

TANDEM TALK

W.A.T.C.A.C. NEWSLETTER

ISSUE 10 - MAY 2003

Well! Haven't the past few months gone by so quickly, what with our ongoing social rides, clinics and not to mention State and National competitions. In this issue we will cover, feedback from our road clinic, results from the various championships, part 2 of our nutrition article as well as up coming events. I would really love to hear from members about any of our rides or clinics as it helps the committee to ensure you are having fun riding tandems and at the same time learning new skills, so, your feedback is important to us and any contributions you have are very welcome.

MEMBERSHIPS

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

We are looking at selling chocolates in the next couple of months and would appreciate your help to sell them by taking a box. Adriana will be ordering the same types of chocolates as last year, which was the Cadbury chocolate bars and a whole box contains 20 chocolate bars and is worth \$40, this means that WATCAC makes \$20 per box sold. So, if you can help, contact Adriana Lepore on 9276 9018 or alepore@echidna.id.au.

COACH'S CORNER

NUTRITION BASICS FOR BETTER ATHLETIC HEALTH

Part Two of a Series...

Last Coaches Corner gave some information and tips on energy requirements for different types of riding and more specific needs at younger age levels. This article will give some

tips for nutrition on and off the bike, and weight management tips to help keep you in balance as we continue to enjoy the beautiful summer days!

Timing of meals and snacks around training sessions

Cyclists need to plan their daily food intake to ensure regular snacks and meals are consumed around training sessions. It is important to have nutritious carbohydrate snacks on hand immediately after training to initiate the refuelling process. The following snacks are examples that provide sufficient carbohydrate to optimise recovery:

*200 g carton fruit yoghurt + jam sandwich

*200 g carton fruit yoghurt + cereal bar + 250 ml of fruit juice

*Flavoured milk + cereal bar + 1 banana

750-1000ml of Sports Drink

*60 g Sustagen Sport made with water + 1 large banana

*Sports Bar + 500ml of Sports Drink

Note: * indicates a valuable source of protein/amino acids in addition to carbohydrate

Carbohydrate loading (for racing and planned hard rides)

The concept of carbohydrate loading is popular amongst cyclists prior to competition. Carbohydrate loading is more than simply eating pasta for dinner the night before a hard ride or competition, and certainly doesn't mean gorging yourself with food for the entire week leading up to a ride!

RACING: As your training decreases leading into a race, energy (kilojoule) and carbohydrate requirements also need to decrease. During an easy week prior to competition it is important to taper your food intake accordingly to avoid unwanted weight gain immediately prior to racing. To adequately fill carbohydrate stores in the muscle, cyclists need to consume between 7-12g of carbohydrate per kilogram body weight for 24-48 hours prior to competition. The length and total amount of carbohydrate consumed by any cyclist will depend largely on the length of the ride or race to be competed and the size and weight of the individual.

Sample carbohydrate loading plan for a 70kg distance cyclist (note there are frequent 'snacks' to this menu, allowing for a continuous supply of energy (carbohydrates) and sugars (glycogen) to the muscles and system)

Breakfast - 3 cups of low-fibre breakfast cereal with 1½ cups of reduced fat milk, 1 medium banana, 250ml orange juice

Snack - Toasted muffin with honey, 500ml Sports Drink

Lunch - 2 sandwiches (4 slices of bread) - protein and vegetable filling as desired, 200g tub of low-fat fruit yoghurt, 375ml of juice or other drink

Snack - Banana smoothie made with low-fat milk, banana and honey, Cereal Bar

Dinner - 1 cup of pasta sauce (easy on the cream sauces!) with 2 cups of cooked pasta, 2 slices of Garlic Bread (easy on the garlic butter!), 2 serves of vegetables and 500 ml of juice or other drink

Late snack - Toasted muffin and jam, 500ml sports drink

This sample carbohydrate loading meal plan provides roughly 14,200 kJ, 590 grams of carbohydrate, 125 grams of protein and 60 grams of fat.

Eating during training and competition

Eating food during long training rides is essential for cyclists to help provide carbohydrate to the working muscles, meet daily energy and nutrient requirements, and keep hunger at bay.

