster threshold sessions

Sundays 6.30am - long steady runs.

These sessions are being organised by the Activ Tri Club and fees are payable directly to Lachy. These sessions are not run by Activ Tri Coaching/Activ Cycle Coaching and as such all queries should be directed to training@activtriclub.com

Costs for Activ Tri Club members are \$5 per session or \$30 per month, cash payable directly to Lachy.

For non-members the costs are \$7 per session or \$35 per month.

Annual Activ Tri Club membership costs are \$20 for juniors, \$30 for an adult, or \$40 per family (2 adults + 2 juniors). A full list of membership benefits are below:

- 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 & PURE sport supplements
- 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! To join, please [download](#) the membership form and return to admin@activtriclub.com

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

WEBSITE UPGRADE

Ben Walding has been busy over the Christmas break up grading the Activ Cycle Coaching Website for our enjoyment. The new features will be introduced to you gradually over the next few weeks but one of the most exciting is the introduction of Strava.

Strava (strava.com) is a website for tracking your rides and runs as recorded by your Garmin or other GPS enabled computer. While you can share your details with others, you can also keep all your details private. Strava can show you your splits up common climbs and help you track improvement over time. There is no need to start/stop lap timers, you just ride using your computer and upload your rides when you're done to get detailed stats. Strava also has a "suffer score" which is a combination of how long you rode for and how hard you worked - i.e. how much you suffered. Some members have been known to crack 250+ on the longer rides.

For the competitive amongst you, you can gain some serious bragging rights by beating your cycling compatriots on various challenges. Strava has both a free and paid mode.

Signing up

You can join Activ on Strava at <http://app.strava.com/clubs/activ-cycle-coaching>

Seeing direct evidence of improvement is a great motivator! Remember - if it's not on Strava it didn't happen!

BILL (WOMBAT'S) SHAVE



What a transformation!

After our 80k cycle ride on Saturday 3rd December we had the big shave. It was a real challenge for Jenny as Bill has had his facial hair since he was 16! Some of you may know that Bill's daughter Gemma is a leukaemia survivor so Bill's Shave has particular significance.

Thanks to the team for the sponsorship of Bill's shave. We have raised nearly \$500 so far! For those who still want to donate they can do so [online](#)

HEART FOUNDATION HEART HEROES By Lola Ogunbanjo, Heart Foundation

Have you experienced a heart health issue or know someone who has? Perhaps you've made some healthy lifestyle changes to improve your heart health? The Heart Foundation needs your help. To continue our work it's vital that we connect with the community through real people and their experiences. As such, the Heart Foundation is looking for a special group of people to become *Heart Heroes* – people who will tell their personal story as part of the Heart Foundation's lifesaving messages.

Your heart health issue could be:

- If you know you have a number of risk factors
- If you have responded to the warning signs of a heart attack
- If you have had a heart attack or have heart failure
- If you have family members directly affected by heart disease or heart failure
- If you have successfully undertaken a lifestyle change to improve your heart health
- If you have participated in a Heart Foundation program such as Heart Foundation Walking, Jump Rope for Heart or our Heart Health Challenge and it has positively affected your life.

Being a *Heart Hero* can involve as little or as much as you would like. It may simply be sharing your story for use in some of our media or publications, or you may be able to help us by being a guest speaker at one of our events. It's up to you. One thing is for sure - enabling the community to connect with the stories of real people (and their loved ones) helps us to spread our valuable heart health messages further!

If you'd like to find out more, please complete our Expression of Interest form [online](#)

If you do not have access to the internet, please phone (07) 3872 2500 and ask for Lola - I will be glad to assist you over the telephone.

PS - NEW HEART FOUNDATION HEALTH TOOLS on the Heart Foundation website:

- [BMI calculator](#)
- [Waist measurement tool](#)
- [Interactive Nutrition info panel](#)

THE NEXT INSTALLMENT OF THE 'HOOD'...GETTING TO KNOW OUR WEST END NEIGHBOURS By Jana Christie, Activ Cycle Coaching Member

The Flight Skool

Introducing ... The Flight Skool – aerial or anti-gravity yoga. Great for stretching, especially the spine! Just around the corner from Activ ...

What: aerial yoga –a cross between circus, yoga and Pilates, using a sling or hammock

Where: 10 Bailey St (just off Kurilpa St before Veneziano Café on Montague), West End

When: classes everyday of the week (check [website](#) for details)

Cost: \$30 for 3 class pass (to be used in a fortnight) introductory offer
 \$20 for casual attendance of 90 min class
 \$160 for 10 class pass (to be used in 10-12 wks)

Most of us feel we need to stretch more but just don't seem to get around to it. We seem to think we're using our time more effectively by squeezing in another training session, ignoring the call to stretch until there's an injury ... and then we're reminded of the need to stretch and take the call to arms more seriously. Well that's been my experience!

In an effort to manage ongoing lower back pain, I decided to give aerial yoga a try at the recommendation of a friend and have become a devotee. I now attend weekly sessions and haven't had significant back pain since, which is quite something having been dogged with discomfort for 2 and a half years!

The classes are fun and spatially challenging eg., which way is up and how do I arrive at that position. I have been convinced I'm going to do a face plant on more than one occasion but to date have arrived safely, although often not gracefully, having been safely guided through the action by the instructors; Renae and Ian.

Both instructors have a solid background in anatomy and physiology so can hold an informed conversation with clients and medical professionals regarding injuries, physical limitations and rehabilitation. Class participants are an interesting mix of athletes and the usual yoga devotees – the later achieving some of the most amazing stretches!

Benefits:

- decompression of the spine through gentle traction, allowing better mobilisation of back
- lots of core strength and balance work
- small class sizes so exercises can be tailored to the needs of participants
- strong emphasis on safety, important when swinging upside down from a sling!

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 SEASON – MS SUMMER – JODIE NICHOLS

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 received a month membership as a birthday present and loved it so much I joined for 12 months.

What are your cycling goals for 2012?

Besides just a general desire to improve my cycling, to survive my holiday to the French Pyrenees during the Tour de France in July 2012, then find a new challenge after that....open to suggestions....

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

Try to recover from riding, play with my fur baby, reading and if I have the energy try and catch up with the few friends that haven't disowned me because I can't stay out late because of early morning training.....oh and shouldn't forget Alex...some loving affection for him too :) aaahhhhhh

Cycling words of wisdom you would like to share:

Learn to love 'Cam's House of Pain' and despite what Lance says, it IS about the bike!