

## Females In Training (FIT) Newsletter



### President's Patch

Hi everyone – welcome to our winter newsletter for 2008. I have just returned from Saturday running and it was great to see so many girls (and one BIT) braving the crisp, frosty weather. As I wheezed my way to the top of Mt Ainslie I wondered whether it was worth it, but once there the view was spectacular ..... I am also hoping that lingering cold is now finally gone, lost somewhere on the side of the mountain!!!

As we all brave the dark mornings to continue our training I would like to take this opportunity to congratulate our world championship trio of Julianne Quaine, Sue Rymer and Krissa O'Neill who are enjoying sunny weather on the other side of the world after doing themselves, and all of FIT, proud in their race in Canada (see story P3). No doubt one of our future newsletter editions will update us on their exploits.

#### *FITAbility Project Officer*

In our March newsletter we advertised for a new project officer for FITAbility. I am very pleased to announce that Jing Huang has been appointed to the position and I know that the FITAbility and FIT committees are looking forward to working with Jing over the coming months. I would also like to take this opportunity to thank again our previous project officer – Rosemary Robinson. Rosemary worked tirelessly to increase the profile of FITAbility and to get as many disabled riders as possible involved. As many of you know, Rosemary had a cycling accident on the way to training one morning and is now laid low recovering from a broken

pelvis. Everyone from FIT and FITAbility wishes Rosemary a speedy recovery and we look forward to seeing her out on her bike again soon.

#### *Memberships due*

In the newsletter is a membership renewal form for 2008-09 – memberships are due for renewal from 1 July 2008 and I would like to encourage everyone to renew as quickly as possible.

#### *The changing faces of your committee*

It is with much sadness that the FIT committee is farewelling two of its members during July. Trina Burrell (Secretary) and Lynn Henderson (Vice President) are both leaving Canberra for sunnier climates. Apart from serving on the committee, both Trina and Lynn have been very active FIT members and we wish them well in Perth and Port Stephens, respectively.

A huge welcome to Helen Arnold and Cathy Clegg who responded to our call for new committee members through until our AGM in late October – thank you Helen and Cathy for offering to help us out.

#### *AGM 28 October*

On that note, I would like to slip in an advertisement for the committee for 2009 – our AGM is on 28 October and many of your current committee members, myself included, have indicated that this will be their last year on the committee. Being a committee member is a great way to give back to FIT and it certainly isn't an onerous task. In fact, lots of wine and cheese gets consumed over the minutes, the financial statements, our correspondence and the like. So, if you've ever wondered how you could give back to FIT and you aren't the coaching type, I can highly recommend a stint on the committee – if you would like to discuss what's involved please give me a call (0408 431 538).

Happy reading ....

Gillian Mitchell  
June 2008

**Spotlight - Michelle van der Voort:  
New Coaching Coordinator**

I can't actually remember when I first joined FIT, but I seem to have been around for a long time. I did my first Tour de Femme bike race in 1993, and following that I did some skills sessions with John Armstrong, which I think were a pre-cursor to FIT.

After a few years just doing my own cycling and having a go at triathlons I joined FIT (too long ago to remember how I even heard about it).

After a short and mediocre triathlon career (and I think even the term mediocre might be flattering myself a bit), I came to the conclusion that swimming and running were not really my thing, so perhaps I should just stick to cycling.

Having reaped the benefits of years of cycling coaching from the FIT coaches, I decided that I should try to give something back to the club and became a level 1 cycling coach myself (in 2001?). Since then I've been trying to help out other novice (and some not so novice) cyclists at the 6.30am sessions and training programs for the Tour de Femme and the Women's and Girl's Triathlon.

Since my decision to stop triathlons I have taken part in various cycling events – from Big Rides in NSW, Qld, Victoria and Tasmania, to 24 hour mountain bike races, the 210km Around the Bay in a Day ride in Melbourne, and Lifecycle ride from Sydney to Canberra. And of course, lots of shorter, more sensible events. I also do some rogaining, orienteering and short adventure races (involving about 4-5hrs of mountain biking, paddling, running, swimming and other surprises, while navigating around finding checkpoints). Now you might be thinking I sound like I'm a bit of a serious athlete. But I stress that I "take part" in these events, I don't "race" them, so they are more of an excuse for me to get out and do

something different – often in different locations I haven't explored much before.

On the serious business of coaching, I haven't really done much yet as coordinator, so I can't give you much of a rundown on that. I'm hoping to organise some group sessions for all the coaches, to either update our skills or knowledge or to discuss possible activities for FIT members and what we want to achieve. Hopefully we can keep up the momentum of that great bunch of volunteers!

