

Females In Training (FIT) Newsletter



President's Patch

Welcome to all new members of females in training! We hope you will enjoy reading about the FIT adventures!

First I would like to say a very big thank you to the outgoing committee, particularly our past President Gillian Mitchell for the splendid job she has done in the past two years. Barbara Carney and Sandy Waters who stood down this year from the committee – Barbara after two years as Treasurer and Sandy who has been on the committee for 10 years. What a commitment Sandy! They will be missed!

And now a very warm welcome to the FIT committee for 2009 (see p11). We have a balance of experience with two past President's, Rae Wells and Gillian Mitchell (who will provide knowledge & experience) and some wonderful new faces who have already contributed new & exciting ideas.

Your 2009 FIT Committee

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|--------------------------|--|
| President | Di Evans |
| Vice-President | Rae Wells |
| Treasurer | Polly Templeton |
| Secretary | Helen Arnold |
| Past President | Gillian Mitchell |
| Coaching | Michelle van der Voort |
| Co-ordinator | |
| Members: | Cathy Clegg, Jane Grey, Penny Lovibond, Wynne Hannon and Lynne Evans |
| Ex-Officio Positions: | |
| Public Officer | Helen Arnold |
| OutFIT Co-ordinator | Jane Smith |
| Web Co-ordinator | Rachel Hollier |
| Membership Secretary | Wynne Hannon |
| FIT-Ability Co-ordinator | Rosemary Robinson |
| Newsletter Editor | Michele Boyle |

Newsflash Editor Cathy Clegg
FITAbility Project Officer Jing Huang

Wag Tri Training & Tour De Femme

It's been an action packed time already for the new committee, as 16 of our FIT's & BIT's (blokes in tow) spent 3 weeks cycling in Vietnam (see p 8) straight after the AGM. Those of us left at home rallied to get the WTTP (Womens and Girls Triathlon Training Program) off the ground with the information night starting on 4 December. We had a wonderful response and at last count we have 53 entries with more to come. The limit is 60 so we can keep the skill level at a high standard. The sub - committee, in particular Michelle van der Voort and her wonderful helpers, Natasha, Rosemary and all the coaches held a successful Tour De Femme 6-week training program leading up to the event. Andree Stephens chronicled the program with much hilarity every Sunday in the *Canberra Times Relax Magazine*.

WTTP underway

Our first seminar was on Monday 15 December at the Runners Shop on, not surprisingly, running shoes. The program recommences on 12 January 2009 and will culminate in the participants competing in the annual WAG-TRI – the Women's & Girls' Triathlon – on 22 February 2009. We look forward to seeing you all compete – either as individuals or as part of a team. Please check our website for entry forms after Christmas.

FIT's amazing athletes

FIT has produced some amazing athletes over the years, and this year saw our members compete in Canada at the World Triathlon Championships. Julianne Quaine, Sue Rymer, Krissa O'Neill along with Alison Hale who has just competed in her 2nd ironman triathlon for this year! Special mention to all the FIT girls who trained for the Canberra Half Marathon this year producing some very good times on the day. We have lots more in store for you for the next newsletter with Sandy Waters and Chris Reid, two of our running coaches heading off soon for more FIT adventures – STAY TUNED!
On behalf of the FIT Committee I would like to extend to you all a very Merry Christmas and a Happy New Year in 2009.

Di Evans
December 2008

Spotlight – Jane Smith OutFIT Coordinator



Since Jane joined FIT she has regularly contributed to the FIT committee chiefly as OutFIT officer and WAG-tri race organising committee member. Here she tells how it all began.

I joined FIT through the novice triathlon training program about 10 years ago. Before that I'd been pretty sedentary for quite a long time. When was in my 20s one friend - an A grade squash champion at the time - described me, somewhat despairingly, as the most sedentary person she knew!! In my 30s I started to get a bit more active as I realised I had to do something if I wanted to avoid looking -- & feeling -- like an overstuffed bean bag. When I joined the novice triathlon program, I told myself I'd see if I could get through all those daunting sounding training sessions (what was that about swimming in the LAKE??? at least there was no mention of hand-eye coordination!) - but had absolutely no intention of ever doing a triathlon – like many others who have done the program, I suspect! Well I did both & really enjoyed all of it ...and am still plodding along at the back of the field in the occasional triathlon.

