



OCTOBER 2008

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Next Planning Meeting

Where **24 Roosevelt Ave, Tolland**
Time **7.30 pm**
When **Wednesday 12 November, 2008**

All members and any prospective Members are invited to attend
Any questions or further information required?
Contact **Graeme Buchan 69226806**

President's Ponders

Our AGM was conducted on August 27th 2008 at the Sportsman's Hotel with a new committee elected. We look forward to another progressive year for BWW.

Our September planning meeting was held under rather trying circumstances, I was as "sick as a dog" with the dreaded flu, sorry if I infected anyone.

Our first event for the committee was to plan and organize the Ride to Work Breakfast, which was held on October 15th at the Victory Memorial Gardens in Wagga City. Thanks to all who organized and worked, special thanks to Sec. Lyn, Geoff, Jan and Wagga Cycle Club for the loan of BBQ trailer.

BWW has been invited to host a seminar on the "New NSW Statewide Bike Plan" by the Premiers Dept. in November/December and are awaiting further information on this event.

We are out of winter and into the good cycling season, Marksy's Pleasant Hills Ride was a great weekend. Canola Canter had a great attendance; weather and an excellently organized AUDAX ride once again by Ray (see report). We have had a number of riders complete the Round the Bay In a Day classic ride. All our regular rides are being well attended. I encourage members and friends to support these rides, especially the Sunday 2.00pm ride whilst the weather is favourable.

Remember the End of Year Ride at Valley Homestead - Ovens on 28, 29 & 30th November 2008.

-Graeme Buchan

New Committee Members

Graeme Buchan was elected President and Lyn Wilson again accepted the position of Secretary Treasurer. Eric Armstrong is Vice President, Web Master Ray Stenhouse and Web Master understudy is Ray Loiterton. Other Office bearers include Publicity Officer Peter Makin, Advocacy Officer Petrina Quinn, Ride Co-ordinator Geoff Marks and Committee Members Ann Harvey, Jenny Powell, Gerard Farrell and Peter Butler.

Ride Reports

Gundagai Ride

The Weekend of 19th and 20th July saw a very successful Gundagai Winter Ride take place. Fourteen riders left Wagga Beach under grey skies on Saturday morning to tackle the 80 km journey. Two punctures for David delayed the proceedings early but the group made good time to Wantabadgery for a beautiful morning tea of home made pumpkin soup and biscuits. Back on the bikes to tackle the hills before another short break at Nangus and on to Gundagai for lunch. A short tour around Gundagai finished the day's riding before clean-up, dinner and catch-up on the tour highlights. Sunday morning's weather looked scary but the rain held off and a very welcome tail wind made for an enjoyable trip home – well as far as Aura anyway. After a brief delay thanks to a very loud rear tyre blow-out near Aura (David in the action again) the wind turned and the rain came for the final 20 kms home. The weather turned cold and wet at the end but still enjoyed by all. Many thanks to Allison and Peter.

-Ray Loiterton

Junee Ride



Riders at the start

A very successful President's Annual Ride to Junee was held on Sunday 24th August. Thirty-two riders met at Wagga Beach for the annual ride. This year, for the first time, two ride options were offered. One was the standard 84 km ride and the other a 100km ride out to Wantabadgery then across to Junee and back to Wagga. Eighteen riders chose the 100km option and left the beach first. The rest set off to Junee via Harefield Road but at North Wagga we had a quick stop to repair a flat. We then made our way to morning tea, superbly provided by Geoff and Jan Marks, fed and watered the group and then headed to Junee to have lunch at The Junee Licorice and Chocolate Factory. The timing for both groups was spot on as everyone arrived close together. After lunch we all headed back to Wagga, stopping at Shepard's siding for afternoon tea.