I will keep you up to date in future newsletters or newsflashes on anything that comes out of the coaches planning. Please feel free to speak to any of the current coaches if you are interested in becoming a coach.



**And Thank You**

Karen Burgan for your contribution and being such an excellent coaching coordinator.

## Olympic Torch Relay Fun

Security concerns prevented FIT cyclists from escorting runners in the Olympic Torch Relay but that didn't stop people enjoying the spectacle from the sidelines.

Gillian Mitchell saw the change over to Michael Milton on Northbourne Avenue.

“Despite the numbers of police, we got a very clear view and Michael looked absolutely delighted.”

Barbara Carney supported Lee Kernaghan as his “host” who ran on Kings Avenue.

“Everyone was great – Nova Peris handed over to Lee and he handed over to Alice Mills. The runners were very relaxed – and no wonder as the police support was pretty strong. No incidents on our bit of it.”

“Hope the news tonight shows the peaceful parts as well as the protesters! The welcome to country was very impressive and moving at the ceremony before the relay began,” said Barbara.

### FIT MEMBER DISCOUNTS

Show your FIT Membership Card for a discount:

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 Only  
Top of Form - 10%  
Totally Workwear - 10% - Safety Vests Only  
Wetspot - 10%

## Fantastically FIT Females Triumph on World Stage



Sue Rymer, Krissa O'Neill and Julianne Quaine (pictured) have become the latest FIT members to compete in the World Triathlon Championships.

The girls travelled to Vancouver to compete in the June 7 event.

They braved torrid weather including sub-12 degree ocean temperature (that caused officials to cancel the swim for safety reasons after their wave set off) to perform in all three legs - 1.5km swim, 40km ride, and 10km run.

For detail on the agony (and the ecstasy) including the post celebration - see their blog: <http://canadaadventures.blogspot.com/>.

**And thank you supporters...**



The supporters view penned by Christine Coogan and Judy Bourne – there cheering on the day and helping out in a variety of ways in the preceding months – is also good reading.

## **I completed Ironman and this is my story**

*By Karen Burton*

I wanted to write a story about my Ironman experience mainly because I hope to show every normal person reading this that it can be done! Don't just shake your heads in disbelief- read on!

I have known many great friends compete in Ironman over the years and, to be honest, the intensity of training and the preparation sort of blew me away and made the whole idea of doing one myself seem just ridiculous. A friend of mine named Alison Coote (who still holds the 30-34 yrs age group record in a time of 9.30 hours - totally awesome) told me about 10 years ago, "You know, anyone can do this, you just have to put in the training". Interesting to look back at this now, as I laughed my head off at the time! The next positive words that I will always remember are from another FIT member and Ironman, Cassie Carey, who said, "Ironman is do-able, it's just a tough day!" More important were these words from Cassie, "Most people get to the line of Ironman with injuries - it's how you manage them that counts! As I was to find out - so true!

### **Sometimes not focussed at all**

Firstly - why did I decide to do it? Well, it was a moment of madness really! One - to prove to myself I could do it, two - a couple of people talked me into it!!! I had watched it many times and thought it looked pretty cool, so why not?

I would like to share a bit about training with readers because my approach was quite different - probably not the best for a good result, but it was great for me! It might be of interest to like-minded people who may feel the training is just too much to contemplate. You're right - the training really is the hardest challenge of Ironman you know! I am the first to admit, I am not a great trainer, I get bored and sometimes I am not very focused at all. While I did do between 16-20 hours most weeks, how I did it was varied.

I tried to find fun events to enter that took me away from the mundane weekly training schedule. I rode in bicycle challenges that were all 140kms plus, eg: the Tour Down Under community ride in SA, the Victorian Audax Alpine classic (200kms up 4 mountains), the Amy Gillet memorial ride in Victoria, Fitz's Challenge in Canberra, the Albury multisports cycle ride. I did multisports events, adventure races, a pier-to-pub swim race at Lorne, Victoria, aquathons (swim/runs) in Albury and surrounds. I also did a few half-marathons (just over 21 kms) and rogaining competitions. All of these broke up weekly training routines, but gave me good endurance sessions. I did lots of long rides and long runs on weekends and I did 3 sessions of swimming a week. I rode to work most days and then would ride to cross country races, the Vets' (cycling) criteriums etc and then ride home. I swam in the lake on weekends - and must thank Michelle Van de Voort for coming out on her kayak to ensure I didn't drown! Ironman training fitted around my life in many ways and it kept me sane.

