
CHRISTMAS 2010 EDITION PIHCG E NEWSLETTER

Message from the Director Sportif

All too soon its Christmas time and for those of you who are reviewing your Cycling achievements and accomplishments for the year, this edition would be an appropriate one for you as you also start planning and considering your program for 2011.

Christmas with its festivities, functions and regrettably indulgence in too much food and drink does wreck havoc on many a cyclist training program and fitness. There is however more to Christmas than this commercialisation.

This could be the time of the year where you perhaps take a friend in need or who is lonely for that nice relaxing cycle around the ride. Make it a time to connect with friends and family and also a time to spend with the kids on the bike.

Cycling is not about 'smashing it' at the next bunch ride as this is the domain for many an inadequate rider nor is it about hogging the road and being selfish. It is the time and season for sharing, giving and being considerate so please do so on the road this festive season.

Last but not least we have shortened our very lengthy group name from the Perth Integrated Health Cycling Group to **PIHCG** in 2011.



Bunch Rides for 2011

PIHCG will commence Jan 2011 with up to 10 weekly bunch rides at different locations, different times, different days and different requirements for the cycling community.

We intend to host bunch rides with a difference in the following ways:

1. People undertaking our bunch rides will be registered riders so that we can assist with a progression pathway;
2. We want greater accountability of the riders who ride with us as the PIHCG group as we wish to promote group cohesion, safe rides and awareness on the road with due consideration to other road users and pedestrians;
3. We have a duty of care to promote the proper ways of cycling and bunch riding techniques as it was intended and to that extent our bunch rides will be taken mostly by our qualified cycling coaches and Aus Cycle teachers and also by our specially trained cyclists who have shown the proper consideration and mission towards proper riding.
4. We will change our bunch ride calendar every 12 weeks to accommodate the seasons, the weather as well as the conditions of the road;
5. The various locations will have the same start and end point each week but the actual journey will have variations to allow for the various aspects of cycling training. We will however limit the distance to around the same for each particular bunch ride to account for the average speed and time management required.
6. We will ride with front and rear lights on which is the benchmark of the PIHCG since our start up.
7. Registered riders will be contacted by their Bunch Ride leader 48 hours before each week's ride to ensure that up to date information is passed on and all registered bunch riders will be kept abreast via email system.
8. People participating can nominate and change their bunch ride choices on an ongoing basis on the proviso that their bunch ride leaders are notified and information.





The proposed range of PIHCG Bunch Rides for Jan 2011 to Mar 2011 is appended as Appendix A. This plan is subject to change without notice between now and the commencement date and a separate email to all announcing the schematics of this program will be made soon.

Christmas Ride with Cameron and Travis Meyer

Thanks to our home grown cycling champions – both Cameron and Travis Meyer will be riding with us this coming Saturday 18 Dec 2010 to help us raise funds for Solaris Care, which is a charity to assist people with cancer.

To sign up for this charity, social event which has either 45 km or 60 km distances, followed by a fund raising sausage sizzle – sign up with us via www.pihc.com.au through Register Now.

Our special thanks also to Lions Sports Management for coordinating this project for us with Cameron and Travis Meyer.

BHP Billiton – PIHCG Cycle Skills Course – Team R for Romeo – Jan 2011

Registrations are now open for our Team R for Romeo cycle skills course which is named after our 2011 primary sponsor BHP Billiton.

This cycle skills course designed for beginners who are able to ride up to the intermediate level of cycling is now open for registrations.



To learn more check our website at www.pihc.com.au and to sign up and pay contact Robyn Maseyk at 9240 5266.



5 Tips for Riders

This month features tips to make bunch rides more enjoyable.

1. Mix around with the group. For the next bunch ride don't hang out with the same ole same ole but instead reach out for others in the group that you have not met. You will be surprised how much synergy and friendship you can possible yet from the quiet rider at the back of the bunch. Remember bunch riding is about friendship;
2. You are riding with a group, which therefore helps cultivate safety in numbers but also awareness of your space within the group. Ride therefore to protect and warm others of hazards which makes the group a safer and better place to be in;
3. Thank and wave. When passing cars, pedestrians and other cyclists who provide you with the common courtesy and right of way, cultivate better relationships and harmony for other riders by waving and thanking them. This makes riding so much more pleasant and fun for all and other non riders in the community will soon change their tune about us bunch riders;



4. Look out for those within the bunch in need. If your bunch ride 'drops you' on the ride, I strongly suggest you look for another bunch ride. A ride that focuses only on the strong and the fit are mostly ego driven. Remember that we were all there once when we started and helping others in need will also foster a better future for cyclists treating other cyclists;
5. Enquire about safety and attitudes towards safety when joining a bunch ride. Put them to the task of asking them about their focus on safety, their record of safety and how they perceive riding in a bunch. You will soon be able to separate the cowboys from the community minded riders through their lingo and their attitude towards other cyclists and the community.

