

# ASK THE ATHLETE

A Resource for Active People with Diabetes



**Monique Hanley, Cycling (Track, Criterium, Road and Touring)**

**My Link:** [www.hypoactive.org](http://www.hypoactive.org) & [www.moniquehanley.com](http://www.moniquehanley.com)

Monique Hanley was a competitive basketballer when diagnosed with type one diabetes at 19. Struggling with her diabetes management, she walked away from the sport leading to even poorer health outcomes. Finding new enthusiasm for exercise through a bicycle changed her life forever. Since then she has ridden across Canada (7,800km), around France following the Tour de France (2,600km), and was the only female member of Team Type 1 in the Race Across America (RAAM) in 2007 and 2008. In 2004 she helped form HypoActive ([www.hypoactive.org](http://www.hypoactive.org)) a support organization to help people with type one diabetes to be less afraid of exercise. In 2009 she returns to Team Type 1 as part of their Pro Womens squad, racing the US Pro Tour. Monique won the DESA International Athletic Achievement Award in 2007 for her performances at the Australian National Track Championships.

My FAQs	My Response
<p><b>1. How do you know what your blood glucose is during a bike ride or race?</b></p>	<p>It is very difficult to test your blood while riding and it is impossible to do during an actual race. I acquired my own bank of knowledge of what happens to my glucose levels during training rides. This experience has helped me prepare for racing, and every race I do is another opportunity to add to this bank of knowledge. Now, I have a good idea on what to expect in a race, although I always carry extra glucose just in case.</p>
<p><b>2. Does adrenaline impact your glucose levels when racing?</b></p>	<p>Glucose 'spikes' from adrenaline usually occur in short, incredibly intense track races, and is worse when races are incredibly important – like National Championships. Should you race multiple times in a session, a spike from adrenaline is no good for subsequent races. I test frequently prior to the start of each race, and try to keep my glucose levels as low as possible (without being too low) to counter for the rise in glucose.</p>
<p><b>3. How do you prepare for training?</b></p>	<p>Preparation for training isn't always perfect in a busy world, but I always test <b>at least twice</b> before commencing training. This way I know what direction my blood glucose is headed, and I can plan accordingly. I will adjust my pump depending on the type of training I have planned (usually 50% basal reduction), and pack food to eat when needed.</p>
<p><b>4. What do you eat when training/racing?</b></p>	<p>Anything in a packet! This is because the exact carbs are written on the wrapper so I know what I am consuming, and it won't get soggy in the backpacket. For shorter races, a gel or glucose shot like Dex 4 can work well, but for longer races the body might like something more substantial.</p>
<p><b>5. Do you even disconnect your pump for racing?</b></p>	<p>I used a Medtronic pump prior to switching to the OmniPod. When on the Medtronic pump I would disconnect for races due to the high risk of crashing. Sometimes this had a negative impact, such as when events caused adrenaline-related glucose spikes, or when events were delayed, etc. Now, I keep the OmniPod on at all times (reduced basal).</p>

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