

**FIT Newsflash 5/11**  
[www.fitact.org.au](http://www.fitact.org.au)

**FEMALES IN TRAINING**  
GPO Box 502  
CANBERRA ACT 2601

**Want to put an item in the newsflash?** Write and spell check your item and send it in the body of an email to the Editor at [fit\\_canberra@yahoo.com](mailto:fit_canberra@yahoo.com) Short items, less than 100 words, are preferred. If your item is more than 100 words, attach the item as a word document to your email. Items should be submitted by Saturday for placement in the following week's flash. Items run for 4 weeks unless advised otherwise. The Editor reserves the right to edit for typographical errors and clarity.

**FIT website** [www.fitact.org.au](http://www.fitact.org.au) for all the latest FIT news, training reminders, photos and updates about upcoming activities.

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**FIT Email Contacts:**

[fit\\_canberra@yahoo.com](mailto:fit_canberra@yahoo.com) - items for the newsflash or to update your membership details

[enquiries@fit.org.au](mailto:enquiries@fit.org.au) - for all general enquiries regarding Females in Training

[web@fitact.org.au](mailto:web@fitact.org.au) - items for the website or feedback

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## President's Report

Thank you to the Committee for meeting last Tuesday in the evening heat!

FIT really does have some wonderfully supportive and passionate members who are very willing to give freely of their time and skills. On this occasion I would like to make special mention of our Newsflash editor Julianne Quaine, who gets the newsflash out to us all every week, organises our Saturday runs and the great breakfast venues.

*Editor's note: This is really the unedited text that Janelle sent me*

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## FIT Matters

### Become a Triathlon Coach – Expressions of Interest

Do you love the sport of triathlon? Maybe you are looking for an opportunity to expand your skills and experience or you just want to get more people involved in the sport? Triathlon ACT is considering running a Level 1 Coaching course on 25th and 26th of June. This is dependant upon numbers so if you, or anyone else you know, might be interested please email Triathlon ACT [admin@triathlonact.com.au](mailto:admin@triathlonact.com.au) or call the office for more information ph: 6260 4430. FIT members interested in becoming a FIT coach should contact the FIT coaching coordinator Jane Grey [janelgrey@hotmail.com](mailto:janelgrey@hotmail.com) to discuss possible re-imburement of the costs of these courses.

### More coaching opportunities

Sports Medicine Australia ACT Branch is shortly running several sport trainer courses including:

- Level 1 Sports Trainers Course - March 2011
- Level 2 Sports Trainers Course - 26 - 28 February
- Sports First Aid - 27 February

Further information <http://sma.org.au/sma-branches-new/act/> or contact SMA by e-mail [eo@act.sma.org.au](mailto:eo@act.sma.org.au).

### FIT half marathon training

The Saturday run this week for the half marathon group will begin at 6.30am from Green Square Kingston. We will be doing the loop through the wetlands – see the long course run

for this week further below. Don't forget your water, sports drink and your gu or other sports gel.

### **Early morning cycling and lights**

Lights are definitely required for the 6am and 6.15am cycling groups now. You need a clear bright light for the front of your bike and a red light for the back of the bike. As it gets darker, you may find it advantageous to have small lights on both sides of your bike to alert the oncoming traffic coming out of side streets. Please ask one of the FIT coaches or the friendly staff at the Bike Shed about the type you need if you're not sure.

### **Amy's ride and the Big Canberra Bike Ride: Canberra Day Monday 14 March 2011**

The Amy Gillett Foundation has joined forces with Pedal Power ACT to host the Big Canberra Bike Ride incorporating Amy's Ride that will see three distinct routes bicycling enthusiasts of all levels of ability and experience can choose to tackle on Canberra Day, Monday 14 March. There are three routes: a leisurely 25km ride through the city streets (and 16km short-cut), and more challenging 68 km or 105 km routes over the region's more rugged terrain incorporating the Uriarra loop and the three sisters. For more information visit: [www.pedalpower.org.au/bcbr](http://www.pedalpower.org.au/bcbr) or [www.amygillett.org.au/canberra-2011](http://www.amygillett.org.au/canberra-2011). The FIT Sunday ride will be aimed at training for these events. Depending on numbers and interest, we may have one group training for the Bike Canberra Bike Ride (around Canberra) and another group doing the Coppin's Crossing / Cotter/ Uriarra Loop.

