

Tandem Talk

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

Issue 3- August 2001

Well, winter is upon us but you wouldn't know it. Haven't we cyclists been spoiled? I hope you are all taking advantage of the beautiful sunny days we've been having so far this winter and clocking up the miles (or should I say kilometres). No excuses now!!

This issue we review the WADSA Sports Star of The Year dinner as well as the cycling clinics/social rides , as well as our regular features.

Memberships:

I would like to welcome all our new members and hope that you enjoy the experience and fun that tandem riding provides. This newsletter can be produced in the following formats: (a) normal print; (b) large print; (c) Email; (d) audio tape; (e) 3 & a half inch floppy. If you wish to have the newsletter produced in another format other than normal print, please let the Editor know.

Coaches Corner: (by Janelle Graham)

Winter Training for the Roadie in the Southern Hemisphere!

Although we tend to follow the Northern European schedule for the bicycle training and racing season, there's no reason not to stick with what mother nature has given us, and train with our own seasons. Unless you have National and International ambitions, you may as well make the most of our summer (i.e. Northern hemisphere's winter) and vice versa. I don't know about you, but getting up in the dark, cold winter hours to train in the (often) rain, is not my idea of an enjoyable sport! So, saying that, let's get on with our 'Winter Training'!

The purpose of winter training is for general conditioning, rebuilding the body and to have fun. The summer season, often filled with races and longer, harder rides is built on the foundation of winter training. It's quality and consistency that make a successful winter program, not quantity.

Although you may want to incorporate different sports in the winter for cross training (or do more track riding), it's important to ride at least 3 to 4 times a week. If the weather is not too wet or cold, it's best is to be outside when the conditions are safe. Otherwise use rollers or turbo trainers.

Cross training is what makes winter training fun and exciting. Always begin slow and easy

with any new sport or a sport that hasn't been done for a while. It takes time for the muscles and tendons to strengthen to the new stress and strains. Select several different sports or exercises that you might enjoy doing. A certain amount of time is needed to reach a proficient level of skill so that the exercise is beneficial. Cross training sports could be done on easy or fun days in your schedule.

Remember, stay healthy! Dress for the conditions and bring extra clothing. Always change into dry clothing as soon as possible. Eat well. Don't worry about gaining a kilogram or two since the body requires more fat (just a little!) in the winter to stay warm and healthy. Get enough sleep and rest. This is the time of the year to recharge the batteries.

And have fun!

"More On" Mechanics (by Paul Lamond)

I have noticed, at times, riders putting wheels in their road bikes that have quick release skewers and tightening them up incorrectly. The correct way to tighten them up is to wind the skewer in to a point where the lever can be squeezed up firmly. Never just keep winding the skewer to tighten the wheel as skewers are not designed to be used this way.

2001 "Be Active" WADSA Road Time Trial State Championships

This event will be held on Sunday 2nd September 2001. Details are as follows:-

Venue: Herne Hill (meet at Herne Hill Primary School)

Time: 10.00am start (you should therefore arrive around 9.00am)

Cost: \$5.00 per person

Registration Forms: Forms were sent out recently by WATCAC with Invitation to attend WATCAC ride on Sunday 29th July 2001.

Note: All competitors must hold a current cycling licence

Please contact Kirsten at WADSA on 94701442 if you would like any further information.

Member Profile

Thanks Greg for your Member Profile. I have only received a few Member Profile forms, that means there are still a lot more to come. There is a blank Member Profile form attached to this newsletter, so I expect to receive a huge rush of them.

"Tandem Talk" - Member Profile

Name: Greg Madson

Nickname:

My best moment in Sport was: Atlanta Paralympics

Favourite person & why: David Gilmore. Because he can really make a guitar sing.

Favourite athlete & why: Wayne Gardner. Because he showed the rest of the world how great Aussie's are at throwing a two wheeled projectile around a piece of tar.

My favourite hobby/pass time is: Motorcycle road trips

Superstitions: I don't like walking under trains.

My favourite piece of clothing: Leather jacket

My most embarrassing moment is: When my eyesight was failing standing in a crowded shop and asking a cardboard cut-out of a person for some service.

I'd hate to be without: My hearing

If I have achieved anything in life, it is: That I have some very good friends.

Favourite website: In the top left hand corner of my lounge room, but I don't know where the spider is.

The best advice my Mum/Dad gave me is: Good manners are a great asset

The best job I have ever had: Delivering flowers in the snowfields of NSW.

The worst job I have ever had: Cleaning out the drains under a piggery.

Favourite relaxation: Listening to a good audio book.

