

Females In Training (FIT) Newsletter



President's Patch

Tribute to Dr June Canavan

I wanted to take this opportunity to express my thoughts on the tragic passing of Dr June, one of 13 people to have their lives snatched away too soon in the plane crash in PNG on 12 August.

June's partner Anne Gripper was FIT's founding President and Anne is extremely grateful for the thoughts and support from everyone at FIT during this very difficult time. Dr June, as she was affectionately known, assisted many FIT members over the years through her professional work as a sports medicine specialist. She worked with many athletes at Canberra agencies like the Australian Sports Commission, the Australian Institute of Sport and (in the 1990s) Triathlon Australia.

Personally, I had only met June a few times, and we were meant to catch up with Anne & June in France this year. Unfortunately that wasn't to be. I know many FIT members were fortunate to have met Dr June, and as you can see from Anne's tribute (see p2) at Dr June's memorial service, she was an incredible woman. If you want

to support her charity see www.klockinguptheks.com.au.

FIT'S representing Australia

Congratulations to Julianne Quaine, Sue Rymer and Robyn McClelland who all competed in the World Triathlon Championships in the Olympic distance at the Gold Coast on September 12. All three were inspirational. See story p 4. And good luck Alison Hale and Krissa O'Neil. They are competing in the World Long Distance Triathlon Championships in Perth from October 22-25.

FIT's Future

I'm pleased to report the FIT planning day in July (see p11) found that members are basically happy with what FIT offers and the way the club is run. The day produced a strategic plan for 2009/2010 with a view for the next 5 years. You can view the strategic plan on the FIT website. A very big thank to those who came and shared their views.

Tour de Femme & WTTP

Finally, we are about to start a very busy period with the Tour de Femme (see p8) and the Wag-Tri training programs being run back to back this year. Ange Barr is coordinating the WTTP this year. Tell your less fit friends about the information night on October 15 and watch the Newsflash for details. The WAG-Tri is on 6 December so if you haven't started training it's time to do so.

HAPPY TRAINING.

Di Evans
September 2009

Anne Gripper at Dr June Canavan's Memorial Service



Guests were asked to wear 'sunny' yellow to a memorial service held for Dr June Canavan at the Sunshine Coast University Sports Stadium.

The 59 year old Maroochydore sports physician, who loved the colours yellow and blue, and her close friend Keith Gracie were among the 13 people killed in a plane crash in Papua New Guinea on the 11th of August.

The plane was taking June and Keith to the Kokoda Trail which was to be the 4th 'K' in June's 'Klocking up the Ks' project.

She planned to climb 5 'Ks' to raise \$50,000 for St Jude's School in Tanzania. Earlier in the year she completed the first 3 Ks: the local Keil Mountain, Kosciuszko and Kinabalu in Borneo.

Tributes came from family members, patients and friends, with speakers including world champion triathlete Emma Snowsill, cricketer Ashley Noffke, Queensland Academy of Sport head swimming coach Scott Volkers, and June's partner Anne Gripper.

The 1200 people who attended listened silently as an incredibly calm and composed Anne Gripper remembered and celebrated the life of her partner of nine years.

She described their shared love of life and people and their belief in the same core values of honesty, integrity and responsibility.

"We shared a basic faith in the human condition and we really believed there was good to find in everyone as long as we worked hard enough to find it."

Anne spoke of June's generosity, an aspect of her nature recognised by all who came into contact with her.

"Being June's partner meant that I always shared in the care and generosity that she gave to others."

"Many of our holidays were actually put on pause... while she spent time on the phone talking to someone that needed her advice and wisdom."

"I battled throughout our relationship not to be resentful of what I considered to be our time, but I always knew that this was the June I'd fallen in love with and really, I wouldn't want it any other way."

Anne wore a yellow shirt and vest she had bought as a belated gift for June's birthday, saying she had planned to give her the shirt on their next meeting. "So, happy birthday June, happy birthday for all the birthdays we shared and for all those we'll be apart.

Ms Gripper talked of how she and June had an unconventional relationship in which they led independent lives, in which just knowing the other was in the world and knowing the strength of their mutual love was more important than being physically close. She concluded with an extract from the poem "The Prophet" by Kahlil Gibran who she said 'really understood the nature of the love we shared.'

"Love one another but make not a bond of love:

Let it rather be a moving sea between the shores of your souls.

Fill each other's cup but drink not from one cup.