Bay in a Day Ride 19 October 2008

Bicycle Wagga Wagga was well represented in the 2008 annual Bicycle Victoria 'Around the Bay' in a Day cycle ride in Melbourne on 19 October. As you can imagine, it was impossible to run into many of our mates during the day with 16,000 other riders. There were a few bottlenecks and a bit of congestion, plenty of punctures and a few scrapes, but the flow of bikes went surprisingly smoothly. Even the ferry crossing at Sorrento went relatively quickly and we didn't freeze! This was helped by the excellent lunch and drinks provided while waiting.

Temperatures and riding conditions probably couldn't have been better, with a maximum of around 18 degrees, cloudy conditions alleviating sunburn and most riders had at least some good tail winds. Those who went clockwise right round experienced some pretty good tail winds from

Geelong onwards and speeds of 35 kph or more were easily attainable.

The dark horse of the day was Peter Sweeney. After the ride, he has become our latest legend. Don't know what he's been eating, nor his secret training program, maybe drugs or banned substances, or even his mental aptitude - but he just powered home during the last 100km, and Peter Butler and I just could not keep up. He dragged cyclists half his age along. But remember Peter, you now have a reputation to maintain!

Peter Butler went for a spectacular tumble just before the ferry ride at Sorrento. We were peddling smoothly within a group of 20 or so cyclists when a car in front decided to turn left causing the front riders to break. It was raining lightly at the time and the rider beside me clipped the wheel in front & went over. Peter B was directly behind and went for a 360 with bike shooting in one direction and him in another. Coming up from the nature strip, dazed and shaken, pride dented, he soon realised how lucky he was with only minor scratches and an intact bike. But the guy in front was less fortunate, his bike unrideable and forced to retire. An hour later

and I got off to a shaky start (despite my usual detailed attention to preparation and organisation) with a puncture along Old Sydney Road at 5am just after leaving Kate's (daughter) flat in a flurry to meet Peter B at 5.15am - didn't even care about the rumbles, swearing, cursing and panic at that early hour! Being a bit dark to see properly, I whacked another tube in as quickly as possible. Three punctures late (sh..#*@!!) and with a gash now evident in the tyre, I reinvested in a new tyre & tube at a bike shop taking advantage of many similar misfortunates along the way. Down time about 1 1/2 hours.....

Everyone I spoke to were elated to have participated in this ride and thrilled with their sense of achievement. This was the longest distance many had cycled. Well done to all !!

The following locals took part in the ride, but there could have been more: Bill Esler, Ron Addison, Margo McFadden, Peter Makin, Graham Levett, Peter Butler, Peter Sweeney,

Lisa Glastonbury, Carol Raadgever, Belinda Cheney, Gary Cheney, Andrew Smith, Janet Hume, Iain Hume, Chris Bailey, Rohan Bailey, Eric Armstrong, Sue Garland and Luke Garland.

-Eric Armstrong

Canola Canter Audax Ride

You've missed this year's Canola Canter if you weren't one of the 63 cyclists that took to the roads around Wagga Wagga on Sunday 12th October. The Canola Canter is held annually on the second Sunday in October. It is run by Bicycle Wagga Wagga as an Audax ride.

Audax is an international organisation that holds rides that challenge participants to ride a route of a nominated distance within a time limit. It's not a race although most people cannot help but be impressed with the speed of the fasties. There's no prizes, it's strictly an amateur affair. The reward is in setting yourself a challenge and achieving it. For some people it will be a personal best longest distance ridden, for others it will be helping other riders achieve something they never thought they'd do.

The time limit for rides up to 600km under Audax Rules is based on maintaining 15km/h. This includes time off the bike. So for 50km you have 3 hours and 20 minutes to finish the event. Riders carry a card called a brevet and this is used to prove that they were on the route and within the time limit by having it validated at predetermined checkpoints called Controls.

As in past years BWW ran three events however this year saw a change to the nominated distances. In the past we have held 50km, 100km and 200km events. As events of 200km or more have to be approved by the world governing body we were unable to run the 200 this year as we missed the nomination deadline. So this year we introduced a 150km challenge instead. Next year we will run all four, a 50, 100, 150 and 200.