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## **Results: Cycling, triathlons, aquathlons and ocean swims**

*Editor's note: Got a result to celebrate and share? Please contact the Editor*

### **Medals at the Australian Track Championships**

Congratulations to **Kerry Knowler** and **Brandie O'Connor** on the tandem and of course their coach **Sian Mulholland** with medals in the Australian Track Championships last weekend. Brandie and Kerry took out the gold medal with a PB for them in the tandem pursuit race. Their time of 3m 41.7s, well under the qualifying time of 3m 47s, gives them a place in the World Track Championships to be held in Italy in March. Their coach Sian Mulholland will be assistant coach of the Australian team, so FIT will have a strong presence at the World Track Championships this year. Brandy and Kerry also took out a silver medal for the 1 km time trial.

**Amanda Gower** completed the 1km swim in the Cole Classic last Sunday in a time of 21:01. Well done Amanda.

And I neglected to report **Catherine Hanley** won her age group of 50-54 years in the Capital Sprint Tri last weekend in a time of 1.33.58. The really impressive part was Catherine's run leg – 5km in 23:23

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## **Other events and matters of interest**

### **Take 30 Massage**

'Take 30' for Find Thirty! Take 30 minutes out for a 30 min back massage or 30 min facial for the FIT Find Thirty women for only \$30. Don't miss out as the offer is only until the end of this month. Book now at the Griffin Day Spa on 6260 6648 with Annie and tell her you're

a FIT member - great for those training for the half marathon. Griffin Day Spa, 15 Tench Street Kingston ph 6260 6648 [griffindayspa@grapevine.com.au](mailto:griffindayspa@grapevine.com.au)

### **Women and Girls' 5km Fun Run/Walk Sunday 3 April**

The YMCA of Canberra Runners Club invites women and girls of all ages to join in the ActewAGL Women and Girls' 5km Fun Run/Walk on the Sunday 3 April 2011 at 9am. Entrants may walk, jog or run the 5km loop starting from Stage 88 in Commonwealth Park, Canberra. Online entries now open. **No late entries will be taken on the day** of the event. Our charity partner this year is a local ACT charity - OvCan - an Ovarian Cancer Support Group. Contact: Kerrie Tanner email:busterbeau@gmail.com or visit [www.wgfunrun.com.au](http://www.wgfunrun.com.au) for more details.

### **The Camp Quality Verti-Cool Challenge Friday 25 February**

The inaugural race in 2010 raised over \$26,000 and saw over 600 participants walk, run and laugh their way to the top of Black Mountain Tower! In 2011, we are aiming to raise even more money through an exciting and competitive evening. The money raised will go towards bringing more fun and laughter to the lives of children living with cancer and their families. So register online NOW, just follow this link - <http://www.campquality.org.au/public/my-locals/act.aspx>. Enter as an individual or get your friends, family or workmates together and enter as a team. If you are super fit why not enter the Ultimate Verti-COOL Challenge and run from the bottom of Black Mountain to the top of the tower! This year participants are encouraged to raise funds through personal sponsorship. Send this link to your friends - <http://www.campquality.org.au/public/whats-on/submit-event-donation.aspx?eventId=7764> and get them to sponsor you! Just remind them to put your name in the comments box so the funds can be attributed to your total. The biggest fundraiser will win a hot air balloon trip over Canberra for two people.

### **Street Orienteering**

ACT Orienteering and ACT Health present Summer Street Orienteering over 8 Monday Evenings 31 January- 21 March 2011. Street orienteering is a shorter, faster, simpler version of traditional orienteering. Courses are completed within 60 minutes, it's easy – like reading a street directory (compasses are not required), it's fun – you run or walk with friends in a group or on your own, it offers an interesting way to keep fit in a social environment. The sport caters for all ages and fitness levels. There are 4 courses - A, B, C and Power Walking. There are 20 controls on the map. Participants select a course and have up to 60 minutes to visit the required number of controls for that course in any order. The events will be held around Canberra City and commence at 6.15pm sharp with a mass start with each course starting in quick succession. Be there by 6.00pm to complete your registration and collect your scorecard. There will be a briefing at about 6.10pm. No equipment or experience is required. This is a great opportunity to introduce your friends, family and colleagues to a less formal version of our great sport. Oh, and with the generous support of ACT Health through the 'Tap into Tap Water' campaign, it's free too.