Clinical Case Studies @ Perth Integrated Health

We will focus on two clinical case studies this month.

The first looks at a experienced cyclist with a track record at the elite level including experience riding interstate as well as overseas.

The second case study looks at a novice cyclist who has been riding by himself and wondering how he could improve his cycle skills uphill while being hampered by restrictive knee pain.



For illustration purposes only showing use of Rocktape

Both case studies look at the Knee Joint a common injury site for cyclists and both case studies examine how despite the injuries, the clinical intervention coupled with proper bike ergonomics can make a difference

Case Study 1 – Elite Cyclist

John (not his real name) presented with a total inability to ride his bicycle due to severe pain and restriction in his knees after a intensive stint of cycling overseas which included races and events. John began to suffer progressive knee pain and restrictions reaching the point where his coaching director had to cease all contact with the bike in an attempt to resolve his condition.

Clinical treatment involved cursory review of the condition and apart from a number of unsatisfactory run downs he was told to 'rest'.

After a two month hiatus away from the bike and getting frustrated, John returned to Australia after contacting me while overseas and secured an appointment the day after he landed in Perth.

The patient was reviewed and we immediately found issues with muscle imbalances with his quadriceps muscle groups (called vastus group) where there was unequal tracking and associated internal abrasions of his patella (knee cap) to the bone surfaces below.

A further examination using thermograph also confirmed that the biomechanical imbalance had also now affected his pelvic stability and thus low back discomfort. Further examination using the Huber Dynamic systems (www.pihc.com.au/huber) also revealed the associated imbalances and lack of overall strength, coordination and balance in the rider.

A bike ergonomics assessment was initiated also to ensure non association of this clinical condition. The bike ergonomics assessment revealed no direct associations that required positioning changes however video analysis during the bike ergonomics assessment found issues of pelvic abduction and adduction not normally associated with the appropriate racing and speed position.

The riders cleats and shoes were examined and further amendments made to the angle and the position of the cleats which upon correction showed a far more superior riding position which would not aggravate the knee joints further.



John undertook intensive clinical treatment involved soft tissue treatment of his quadriceps muscles, antagonistic (or opposing hamstring muscles) while at the same time progressively harder and longer sessions on the dynamic Huber systems which strengthened his knees and his lower back.

John progressed initially with mere 10 minute increments on the bike but within 6 weeks he was back to an hour of riding intensively and now some 12 weeks since his initial presentation is riding up there on long periods of time.

His rehabilitation program now focuses on enhanced performance enhancement preparing him for his return back to racing in the continental teams.

Case Study 2: Martha – Novice Cyclist

Martha is a 57 year old computer analyst working on long hours at the desk but with a strong predisposition towards fitness and health. Frustrated by her inability to fully condition herself, she turned to Perth Integrated Health and upon clinical examination and determination of her specific needs, she was advised to gradually take up cycling to help with lower quadrant strength while at the same time lose weight.

Martha with her strong focus on fitness, did not adhere to the clinical advice and subsequently decided to increase her cycling training exponentially without proper focus or plan.

She subsequently sustained knee overstrain and while previous recommendation given previously about her bike ergonomics, this was ignored as she did not accept its functional impact upon her biomechanics.

At this stage Martha's focus was on external support and with her pain factors rather intense, the use of the clinical Kinesiological tape – Rocktape was initiated. Rocktape used to stabilise the knee joint and encourage muscle activation was used over a period of four days with outstanding results.

With the persistent pain over time and decrease to her cycling capacity she finally relented to a Bike Ergonomics Assessment and was shocked to discover not only was her seat not installed correctly (wrong angle fore and aft) which subsequently affected her pelvic floor stability and associated knee deviation while riding.



The lack of knowledge of the correct seat height and improper positioning of the handlebars in relation to her reach and torso also meant that Martha was continually overstraining herself while riding.

With the proper bike ergonomics eventually undertaken, Martha took off and now while accepting the correct advice on her training in relation to her clinical condition, has resulted in her being back on the bike with progressive results.

Not surprisingly Martha has no need for further active clinical intervention as the cycling aids and assists with her recovery!

