



Supported by the ACT Government under the ACT Health Promotion Grants Program

President's Patch

Time certainly does fly. It's hard to believe it has been three months since my first President's Patch and it seems in that time FIT continues to grow in membership and profile exponentially. FIT now has 358 members, with recent members having joined through the Find Thirty project and of course, through the ever popular novice triathlon training group.

FIT flag at Women in Sport Day

FIT accepted an invitation to take part in Women in Sport Day on Sunday 6 March. The three Ds—Di Evans, Di Brassor and Deb Blakie did their part to break the world record for the largest Zumba class. Although from what I've heard they didn't need much persuading because the male class leader was very encouraging! Thank you 3D for representing FIT so well. You generated several membership enquiries (see p9).

Our girls shine in TACT awards

The TACT presentation lunch was held on the same day and it was my honour to present the female awards. Imagine the pride and excitement I felt when handing out so many awards to FIT girls! It was quite overwhelming. So many winners and placegetters from FIT in the age group categories (see p5). Special mention to Kate Silk who received TACT Novice of the Year. It had been Kate's ambition during the novice triathlon program to win this award and she worked hard towards that goal—congratulations Kate! You have showed true championship qualities—guts, determination, consistency and commitment. Kate also came 1st overall in her age group for the novice series.

Many training for specific goals

It is with interest I take note of the training going on within FIT at the moment. There are many groups and some individuals training for specific goals. Of all the groups training together the half marathon group seems to be particularly enjoying themselves. Their camaraderie is palpable. Their level of commitment inspiring. There are also a few individuals training for marathons who are on track with their goals. They can be often found sharing their plans and motivating others at Saturday breakfasts—admirable stuff.

Addiction or routine of training?

No doubt some of our FIT cyclists and swimmers are training for something special as well. But what about the rest of us (perhaps it might just be me), with no special goals at the moment? What gets us to Tuesday running or Wednesday swimming? Is it the addiction or routine of training? Or just that we love to be made to run until we vomit in front of the boot camp group along the lake? Personally, I'm not into public displays of emetic events. But I do know that as much as it hurts on Tuesday mornings (and believe me sometimes I feel my heart may burst through my DD Triumph), the rush afterwards is truly exhilarating. That feeling makes me feel young, even though my sun-worn face might tell a different story.

So whatever your motivation for coming to FIT running, cycling or swimming sessions, keep it up. We are doing more than 'finding thirty' a day and setting a terrific example to our family and friends.

Jenelle Emery March 2011

FIT with friends ... why not?

By Amanda Power



A few months ago I joined FIT and I'm amazed at the friendliness, support and achievements of a remarkable group of women.

Over the last 20 years or so I have always played sport but have never managed to run more than 1km.

Excited to call myself a runner

My friend Christine who runs regularly, suggested I do the Canberra Times fun run training program. The first session was dark and minus 4 degrees. I wondered what I had taken on! Then I made two fantastic friends, Julie and Teresa, and looked forward to catching up with them at training. I found the program hard; my body resisted ... but on the day I managed to run the whole distance and was very excited that, at the age of 48, I could run 10km—and call myself a runner!

Really friendly and talkative

After all that work I wanted to keep running so when Julie said she was joining FIT I thought 'why not'. I was surprised at first by so many at early morning training. Everyone was really friendly and talkative, while I was still waking up! One Saturday morning Christine and I were lucky enough to run with Di and she gave us some tips as we were running up a hill—'pull the rope, move your body forward, lift your legs higher'—great tips that I still remember!

Clearly they were hooked

Di also mentioned the upcoming novice triathlon program. Over the next few weeks I talked to others who'd completed the triathlon training program. Clearly they were hooked so I thought 'why not?' The program was amazing, the coaches were all really friendly and inspiring, and the others were supportive, enthusiastic and fun to be around.

