

# Tandem Talk

## W.A.T.C.A.C. Newsletter

### Issue 2 - May 2001

Hi everyone!

Hope you had a wonderful Easter and didn't indulge in too many choccies - but that doesn't matter because you can all hop on your tandems and work it off!!

This issue will cover State & National competition results, WADSA Awards Night and our regular features.

#### **Memberships:**

Just a friendly reminder that memberships for 2001 are now due.

#### **Coaches Corner: (by Janelle Graham)**

##### **"May**

Now that we've gone over the basics in those bicycling accessories needed for your rides (see February edition), it's time to go over a few essentials in regards to keeping you healthy and comfortable while on the bike. Although nutrition is undoubtedly important, an often-overlooked area is proper hydration.

The weather in our fair State is quite dry, even in Winter (!), so it is easy to neglect taking in enough fluids to replace those lost while putting in the kilometres.

Some basic rules to follow:

#### **Cyclists Dehydrate Faster than Other Athletes...**

- Bicyclists move much faster through the air, so evaporation of sweat is more rapid and less noticeable.
- For maximum alertness and performance, drink regularly to replenish fluids lost by perspiration and respiration.
- You should drink a half-litre of water or sports drink one hour before you ride. Then drink at least a half-litre of water bottle for each hour you ride and an hour after you return. Dehydration can sneak up on you, so make sure to follow these guidelines even if you're not feeling thirsty.
- Drinks: Sports-replacement drinks provide both fuel and hydration. If the drink tastes too strong or has too much sugar for you to handle, dilute them with water. If you like the taste, you're more apt to stay hydrated on a long ride or in hot weather.

## **Alternatives to the water bottle:**

Because hydration packs ('Camelbacks', etc.) are comfortable, they let you drink without taking your hands off the handlebars.

Hydration packs come in a variety of sizes to accommodate the time spent on the bike and the need for articles of clothing, snacks, etc...

Some people like the comfort and freedom of a waistpack; others, the capacity of a backpack. Buy the one that best fits your body and your style.

Hydration packs are easily filled and cleaned, and you can buy replacement parts if needed.

Next issue we'll look at nutrition issues and some options for keeping energy available through the rides".

Thanks Janelle!

## **"More On" Mechanics (by Paul Lamond)**

### **Tyre Pressure**

This is a very important subject. Here are some handy hints to remember:-

- Always check your tyres & tyre pressure before you ride. There may be pieces of glass or other foreign objects inbedded in the tread, and these may cause punctures in no time.
- Tyre pressure is important as it will give you the maximum life out of your tread and this will also make riding much easier (flat tyres are a "drag" on the road and your body!!).
- Cornering and control are also maximised with correct tyre pressure.
- Under inflated tyres will "pinch" your tube and cause it to puncture.
- The recommended pressure will be recorded on the side wall of the tyre. Most high pressure tyres will be around 120 PSI (pounds per square inch).
- A good high pressure pump will ensure you get the recommended pressure. Most good quality hand pumps will achieve a 100+ PSI.

### **Member Profiles**

Unfortunately we did not receive any profiles for this Issue - don't be shy, "come on" it's easy!!! If I can do it anyone can - I'll show you how.....

## **"Tandem Talk" - Member Profile**

**Name:** ...Lyn Lepore OAM.....

**Nickname:** .....Lynnie .....

**My best moment in Sport was:** ..... Winning Bronze in the 3000m Pursuit at the Paralympic Games in Sydney 2000. The crowd was totally awesome - they were LOUD!!!.

**Favourite person & why:**...I don't have one in particular - because I love you all!!!.

**Favourite athlete & why:** .....Michael Schumaker - because he's totally focussed on what he has to do - and because he drives for Ferrari - not to mention good looking!!.

**My favourite hobby/pass time is:**...Cycling!!!!!! - Duh!!.....

**Superstitions:**...Don't have any.....

**My favourite piece of clothing:**...my tracky pants.....

**My most embarrassing moment is:**...Hugging a man I thought was my uncle - but he wasn't - mistaken identity.

**I'd hate to be without:**...chocolate!....

**If I have achieved anything in life, it is:**...being a reasonably good bike rider and enjoying it.

**Favourite website:**.....www.chocolate.com .....

**The best advice my Mum/Dad gave me is:**...work hard and be good to your mother!!

**The best job I have ever had:**.....being a housewife??? Pauly????!!!!!!

**The worst job I have ever had:**.....riding on the "back" of the tandem when your pilot has eaten too many baked beans!!

