

**FIT Newsflash 23/11**  
www.fitact.org.au  
**June 23 2011**

**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 [jill.wisbey@merici.act.edu.au](mailto:jill.wisbey@merici.act.edu.au) 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) - 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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#### **FIT Facebook:**

Check out the events section on our Facebook page. You can export any event to your electronic diary. If you've got an event let us know.

[www.facebook.com/pages/Females-in-Training-Canberra-Australia/233823364373](http://www.facebook.com/pages/Females-in-Training-Canberra-Australia/233823364373)

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### **From the Editor**

"The miracle isn't that I finished. The miracle is that I had the courage to start."  
-John Bingham, in reference to running

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### **FIT Matters**

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#### **Capital Winter Sports Fest - 27 and 28 August**

The Capital Winter Sports festival will be held over the weekend of Saturday 27 and Sunday 28 August. The festival includes two Duathlons, one of which forms part of the Australian Duathlon Series, as well as doubling as the ACT Duathlon Championships. All events are listed below.

Off Road Saturday - Mt Ainslie:

- Mountain Bike Time Trial starting and finishing at Mt Ainslie
- Running events (including one for the kids) (5km & 10km)

On Road Sunday - Rond Terrace:

- Graded Cycling Road Races (50km)
- Duathlon distance events (1.5/10/1.5 and 5/30/2.5)

To register for an event or go to the Triathlon ACT website

<http://res.au.eventdirector.net/TACT/SITES/68/> *(Week 1)*

**Welcome to the newest FIT member** – Annaliese Rose Perry. The daughter of Natalie Parker and Anthony Perry, born Friday 10 June at 4.37 pm, weighing in at 3.4 kg. Natalie wanted all the FIT auntie's to know of the birth of their beautiful daughter.

Congratulations to Natalie & Anthony. *(Week 2)*

## Membership Renewals

It's membership renewal time!

An email was sent to all FIT members last week letting them know the date of expiry of their membership. If you did not receive an email, could you please send one with your current address to [fit\\_canberra@yahoo.com](mailto:fit_canberra@yahoo.com). (Sometimes, despite our best efforts, our membership database and our address list for newsflashes get out of kilter).

If your membership is due to expire this year (on 30 June 2011), please renew by going to our website ( [www.fitact.org.au](http://www.fitact.org.au)) and following the Membership links to renew on-line. We allow a three month grace period for you to renew before we update our email lists.

Wynne Hannon Membership Officer *(Week2)*

## Long-sleeve Winter Running Tops

With winter now well and truly upon us, a new order of long-sleeve running tops should arrive any day. The price is the same as last year: \$60. The design is also the same purple design. The only difference is they are now slightly longer, 2cms longer apparently. The tops come in a full range of sizes, from size 8 to size 20, so if you are interested in trying one on contact Sue Rymer at: [enquiries@fit.org.au](mailto:enquiries@fit.org.au), or speak to Sue at Tuesday or Saturday FIT running.*(Week 2)*

## Cycling

### Cyclists Beware!

Cyclists using the Cotter/Uriarra route, please exercise extreme caution as Cotter Dam work is continuing 7 days a week for 8 months. There will be large trucks & possible hold ups along the Cotter Road – **so do be careful & sensible when riding around this area.** *(Week 3)*

### FIT Find Thirty Bike Maintenance Session: Introductory Level.

All members are invited to a bike maintenance session on Thursday 30 June at 6pm at the Bike Shed at Lonsdale Street Braddon. Dinner will be provided. BYO bike, spare tube, tools and a rag. Contact Di on [evansdi@grapevine.com.au](mailto:evansdi@grapevine.com.au) if you would like to attend. Minimum of 20 so don't miss out. *(Week3)*

### Wednesday Weekly MTB Ride

Time: 9:30 - 11:00 (approx finish). Location: various see [www.cycleducation.com.au](http://www.cycleducation.com.au) for program. Cost: \$0 - You must be a Pedal Power or FIT member or have equivalent membership and insurance to attend. Rating:

lower intermediate riders +/- (approx 1.5/2hrs). If you think you would like to come along, please email Raynie McNee on [rmcnee@grapevine.net.au](mailto:rmcnee@grapevine.net.au) so you don't get left behind.