Achieving next challenge

After completing that program and making lots more FIT friends I started thinking about my next challenge and the words 'half marathon' kept 'running' through my thoughts. Julie and I talked about it and agreed 'why not!' Deb and others were also enthusiastic so I had a chat with coaches Sandy and Di. Sandy wrote a fantastic program and Di started coaching us and here we are—four weeks out—and on the way to achieving that next challenge. If we stay well, and with the support of FIT friends ... I know that very soon, we will be saying 'why not' to the next challenge.

If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken Him completely by surprise. P Z Pearce

FIT Websites

Check FIT information at:
www.fitact.org.au

E-copies of the FIT newsletter and all the newsflashes are archived here.

Email enquiries to:
Enquiries@fitact.org.au

Items for the website, newsflash, your feedback, or to update membership details: fit_canberra@yahoo.com



Smashing colds this winter – keeping you on the track

By Dr Alex Perry

It's a ritual I have been doing at this time of year for the last 4 or 5 years and it involves creating medicines to help beat winter's common ailments. In my practice I usually use a combination of acupuncture and herbal medicine to treat a broad range of conditions, but when it comes to colds and flu I find a *tincture* is the best bet.

Three winter tinctures brewing

Many of our patients ask about the big glass jar full of interesting herbs on our counter. This is the first of our three winter tinctures brewing. We make up a herbal formula with raw herbs, ie, the unprocessed plants and related bits and pieces that make up the formula. Typically they include the leaves, sometimes fruit, and often bark, stems and roots of the plant. These ingredients are soaked in a very strong alcohol (typically a Chinese rice wine) for 6 to 8 weeks. This effectively draws out the herbs' active constituents and concentrates them into a form that usually requires only a few drops in a glass of water to have effect. I always put together a winter first aid kit to combat the common winter afflictions.

Herbal war chest

The first in our herbal war chest is a formula called Yu Ping Feng San. I have always been fascinated by the descriptive nature of the Chinese language and this formula translates beautifully as the Jade Windscreen formula. It is our immune booster and you can imagine it working like a Jade barrier to winter's infections.

Infection rarely continues to develop

It is certainly very useful clinically, especially for people who get sick often during the winter months. Chinese medicine looks at colds and flu in a different way to western medicine. In Chinese medicine the common cold/flu is broken into two syndromes and the following tinctures target each type of those conditions. The first is a tincture called Yin Qiao San that unfortunately doesn't have an interesting translation, but is indicated for colds and flu that start with a sore throat, develop into fevers with sweating and coloured, thick nasal discharge. I find that if you take this tincture right at the onset of a sore throat the infection rarely continues to develop and recovery is much quicker. The other is a tincture called Gui Zhi tang. Gui Zhi is cinnamon and is indicated for the other category of cold that is dominated by chills, body aches and pains, headaches and clear, runny nasal discharge. This is categorised in Chinese medicine as a 'cold' type condition and the gui zhi is great for helping to eliminate the cold.

Jade windscreen

As a winter first aid kit, the Jade windscreen is great to try and avoid getting sick in the first place while the other two tinctures help to stop colds and flu in their tracks. This is what we use in the clinic and what I use at home with my own family with great effect. If you are interested in trying our tinctures or making use of your FIT sponsorship please call me at the clinic and I would be happy to help. The most important thing this winter is to keep well and that's something we can definitely help with. Happy training.

Dr Alex Perry CMD
Chinese Medicine Doctor
Fertility and Obstetric Acupuncture
Specialist www.blueskyclinic.com.au

On track for Italy 2011 Para Cycling World Track Championships

By Brandie O'Connor



Brandie O'Connor stoker (at the back) and Kerry Knowler piloting the bike at the Australian Track Championships

Brandie O'Connor (stoker) and Kerry Knowler (pilot) have qualified for the 2010-11 Para Cycling Track World Championships in Montichiari, Italy, 11-13 March 2011.

