



# REDCLIFFE RED DRAGON BOAT CLUB NEWSLETTER

## BRISBANE RIVER CHALLENGE 2015



The Brisbane River Challenge was a time trial race for various water craft including dragonboats which was run on Saturday 11 July 2015 and raced down the Brisbane River. The 12.5km course started at Newstead and finished at West End. There were 6 dragonboats competing, including DA Bribie Island, Brisbane River Dragons, Twin Lakes, Coffs Coast, Redcliffe Red Dragons and Te Waka Dragons, with a starting time of 10.50am.

Most of the crew of 18 met at the compound to help Doug get the trailer hitched to his car, and to organise the equipment. Fortunately Cheryl noticed as we were about to leave that no-one had thought to include the sweep's oar – that would have been an interesting start to the day!

Along the way we linked up with Doug's family, who volunteered (or had been volunteered!) to bring their boat and act as support/safety boat. Thanks heaps Kris, Niki and Will.



Once in the water, the boats were started at 20 second intervals, with Redcliffe starting second last and Te Waka last. Te Waka took an early lead, but Redcliffe were hot on their heels. The conditions were challenging on the river, with the Te Waka support boat creating a big wash, making Cheryl's job as sweep even more difficult.



There was pretty constant bailing by two of the paddlers at the start, but the team kept up the pace. There was an exciting challenge from Coff's Coast, with the second position changing a few times.

Iciar kept up the encouragement, and the team responded by getting ahead and holding off Coff's.

It was an amazing paddle, and Redcliffe did themselves proud by finishing second in 1 hour 20 minutes 18 seconds. Te Waka took first in 1 hour 17 minutes 49 seconds and Coffs took third in 1 hour 21 minutes 46 seconds.

Paddling down the river was a great experience, made even better by members of the club who gave us support from various locations along the river – it was a great lift to hear them, so thanks to everyone that came along.



After the race, Will towed the boat back to Breakfast Creek and we got to enjoy the views we missed on the way down – being the good paddlers we are we kept focussed on the front of the boat!

All in all, it was a fantastic day, and really showed Redcliffe is a competitive club with great spirit. Congratulations to all the paddlers and Cheryl as sweep. - *Courtesy of Kay Roper*



# Tin Can Bay Regatta



The weekend of 18<sup>th</sup> & 19<sup>th</sup> July saw the majority of the Reds and Pinks attend the end of the annual Wide Bay Regatta in Tin Can Bay. On the Saturday we enjoyed good weather for participating in the Diamond Dash. With the increasing popularity of the challenge we were able to enter 3 Redcliffe teams, RED and BLACK swept by Arthur and WHITE by Cheryl.

This year, thanks to Arthur and Iciar, we had practised for our turns around the buoys and all 3 boats presented a fabulous race where everyone got to paddle.



As the water conditions became more challenging so did our turns, but we adapted our technique and carried on to be place 3<sup>rd</sup>, 6<sup>th</sup> and 7<sup>th</sup>.

Placing	Club	Time
1 <sup>st</sup>	Cooloola	5.28.12
2 <sup>nd</sup>	1770	5.38.41,
3 <sup>rd</sup>	- Redcliffe Reds	5.47.91
4 <sup>th</sup>	Hervey Bay	5.54.09
5 <sup>th</sup>	Lakers 1	6.27.76
6 <sup>th</sup>	Redcliffe Blacks	6.30.97,
7 <sup>th</sup>	Redcliffe Whites	6.38.25,
8 <sup>th</sup>	Bundy	6.39.65
9 <sup>th</sup>	Lakers 2	6.44.21.

Well done to every paddler that participated in the Diamond Dash we did our club and ourselves proud. It will be back to the drawing board over the next 12 months to perfect our turning technique in order to give Cooloola another run for their money next year.

Dinner on Saturday was a huge success due to Cheryl, who not only booked the Country Club but organised the menus and understood that we would not remember what we had ordered and had the foresight to be prepared with personal reminders. Thank you Cheryl ☺

Sunday was a cold start but the rain held off for the day. Our day racing started with a quick dash to the boats to get 3 sweeps, Bruce, Rita and Michelle S, accredited before the racing started. This was made possible by Cheryl's persistence, Gayle from Cooloola Dragons and Bruce Eckersley for taking the accreditations. A huge thank you also has to go to the 16 paddlers who gave their time to help with this as it would not have been possible without you.



**Our new sweeps – Rita, Bruce and Michelle!**

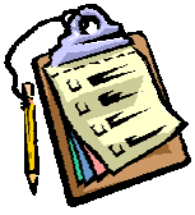
With the fantastic turn out to represent Redcliffe we were able to submit 2 teams in the Mixed A, Gold and Silver, 2 teams in the mixed B, Red and White, and a Pinks team. Our first boat out for the day was the Reds with our new sweep Bruce, Rita took the Silver team and Michelle S took the White team. The weather decided it was not going to be kind to the new sweeps and gave increasingly large swells with side wind. Due to the diligent training from Del, Arthur, Cheryl and Marla the new sweeps coped magnificently with the conditions and all the teams had a full and successful day racing with no sweeps falling in the water!

The Pinks narrowly missed out on winning 1<sup>st</sup> place to the combined team of Gold Coast DA and Missabatatitti (BRD) and were closely followed by Bribie DA. WELL DONE GIRLS.