There are lots of things I enjoy most about FIT: running in gloves & a beanie on a cold winter morning till

you're warm enough to take them off & the rest of Canberra is still in bed can make you feel pretty self-righteous for the rest of the day!! And a Sunday morning ride in early spring, slowly grinding up the long hill on the Federal Highway out of Canberra, with the promise of a bacon & egg roll and a strong coffee on your return, is pretty cool too!

Really special encouragement

Of course, it's also the friendships & camaraderie of FIT that is the most enjoyable of all (except when someone twice your age passes you on that long slow grind up the Federal Highway.....)! FIT is a unique group which provides really special encouragement & support for women , especially older women, to have a go at sporting activities many would once never have considered possible.

We were the first

I think FIT was the first in Australia to run a triathlon exclusively for women – the Women's and Girls (WAG-Tri - which will be held again on February 22 in 2009).

There are quite a few women-only triathlons now in other parts of Australia – but I'm pretty sure we were the first & that's not bad for a group that began with a couple of women doing cycle training together a few times a week more than 14 years ago.

Jane's Training Tip

Skins (compression garments) can really help stop the muscle ache that starts about 24 hours after a tough training session, so are worth investigating. And if you've never done any weight training think about investigating that as well - being physically strong is a good feeling - & it helps with those hills!

Putting heart into the Hartley

By Penny Lovibond

Taking part for the second time in the Hartley Lifecare Cycle Challenge in 2008 was indeed a challenge for me. A challenge: *A test of one's abilities or resources in a demanding but stimulating undertaking.* This year I was not blissfully ignorant of the gruelling (for my very limited cycling skills) test that awaited. The kilometres, the elevation, the heat and cold, the early starts – Why did I sign up – again?

Hartley Cycle Challenge

For more than 9 years this 450 kilometre ride over three days from Canberra to Mount Kosciuszko and back, has raised money for people with disabilities. It is a logistical marathon for the organisers of this major fundraiser for Hartley Lifecare. Many volunteers, support crews, ride coordinators and numerous others put in thousands of hours behind the scenes. In 2008 approximately \$360,000 was raised to provide accommodation, respite, and community services to people with disabilities.

Range of weather

Every year many FIT members “do the Hartley” - the Tuggeranong hill, the Monaro plains, the winding Berriedale way, the splendid, but fleeting, lake panoramas into Jindabyne, and the red poles of the ascent to Charlotte Pass. In my Department of Education (DEEWR) team this year I was one of three FIT members, the others were Wendy Rainey and Fiona Buffinton. A team for all seasons, we had a range of weather: some sun, rain, cold, wind, not to mention thunder and lightning and at times fog over the three days of the 2008 Hartley ride.



Triumphant FITS and supporting BITS from left John Reid, Russell Reid, Wendy Rainey, Sue Duckett, Penny Lovibond, Frank Pereira, Fiona Buffinton, Graeme Taylor.

A little wiser, a little tougher

For those of you who want a challenge – the Hartley is for you, both physically and mentally. And who would have thought riding those terrains in a bunch could provide a real people and communications challenge? Now, after the second time, – I think I am a little wiser, a little tougher, a little more experienced at mending inner tubes and have added a few more strands to those inadequate quadricepsIn fact, well, it was a challenge: *demanding but stimulating* – worthwhile!

Lesson 22 - Completing my first City to Surf

By Natalie Parker

The Sun Herald City to Surf in Sydney every August is a 14km run with Heartbreak Hill thrown in for good measure. It seemed a doable but challenging task. The Canberra Half had been relatively flat..... Actually, I should not admit it but having a girly weekend away with my friend - FIT member Wendy Rainey plus her sister & BIT - might have enticed me more than the actual run.

Wendy had encouraged me to submit my half marathon time so that I could start with those who expected to run the race in under 100 minutes.

Push from husband

I ummed and aahed before submitting my entry - given my poor training regime since the Half. Nevertheless, after a push from my husband I emailed the Sun Herald, giving a convincing argument (although not to myself in my head) that the half marathon was longer and that I was capable of a pace that would see me complete the 14km in under 100minutes. I love a bit of pressure!