The tandem pair qualified with a 6 second PB under the qualifying time of 3.47.7 in the 3km tandem pursuit at the 2011 Australian Track Championships (Elite, U19 & Para Cycling) in Sydney at Dunc Grey Velodrome from 4-6 February.

Ice vests in high demand

Competitors sweltered in 42 degree heat outside and 32 degrees inside the velodrome in Sydney's recorded longest heat wave. Ice vests were in high demand which helped to lower the body's core temperature while warming up for the events and post event recovery. The combined heat and humidity lead to fast times on the boards with national and world records being broken. Sue Powell turned in a PB in the C4 women's 3km pursuit shaving 2 seconds off the world record she set in this event last year.

The ACT will have strong representation at this year's world track champs. Brandie and Kerry will be joined by Sue Powell and their coach Sian Mulholland.

Effort from Adelaide to Italy

The ACT contingent left Canberra on 24 February to join the rest of the Australian Para Cycling team for a pre-competition camp at Adelaide's SuperDome until 2 March when the team flew to Italy.

At this stage, the tandem pair and Sue will compete in the 1km Time Trial and 3km Pursuit in their respective categories at the world champs. While there won't be the same heat and humidity in Italy, with an expected temperature range of 3 to 8 degrees, the ACT contingent (and I'm sure the rest of the Australian para team) are gearing up for more PBs.

I look forward to telling you all about it when we return to Australia.

Arrivederci.

Kerry is one of the founding FIT Friday morning cyclists. In September 1994 Kerry, Brigid Cassells, Robyn Barker and Sandra Lauffenburger met at Parliament House for coached cycling. By year's end a sizeable all-female peloton was a regular Friday fixture. Brandie has been a FIT member since 2006, first starting out on the tandem with Rosemary Robinson.



Kerry Knowler, Brandie O'Connor and Sue Powell- the ACT contingent that took gold in the women's para cycling 3km pursuit in Sydney in February

FIT gals bag swag of TACT awards

by Di Evans

FIT took out a swag of awards at the annual Triathlon ACT Awards lunch on Sunday 6 March.

Kate Silk led the impressive charge taking out joint winner of Novice of the Year sharing the honour with Bilby's Molly Christou. Kate also won her age group.

Our President did us proud when looking like a million dollars presenting the prizes to the worthy winners in her purple & green.

Our FIT representatives on the TACT committee, Christine Zygadlo, Robyn McLelland and Linda Meyer also sported the purple and green.

We must be doing something right for us to have such a strong force in the ACT triathlon community. As we don't profess to have elite athletes, but focus more on coaching the novices to give them the ground work that's needed to become better if they so choose, I personally think we do an exceptional job.

I think we have a wonderful group of volunteer coaches who tirelessly give their time year after year (some of them for 12 years) and this should never be forgotten. We should continue to say thank you to these people, because without them we wouldn't have the high standard that we have in FIT. Well done everyone!

FIT TACT award winners

Novice Age Group Winners

1st	Madeleine Dean	16-19yr
1st	Kate Silk	25-29yr
1st	Natasha Royal	35-39yr
1st	Gail Fenton	50-54yr
1st	Barbara Carney	55-59yr

Age Group Winners & Placegetters

1st	Trish Phillips	45-49yr
1st	Robyn McLelland	55-59yr
2nd	Verity Alexander	40-44yr
2nd	Julianne Quaine	50-54yr
3rd	Lindy Hou	50-54yr
3rd	Jill Wisby	55-59yr



Grimming TACT award winners from left: Trish Phillips, Kate Silk & Natasha Royal

Kate Silk–Novice of the Year

Despite hockey and swimming at a young age Kate had gained unwanted weight over the years and needed to 'get moving'.

So she joined the 2010 FIT novice triathlon training programme and lost 15kg. She has since become engaged (but not necessarily in that order).

Kate joked at the start of the training that she wanted to become novice of the year. At least one person heard her yell from her bike 'I'm gonna be novice of the year'.

