

# TANDEM TALK

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

### Issue 6 - May 2002

Summer has passed us by so quickly and the cold weather is now upon us. This doesn't mean that you can wrap up your tandems and tuck them in for the winter. No siree! It just makes you appreciate your nice hot shower when you get home. And, if the weather is too bad then you can hop on your turbo trainer in front of the TV and watch a good video while at the same time pedalling away.

## FUNDRAISING

WATCAC is starting up a fundraising campaign and we need your help! At present we are selling Cadbury Chocolates and would appreciate your help in selling them. Can you please contact Elsa or Lyn to arrange for collection of a box of chocolates. Each box has 20 chocolates and sell for \$2 per bar of chocolate which totals \$40 per box. Our aim is to raise \$300 to \$400 by selling these chocolates. We are going to have other fundraising events throughout the year so keep watching this space!

Two of our members are holding a movie fundraising night. Janet Shaw and Fiona Scarf (women's tandem team) would like to invite you to the following movie:

**MOVIE: CHARLOTTE GRAY (M)**  
**VENUE: ACE CINEMA, SUBIACO**  
**DATE: THURSDAY, 13 JUNE 2002**  
**TIME: 6.45PM**  
**COST: \$12.00 PER TICKET**

This event is to raise funds to help Janet Shaw and Fiona Scarff to compete in the World Disabled Cycling Games in Germany, August 2002. Janet and Fiona have just been selected onto the Australian Paralympic Team as a tandem cycling pair after performing well at the National Cycling Championships in Sydney in April this year. They have only been riding for a short time together and have Athens 2004 in their sights. As new members of the Team, they do not yet qualify for funding for overseas events and therefore need to raise funds to cover their travel costs and accommodation in Germany. Please contact Janet Shaw at her e-mail address ([janets@inet.net.au](mailto:janets@inet.net.au)) to buy your tickets.

## CALENDAR OF EVENTS

June 1 & 2 - TWO DAY RIDE WITH AN OVER NIGHT STAY AT RAVENSWOOD RIVER RESORT. LEAVING ARMADALE RAILWAY STATION AT 8am.

June 4, Tuesday - WATCAC Committee Meeting

July 2, Tuesday - WATCAC Committee Meeting

July 14, Sunday - Recreation ride to be advised.

August 6, Tuesday - WATCAC Committee Meeting

August 10 & 11, Sat & Sun - WEEKEND AT ROTTNEST. ALL INTERESTED PEOPLE TO CONTACT KEITH ON 94145154 BEFORE JULY 14<sup>th</sup>.

September 3, Tuesday - WATCAC Committee Meeting

September 8, Sunday - Recreation Ride to be advised.

For more information on any of the above events, contact Keith Clark on 9414 5154.

## COMPETITION RESULTS

### 2002 STATE TRACK CYCLING CHAMPIONSHIPS MULTI DISABILITY EVENTS RESULTS

#### Wednesday 20<sup>th</sup> February 2002

##### Individual Pursuits - Qualifying Round:

<u>Category</u>	<u>Results</u>	<u>Place</u>
Janet Shaw & Fiona Scarff (women's tandem)	4:02.51	qual
Lyn Lepore & Eddy Hollands (mixed tandem)	3:49.75	qual
Keith Clark & David James (men's tandem)	5:11.00	DNQ
Mathew Gray (LC1)	5:15.06	Silver

#### Friday 22<sup>nd</sup> February 2002

##### Individual Pursuit - Finals:

<u>Category</u>	<u>Results</u>	<u>Place</u>
Janet Shaw & Fiona Scarff (women's tandem)	3:55.10	Gold
Lyn Lepore & Eddy Hollands (mixed tandem)	3:42.10	Gold

#### Wednesday 27<sup>th</sup> February 2002

##### 1000m Time Trials:

Janet Shaw & Fiona Scarff (women's tandem)	1:18.40	Silver
Lyn Lepore & Eddy Hollands (mixed tandem)	1:15.29	Silver
Mathew Gray (LC1)	1:11.21	Gold
Paul O'Neill (LC1)	1:15.16	Silver

**Wednesday 6<sup>th</sup> March 2002****Flying 200m Time Trial:**

Janet Shaw & Fiona Scarff (women's tandem)	13.09	Silver
Lyn Lepore & Eddy Hollands (mixed tandem)	12.5	Silver
Mathew Gray (LC1)	11.99	Gold

**2002 Australian Track Cycling Championships**17<sup>th</sup> - 21<sup>st</sup> April 2002

Dunc Gray Velodrome Sydney

<b>Results</b>		<b>Multi Disability 1000m Time Trial - Final</b>			
<b>Order</b>	<b>Number</b>	<b>Name</b>	<b>State</b>	<b>Time</b>	
<b>LC1</b>					
1	42	Mathew Gray	WA	1:11.484	
<b>Womens Tandem</b>					
2	155	Janet Shaw/Fiona Scarff	WA	1:17.743	
<b>Open Tandem (Mixed and Men's Tandems)</b>					
4 (Mixed)	152	Lyn Lepore/Eddy Hollands	WA	1:14.896	

