

TANDEM TALK

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

ISSUE 13 - FEBRUARY 2004

Hi everyone, I trust you all had a very safe and happy New year. This year, being a leap year, is going to be jam packed with social rides, fundraising events, clinics, competitions, including the 2004 Paralympic Games in Athens. Well, the 2003 year past and I didn't receive any articles from you, the members, so how about participating more this year in the way your newsletter looks. Remember, this is your newsletter and any contributions are very welcome, so get to it !

MEMBERSHIPS

We are in our second month of the year and this is just a gentle reminder that 2004 membership is due and you can contact Gaele on 9446 3416 and she will be only to happy to e-mail you a membership form or put one in the mail for you.

A new committee was elected at our Annual General Meeting, held last December and the new committee are:

President: Adriana Lepore

Vice President: Greg Madson

Secretary: Anthony Collier (Hab)

Treasurer: Gaele Sutherland

Equipment Officer: Beau Tang

Committee Members: Leon Larkins & Lyn Lepore

WATCAC has submitted a Development Plan for the 2004/2005 year to the WA Disabled Sports Association and is available to members, just contact Lyn Lepore if you wish to have a copy.

COACH'S CORNER

Hello from the Coaches Corner! This space is for YOU to read about, ask about and learn about how to get the most out of riding your bike. Whether you're a recreational rider, a keen athlete in pursuit of a more demanding sport experience or someone who's still

thinking about getting on one of those two wheeled contraptions, this is the column to get information and ask those all important, burning desired questions!

If you have a specific question, please submit it to Tandem Talk or email me direct at sjgraham@iinet.net.au

Knowing your body and how it works

(Acknowledgment to Greg LeMond)

Your fitness level is the sum total of what you do to keep in shape. If all you ever do is lie in bed and eat hot fudge sundaes, you will not only become fat but your muscle mass will begin to wither away. Your body changes and develops constantly under the influence of the exercise you do.

Muscles are groups of fibres that react to stimulation during any kind of motion -- exercise, walking, eating. There are two different kinds of muscles in the body: voluntary muscles and involuntary muscles. Voluntary muscles are those you can move -- or stimulate, in scientific lingo -- when you want: your biceps, your quads, and so on. An example of an involuntary muscle is your heart -- a muscle that remains stimulated whether or not you want it to be.

Muscles need energy to function. That energy is provided to the muscles by the blood, which contains oxygen and energy from the foods you eat, such as sugars, fats and various proteins. Perhaps most important for a cyclist, the muscle is composed of tissue that is highly sensitive to any kind of stimulation -- especially the kind of stimulation the muscles receive in training. There are two types of muscle fibres, fast-twitch and slow-twitch. The fast-twitch fibres have a longer appearance and are stimulated in a higher-intensity and shorter-duration exercises such as sprints or explosive efforts. The slow-twitch muscles are usually the predominant muscle type in most people and are suited to longer, sustained efforts such as riding at a constant tempo on the flats and on hills.

What exercise actually does is break down your muscle fibres. The benefit from your exercise actually comes when your body builds back its muscle fibres, this time more strongly, in something of an attempt to "defend" itself from the stimulation of the exercise. What that means is that once your body has recuperated from the exercise it has made itself stronger -- and that's what you want the exercise to accomplish. The important point, however, is that the period of recuperation is as important as the time you actually spend exercising!

In cycling, your muscles have to be able to respond to many different intensities of

exercise. Because cycling is a sport that combines endurance and very high intensity, top cyclists need to train at many different levels of intensity and duration. A cyclist who trains only for endurance will not have adapted his or her muscles to the effort of riding intensely. If you make the whole distance of the race, but can't sprint at the end, you'll never be able to win a race! On the other hand, a cyclist who trains only for the very short and highly intense sprints will never have the stamina he or she needs to complete the distance of a race.

So now that the days will be cooling off, you can enjoy both types of training to maximise your cycling skills and enjoy your rides more!