Give one another of your bread but eat not from the same loaf.

Sing and dance together and be joyous, but let each one of you be alone,

Even as the strings of a lute are alone though they quiver with the same music.

Give your hearts, but not into each other's keeping.

For only the hand of Life can contain your hearts.

And stand together, yet not too near together:

For the pillars of the temple stand apart, And the oak tree and the cypress grow not in each other's shadow.

You were born together and together you shall be forever more.

You shall be together when the white wings of death scatter your days."

BLUE SKY CHINESE MEDICINE CLINIC

DR ALEX PERRY
DOCTOR OF CHINESE MEDICINE
62 BRIGALOW STREET, LYNEHAM PH 6162 4950



Treating Knee Pain

You will know as an athlete and particularly for those that run, how much pressure is placed on your knees. This is particularly so when running on hard surfaces and while wearing good footwear helps, it does not take the strain out of your knee joints while running. As a result knee pain is a very common complaint that we see routinely in the clinic.

A structure that cops force

The knee itself is an interesting joint which not only has a set of internal and external ligaments holding things together, but a floating sesamoid bone known as the patellar or knee cap that sits over the front of the knee. Holding all this together and providing much of the power of the lower limbs are the quadriceps muscles which wrap over the top of the patella and form a common and very strong ligament which attaches just below the knee on the tibia. Underlying these structures is the joint capsule itself filled with fluid for lubrication and the soft cartilaginous structures of the menisci which provide some degree of cushioning and stability to the internal joint capsule. So you can see from this fairly basic description that the knee is quite a complex set of structures which cop a lot of force when running.

Overcoming general soreness

There are a number of injuries that could occur to the knee. What I really want to focus on in this article however is general knee soreness.

This often takes the form of an ache, pain while running or a sensation of grinding in the knee itself. These types of conditions, especially in the absence of obvious injury tend to fall into the category of 'over use and overstrain' injuries. In other words, minor damage has been done, has not been corrected and has developed into an ongoing issue.

What is the solution?

There are several ways to treat knee pain. Strapping, liniments, physio and surgery may be used where appropriate. What I am going to suggest however is acupuncture. We know that acupuncture has an anti-inflammatory affect. We know that acupuncture increases local blood flow to the area and has an effect on modulating the pain pathways. However, in my opinion, the real clincher for acupuncture is that by using hair fine acupuncture needles we can get to the site of the injury, even if it is inside the joint capsule while causing very little additional disruption to already inflamed tissue.

Research supports acupuncture

Acupuncture itself is virtually painless and in my experience knee injuries respond quite quickly. There is some good research to support the use of acupuncture in osteo arthritis and other painful conditions and in the clinic we see good results each day. I am happy to direct you towards the research if you are interested.

Cont p 4

Case study:

A 32 year old member of the defence forces presented with aches and pains all over his body following multiple injuries. His knees were the most painful part and had been for many years. He has a history of osteoarthritis with some cartilage and meniscus damage. The pain had become debilitating and was threatening his military career. We treated the knee by using acupuncture around the base of the quads and below the knee to support the muscular structure. I also carefully inserted a needle either side of the patellar tendon and into the joint capsule. I suggested the use of some herbal sports liniment and he has been without knee pain for more than 12 months.

In most cases knee pain will improve and often to the point where it becomes manageable as an athlete. As with any injury the prompt treatment of it will result in a greater likelihood of resolution.

As a FIT member I am pleased to offer you two treatments for FREE under the sponsorship agreement. If you have any questions or would like to book in to take advantage of this offer please call the clinic at 6162 4950.

I look forward to meeting you soon.

Alex.

Dr Alex Perry
Registered Chinese medicine practitioner
Director – Blue Sky Chinese Medicine Clinic (02) 6162 4950
www.blueskclinic.com.au

FIT's represent Australia



Congratulations to Sue Rymer, Julianne Quaine and Robyn McClelland (pictured) who represented Australia in the Olympic distance event in the World Triathlon Championships on the Gold Coast on 12 September 2009.

	Swim 1.5k	Bike 40k	Run 10k	Overall
Julianne	34:28	1:12:00	53:31	2:44:47
Robyn	34:14	1:18:58	55:17	2:53:04
Sue	31:33	1:17:21	1:01:17	2:54:41

To qualify for the Australian Team they had to compete in three Olympic distance races over the Australian summer season. Julianne and Robyn raced in Adelaide, Canberra and Perth, while Sue raced in Adelaide, Canberra and Cronulla.