The 100km ride was the most popular attracting 35 riders to the start. This ride took the participants from the Wagga Beach out to Marrar where they met Joanne Cheshire who once again manned the checkpoint, and providing a nice array of pleasantries, while signing the brevets. From Marrar the riders headed into Coolamon. There were no reports of riders taking time out for a cappuccino this year but it has been known to happen.

From Coolamon the riders turn south and head towards the river along Millwood Road. Turning left at the Old Narrandera Road they were greeted after a short distance by Geoff Marks and Alison Makin who also had some goodies to boost flagging energy levels. Some had a little rest while other jumped straight back on the bikes after having their brevets validated and headed back into town to the Beach to finish their 100km country excursion.



Millwood Road Checkpoint

The new distance of 150km saw 11 riders head off from the Beach. They first headed out to Millwood and were actually the first riders to meet Geoff Marks and Alison Makin on the roadside. They then returned to the Beach to notch up their first 50 before heading out past Oura to Wantabadgery. From Wantabadgery they then headed across to Junee where reports indicate that some riders left the route to enjoy a quick lunch at the Junee Licorice Factory. Having refueled they returned to the route and travelled past Harefield and Bomen on their return to the Beach.

Leaving an hour after the others at 8:30 were 17 riders doing the 50km

ride. They travelled via North Wagga and under Colin Knott Drive out the Old Narrandera Road to find Geoff Marks and Alison Makin out at Millwood. They then retraced their route back to the Beach.

The ride attracted mostly locals however there were visitors from Leeton, Narrandera and a couple from Canberra. A man from Sydney working locally for a few months also grabbed the opportunity to enjoy one of the springtime cycling delights we have on offer here.

The Canola Canter, as with all organised rides, would not have been possible without the support of many people. Thanks go to Peter and Alison Makin, Geoff Marks, Wendy Hodge, Joanne Cheshire, Eric "Lance" Armstrong, Lynette Wilson, Heather Pearce, Wagga Cycle Centre, Morgan Street Cycles, Kidson's Cycles, The Wantabadgery General Store and Junee's Locomotive Hotel for contributing in one form or another to staging the ride.

So if you missed this year's ride then put aside the second Sunday next October. If you participated this year, then we're sure you'll be keen to line up again next year.

-Ray Stenhouse

Upcoming Rides

Ovens End of Year Ride 28 – 30 November 2008

David Glastonbury has again booked us into the Valley Homestead at Ovens (near Myrtleford) for another glorious weekend of fun and games and some sampling of the delights of the rail trails of sunny Victoria. This is being planned as a weekend of interest and appeal to all club members. Families and non cyclists are encouraged to attend. Arrangements are being made for two nights accommodation (Friday and Saturday) but those who are unable to attend on Friday may be accommodated Saturday only. The Resort has a pool, spa, tennis courts and a frontage to the sealed off road rail trail, all of which are available for guest use over the weekend. The

accommodation package is for bed and breakfast with dinner on Saturday night planned as a barbeque at the resort for those attending. Arrangements will be made for dining on Friday night for those attending and also for Sunday lunch before departure. Information and a registration form may be gleaned from bww.org.au or **Contact David Glastonbury on 69262354**

Combined Wagga Riding Groups Xmas Ride Dec 7

Regular Rides

COFFEE GRINDS

Every Wednesday; approx 2 hrs:

Moderate Pace/Easy/Some traffic;

Starts: 9 am from Café in Koorungal Mall. Interesting and different courses planned, offering different terrain and scenery.

B4 BREAKFAST RIDE.

Every Saturday: approx. 35 kms;

Moderate Pace/Easy/Some traffic

Starts: 7.30 am from Café in Koorungal Mall. Gregadoo Loop then back for breakfast.

Note:ride starts 7.00 am during Daylight Saving

SUNDAY RIDES.

Moderate pace/Easy/Some traffic;

Starts: 2 pm; Wagga Beach.

