

# Perth Integrated Health

PIH Cycling Group  
[www.pihc.com.au/cycling](http://www.pihc.com.au/cycling)

Unit 12, 8 Booth Place  
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P.O Box 1574, Applecross, 6953  
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## APRIL 2011 E-NEWSLETTER OF THE PERTH INTEGRATED HEALTH CYCLING GROUP

### Introduction

The past few weeks have been a hectic one for us what with our clinical involvement at the UCI World Event that saw the first qualifying event held for the first time here in Perth and also our involvement as clinicians for the 3/5 Dams iconic event organised by BWA.

The month of late March and mid April also saw two major workshops being held by PIHCG in concert with BWA namely the Biomechanics workshop for Cyclists and the Performance Enhancement workshop which coincided with the events leading up to the UCI / Dams Ride. We wish to thank Sue Johnson and her team at BWA for coordinating and promoting this event for the benefit of the cycling community.

This edition also covers our new look logo, our cycling kit show and tell for 2011 and beyond and our many events coming up such as our sponsorship of the PIH Garden Island Cyclosporitif event on the 15 May, the well known (second) Kep Track Adventure on the 29 May and on the 18 Jun, our very own special Winter Moonlight Ride through the Wheatbelt for 100 riders.

Read on and you will learn that there is much to cycling than just two wheels on a frame!

### Our Brand New PIHCG Logo and Business Card

To reflect our development as a Cycling Group and the gradual and progressive expansion of our services and network, PIHCG has unveiled its brand new Cycling Logo and Business Card.

The PIHCG logo has themes associated with the Aust Cycle logo once again as a reflection of our recent appointment as the first Western Australian Aust Cycle School which is a nationally recognised cycling school.

The e-business card also attached in this e-newsletter confirms our status as a separate business entity to the Perth Integrated Health group of clinics, which is assuredly though run by the same management team and owned by the same individual.



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## PERTH INTEGRATED HEALTH CYCLING GROUP

Ian Wee - Director Sportif / Managing Director  
Lucy Longue - PIH Director / Coach  
Mike Arndt - Head Coach  
Robert Branch - Senior Coach  
Chris Hargreaves - Senior Coach  
Tim Norris - Coach  
Jimmie Jaerjju - Coach  
Ash Bennett - Bike Consultant / Technician  
Inez Ngiau - Admin Officer

The brand new PIHCG Group Business Card



The new PIHCG Logo

### PIHCG Does the Dams Ride

PIHCG was well represented by a number of our riders at the 3 and 5 Dams Ride. PIHCG Head Coach and Director Sportif did the 3 Dams Ride and this is a short excerpt of their experience:

Mike Arndt and Ian Wee – A Physiological Perspective of the Ride

The morning ride towards Greenmount was most pleasant though it was interesting to notice many riders using this stretch of the journey to sprint and ride fast when the first part of a long ride should really be done physiologically at a controlled pace for proper muscle and joints warm up.



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Ian Wee & Mike Arndt – still happy at the  
1<sup>st</sup> of three checkpoints!

Indeed we came across many riders that overtook us with glee who subsequently struggling up through the hills! We viewed this event mainly from the eyes of a cycling coach and that of a biomechanical clinician and these were some of our observations that we gleaned:

- a. Many people were attempting to ride the entire journey with their big chain ring which conjures up images of post event biomechanical and muscle trauma;
- b. Riders were consuming appropriate levels of fluid but probably a better ratio of water to electrolytes would have been more advisable as water is still needed as a main lubricant for the post ride recovery;
- c. Many riders overstuffed themselves with junk or processed food for the ride and the amount of left over observed at the end of the ride provided testimony that even though many had trained well, they did little or knew little of what to eat and what not to eat;
- d. The level of fitness and calibre of riders in the field were commendable and it was apparent that this was a group that relished the long ride with a level of discipline that is sometimes not obvious in certain bunch rides and events were there are a lot of aggression mentality involved.
- e. We also believed too many people ate too much and did not pace their food appropriately for the meal stop at Wugong Dam which was evident from the feedback about the abdominal cramps and stitches climbing out of that gradient after a too hearty meal. For the record both Mike and Ian ate at Canning Dam as the distance and time ratio to glycogen levels and energy consumption was calculated that this would be the best



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location to stop for their meals based on their average speed and calorie intake and for that matter for the last hill climb out of Wugong leading to the very long 20 km stretch of open Armadale Road leading back to the Freeway.

All told though it was a very enjoyable and well organised event which we will be part of in 2012!

## PIHCG New Cycling Kit for 2011



L to R: Dani Harvey, Lucy Liongue (PIH Director), Steve Norton

We launched our brand new 2011 cycling kit comprising of a cycling jersey, gilet and bib / nix with great fanfare after a long delay at the hands of the manufacturers.

All has been forgotten and forgiven by all when they realised the quality of the Italian fabrics, the fit of the kit and the comfort of wearing this attire.

