

# Bio-Mechanics Cycles & Repairs E.News

WE FEAR NOT THE EASTER BILBY AND ITS MIGHTY PAWS

## BMCR Customer Profile: Jane Powell



Not content with competing locally, Jane Powell juggles her work at the Attorney General's Department (Serious and Organised Crime section) with a hectic family life, as well as training, travelling and competing in Ironmen competitions. Holy moly! (Feeling lazy, dear reader? I know we sure are.) We managed to grab a few minutes of her time to bask in her reflected glory...

### What have you been competing in lately?

In the last 3 years, I've competed in 7 Half Ironman distance races ("70.3") and one Ironman. Last year I did 2 Ironman 70.3 races - one in Busselton, WA, and the other in Cancun, Mexico.

### Describe your typical training week.

At the moment, I'm in 'build phase' for Ironman WA in December (with the Cairns long course in June) so my training week looks like this:

Monday - swim, run  
Tuesday - swim, bike, run off the bike, evening run (I don't work Tuesdays so this is my long training day)  
Wednesday - bike, run  
Thursday - run  
Friday - bike  
Saturday - swim, run  
Sunday - if I can, I sneak out for a couple of hours on the bike.

Currently that's about 13 hours of training per week but later in the year it will get closer to 18-23.

### What do you find to be the hardest part of training?

The 5 am alarm. I have a job and a family so I try to train when neither of them notice that I'm not around.

Dear Lia,

Happy Easter! (We think. Is that right? It feels very weird to wish you a 'happy' anything if said event involves being nailed to a cross.) Who's got long weekend riding plans? Who's got chocolate? Who's already polished off a dozen hot cross buns? (I would, but I can't shake the final shred of religious-school-instilled belief that I will be Smote From Above if I indulge in bunly goodness before the appropriate day. But, come Friday: watch out. Your nearest Baker's Delight staff will quake as I descend, block of [B.D. Farm Paris Creek](#) unsalted butter in hand, and bellow, "GIVE ME TWO DOZEN OF YOUR FINEST CHOCOLATE HOT-CROSS BUNS!" And then: "WHAT DO YOU MEAN YOU'RE SOLD OUT?")

But, I digress. Welcome to the April e.newsletter! We've got new products (including a drool-worthy new bike making its debut on the floor), a secret subscriber special, and we also managed to capture one of our most hardcore customers for a profile feature. Joy! Many thanks also to all who gave us feedback on the new [website](#) - we're delighted you like it. So get comfortable, grab another bun, and we'll see you in a bit...

## → What's new, pussycats?

Depending on your particular aesthetic, **SMP saddles** either look like heaven on a post or some kind of bizarre torture device. Fortunately, they're designed for a purpose, and that purpose is not to scare people, but rather to cushion your



delicates. Their ergonomic shape and wide central cut-out channel makes them brilliant for those who've had, er, crush issues, and there's a style to suit everyone from racers to casual riders. We debut our range with four models: the **Dynamic** (\$299), **Lite 209** (\$299), **Extra** (\$99)

and **TRK** (\$90). Your choice will be determined on your riding requirements and physical build, but all models have the classic SMP characteristics: the "beak" saddle nose, the wide central channel, and the way the rider's sitting position is spread to avoid their bits getting squished. (This is the main point of SMP saddles; let's not beat around the bush. Ha ha! Hey; someone had to say it.)

For anyone who wants to be able to set a benchmark for ride times - or perhaps just figure out exactly how late you'll be getting home today and how much trouble you'll be in for missing that Important Family Event - a bike computer is a must. The **Pro SX4-X** (\$49.50) is a perfect option if you're looking for something that gives you all the features you need without getting into heart



rate/cadence/Garmin/altitude/where's-the-nearest-hospital territory. Its seven functions include speed (including maximum and average),

distance, odometer, ride time, and a clock. And apparently Automatic Sleep also counts as a function. Who knew? (Hey, Grandpa! You have a function!) The Pro SX4-X is compact so it fits easily on most bikes, plus it's incredibly easy to use: there's only one button. It's kind of hard to mess that up, really. Unless you swallow it.



These have been one of our most popular shoes: the **Northwave Missions** (\$130). But why? Is it their casual good looks? Is it because the recessed SPD cleat area means you can take them for a stroll without that *scritch! scritch!* sound? Is it because you can hike in them? Is it the roomy width and generous toebox? Is it the extremely reasonable price of \$130? Is it because of reviews like [this](#)? Beats us, if not. It can't be the name. Makes me think of [this](#). And that guy's not even *wearing* shoes!

What's been the most unexpected lesson you've learnt regarding cycling and triathlons?

It's easier to ask forgiveness than it is to get permission when it comes to bike or bike-related purchases.

What's been your favourite event so far?

Ironman WA (last December) was amazing. The course, the support and the atmosphere were just fantastic. Can't wait to do it again.

Is there a dream event you haven't yet competed in?

SO many! Escape From Alcatraz triathlon - I keep entering the lottery. Maybe next year I'll get in!

How do you spend time off the bike?

I have 2 wonderful sporty kids - James (13) and Halle (11) - who are sometime running and swimming partners. James is very excited to be getting his first road bike soon... and Halle is eyeing off my Cervelo S3. I was a Prosecutor at the Office of the Director of Public Prosecutions but my new job at the AGD has more regular hours, so I'm hoping I'll have more regular training as well.

Most painful crash?

Most painful (but not quite the most embarrassing) - Henley Beach Road, pretty big group. Just lost focus (read: was goofing around) and went over the handlebars. Result: fat lip, black eye, assorted scrapes and bruises, and three weeks of explaining that I was not a domestic violence victim. (And, yes, the bike was fine.)

Finally, any advice to those about to compete for the first time?

Be proud. Most people will never do what you are about to do.

Be grateful. Many people don't have the capacity to do what you take for granted. Smile. Have fun.

Thanks, Jane!



## → Hy, Zak!

We've been waiting for this one for a long time. And now, ladies and gentlemen, direct from Italy, you've wanted to see it, here it is, may we present... the Scapin Hyyyyyyysaaaaak! *\*cue angels singing\** All right; enough hyperbole. This is one of the most beautiful bikes we've had the privilege of laying our hands on, let alone stocking. The Hysak's carbon monocoque frame is



stiff yet shock-absorbing, giving you superb control and confidence whether you're overtaking people up one of the Three Peaks or shooting down Old Norton Summit Road.

Hand-built and hand-finished in Italy, it's the attention to detail - check out the nifty S-shaped seatpost clamp! - that sets this bike aside from the competition. Given ten out of ten stars in [Cycling Plus's SuperBike](#) challenge, the Hysak performs as beautifully as it looks. Our first model is built up with Sram Red and with Fulcrum Racing Zeros for \$8040, but, as with the whole [Scapin](#) range, you can order your bike exactly how you want it! All models come with a choice of Shimano, Sram or Campag groupsets or Fulcrum, Mavic, or Miche wheels. Hysak builds start at \$4,500, so come in and have a chat about creating your dream cycling machine. This bike is so beautiful even the most tyrannical spouse will loosen their purse strings just by looking at it.

## → A happy chappy

One BMCR customer who took advantage of last month's secret subscriber sale (Vaude Air Jackets for \$99, for those with short-term memories) was so happy with his purchase that he sent us a note about it. To wit:

*I must admit Lia makes a great salesperson. Recently I went in to get some puncture repair glue and a couple of tubes. (Winter is a treacherous time for punctures; stock up now.) Next thing I remembered was the e.newsletter mentioning the Vaude Air Jacket was on special, and special is it. What an excellent little jacket. It folds down to the size of a small cafe latte (or, if in America, a peanut butter and jelly sanger) and slips into the back pocket so you hardly notice it's there. I thoroughly love this jacket in ways you may not understand. Great idea, and a great item to add to your kit. Even better when you're Scottish and it's on special. Thanks, BMCR! My mornings are almost complete, apart from the darkness.*



Thanks, Paul! (We'll let you know when we're able to control the sun. So far we're only having success with the darkness within.)

## → Burn rubber



The mountain bike season has commenced! We offer a tribute to our dirt-hungry brothers and sisters by giving you guys 15% off all Schwalbe, Maxxis and Kenda MTB tyres this April. Nevegals, Karmas, Crossmarks, Ignitors, Monorails (*Monorail! Monorail!*), Ignitors, Racing Ralphs, Rocket Rons, Nobby Nics, Sly Steves, and Pensive Petes. (OK; I made the last two up.) Whatever your preferred tread pattern, and whether 26" or 29", we've got the goods.

And that's that for April! We'll be taking a quick break over the Easter long weekend and will be closed from Good Friday through to Easter Monday, but back on deck Tuesday morning. May the coming long weekend bring y'all lots of bike time and foil-wrapped goodness. Until next month, keep riding and stay safe!

Cheers and happy trails,  
Pete, Lia & Andrew  
Bio-Mechanics Cycles & Repairs  
*Eagerly anticipating the chocolate bunny of our dreams*