

FIT Newsflash 10/13

www.fitact.org.au

FEMALES IN TRAINING

GPO Box 502

CANBERRA ACT 2601

Remember to visit the FIT website at www.fitact.org.au for all the latest FIT news, training reminders, photos and updates about upcoming activities.

FIT Email Contacts:

fit_canberra@yahoo.com - items for the newsflash or to update your membership details

enquiries@fitact.org.au - for all general enquiries regarding Females in Training

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

Please note only items sent to fit_canberra@yahoo.com will be placed in the newsflash. Deadline is Sunday evening for next week's flash.

Inside This Week's Newsflash:

FIT Matters: President's Message*Member news

FIT Coaching/training: Running*Swimming*Cycling

Other notices: Wanted/For Sale*FIT Member Discounts*

Calendar of Events*Websites for event information

FIT Matters

President's messages

She's done it again! Our exceptional open water swimmer **Merilyn Bassett** has come first in her age group in an open water swim in Sydney recently. Well done Merilyn.

Good luck to **Brandie O'Connor** and **Kerrie Knowler** and **Jing Huang** and **Sue Powell** who are competing next weekend in the Paralympic Australian Championships. These champion riders with Brandie and Kerrie on the tandem and Jing and Sue on the non-tandem bikes have all been working very hard of late so don't be surprised if the girls come away with a few medals between them. All the girls are coached by our own **Sian Mulholland**.

A little bird has mentioned we may have a new marathon runner in the club. Would it be **Robyn McClelland** by any chance who's considering doing the Canberra Cross country Club event in May?

Mother's Day 5km or 10km fun run

This is an annual event that FIT takes part in for all of our friends and family who have been taken by cancer. We will have a table and the banners there so let's make it a great event. Jane and I will be talking to the wonderful Rookie Running women about this with the hope they will make this fun run their next goal. I'll even get the Canberra Times photographer to come along!!!

Member news

Level 1 Accredited Triathlon Coaching Course

The 2010 Triathlon NSW Coaching Course Calendar is being planned with tentative weekend dates of:

- 24-25 April Sutherland
- 3-4 July Newcastle
- 18-19 September Sutherland

Confirmation and on-line entry details are on the Tri NSW website. Please contact Di Evans if you are interested.

Opportunity to be involved in a local clinical trial re colds and flu

Upper respiratory tract infections (common cold) and gastrointestinal (GI) infections are common in the Australian population. *Australia's Health 2008* noted that these illnesses contribute significantly to the economic and social burden of disease. For athletes these illnesses interfere with training and compromise performance.

Probiotic supplements are being proposed as a way to boost the immune system and reduce the risk of contracting infection. Probiotics, defined as live microorganisms that confer a health benefit on the host when administered in adequate amounts, are available in supplements and used to fortify a range of foods, particularly dairy products. While evidence for the use of probiotic supplements in specific sub-groups of the population is increasing, there is little evidence of efficacy in physically active, healthy people.

The Australian Institute of Sport is recruiting for a large scale clinical trial to examine whether probiotics reduce colds and GI illness over the 6 months of winter and spring. The study involves taking a probiotic supplement daily from May to September 2010 and filling in an online daily physical activity and illness log. The log takes about 2 minutes to fill out at the end of each week. The study is designed to be as minimally time consuming as possible and only require you to be able to log in to a computer.

If you are between 18 to 55 years of age (sorry but this counts you out Di), healthy and undertaking 2 to 3 exercise sessions a week, we are looking for you. In return, you will have the opportunity to attend seminars on nutrition, physiology and physiotherapy (stretching and strapping) that the AIS will offer to study participants. In addition, the benefit of participating is that the supplement may reduce the risk that you get a cold or flu this winter.* The AIS will also provide you with your results at the end of the study.

More information can be found at

http://www.ausport.gov.au/ais/sssm/physiology/research/probiotic_study or you can contact Nicholas West at the AIS at clinicaltrialais@ausport.gov.au for more information.

