

## NEWSLETTER Januray 2013

Hey Team

I hope everyone enjoyed Christmas and is getting stuck into the New Year. Apologies for the absence of a December newsletter, time just slipped away and before we knew it, it was 2013. There has been lots of racing happening over the past two months and we have tried to feature some results from the bigger races EPC athletes have been competing in. Sorry if we have missed anyone.



In clock wise direction: Josh Harris striding it out at the Wanaka Contact series as part of a team. Guy Carter at Challenge Wanaka, Whitney Dagg at the Kepler, Will Sams at the end of the Kepler and Sarah Bryant (middle) celebrates her win on the podium at the Wanaka half Ironman.

### Coast to Coast Training Camp

This year EPC held two training camps for the Speight's Coast to Coast. Based at Castle Hill Village in the Arthur's Pass area the camps aimed at getting athletes physically and mentally prepared for the race via training sessions on the course, presentations on different aspects of the race and one on one interaction with the EPC coaching team.

This year elite multisport athlete Dougal Allan was on hand at the camps to lend first hand practical advice to the athletes sharing his experiences and things he has learnt from his racing. Adrian Hamill from PhysioMed was also at the camp to provide physio assessments of the athletes and answer any physio related questions. At EPC we are all about improving performance (ours and yours) all in all the 2013 Coast to Coast Camps were the best yet and we want to keep improving our camps. If you have any feedback or ideas for future camps (not just the C2C camps) please let us know.



### EPC athletes at the races

- Kepler Challenge: **Well done to EPC nutrition consultant Whitney Dagg** who place 5<sup>th</sup> in the woman's race. Willy Sams and Karl Buccanan both battled the challenging course and pulled through with strong personal performances.
- Oceania Track Cycling Champs: Brad Evans rode to some PBs despite a broken shoe at the Oceania Track Cycling Champs.
- Southland Track Cycling Champs: Hilary Lenox and Glenda Bruce mixed up with the best of the southern trackies at the Southland Track Cycling Champs. Both riders came away with some personal bests and more racing experience which will be important for this year's national champs.
- Wanaka Contact Tri Series Race: Karli Hugh had a fantastic showing to place 4<sup>th</sup> overall and 1<sup>st</sup> in her age group.
- Challenge Wanaka: Guy Carter raced well to place 3<sup>rd</sup> in the 20-29 age group. While Glen Chisholm and Pete Braham placed 6<sup>th</sup> and 11<sup>th</sup> respectively in the same category. Harriet Miller showed her training is paying off as she rode to the fastest female team ride time.
- Lake Wanaka half Ironman: Sarah Bryant had a strong race taking 1<sup>st</sup> place in the woman's 25-29 age group race. In her first attempt at the half Ironman distance EPC nutrition consultant Whitney Dagg placed 8<sup>th</sup> in her category while Alice Barach battled the tough conditions to finish 5<sup>th</sup> in her age group. First timer half Ironman athlete Hamish Dobson had a consistent race to finish 10<sup>th</sup> in the 30-34 age group.

### Performance nutrition

#### **Nutrition tip of the month**

Training yourself to eat during a race is important to ensure your stomach can tolerate and digest what you put in at high intensities. Also practicing things like opening packets, reaching for drink bottles or food from your back pocket on the bike. Get this mastered in some of your hard training sessions early so it is second nature come race day.

**By: Nicole Walker (EPC nutrition consultant)**



**Some of the action  
from the C2C  
training camps**





More action from the C2C training camps

### **Performance nutrition**

#### **Recipe of the month** **Vegetable Breakfast Stack**

##### **Ingredients**

- 2 slices of wholegrain toast
- 200g of pumpkin – pre cooked and sliced
- 1 large field mushroom
- ¼ of a courgette sliced
- 1 handful of baby spinach
- 2 tsp of olive or canola oil
- 2 slices of capsicum
- Sliced red onion
- 1 tomato halved



##### **Cooking Guidelines**

- Pre cook pumpkin the night before (either boil or bake)
- Heat oil in a pan and gently fry vegetables until just cooked.
  - Add spinach last and cook until just wilted.
- Stack vegetables on top of wholegrain toast.
  - Serve with a glass of trim milk.

**Energy: 2790 kJ CHO: 72 g PRO: 37 g FAT: 15g (SAFA = 3g)**

**By: Whitney Dagg (EPC nutrition consultant)**

### **Performance tip of the month**

The human mind and body is an amazing thing and is capable of incredible feats of physical strength and endurance. Over time the human mind and body have developed many built in, self protective mechanisms in order for survival. Subconsciously your body always holds a little in reserve, it will never let you push to your absolute physical limit. Have you ever noticed that you can feel like you are at your absolute limit, have nothing left to give and then you come around the corner see the finish line and kick it up a gear for the sprint finish? If you were truly at your limit then this should not be possible. When you feel that you are giving 100% and you could not sustain a higher work load remember this, you are actually only at ~80% of what you are 'truly' capable of. Your body is just holding back a 20% reserve 'just in case'. Those athletes who are able to dig deeper, push through the pain and discomfort not just for the sprint finish, but throughout the race, are those who come out on top and break their records both personal and official. So go out there, dig a little deeper, push a little harder and tap in to that survival energy when it counts.

**What a great start to 2013. We look forward to working closely with you throughout 2013. Keep up the great work. From the EPC team: Whitney, Nicole and Matty**

### **Athlete profile**

**Name:** Hamish Fleming

**Age:** 22

**EPC coach:** Matty

**Where do you live:** New Plymouth

**General back ground:** I attended New Plymouth Boys High School before I moved to Dunedin in 2009, where I studied Geology and Geography for four years. This summer I am back at home in NP training hard for the Coast to Coast and then GODZone adventure race.

**Sporting back ground:** I have always had a passion for the outdoors and love that challenges and personal growth that adventures in the wild allow you to experience. I participated in adventure sports throughout my schooling (namely Hillary Challenge), but it was in 2011 when I completed the two day Coast to Coast my addiction was truly realised. This event inspired me to keep developing as an athlete and to see what I can really achieve in both multisport and adventure racing.

**Racing goals:** I would love to place in the top 10 of this year's Coast to Coast Longest Day. At GODZone my team is hoping to place in the top 5. After that I hope to compete in some international adventure races, depending on what opportunities present themselves.

#### **Major achievements:**

- 1<sup>st</sup> Under 23- The Goat Alpine Adventure Run (5<sup>th</sup> overall), 2012
- 1<sup>st</sup> Team – Southern Lakes 24hr Adventure Race, 2012
- 13<sup>th</sup> Team - GODZone Adventure Race, 2012
- 1<sup>st</sup> Individual- Otago duathlon Champs, 2011
- 1st Team - Genesis Energy Hillary Challenge 2007, 2008

#### **Comment about being coached by EPC:**

EPC coaching has lifted my performances to a new level. It's great to have a clear structure and guidance in my training. In the past I tended to do too much and then burn out, so consistency was a real issue. Now I can feel confident that the training I am doing is the right training, which takes the doubt out of it and in turn makes it even more enjoyable! Loving it!



Left: Hamish hard at it at The Goat Alpine Adventure Run. Middle: Hamish training on Goat Pass in January in preparation for the 2013 Speight's Coast to Coast. Right: Hamish during the 2012 Orion Health GODZone adventure race.