The outcome was so good that we had to place another major order with C Performance 5 days after the first kit had been given out!

The pictures below attest to what we are proud of and the models involved are the first of our cycling teams to wear them – Team Romeo at their graduation ride.

Those wishing to purchase our 2011 kit, the orders are normally in 10 week cycles and can be placed through our website portal: [www.pihc.com.au](http://www.pihc.com.au) through to Register Now.



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## Perth Integrated Health Garden Island Cyclosporitif Event – 15 May 2011

We are understandably excited about this upcoming Cyclosporitif event not only because we are the major financial sponsor for it but also because the entire cycling fraternity has the opportunity to participate in a Grand Fondo style ride through to Garden Island and back.

The specific details of this event are available on the BWA website at: [www.bwa.org.au](http://www.bwa.org.au) and PIHCG has a special program also organised for those who wish to still participate in this event in safety groups.

We have attached our information about this event as the email attachment so please do read it and pass it on to others as there is the opportunity to win prizes as part of this participation in our programs for the Garden Island event.

## Kep Track Adventure 2011

Back for the second year and once again endorsed and promoted by the keepers of the Kep Track, the National Trust of Western Australia.

Scheduled for Sunday the 29<sup>th</sup> May 2011, the Kep Track event organised by PIHCG is now famous and we are expanding the opportunity for participation to a total of 150 riders.

Specific details of this event are also enclosed in this email attachment for ease of reading and please be quick as we have less than 100 places left despite the time frame!

Further enquiries about this to: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

## PIHCG Commences Bike Consultation and Technical Services

Based on the success of our Bike Ergonomics Assessment Program and in part due to the frustration about the lack of understanding and knowledge out there in the market place about how Bike Ergonomics trained health professionals can actually work with Bike Mechanics in Bike Shops, we have decided to provide a brand new service that caters for the following needs:

1. Individuals with existing clinical conditions or suspected clinical conditions who are wishing to purchase a bicycle thus requiring both clinical and technical expertise for their specific individual needs and choices;
2. Individuals who partake in the PIH Bike Ergonomics Assessment program who require Bike Technical services such as change of parts, stems, saddles, handlebars etc.



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3. Cyclists who belong to PIHCG and wish to belong to PIHCG safe in the knowledge that we will extend our professional clinical services in cycling now to professional cycling services, maintenance and repairs;
4. Cyclists out there frustrated with the poor and inadequate service provided by untrained and immature mechanics who have little or no concern, consideration and advice for women and novice / recreational riders;
5. Serious recreational cyclists who wish for the discerning and mature team to look after their needs in relation to their age, posture, demographics and individual needs;
6. Social groups with no affiliation or connections to bike shops who wish to be catered for as a special cycling group.

If any of the above applies to you, you may well be very keen on the following Bike Consultation and Technical Services that PIHCG will provide from mid May 2011 onwards:

1. Proper appointment schedules through our professional appointment calendar via our Front Counter staff;
2. Proper sit down session with the Bike Consultant / Technician to discuss your specific needs;
3. Communication directly with appointed health professionals should your technical needs also require clinical advice and assistance;
4. Perfect combination of technically qualified Bike Fit and well renowned Bike Ergonomics Assessment if and when required;
5. Schedule of servicing and repairs and specific return of Bike with proper end consultation and recommendations provided by Bike Consultant;
6. Use of your on line purchases for repairs and servicing welcome or through our network of two trusted stores in the Perth metro region;
7. Friendly and professional staff including Bike Consultant who also holds a Bachelors degree in Commerce thus customer relations and client satisfaction qualifications.

**The PIHCG Bike Consultation and Technical Service and ongoing endorsed Bike Shops will be revealed in a separate service launch within the next few days.**

## PIHCG Safe Bunch Ride Program

While we are aware that we have been at times criticised by other riders and groups for our ever diligent focus on Safety and Rider due diligence, the gradual and progressive numbers in our Bunch Ride program do affirm that there are many of us out there keen to ensure that we do the right thing for the Cycling community.



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Rob Branch (Senior Coach), Inez Ngiau (PIHCG Admin Officer),  
Lis Branch (Team Sierra) – Left to Right

At the present time, we run the following Bunch Ride programs around the metro region:

1. PIH Northern Districts Centre in Balcatta – alternate Saturdays from 520 am to 700 am.
2. PIHCG Dome Applecross Ride – alternate Saturdays also from 520 am to 700 am.
3. PIHCG Dome South Perth – Ladies Bunch Ride – Wednesdays from 600 am to 730 am
4. PIHCG Dome Armadale Ride – alternate Sundays from 8 am to 11 am
5. PIHCG Dome Warwick Ride – Fridays from 6 am to 730 am

If you are interested in any of these rides, please contact the PIHCG Admin Officer (Inez) at:  
[inez@pihc.com.au](mailto:inez@pihc.com.au)

Riders wishing to join our program will need to undergo a check process and be prepared to complete the Indemnity Form which signs off on our Bunch Ride Rules and Regulations.