### **The YMCA of Canberra Runners Club's Summer Series**

The YMCA of Canberra Runners Club will continue to provide the usual running events previously provided by the ACTCCC. The first race of the Summer Series started on Tuesday Feb 1 at Stromlo Forest Park at 6:15pm. For more information, see the club website at <http://www.canberrarunner.com.au>.

### **YMCA of Canberra Runners Club's Half Marathon Training Group**

The club is likely to commence a novice half marathon training group on the second or third Saturday in February for the 42nd Rex Foulkes Half Marathon on Sunday 22 May. Application forms and details on this website soon <http://www.canberrarunner.com.au>.

### **The Australian Running Festival, April 9-10, including the Canberra Times Canberra Marathon**

The YMCA of Canberra Runners Club is supporting Fairfax Events' conduct of the Australian Running Festival (ARF), including the Canberra Times Canberra Marathon. Please find information regarding the event below, or at <http://runningfestival.com.au/>

### **Multisport classic 13 March**

The days are now ticking down to the [Sri Chinmoy Multi-Sport Classic](#) on Sunday 13 March in beautiful Jindabyne. With all the recent rain, there has never been a better time to enjoy this spectacular race. Lake Jindabyne is at its fullest in decades, and the surrounding courses including Kosciuszko National Park, are lush and green – magic! [Online entries](#) are now open. Call your friends together, select your [courses](#), get your equipment organised and [accommodation booked](#), read up on the [event information](#) - and find a way to be in Jindabyne for the weekend of 12-13 March. The 7th running of this landmark event promises to be the best yet.

### **National Capital Authority (NCA) survey on the crossing of Bowen Drive**

NCA is doing a public consultation into the road crossing at Bowen Place. If you want a safe crossing of Bowen Drive and the ability to run or cycle in safety around the Central Basin here is the link to leave comments.. <http://www.nationalcapital.gov.au/haveyoursay/>

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## **Training weather and daylight hours**

Bureau of Metrology [www.bom.gov.au/act/forecasts/canberra.shtml](http://www.bom.gov.au/act/forecasts/canberra.shtml)

Forecasts available at the time of sending the newsflash:

Friday 11 Feb Shower or two 17-28

Saturday 12 Feb Rain at times 17-22

Sunday 13 Feb Few showers 15-22

Monday 14 Feb Partly cloudy 15-22

Tuesday 15 Feb Shower or two 13-23

Wednesday 16 Feb Partly cloudy 16-26

Thursday 17 Feb Shower or two 16-31

**Sunrise** 0632 **Sunset** 2003 (Fri 11 Feb)

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## **FIT Coaching/training:**

See [www.fitact.org.au](http://www.fitact.org.au) for further details.

### **Running**

- Tuesday 6.30am Lennox Gardens for runners of all abilities. Coached session.
- Thursday 6.30am Yarralumla Bay 6.6km loop run. Non-coached session.

## **Dogs best left at home when you are attending a FIT running session**

Tuesday running has become extremely popular in recent months. There were approximately 70 attending on last Tuesday morning. This has been fantastic however it has created some safety issues. Please be aware that the lake is very popular at this time of year and therefore all runners are reminded that they need to keep to the LEFT on the cycle paths and not to run more than 2 abreast on the path. Please check behind and in front of you when turning on the path as many cyclists will not indicate they are behind you. Reluctantly it has been the Committee's decision that no dogs be brought to FIT coached running sessions, due to safety concerns. It is strongly advised that dogs not be brought to non coached FIT running sessions also however if a participant chooses to do so, dogs should be kept on a leash and run at the back of the pack. Dog owners are fully responsible for the dog and liable for any disruptive behaviour. Please be considerate of other runners, walkers and cyclists and remember you are representing FIT!

