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## MARCH 2011 E-NEWSLETTER

### Introduction

Made it to March 2011! Mental note – start planning 2012 in September 2011!

If you feel that the world of Cycling has been moving at a very fast pace, you are not alone! Most cycling associations and groups have not even formally started their cycling calendar too!

Our central theme this month was going to showcase the range of programs we are about to embark. Sadly, I was witness and involved directly in the provision of emergency medical care and first aid for two cyclists in one week and also advised of another horrific accident involving another known cyclist in the same – with that I have decided to once again refocus on the importance of SAFETY AND WELLNESS on the road.

Read on – this could save your life and make the lives of significant others less painful.

### Senior First Aid Course for Cyclists

PIHCG is proud to be associated with the YMCA in the provision of the first ever Senior First Aid course with the focus on Cyclists in Feb 2011.

This ground breaking program saw 23 cyclists graduate with the skills as diverse as CPR, dealing with sprains and strains pertinent to the sport and methods for helmet removal in the event of an accident.

The course also highlighted a very worrying trend – the increasing incidence of senior or masters level riders taking part in Races and Criteriums and suffering from heart attacks and / or strokes.

It has raised many questions in the mind of our group namely:

1. Are people aware of generalised trends pertaining to Heart Rate Maximum values?



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2. Do they wear heart rate monitors which have become relatively inexpensive over the years as a form of early protection and awareness?
3. Are people competing so intensively on a bike without further awareness of their overall and general health?
4. Are cyclists riding and trying to compete, race or bunch ride with other riders who are either much younger, not in the same speed, fitness and wellness category as they are?

These questions are tackled within this document.

## Genesys Pro Team Visits PIHCG

We had the privilege of the Genesys Pro Cycling Team visit PIHCG as part of their elite preparations for the recent Perth Criterium series.

The team did extremely well with only four on the circuit each ranking in the top ten for each and every one of the four Criteriums during their tour in WA.

The team were exposed to the range of clinical services that we provide to cyclists which included the use of the Huber advanced performance enhancement systems, rapid soft tissue recovery and treatment with our Key Module systems, Sports Massage therapy as well as Biomechanical Podiatry for their proper feet and cleat positioning. All of the riders also used our very special Rocktape as part of their performance enhancement and conditioning process before their races.



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## PIHCG Participating in HBF Freeway Bike Hike

PIHCG will be present once again at the end of the road for the upcoming HBF Freeway Bike Hike to provide clinical support and rub downs for cyclists who are in need.

Look out for our tent at the Joondalup end of things and spare a thought for the fact that most of the practitioners will be riding the 60 km distance before hand and then treating at our clinical tent!

PIHCG has also made special arrangements with the Coffee Club Joondalup which will see our members receive 20% discount off all food and drinks upon presentation of a special Coffee Club PIHCG flyer which we will be broadcasting out next week to our entire database. Please look out for this flyer.

## Five Ways to Discipline Recalcitrant Cyclists!

Come on every one of us who adheres to the normal rules of engagement do get cranky and frustrated with those recalcitrant cyclists who give the rest of us a bad name by not doing things like wearing helmet, not using lights etc.

Rather than hurl and yell abuse at them, which I have observed with steady growth as the population of cyclists grows, we have come up with a simple solution where we can let our advice and warnings be heeded.

These are the top five areas where cyclists are lacking that need our attention:

1. Not wearing helmets
2. Not using front or rear lights
3. Not signalling
4. Not wearing safety or protective glasses
5. Not wearing protection gloves

The five solutions in corresponding order will be for EACH AND EVERY CYCLIST that passes these cyclists to say:



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1. HELMET! For those not wearing a helmet
2. LIGHTS! For those not using lights
3. SIGNAL! For those not signalling
4. EYES! For those without safety or protective glasses
5. GLOVES! For those not using protective gloves.

Now don't use any expletives to punctuate these singular words! But do imagine what discipline would be enforced very quickly if these recalcitrant riders were told more than 100 times HELMET during their ride? They will get the idea very quickly and very soon we will as a collective do our part to clean up their act and improve the safety awareness and minimise the risks on the road.

Do consider this as a form of community pro-activity which we can all be part of. Remember no expletives and fist fights with this form of discipline!

## Improving Your Weekend Rides

Same bunch every weekend?

Ever bored with the same route and the same people hogging the front of the bunch ride without a care in the world for the others?

Not enjoying the scenery and in fact not even knowing where you are riding as you are doing it automatically without thinking?

Your Garmin download maps are so routine that you don't even bother mapping it any longer?

Worse still you are starting to put on weight and lose conditioning despite riding regularly?