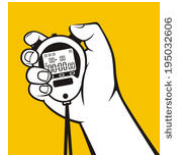
Races 13 and 19 saw all of our paddlers out on the water at the same time with the Gold and Silver teams competing against each other and Sunny Coast and Maroochydhore Sea Serpents respectively. Although neither of our teams made the Mixed A Grand Finals, I am sure it would of been spectacular to see all of our club on the water together. The Redcliffe Reds raced Pink Dragons Gold Coast and 1770 in their Mixed B Grand Final and came in a very close second in a time of 1.09.84 behind Pink Dragons who placed first in 1.09.47 and 1770 3<sup>rd</sup> in 1.12.81.

The weekend was incredible with how the club worked together and the results we obtained. Well done everyone. Big Thanks must also go to Doug Trott who was asked to be the Assistant Team Manager for the weekend and did an outstanding job. - Courtesy of Michelle Swift





# Coaching Corner



## What is the Lactate Threshold?

The lactate threshold is a point during exhaustive, all-out exercise at which lactate builds up in the blood stream faster than the body can remove it. [Anaerobic metabolism](#) (see definition below) produces energy for short, high-intensity bursts of activity (lasting no more than a few minutes) before the lactate build-up reaches a threshold where it can no longer be absorbed and, therefore, accumulates. This point is known as the [lactate threshold](#) and is usually reached between 50 to 80% of an athlete's VO<sub>2</sub> max (see definition below).

During moderate exercise the lactate can be absorbed quickly, but with high-intensity exercise it is produced faster than the body can absorb it. This lactate threshold is marked by a slight drop in pH (from 7.4 to about 7.2) that is thought to cause fatigue and reduce the power of muscle contractions. At this point the athlete is forced to back off or slow down.

Presumably, having a higher lactate threshold means an athlete can continue at a high-intensity effort with a longer time to exhaustion.

### Definitions :

**VO<sub>2</sub> max:** the maximal oxygen uptake or the maximum volume of oxygen that can be utilised in one minute during maximal or exhaustive exercise. It is measured as millilitres of oxygen used in one minute per kilogram of body weight.

**Anaerobic:** Anaerobic means without oxygen. Anaerobic exercise consists of brief intense bursts physical activity, such as weightlifting and sprints, where oxygen demand surpasses oxygen supply. While aerobic exercise relies on oxygen, anaerobic exercise is fueled by energy stored in your muscles through a process called glycolysis. Glycolysis is a method by which glycogen is broken down into glucose, also known as 'sugar' and is converted into energy. Glycolysis occurs in muscle cells during anaerobic exercise in order to produce energy quickly, thus producing lactic acid, which causes your muscles to fatigue.

**Lactic acid:** a by-product of glycolysis and forms when your body breaks down glucose for energy when oxygen is low. Participation in regular anaerobic exercise will help your body tolerate and eliminate lactic acid more efficiently. You know you've produced lactic acid when your muscles have a burning sensation during and after intense exercise. Lactic acid is a by-product of the energy system. It is used to release energy to the body without the involvement of oxygen – a process called anaerobic glycolysis.

An accumulation of lactic acid prevents calcium from playing its role in muscle contraction, which is why you may also experience a feeling of heavy arms and fatigue. By training regularly at high intensities, your fitness levels increase and your body becomes more efficient at clearing lactic acid, allowing you to train harder for longer.

Excess lactic acid is generally cleared from the muscles within an hour post-exercise and can actually be used to form energy for working muscles. But take some tips from professional athletes, who use massage, light stretching and hot baths to promote blood circulation and aid the release of lactic acid from the muscles after an intense workout.

# FOODIE CORNER

## Chia, Almond and Cacao Balls

### Ingredients:

- 1 vanilla bean split
- 2 tablespoons white chia seeds
- 2 tablespoons unsweetened almond milk
- 1 cup blanched almonds
- 1 cup walnuts
- ½ cup shredded coconut
- 1/3 cup cacao powder
- ¼ teaspoon sea salt
- ½ teaspoon ground cinnamon
- ½ cup almond spread
- 2 tablespoons rice malt syrup

### Method:

1. Scrape seeds from vanilla bean. Discard vanilla pod. Place chia seeds and milk in a small bowl. Stir to combine.
2. Meanwhile, process almonds, walnuts and ¼ cup coconut until finely chopped. Transfer to large bowl. Add cacao, salt, cinnamon and vanilla seeds. Stir to combine. Add almond spread, rice malt syrup and chia mixture. Stir to combine, adding an extra 2 teaspoons of rice malt syrup to bind mixture, if needed.
3. Place remaining coconut in a shallow dish. Using 1 tablespoon of mixture, press and roll mixture together to form a ball. Roll ball into coconut to lightly coat. Place on a large baking tray lined with baking paper. Repeat with remaining mixture and coconut. Store in airtight container in the fridge for up to 1 week.

If you have a recipe you would like to share please email your recipe to [michelle.ferriday@bigpond.com](mailto:michelle.ferriday@bigpond.com)





## **Birthdays for July**

Fran Heales

Michelle Swift

Jodie Fields

## **Birthdays for August**

Carol Melling

Barb Flyn

Iciar Argus

Donna Stein

Deb Jackson

Tom McGrath

Stephen Adshead

Brendon Duffey

# **Upcoming Events**

16 August – Masters Games – Cairns

19 -23 August - AURORAS – Canada

22 – 23 August – Ballina Regatta

29 August – Bunnings BBQ (fund raising)

5 September - General Meeting (at compound)

19 September – Come and Try Day

20 September – TeWaka Regatta