Note: 9.00am. start Dec 1 – Feb 28

Contact Graeme Buchan Ph69226806

See Wednesday's Riverina leader

(Sports Section) or www.bww.org.au for weekly updates.

Sunday Ride Questionnaire

Thank you to all those who participated in the questionnaire. It was considered to be a worthwhile exercise. However results were difficult to tabulate, but responses seemed to indicate that those who rode regularly were happy with the time, type of riding and location of the coffee house. A reasonable proportion of responses suggested that the 2.00pm. start in the heat of summer was a deterrent to riding.

Therefore the start time will be changed to 9.00am. for Dec – Feb and that the ride will not go into recess as in previous years.

Rider in Profile



Janet Hume

Tell us about yourself:

Married to Iain, we have 4 children Stuart, Jess, Amy and Maggie. We have been living in Wagga Wagga for almost 8 years. I work as a Registered Nurse at Calvary Hospital. I love good food (Curries and Asian) especially around the table at home with family and friends.

What type of bike(s) to you ride?

Well up until very recently I was on a flat bar Trek, with the very occasional ride on my mountain bike But I am now the proud owner of a new Pinarello road bike drop bars and all!

How did you get into bike riding?

For fun and leisure in Canberra in the 70's. My bike was my only mode of transport in Alice Springs. We got into cycle touring and exploring when living in the UK, it was easy to put the bike on a train and explore the countryside..

Do you ride for fun?

I'm not a racer I ride for fun and the company; I have made some great friends through the sport. Guess it keeps me fit as well.

How often do you ride?

Twice a week if possible. The new bike my inspire me to ride more often.

Did you ride as a child?

I have had a bike for as long as I can remember. We did a lot of rabbit trapping on by pushbike as kids on the farm. Dad would set the traps and we would ride to the burrows carrying the set traps on our backs and do the

rest. I got my first new bike (a Bennett 10 speed racer) when I went to Canberra as an 18 year old.

What's your favourite place to ride?

Anywhere, but I love being on those quieter roads where you can enjoy the scenery and the company of your riding buddies.

What is the achievement you are most proud of both on and off your bike?

I guess on the bike my first 100km since seriously getting back into riding, then doing the Canola canter and RTB(100km) in one week. Off the bike seeing my family growing up to be well adjusted and independent adults (Iain too). And at work.....just making people feel good.

What other leisure activities do you enjoy doing?

Gardening, watching wildlife and beach fishing. I play tennis once a week. I love taking photos, anywhere and of anything (especially pelicans) and generally observing the world around me.

What are your future riding plans?

Just to keep having fun on the bike and one day go back to the UK with Iain to ride from Land's End to John O'Groats via the Lake District.

Brian and Barb The Adventure Continues

From Air China inflight magazine: "Under the vicissitude and hoodwinkers through the ages, the climax of life is still where it starts to sail, with its pristine nature unchanged deep in the bustle". You find this sort of rubble-writing when translators try to attach English words to the Chinese picturesque language symbols. We're just back from 16 days of cycling the west-central area of China. We biked almost 800 kms., reaching into the Tibetan highlands and touching some of the rural, raw and wonderful landscape of the country.

We first visited the Panda Bear Research Station in Chengdu where pandas are bred in captivity. This spring, they had 9 pandas give birth to 15 young cubs (and pandas can only rear one at a time) so there were young being raised by handlers in an

atmosphere not unlike a neo-natal ward. Evidently pandas are cute in a woolly, black and white way. They move occasionally and with a languid calm. They look like they might have a pretty good sense of humour, even on their gritty diet of bamboo.