She eagerly participated in all races including the aquathlon championships. Her effort was confirmed by the TACT novice point score placing her first in her age group. Kate is willingly giving back to FIT most notably through swimming coaching. Kate is now part of the FIT half marathon training group.

Another personal highlight was meeting (for the first time) her cousins and aunty Gail through the triathlon training program.

Novice of the Year criteria

- * Participation & results in novice series
- * Fitness before starting novice program
- * Improvements in performance over the program and series
- * Contribution to their club over the program and series
- * Relevant personal circumstances such as illness, injury etc.

FIT gals run up, and up, and across for 11km Stromlo Lightning Strike

The Stromlo Running Festival (18-20 February) was a celebration of running organised by Run For Your Life, Robert de Castella and the ACT Cross Country Club. Here, four FIT women discuss the collegiate aspects of running. Jo Lane contrasts the individual and fellowship dimensions, Tanya Jones ponders why she wants to sign up again for more pain, and Jane Atchison meets another mum who finds running helps her parenting.

Jo Lane ‘Running is an individual sport’ a friend of mine once said. And I suppose ultimately that is true; you are the only one who can get your behind over the finish line. But there is something powerful and unifying about a group of like-minded people setting out and accomplishing a task together. The morning of the 11km Lightning Strike run I looked at the website. Between the map of the horrendous topography and last year’s times I felt uncertain about running this race. At the start line I surveyed the seasoned runners and hoped I wouldn’t come last!

Running—a metaphor for life

Robert De Castella told us: ‘It’s not an easy run’ before saying running was a metaphor for life. Life is hard when we face adversity and running is the same. The event’s name commemorates the lightning strikes that caused Canberra’s devastating 2003 bushfires. Rob (yes, we are friends now) introduced Nicki van Buren who survived the bushfires but suffered horrendous burns while attempting to save her horses. After 10 months of hospitalisation and incomprehensible pain and treatment, this woman overcame all the odds to recover. After hearing her inspirational talk and unique perspective of this race event, we set off.

Sometimes I wanted to cry and stop like when I swallowed, or shall I say inhaled, a fly.

But there were highlights:

- In reality the course was not as bad as the topography map indicated (thank God)
- I was awed by the vision of Gemechu Woyecha sprinting past with the form of a cheetah
- The encouragement from other runners along the way was great
- The course was fantastic, the thrill of cross country running is always fun, and ...
- I didn’t come last!

Run alone or share the journey

Yes, running can be an individualistic sport. I love spontaneously going for a run for my own pleasure. However, running also has a corporate aspect evidenced by events like this one. We love the thrill of running with others. We can share goals and events, and therefore our achievements together. Running in Canberra is something special. We can run solo or share our running journey with other like-minded people—people who continually encourage and inspire me.

Possible due to people behind scenes

This is only possible when people coordinate, volunteer and participate in events like the Stromlo Lightning Strike and so many other events. Not only do we have great countryside for running but we also have legends to pep us up before races, people behind the scenes coordinating events, and running organisations like FIT. Thanks to them we can share the wonderful collectivistic aspect of running.

Tanya Jones Running is an individual sport but it's also great to be part of a club with like-minded people and to enter events like the Lightning Strike with your mates. You get to share so much of the experience even if you don't run together.

We'd have to crawl up on all fours

We had been talking about this event for months, interestingly about the same time that we completed the punishing Tour de Mountain. What is it about these trail events that are so enticing that you want to sign up for the next one right after you finish the last? Perhaps it's the hope that it will feel better next time. Or maybe it's just so we feel a little bit hardcore!

The morning of the event turned on the most fantastic running weather. Bright blue sky and a crispness in the air that said 'suck me in' (later to be 'suck it up'!). We mingled around before the bus arrived which would take us from Stromlo Forest Park to the starting point 11km away. We couldn't help but ponder the infamous elevation map. Two steep hill sections it said, and by the look of it you'd think we'd have to crawl up on all fours. Oh well, too late to pull out now. The bus ride was fun, with lots of chatting and looking at the sights along the way.