## **Saturday morning run**

### **Run Saturday 12 February**

7.30am meeting point at Green Square Kingston. The run is down to the lake and around the wetlands of east basin. Return via Kings Ave Bridge for the 8.8km run or via Commonwealth Ave Bridge for the 13km run. If you want a shorter run then head out and turn back when you've run half the time you want to.

**Breakfast:** We are trying a new breakfast arrangement. Many of you will have noticed that breakfast attracts many FIT members. So much so it's getting harder to find venues where we FIT. So this Saturday I haven't booked a café. There are plenty of cafés in Kingston so just arrange a table when you finish.

### **Maps of run**

Long – all half marathon trainees are to do this run:

[www.walkjogrun.net/routes/current\\_route.cfm?rid=0A18CB95-96E5-E238-858F735407954C86&success=2](http://www.walkjogrun.net/routes/current_route.cfm?rid=0A18CB95-96E5-E238-858F735407954C86&success=2) (13km)

Short: [www.walkjogrun.net/routes/current\\_route.cfm?rid=0A249BEB-92D8-EEF9-0A51080321CBEF5A](http://www.walkjogrun.net/routes/current_route.cfm?rid=0A249BEB-92D8-EEF9-0A51080321CBEF5A) (8.8km)

### **Safety on Sat morning runs**

We've had a few people getting lost on Saturday morning runs. So here are a few suggested safety rules from our committee:

- Familiarise yourself with the route directions before the run by checking the route schedule – this will be helped by the map – see above
- Run with someone, especially if you are unfamiliar with the run and didn't look at the map the night before!
- Carry water for longer runs, especially on hot days.

### **Swimming**

6.50pm for 7pm on Wednesdays at Canberra International Sports and Aquatic Centre, Belconnen. Pool entry has increased.

### **Cycling**

**7.30am Sunday** – from Debacle, Lonsdale St Braddon.

**6am Wednesday** – fast, non-coached session. Good bunch riding skills required.

**6am Friday** – fast, non-coached session. Good bunch riding skills required

**6.15am Friday** – a non-coached session for those aiming to do 6am at some stage...

**6.30am Friday** – coached session for new riders and those new to bunch or road riding.

All Wed and Friday rides leave from Queen Victoria Terrace car park promptly on time and are all followed by breakfast at 7.30am at Minter Ellison, Sydney Avenue, Barton.

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## **Other Notices**

UK Wiggle website has fuel belts for sale for around \$14 (postage is free for orders over \$85) <http://www.wiggle.co.uk/au/profile-endurance-4-bottle-fuelbelt/>

**Wanted:** A fourth person who can swim and run to be part of our team for the Sri Chinmoy multisport <http://au.srichinmoyraces.org/events/jindabyne> in Jindabyne. The event is on 13 March (soon) and costs \$60 to enter. Due to an unfortunate injury we are down a team member! We are a non-competitive team, which would like to enter to challenge ourselves and have fun. In order to balance the 'skills' in the team we are looking for someone who could lend a hand with the swimming and running (perhaps even paddling) legs. If you may be interested or want to chat about it please send Fee an email on [felicity.mclean@environment.gov.au](mailto:felicity.mclean@environment.gov.au) or give her a call on 0439 633 051

**For Sale:** Road Cycling Shoes Pearlizumi size 39; small sizing so best for someone who normally wears a 38. Orange and silver; brand new, never been worn. Come without cleats but will suit look or SPD-SL (not mtb cleats) \$50 Please contact Siân on 0408 477 230

**For Sale:** Peugeot road bike - suitable for novice. 9 speed Campag Nolo gears; well maintained; cleats included (other side of cleats on size 38 shoes). Price \$500. Contact: Polly Templeton 0422 594 221 or [ptemplet@bigpond.net.au](mailto:ptemplet@bigpond.net.au)

**Free to good home:** good quality cardboard bike carton/removalist box free to anyone who wants to pick it up from my home in Giralang. Please phone Deb on 0425163161.

## **Repeat Notices**

*Items submitted by FIT members will run for 4 weeks, but may be resubmitted. Please notify editor if you sell the item within the 4 weeks.*

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