Wardrobe dilemma

The day came too quickly and I was feeling underdone in the training department. It looked like I might have to run a tactical race. Not so tactical though was the time that I spent deciding on what running outfit I was going to wear (yes, I am vain!). The wardrobe dilemma almost caused me not to take my race bib and timing chip! Luckily Wendy reminded me and we ran back up the hotel stairs to collect them before hopping on the bus to Hyde Park.

Bumped into FIT girls among 70,000

Before the race we stopped off at the Starbucks, where I ate a muffin and downed a bottle of water and a huge cup of tea to hydrate myself. Walking to the race start we were lucky enough to see other FIT members, including some from the half marathon training group - amazing as 70 000 people were running that day!

After all that liquid a pit stop was in order – I waited patiently in the line for the port-a-loos for 20 minutes but when it was my turn I couldn't go! So I went back to the starters line up.

But I had to go to the loo

However, it soon become clear that me and my bladder were going to have trouble running any distance. So it was back to the loo queue which was even longer than the first time I had lined

up, with the start not long off. I consoled myself that my timing chip would start when I crossed the line so even if I missed the start I could just start later. Then a loudspeaker announcement – I had to be in my start group! But I had to go to the loo. There was not much I could do other than just do the run and time myself. Anyway, I walked up to the start line and the official said my group had gone, I had better start running as the “blue” group were just about to start. If you saw anyone on the TV just starting to run before the hoards – that was me (perhaps the decision to spend time picking out my outfit was not wasted after all!). I started my stopwatch.

Decided to walk up Heartbreak Hill

I felt relieved after my loo pit stop so I was able to really enjoy the race. The atmosphere was just fantastic, with “Marathon Man” dressed in a superhero outfit and the “City to Smurfs” in white lycra stockings and blue body painted torsos! Several pushed prams and others were enjoying a Sunday stroll. The bands also helped to keep the legs turning over, including a great rock band playing from a balcony.

I was feeling comfortable with my running pace but I had decided to walk up Heartbreak Hill. I thought if I ran I wouldn't have any energy left for the rest of the race. I walked up quickly as I could and that seemed to be a good move as I was able to jog most of the rest of the way. I stopped at every drink station for sports drink and a sip of water. The sports drink gave me instant energy (well at least for 10 seconds anyway!) and the water helped my heavy sweating.

At the 13km mark I was feeling pretty tired, but I looked at my watch and knew that even if I walked the rest of the way I would make it in under 100 minutes.

This was my goal. So I walked a bit and soaked up atmosphere - people on road sides cheering us on. I thought though that I better run the last 500metres so I did that and managed to finish in about 94 minutes which I was very happy about.

A great recovery meal

I handed in my timing chip before meeting up with Wendy, Christina and Mark. After cooling down we walked up the hill into Bondi and stopped at a Cafe for what Wendy calls “second breakfast”. We had a huge meal of eggs, bacon, hashbrowns, tomatoes and mushrooms! A great recovery meal even if it wasn’t too healthy – it tasted good!

We were all tired after the race so after a shower and kip we were ready for a night on the town! We started with a bottle of Sav Blanc, and then another one, as well as nibbles at a Bondi pub. We then headed to the Gold Class Cinema and treated ourselves to pizza, champagne and tickets to “Dark Knight” the Batman movie. A great way to finish off a top day.

FIT MEMBER DISCOUNTS

Show your FIT Membership Card :
SportsCare & Physiotherapy O'Connor - \$10 off 1st consultation, \$5 off others p
The Runners Shop - 10%
Hammer 'n' Cycle - 10%
The Rideshop - 10%
Bike Shed - 10%
Kambah Cycles - 10%
On Ya Bike - 10%
Rebel Sport – 10% - Quote No. 18523
Stephanie's Boutique – 10% Sports Bras
Top of Form - 10%
Totally Workwear - 10% - Safety Vests
Wetspot – 10%

FIT Coached Swimming: Wed evenings 6.50 – 8pm CISAC pool. Meet beside 50m pool for coaching tailored to your skill level. Pay reduced entry when you say it’s for FIT session. Pay coach \$3 for lane hire.