Another highlight was getting a glimpse of the Tibetan province. The Tibetan plateau is regarded as the foothills to the Himalayas so it took a bit of doing on bikes. One hot day we climbed for 38 kms. to an altitude of about 14,000 ft.. I was leaking oil by lunch time. You needed to call up your personal mantra, put you in the motivational trance needed for the job. But it was worth it. The plateau is a land of Tibetan monks and monasteries, nomads with their small herds of yaks, and where you escape the congestion of China proper. We visited a monastery bustling with the activity which makes them famous. Perhaps bustling is the wrong word for 30 monks chanting in the gloom and incense of their mid-day workout. We all felt a small donation would be appropriate given the great privilege of being guided through the building by a senior monk. And money was everywhere, tucked in amongst the burning candles, in boxes, in every gap in the woodwork. The monks seemed indifferent even to collecting it. We also were guided to a special bedroom on an upper floor where the 7th, 9th and 14th (current) Dalai Lama had slept. It was a shrine, complete with bed linen.



Buddist temple on route at Bamei

If a communist is someone who has given up all hope of becoming a capitalist, we certainly didn't find many communists. Villages are bulging with one-room shops, cities seem to overflow with them...and everything else. Chengdu city has over 4 million folk and everyone seems busy making money or spending it. As we had expected, pollution is one inevitable side effect of so much new growth in the country, and bad practices are hard to overcome. The black stink of diesel haunts the air, sewage is drained into whatever seems convenient, and the Chinese truly love to blow their vehicle horns. There must be hundreds of situations in the Chinese driving code calling for the use of horns (passing, not passing, turning, thinking of turning, greeting, warning, give-way, why didn't you give way?, it's Monday.....you get the idea). The high grassland of the Tibetan plateau is much fresher, if only because the population is sparse (by China standards) and they seem to prefer motorbikes to cars. But yet, everywhere, the country is clean, much cleaner than, say, Italy or Ireland. Street cleaners are everywhere, even on the highways, with brooms. One of the many curiosities of the place: the air and water are dirty, but the land is clean.



Barbara gritting her teeth climbing one of the many steep passes

We also saw something of the life of a typical Chinese rural family: Child, parents and grandparents in the same house; pigs, chickens and goats in a small poopy sty in the

open 'basement' of the house (handy for tossing in scraps); satellite dish and big screen TV for absorbing political messages; sewage draining into a small cement tank in the backyard which was capped to produce methane gas used by the kitchen stove; the excess sewage went for garden fertilizer; and every inch of space devoted to plants of some sort. There is a lot of heavy lifting going on in the countryside. Planting and harvesting is still hands-on, toting heavy sacks, shuffling about with two large water buckets across the shoulders, stooping and stacking, many hands flailing the rice harvest into the collecting boxes. When people are idle, they have a passion for gambling, and a favourite card game is "beat the landlord" (an obvious poke at privilege and power preached by the Revolution, but which now seem to be the aspiration of the modern Chinese). It's a game of all-against-one, team play with the odds generally favouring the little people. The Chinese were fascinated to see a group of Westerners playing their national game.

And you might wonder about the food. If it walks, flies or floats, the Chinese will eat it; basically, anything they can bite. I tried frog and eel, but not the 'brittle bones of chicken claw'. The yak milk tea (mostly yak milk) is very good. Generally, the heavy emphasis on spices and sauces stuns the western taste buds - as though the sun wrapped in flame was rising on your tongue - so that texture of food is the lasting impression....and that's why you avoid buckwheat noodles. Feels like something slowly passed through a live dog. With a bit more exposure, appreciation of the food increases. There is so much variety, unique blends (meats, shoots and leaves), eggplants, tofus, cabbages, none of which appealed to me until put through a good Chinese kitchen.

Overall, this was a remarkable adventure in every sense. And the trip leaders, John and Mandy, who also own the company take such care in planning, organizing and client service that all you have to do is show up. Ours was a pin-hole view of Chinese and Tibetan lifestyle/culture, but enough to see the warts and contradictions, the orderly chaos, the industriousness, the warm and friendly smiles, Chinese opera, and to

marvel at the landscape. In a nation that populated and complex, you're amazed not that things get done well, but that they get done at all. You see very little sharp-edged poverty. Staying clear of politics and social policy, I certainly have a greater admiration for China, vicissitudes and hoodwinkers notwithstanding.