### **Shocker of a swim**

The race was fun after I got out of the swim. I had a shocker of a swim - I started off-course and was in a group of about 100 who had to go back over to the correct side of the rope and then return back through the starting buoys. Next problem was swimming against the current - really hard work for me 'cos I am a very very very weak swimmer! But I got out and was so excited. I had a 10 minute transition (possibly slowest of the day by any competitor!) where I chatted to volunteers and got completely changed to comfy clothes and padded knicks! Now I was ready for some fun!

So, after the swim debacle - I had a great day. The laps on the bike course were fun, everyone was cheering and I enjoyed the route and the bananas and cookies I ate for many hours! I had little aims on each 60km lap and I stopped at the portaloos in Lake Cathie each lap to stretch my back and on the return to town I tried to 'race' everyone up the really tough hill we all hated. A

strange way to go, I know, but it kept me occupied in my own funny way.

The run was always going to be a shuffle due to several injuries but I enjoyed it, despite never having run more than about 25kms in my life - and that was about 6 years ago! I walked a bit to warm up my crappy knees, calf, hip and then shuffled, then I ran with a guy from Victoria for an hour and we chatted and became instant “best mates” for the purpose of completing the event. However he ditched me for the finish line when I still had a lap of 14kms to go the meany! Each lap I got faster which was a nice feeling. I stormed home and passed 4 people on the final blue carpet – I have no idea why I did this, I think I had just had enough!

### Getting Wobbly

There are 5 parts to the ironman, the swim, bike, run, mental attitude and nutritional strategy. I was crap on the swim, average on the bike and run, and great on the mental attitude and nutritional strategy. I kept positive all day and I ate and drank my required carbs each hour. I had been told that with 10kms to go on the run I might need some coke and oh boy, yes I did, as I was getting wobbly, and so I “coked it up” all the way to the finish!

Post event/recovery was weird. Before heading to Port Mac I was sure that I would be finishing a crawling mess and would need to get on a drip post race and sleep the night on a bed at the course! Instead I felt fine, had soup and ice-cream and headed out to cheer others on - it was weird ‘cos I was thinking “what now...it’s over????”.

Thanks to all the FIT group who cheered me on all day, had coffee the day before and brekky the day after with me - you are magic! Thanks Cassie and Greenie for taking me to the finish line the night before and getting me to soak up the atmosphere (or just become more nervous than I already was, thanks guys!!). Thanks Karen Burgan for rides and brekky prior to leaving, Di for hosting our good luck dinner and Alison for



Karen’s 40-44 female age category was the largest of the event.

**Time:** 14:33:01

**Swim:** 1:51:56

**Cycle:** 7:21:52

**Run:** 5:19:12

having someone else to fret with. Al did SO WELL I was very proud and happy for her. She really deserved such an awesome result! I would like to say well done to Pat Carey (Cassie's Dad) - oldest man in the race and four time finisher!! Well enough rambling I think, I want to know who is next????

Contact me if you want to chat about it or to find your Ironman buddy to get you through this adventure. Cassie Carey was mine. She fixed my injuries, ran my long runs with me, convinced me to keep going when I was going to pull out in February, and continually had a belief in me that I would finish it. She was even my personal photographer on the day. I could not have done it without you Cassie!

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### Weekly Training Sessions

All levels are welcome to all sessions. See [www.fitact.org.au](http://www.fitact.org.au) under 'Training Sessions'.

**Swimming:** Wednesday, 6:45pm - 8:00pm (swim from 7pm), CISAC Pool, Eastern Valley Way, Belconnen. Pool entry fee is \$4.00 (tell CISAC staff on entering that you are with FIT) plus \$3.00 to be given to the coach to assist with lane hire cost.

**Winter Cycling:** Indoor Cycling, 6.15-7.15am Friday upstairs at CISAC, Belconnen until 24 August. Cost \$8.00 to CISAC (info: Karen Burgan, 0414 846 806)

**Spring/Summer Cycling:** Starts Sept, Friday, 6:30am - 7:30am, West Block car park, Queen Victoria Terrace, Parkes.

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

**Saturday Running Group** meets at 7:30am at changing locations including Queanbeyan. You choose how far, fast or long you want to run/jog/walk. Following the run, join everyone for breakfast, a different café each week to swap stories, tips and advice as well as catch up with friends. To link up with the Saturday runners and to get a weekly email reminder of the meeting place and breakfast venue email: Julianne Quaine – [temajo@grapevine.net.au](mailto:temajo@grapevine.net.au)