Shane Gould’s passion for lifelong exercise

Former Olympic swimmer Shane Gould holds 11 world records and 5 Olympic gold medals but these days she enjoys the “challenge” of ocean swimming and encourages adults to pursue sport throughout their lives. She shared her ideas with ABC Radio National’s *Sports Factor* broadcast on 28 November.

Sense of belonging

“...adult sport there’s challenges, and when you're young you have a lot of challenges... but to take risks, risk is kind of a second cousin of a challenge, but a challenge is learning. And there's ego boosts, a sense of belonging, there's new friends, there's whimsy and impulse, and so these things I think are all contained in adult sport....

My mates ring me up

“.... So adult sport does serve a purpose...because I do like...to be able to be competitive and organised and structured; when I feel lazy and not wanting to go and join the group, my mates ring me up and say 'Where were you? Come on, get your act together'. But other times, I just want to do other things that I'm focusing on in my life and just exercise and swim or run or cycle or walk just in my time...

Making new friends & fun

“...To define fun, it’s not just ha-ha-ha fun, you find fun in being sweaty and the camaraderie... So when I said...that youthfulness is about challenges, it's about learning, it's about risk, it's about...boosting your ego to be a winner. And I still like winning, and it's making new friends, it's the whimsy, impulse...And that is fun. It's pleasure. And it's not just ha-ha, you know sort of having a good time, because there's so much more to it that gives substance to life....

Gained confidence

“I'm scared of the ocean, I'm scared of those shadows on the bottom of the ocean, I usually swam within arm's reach of the parallel to the shore if I was in the ocean, but I gained confidence, learnt some new skills, how to swim out there and I just love it now. To me ocean swimming is the bushwalking of the sea.

Feel terrible without exercise

“...we need to move, we're made to move, we're biophilic. You know a biophilia is an innate attraction to nature, and life and life's processes.... So we're attracted to nature, and we need to move as well, out in nature. And for me, I was constantly moving from when I was a child and I haven't stopped moving, and when I have, my body's falling apart, you know there might be a period of six months where I haven't really exercised much, and I blow up like a balloon too, and I just feel terrible; I'm really unproductive, and you can't think properly....

Relationship with nature

“So I have to move at least an hour a day, and that's the minimum to be functional....the tragedy is that they (former professional athletes) don't follow through on their biological need to move. But it doesn't have to be in the sport that you play. So for many years like I said I was a horse-rider, it was still a relationship with nature except that nature could think.

In my bones and my cells to move

“...And I'm just getting really passionate because I can just feel it in my body, it's in my bones and my cells to move, and some people like to dance. You know, dance is incredibly physical, and some people like to bushwalk, it's darned hard work on your whole body to do that. And even physical labour in gardening, you

know, your bum's up in the air and your head's down, and there's a lot of things you can do to be physical.....beyond your sporting career, that you can keep being physical without having to prove yourself, that set your own standards for yourself. And that for me has been a difficult thing because sometimes I've been absolutely so nervous, my heart-rate's been 160 and I'm just standing still because I've been so nervous before I play an adult sport.

Whatever, as long as you move

“But I've learnt to manage that because a lot of that's ego, and you've just got to let go of the outcome, I was just too concerned about the outcome rather than being in the moment. ...So in that instance, it's probably good to take up a whole new sport, tennis or skateboarding or - whatever, as long as you move.” Complete transcript at: <http://www.abc.net.au/rn/sportsfactor/stories/2008/2427722.htm>

Tour de Femme Win for Inclusion

By Jing Huang*

On Sunday 9th November 2008, when Kerry Knowler (pilot) and Brandie O'Connor (VI stoker) crossed the finish line at the 19th Tour de Femme with the fastest overall time (and what a fast time it was!) they became my heroes. And so did all the other tandem riders. They are all my heroes, pilots and stokers alike. We were certainly a team: *Wii FIT* for Lycra. In fact, we are fit for anything, whether vision-impaired (VI) or missing a limb. They had 1 single-leg and 5 VI stokers, and 6 “awesome” pilots.

Moment of glory

While a moment of glory is fleeting, what happened on that Sunday is a testament to the work of FIT-Ability in providing tandem riding opportunities for people with disabilities (PWDs). But, there is a bigger picture here too. All those on the periphery who support FIT-Ability in facing the challenges of providing its services: volunteers, organisations, bike shops, our pilots, and many more. Their work is often unseen and unheard.