Brian and Barbara joined our riding community for six months in 2006/07. The Canadian couple travel the world, visiting countries in the southern hemisphere during warmer months and then sail their yacht in the northern hemisphere for the rest of the year. They are an inspiration for those with an adventurous spirit.

(www.escapeadventures.co.nz)

Study finds Caffeine helps athletes to recover faster.

Your friends think you just ride so you have an excuse to drink coffee, while the truth is that you drink coffee to help you recover from the ride.

World first RMIT University research has found drinking caffeine while eating carbohydrates helps athletes recover more quickly from strenuous exercise.

The RMIT study, published in the *Journal of Applied Physiology*, showed glycogen – the main fuel source for muscles – is replenished faster when athletes consume both caffeine and carbohydrate after exercising.

Senior author Professor John Hawley said the research found athletes who added caffeine to their post exercise meal had 66% more glycogen in their muscles than those who ate only carbohydrates.

"If you have 66% more fuel for the next day's training or competition, there's no question you'll be able to go further and faster," Professor Hawley, head of RMIT's Exercise Metabolism Group, said. "While it's been established that carbohydrates and caffeine improve a variety of athletic performances, this is the

first study that has revealed that combining caffeine with carbohydrate after you've exercised can actually help your muscles refuel more rapidly.

The study involved four assessment trials with seven endurance cyclists, who were given either a plain carbohydrate drink or one with caffeine (8mg per kilogram of body weight, or the equivalent of six strong cups of coffee). The cyclists rode a cycle ergometer until exhaustion. Four hours later, those who had consumed the drink containing caffeine had 66% higher glycogen levels in their muscles compared to those who had carbohydrate only drink.

Professor Hawley said the research could help elite sportspeople looking for an edge over their competitors.

"But because caffeine can potentially have negative effects – such as disturbing sleep or causing the jitters – athletes who want to incorporate it into their recovery routines should experiment and see what works for them before any serious competitions," he said.

-from Australian Cyclist

VINTAGE & CLASSIC CYCLE RIDE REPORT

On Sunday 28th September '08 I attended the Vintage & Classis Cycle Ride in Canberra with my brothers Mike from Canberra and Pete from Avoca Beach. It was a Pedal Power Associated event. Riders showed up at the Carillion on Lake Burley Griffin on a beautiful spring morning on all sorts of bicycles from a Penny Farthing to beautifully restored Dragstars.



Apart from the interesting bikes were interesting riders and their

apparel. One fellow I spoke to wore the same jersey, knicks, shoes, cap, food bag and road bike that he used 30 years prior on road races such as the Goulburn to Sydney, it was as if he was frozen in time except for the grey whiskers in his beard. He kept pulling memorabilia from his pockets such as caps from road races I'd never heard of.

As you can imagine the cycle path around Lake Burley Griffin on a Sunday morning was as busy as Pitt Street. It was interesting to see a magpie swoop the rider who used cable ties on his helmet rather than most of the other riders who didn't.



The 22km ride around the lake was less than arduous and a fellow decked out in "Brooks" apparel boasted how he could fit six cans of VB into his Brooks Leather pannier. Of course there was the Coffee Stop at the bicycle hire shed.

We meet along the way, our friends from Cootamundra B.U.G. who dressed to suit the period of their bicycles. There wasn't a recumbent nor a uni cycle to be seen.

-David Neal

Some Cold Comfort

By Ian Westerfield

Is immersing yourself in freezing water helping you recover or undermining your training? This article weighs up the evidence.

It was a long night and I eventually fell asleep with my legs elevated against the wall beside my bed. Before that I tried elevating them with a pillow, letting them hang off the side of the bed; I'd tried sleeping on the couch and on the floor; I'd tried going for a walk and was contemplating a lot of alcohol, before dragging my bed across the room and assuming the position of some yoga nut. But it was the only position that stopped the aching pulse inflicted by 200km of hard training earlier in the day.