Around 3,000 athletes from more than 40 countries participated in the Sprint or Olympic distance races, with competitors coming from as far afield as Venezuela, Oman, Norway, Morocco, Liechtenstein, Guatemala, Mauritius and Kazakhstan

Next year the World Championships are in Budapest, Hungary. So if you are interested in representing Australia (and getting a fantastic uniform with your name on the front!) why not speak to the girls to find out what's involved.

New FITS run City to Surf

FIT fielded record numbers in this year's City to Surf 14 k fun run on August 9.

Was it due to run coach Jane Grey's training program or was it the chance to show off the fabulous new jerseys?

For Jean Chesson it was the opportunity to compete in her first City to Surf which she proudly ran in 1:34:57. "I was in the back of the pack group so the funniest aspect was the fact the winner had already reached the finish line before we even crossed the start line. I was quite pleased that I was 167th in my age group," she said.

Angela Sloan managed an impressive 1:19.22. "It was much tougher than I thought, but I was wrapped as a first time City to Surfer. At least now I have something to aim for next year - sub 75!" she said.

Rae Palmer turned in another brilliant effort - 71min 32sec placing her second ahead of 663 runners in the female 60-65 age group. "I'm 62 - not bad for an old girl eh," she said.

"Completing the 2009 City to Surf with our inspiring running coach Jane Grey in a better than hoped for time of 68 minutes and 28 seconds (the official results have Jane and me 1 second apart but we know who crossed when!) has been one of the highlights of my year," said Jane Atchison.

"I started Tuesday and Saturday runs with FIT in about March this year, having done very little exercise other than walking for about a year following the birth of Dan and my daughter Lucy in March last year.

"I was very keen to get fit again and training for the City to Surf seemed a good goal. I feel very chuffed that I managed to attend most training



Grinning finishers: Di Evans, Jane Grey, Jo Lane, Janelle, Sharon Thompson, MaryAnn Simpson, Vanessa Palmer, David Webster (Rae P's brother) Marina Buchanan-Grey, Jane Atchison (& Lucy) Rae Wells, Kate Connelly, Rae Palmer. **Absent:** Sandy Waters, Kate Thompson, Natalie Parker, Wendy Rainey, Michele Boyle.

sessions, and am even more chuffed at meeting new friends and sharing the experience of training for this goal with some wonderful people.

"My goal was to complete the race in a time of between 70 and 75 minutes, secretly hoping to be on the 70 minute end of that goal, and I am thrilled that Jane and I beat that goal - actually I can't believe it!

"I almost had a tantrum at about the 10km mark as the race felt very hard at that stage - it's not just Heartbreak Hill but the many steep winding little hills that come between about the 7 and 11km marks that did me in, together with the constant sidestepping around people as the race goes on.

"Many many thanks to Jane for talking me through my tantrum moment!" said Jane.

Jane's Training Programme

Interval sessions ranging from 400 to 1600m repeats with varying amounts of recovery gradually getting less and less time to recovery to stress the anaerobic system and improve speed.

To stretch or not to stretch ?

A study on the value of stretching before and after exercise found it reduced the risk of soreness but not overall injury.

Associate Professor Rob Herbert from the University of Sydney said people believed that muscles are like elastic bands.

“By stretching them you make them more extensible so they are less prone to injury and less prone to get sore after exercise.”

He said a previous study of army recruits suggested that stretching did not reduce the risk of injury.

The three-month Australia-Norway study looked at delayed muscle soreness of people in the community doing exercise.

“We know that it (muscle soreness) is due to lengthening contractions of muscles causing damage to the structure of muscle cells and that precipitates a series of events.”

People were instructed on how to stretch. They did so before and after all episodes of physical activity. Seven muscle groups were stretched for 30 seconds each on both sides of the body before and after - about 14 minutes of stretching. The control group did not stretch.

Professor Herbert said the study found stretching did not reduce the risk of overall injury but it did reduce the risk of soreness.

“We found some preliminary evidence that stretching reduces the risk of a sub-group of injuries, the injuries that occur to muscles and tendons and ligaments; but the effects were small.”

People were asked if they experienced bothersome soreness in the preceding

week. The effect of stretching was to reduce that to a degree, that about one person in 13 who'd stretched didn't experience soreness where they otherwise would have.