Last year after my first Tour de Femme on a tandem I watched people mingle during the prize draws and thought wow, they really do mean anyone and any bike. What a way to promote inclusion. This is great. I am so doing this every year.

Cool with anyone moving

Canberra really does have a great cycling community and a community in general with positive attitudes to including PWDs in sport. In the short time I've been cycling, my interaction with people has been nothing short of amazing. They really are cool with anyone moving any kind of bike as long as you're out there having a fair go. To name just a few that I know of: our parent club FIT, Pedal Power, a big supporter of FIT-Ability, Hartley Lifecare, the VETS and Vikings cycling clubs, Fyshwick Fresh Food Markets team, even CORC (Canberra Off Road Cyclists).

Win not a fluke

The 2008 TdF is a tale of how a little idea ended in something significant. Anyone who thought Kerry and Brandie's win was a fluke doesn't know the truth. Months ago Rosemary, our former FIT-Ability project officer, said a tandem could win the TdF. I must admit I was sceptical. I was thinking, "Ha! As if that's ever going to happen!"



Kerry Knowler and Brandie O'Connor

Then a few weeks of her selling me the grand plan, since I had taken over from her, it occurred to me that if we couldn't win, it would be from a lack of trying, not a lack of ability.

Needed some dynamite on wheels

So the task was on, anything to lift the profile of tandem cycling, and anything to show we can be as good as the mainstream riders, if not better. If the vision came true, it would just be icing on the cake. We set out to recruit riders for all 6 of our tandem bikes. There were the usual suspects because we are just as much about including any rider of any level. But with the grand plan in mind, we needed some dynamite on wheels. We were stoked when paralympian Lindy Hou (VI cyclist) said she would come and ride with us. Although organising a team of 12 riders hadn't been easy, with some perseverance and faith, we came down to 4 strong riders for the leading 2 tandems. Then a FIT member expressed her wish to try piloting while another recruited pilot had to drop out.

Stars were truly aligned

This last minute shuffle led to the final pairing of Kerry and Brandie, at which point the stars were truly aligned in our favour. I spoke to Kerry the day before the event and she said she was going to leave behind everything she had on the

road, and that she had every intention of taking Brandie along for it. What more could you ask from a team-mate.

** Jing is a leg amputee, keen cyclist, and project officer for FIT-Ability*

Travel FIT running/swimming/ cycling. Staying fit on holiday

Hello's a handy word to say, at least a hundred times a day.

Without hello where would you be, whenever you ran into me?

Hello's a handy word to know....

Hello Hello Hello...

The childhood rhyme now has special meaning for 11 FITs and five of their BITS following a cycling trip to Vietnam from 9 – 28 November. Here Rae Wells recounts the journey....

Welcome on roads

A hundred times a day? Try 1,000s!! The kids just loved to call Hello to us from anywhere. What a change to be welcomed on the roads rather than attracting the ire of Canberra drivers. It was obvious from the first day that the trip was going to be extraordinary. The adventures mapped out by PedalTours NZ and the local provider Eco-Tours, was impressive and included enjoyable impromptu diversions caused by weather events spinning off typhoon patterns. Bus travel was more scary than cycling. On day one the guide introduced us to the road rules. Rule is: There are no rules! We also learned a few Vietnamese words. 'Oh my God' was used often. On main roads it seemed the big vehicles had right of way in the middle of the road – much like swimming above the black line in a pool lane – while scooters were next and bicycles towards the edge of the road. Every time a scooter

or a vehicle approached a horn blared, just to let you know they are there. Not road rage at all. Watching multiple scooters and cycles chose their own line through a major round-about from a bar on the third floor in Hanoi was like seeing a choreographed dance.

Hello Hello

The cycling was varied including hot conditions causing heat rashes. Local villages full of the busyness of daily activity, often with hundreds of school kids pouring out of school grounds on rusty old bikes, two kids sharing one set of pedals to increase the power. Riding through local markets trying not to collide with women carrying produce in baskets balanced on wide carry sticks. Rural roads with potholes to dodge, while responding to 'Hello Hello' from somewhere, being careful not to ride over coffee or rice drying on the main road. Climbing over high passes and having absolutely fabulous new roads virtually to ourselves was a real treat. Not to mention the surprise of a safe smooth surface under a flooded road when we had been diverted from an impassable coastal road. Great fun had by all!