Well if some or all of the above does describe your weekend rides, you are pretty much heading towards a glass ceiling which will mean boredom and a lack of challenge and very soon also a routine in your metabolic and body conditioning rate.

What do you do to make a difference in your weekend rides?

1. Encourage your mates to take a different route which also involves a different terrain and distance.



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2. If they refuse to deviate from the same ole same ole vote on your feet and try another bunch ride but remain friends by catching up with them at the end at the regular coffee fix or haunt;
3. Take turns in the front of the bunch so that you also get your wind resistance training and work up your body to riding against the wind;
4. While being focused on the bunch ride also do pay attention to your surroundings as you will be surprised how much more you get to see the world while on the bike;
5. Create expectation and download (if you have the technology) the terrain and maps of your ride so that you have a record of varying intensities, gradients, distances which directly translate to different muscle conditioning, requirements, lung capacities as well as distances.

At the end of these variations from your simple weekend rides you will find that the monotony is broken, that your cycling friendships develop new meanings and dimensions and equally important be surprised that you end up being fitter and healthier.

Post Note: PIHCG offers a wide range of Bunch Ride at different locations, intensities, speed and distances on a weekly or fortnightly basis. We even offer special night rides, rides on the track for skills and conditioning training and also longer distance special ride events.



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## Welcome UWA GO BUG

The UWA GO BUG cycling community have decided to form an alliance with the PIHCG which is part of our community strategy to provide a range of services to the cycling community at large at no extra cost to them.

Some 550+ strong, the UWA GO BUG group will now enjoy the same benefits and services as others have by being part of the PIHCG.

We welcome any social group or cycling chapter to be part of our growing cycling family as we are not about politics or about division but really about the cycling experience interconnected with health and wellness as well as safety for all. Please do email Ian Wee at: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au) if your social cycling group, ride or social club would like to be affiliated with the PIHCG.

## Medical Classifier for Cycling Australia / Australian Paralympics Committee

Apart from treating the WA State Track Team recently at the Velodrome in Sydney, our Director Sportif Ian Wee was also attending the accreditation program and has recently now become one of seven people in Australia who are Cycling Australia / APC qualified Medical Classifiers, assisting people with injuries and disabilities.

The seven graduates of this program were also equally surprised to learn that they are in an elite group of 14 people worldwide now with these qualifications as appointed by the UCI.

## Cycling is for Everyone – A Unique Bike Ergonomics Case Study

Our clinical experience with cyclists have constantly revealed that there are many people with underlying clinical conditions and disabilities who are not deterred and have chosen cycling as their form of expression, freedom and equally important from a clinical perspective- their rehabilitation as specified by our health professionals.

John Smith (not his real name) is that very special person.



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John entered into our world of cycling through his family and very quickly we realised in him a man of potential, true grit and determination.

John is an above knee amputee and as you can see from the pictures appended below, a true blue cyclist whose supposed physical disability is really his expression of freedom.

This pictography case study below demonstrates that Bike Ergonomics and indeed cycling is for everyone. All you able bodied cyclists who are blessed with two functioning limbs – there is little excuse for you as there is always a pathway to improve oneself on the bike.



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At the time of this newsletter John plans to become a cycling coach and be part of the PIHCG strategic plan to become a cycling coach for those with disabilities as we develop our potential to also providing for this special group of cyclists out there in our community.

## PIHCG Bunch Ride Program

We have commenced two of our many bunch rides and are now about to expand it further in the next two weeks.

In previous newsletters we have espoused the importance of safety and wellness in our bunch rides which also require participants to sign off on waiver / indemnity forms as well as rules and regulations documentation.

Pedantic you may say – but we don't care as we believe in the safety and well being of the people that choose to ride with us.

You the community are now able to nominate one or more of the following PIHCG Bunch Rides all of which will commence from various Dome coffee houses around the Perth metro region:

1. **Dome Applecross 1** – alternate Saturday mornings 520 am meet for 530 am start to 700 am. Speed: 28 to 32 km/h. Distance: 30-35 km
2. **Dome South Perth** – Ladies only group – Wednesday mornings 550 am meet for 6 am start till 730 am. Speed: 24-28 km/h. Distance: 30-40 km.
3. **Dome Warwick** – Friday mornings, 550 am for 6 am start till 730 am. Speed: 25 to 30 km/h. Distance: 35 km.
4. **Dome Nedlands** – Wednesday mornings, 550 am for 6 am start till 7 am. Distance: 40 km. Speed: 28 to 32 km/h.
5. **Dome Applecross 2** – Wednesday mornings 600 am for 615 am start till 745 am. Distance: 40 km, Criterium based riding. Speed: 30-32 km/h.
6. **Dome Armadale** – alternate Sundays mornings 800 am for 815 am start till 11 am. Distance: 60 km. Speed: 28 to 32 km/h.
7. **PIHC Northern Districts Centre** –alternate Saturdays 550 am for 6 am start till 700 am. Distance: 30-35 km. Speed: 25 to 30 km/h.