The risk of injury to muscles and ligaments was about .88 per person year in people who didn't stretch. A bit over every year people experienced an injury. That rate was slightly reduced by stretching to the extent that, on average, a person would stretch for around 5 or 6 years to prevent a muscle ligament or tendon injury.

It means there may be evidence that you will reduce your chances of a sprain or a ligament tear. Muscle soreness will go down a bit in some people but not everybody.

Professor Herbert said if people enjoy stretching, if they find it's a nice way to get themselves ready for exercise then this study provides them with a little bit of objective evidence that there's a benefit to be obtained from stretching.

“For people who don't like stretching we think that the estimates of the effects are quite small and they are not going to be missing out on much by not stretching,” he said.

Does it change with age ?

The secondary analysis suggested that younger people around 20 enjoyed a beneficial effect on reducing the risk of injury, whereas in older people the effects seemed to disappear and there was even a tendency for a harmful effect of stretching in the older participants.

See Health Report interview with Associate Professor Rob Herbert from George Institute for International Health at the University of Sydney:
<http://www.abc.net.au/rn/healthreport/stories/2009/2596440.htm>

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

Sitting on Top of the World –The Benefits of Functional Fitness

By Rae Wells

Have you maintained the fitness you acquired when you joined FIT? Whether you joined in 1999 or 2009 can you honestly say you have kept your vow to stay fit? Since I joined in 1998 through the WTTP my mantra has been: “I don’t have to be fabulously fit, just functionally fit.”

Before FIT my pattern was to just ‘do’ an event, like the Canberra Times Fun Run. I would enjoy the training and achievement, then collapse, regain weight and find excuses not to continue: too hot, too cold, or, I’m too busy etc.

FIT has helped me push through the excuses and at least turn up! When the opportunity for something really special presents itself I’ve been able to accept, knowing, surely ‘I can do that’.

My Special Opportunity

That special opportunity arrived during a run out at the Pinnacle in Hawker (which just happens to be my old family farm). Beth Peedom mentioned she and her husband Michael were planning a Nepal trip in April. She invited my husband Geoff and I. Unfortunately Geoff needed ankle surgery so trekking was out for him.

With minimal extra training, apart from ensuring our boots and gear would work, we were confident we could do the trip. As a bunch of ‘oldies’ we surprised the guide and made up a day on the ascent to Everest



Beth Peedom Rae Wells and Mike Peedom trekking in Nepal

Base Camp. We were able to modify the return trek to visit additional villages. We were constantly amazed by the fortitude of the locals in dealing with a very difficult environment. However they appear to be happily living with a lifestyle most of us could not imagine. Nepal is the poorest country in Asia. The topography provides fantastic trekking but impossible challenges for the provision of basic infrastructure and services.

While we drive our teenagers less than 1km to school, high school kids in Nepal walk 90 minutes or more, each way, to gain some education. And if you ever thought you have a ‘shit job’ spare a thought for Nepalese women who spend their days collecting yak dung to fuel their fires for both cooking and heating.

Sometimes it pays to reflect on how others live...While we can’t fix all that’s unfair in the world, we can contribute by maintaining our own health and wellbeing. Now the weather is warmer I encourage you to recommit to a level of functional fitness. So that when the chance for adventure – which could be the trip of a lifetime – comes along you can accept knowing it will all be OK. You never know, like me, you could be sitting on top of the world – in more ways than one!

Good Luck for Tour de Femme

This year's Tour de Femme on Sunday 8 November will be the first for many undertaking the FIT six-week training program.

This year 21 signed on for the training starting Friday October 2. The sessions are at 6:15 at West Block.

The \$100 training cost included entry to the Tour de Femme and FIT membership for non-members until 30 June 2010. Cost to FIT members was \$60.

The Canberra Times 20th Tour de Femme is organised by Canberra Cycling Club. Entrants get a free T-shirt & drink bottle (though not late entrants).

The 20km circuit from Southern Cross Canberra Yacht Club carries \$2,000 in prizes. The lucky draw prize is a bike donated by FIT's running and cycling coach MaryAnn Simpson from the Bike Shed.

MaryAnn and John Armstrong started the Tour de Femme 20 years ago.

Last year more than 650 entered though MaryAnn is expecting a record 700-plus this year.

"It's an exciting event that caters to women of all levels of ability.

"Elite road cyclists and AIS athletes mix with triathletes, school children, mothers and grandmothers.