## PIHCG Lights On Program

Seven years ago when we launched our compulsory Lights On Program for our riders DAY OR NIGHT, we copped a lot of flak from other riders who regularly called us 'Christmas Trees' during our rides!



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We were even chided by riders on events for having our lights on during open road events!

Fast forward to 2011 and we are pleased to observe the following now emerge with cyclists:

1. More cyclists are realising the link that a pulsating light front and back during the day is really a good safety measure in the myriad of signals, signs and graphics along our roads as it brings the attention of motorists to our presence.
2. Cyclists are using their lights even for open roads events which is encouraging;
3. Increasing number using their lights during their Bunch Rides.

**We would also like to advocate in the interests of safety and well being that Cyclists consider the following with respect to Lights:**

1. Look at obtaining brighter and stronger REAR lights as most impacts are when vehicles don't see us on the shoulder or sideways of roads. Many of the rear lights sold in the market place don't produce sufficient lumens for this as opposed to the very good units now sold for Front Lights;
2. Lights should be turned on approximately 3-5 minutes before you leave for your ride as most batteries start off with a good charge but the actual amount of energy decreases rapidly when the batteries are close to depletion. Nothing worse than starting off a ride with lights on only to find out that they were extinguished during an actual ride;
3. Carry spare batteries and / or spare light. As for #2, we can get caught out anytime or when there is a failure with our lights.
4. Consider using strobe lights during the day and not just during the night. Once again your aim is to be noticed and more visible to pedestrians and vehicles at all times. Interestingly enough the Dept of Transport has initiated a much needed review of the use of lights rules and we hope that it will be changed very soon.
5. Position your lights higher from the ground for greater visibility. Having lights right at the bottom of your derailleur would probably diminish its impact but having lights on say the rear of your helmet and / or haversack would be more practical.
6. If you are using the very bright front lights, be mindful that the throw of the beam should be such that you illuminate the pathway or road you are travelling and not aimed to blind other cyclists and pedestrians as this may itself be the cause of accidents when they don't know where to go!



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## PIHCG Winter Moonlight Ride – 18 June 2011

A special Winter (yes cold) Moonlight (yes Dark) Ride will be held from Cunderdin-Wyalkatchem-Cunderdin on the 18 June 2011.

We aim to cater for up to 100 riders, provide transport for ourselves and our bikes from Perth to Cunderdin to do this special evening event.

As with many PIHCG events this aims to help raise funds for a child at the Perth Montessori School with a prosthetic leg who wishes to gain greater freedom by being able to ride a bike.

We will conduct this event as a Social Ride and have the group in 5 teams with variations in speed to cater for as many people as possible, have support and safety vehicles front and back for the journey, provide for a hot supper at the end of the ride.

Total distance: 140 km and working on a recommended average of 25 km/h for the slowest group, means that we will be out there for around 7 hours including stops for refreshments and activities.

The activities we are referring to include possible Star Gazing as the astronomy charts include a very strong chance (on a clear night during May and June) that we will be able to see Mars, Venus, Saturn and Jupiter including the rings of Saturn and moons of Jupiter. We will be encouraging the signed up participants to bring along their binoculars in their back packs and adequate clothing and attire etc for this event.

Cost – TBA. Please register your interest in this ride by providing the following details to PIHCG Admin Officer (Inez Ngiau) at: [inez@pihc.com.au](mailto:inez@pihc.com.au) : by providing your Name, Mobile #, Landline #, Email Address, Emergency Contact Name / Number.

We will undertake registrations and payments through Register Now probably within the next 5-10 working days and have flyers for this event through our broadcast email and also at PIH Garden Island Cyclosporitif event on the 15 May 2011.

## PIHCG Conducts Cycle Education Program for Perth Montessori School

As part of the national Bike Week, PIHCG conducted a special program for Year 3 and 4 students of Perth Montessori School as the photos below will attest to. Our special thanks to Jillian Woolmer from the Dept of Transport for her assistance and Dr Gary Pears & Deb Stokes of PMS.



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Cycling education at Perth Montessori School

## PIHCG First Aust Cycle School in Western Australia

Despite our cycling training program running for the past seven years in what would be regarded as an industry benchmark, PIHCG has decided to join forces to support the national cycling program which is a joint initiative of Cycling Australia and the Amy Gilet Foundation – called Aust Cycle School.

PIHCG is now a formal and first member of the Aust Cycle School in Western Australia at the time of this report and we aim to use our standards and that set by the program to greater heights which include not only coaching and teaching of cycle skills but that of proper cycling educational programs, workshops and events.

Watch this space as we unfold more of what we do as an Aust Cycle School in the coming weeks.



Ian Wee, Director Sportif, PIHCG



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