

TANDEM TALK

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

Issue 7 - September 2002

Spring is upon us now, and isn't it blooming marvelous, I guess, not if you suffer from hay fever though. Sorry, this was supposed to be the august issue but it's a bit late so please forgive me. Remember! This is your newsletter and I would love to here from members with articles that we can include and share with each other.

MEMBERSHIPS

WATCAC membership is valid for a period of twelve months, which needs to be renewed at the end of each term to be valid. WATCAC membership year spans from 1 January to 31 December inclusive.

New Members:

All new members who join WATCAC will be required to pay the scheduled fee. However, if they join after 1 July in the current year they will only be required to pay 50% of the fee. This will cover them until 31 December of that year.

Existing Members:

All existing members will be required to pay the scheduled fees regardless of which month they join. There will be no reduced rate granted, as they should be well aware of the terms applied to membership fees.

FUNDRAISING

Thanks to all those members who helped sell the fundraising chocolates. WATCAC made \$360 which was within our target. We propose to sell chocolates again next year, around the same time, being, winter as chocolates seem to be a big hit then.

Our next fundraising venture will be a movie night. The movie is going to be, Harry Potter And The Chamber Of Secrets. It is going to be held at the Astor Cinema on, Saturday 30 November 2002 at 2pm. Details of ticket prices will be made available shortly once the flyers and tickets are printed and sent out to you all. We would appreciate it if all WATCAC members help us sell tickets to family and friends so that we can make this a successful fundraising afternoon. So, start asking around now, to ensure we get as many coming as possible.

COACH'S CORNER

NUTRITION BASICS FOR BETTER ATHLETIC HEALTH

Part One Of A Series...

Each athlete has unique energy requirements underpinning their ability to meet total nutritional goals. For everyday energy intake, requirements can be estimated by the anticipated activity levels and planned accordingly. For example, if you are planning to do a long hilly ride, you will want to take in a combination of protein and complex carbohydrates several hours beforehand allowing a break-down and release of energy slowly over the ride. You can supplement your energy levels with some 'quick' carbohydrate snacks taken along with you if needed such as fresh or dried fruit or many of the available power-type bars. Be sure to refuel your muscles afterwards with plenty of carbohydrate-rich foods and / or supplement drinks after your ride too. But don't make the mistake of using this as an excuse to eat lots of processed cakes or candy bars! Remember the wise and true saying that "junk-in is junk-out"! If you are doing a short recovery ride after this long hilly ride, you may want to take in a smaller portion of the above recommended protein / complex carbo meal, ensuring that you have 'resupplied' your muscles and liver with enough glycogen to afford ample recovery and muscle building.

Many athletes can become over-focused on reducing body mass and body fat below levels that can jeopardise long-term performance and more importantly health. Restrained eating can cause significant detrimental outcomes to body function. Athletes should use their energy budget to choose foods that provide both macronutrient (fat, carbohydrates, protein) and micronutrient (vitamins and minerals) needs for optimal performance and health. It is a challenge to meet these needs especially when travelling or reliant on a schedule or timeframe making proper mealtime planning difficult. Getting advice from someone knowledgeable in sports nutrition can be invaluable support for basing decisions on how best to ensure you're getting a good ratio of nutrients.

CHILDREN or ADOLESCENTS

While nutritional issues are similar for all athletes irrespective of age, children have several physiological characteristics that distinguish them from adults requiring specific nutritional considerations. Some of these age-related differences include:

- 1) a greater need for protein intake to support growth;
- 2) a greater need for calcium intake to support bone growth;
- 3) higher energy costs for endurance activities such as cycling;
- 4) lower losses of sodium and chloride in sweat;
- 5) and a greater thermoregulatory strain due to hydration levels.

These points are important to ensure that younger cycling athletes meet the needed increased caloric intake needed not only for their sport, but for continued growth. This means that meals and snacks are well-balanced and include dairy, meat or egg products, not too high in sodium (salts) or sugars, and that fluid and water intake is high especially during exercise in hot and dry climates.