"There's a mixture of rider's which is one of the unique aspects of the event. It's a great day to catch up with family and friends. The fastest

riders will finish in about 30 minutes but most will take their time and enjoy riding in what are normally great conditions.

"It's a great thrill to be able to ride through Canberra with a huge bunch of enthusiastic women, some of them want to win but everyone is there because they enjoy cycling".

Last year's winner was Bec Doolan (nee Barwick) in a time of 32.10.

More information at:
Canberracyclingclub.org.au
Online entry at:
www.canberracyclingclub.org.au/ccc/tourdofemme

Nothing hinders Maggie

This year is the 10th year that 80-year-old Maggie Julian will participate in the Tour de Femme.

She will do so in spite of her very bad arthritis which particularly affects her ankles making it almost impossible for her to walk any distance.

Maggie took up cycling some years ago because it wasn't weight bearing and discovered her freedom. Now she enjoys cycling long distances with her friends on the cycle paths and usually undertakes either one or two bike rides a week, mostly 25kms or more.

Maggie competes in the oldest age category each year. She has persuaded other "oldies" to keep her company in the race.

This year Maggie's daughter-in-law Alison Julian is travelling from Sydney to join her in the Tour de Femme.

Sian Mulholland – champion trainer of champions in ACT Sporting Hall of Fame

FIT's head cycling coach Sian Mulholland was mentioned in dispatches when Susan Powell became World Champion in the LC2* Women's Para-cycling World Road Time Trial Championship in Italy on 12 September.

ACT Sport and Recreation Minister Andrew Barr said Susan's performance was an inspirational achievement for a 42 year old who had been racing for less than 12 months.

He said her remarkable result was made possible with the help of her coaches including ACTAS Para Coach Sian Mulholland who fast tracked her from a local rider to world champion in seven months.

Sian was inducted into the ACT Sporting Hall of Fame last month for her contribution to women's cycling.

**LC2 is a below knee dysfunction so the athlete has use of hip and knee joints.*

FITs in Tour de Femme Training

Teresa Curtin, Janet Hope, Wendy Rainey, Helen Furniss, Donna Furniss, Belinda Reynolds, Linda Gregory, Lorraine Erikson, Shirley Sloan, Marie Stewart, Jodie Mills, Jess Stokman, Deirdre Trow, Lyn Grigg, Sue-ella McGufficke, Peta Halloran, Kate Burmester, Karen Green, Julianne McMaster, Margeurite Bateman, Kristy Robb, Tess Ward, Julie Pham, Karin Malmberg, Michelle Jackson, Yasmin O'Kelly, Louise Morris, Kirsty Douglas, Guiliana Tonini, Margaret Welsh, Wynne Hannon, Kirrily Jordan

Windy, cold & wet ride



Rae Wells and Meredith Gawler warm up during a break

In August FITs and Bits braved rain and cold to ride 120km from Canberra to Goulburn though dangerously buffeting winds prevented all from completing the return journey.

Waterproof rain jackets, arm warmers and dry gloves were de rigueur as was warming drinks, good food and laughter at the breaks and overnight stay in Goulburn.

Those who braved the uncomfortable conditions were: Rae Palmer & Alex, Rae Wells & Geoff, Cec Sutton, Barb Haggstrom & Kurt, Michelle van der Vort, Andy, Beth and Mike Peedom, Meredith Gawler, Janine Gibson Lorraine Erikson, and Krissa & Judy.

Karen Burgan & Di Evans drove the support vehicles.

Chewing the fat while stirring the fat and considering exercise to get rid of the fat

By Lyn Grigg

Question: How do you buy yourself a birthday present, get fit and join a welcoming and safe group to do all this?

Answer: Go on line and notice an organisation called FIT that invites you to a cooking night at the wonderful POD three days after your birthday. Go along and meet FIT members in a relaxed fun atmosphere, eat great food and learn that cooking takes talent. And also some clever stuff like cows, or rather their refined produce, is essential to great tasting food. So now you are much chuffed that you picked a very welcoming FIT (special thanks to Le President Di) to burn off that refined produce that helps create wonderful food with wonderful company which you hope to do again.

Babies - Well done FIT Mums

Two of our members have recently become first time mums.

