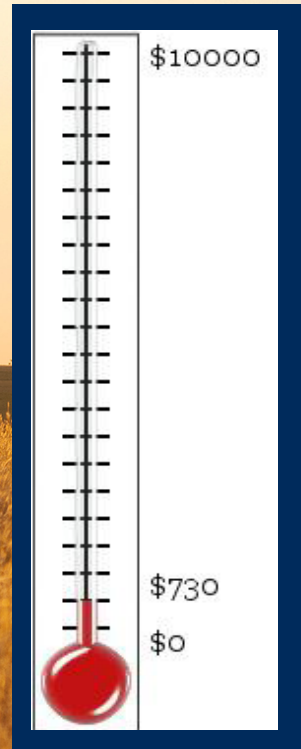


## Fundraising Target



# Training Tips and News for T+M RideWest

Welcome to the first edition of the T+M RideWest Radar. The Radar will be full of training tips as well as news about the Ride and T+M fundraising events.

## Carbohydrate Loading for Endurance Racing

Carbohydrate loading is a method of eating which helps to optimise the amount of glycogen stored within the body. Carbohydrate loading requires an exercise taper combined with a very high carbohydrate intake. If your training schedule does not allow time for a taper before the race, you will need to place more emphasis on carbohydrate intake during the race.

1-4 days of exercise taper while following a high carbohydrate diet (7-12g/kg body weight) is sufficient to elevate muscle glycogen levels.

## What does a high carbohydrate diet look like?

The following diet is suitable for a 70kg athlete aiming to carbohydrate load:

### Breakfast

3 cups of low-fibre breakfast cereal with 1 1/2 cups of reduced fat milk

1 medium banana  
250ml orange juice

### Snack

toasted muffin with honey  
500ml sports drink

### Lunch

2 sandwiches (4 slices of bread) with filling as **desired**  
200g tub of low-fat fruit yoghurt

375ml can of soft drink

### Snack

banana smoothie made with low-fat milk, banana and honey  
cereal bar

### Dinner

1 cup of pasta sauce with 2 cups of cooked pasta  
3 slices of garlic bread  
2 glasses of cordial

### Late Snack

toasted muffin and jam  
500ml sports drink

This sample plan provides ~ 14,800 kJ, 630 g carbohydrate, 125 g protein and 60 g fat. (Source - [www.ausport.gov.au](http://www.ausport.gov.au))



Hannah Byrne



Mark Winn

**To help Mark Winn and Hannah Byrne reach their goal of raising \$10,000 to assist Royal Flying Doctors Men's Mental Health Program in rural and remote areas, please donate at the RideWest website -**

<http://ridewest.com.au/home/riders/>



## Hannah Byrne - Riding West for Mental Health

Hannah Byrne, a lawyer in Thynne + Macartney's Agribusiness team, is testing her limits in the upcoming RideWest event from 6-12 May to help change people's perspectives on mental health.

RideWest, a tough seven day, 1,237km ride from Brisbane to Longreach aims to raise funds for the Royal Flying Doctors' mental health programs in rural and remote areas.

We recently spent some time with Hannah to find out what would motivate a young woman to take part in such an arduous event, cycling through some of the toughest environments in outback Queensland.

### **What was it about the RideWest event that made you want to enter?**

I have always been one to test myself with training and participating in endurance based events like RideWest although RideWest is by far the longest event I have ever trained for!

RideWest hit home to me because a very close friend of mine (from the bush) lost her brother to mental illness. I have seen the devastating effect this has had on her family so I was keen to be involved in an event that seeks to promote awareness of men's mental health in rural communities.

### **I understand that you have a personal connection to the bush. Can you tell us about that?**

My family owns a beef cattle property at Rathdowney in Queensland. If I am not training for an event like RideWest you will find me spending my weekend escaping to the family farm to get out of the city, spend some time in the clean air and assist (or hinder depending on who you ask!) with the always endless list of jobs around the farm.

### **What kind of preparation will you have to do?**

I am desperately trying to get some kilometres in my legs between now and May!

On most mornings during the week I will be spending 60 to 90 minutes on my bike (either inside on my wind trainer or outside on a ride with my mates). I am aiming to do a longer ride on most Saturdays (over 100kms) and am hoping to at least get at least one 200km ride under my belt prior to the race.

### **What are you looking forward to the most about RideWest?**

The comradery that comes with participating in an event like RideWest, the challenge of riding such a long way, getting to meet some friendly faces in the rural communities we visit and riding through areas of Queensland I am yet to visit.

### **Do you have a personal goal for the ride, aside from raising funds for mental health programs in rural and remote areas?**

Aside from that main aim, my personal goals are to firstly enjoy the ride and the experience and secondly to try not to take advantage of the support vehicle and ride the whole way!!

### **You're part of the Agribusiness Team at Thynne + Macartney. What part of your work do you enjoy the most?**

The variety of work that comes across my desk always keeps me on my toes but the best part of my job is the clients I get to deal with on a day to day basis.