

# South Coast Cycling

Club email  
Web page  
Face book

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## EDWARDSTOWN 18 FEBRUARY 2011 NEWSLETTER

### STANDISH CYCLES UNLEY SERIES



#### RESULTS WK 2 Pts

Kyle	Franson	58	Margeret	Shanafield	25
Scott	Hallandal	44	Jim	Kesting	63
Alex	King	25	Ben	Knobben	37
Sanghoon	Park	39	David	Milne	59
Miso	Bae	45	Neil	Russell	46
Juhyeon	Jo	65	David	Schutz	29
Kim	Hyun Jt	46	Jack	Alison	57
NaRae	Shin	25	Matthew	Gasner	66
Hyon Jin	Gru	32	Bryce	Gassner	31
Jung Eun	Song	24	Bonnie	Grant	59
Kim	Sunyeon	31	Naomi	Hallandal	64
Ben	Grant	26	Hannah	Homburg	28
Bryan	McIntyre	55	Sam	Homburg	25
Jason	Moore	23	Griff	Knight	68
Richard	Reichett	67	Bradley	Knobben	33
David	Slater	51	Tessa	Manning	49
Chris	Spence	60	Pillip	McIntosh	33
Michael	Ward	51	Lachlan	Pridier	62
Michael	Young	56	Alex	Radzikiewicz	20
John	Alison	55	Derek	Radzikiewicz	56
Alex	Bates	25	Jakob	Reicheit	58
Tony	Brennand	66	Dan	Tattersall	58
Stu	Clement	55	Che	Thomas	51
Andrew	Grant	53	Lewis	Walker	64
Gemma	Kernich	58	Bradley	Ward	58
Richard	Lam	63	Leanne	Ward	33
Kira	Mason	49			

**STANDISH CYCLES UNLEY**  
**1/290 Unley Road**  
**Hyde Park SA 5061**  
**(08) 8271 9733**



### South Coast Cycling Club Clothing

Please see Catherine if you wish to  
purchase or order club clothing



COMING Events  
Standish Cycles Unley  
Series  
25<sup>th</sup> Feb  
Presentation  
4<sup>th</sup> March

INTERCLUB  
CHAMPIONSHIPS  
MONDAY  
14<sup>th</sup> March  
Enter online - SCC  
web page or by paper  
- see Ken Gooding  
Enter by 13/03/2011  
Srns \$15 Jrns \$10

Enter on the day & pay an extra \$5



# stretching Before & After CYCLING

## 4 Things Successful Cyclists Do

### 1. Have a Plan

No shooting from the hip. Whether you're talking about training, race preparation or racing, always have a plan. Proactive behavior will allow you to know what's coming up, how to prepare more specifically and reduce stress. If you look at successful pros, their seasons are planned out ahead of time. Additionally, they start their preparation for an upcoming event weeks, or even months before.

### 2. Sweat the Details

A successful cyclist pays attention to elements from the exact timing of nutrition to how long it'll take to drive to an event. Don't take a lax approach to the process. Things like taking food and appropriate fluids on training rides, proper inflation of your tires, packing your bag for a race, post race nutrition, making sure your bike is in good working order, bringing enough money for the entry fee, safety pins if registration runs out, and the list goes on. Being detail oriented will help to insure that you are prepared for every scenario.

### 3. Rest as Hard as You Train

I say quite often that it takes as much discipline to make yourself rest as it does to train hard. Many cyclists are guilty of not resting enough. That means taking enough easy or off days OR staying within specified training parameters on active rest days (heart rate or power/wattage limits). Not resting "hard" enough will eventually create a situation where you can't train hard enough. Training is about intensity and if you can't generate the appropriate intensity, you won't reap the corresponding physiological benefits. Additionally don't short yourself on sleep.

### 4. Don't Overthink it

While the above-mentioned elements are part of the key to success, don't get overly mired down in the details. Over analyzing every single watt, kilometer, calorie or hour trained or slept will drive you insane. Keeping a training journal allows you to put all this info in a central location where you don't necessarily have it spinning around it your head. Have trust in your plan or your coach's plan. The last and most successful of the Samurai warrior culture, Miyamoto Musashi, said one of the keys to his success was that he didn't think two moves ahead; he lived in the moment of the battle. Try not to focus as much on the outcome; instead look to the process itself.

<http://www.active.com/cycling/Articles/4-Things-Successful-Cyclists-Do.htm>