During shorter distance races it is not necessary and certainly not practical to eat foods while racing. Due to the high intensity of racing, cyclists competing in these events usually rely exclusively on sports drinks and sports gels to meet fuel and fluid losses. However, during long races or rides where cyclists are competing over several hours and consequently miss regular meals, eating food plays an important role in meeting their hourly carbohydrate requirements.

Weight management

As with most endurance-based athletes, cyclists commonly strive to achieve a low body fat level in order to improve their power to weight ratio. This fascination with weight loss amongst cyclists has led to the popularity of so-called high protein, low carbohydrate diets. These diets are low energy (kilojoule) diets and decrease body weight not because of the combination of nutrients but because they are low in energy. Athletes following such diets to lose weight run the risk of failing to recover properly from training and potentially compromise their immune system function.

Losing Body Fat

Being over fat, whether real or imaginary is the major dietary concern of athletes. Female athletes suffer typical female fears and misconceptions about their body image, regardless of their sporting excellence. The issues of body fatness and performance are an additional training burden for both males and females.

Cyclists may have a number of valid reasons for intentionally promoting weight and body fat loss. In the next Coaches Corner, we'll look at some of these reasons and some intelligent guidelines to losing body fat to increase performance and boost energy levels.

Happy Cycling! Janelle Graham, Australian Cycling Federation accredited coach

CALANDER OF EVENTS

SOCIAL RIDES:

Tour of the Eastern Wheat belt - June 25, 26 & 27 - contact Adriana for more details.

Social Ride - Tour of the Swan Valley - Sunday 8 June 2003 - a flyer has already been sent out.

Tandem Track Clinic - Midvale Speed Dome - Saturday 26 July 2003 - details to be advised.

Dates of other Social rides are as follows:

Sunday, 10 August 2003: Sunday, 14 Sept 2003: Sunday, 12 October 2003:

Sunday, 9 Nov 2003: Sunday, 14 December 2003.

So, keep all these dates in your diaries.

Competition Results:

40km Road Time Trial - Hopelands - Sunday, 16 march 2003 - Results

Gold Medal - Keith Clark & Michael Buytels Time: 1 hour 32 seconds

Silver Medal - Lyn Lepore & Paul Lamond Time: 1 hour 1 min. 27 seconds

Track State Titles held April 7 to 11 - Results .

1000m Time Trial - Gold Medal to Janet Shaw & Leeanne manderson; Silver Medal to Lyn Lepore & Kerry Cohen

3000m Pursuit - Gold Medal to Janet Shaw & Leeanne Manderson; Silver Medal to Lyn Lepore & Kerry Cohen

1000m Sprint - Gold Medal to Janet Shaw & Leeanne Manderson; Silver Medal to Lyn Lepore & Kerry Cohen

National Track Championships - Sydney - held 30 April to 4 may 2003 - Results

1000m Time trial - Gold Medal to Lindy Hou & Janelle Lindsay (NSW); Silver Medal to

Janet Shaw & Leeanne Manderson (WA); Bronze Medal to Lyn Lepore & Kerry Cohen (WA)

3000m Pursuit: gold Medal to Janet Shaw & Leeanne Manderson (WA); Silver Medal to Lindy Hou & Janelle Lindsay (NSW); Bronze Medal to Felicity Johnson & Toireasa Ryan (SA/NSW)

1000m Sprint: Womens Tandem - Gold Medal to Lindy Hou & Janelle Lindsay (NSW); Silver Medal to Janet Shaw & Leeanne manderson (WA); Bronze Medal to Lyn Lepore & Kerry Cohen (WA)

Mens Tandem - Gold Medal to Kieran Modra & Darren Harry (SA/WA); Silver Medal to Anthony Biddel & Kyle Stewart (ACT)

National Tandem Challenge held in Perth on 24 & 25 may 2003 - Results

Road Race (60km) - Women's Tandem - Gold Medal to Lindy Hou & Janelle Lindsay (NSW); Silver Medal to Lyn Lepore & Kerry Cohen (WA); Bronze Medal to Janet Shaw & Terry Budge (WA); 4th Place to Felicity Johnson & Toireasa Ryan (SA/NSW)

Mixed Tandem - Gold Medal to Adriana Lepore & Paul Lamond (WA); Silver Medal to Jodie Craig & Kevin McIntosh (WA/SA)