My greatest weakness is: Doing too much work for nothing.

Any other information you'd care to share: If you add 2 and 3 together you end up with 5.

Have Your Say

We have 2 members who are travelling around the world and cycling at the same time. They are Kelly McCombie and Darren Harry, who are currently in the USA and here is what they have to say.

3rd July 2001: How are you? We are settled in Allentown. We have rented an apartment for three months, and have bought ourselves a ford. The weather has been very hot and humid with occasional flash flooding. Training has been great and have been doing 700km a week, since arriving. I have raced in one crit and got third, and Kerry got seventh. I have raced only once on the track, but it was not so successful. They had a race with 500US in primes, in 20 laps for chicks, we got 10US. Darren has been training hard on the track. He raced in the US teams challenge and won two sprints, and for that he paid the rent. He is racing the madison this weekend with Bobby Lee, who is the US pursuit champion, so they should pick up the bucks. Otherwise that is all I have to report. PS were heading off to Ohio during the junior worlds to race a series of crits. BIG BUCKS. Then I will be doing a five day womens tour in the hills.

23rd July 2001 : How are you? We are all well and are about to start racing for two weeks.

Darren is going to Oregon Portland for a 14000\$ track meet. He got 14th in a pro peleton crit finish with all the pro teams it was 65km long. I won a pair of Rolf vector pros top of the range in a preme. I got 13th on the weekend. I have been invited to do the tour of Switzerland which is in September, so I may be able to catch up with you

all. I may also be doing the tour of Holland. Bye for now.

Kelly

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.

WATCAC Cycle Clinic Report

The cycle clinic was held over two weekends and attracted 16 vision impaired/blind riders and over 24 front riders and volunteer assistants.

There were expressions of interest from riders for both the recreational tandem cycling programme as well a competitive tandem cycling programme.

Topics covered over the 2 sessions were as follows:-

- Novices were shown correct riding techniques to gain confidence and stability on the tandem
- The use and effectiveness of turbo trainers for training purposes for vision impaired/blind riders
- The role of front riders and their duties and responsibilities towards their vision impaired/blind stoker
- Fundamentals and importance of wearing the correct cycle clothing
- Sighted front riders worked under blindfolds and assimilated glasses to create an awareness of what it is like for their vision impaired/blind stokers
- Information was provided on what is necessary to become involved in the elite training programmes for those aspiring to Paralympic selection in the future

In conclusion, we would like to sincerely thank all concerned for their tremendous assistance and support shown over the 2 weekends and looking forward to the continuing success of tandem cycling for both the recreational and the competitive programmes.

Sports Star Of The Year Awards Dinner

The WA Disabled Sports Association in conjunction with WA Paralympic Committee hosted the above awards night on 21st July 2001 at the Burswood Ballroom. The night was a lot of fun with good food, drinks and dancing. Some of our members received awards and some were finalists for awards. Our very own president, Ron Anderson was awarded Life Membership to WADSA. Well done Ronnie and well deserved. Elsa Lepore was a finalist for the Service To Paralympic Sport Award, which was taken out by Norma Beer.

Lyn Lepore and front riders Eddy Hollands and Paul Lamond won the State Championship awards for track and road cycling. Lyn Lepore and Mat Gray were also finalists in the WADSA Sports Star of The Year, which was taken out by swimmer Kingsley Bugaren.

Paralympic News

Members of the Australian Paralympic Cycling Team will be departing for a Training Camp in Italy on 24th August 2001 as preparation for the European Championships which will be held in Switzerland from 7th to 15th September 2001. WATCAC members attending these events are Lyn Lepore & Eddy Hollands (Mixed Tandem), Mathew Gray (LC1), Paul Lamond (Mechanic) and Elsa Lepore (Team Manager). We wish the Team well!

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 put it in the next issue of our newsletter for you.

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"Tandem Talk" - Member Profile

We want to know all about you - your good side, your bad side and especially your amusing side!! Please complete the following questions and return your form to The Editor (Lyn Lepore)

Name: _____

Nickname: _____

My best moment in Sport was: _____

Favourite person & why: _____

Favourite athlete & why: _____

My favourite hobby/pass time is: _____

Superstitions: _____

My favourite piece of clothing: _____

My most embarrassing moment is: _____

I'd hate to be without: _____

If I have achieved anything in life, it is: _____

Favourite website: _____

The best advice my Mum/Dad gave me is: _____

The best job I have ever had: _____

The worst job I have ever had: _____

Favourite relaxation: _____

My greatest weakness is: _____

Any other information you'd care to share: _____