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## Running

### City to Surf

<http://www.city2surf.com.au/>

There are still 26 entries in the FIT Canberra team. Is anyone else going to give it a go?

## Swimming

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# Results: Running, Cycling, Swimming, Triathlons, Aquathlons and Ocean swims

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

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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:

Thursday 23 June Min 2 Max 14  
Friday 24 June Min 0 Max 15  
Saturday 25 June Min -2 Max 16  
Sunday 26 June Min -1 Max 15  
Monday 27 June Min -2 Max 16  
Tuesday 28 June Min 0 Max 15  
Wednesday 29 June Min 2 Max 16

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## FIT Coaching/training:

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

### Winter Coaching Sessions

**Cycling** is on a break until end of August. People are still riding but there is no formal coaching.

**Running** will break from August 14th and resume September 13th. The usual sessions will run but there will be no formal coaching.

**Swimming** coaching will continue. Now that the Megaswim is done, the coaches will be having a meeting shortly to discuss plans for the rest of the year.

### Running

- **Tuesday 6:30 am Lennox Gardens for runners of all abilities. Coached session.**  
The training program in preparation for the City to Surf has started.
- **Thursday 6:30 am** Non-coached session
  - Southside - Yarralumla Bay 6.6km loop
  - Northside – meet at the car park at the top of Philip Ave, Hackett.
- **Saturday morning run**
  - **Run Saturday 25 June**
    - **7.30am meeting point:** Acton Ferry Terminal at 7.30am
    - **Breakfast:** X-Change on London Circuit
    - **Run:** From Acton ferry terminal east to Kings Avenue Bridge, past the Boatshed and Claire Holland House to Molonglo River Bridge and return. For short run turn at Kings Avenue bridge.
    - **Map of run**

- Long run 12.2km:  
[http://www.walkjogrun.net/routes/current\\_route.cfm?rid=B79E30A9-9E9B-0023-739581C29FBBC996](http://www.walkjogrun.net/routes/current_route.cfm?rid=B79E30A9-9E9B-0023-739581C29FBBC996)
- Short run 6.4km  
[http://www.walkjogrun.net/routes/current\\_route.cfm?rid=B7A0964A-9251-8E32-15E2E8D365BCF5EE&success=1](http://www.walkjogrun.net/routes/current_route.cfm?rid=B7A0964A-9251-8E32-15E2E8D365BCF5EE&success=1)

## Swimming

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

## Cycling

### 6.15 Wednesday Indoor Cycling Sessions:

The indoor cycling session are held at the Bike Shed Braddon 28 Lonsdale Street, Braddon. Be there by 6.15am, ready to start at 6.30. Please confirm your attendance by emailing Di Evans on [evansdi@grapevine.com.au](mailto:evansdi@grapevine.com.au)

**8am Sunday** – The Sunday road ride -- to who knows where?? -- now starts at **8am** at Debacle, Lonsdale St, Braddon & return there for breakfast.

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

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

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.

### Winter Friday 9.30 am ride

For any interested FIT's & BIT's. Meet at the Weston Tennis Courts, Dillon Close Weston opposite MacDonald's at 9.30 sharp. Approximately 40km bike ride at a steady pace, and of course bring money for coffee after the ride.

## Water Running

Mondays at 6.30am

## Other Notices

**The Women's Centre for Health Matters Inc.** (WCHM) is a community-based organisation that works in the ACT and surrounding region to improve women's health and wellbeing. WCHM has secured funding from the ACT Government Seniors Grants and Sponsorships for 2010-2011 for a project to develop an older women's safety audit and to then audit the safety needs of older women in public areas of the ACT, and to advocate for change so that older women in the ACT feel safe in all public spaces. WCHM is running an online survey to seek the preliminary views of older women in the ACT (**women who are 60 years and over**) and surrounding regions. The survey can be found at <http://www.surveymonkey.com/s/27YVYM9> , and it is open for responses until **COB June 24, 2011**.

See attachment for more details.

#### Baby Jogger

3 wheel baby jogger for sale. (navy blue) 20 “ wheels, beach and bush friendly,\$100, great for FITS & BITS who like to run and walk!

Contact Susan Daniell 0409 201918 or [susandaniell@ozemail.com.au](mailto:susandaniell@ozemail.com.au) (Week 3)

#### 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.*