### Is Ironman a big deal?

Sure is. Ironman races are the ultimate in triathlon - a mind boggling 3.8km swim, 180km ride and a 42.2km run – with no lunch break!! Traditionally, quite a few FIT members have entered the NSW Ironman event which until recently was held at Forster in northern NSW. The race was moved to Pt Macquarie because of its increasing popularity a few years ago, but that didn't stop FIT girls going for it!! This year's Pt Macquarie Ironman was on 6 April & several FIT members, including 42 year old Karen Burton, lined up for the start, while lots of others went to cheer everyone on (they'll tell you this is almost as tough as competing!!). As you can imagine (or perhaps not!!) you need to do a lot of training for a race like this. – *Jane Smith.*

### Renew Your Membership

If you want to have fun and get healthy at the same time then FIT Membership is great value. Almost 200 female FIT members think so.

Cost for new members is \$40 and \$35 for renewing members.

The year-long membership is from 1 July 2008 to 30 June 2009.

Complete the application on p12 or download one from the FIT website at: [www.fitact.org.au](http://www.fitact.org.au)

### FIT Clothing

FIT has a range of clothing suitable for cycling, swimming and running. To see what items are available at very reasonable prices please refer to the FIT website [www.fitact.org.au/outfit.htm](http://www.fitact.org.au/outfit.htm).

## Bunions – how to survive them or remove them

By Beth Peedom \*

The dreaded bunions on the big toe – they affect quite a few of us.

Bunions are most often caused by an inherited faulty mechanical foot structure.

Wearing ill-fitting high heels won't actually cause them but may aggravate them, so they tend to affect women more than men. However people in societies who don't wear shoes still have them.

Non-runners tell us that excessive pavement –pounding can cause them, however I believe that this may aggravate them but certainly not cause them.

So it's probably a combination of all these factors that gives us this unsightly nuisance.

In the beginning I tried orthotic devices, padding, icing etc all of which gave some relief, but eventually I decided when they were interfering too much with my daily activities, creating holes in the sides of my running shoes and causing me to wear only Birkenstocks, it was time to head for surgery – ugg!

The old wives tales tell us that surgery is exceedingly painful and that it is to be avoided at all costs – not true! Great advances have been made in recent years, and it can now be done in day surgery. I had NO pain, either immediately after the operation or in the recovery period.

The secret of a good recovery for me was to BE FIT. You must rest the leg and keep it elevated most of the time for the first week. However I was able to:-

- peel the vegies at the kitchen sink with one leg up on the kitchen bench
- hop around the house on the good leg or walk putting weight only on the heel

- use crutches or a stick confidently to climb the stairs
- drive the car (manual) within a week
- ride a bike (slowly and carefully) within 2 weeks (with my big boot on)
- kayak after 2 weeks (with my foot in a rubber boot)
- swim (after about 4 weeks when the wound was completely healed)
- walk normally within 4 weeks (still being careful not to jar the foot)
- run after 12 – 14 weeks

As for any other health matter, if you are fit, you will recover much more quickly. Having good flexibility and strength will enable you to negotiate stairs etc. with confidence.

So for all you “closet bunion ladies”, come out – deal with it and enjoy every day for the rest of your life.

\* Only 13 weeks after surgery Beth took a break from peeling vegetables to climb Vietnam's highest peak Mount Fansipan. She felt no pain – at least in her feet – during the 3143m ascent.

### FIT Contacts

[www.fitact.org.au](http://www.fitact.org.au) - website

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

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

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

**Address:** FEMALE IN TRAINING  
GPO Box 50 Canberra ACT 2601

### Farewell and thank you Trina

FIT's Super Secretary Trina Burrell is leaving Canberra. Trina has been a fabulous supporter of FIT members at events and we will never forget her Priscilla Queen of the Desert costume.

# Prevent that Injury

By Cassandra Carey\*

Injury Prevention is a topic much discussed in health and physiotherapy circles. As well as considerations of pain and suffering for the injured patients, it's a vital to improving performance and increasing participation in healthy activity. It is also something which the health professions are never likely to be completely successful at, for as long as people play sport, lift things, or ride bikes (amongst many other activities) there will be injuries.

## What is an Injury?

Injury can be defined as "hurt, damage or impairment". Biking, swimming, walking & running injuries are predominantly overuse injuries. These are injuries where the body's ability to recover from a training session is less than the damage sustained during that session. The next session is therefore begun in a slightly injured state and over time the injury develops into a pain that you can feel. Further training will worsen the damage. Most running and biking injuries are located in the lower limbs, pelvis and lower back. Most swimming injuries are located in the neck and shoulders.