Tai Chi, aerobics, badminton

Most of us stayed on to kayak on Halong Bay. We flew from Hue to Hanoi and enjoyed the ambience of a village-like major city. It was a treat to do Tai Chi, aerobics, communal massages or simply soak activities like badminton being played by people, **even older than us** at 6am. The lakeshore was alive and it was lovely to be on the streets when they were relatively empty. We saw shopfronts open up to family breakfasts and household activity before becoming a place of work.

The food...What can I say!

I have never eaten so consistently well on any holiday. When you arrive at a lunch spot, selected that day on a diverted route, to see the proprietor catching fish for yet another feast you know the food is fresh. Some didn't like soup for breakfast but most of us valued how it replenished salt without us needing sports drinks. The variety of seafood was fantastic. We know we ate frogs' legs, very tender and to me better than chicken. As far as we know we didn't eat dog (though we saw some on display for sale) and certainly avoided the battered crickets!

Celebrations & shopping

Birthdays were Geoff 62, Michael 64, and Lindy's 60th which was literally a regal affair - traditional music, Royal cuisine and the full regalia for the King and Queen and their royal subjects. Sandy had an early 51st as her birthday was on touchdown in Australia and Pat and Val celebrated 42 years of marriage. We were an expensive bunch for the tour group, but nothing was too much trouble. Shopping became a sport - no a responsibility - to save the Vietnamese economy! Whole summer wardrobes of made to measure clothes and shoes, Xmas shopping, or the sheer indulgence of buying silk, silver, lacquer ware and artwork.

Extraordinary ability to forgive

Thanks to Peter Dunn we got insights into events important to Aussie Vets in the 'American War' as the Vietnamese refer to it. We crawled through the Cu Chi Tunnels, visited the Long Tan Cross and the Peace Memorial at the site of the Mu Lia Massacre. We filed past Ho Chi Minh, with thousands of others, in respectful silence. My perception is that Vietnamese people have an extraordinary ability to forgive and move on with life. Vietnam is home to many minority



The travel party take time out from cycling to kayak on Halong Bay.

Scooter riders gave tows

groups, people were eager to interact with us. Very young children calling 'Hello Hello' from somewhere in a distant house or orchard, kids on bikes riding alongside to engage in chat like: 'What is your name?', 'Where are you from?', or, the surprise: 'How old are you?' Scooter riders gave tows. We got lessons in carrying heavy loads on bikes or planting rice in a paddy field.

Satellite disks & worthy causes

The scenery was all you would expect: beautiful sandy beaches, windswept coast hosting shrimp farms; paddy fields of rice or other market vegetables; roads used to dry rice or coffee one day and flooded the next; almost always some flat land with mountains nearby. All arable land was under some form of cultivation. We saw peppercorns grow around brick pillars and beans on triangular support for runners. Cattle fed from haystacks in the front yard of two storey homes. Shanties had the benefit of satellite disks attached. We did our best to support worthy causes. Purchasing handicrafts produced by disadvantaged children. Eating at a KOTO – Know One Teach One – restaurant. An initiative of a Melbourne man it gets kids off the streets through training, jobs and accommodation. The disparity in the spread of wealth is enormous. The smells and sounds of

endeavour assault your senses at every turn in Vietnam and it is well worth a visit - even if the land is being gobbled up by concrete. For every one in the party the companionship was an experience to treasure and we each take away memories for a lifetime.

Challenging Adelaide Challenge

The Adelaide Challenge on 30 November was the first of seven selection races for the World Triathlon Championships at the Gold Coast in September 2009. FIT members Robyn McClelland, Julianne Quaine and Sue Rymer joined 600 others to compete in the event. Their goal was to be among the 25 selected in their respective age group for the Olympic distance – the first step to gain selection points to enter the World Championships. The girls will gear up again for events in Canberra 25 January and Brisbane 1 February. Here Robyn tells what it was like to keep up with Julianne and Sue.