Blinded by bear backside reflection

As we waited at the starting area the FIT girls gathered ...yes, for more nattering. We sized up the opposition, commenting on clothing and apparent fitness, and noting the lack of discretion of some engaging in a last minute toilet stop. We were almost blinded by the reflection off someone's bare backside literally metres away! As we set off, the first kilometre was like a goat track keeping us practically single file. I could hear Jo and Jane nattering for the first few kilometres. You can't keep those girls quiet!



Jo Lane, Tanya Jones, Carol Elvin, Jane Atchison getting the feel of the podium used at the Olympic Games.

Cursing the elevation map

Remembering the tale of the elevation map I was quite pleased that the first 'alleged' hilly section was not as steep as anticipated. The map told a story that both hilly sections were comparable in terms of gradient. Game on! This would be a piece of cake! I decide to pick up the pace. By the 7km mark I was cursing the elevation map. The second hilly section was not in the least bit comparable to the first hilly section – it's apparent twin! Oh well - all I could do was put my head down and think of how many calories worth of G&Ts I was earning.

At the end we reconvened and agreed on our shared distaste for the elevation map. We told tales from along the way, from being passed by the lead 30km runner to getting off the beaten track for a pit stop. Of course we flew the FIT colours with pride and it was great to share the experience with some good mates and fellow running tragics (sorry girls, but you know who you are)!

Jane Atchison I love running but some days it's not my friend! Mostly I love running with my fun and inspiring FIT buddies, and trying out a new run together. This run certainly had all the right ingredients—a beautiful, autumn-like Canberra day; great company in Jo, Tanya and Carol from FIT, and the other like-minded souls who participated in the run.

Running a mental health break

I got to meet an amazing mother of two small children at registration who was not only doing the 30km event on the Sunday, but a 7km event on the Saturday as well. I understood when she explained, in a very understated way, that running is her mental health break from parenting because that's a big motivation for me too.

It was good to hear Robert de Castella, who started the run, and to hear the inspirational story of Nicki van Buren's recovery after burns sustained during the Canberra bush fires.

Soldiering on only option

No matter how prepared you are some runs can be a slog and this run certainly felt that way. I would happily have pulled out or started walking from early on, except it would have taken me hours to finish as we were not exactly on main roads! Soldiering on was the only option.

Gasbagged and took in scenery

Scheduled for an 8am start it began slightly later to be one hour after the 30km lightning strike event. The first kilometre or so had us running up a modestly steep goat track, but before long we were on a wider fire trail.

Tanya was looking very strong in the distance by this time.

Jo and I gasbagged and took in the scenery as well as the occasional fly. So far so good.

Shared lovely sight of her buttocks

Before long though I was feeling the heat of the day – it may seem an insignificant thing, but I am used to running at 6.30am and by about 8.30am I felt very hot. And busting to wee! Clenching tight for a good kilometre or so (far too much information I know) I finally caved in to my urge. After rolling my eyes at the woman who shared the lovely sight of her buttocks with us at the race start, I did exactly the same thing to my fellow race goers! Frankly I didn't care; which I guess says something about my headspace by then.

Felt demoralised when I stopped

Feeling more comfortable, but still hot, I plodded along taking things a step at a time. The upward climb at the 6km mark was challenging but nowhere near as hard as it looked on the map we'd viewed before starting the run. Even so, I felt demoralised when I stopped and walked at times. This doesn't usually bother me but on this day I felt disappointed in myself.

Hauled complaining-self over line

The highlight for me was seeing the friendly, cheering faces of my husband Dan and children Elias and Lucy waving me on towards the finish line. It gave me a huge boost like it always does. Then before I knew it the end had come. As I write this with more perspective than I felt at the time, I feel very proud that I finished the run and hauled my complaining, uncomfortable self over the finish line. In many ways this is a bigger achievement than completing a run in a personal best time on a day when you're feeling great. Thank you to Jo, Tanya and Carol for sharing my unlikely-to-be repeated-again-in-a-hurry experience of the 11km lightning strike!