## Injury Stages

Overuse injuries often build up slowly and can be categorised according to their severity:

- a) Pre painful stage - The actual injury to the tissue involved (whether it be muscle, tendon or bone), occurs before the onset of pain. At this stage the area may be tender to touch, but the athlete experiences no pain during activity.
- b) Grade 1 – The athlete is aware of pain after activity. This will usually fade before the next training session.
- c) Grade 2 - Pain is experienced at the beginning of a training session. It usually diminishes through the session but the athlete is again aware of pain after

completing the session.

d) Grade 3 - At this stage there is pain before, during and after training. The athletes' performance is reduced by the pain.

## Seven ways to reduce injury risk

1. Equipment – Always use appropriate equipment for the job. Incorrect bike size, handle bars that are too wide and using court shoes for long distance running are all things that contribute to people ending up injured and in the physiotherapy clinic.
2. Workload – Don't load your body past its capacity to cope. Running 10 km without training properly, sudden increases in cycle distance or hill work all stress the body beyond its limits. Build up loads gradually allowing the body to adapt before applying more stress.
3. Body Mechanics – Make sure your body is in appropriate shape to do what you ask of it. Tight and weak muscles, joint stiffness, flat feet, poor posture, deconditioned cardiovascular systems limit your ability to perform tasks and can lead to injury.
4. Intensity – Go at your own pace. Trying to keep up with others, who can perform the task at a higher level than you, can lead to overload, eg. running with someone at their faster pace or trying to play at the level you could twenty years ago. (Ironically this is often how athletes improve their performance by pushing harder than they have before, however there is a fine line between performance improvement and injury).
5. Recovery – Allow time for your body to recover before loading it again.
6. Stress – Don't try to push too hard when under stress.
7. Get a proper training programme – Use a coach or have a written training programme. This allows you to have a more objective

approach to what you are doing and can avoid many of the pitfalls described above.

*Injury prevention is not a sure thing. Despite the best plans, care and training programs people will still suffer injuries.*

*Following the injury prevention basics will only minimise the risk.*

*If you are injured, seek advice and treatment as soon as possible.*

### **Five Ways to Treat overuse injuries**

1 Rest - You must not continue doing sessions that cause pain. This will only continue the process of injury and lengthen the time for recovery.

2 Identify the cause of the injury - Involves an honest appraisal of your training habits and programme looking for areas that may be causing the problem.

3 Rectify the cause of the injury - Either self treatment or if you require the services of a health professional, make sure they: understand your sport, thoroughly examine you and discuss your problems fully, and give you a home programme and discuss how you should modify your training.

4 Seek treatment at an early stage - Physiotherapy. The duration and severity of your injury will be significantly reduced if you introduce remedial action as soon as possible. You cannot train through an overuse injury. It will only get worse. Seek a physiotherapist for treatment.

5 Maintain fitness by alternative means - Training in other sports that do not affect your pain, Activities such as water walking/running may allow you to maintain your cardiovascular fitness.

### **Five ways to Help Yourself**

1 Ice - acts to decrease the inflammation and soreness. It should be used for 10-20 minutes over the affected areas.

2 Heat - is useful in relaxing muscles and as a method of temporary pain relief. Alternating heat and ice may have a role in more chronic conditions.

3 Anti-inflammatory Tablets and Gels - Should be taken under supervision and should only form part of an overall treatment programme.

4 Compression and Elevation - Is useful where an injury involves swelling, particularly in the early stages. Elevation means that the injured part should be held above the level of the heart.

5 Self Massage - Can be a particularly useful addition to a daily routine. Generally should be done firmly over tight muscles using fingers, hands or specially designed implements.

*\* Cassie is a sports physiotherapist at SportsCare and Physiotherapy O'Connor*

### **Marathon Protest for Women \***

For almost 40 years Pakistani lawyer Hina Jilani has led the struggle for women's rights in her country.

In 2005 she and her sister Asma organised an unusual demonstration, a women's marathon.

At the time she was furious with the Musharraf regime which maintained it stood for 'enlightened moderation' but did little to improve the position of women.

"I mean I'm an old woman in some ways, and I've no desire to run a marathon, but we decided to hold a symbolic marathon, saying that we will run on the street and let them who dare come to stop us. And this very government who had always talked about enlightened moderation, sent all the state horses that they could muster, to beat up women..." she said.

