

FIT Newsflash 7/11

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 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 for all the latest FIT news, training reminders, photos and updates about upcoming activities.

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 - for all general enquiries regarding Females in Training

web@fitact.org.au - items for the website or feedback

FIT Matters

Volunteer Mega Swim Team Coordinator - could this be you??

The 24 Hour Mega Swim will be held again this year in Canberra at the AIS on 4-5 June

<http://www.megaswim.com/enter-ais-canberra.asp>

Last year FIT entered a team of 23 keen swimmers who together swam a total of 55km over 24 hours and raised \$8,781 to support the Multiple Sclerosis Australia Go For Gold Foundation. The Foundation provides scholarships to people living with Multiple Sclerosis to aspire and achieve to the best of their ability and provides direct and immediate support for people living with MS.

We'd like to do it all again this year, as it was good fun for a good cause, so we are seeking a Mega Swim Team Coordinator to bring the team together. The FIT swim coaches will be supporting team training through the Wednesday night swim sessions, so your duties would be:

- Registering a FIT team (or teams) and liaising with the organisers;
- Providing details to FIT members so they can register as team swimmers; and
- Organising the team swim roster for the 24 hour period and liaising with team members.

If you would like to take on this role, please contact Angela Rymer at angelatravelling@hotmail.com by 5 March, or have a chat at Saturday running.

Northside Thursday morning run - from 10 March 2011

A soft surface run in Majura Nature Park will commence on Thursday 10 March at 6.30am. Meet at the car park at the top of Philip Ave, Hackett at 6.30am. This session is uncoached and will allow women to follow their individual programs. The proposed course is a rectangle shaped run. From the car park follow Hancock's Road for about 150m to the Hackett Houses Track. It crosses the Blue Metal Rd; follow the Hackett Houses Track, north to the water tower, turn right, over the logs, up to the hill to turn onto the track off to the right, then onto the road following under the power lines. Cross Blue Metal Rd to continue back to Hancock's Rd. Turn right down hill all the way back to the car park. There will be an option to take an earlier right hand turn from the lower track to the top one in a couple of places. The run is approximately 40 minutes but could be shorter or longer if needed – eg out to Antill St or Federal Highway and back. There will be the opportunity to go to Edgar's at Ainslie, Wilbur's at Hackett, or Dzire or Trev's at Dickson for coffee and breakfast before going to work or home!

TACT last summer triathlon and Annual Presentations

As you may be aware the local triathlon season finishes on Sunday 6 March with rescheduled novice race #1 (200/9/2) and triathlon #1 enduro (200/9/2/200/9/2) event at Yarralumla Bay – see TACT website for further details. Following the race TACT will be holding a spit roast lunch and their annual presentations. This is an excellent opportunity to recognise the achievements of your fellow triathletes. It would be good to see some FIT girls there as it looks like we might win a few age group awards. Tickets are available until this Friday 4 March from the TACT website
<http://res.au.eventdirector.net/TACT/SITES/68/default.asp?PageID=21541>

Your FIT Newsletter

It's that time of year—yes production of the Autumn FIT newsletter has begun. If you have a story then please write a few words for the Newsletter and submit with a picture if you have one. Training tips, anecdotes of fitting exercise into your schedule, surprised by your performance, impressed by a particular incident or person—whatever it is, it will interest others. Those who have trod the path before you, and those who will be inspired by your commitment to FITness will appreciate you taking the time to share your experience with the membership. Send your story of around 500 words but no more than 1000 to Michele.Boyle@deewr.gov.au by COB March 4.

FIT half marathon training

The Saturday run this week for the half marathon group will be for 60 minutes – see the long course run for Saturday's run this week further below. Don't forget your water, sports drink and your gu or other sports gel.

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: 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 or www.amygillett.org.au/canberra-2011. The FIT Sunday ride will be aimed at training for these events.

Results: Cycling, triathlons, aquathlons and ocean swims

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

Aquathlon #2 - Long Course				25 Feb
600m swim / 5km run				
First	Last	Categ	Time	CP
Catherine	Hanley	F50-54	00:37:35	1
Sue	Rymer	F45-49	00:44:24	2
Polly	Templeton	F45-49	00:45:29	3

Other events and matters of interest

Sri Chinmoy Canberra running event Sunday 6 March

The first Sri Chinmoy Canberra running event for 2011 will be held this coming, over 10 km and 4 km from Acton Ferry Terminal. Races start at 9 km, with registration open from 7.45

am at the picnic area adjacent to Acton Ferry Terminal. The course for both distances follows the cycle path westwards along the lakeside, before returning by the same route. The race will be followed with a pancake breakfast. [Online entries](#) are open until 5 pm this Friday 4 March. Entries will be accepted on the morning, though a higher fee applies.

Sport for Women Day Sunday 6 March

There's only 1 week to go until our attempt to set the record for the world's largest Zumba class and...**We need your support!**

Sport for Women Day on Sunday 6 March is an initiative led by Sports Hydrant to send positive messages about women in sport, a healthy and active lifestyle and to generate increased participation in – and media coverage of – Women's Sport. We have over 100 Elite Sportswomen working with us on Sport for Women Day and you'll have the opportunity to meet these inspiring women at the event. Check them out here:

<http://sportforwomenday.com.au/elitesportswomen> So invite your friends, come along and you too could become a World Record holder as we attempt to set the record for the worlds largest Zumba class! Register now at: <http://sportforwomenday.com.au>

Jervis Bay Triathlon Festival

Jervis Bay Triathlon Festival is on the long weekend in March. There's an event for all. See www.eliteenergy.com.au for more details. A number of FIT women will be competing in a range of events over the weekend so you'll be sure to have some friendly faces in the crowd. A great swim leg if you want to try a safe ocean swim event.

The YMCA of Canberra Runners Club events

- Jogalong this Sunday 6 March at Weston Park.
- The first race of the Tuesday evening Summer Series started on Tuesday Feb 1 at Stromlo Forest Park at 6:15pm.
- 42nd Rex Foulkes Half Marathon on Sunday 22 May.

For more information, see the club website at <http://www.canberrarunner.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!

26th Annual Weston Creek Half Marathon 13 March

The Weston Creek Half Marathon will be on 13 March 2011. Relay entries of teams of two or three are possible. All those on the half marathon training program might like to discuss with Coach Sandy as to whether a relay entry fits with their specific training program. Entry and details at www.registernow.com.au/secure/Register.aspx?ID=3373

Street Orienteering

ACT Orienteering and ACT Health present Summer Street Orienteering over 8 Monday Evenings 31 January- 21 March 2011. Due to the generous support of ACT Health through the 'Tap into Tap Water' campaign, it's free too. See www.act.orienteering.asn.au/news/?ItemID=6579 for more information.

Women and Girls' 5km Fun Run/Walk 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. Visit www.wgfunrun.com.au for more details.

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/>

Canberra Mother's Day Classic 8 May

The Canberra event involves a 5km and 10km walk and run around Commonwealth Park. [Register here](#) for the walk or run.

Noosa Winter Festival 21-22 May

Entries are now open.

http://www.usmevents.com.au/Triathlon_Multi_Sport/Noosa_Winter_Festival.htm

Training weather and daylight hours

Bureau of Metrology www.bom.gov.au/act/forecasts/canberra.shtml

Forecasts available at the time of sending the newsflash:

Thursday 10-25 Sunny

Friday 9-25 Mostly sunny

Saturday 10-22 Partly cloudy

Sunday 9-24 Mostly sunny

Monday 10-26 Mostly sunny

Tuesday 11-28 Mostly sunny

Sunrise 0650 **Sunset** 1941 (Wed 2 Mar)

FIT Coaching/training:

See 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.
- New run – Thursday 6.30am Hackett. See notice above for details

Saturday morning run

Run Saturday 5 March

7.30am meeting point at Acton Ferry Terminal. The Half Marathon training group is doing 60 minutes. The run will go from Acton via the museum through the university to Haig Park and return via the university and over Hospital Hill to the start.

Breakfast: X change on London Circuit

Map of run

Long (9.8km – all half marathon trainees are to do this run)

www.walkjogrun.net/routes/current_route.cfm?rid=70E958BF-B9FB-DAEC-4D2AFCC5A29C5C62&success=1

Short: as above – just turn earlier

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 Sunday 6 March

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.

Other Notices

Wanted: to borrow women's wetsuit size 10/12 for Lake swim in Jindabyne on weekend 12/13 March. Preferably sleeveless. If you can help please email Lucy at Lucy.Davidson@deewr.gov.au. Ideas of where to hire/ buy second-hand would also be greatly appreciated *(wk 1)*

For Sale: Asics Ladies Eikoku Knee Tights, Size L. Black running tights with a handy zip pocket for keys. Bought from wiggles.co.uk and they are a bit too small, probably an Australian 10-12 rather than the hoped for 12-14! \$25 Contact Tracey on 0406004673 *(wk 1)*

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 *(wk 2)*

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.