Next Coaches Corner will give some tips for nutritional recovery and diet loading and given the fact we're already into Spring, some weight management tips to perhaps shed some extra kilos intelligently and avoid collecting any extra kilos as we increase our miles on these nice days!

Happy Cycling! Janelle Graham, Australian Cycling Federation accredited coach

"MORE ON MECHANICS"

Just a reminder to all of you brave people who went over to Rotto recently, you should have washed your tandems (as soon as you got home) thoroughly with warm soapy water and then a good rinse with clean fresh water. This will prevent any corrosion to your tandems, ensuring that they continue to function well. Now that the rainy weather is mostly behind us, it is a good time to have your tandems

stripped and given a total clean. Chains should be taken off and put into some diesel, the cranks and bottom brackets should be taken off and cleaned up as lots of gunk collects inside the bottom brackets. The cluster on your rear wheel should also be taken off and given a good clean. You may not have the tools necessary to do all this, so I suggest that you take your tandem to your local bike shop and ask them to do a thorough clean for you. It is good to give your tandems a good clean like this once a year and it is usually best just after winter. If you have any questions about maintaining your tandems, please feel free to call me and I will endeavour to help as best I can.

Paul Lamond, Mechanic Tel. 9249 8532.

CALENDER OF EVENTS

Sunday, 13 Oct 02 Recreation ride, a rally on bikes plus BBQ - details to be advised

Sunday, 10 Nov 02 Recreation ride - to be advised

Sat., 30 Nov 02 Movie, Harry Potter, Chamber of Secrets

Sunday, 8 Dec 02 WATCAC Christmas Barbecue and ride - We will be having a social ride followed by a barbecue lunch. Details to be advised

"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 Hab for your Profile. Keep them coming folks!

Name: Anthony Collier

Nickname: Hab

My best moment in Sport was: Riding in Darwin with Adriana Lepore.

Favourite person & why: Lesley, my wife, unconditional love.

Favourite athlete & why: polly Farmer, A model in overcoming diversity.

My favourite hobby/pass time is: Gardening.

Superstitions: None.

My favourite piece of clothing: My St Kilda top.

My most embarrassing moment is: Arriving at the domestic airport in Athens to catch an international flight.

I'd hate to be without: My boys.

If I have achieved anything in life, it is: being a good listener.

Favourite website: None.

The best advice my Mum/Dad gave me is: Walk tall.

The best job I have ever had: Most of my jobs have been pretty good, it's what you make of them.

The worst job I have ever had: Selling double glazing, door to door.

Favourite relaxation: Sleeping.

My greatest weakness is: Cake.

Any other information you'd care to share: Nothing.

Paralympic News

Members of the Australian Paralympic Cycling Team have recently returned from the 2002 IPC World Cycling Championship which were held in Augsburg (Track) and Altenstadt (Road) in Germany from 5th August 2002 to 11th August 2002. Prior to the Championships they attended a training camp in Avezzano Italy from 15th July to 27th July 2002.

WATCAC members who attended these Championships were Darren Harry (pilot for Kieran Modra from SA - men's tandem), Lyn Lepore & Eddy Hollands (mixed tandem), Janet Shaw & Fiona Scarff (women's tandem), Paul Lamond (team mechanic) and Elsa Lepore (team manager).

The Australian Team were the leading Nation following the track events and then moved into second place following the road events. Overall medal tally for Australia was 14 Gold, 7 Silver & 7 Bronze, of which 3 Bronze & 1 Silver were won by Janet & Fiona, and 2 Gold by Darren & Kieran. Lyn & Eddy achieved top ten finishes in all their events.

Editors' contact details:

Lyn Lepore: 42 Kiandra Parade, Ballajura WA 6066

Tel. (H) 9249 8532 (M) 0422 064 060

Email: tandem1@iprimus.com.au

Elsa Lepore: 3 Simmonds Street, Morley WA 6062

Tel. (H) 9276 9018 (M) 0417276901

Email: elepore@iinet.net.au

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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: