

# RACE NEWS

## RACE sends another promising young cyclist on his way.



*Part of the exposure that RACE provides young riders is the opportunity to be guest riders for NRS teams. The success of RACE is measured by the advancement of its riders, and Julian Thompson is our latest protégé to advance to the next step of his cycling career.*

*During his time with RACE Julian has assisted and encouraged other members of the team, and increased the profile of RACE through regular social media posts. We wish him all the success in his move to AMR Renault Racing Team.*

On his 'graduating' from RACE, we asked Julian to tell us a bit about himself, and to reflect on his time with RACE.

Julian said that cycling had always been a part of his life, and that only a year and a half ago he joined RACE with little to no racing experience or knowledge. He said that RACE has taught him many valuable lessons, on and off the bike, from operating as a team member to social media and promotions.

In asking about his most memorable moment as part of RACE he said it was his first training camp with the team at Macedon in 2015. "It was great to meet and ride with a team for the first time".

His ultimate sporting goal is to further his cycling career at NRS level for the remainder of this year and the next.

**We asked him why he thinks businesses should sponsor RACE, and he said "The next generation of cyclists needs great organisations like RACE to give them the opportunities and doorways to get to the next level".**

On a lighter note, Julian's favourite TV show is 'Breaking Bad', his favourite movie is 'The Dark Night', his star sign is Gemini, and he has two Dogs; Billy & Frodo. His favourite food is pizza, and he answers to nicknames JT and Jules.

### ***In closing, his final comments to RACE were:***

"I'd like to thank RACE for having me as a part of the team this year. Again I learnt many valuable skills through RACE which I will use every day in my life. I'd also like to thank the board for taking time out of their busy lives to support the riders of the team. All their hard work has made massive improvements in just the last 12 months. Matt Wallace, the DS and also my personal coach, has no doubt had a massive impact towards my cycling on and off the bike. All of my closest friends have come from RACE and it is a huge part of who I am. I couldn't recommend RACE highly enough to anyone wanting to take cycling to the next level."

***Thanks Julian!***



**MAJOR SPONSOR**



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425 Hargreaves Street, Bendigo VIC 3550

# TEAM TRAINING CAMP (Bright - 25th—27th November)

Each year RACE team members attend a weekend intensive training camp.

This year the venue is the Alpine Fitness Centre in Bright

**Here is the program for the weekend**

## **Friday**

AM— Team travels courtesy of Doxa by bus, with the RACE Team trailer to camp

PM— Introduction seminar and team camp book presentation

PM— Ride #1 -75km Bright to Harrietville return via Tawonga

PM— Seminar #1 Presenter Brenton Jones

## **Recording your training-**

Trends/patterns and answers become more apparent when you write things down systematically. Intelligent reasoning can only be done upon reflection quite often a considerable period after the event. Human memory although we think we can remember does not have the power to organise schema charts or see holistic overviews at any point in time. We can only learn from our history or we continually make the same mistakes and let ourselves off the same hook time and time again. Knowledge is power and the key to unlocking the riddle of continual improvement and consistent high performance is indeed held in recording your training.

PM — Seminar #2 Presenter Matt Wallace

**Golden Cheetah-** Using software. How to configure and understand the metrics and incorporate this information into your total body stress evaluations.

## **Saturday**

AM— Yoga/stretch class

AM— Ride#2 -175km Bright to Buffalo Chalet to Tawonga- Fall creek and return Via Tawonga (shorter ride option for intermediates)

PM— Core workouts and equipment for the travelling athlete.

PM— Seminar #3 Brenton Jones /Matt Wallace

**Meditation:** Situational awareness and arousal levels. Tools to control mind. Meditation.

PM — Seminar #4 Ryan Jeffrey/ Brenton Jones

**Nutrition high Performance:** Calorie overlay and timing to sync up with training. Actual examples and quantities of food required to fuel a cyclist. How to measure body composition.

PM — Seminar #5 Brenton Jones/ Matt Wallace

**Europe racing and planning your first trip-** A detailed information seminar on where to travel to in Europe and for how long for a self-funded racing stint. The total costs of budget and how to find a team.