3 Things To Consider About Bike Parts

1. Saddles – all saddles have a limited lifespan no matter how much you care for them. Saddles these days are designed with a certain flex and with hard riding over kilometres coupled with hill climbing, your average saddle takes a pounding and can over time deform and affect biomechanics of your pelvis, sensitive parts and cause groin pain, low back pain, pelvic pain and or saddle sores.
2. Chain Rings – most bikes unless you are the purest single speed 'fixie' types, have two or three chain rings. For self preservation of your knees, hips and body biomechanics, it is crucial that you work those chain rings as much as you would with your gears. A noticeable trend clinically is that 'big chain ring users' tend to end up with knee and hip problems as they become known in the cycling community as 'grinders'.
3. Gloves – not there for fashion or to be trendy but as a protection device. Go figure – the last time you fell did your hands come out automatically to break your fall? Figure out what happens to the pads of your hands if you did the same at speed on the bike? Go ahead get those gloves!

BWA Cyclosporitif Events for 2011

Our synergy partner Bicycle WA who run the successful Cyclosporitif events have announced their interim program for 2011.

Check www.bwa.org.au to see what we have in store for us and we recommend you save these dates in your diary or e-format and also negotiate for leave pass with the spouse or partner NOW for next year!



Also note that the Perth Integrated Health Cycling Group (PIHCG) will be sponsoring the Rockingham / Garden Island Cyclosporitif event in 2011.

Solaris Care Track Cycling Event – 28 Dec 2010

For those staying back over the Christmas and New Year and wondering what to do with your riding skills and losing those festive pounds – come and join us in a 2 hour social training special at the Speed Dome and let the experts at Track Cycling WA take you for another PIHCG organised track cycling event.



Track cycling does assist all riders improve their drafting, overtaking and endurance skills as well as working in a group cohesively. This is a must for those who have not tried it.

Go to www.pihc.com.au and look for our Solaris Care Track Cycling event in our list of programs and sign up through Register Now.

Remember limited to 30 places and part proceeds will go to Solaris Care in aid of people with cancer.

Biomechanics Workshop for Cyclists

PIHCG hosts its very first clinical workshop for Cyclists in Jan 2011 – pencil down the 18 January 2010 Tuesday for this special day.

Date: 18 Jan 2011 Tuesday

Time: 715 pm for 730 pm start. End time: 900 pm

Location: PIHC Northern Districts Balcatta – see www.pihc.com.au for location instructions

Workshop Theme:

1. Biomechanics on the Bike – what to look out for to help your spinal muscular systems;
2. Feet Biomechanics – more to just shoes, pedals and cleats.

Cost: \$15 per person – 100% of funds obtained will go to charity Solaris Care. Payment must be made over the phone on 9240 5266 by the 17 Jan 2011.

RSVP for the 18 Jan 2010 workshop: Ian Wee at: ianwee@pihc.com.au

Suitable for all level of cyclists wishing to learn more about their health

PIHCG Beginners Cycling Course @ City of Melville

Apart from our well known and regarded Cycle Skills course run at Kings Park, the PIHCG will be expanding its cycling training course for beginners within the City of Melville commencing Wednesday 19 Jan 2011.

This course is suitable for the following cyclist:

- a. Who is able to basically ride and balance on a bike;
- b. Wishing to undertake cycling for fitness, weight loss and health;
- c. Learn road skills and safety skills on the road;
- d. Wishing to learn more about cycling techniques such as gear changing, use of pedals, riding techniques, small hill climbs and cycling for recreation and pleasure.



Course duration: practical sessions, once a week for 8 weeks on Wednesdays.

Time: 6 am to 7 am

Location: Wireless Hill Car Park – Booragoon (near Council chambers) and Point Walter car park in Bicton (depending on training diary).

Cost: \$220 including basic skills handouts via email, insurance coverage, coaches' fees, water bottle and hydration sachets. Option cost: PIHCG cycling jersey \$100 (recommended).

Limited to: 10 participants only and must be above 18 years of age. Not including BHPB staff and contractors.

Further information: Ian Wee – ianwee@pihc.com.au or 92405266 / 93648626

Velo City

The definitive picture book on cycling in Perth, the birth child of roving Cycling journalist Debra Mayrhofer is a must for every budding cyclist. To get your hands on this iconic book that highlights everything cycling in Perth and the greater surrounds, as well as well known cycling personalities and cycling groups – purchase your Christmas copy for yourself and your cycling friends at Perth Integrated Health in Balcatta for only \$27. Note that this special offer is for the festive season of Dec 2011 as prices will revert back to their full retail in Jan 2011. Further information email: debram@iinet.net.au

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