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8. **Observation City** – Friday mornings 550 am for 6 am start till 730 am. Distance 40 km. Speed: 28 to 30 km/h.

To be part of these groups, you are required to do the following:

1. Complete the PIHCG Bunch Ride indemnity form and also read the Rules and Regulations (attached)
2. Nominate the Bunch Ride you wish to participate in e.g. Dome Armadale (don't use numbering but name the actual ride);
3. Provide the following details:
  - a. Name
  - b. Mobile Phone
  - c. DOB
  - d. Land Line
  - e. Next of Kin and Contact
  - f. Average Speed
  - g. Average Weekly Distance
4. The above details needs to be emailed to our PIHCG Admin Officer, Inez Ngiau at: [inez@pihc.com.au](mailto:inez@pihc.com.au)
5. Note that only 20 riders will be permitted at any one time on any PIHCG Bunch Ride for safety reasons.
6. Riders are able to nominate in and out of their selected Bunch Rides by informing their Bunch Ride leaders who will subsequently receive the updated list on a fortnightly basis from the PIHCG Admin Officer.
7. You are also required to email the PIHCG Admin Officer at: [inez@pihc.com.au](mailto:inez@pihc.com.au) when you are planning to leave or opt out of any particular Bunch Ride.
8. Riders who do not notify PIHCG and their Bunch Ride leader of their movements over three consecutive rides will be removed from the list.

Please send your nominations and request for inclusion to the PIHCG Bunch Ride in the format appended above together with the appropriate information.

Those already registered previously some 1 month ago do not need to reapply as you have been included in the list. Note that those who expressed the ride in the Hills which is the Dome Armadale ride MUST re-register as we do not have your current details.



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## Saving Cyclists Lives Through Fitness Testing

PIHCG introduces in March 2011 yet another dimension of its already known **Fitness Testing program for Cyclists.**

Used extensively in the past seven years as part of our cycle skills program, the PIHCG Fitness Testing program for Cyclists comprise of the following:

1. VO2 max calculations as measured through a Medical Ergometer bike;
2. Percentage Fat Calculations
3. BMI
4. Flexibility and Coordination through use of the Huber Dynamic Systems
5. Neuromuscular condition through Thermal EMG scanning.
6. Understanding and monitoring Heart Rate maximum during training.

***We are targeting first up cyclists from the age category of 50 and above for the first few months simply because we have observed and have recorded an increasing number of cyclists succumbing to cardiac failure / heart attacks/ consistent biomechanical injuries / sprains and strains simply because they have no understanding and measure of their fitness and wellness.***

This Fitness Testing program is undertaken by two health professionals namely an Occupational Therapist and an Exercise Physiologist (both of whom are also qualified cycling coaches).

Cyclists interested to learn and understand more about their fitness and its measurements and how that translates to their cycling and skills should be very interested in this ground breaking assessment process that has been designed by PIHCG.

**For the months of March-April an introductory price of \$120 as opposed to the normal price of \$140 will apply. The normal charge of \$140 will recommence as of the 1 May 2011.**



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**We also encourage all cyclists participating in events such as the upcoming UCI World Series, 3 and 5 Dams Ride as well as upcoming Cyclosporitif and Criterium racings to seriously consider this assessment process apart from all cyclists above the age of 50 years.**

To book in you will need to contact (only) the PIHC Northern Districts Centre on **92405266** for an appointment first with Ian Wee followed immediately on the same day with Julian Mancini.

The total process should take approximately 40 minutes and participants should attend wearing their sports gear and normal running shoes with no need for their actual bicycle.

Specific enquiries about this program should be made to the Director Sportif at:  
[ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

Those with appropriate health cover for occupational therapy and or exercise physiology will be able to claim a rebate through their recognised private health insurance provider. Please check with them your entitlements and not direct these queries to us.

## The Last Word

Our 2<sup>nd</sup> year Kep Track Adventure will be held on the 29 May 2011 Sunday from Northam to Mundaring Weir. Flushed with the success of our event last year we aim to provide for 150 riders through the iconic Kep Track which is part of our heritage and history.

Cyclists with mountain bikes and cyclo cross bikes are invited to participate in this event. Look out for the event flyer through broadcast email within the next 10 days.

Check out our Face Book for the pictures of the 2010 Kep Track adventure so you can see and experience what we did last year and plan to be with us THIS YEAR!



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