**Editors note – this assumes you are both in the treatment arm of the trial and that probiotics work, and not in the placebo arm – all clinical trials should randomly assign participants, on a blind basis, to treatment or placebo arms to adequately test the effect of the treatment.*

Milestone April Birthdays

Pam Faulks celebrates her 50th birthday this month, on 13th April, as does your Flash Editor on 21st April. And I must be getting that old because last week I wrote that Janine Gibson was turning 40 in March when she turned 50 – apologies Janine and hope you had a good celebration!

Repeat notices

Triathlon ACT end of season annual awards celebration dinner

All FIT members are invited to the Triathlon ACT end of season dinner. Some of our FIT members will be receiving awards as we've done particularly well with the novices this year and possibly have scooped 1st, 2nd and 3rd place for novice triathlete of the season in one age group and a few other 1st places in other age groups. The theme for this year is "All dressed up in club colours" - that would be purple and green for FIT).

Place: Canberra Southern Cross Club Woden

Dinner: 3 courses with free drink on arrival (if you are vegetarian let us know)

Date: Friday 7 May at 7.00pm

Cost: Adults \$60

If you would like to sit at a FIT table please send an e-mail to **Christine Zygadlo** on christine.zygadlo@health.gov.au or leave a message on 0408960954. Booking are through the TACT website www.triathlonact.com.au

FIT running camp 14-16 May

FIT is conducting a weekend running camp on the weekend of 14-16 May at beautiful Berry on the NSW south coast. All levels of runners are catered for. It will be a fun weekend with lots of activities and laughs. The camp will be held at the Berry Sport and Recreation Centre. Cost will include training sessions, meals, accommodation and use of all the recreation centre's facilities. Bus travel will also be included depending on interest. Numbers are limited and preference will be given to participants who commit to attending for the whole weekend. Send your expression of interest to **Sandy Waters** on sandy.waters@health.gov.au.

Help needed for Olympic athlete

Can anyone help out FIT member **Brandie O'Conner** who is trying out for the Paralympics in London in 2012. Brandie is looking for second hand time trial helmet to buy, women's size 50-58. Please contact Brandie on 02 6240 6928 (W) or Brandie.O'Connor@SafeWorkAustralia.gov.au if you can help.

FIT MS Megaswim Team

This 24 hour swim event www.megaswim.com/documents/canberra2010.pdf raises money for MS Australia. We still have some spaces if you are interested in swimming, as not all of us will want to swim for an hour! Registration with the Megaswim event is required if you want to swim. Please send your expression of interest to Penny Lovibond on peripateticpenny@gmail.com.

FIT Coaching/training:

See www.fitact.org.au for further details

Running

Tuesday morning run 6.30am Lennox Gardens

Tuesday sessions are for runners of all abilities.

Thursday morning run (6.6 km loop run through Yarralumla)

Meeting Point: Yarralumla Bay at the end of Hopetoun Circuit. Time: 6.30am. All FIT members welcome to join. This is a non-coached event.

Saturday morning run (10 April)

FIT members of all levels are welcome at the Saturday run. New members, including walkers will be matched to those of similar ability where possible. This is a non-coached event.

7.30am meeting point: Black Mountain Peninsula, first car park on right on Garry Owen Drive.

Run: NEW RUN Cork Plantation – Head west along the bike path and take a right at the traffic lights on Lady Denman Drive, head under Parkes Way and follow the bike path through Glenloch interchange and take a left into the underpass over William Hovell Drive and through the Cork Plantation and return.

Breakfast: Hudson's in the Gardens, Botanic Gardens Clunies Ross St, Acton

Please note - the running group is getting very large of late so please be considerate - breakfast is booked for FIT members who attend the run/walk.

Note: Some women are meeting for a 7am start to do a longer run. All welcome.

Swimming

7pm Wednesdays at Canberra International Sports and Aquatic Centre (CISAC). Two lanes are now available. Arrive at 6.50pm to be ready for swimming at 7pm.