Road time Trial (34km) - Women's Tandem - Gold Medal to Janet Shaw & Terry Budge (WA); Silver Medal to Lindy Hou & Janelle Lindsay (NSW); Bronze Medal to Lyn Lepore and Kerry Cohen (WA); 4th Place to Felicity Johnson & Toireasa Ryan (SA/NSW)

Mixed Tandem - Gold Medal to Kirsten & Stuart Estcourt (WA); Silver Medal to Adriana Lepore & Paul Lamond (WA)

Men's Tandem - Gold Medal to John Neville & Andrew Pinchen (WA); Silver Medal to Leon Larkins & Aaron Ernst (WA)

TANDEM SPECIFIC CLINICS:

There were 2 tandem road clinics held over the past 3 months. One was in March and the other most recent one was held in May. Both clinics were very successful, in that they provided a wide variety of riding techniques specific to tandems. From all reports that I have had on these clinics is that everyone enjoyed themselves while learning new skills that will give them confidence when participating in our recreational rides. Thanks to all

volunteers who helped out in various ways and to the front riders, as without front riders our vision impaired riders aren't able to get out and enjoy the great outdoors on a tandem. Special thanks to Janelle Graham (accredited coach) for her expertise and knowledge in teaching our riders new skills for riding on the roads.

TRASH AND TREASURE

Items for sale:

WATCAC cycling clothing: (contact Gaele on 9446 3416)

Sigma Cycling Jersey (made in Italy) - (Large) \$15

Australian Institute of sport Cycling Jersey - (Medium) \$15

"Festina" bib suit (these are cycling nicks with straps that go over the shoulders, very comfortable) \$15

"Gan" Cycling outfit (Jersey plus bib suit) Size 4 - \$15 per garment

Betskin long leg tights (good for winter over your nicks) Size: Medium \$10

If you have anything you wish to sell or just give away to a good home, just send it to the Editor, Lyn Lepore.

MEMBER PROFILE

We want to know all about you - your good side, your bad side and especially your amusing side!! Please complete the attached Member Profile and return your form to The Editor (Lyn Lepore) I'm running out of Profiles to put in our newsletter, so, come on folks and get them in to me, NOW! Great stuff! Leonard.

Name: Lennard Goedhart

Nickname: Panny

My best moment in Sport was: My first Judo competition. I didn't win (actually, I recall being recklessly pummelled), but I learnt a lot.

Favourite person & why: No favourites - every person has something to offer. I love that.

Favourite athlete & why: The Rock (yes, the WWF guy). Anyone that can have that much of a sense of humour about what they do can't be all bad. Okay, so his "athlete" status may be questionable...

My favourite hobby/pass time is: Writing poetry, and sharing it with friends.

Superstitions: Never trust a man that says "Trust Me". I'll be teaching that to my daughter, don't you worry about that!

My favourite piece of clothing: My bright orange KNVB (Dutch National soccer team) t-shirt.

My most embarrassing moment is: Pick any story starting with "That's easy - Let me show you how to do it."

I'd hate to be without: Music

If I have achieved anything in life, it is: Being me ☺

Favourite website: www.google.com - after all, a computer nerd must have a decent search engine.

The best advice my Mum/Dad gave me is: Either "clean behind your ears", or "buy a house while you're still young". Tough call.

The best job I have ever had: Working for myself. Easy going boss, lets me surf the Internet as much as I want. I can even answer personal surveys in company time!

The worst job I have ever had: The job before that. Long hours, bad management. Actually, I'm kinda grateful - that's why I left to start my own company...

Favourite relaxation: Massage! Mmmmmmm. Wife = massage therapist. Nice wife, goood wife. Erin? Oh Eeeeerinnnn...? Don't run away! ☺

My greatest weakness is: Wanting to know - anything and everything.

Any other information you'd care to share: Don't take me seriously - I don't, so I don't see why anyone else should. If you're ever online and you have MSN, I'm pazaan@hotmail.com. Come and throw a virtual tomato at me.

Editor's' contact details:

Lyn Lepore: 42 Kiandra Parade, Ballajura WA 6066

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

E-mail: tandem1@iprimus.com.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: