

## NEWSLETTER

April 2014

It is hard to believe April is already over. What a month it has been with EPC athletes doing themselves proud racing all over the world. Apologies if any of your race results have been missed. Every day I am inspired by the athletes that I work with and how much energy and focus they bring to their training. Keep it up.

We have some exciting projects happening at EPC that will be released over the next few months, so watch this space for updates.



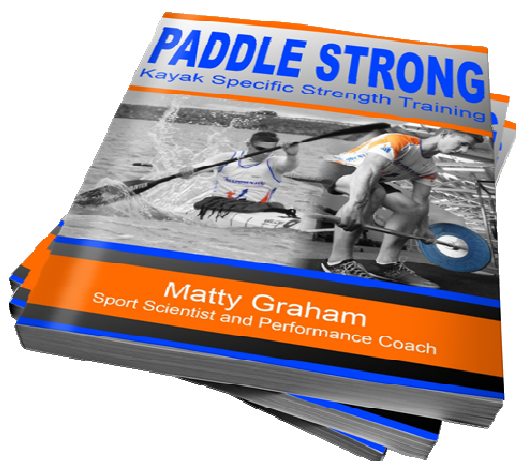
Like EPC on Facebook and follow us on Twitter to keep up with the latest news, videos and articles to help your performance.



Top L-R: Rach Sime in the zone at the Otago TT champs, Harriet Miller cutting laps at the NDURO 6+6. Pete Smallfield ready to take on the roller blade stage in China.

Bottom: Jess Simson striding it out at the Routeburn

## COMING SOON



### EPC athletes at the races

- **Otago TT Champs:** Well done to Glenda Bruce and Rachel Sime who both competed at the Otago TT Champs.
- **Moonride:** Harriet Miller took out 1st place in the 12 hour race.
- **Wenzhou Outdoor Quest:** EPC athletes were out in force in China at the 4 day Wenzhou Outdoor Quest. Jess Simson was part of the winning team (NZ Adventure), Pete Smallfield placed 6th as a last minute call up for team Moxie Gear while Ailsa Rollinson and Hamish Fleming placed 7th in team Oso Negro.
- **Hanmer 4 hour:** Harriet Miller was at it again taking 1st place in the every wet Hanmer 4 hour. Allan Killick rode strong to place 2nd in the men's race.
- **Around Brunner:** Well done to Chris Yeats who competed in the Around Brunner race.
- **Naseby 12 hour:** The wet and muddy conditions did not stop the EPC crew from performing well at the Naseby 12 hour. Shannon Hope rode hard as part of the 1st family team, Karl Buchanan placed 11th in the solo race despite having to finish early and go to hospital to get stitches in his leg. Rei Ishikawa rode hard as part of a team.
- **Tour de Wakatipu:** Well done to Kursti Annison who ticked off a big goal of competing in her first MTB race.
- **Porirua Grand Traverse:** Natalie Irving placed 3rd in the brutal Porirua Grand Traverse duathlon.
- **Contact Epic:** A course change made for some tough racing in Hawea. Allan Killick placed 3rd in the vet men section while Eldon Chisholm ticked off another Contact Epic with a strong performance.
- **Contact Classic:** Jane Leahy placed 10th Masters Woman
- **Contact Traverse:** Kursti Annison was back at it placing 2nd Vet Woman in the Contact Traverse.
- **Absolute Wilderness Adventure Race:** Rei Ishikawa and his team placed 5th in the very competitive men's team section.
- **NDURO 6+6:** Harriet Miller raced hard over 2 days (6 hours each day) to take out first place in this event.
- **Carins World Cup Race:** Unfortunately Tom Bradshaw had a big crash while training on the course the day before his race resulting in a broken collar bone, ac joint and radius.
- **Routeburn:** Jess Simson showed her world class form backing up her racing in China to take 2nd place.



Top Banner: Kursti Annison riding hard in Queenstown. Above L-R: Hamish Fleming all smiles in China while Ailsa Rollinson is pumped and ready to race. Tom Bradshaw in hospital after his big crash in Carins.



