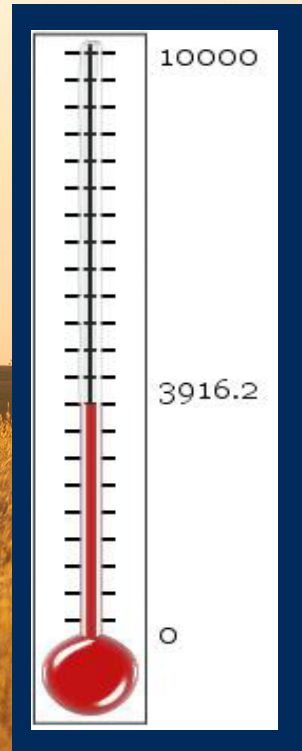


## Fundraising Target



## Training Tips and News for T+M RideWest

Welcome to the second edition of the T+M RideWest Radar. In this edition we look at multi-stage cycling events and spend some time getting to know Mark Winn.

### Multi-Stage Races - The Challenge of Recovery

Some cycling events require days of successive riding with individual stages around 200km or longer. These events place enormous stress on the fuel and fluid reserves of athletes. Riders need to look after needs during each race and undertake strategies to assist recovery between days. Recovery of fuel stores is enhanced when a snack that provides carbohydrate and other nutrients such as protein and vitamins is consumed immediately after exercise.

If there is more than an hour before your next meal you will need to choose from the following options:



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/>

#### Male Athlete (Target 60-80g carbohydrate)

- 200g fruit yoghurt + jam sandwich
- 200g fruit yoghurt + cereal bar + 250 ml juice
- 200ml flavoured milk + cereal bar + banana
- 750-1000ml sports drink
- sports bar + 500ml sports drink
- 200ml liquid meal + 1 large banana

#### Female Athlete (Target 40-50g carbohydrate)

- 200g fruit yoghurt + jam sandwich
- 200g fruit yoghurt + cereal bar + 250 ml juice
- 200ml flavoured milk + cereal bar + banana
- 750-1000ml sports drink
- sports bar + 500ml sports drink
- 200ml liquid meal + 1 large banana

(Source - [www.ausport.gov.au](http://www.ausport.gov.au))



## Mark Winn - Riding West for Mental Health

Mark Winn, a partner in Thynne + Macartney's Business Advisory & Dispute Resolution team, is helping people in rural and remote areas find freedom from the challenges of mental health issues by taking part in the upcoming RideWest event.

RideWest raises funds for the Royal Flying Doctors' mental health programs and consists of a punishing seven day cycle through some of Queensland's harshest outback territory.

Mark has undertaken challenges like this before and is a bit of an extreme athlete. We recently caught up with Mark to find out what motivates him to test his limits in these events.

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

To help others and to challenge myself.

### **What do your family and friends think about your decision to enter such an arduous event?**

Mad, mad and mad.

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

Lots of cycling, obviously! I'm not sure how I will fit it all in.

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

The comradery. There will be downtime at the end of the day and there are planned rest breaks throughout the day, so there will be time to catch up with the other riders.

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

To keep up with the pack! It's a long ride and it would be easy to get left behind, particularly if I don't get enough training in.

### **You're part of the Business Advisory & Dispute Resolution Team at Thynne + Macartney. What part of your work do you enjoy the most?**

Getting results for clients - whether it's putting a deal together or resolving disputes.