**Favourite relaxation:** ...lying on the coach listening to music....

**My greatest weakness is:**...you guessed it ..... chocolate!!!.

**Any other information you'd care to share:** I love Eeyore from the 100 acre forrest.

## Have Your Say

The following has been brought to us by Michael Jervis - keep 'em coming Mike!

### **Winners....**

- **TAKE CHANCES.** Like everyone else, they fear failing, but they refuse to let fear control them.
- **DON'T GIVE UP.** When life gets rough, they hang in until the going gets better.
- **ARE FLEXIBLE.** They realise there is more than one way and are willing to try others.
- **KNOW THEY ARE NOT PERFECT.** They respect their weaknesses while making the most of their strengths.
- **FALL, BUT THEY DON'T STAY DOWN.** They stubbornly refuse to let a fall keep them from anything.
- **DON'T BLAME FATE** for their failures, nor luck for their successes.
- **ACCEPT RESPONSIBILITY** for their lives.
- **ARE POSITIVE THINKERS** who see good in all things, from the ordinary, they make the extraordinary.

- **BELIEVE IN THE PATH** they have chosen even when it's hard, even when others can't see where they are.
- **ARE PATIENT.** They know a goal is only as worthy as the effort that's required to achieve it.

### Diary

"Go the extra mile - It's never crowded"

"I want your word as an Australian Journalist"

"If you spend your life looking over your shoulder, you invariably bump into things"

"Never interrupt when you are being flattered"

### "American Intelligence" (for Janelle)

This is a transcript of a radio conversation between a US Naval Ship captain and Canadian Authorities off the coast of Newfoundland in October 1995 (released by the Chief of Naval Operations).

**American:** "Please divert your course 15 degrees to the North to avoid collision"

**Canadians:** "Recommend you divert your course 15 degrees to the South to avoid a collision"

**Americans:** "This is the Captain of a US Navy Ship. I say again divert your course"

**Canadians:** "No, I say again, you divert your course"

**Americans:** "This is the Aircraft Carrier USS Missouri, we are a large war ship of the US navy. Divert your course NOW."

**Canadians:** "This is a Lighthouse, YOUR CALL"

On ya Mike - that was great!!!

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### 2001 State Championship Results

Refer attached

### 2001 Australian Track Cycling Championship Results

Refer attached

### First WA Disabled Sports Annual Awards Dinner

The Boards of the WA Paralympic (WAPC) and WA Disabled Sports Association (WADSA) have agreed to co-host an evening of sporting excellence. Details of the dinner are as follows:-

Place: Burswood International Resort Convention Centre

Date: Saturday 21<sup>st</sup> July 2001.

Time: Pre-dinner drinks at 6.30pm, Sit down at 7.00pm

Cost: \$60.00 per head, \$40.00 Concessional rate.

RSVP: By Friday 6<sup>th</sup> July 2001

Please advise Elsa if you are interested in attending - an excellent night out !!

### **Track Training Nights**

Some of our experienced Tandem cyclists train at the track every Thursday night from 6.00pm to 8.00pm. Please call Mark McLauchlan on 92551269 for more details.

### **Olympians & Paralympians Walkway**

On the 22<sup>nd</sup> April 2001 a 10.30, the above pathway will be officially opened and the "Keeping the Flame Alight" sculpture will be unveiled.

From this date the walkway will be open to the public and will be your opportunity to "walk all over" our Olympians & Paralympians!!

### **Social Rides**

We are hoping to start these very soon. Possible the next social ride will be followed by a BBQ - maybe at Kings Park - we will keep you informed!!

### **Cycling Clinics**

By now you should have received information regarding our cycling clinics on 20<sup>th</sup> & 27<sup>th</sup> May 2001. Please contact Ron Anderson on 93118254 if you require any further information. Please remember to return your forms by the due date.

### **Tandem For Sale**

David Murray has a road tandem for sale. Please contact David on 94711660 if you are interested.

### **Trash and Treasure:**

If anyone has anything they would like to buy, sell or give away, that has to do with cycling/bikes clothing, equipment etc. please Phone or Email me & we will publish it for you.

Your contributions are very valuable to this Newsletter, so please keep them coming - we'll publish anything - within reason!!

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