Cycling

FIT Sunday ride: All levels catered for! Meeting Point: Debaule at 7.30am

6am Wednesday – leaving from Queen Victoria Terrace car park – non-coached session. The speed is fast and high skill level is required. The bunch will not wait for you if you are dropped, as it's intended to be a fast training ride. Routes are on the FIT website.

6am Friday – leaving from Queen Victoria Terrace car park – a non-coached session. The speed is fast and high skill level is required. Note – will be on at 7am on Good Friday

6.15am Friday – leaving from Queen Victoria Terrace car park – a non-coached session. The speed is moderate. Road riding and bunch skills required. This is a new group and numbers may fluctuate so make sure you have a buddy, just in case!

6.30am Friday – leaving from Queen Victoria Terrace car park – skill coached session. FIT will supply 2 coaches for these sessions. There will also be bunch road rides. This session is for all levels and the ride is at the pace of the slowest rider.

OTHER INFORMATION

Repeat Notices

FOR SALE/ WANTED

Items submitted by FIT members will run for 4 weeks, but may be resubmitted. Please notify editor if you sell the item within the 4 weeks.

FIT MEMBER DISCOUNTS

The following retailers offer discounts to FIT Members:

The Bike Shed – 10%

Blue Sky Clinic – 10%

Canberra City Osteopathy – \$20 off massage only booked with FIT member 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 and clothing; 10% off other purchases; \$10 reduction on gait analysis
– see FitFlash 10_12 or Heath Fitzpatrick 0412 805 785 hfitzpatrick@runforyourlife.com.au
for details
The Rideshop – 10%
The Runners Shop – 10%
SportsCare & Physiotherapy O'Connor – \$5 to FIT for each FIT member appointment
Stephanie's Boutique – 10% - Sports Bras Only
Top of Form – 10%
Totally Workwear – 10% - Safety Vests Only
Wetspot – 10%

CALENDAR OF EVENTS

April

11 April – Cross Country Club Women and Girls Fun Run Commonwealth Park
www.canberrarunner.com.au

April – Mountain bike orienteering events start this month
<http://act.orienteering.asn.au/events/programs/>

10 April – Veteran's Cycling Club – Lookout Hill Graded Scratch, 46.5 km, 1.15pm
17 April – Veteran's Cycling Club – Cooma Handicap, 40 km, 1.15pm
www.actvets.cc

17 April – Cross Country Club Regatta Point 2/5km
24 April – Cross Country Club Anzac Relays 4 x 3.6km, Northcote Drive Majura
www.canberrarunner.com.au

24 April – Veteran's Cycling Club – Dalton Graded Scratch, 38/56 km, 1.15pm
www.actvets.cc

25 April – Veteran's Athletics Club Run/Walk Handicaps Mt Majura Nature Park,
Hackett 5/10km, 9am
www.actvac.com.au

May

1-2 May MS Mega Swim
www.megaswim.com/documents/canberra2010.pdf. Contact Penny Lovibond for
participation in the FIT team for this event peripateticpenny@gmail.com

1-2 May Canberra Running Festival – something for everyone
www.canberrarunner.com.au

1 May TBC – Half Ironman Busselton WA
www.halfironmanseries.com/

1-2 May – Veteran's Cycling Club – Gunning two day graded scratch
www.actvets.cc

7 May – Triathlon ACT end of season and annual awards dinner
www.triathlonact.com.au

8 May – Cross Country Club Parlauf Relays Stromlo Forest Park
www.canberrarunner.com.au

8 May – Veteran's Cycling Club – Uriarra Homestead Graded Scratch, 38.2km, 1.15pm
www.actvets.cc

9 May – Mother's Day fun run
www.mothersdayclassic.org/

9 May – Sri Chinmoy multi sport Yarrabi/Mulligans Flat – short and long courses of
run/paddle/MTB/run
www.srichinmoyraces.org/au

