

FIT Newsflash 10/14

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

FIT member going to Budapest

Congratulations to **Penny Becker** who has qualified for the Australian team to go to Budapest later in 2010 for the World Triathlon Championships. Well done Penny and Keep up that hard training!

FIT Paralympic champions

Congratulations to all 4 of **Sian Mulholland's** athletes who competed in the Paralympic Australian Championships last weekend in the time trial and the road race. Well done to **Jing Huang** and **Sue Powell** and the tandem girls **Brandie O'Connor** and **Kerrie Knowler** for 2 gold medals: one in the time trial and one in the road race and PBs all round. Fantastic work girls!

Women's and Girls' Fun Run

Well done to everyone who competed in the Women's and Girls' 5km run on Sunday. A great day was had by all and there were a few very fast run times.

Kayaking – Sunday 18 April

Kayaking will be from 9-11am on Sunday 18th April and will commence from Yarralumla Bay – at the corner of Hopetoun Circuit and Alexandrina Drive (where FIT starts the Thursday run from) on the beach area. Please bring \$20 for the payment of the 2 hour session and if the weather is cool, I suggest you wear thermal leggings or cycling long johns (not

track pants as if you do fall in they hold the water and pull you down: also if you get cotton wet it makes you cold – thermal gear will still keep you warm if wet). Don't forget your sunscreen, hat and wind proof jacket in case it's windy. **Angela Rymer** will be your point of contact on 0412805757 should you need her.

FIT's MS Megaswim Team - a 3 week countdown

We now have 3 weeks to go for the 24 hour swim. Held at the AIS pool, this begins at 12:00 noon on Saturday 1 May and finishes at 12:00 noon on Sunday 2 May. The Females-in-Training team is doing really well in the fundraising stakes. We would greatly appreciate your assistance in this regard. Just log on to the following link and you can donate on line. <http://events.megaswim.com/?Females-in-Training>. Many thanks FIT!

Interested FIT members wanted

Accredited Coaching Courses for:

- Triathlon
- Swimming
- Track and Field – running
- Cycling

FIT will be looking for interested members for the Women's Triathlon Training Program (WTTP) and the Women's and Girls' Triathlon (WAG-tri) sub-committees. We are also calling for expressions of interest for chairs for each of these sub-committees. For more information regarding any of these positions, please contact Di Evans on evansdi@grapevine.com.au or 0427 228 550. Expressions of interest are invited from all members. It is a wonderful opportunity to learn some new skills in this area. Mentoring for members and chair can be provided by previous committee members so you can feel confident in the role.

Member news

Canberra running festival

I hope all FIT members have their entries in for the Canberra Running Festival. There will be green and purple tops everywhere on the weekend of 1-2 May – some at the swimming (see below) and others at the Canberra Running Festival. We have marathon entrants, half marathon entrants and for those not up to the longer distance why not try a shorter run on Saturday afternoon in the 5km fun run. See www.canberrarunner.com.au for details.

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10-day cycling tour from Christchurch to Queenstown, New Zealand from Saturday 30 October 2010

A couple more people are needed to make it viable for Pedal Tours <http://www.pedaltours.co.nz/> to conduct an 'off brochure' 10-day cycling tour from Christchurch to Queenstown, New Zealand, departing Saturday, 30 October. Please contact Polly Templeton ptemplet@bigpond.net.au or 0422 594 221 to express an interest. A firm decision needs to be made no later than Friday 23 April. Polly is then looking at doing a

separate 3-day Routeburn Track tour with Ultimate Hikes

<http://www.ultimatehikes.co.nz/> which departs from Queenstown.

Cost for 6-9 people: NZ\$3,265.00 pp twin share/ double basis / single supplement NZ\$745.00. Bike hire NZ\$300.00 pp - Trek 7.5 hybrids and Trek Pilot road touring bikes, all in a wide range of sizes. All prices are nett including GST (local tax). Note this tour usually retails at NZ\$4,150.00 per person and with how good the Aussie dollar is against the NZ dollar (NZ\$1.38 today) now is the time to go!

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.

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: Chapman Primary School car park

Run: Cooleman Ridge – Heading south climb up the footpath to Cooleman Ridge, then out and back or around the Cooleman Ridge Nature Reserve

Breakfast: A Bite to Eat, Chifley shopping centre where the food is very very yummy. Hope to see you there!

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. Although this week we may have two groups (see below) so things may not be so bad at Chifley. I've booked for 20.

Early starters: Some women are meeting for a 7am start to do a longer run but this will be from Lennox Gardens this week with breakfast at X-change on London.

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: Debacke 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

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

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