<b>Results</b>		<b>Multi Disability Individual Pursuit - Qualifications</b>			
<b>Heat</b>	<b>Number</b>	<b>Name</b>	<b>State</b>	<b>Time</b>	
<b>LC1 4000m Individual Pursuit</b>					
	42	Mathew Gray	WA	5:10.789	
<b>Womens Tandem 3000m Individual Pursuit</b>					
	155	Janet Shaw/Fiona Scarff	WA	3:58.702 (3 <sup>rd</sup> fastest)	
<b>Mixed Tandem 3000m Individual Pursuit</b>					
	152	Lyn Lepore/Eddy Hollands	WA	3:45.134	

<b>Results</b>		<b>Multi Disability Individual Pursuit - Finals</b>			
<b>Order</b>	<b>Number</b>	<b>Name</b>	<b>State</b>	<b>Time</b>	
<b>Women's Tandem Individual Pursuit</b>					
3	155	Janet Shaw/Fiona Scarff	WA	3:56.700	
<b>Mixed Tandem Individual Pursuit</b>					
1	152	Lyn Lepore/Eddy Hollands	WA	3:45.840	

<b>Results</b>		<b>Multi Disability 200m Sprint - Qualification &amp; Final</b>			
<b>Order</b>	<b>Number</b>	<b>Name</b>	<b>State</b>	<b>Time</b>	

**LC1 - Final**

1	42	Mathew Gray	WA	11.962	AR
---	----	-------------	----	--------	----

**Mixed Tandem - Qualification**

2	152	Lyn Lepore/Eddy Hollands	WA	12.252	
---	-----	--------------------------	----	--------	--

(Open 4<sup>th</sup> place)

**Womens Tandem - Final**

3	155	Janet Shaw/Fiona Scarff	WA	13.567	
---	-----	-------------------------	----	--------	--

**Results****Multi Disability 200m Sprint - Final**

Order	Number	Name	State	Time
-------	--------	------	-------	------

**Mixed Tandem**

2	152	Lyn Lepore/Eddy Hollands	WA	
---	-----	--------------------------	----	--

**"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 attached questionnaire and return it to The Editor (Lyn Lepore) Thanks Adge for your Profile. Keep them coming folks!

Name: Adriana Lepore

Nickname: (Adge)

My best moment in Sport was: When Kelly and I won the women's tandem division in the Tour of Singapore

Favourite person & why: My sister Rina because she is the only person who really understands me.

Favourite athlete & why: My sister Lynnie because she is an inspiration and a truly committed athlete.

My favourite hobby/pass time is: I have three favourite hobbies, they are cooking, swimming and cycling and my most favourite pastime would be shopping.

Superstitions: I don't have any just don't let any black cats near me.

My favourite piece of clothing: Ones that don't show the bulges.

My most embarrassing moment is: Crossing an intersection at St George's Terrace and my skirt blew up above my waist.

I'd hate to be without: My ugg boots in winter.

If I have achieved anything in life, it is: To face challenges head on.

Favourite website: I hate the Internet, it is far quicker to pick up the phone and ask someone.

The best advice my Mum/Dad gave me is: Worka ard anda beeya gooda to ya Mamma and Papa.

The best job I have ever had: Conveyancing Clerk for a Settlement Agency as I spent half my day out of the office.

The worst job I have ever had: Every job has got its bad points but up to now I never hated going to work.

Favourite relaxation: Curled up on the couch with a hunk of chocolate and lollies watching an Elvis Presley movie.

My greatest weakness is: My right hip.

Any other information you'd care to share: Why do Brides wear white---- Because it matches the washing machine, the fridge and the stove.

That's all folks.

## COACH'S CORNER

On the Road to Recovery

Janelle Graham, coaching advisor

(With acknowledgment to Mike Niederpruem, MS, CSCS)

One of the most common training errors for cyclists and endurance athletes at all levels is training too hard on the "easy" or recovery days, and not hard enough on the "hard" days. This pervasive regime creates premature plateaus and can lead to significant overtraining, which can result in prolonged illness, injury, and burnout. Although the aspects of training intensities, duration, frequency and volume of the "hard" days are beyond the scope of this article, we can address the components of "easy" days recovery that make them powerful training tools.

Simply put, one of the most important considerations in the recovery process is the replenishment of glycogen stores. Glycogen is the storage form of carbohydrates within the body, and it is these carbohydrates that are a primary source of fuel at high intensities (at or above lactate threshold). Training too hard and/or too soon after high intensity training sessions or races compromises the process of glycogen replenishment, and ultimately interferes with the ability to continue training at high intensities or race effectively in the future.