“Sue and Julianne had done this sort of thing before, indeed, they are international veterans, having competed in the World championships in Vancouver earlier this year. And their training for the Canberra half ironman on 14 December meant they were very well prepared. For myself, however, travelling for a triathlon and flying with a bike was new. And this was only my second Olympic distance. My preparation, particularly for swimming, was light on.

Real buzz in the air

The accommodation, booked by Sue, was ideal. A modern 2 bedroom, 2 bathroom apartment on the beach overlooking the swim course, and about 200 metres from transition. Sue and Julianne arrived Friday, Robyn early Saturday morning. There were many triathletes staying there; indeed, it was full of very fit looking people. There was a real buzz in the air.



Enjoying post event celebratory drinks Robyn McClelland, Sue Rymer and Julianne Quaine. Photo by Norbert Temajo.

The race course was scenic and flat with an ocean swim at the beach side suburb of Glenelg - swim 1,500m, bike 38 km (four 9.5 km laps), run 10 km (3 x 3.3km laps).

Saturday Schedule Breakfast, assemble bikes (which thanks to a Qantas box from Sue) was straightforward for me: re-attach the seat and the front wheel and pump the tyres. But for Sue and Julianne it meant putting their bikes back together.

Then two laps of the cycle course in a moderately strong SW wind. Then Julianne said something like 'it's good to do a gentle cycle'. I didn't say anything and pushed ahead with one lap of the run course and a wetsuit swim in very choppy surf. Fortunately the Glenelg life saving club had just erected flags and was patrolling the beach. I pretended that the launch of the lifeboat and its despatch in my direction was merely coincidental and not precautionary. Lunch at about 1.30pm, back for a quick nap then registration where we received wrist ID, bike ID, helmet ID, timing chip, swim cap, & Challenge series bag. We checked our bikes in and got the race briefing. Then shopped for dinner; cooked and ate dinner; washing up (thanks to Norbert) and bed.

Sunday Schedule Conditions were sunny and fine, temperature good, increasing during morning to mid 20's, with light to light to moderate NW

winds. To transition for numbering and bike set up (transition closed by 6.45 am); the novelty of returning back to the apartment for breakfast and watching the men's waves (starting at 7 am); then into wetsuits and to the beach for our wave which started at 8.40am. The sea was calmer than on Saturday but there was still a swell.

Very scenic run

There were four options for the swim course and because there had been a wind change overnight, we chose to swim with the current for half the race and against the current for the other half. We all wore wet suits. I am very grateful to Christine Coogan for lending me hers. After the swim it was smooth sailing, ending with a very scenic run along the esplanade, past the beach volleyball, Sunday walkers, and people breakfasting in cafes.

Great results

Julianne 2h 43m 34s (41 06 swim; 1 10 12 cycle; 52 14 run); Sue 2h 49m 31s (36 46 swim; 1 13 32 cycle; 59 12 run); Robyn 3h 4m 44s (46 29 swim; 1 21 15 cycle; 56 59 run).

Triathlon community & lessons

It was a great event, well supported by Adelaide with about 100 volunteers. Many competitors knew each other; clearly there is an Australian triathlon community. I learned that you need: Bike case, bike, bike tools, pump, helmet, bike shoes, running shoes, cap, sun glasses, sun screen, triathlon/swim suit, wet suit, goggles, towel, race belt, money, copy of entry receipt. Allow preparation/recovery time. It's very helpful to have others to do it with. Thank you to Julianne and Sue for encouragement and support.

FIT Workers Gather Round



Your 2009 FIT Committee & ex-officio members: From left back: Jane Grey, Michele Boyle, Cathy Cleg, Rosemary Robinson, Helen Arnold, Penny Lovibond. Front: Lynne Evans, Di Evans, Jane Smith, Michelle van der Voort. **Absent:** Rae Wells, Gillian Mitchell, Polly Templeton, Wynne Hannon, Rachel Hollier, Krissa O'Neil, Jing Huang.

Cycling: Fri 6:30am - 7:30am, West Block car park, Queen Victoria Terrace, Parkes.

Running: Tuesday, 6:30am - 7:30am, Lennox Gardens, Thursdays Flynn Drive, Yarralumla.

Saturday Running: 7:30am at changing locations with breakfast afterwards. To be on the weekly list email: Julianne Quaine – temajo@grapevine.net.au

FIT Contacts

www.fitact.org.au - website
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