Yoga teacher and friend Belinda Brandon has given birth to a baby boy. Congratulations to Belinda & Nick. Photographer Natalie Kingston gave birth to her beautiful baby girl last month and Natalie has even been at running on Tuesday's. Congratulations to Natalie & Andrew. – Di Evans

FIT Contacts

www.fitact.org.au - website
enquiries@fitact.org.au - for all general enquiries about Females in Training
web@fitact.org.au - items for the website or feedback
fit_canberra@yahoo.com - items for the newflash or to update your membership details

Females in Training

GPO Box 502

CANBERRA CITY ACT 2602

YOUR FIT WEEK STARTS NOW

Tuesday : Running - 6.30am, meet at park behind the Hyatt hotel. Coached running for an hour at own pace.

Wednesday: Swimming. Coached session at CISAC Pool in Belconnen from 6.45 - 8.00pm. Pool entry fee is \$4.00 if you tell CISAC staff you are with FIT. Meet coaches at the shallow end of the pool where you add your name to the attendance sheet and contribute \$3 for lane hire cost. The coach outlines the evening's training before everyone gets in the water at 7pm for an hour of skills development and training. FIT has several lanes so there's room to stretch out and do some laps and drills and practice stroke improvement. All levels welcome. Remember: Swimming is the first leg of the WAG Tri on Dec 6.

Thursday: Running - 6.30am, meet at Yarralumla Bay (cnr Hopetoun & Alexandrina Dve) ~7km run within the hour.

Friday: Cycling - meet 6.30am sharp at West Block car park in Parkes. Coached road rides, hill training, interval training and various skill sessions. Meet 6.15am for group rides. Riders in this group should know how to ride safely and comfortably in a bunch and have lights front and back.

Saturday: Running - meet 7.30am at changing locations with breakfast afterwards (see schedule on web for locations) .

Sunday Cycling - meet 8am (7.30am in summer)at Debaule in Braddon.

New FIT Knicks

A new cycling top & knicks in the FIT colours and logo are being designed. It's been eight years since the last tops and five since the last knicks were designed. Watch the Newsflash for availability and price.

FIT Strategic Planning Day

By President, Di Evans

Around 30 FIT members gave up their Sunday morning on July 12 to consider the club's future at a planning day at ACT Sports House.

Facilitator Henny Oldenhove was impressed by the turn out and the ideas generated.

As the morning progressed members formed into small working groups to brainstormed responses to questions like:

What attracts you to FIT and what are the benefits?

What does FIT do well for its members?

What could be improved?

What would you like to see for the future of FIT

What should the organisation look like in 5 years time?

What key issues need to be considered?

New cycling & running

The outcome was that you the FIT members are basically happy with the way FIT is being run. A few new things came up that I am pleased to say we have already actioned – or have prioritised for future action.

For example we have already started planning the Rookie Running Program which will cater to women from walkers to runners.

We have also begun FIT Sunday rides of different lengths, for

example the Goulburn ride. These help women prepare for events in the cycling fraternity such as the Sydney to the Gong, Hartley, and Around the Bay in a Day.

We are considering cycle racing and a running camp in April or May. As well, we have a come & try day booked for late February for anyone interested in kayaking.

Fun without sweat

We are hoping to hold regular social days/evenings. The cooking class at Pod Food was the first such event.

Winter Swimming & Cycling

One thing that came out of the day was that the coaches, who volunteer so much of their time, need a break to avoid burn out.

It was suggested the running and cycling coaching cease over the Christmas period, and perhaps the coaches could provide a swim program for those still wanting to train through those very cold winter months when only one or two swimmers come. We have also done this with the coached 6.30am coached cycling session.

The FIT Strategic Plan for 2009/2010 with a view for the next 5 years is on the FIT website: www.fitact.org.au

Try this on for a Tri

FIT member Anita Lindemann now living in Broome tells how she participated in the only event in the Broome sporting calendar other than football – the Broome Tri.

Anita found the event somewhat casual and deregulated compared to Canberra's triathlons.

"Firstly there was little to no advertising except for a flyer that appeared at the only gym and one at the pool three weeks before the event. Lucky I was privileged to know someone in the inner sanctum of the Broome happenings, a lady I ran into at Woolies who I met at the Hash House Harriers gathering on a Monday night.

"The HHH here in Broome are quite an experience - sing little ditties, run around with bugles and torches, pour beer over their own heads and put your average bar fly to shame in what they can consume...My vet also mentioned it....

"So Jon and I signed up for the long course, 600mtr swim, 20km ride, 5km run...I know you guys wouldn't get out of bed for less than an Olympic distance...but hey when in Rome...