Zumba Finds 30 for Sporty Women

By Di Brassler

Sports for Women Day on 6 March brought together women of all ages and fitness levels to promote the message that sport is for all of us, from beginners through to champions.

The Sunday dawned cold but that didn't deter the three D's (myself, Di Evans, Deb Blakie) along with Lisa Jarmin from setting up the FIT Find Thirty Tent before joining the outdoor Zumba class, the dance exercise now sweeping Australia.

The class was an attempt to beat the largest Zumba class in the Guinness Book of World Records. Sport for Women Day enthusiasts in Canberra and Sydney made a tilt for the title.

Attractive and enthusiastic qualified instructors began the class at 9am. Women of all ages shook their stuff to the Zumba beat for an hour before enjoying other activities that included a tug of war.

FIT was among several sporting clubs promoting their organization and activities.

We handed out brochures to promote the Find Thirty message—find 30 minutes a day to exercise. FIT has an agreement with ACT Health to encourage women to undertake a physical activity for just 30 minutes on most days of the week. Just 30 minutes of moderate intensity exercise is needed for good health.

We enjoyed free fruit and water plus a sausage sizzle. It was a great opportunity to promote the club and the Find 30 message to a captive audience.

Many women asked about FIT and wanted to know what we do. Some said they would think about joining.

If the event is held again next year I highly recommend that you join me at this fun-filled energetic morning of free physical activity.



Women at the colourful FIT tent ask about membership at Sports for Women Day



Zumba delivers 30+ minutes of exercise

FIT discounts

Blue Sky Clinic – 10%. Ph 6162 4950



The Bike Shed – 10%
Canberra City Osteopathy – \$20 off massage booked with Jodie Mills
Cycle City Lyneham – 5% Bikes 10% accessories
Hammer 'n' Cycle – 10%
Kambah Cycles – 10%
On Ya Bike – 10%
Rebel Sport – 5% - Quote No. 18523
R4YL – 20% off shoes & clothing; 10% other purchases; \$10 off gait analysis. Call 0412 805 785
The Rideshop – 10%
The Runners Shop – 10%
SportsCare & Physiotherapy O'Connor – \$5 to FIT for each members appointment
Stephanie's Boutique – 10% sports bras
Top of Form – 10%
Totally Workwear – 10% Safety vests only
Wetspot – 10%

Why run a marathon?

This year several FITs are training for marathons. Here three (two in their 50s and one aged 60) hint at why they plan to do their epic run abroad.

Lorraine Stevens I am running the London Marathon on 17 April because I turn 58 on that day. Now that is really a sick reason isn't it? However, does anyone ever come up with a sensible answer when asked actually why they want to run 42.195 kms? The 5.30am starts for the long runs, those awful gels, the total pre-occupation with self etc etc—no wonder I left it until the kids left home!

Nerida Clarke My motivation to run the New York Marathon began with having a good hard look at what's in the Bucket List: Seeing Angkor Wat, Learning to tango, Volunteering in retirement, Reading War and Peace... and oh yes, Running the New York Marathon. I'm training for the November 6 event because I love a goal. I love NY, I love doing something with my husband, I love running (because of FIT and my friend Fiona who started this journey with me) and because I am grateful that at 60, I think I CAN.

Chris Arnold In 2007 when I started in the first half marathon group with Linda and Alice they asked me to run a marathon with them. They were aiming for Boston but I couldn't do that so I did the Gold Coast marathon that year. From then on Boston was always in the back of my mind. When someone asked if I was going to do the world triathlon championship in Budapest I said 'no, I'm going to do Boston'. I put my name down through Travel Fit. I got a position and I thought 'Oh sxxx, what have I done!' Now I have to do it. I'm 56 but I'm confident I will run in Boston on April 18.