It was the day I got old: until then nothing seemed to really hurt for more than a few minutes. I could race in the afternoon, dance all night and then train the next morning. One of the few things I had learned during my physiology degree was how kind the lack of impact in cycling was to muscles, and I had taken full advantage of it until this night.

Of course I was much younger then and if the same thing were to happen today I would go straight to the beach, roll up my shorts and stand in the freezing water for half an hour. Why? Um, to reduce the lactic acid...and the soreness...and speed recovery. I think. The same reason all those footballers in Monday's papers are photographed doing it.

Cold water immersion therapy has become *de rigeur* for professional sports teams, and if the number of cyclists standing in the frigid King River in last year's Tour of Bright is anything to go by, it's a principal being adopted by quite a few professionals too.

There is surprisingly little evidence to either support or condemn cold-water immersion (CWI) after

exercise. The logic used to support CWI is usually twofold. First, it helps clear the muscles of waste products such as lactic acid and reduces soreness. Second, the cold reduces the inflammation from the microscopic muscle tears caused by intense exercise.

Unfortunately there is little science to back up either claim. Studies examining the return of muscle metabolites to normal resting levels have shown the recovery time between hot and cold muscles is very similar. A recent French study also cast doubt on the "microtear" theory, suggesting the muscle cell walls are not actually damaged by intense exercise.

Now there is growing opinion that CWI may actually reduce the effectiveness of the training itself. The idea goes something like this: the long-held theory of training is that muscles grow and become more efficient because they are overloaded during the training effort. This overloading causes an excess of waste products and actually damages the cell. In response the cells grow stronger and become more efficient to cope with the extra load. So, in simple terms, we want muscle damage, inflammation and swelling as they are the main signalling mechanisms that trigger muscle remodelling.

A number of exercise physiologists are now suggesting that if CWI reduces the waste products and inflammation then it may also reduce the stimulus for the muscles to adapt. In other words, CWI may make you feel better after hard training, but you could have saved all that effort and just gone for an easy ride for all the benefit it had.

Two Australian studies published last year are good examples of the confusion. One study published in the *British Journal of Sports Medicine*, found no reduction in pain, swelling or muscle impairment in subjects who received three one-minute immersions in 5 degree centigrade water after heavy leg-extension exercises.

The second, from the *Journal of Strength and Conditioning Research*, also had subjects perform leg presses, but used a longer ice bath. It concluded that the technique was "associated with a smaller reduction, and faster restoration, of strength and power".

Dr Peter Brukner, from the University of Melbourne, co-authored the first study and agrees the effectiveness of CWI has yet to be established to anyone's satisfaction, in part because it's not clear how to measure success.

"Even though our research (on ice baths) was unconvincing, I still encourage their use," he said in response to the study. His opinion is a realistic interpretation of results that may not show a quantitative difference in performance, but reflect that athletes who use CWI say they feel good the next day.

This may allow these athletes to train more and sooner and this could outweigh reduction in the muscle adaptation stimulus. So how effective CWI may be in individual training sessions is something for the scientists to continue to work on.

-from Australian Cyclist

George Phillips, of Gold Coast Australia, was going to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window.

George opened the back door to go and turn off the light but saw that there were people in the shed stealing things.

He phoned the police, who asked, "Is there someone in your house?" and he said "No". Then they said that all patrols were busy, and he should simply lock his door and an officer would be along when available. George said, "Okay," hung up, counted to 30, and phoned the police again.

"Hello. I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I've just shot them."

Then he hung up.

Within five minutes three police cars, an Armed Response Unit and an ambulance showed up at the Phillips' residence and caught the burglars red handed.

One of the policemen said to George, "I thought you said that you'd shot them."

George said, "I thought you said there was nobody available."

Don't mess with older people!

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Suggestions and Contributions for BWW Newsletter are welcomed and encouraged. Contributions should be around 500 words, should be typed in Word, and emailed to the secretary. Next deadline 20th Dec.

Remember: Be safe, Be smart, Be seen!