15 May – Veteran's Cycling Club – Dairy Flat Criterium, 1.15pm
www.actvets.cc

16 May – Sydney Half Marathon
<http://halfmarathon.smh.com.au/>

22 May – Veteran's Cycling Club – Dog Trap Rd Murrumbateman Graded Scratch, 38.2/43.4
km, 1.15pm
www.actvets.cc

22 May – Cross Country Club Isaacs Ridge 2/4/8 km, Shepherdson Pl Isaacs
29 May – Cross Country Club Campbell Park 2/3/6km Northcott Drive
www.canberrarunner.com.au

29 May – Capital Punishment Mountain Bike Tour of Canberra
www.arocsport.com.au

29 May – Veteran's Cycling Club – Apollo Graded Scratch 30/41 km, 1.15pm
www.actvets.cc

30 May – Veteran's Athletics Club Run/Walk Handicaps West Stromlo 4.0/7.5km, 9am
www.actvac.com.au

June

5 June – Veteran's Cycling Club – Gunning Handicap 48.4km, 1.15pm
www.actvets.cc

5 June – Cross Country Club Longstaff/Pennington 2/4/8/12km Weston Park Yarralumla

6 June – Jogalong

12 June – Cross Country Club Goorooyaroo 2/4/8 km Horse Park Drive Gungahlin

www.canberrarunner.com.au

12 June – Veteran's Cycling Club – Old Federal Highway Graded Scratch, 34/51km 1.15pm

www.actvets.cc

14 Jun – Sri Chinmoy Half Marathon / 5 mile and 2 mile races Telopea Park

www.srichinmoyraces.org/au

19 June – Veteran's Cycling Club – Lookout Hill Graded Scratch, 46.5km, 1.15pm

www.actvets.cc

20 June – Canada Day Fun Run Forster Crescent Yarralumla 10am

www.actcancer.org/fundraising-events/

26 June – Veteran's Cycling Club – Gundaroo Handicap 48.4km, 1.15pm

www.actvets.cc

26 June – Cross Country Club Symonston 2/4.5/9km Callum Brae Nature Park Narrabundah Lane

www.canberrarunner.com.au

27 June – Veteran's Athletics Club Run/Walk Handicaps Mt Ainslie 4.5/9.3km 9am

www.actvac.com.au

USEFUL WEBSITES

Clubs

Females in Training: www.fitact.org.au

TACT (triathlons/duathlons/aquathlons): www.triathlonact.com.au

ACT CCC Cross Country Club (Jogalongs): www.canberrarunner.com.au

ACT Veterans Athletics Club: www.actvac.com.au

Canberra Cycling Club: www.canberracyclingclub.org.au

Vikings Cycling Club: www.vikingscycling.org.au

Pedal Power: www.pedalpower.org.au/

ACT Veterans Cycling Club: www.actvets.cc

CORC – Canberra Off-Road Cyclists: www.corc.asn.au/

Events - Running

City to Surf: www.city2surf.sunherald.com.au/

Mountain running events: www.mountainrunning.coolrunning.com.au

Canberra Times Fun Run: www.canberratimesfunrun.com.au/

Weston Creek Half Marathon : www.westoncreekathletics.org.au/modules/news/

Melbourne Marathon/half marathon: www.melbournemarathon.com.au/

Gold Coast Marathon and half-marathon: www.goldcoastmarathon.com.au/

Canada Fun Run: www.actcancer.org/default.aspx

Orienteering ACT: act.orienteeing.asn.au/

ACT Rogaining Association: www.act.rogaine.asn.au/

Events - Triathlon / Duathlon/ other

Sri Chinmoy races: www.srichinmoyraces.org/au

Ironman and Half Ironman series: www.halfironmanseries.com/

Jervis Bay Triathlon Festival: www.eliteenergy.com.au

AROC Sport – Adventure Racing Outdoor Challenges: www.arocsport.com.au/

Events - Cycling

Fitz's Challenge: www.pedalpower.org.au/

Urban Polaris: www.urbanpolaris09.org.au/news/

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