Great Aloha Run for our FIT Linda



In February I went to Hawaii for a conference which happened to coincide with the Great Aloha Run.

One of the benefits of serving with Defence is the occasional opportunity for travel. The Great Aloha Run was recommended to me by a local triathlon shop in Waikiki (never doubt local knowledge!). This 13km run from Waikiki to the Aloha Stadium attracted around 20,000 this year. Not quite the size of our City to Surf but certainly not as hilly!

The day was a classic tropical day, clear, sunny and humid. There was a huge buzz (and queue for the port-a-loos) in the crowd, with hundreds of US military personnel formed up in ranks. After the national anthem was sung the gun went off. One of the more memorable sights was two men running in full gas masks – very bizarre. The run tracked along the Nimitz Highway from Waikiki, past Honolulu Airport and Pearl Harbor, and into the stadium for a spectacular finish.

I finished 19th in the F40 – 44 division at 1:09:49 - including yet another port-a-loo stop! Of course, I flew the FIT flag, and got some glamorous before and after photos (not), as well as the obligatory t-shirt and participation medal. It was a fantastic run and I had a ball.

FITs and BITs paint Orange pink

Stephanie Rake, Nerolie McDonald, Emma Gaudrey and Edwina Nelson ran a half marathon as part of the Orange Colour City Running Festival, on March 6. Here Edwina Nelson (aka fast Eddy) shares the camaraderie of her first half marathon.

After months of training, we have done it. We painted Orange a very bright shade of pink and a lovely weekend was had by all, especially those who found time to sample the local wineries.

We had a range of accommodation and for my family (husband Michael and four children under nine), it was the highway motel. Michael, and Steph's hubby Gary (those blokes look great in a skirt!) also competed in the half.

7k of undulating gravel

The Orange Colour City Running Festival, now in its third year, attracted a record 150 runners for the half marathon. Nerolie, Steph and I were 'halfie' first timers and Emma has done a few so she, at least, knew what she was doing. The course is considered 'undulating' (this includes about 7k of undulating gravel). That's a very diplomatic way of putting it.

Had a little tizzy

We lined up at the start and off we went. Steph set off with a cracking pace which she maintained the whole way to come in at a brilliant 1hr.56. Emma, Nerolie and myself were more interested in the opportunity to chat so we started off at a nice steady pace (read 'slow') which we easily maintained for a whole 19 kilometres until I had a little tizzy and accused Nerolie and Emma of suddenly going faster.

Started whimpering – told to shut it

A quick check of our GPS watches confirmed that, no they weren't going any faster and it was just me hitting the biggest, widest, highest—brick, stone, marble, you name it—wall I have ever hit in my life. They hadn't sped up, it was just me getting slower and slower

With lots of coaxing from Nerolie and Em and my fear of Nerolie carrying out her threat to flash her magnificent derriere at me if I didn't pick it up a bit, I found a skerrick of energy to keep going. At one stage in those last 2ks I started whimpering til Emma told me to shut it (or words to that effect). So on we went and crossed the finish line together in a respectable 2 hours 10 minutes. Nerolie and Emma were more than capable of running faster than this but hung around to help me out which I am truly grateful for.

Passed inquisitive cows

The run was stunning. We passed beautiful farming properties, inquisitive cows and lovely blue skies. It was a fabulous experience and we all really enjoyed ourselves. It was a really fun run and the hard weeks of training paid off! For the record, the BITs Michael and Gary ran brilliantly with Michael clocking 1 hour 40 and Gary nailing 3rd place overall with 80 minutes.

Want the FIT gear?

See Sue Rymer at Saturday running or email enquiries@fitact.org.au to arrange to buy long sleeve cycle tops XS, S, M, L, XL. She also has cycle knicks and short sleeve cycle tops.

Prices: Knicks – \$80

Short sleeve tops – \$90

Long sleeve tops – \$100

Sender:

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CANBERRA

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