"Start was at 7am so we rode our bikes at 6.45am with our saddle bag of stuff on my old bike "Apollo" that Jon was using for the Tri. Got to the Cable Beach carpark where there were a few bike racks but no room for us. People like to spread out and one guy had an actual baby bath set up with water to wash his feet. We just lent out bikes on a nearby small shrub.

"Signed up and headed to the race briefing. This didn't happen till 7.10 and I was looking for a drink...no water, no sun block...oh well I should have bought my own.

"The race briefer told us the rules and the course details but no map to check out where you had to go. So if you didn't know the street names then expect to take a few detours as there was only two marshals on the course at the first and second roundabout, no signage, no road closures. The houses lining the course didn't know the event was on and nor did the general public. Doesn't matter, it is never that busy on a Sunday morning anyway and you can always follow somebody.

"It is now 7.35 and we start as one big group of about 100 - no waves just teams, men and women all together. It worked out well because those who are fast just take off. There was no being swum over by a super competitor and when I got to my first buoy we would politely gesture for the other person to go round first and they insisted I went first. There was a big swell and a few were fished out by the rubber ducky, others just failed to go around some of the buoys at all. Sure they were hard to see.....

"Coming out of the water you had to run about 1km for transition. Cable Beach has the second biggest tides in Oz so when it goes out, it disappears for miles. You had to run across the sand, up several flights of stairs past the showers, surf club, over the gravel drive and to the furthest bitumen car park. Bit hard on the feet as nothing had been swept.

"I took more than four minutes in transition, don't know what I was doing, obviously not feeling rushed. Put my sun hat on under my helmet, others were busy applying sun block on to bare torsos or hooking up their Ipods.

"Out on the ride a lot of people missed turns but thanks to directions given by people in the houses lining the course they returned to complete the ride. As I pedalled along the course I saw a man pulled over under a tree peeling a banana and a child in the seat behind

him eating what looked like a chocolate hedgehog. I yelled "now I have seen everything". He waved and yes, he was a competitor.

"Run went slow and steady and I saw Jon out on the course in his chewed up bush hat and Speedos. Probably only saw two tri-suits in the whole event. He was certainly dressed more appropriately for the conditions. Couldn't find any markers to work out where to run, just yelled to people along the way and it was two laps so that was helpful. A few ran over the finish a couple of times as you couldn't see where to turn around for the second lap.

"I finished and the clock said 3.05hrs but I believe the organisers switched it on when they first got there in the morning and never reset it. I came 4th out of only nine women doing the long course so you have to be happy with that!!!

"If you want to experience a bit of Broome life, this event probably gives you a good idea in just a few hours. You won't be able to wipe the smile from your face."

Rookie Running Starts Oct 12

Run coach Jane Grey has had more than 40 women express interest in a running program designed for women who have never run, are returning from injury or haven't run for a long time.

The program will safely build endurance from walking to eventually running a 5km or maybe a 10km fun run.

The program will run Monday 6.30pm and Wednesday 6.30am sharp at Lennox Gardens, rain hail or shine. It will also include the Saturday morning FIT run.

Further information: Jane Grey (janelgrey@hotmail.com).

FITABILITY Bits

The 60 km ride to lake George and back with 4 bikes on 5/9/09 was successful.

Hamish MacDonald at the Australia Sports Commission wants to be kept informed about FITAbility so has arranged to receive meeting minutes.

FITAbility will participate in WAM have a go day on October 31. It enables women with a disability to try a sport.

Lindy Dunn is considering becoming FITAbility Project Officer.

FIT MEMBER DISCOUNTS

The following retailers offer discounts to FIT Members:

- The Runners Shop - 10%
- Hammer 'n' Cycle - 10%
- The Rideshop - 10%
- Blue Sky Clinic - 10%
- Bike Shed - 10%
- Kambah Cycles - 10%
- On Ya Bike - 10%
- Cycle City Lyneham - 5% Bikes
10% accessories
- Rebel Sport – 5% - Quote No.18523
- SportsCare & Physiotherap
O'Connor - FIT receives \$5 for each appointment a FIT member attends.
- Stephanie's Boutique – 10% - Sports
Bras
- Top of Form - 10%
- Totally Workwear - 10% - Safety
Vests Only
- Wetspot - 10%

Well done FITS in Vets Half:

Robyn McClelland, Krissa O'Neill, Marina Buchanan-Grey, Rae Palmer, Rae Wells, Angela Sloan and Cathy Clegg.