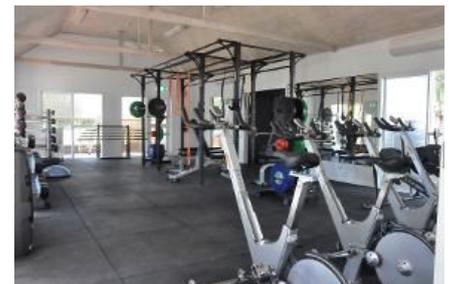
## **Sunday**

AM— meditation/Yoga/stretch class

AM— Ride#3 -100km Bright to Mt Hotham to Bright- Harrietville TTT and Sprint Points finish.

Camp conclusion and wrap up.

PM Travel home



For information on the venue, go to <http://www.alpinefitnesscentre.com.au>

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## 2016 CALENDAR

### NOVEMBER

25th, 26th & 27th Team Camp Bright

### SPECIAL WORKSHOPS

RACE has received a grant to deliver three **FREE** workshops to cyclists in Bendigo and Castlemaine.

### Cycling and heart rate variability

#### DATE AND TIME

Mon 10 October 2016  
7:00 PM – 8:30 PM

**Extremely well attended - thanks everyone!**

### Stretching and strength for cyclists

#### DATE AND TIME

Mon 31 October 2016  
7:00 PM – 8:30 PM

Register [here](#) **(BOOK EARLY)**

### Nutrition and hydration for cyclists

#### DATE AND TIME

Mon 21 November 2016  
7:00 PM – 8:30 PM

Register [here](#) **(BOOK EARLY)**

#### THE LOCATION FOR ALL WORKSHOPS

n8health Bendigo

505 High Street Golden Square, VIC



## COACHES/ALLIED HEALTH

*This is a fast find directory for riders and supporters of RACE to utilise businesses that support RACE.*

### Matt Wallace

#### COACHPRO

HIGH PERFORMANCE CYCLING

[www.coachprobikefit.com](http://www.coachprobikefit.com)

For coaching and bike fit outs

Ph: 0408 434 101 or email:

[matt@coachprobikefit.com](mailto:matt@coachprobikefit.com)

### Ryan Jeffrey

Ph: 0431 597 753

[ryan@tkofitness.com.au](mailto:ryan@tkofitness.com.au)

[www.tkofitness.com.au](http://www.tkofitness.com.au)



### Noel Sens Coaching Accreditation

Ph: 0488 435 130

Also a special thank you to

### Bendigo Mobile Wheel Alignment

(Thanks to Mick Devanny for fixing our RACE team trailer!)

## SOCIAL MEDIA STATS

### Snapshot for month ended 10/10/2016

Page views	7
Page Likes	2
Reach	2517(up from1322) (number who have seen posts)
Post engagement	1157 (down from 1287) (number who have reacted, shared, clicked or commented on posts)
Videos	7

Visit our Facebook Page

<https://www.facebook.com/race.org.au/>

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The Board says thank you to Andrew Jardine for his contribution to RACE this year.

**Andrew has provided massaging services to RACE athletes and members since December 2015.**

**We wish him well in his further studies, and look forward to following his future success as a physiotherapist.**

**On his leaving we asked Andrew for his parting comments and this is what he had to say:**

*'I am continually impressed by the high level of Professionalism in all aspects; on and off the bike, within the local community, preparation for events and communication between staff and athletes. RACE show endless amounts of support for young cyclists in the Bendigo region.*

***RACE excels in educating riders at the start of their professional cycling journey exposing them to the standards they are expected to have to succeed.***

*I have been impressed at how disciplined the riders have been this year with their training programs and how they have learned to listen to their bodies respond from the training load and know when soft tissue therapy is required. Recovery in professional sport is just as important as the training, and through Matt's coaching methods they have developed an excellent structure with plenty of rest but still maintaining the desired results they set out to achieve.*

*I encourage anyone who is dreaming of a professional cycling career to become an athlete with RACE. They have a big following and make a huge impact at high-level races.*

*My massage business has had huge exposure in both the Bendigo Region and throughout Victoria. Any businesses looking for sponsorship opportunities I advise to jump on board with RACE.*

*I value my time spent with RACE. I cannot thank them enough for the experience I have received whilst being a staff member in 2016. I wish the organisation all the best for the future.'*

**Andrew Jardine**



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[www.race.org.au](http://www.race.org.au)