If glycogen replenishment is optimized, it is possible to recover from most types of training within 24 hours. However, it can take up to 36-48 hours to recover from prolonged efforts at lactate threshold (60-90+ minutes), cumulative efforts above lactate threshold (30-45+ minutes), or moderate to heavy resistance training. Both the intensity and quantity of efforts one is performing need to be considered when determining amount of recovery time needed.

Many additional factors affect one's ability to recover from high intensity training sessions or races, both in the short-term (i.e., week to week, from one race to the next) and the long-term (i.e., over the course of the entire season and from one season to the next). These include age, level of physical development, skill level, disciplines, point of

season, and nutrition habits. Young (under 16) and the older (50 +) athletes often need more recovery time than athletes between those ages. Athletes with less than 3 years of structured training need more recovery time than more physically developed athletes.

Reasonably developed and fit athletes often respond well to one day of active recovery for every day of high intensity training/racing. So, if you race once per week, you may get by with an active recovery day on Monday, and be sufficiently recovered for high intensity training by Tuesday. However, if you are racing both weekend days, and across multiple weeks, then you may need as many as 2-3 days of recovery after the first weekend, and another day or two prior to the next weekend. This type of week would look like:

SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
RACE	RACE	Active Recovery	Active Recovery	High Intensity Training	Active Recovery	Active Recovery	RACE	RACE

If you are at the end of a particularly difficult training block, racing has been unusually difficult, or your daily measures (morning heart rate, body weight and sleep... see below) vary from normal over several days, you may be overreaching and in need of a recovery or regeneration week. Ideally, you should have regeneration weeks regularly placed every 4-6 weeks as an effective part of your training plan. Regeneration weeks include both a reduction in volume (as much as 50%) and intensity (no sustained efforts at or above lactate threshold). A typical regeneration week may look like:

MON	TUE	WED	THU	FRI	SAT	SUN
Active Recovery	Active Recovery	REST	High Intensity Training (Reduced)	Active Recovery	Active Recovery	RACE

There are a number of steps a cyclist can employ to further facilitate recovery and replenishment of muscle glycogen as quickly as possible. These steps include:

1. **Employ active recovery as often as possible.**

For most cyclists and situations, active recovery (i.e., as light training below the level needed to introduce a training load or stimulus) is generally preferred over passive recovery (complete rest) as a primary component of training.

Active recovery actually allows faster recovery from intense racing or training than passive recovery. Active recovery rides are relatively short (30 - 90

minutes), performed at moderate cadences (75-95 rpm), and low intensities (below 65% of HR maximum). Active recovery increases blood flow to the working muscles without causing additional fatigue. This increased blood flow helps restore nutrients (glycogen), remove waste products, and also helps facilitate a reduction in muscle soreness.

2. **Ensure passive recovery is both qualitatively and quantitatively high.**

Passive recovery is also known as complete rest. The best form of complete rest is sleep, and athletes need 8-10 hours nightly. Be aware of changes in sleep patterns over time, especially when they begin to occur gradually and recur over time. Also, consider incorporating naps (45 - 90 minutes) into your daily routine. Sleeping heart rate can also be monitored and evaluated with downloadable heart rate monitors, further helping evaluate the quality of sleep.

3. **Develop an effective nutrition/hydration regime.**

We've discussed hydration in past issues. Please refer to these for additional information. Nutrition will be discussed in a further issue.

## DISABLED AWARDS NIGHT

### WA Disabled Sports Association ANNUAL AWARDS DINNER

on

Saturday 29<sup>th</sup> June 2002

At

Burswood International Resort, New Gala ballroom

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

**Cost:** \$60.00 per head, \$40.00 concessional rate

**Contact:** Elsa Lepore on 92769018 or 0417276901 by **Monday 10<sup>th</sup> June 2002**

### 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. Below are some cycling items which can be purchased for \$10 per item, just phone Lyn or Elsa for more information on the items listed below.

### CYCLING CLOTHING FOR SALE

SIZE L.- Sigma cycling shirt (Made in Italy)

SIZE M. - Giant Australian Institute of Sport cycling shirt (Made in Italy)

SIZE M.- Festina cycling shirt (Made in Italy) Needs replacement neck zip. - Also matching nicks with straps.

SIZE 4- Gan cycling shirt and matching Gan nicks with straps

SIZE MEDIUM - Long leg Netti tights.

### **Editors' contact details:**

Lyn Lepore: 42 Kiandra Parade, Ballajura WA 6066 PH: 92498532 (H)

Email: [tandem1@iprimus.com.au](mailto:tandem1@iprimus.com.au)

Elsa Lepore: 3 Simmonds Street, Morley WA 6062 PH: 92769018 (H)

93303611 (W) 0417276901 (M) Email: [elepore@inet.net.au](mailto:elepore@inet.net.au)

### **"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: