

## Track star

Former Junior World Champion cyclist Melissa Hoskins tells *Thrive* about her journey to the London Olympics.

As a child, Melissa Hoskins used to run around her backyard pretending she was in the Olympic torch relay and opening ceremony. Now aged 21, she has been named one of the 14 athletes in the Australian track cycling team for the London 2012 Olympic Games, putting her childhood fantasies well within her grasp. "To be saying I'm going to the Olympics now is an amazing honour," Melissa says. "It's an opportunity I'm going to really make the most of."

Melissa set her sights on cycling in her mid-teens when she started watching the Tour de France with her family. "We would sit up at night and I was intrigued. I would tape the stages on school nights so I could watch when I woke up the next morning before school. I was hooked."

Soon she was selected through the West Australian Institute of Sport Talent Identification testing for the cycling program, and she hasn't looked back. "I guess you could say I had always been good at sport, but with cycling it was like a fish to water," she says. "I loved it, and I wanted to be the best."

[Continued on page 7]



inside



### 02 Win!

We have three Wii consoles complete with Wii Fit to give away!



### 05 Nat Fyfe

The Dockers star reveals how he stays fit while recovering from injury.



### 06 Pumpkin and sage flan

Indulge your taste buds with this simple and delicious recipe.

Winter is a great time to catch up on reading. Here are some great new releases to curl up with on a rainy night in.

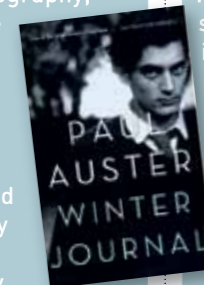
**The Scent of Lemon Leaves** by Clara Sanchez  
ALMA 9781846881855  
RRP \$36.99

In a village on the Costa Blanca, Sandra is avoiding her family in order to take stock of her life, struggling with a decision that will change everything. When she meets Julian, a former concentration-camp inmate, she becomes entwined in a search for truth and redemption. This is an intriguing and affecting story from one of Spain's most accomplished authors.



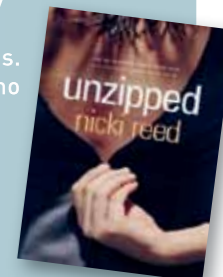
**Winter Journal** by Paul Auster  
FABER 9780571283217 RRP \$36.99

In this elegant reflection on the body, time and memory, bestselling novelist Paul Auster pieces together vivid fragments of autobiography, creating an unforgettable portrait of his childhood, marriage, and his mother's life and death. Writing from the winter before his 64th birthday, Auster lets the season and the sensations of the body guide his memories in an unconventional but highly engaging memoir.



**Unzipped** by Nicki Reed  
TEXT 9781921922459 RRP \$29.99

This is a smart, sassy novel that is both touching and hilarious. Peta used to know who she was – a sensible information-dissemination professional, a committed wife, possibly soon to be a mother. Then she falls in love, and everything changes. *Unzipped* is the story of a woman losing herself and finding herself again.



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[Continued from page 1]

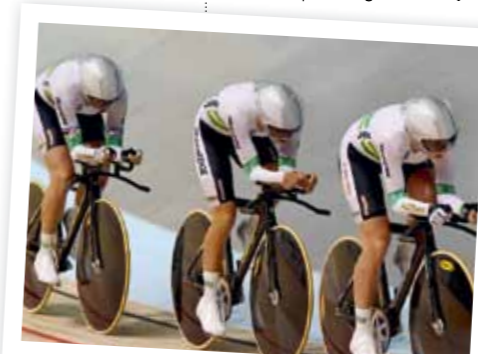
Melissa's first national title came in the 2008 National Championships team pursuit, an achievement she has matched every year since. In 2009 she became the Junior World Champion in Moscow, breaking the world record in the process. She was also part of the Australian team that won bronze at the World Cup in Beijing in 2011.

Training for the Olympics means a lot of time away from family and friends, which Melissa says can be difficult. "Just like any elite athlete from any sport it takes a lot of discipline," she says. "It involves a lot of pain and commitment, but when you make the team it's the reward for all the hard work that you have put in. It makes you more motivated for that gold medal and you want to push even harder to make it all count."

"You also have to do a lot of growing up and become quite independent. We have a young team so everyone is in the same boat."

Luckily, Melissa has plenty of role models to look to for inspiration. In particular, she is grateful for the friendship

and support of fellow Olympic debutant and Western Australian Josie Tomic. "She took me under her wing when I first started, close to five years ago now. She showed me the ropes and now I'm privileged to say I will be going to



the Olympics with my friend, mentor and inspiration."

She also looks up to her GreenEDGE AIS teammate Alexis Rhodes.

"She's seen and done it all and has faced some scary things and lived to tell the tale," Melissa says. "Alexis is someone who gives you goosebumps – and that's special!"

For now, Melissa's sights are firmly focused on Olympic gold, but she hopes to have more opportunities to establish herself as a road sprinter in the future. "I have had a solid road season already this year, but I have had to miss a lot of the road events so I could work on my Olympic track campaign," she says. Still, it's definitely not a decision she regrets. "The road will always be there, but the Olympics don't come along very often. It is an extremely special event."

### (HEALTH Q AND A WITH MELISSA)

#### HOW DO YOU STAY HEALTHY?

You can't go past your two fruit and five veg! It's important to eat healthy and stay on top of your proteins and salads but there is always room for a treat here and there. In fact, I love the treats! As long as you maintain a healthy and stable diet, you can't really lose.

#### WHAT DO YOU DO TO RELAX?

That's something that I don't get loads of time to do, so when I do get it I want to make the most of it. When I'm home I love to spend it with friends and family, but most of my time is spent in Europe competing – this year especially. So I tend to listen to music, watch movies or hit the shops for some retail therapy!