## **Performance nutrition**

### **Recipe of the month**

#### **Kale Chips**

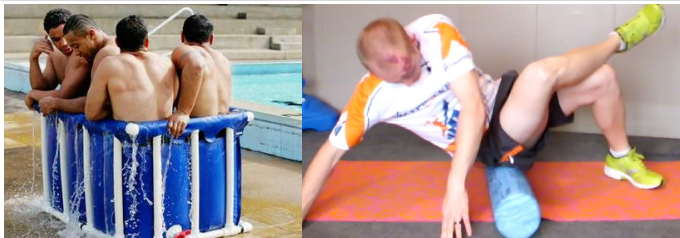
Kale is a member of the cabbage family and contains high levels of vitamins: A, K, B6, calcium and iron. It's an antioxidant-rich vegetable that helps regulate the body's inflammatory process. Kale also contains carotenoids and flavonoids, two powerful antioxidants that protect cells from free radicals that cause oxidative stress.

#### **Ingredients**

- 1 Tablespoon Olive oil
- 1 teaspoon of salt
- Bunch of Kale

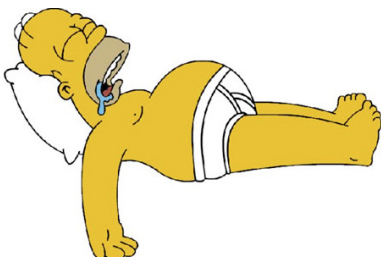
#### **Directions**

- Preheat an oven to 175 degrees °C.
- Carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner.
- Drizzle kale with olive oil and season with salt.
- Bake until the edges brown but are not burnt, 10 to 15 minutes.



## **Performance tip of the month**

Recovery days are critical for the adaptation to your training. A recovery day however does not just mean 'do nothing'. To get the most out of your recovery days supplement 'doing nothing' with things such as self massage, stretching, foam rolling, yoga, water based recovery and most importantly nana naps if you have time :) All of these modalities aid the recovery process helping you get the best benefit possible from your training. So think about adding a few of these things into your next recovery day.



## **Athlete profile**

**Name:** Rei Ishikawa

**Age:** 29

**Coach:** Matty

**Where do you live:** Dunedin

**General back ground:** I was born in Japan but I've lived in NZ since high school. I mainly stuck to football and snowboarding until I moved down to Dunedin for work and I started getting a sore back (being a slouching desk jockey). The easiest fix according to my physio was going for runs and my enthusiasm for endurance sports started from there (now he takes my money from sporting injuries). With the lifestyle available in Dunedin and Central Otago, trail running and mountain biking is a part of my life that I don't know what I use to do without. I'm just a happy weekend warrior but this year, I thought I'd have a crack at seeing how much better of a weekend warrior I could be – enter Matty.

**Racing goals:** Enjoy myself, get other people enthused to join me and catch the bugger in front of me (without blowing out before the finish line). This year, I'd like to do my first ultra. Next year, a few bigger ARs and rogaines. Someday, something bigger!

**Major achievements:** Last weekend, our team placed 5<sup>th</sup> in the men's category at the Absolute Wilderness 12hr AR which we were super stoked with – it was so much fun (and nice to out-navigate some fitter teams!) and the training paid off!

**Comment about working with EPC:** There are two main things that I have enjoyed about getting EPC's help with my training. Firstly, the focused, effective and flexible training programme has been the reason I've been able to fit in the training and actually see the improvement. Secondly, the learning and support Matty provides, whether it's through regular contact, discussions around race nutrition/strategy, or the recent whiteboard Wednesdays is something I find really stimulating (for a newbie like me) and keeps me enthused to learn and train more. Admittedly, I was a bit intimidated thinking that this sort of thing was only for high performance athletes, but now I'm looking forward to signing up for the next event, planning, training and learning.



L: On the bike at Absolute Wilderness AR. R: Training in the hills above Dunedin

**Keep up the great work. From the EPC team:**  
**Whitney, Nicole and Matty**