*\* With thanks to 8 April Law Report on ABC Radio National*

## Great Ocean Walk

By Val Carey

Some FITs and BITs tested their leg muscles when they walked the 97 km Great Ocean Walk on 13-19 April.

Each day we walked different sections of varying length. Half the group would drive to the start of the day's section, while the other half would drive to the finish. We would walk until we met in the middle, have lunch together, swap car keys and continue walking heading in the same direction.

Day 1: Apollo Bay to Cape Otway - we completed this section of approx 25 kms. This section of the walk was very strenuous, a big day out.

Day 2: Cape Otway to Castle Cove section, approx 18 kms.

Day 3 this was supposed to be the rest day but a small group walked from Castle Cove to Johanna Beach, while the rest of us shopped and stocked up on food etc.

Day 4 was from Johanna Beach - same formula as Day 1 & 2.

Day 5: Wattle Hill to the 12 Apostles, another long walk of approx 18 kms. This was absolutely spectacular as the Apostles came into view.

Over all, some parts were easy walking on Old Coach roads, while other sections were hard to difficult. The trip was well worth it with spectacular scenery.

Self-catering was shared within the group by teams of 2-3 people each night. This proved to be very entertaining as each group did their own specialty.

A big thanks to Karen Burgan who organised the accommodation and itinerary. We enjoyed a very large and beautiful home

## Perfect for Winter Running



This fabulous light-weight jersey is just what you need for those cold winter mornings. It costs \$55 and can be purchased by contacting Jane Smith on 0412 973 411 or email: [janehome@grapevine.com.au](mailto:janehome@grapevine.com.au).

Modelled here by Anita Lindeman who alas leaves Canberra for career reasons. We will miss her smiling face and support.

overlooking Cape Otway. It had a pool, spa and two wood fires (absolutely fabulous).

What a lovely week.

# APPLICATION FOR MEMBERSHIP FIT (FEMALES IN TRAINING) INC.



Membership Year 1 July 2008 - 30 June 2009

**Details**

Surname: ..... First Name: .....  
 Date of Birth: .....  
 Address: .....  
 .....  
 .....  
 ..... Postcode: .....  
 Work Phone: ..... Home Phone: .....  
 E-Mail: .....  
 .....  
 Mobile: .....  
 .....

**Emergency Contact**

Name: .....  
 Phone: .....

- FIT is sometimes asked to assist in surveys related to Women's Sport. Please tick if you agree to have your details passed on to others sanctioned by the FIT Committee.
- FIT sends out a regular email newsletter containing details of coming events. Please tick if you would like to receive these emails (you can unsubscribe at any time).

**Skills and Resources**

FIT is a voluntary organisation. Are there any areas in which you feel you may be able to help to keep the costs of providing services to our members to a minimum?  
 .....  
 .....  
 ...  
 .....  
 .....

**Consent**

1. I, the undersigned, as a condition of acceptance of my entry in FIT for myself, my heirs, executors and administrators, hereby waive all and any claim of action which I or they might have for or arising out of my death, disability, personal loss of injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of activities organised by FIT.

- 2. I certify that I am physically fit and have not been advised otherwise by a qualified medical person and have sufficiently trained and prepared for participation in the training and related activities organised by FIT.
- 3. I hereby consent to receive medical treatment which may be deemed advisable in the event of any injury accident and/or illness during any activity organised by FIT.
- 4. I understand that membership fees are not refundable upon my leaving FIT.
- 5. I understand that my membership may be revoked at any time if I do not abide by the constitution of FIT.
- 6. I hereby consent to the publication of or use in any form of media whatsoever of my name, photograph, image, statements or otherwise in any context pertaining to FIT whether for advertising promotion or otherwise.
- 7. I hereby certify that I have read this document and I understand its contents.

Signature.....

Date.....

**Membership Fees:**  New Member Joining Fee: \$40.00

Membership Renewal Fee: \$35.00

Method of Payment:  Cash  Cheque\*  
 MasterCard  Visa  Bankcard

Name on Card: .....

Signature .....

Card Number: ..... Expiry Date...../.....

\*Please make cheques payable to "Females In Training" and forward to: FIT (Membership), GPO Box 502, CANBERRA ACT 2601

**FIT Use Only**

Membership Officer to Complete	Date Membership Processed		Signature	
Treasurer to Complete	Date Cash/Cheque Received		Signature	

Sender:

Females In Training  
GPO Box 502  
CANBERRA CITY ACT 2601