Best of luck!

Janelle Graham

Australian Accredited Coach

CALANDER OF EVENTS

SOCIAL RIDES:

these are to be held on at least one Sunday of every month commencing 21 March 2004. Details of all social rides will be sent out in a flyer prior to the ride giving full details of where the ride will take place. If you have any suggestions on a good route for a social ride, please don't hesitate to let any of our committee members know. Dates of the social rides are listed below for your convenience.

Sunday, 21 march 2004: Sunday, 25 april 2004:

Sunday, 16 May 2004: Sunday, 20 June 2004:

Sunday, 18 July 2004: Sunday, 15 August 2004:

Sunday, 19 Sept 2004: Sunday, 21 Nov 2004: Sunday, 12 December 2004.

Camps & Tours:

Saturday & Sunday, 16 & 17 October 2004 - Rotto weekend

Monday - Wednesday, 8 - 10 November 2004 - Wheatbelt Tour

STATE CHAMPIONSHIPS:

40km Road Time Trial - Hopelands - Sunday, 14 march 2004 - nominations to ATTA.

Track 1000m Time Trial - Midvale Speed Dome - Friday, 27 February 2004 - nominate on the night starting time from 6pm.

Track Pursuit (women 3000m: men 4000m) - Midvale Speed dome - Friday, 26 March 2004 - nominate on the night, start time from 6pm.

Track Sprint 1000m Qualifying - Midvale Speed Dome - Friday, 5 March 2004 - nominate on the night, start time from 6pm.

Sprint Finals - Midvale Speed Dome - Friday, 19 March 2004 - Nominate on the night, start time from 6pm.

National Track Championships - Sydney - 27 April to 2 May 2004 - To qualify for inclusion on the National Track Team, you will need to compete at the State Track Championships to gain selection.

Paralympic Games, 2004 - Athens - 17 to 27 September 2004.

Licences; a full Cycling WA licence is required (cost \$183, plus club fee) if you wish to compete in any State Championships, For further information on licences contact Lyn Lepore.

TANDEM SPECIFIC CLINICS:

Sunday, 18 April 2004 - Introductory Clinic - Road specific.

Sunday, 9 May 2004 - Follow up Clinic - Road specific.

Friday, 11 June 2004 - Track specific clinic.

Friday, 23 July 2004 - Follow up to Track clinic.

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), come on guys as I've run out of these to put in the newsletter.

Thanks heaps Janelle for your great contribution.

Name: Janelle Graham

Nickname: (best not be mentioned)

My best moment in Sport was: every day in the Tour De France Feminine 1985

Favourite person & why: My husband - my best friend and loves life

Favourite athlete & why: ("many favourates") - Maria Canins/Cindy Oliveri - true sports women, humble and gracious next to being incredible athletes.

My favourite hobby/pass time is: Not renovating houses! - skiing & hyking / climbing

mountains.

Superstitions: I believe in Karma, if you can call that a superstition.

My favourite piece of clothing: Gortex hot pink rain jacket

My most embarrassing moment is: too many to mention... the late, great Eddy Mercx signing my underwear.

I'd hate to be without: peanut butter.

If I have achieved anything in life, it is: An incredible network of wonderful friends world wide.

Favourite website: nytimes.com (boring!)

The best advice my Mum/Dad gave me is: (dad) Be serious in life, but not so in living.

The best job I have ever had: Pastry cook in Austin Texas.

The worst job I have ever had: Nursing at the Veterans Administration Medical Centre.

Favourite relaxation: Listening to Opra... Loud! Having a massage.

My greatest weakness is: Doing too many things at once.

Any other information you'd care to share: Don't go into building a house thinking it'll be fun!

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 - \$30 for the set

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.

Editor's' contact details:

Lyn Lepore: 42 Kiandra Parade, Ballajura WA 6066

Tel. (H) 9249 8532 (M) 0400 464 060

Email: tandeml@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: