

## **FIT Newsflash 10/25**

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

## **FEMALES IN TRAINING**

GPO Box 502

CANBERRA ACT 2601

Remember to visit the FIT website at [www.fitact.org.au](http://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](mailto:fit_canberra@yahoo.com) - items for the newsflash or to update your membership details

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

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

Please note only items sent to [fit\\_canberra@yahoo.com](mailto:fit_canberra@yahoo.com) will be placed in the newsflash. Deadline is Sunday evening for next week's flash.

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### **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

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## **FIT Matters**

### **Gold Coast half marathon, marathon and 10km run**

A few FIT girls will be in sunny Gold Coast this weekend – best of luck for your runs everyone.

### **Jogalong**

Some of the rookie runners might now know about Jogalong – a 6km handicap run from 9am at Weston Park on the first Sunday of every month. A small entry fee or free to ACT Cross Country Club members. Tea, coffee fruit and biscuits are provided afterwards as well as lucky door prizes. Child care provided or your cherubs can try the 1.5 or 3km Minijog. Arrive about 8.30am if you are a first time attendee.

### **Post Saturday run breakfast**

I've put this up front to grab your attention! Saturday runs are attracting a large contingent and this sometimes presents a number of issues so I thought I'd share with you how I handle these. Firstly, people need to be considerate as to where they choose to park – if we are running from a suburban shopping centre please don't park in the car park right in front of the newsagent or local supermarket – leave these for local shoppers who will only park a few minutes – after all the extra walk will help with your warm up! Even better save some carbon and ride or car pool. Secondly, the bookings are for breakfast for 25-30 people: with a group this size café owners expect people to eat breakfast – I'm regularly asked if all people coming will eat and I say yes. And lastly times – breakfast is booked at 8.30am. I warn the café about the staggered arrivals. I'm also often asked what time we will be leaving so I usually say the majority of people will be gone by 10am. I think it has been working well restricting the list

of cafes we attend to those that can cope with our group size – the café staff seem to get to know what to expect when we turn up. Happy for any feedback.

### **Weather and daylight: Is it too cold to ride?**

Thursday	Mostly sunny	Min -1	Max 11
Friday	Partly cloudy	Min -3	Max 12
Saturday	Sunny	Min -3	Max 12
Sunday	Sunny	Min -2	Max 13
Monday	Sunny	Min -2	Max 13
Tuesday	Shower or two	Min 0	Max 12

### **Daylight hours 30 June:**

Sunrise 7.13am; sunset 5.01pm. The sun will be staying up an extra two minutes by the end of the week but not be getting up any earlier – must be those cold mornings!

### **Interested in an early bird Thursday morning run: central north?**

For those interested in a really early run on Thursdays: 5.30 - 5.45am start. Meet at top of Anzac Parade at the Turkish Memorial. Do 2 loops under the road lights (4km). When light, embark on a loop around Campbell (varying distances and hilliness), finishing at 6.45am. Plenty of parking either side of Anzac Parade. Proposed for Thursday but it could be another day. Interested? Please see Jill at Saturday or Tuesday running..

### ***REPEAT NOTICES***

#### **St George Melbourne Marathon Festival**

Entries for this year's St George Melbourne Marathon Festival on Sunday October 10 are now open. The festival includes runs of 5km, 10km, half and full marathon. Competitors get to run into the G at the end. See <http://www.melbournemarathon.com.au/> for all the details.

#### **Australian Institute of Sport (AIS) Probiotics Study: call for participants**

The AIS is looking for healthy, physically active men and women to participate in a study examining whether taking a probiotic supplement can prevent illness over winter. The aim of this study is to evaluate the efficacy of probiotic supplements on illness and immunity in healthy active individuals. All you have to commit to is taking a powder daily and entering a log of your exercise activity on-line each day. If you are interested please contact [clinicaltrials@ausport.gov.au](mailto:clinicaltrials@ausport.gov.au) or see the website for more details: [www.ausport.gov.au/ais/sssm/physiology/research/probiotic\\_study/](http://www.ausport.gov.au/ais/sssm/physiology/research/probiotic_study/)

#### **Bush Capital Bush Marathon Festival 31 July 2010**

Online registration is available at [www.mountainrunning.coolrunning.com.au](http://www.mountainrunning.coolrunning.com.au). Events distances are: 2k, 5k, 10k, 16k, 25k, 42k, 60k and 42k relay runs and 5k, 10k, 16k and 25k walks.

#### **Diary note: June 2011 - Planning a holiday next year, need an idea for an adventure, or just like to help PNG villagers?**

Lindy Dunn is going to lead a small group (maximum 12) into two mountain villages in PNG next June to visit the local people and allow them to share their culture and traditions with you. Lindy has been working with these people to establish their own trekking company along the Kokoda Track. If interested in the trip please visit the web site [www.naorokokodatreks.com.au](http://www.naorokokodatreks.com.au) for further information about the community development of this venture and email [lindy@NKTreks.com.au](mailto:lindy@NKTreks.com.au) to register your interest.

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## **FIT Coaching/training:**

See [www.fitact.org.au](http://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 (3 July)**

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:** Corner Drake Brockman and Kingsford Smith Drives, Higgins

**Run: Pinnacle Nature Reserve** – Head south on William Hovell Drive and go through the underpass on left, follow the track keeping to the left. Make a right turn at the water reservoirs and circle back around the Pinnacle and return.

**Breakfast:** Black Pepper Café, 63/1 Beissel Street, Belconnen

### ***Swimming***

7pm on 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: Debackle at 8am

**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. Breakfast at Pork Barrel, Parkes, all welcome.

**6am Friday** – leaving from Queen Victoria Terrace car park – a non-coached session. The speed is fast and high skill level is required. Breakfast at Pork Barrel, Parkes, all welcome.

**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! Breakfast at Pork Barrel, Parkes, all welcome.

**6.30am Friday** – leaving from Queen Victoria Terrace car park – non-coached session over the winter months. Email Phyl Crawford at [pcrawfor@iimetro.com.au](mailto:pcrawfor@iimetro.com.au) to let her know you will be joining her. Breakfast at Pork Barrel, Parkes, all welcome.

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## ***OTHER INFORMATION***

### ***FOR SALE/ WANTED***

### ***Repeat Notices***

*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

– Heath Fitzpatrick 0412 805 785 or [hfitzpatrick@runforyourlife.com.au](mailto:hfitzpatrick@runforyourlife.com.au)

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**

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#### **July**

3 July – Veteran's Cycling Club – Dairy Flat Criterium, 1.15pm

[www.actvets.cc](http://www.actvets.cc)

3-4 July – Gold Coast Marathon, Half Marathon, 10km fun runs

[www.goldcoastmarathon.com.au/](http://www.goldcoastmarathon.com.au/)

3 July – Cross Country Club ACT CC Championships

4 July – Jogonalong

[www.canberrarunner.com.au](http://www.canberrarunner.com.au)

4 July – Sri Chinmoy off road duathlon, Acton – short and long courses of run/MTB/run

[www.srichinmoyraces.org/au](http://www.srichinmoyraces.org/au)

10 July – Veteran's Cycling Club – Uriarra Homestead Graded Scratch, 48.2 km, 1.15pm

[www.actvets.cc](http://www.actvets.cc)

10 July – Cross Country Club Cooleman Ridge 2/5/8km, western end Hindmarsh Drive

Duffy

17 July – Veteran's Cycling Club – Gunning Graded Scratch 56/66 km, 1.15pm

[www.actvets.cc](http://www.actvets.cc)

18 July– Cross Country Club Googong Half Marathon 2/4.2/21.1km, 2 person relay, Tin Hut off Googong South Road, 9am

24 July – Cross Country Club Runner’s Shop 2/5/10km Menindee Drive Parkes  
[www.canberrarunner.com.au](http://www.canberrarunner.com.au)

24 July – Veteran’s Cycling Club – Tidbinbilla Graded Scratch, 41/49.5 km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

25 July – Veteran’s Athletics Club Run/Walk Handicaps Blewitts Pines 3.5/7km 9am  
[www.actvac.com.au](http://www.actvac.com.au)

31 July – Bush Capital Marathon Events Campbell High School – various distances and times  
[www.mountainrunning.coolrunning.com.au/](http://www.mountainrunning.coolrunning.com.au/)

31 July – Veteran’s Cycling Club – Stromlo Criterium, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

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## August

1 Aug – Jogalong  
[www.canberrarunner.com.au](http://www.canberrarunner.com.au)

7 Aug – Veteran’s Cycling Club – Lookout Hill Time Trial, 19km, 1.15pm

7 Aug – Cross Country Club Watson 2/4/5km Antill St Hackett  
[www.canberrarunner.com.au](http://www.canberrarunner.com.au)

8 Aug – City to Surf Sydney  
[www.city2surf.sunherald.com.au/](http://www.city2surf.sunherald.com.au/)

14 Aug – Veteran’s Cycling Club – Old Federal Highway Handicap, 43km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

14 Aug – Cross Country Club Stromlo Forest Park 2/3/5km  
[www.canberrarunner.com.au](http://www.canberrarunner.com.au)

15 Aug TBC – Half Ironman Yepoon  
[www.halfironmanseries.com/](http://www.halfironmanseries.com/)

21 Aug – Veteran’s Cycling Club – Stromlo Handicap Iron Mike, 57 km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

22 Aug – Veteran’s Athletics Club Half Marathon Stage 88 Commonwealth Park  
[www.actvac.com.au](http://www.actvac.com.au)

28 Aug – Veteran’s Cycling Club – Dog Trap Rd, Murrumbateman handicap, 38.2 km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

28 Aug – Cross Country Club 10 miles Garry Owen Drive, Black Mountain Peninsula 8am  
[www.canberrarunner.com.au](http://www.canberrarunner.com.au)

29 Aug – Veteran's Athletics Club Run/Walk Handicaps Mt Taylor 3.5/7km 9am  
[www.actvac.com.au](http://www.actvac.com.au)

September

4 Sept – Veteran's Cycling Club – Orroral Graded Scratch 37.6/56.4km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

5 Sept – Jogalong  
[www.canberrarunner.com.au](http://www.canberrarunner.com.au)

11 Sept – Veteran's Cycling Club – Tidbinbilla Graded Scratch, 41/49.5 km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

12 Sept TBC – Canberra Times Fun Run and Fun Walk 10km/5km  
[www.canberratimesfunrun.com.au/](http://www.canberratimesfunrun.com.au/)

18 Sept – Veteran's Cycling Club – Old Federal Highway Graded Scratch, 43 km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

19 Sept – Cross Country Club Arboretum Fun Run 5.1km  
[www.canberrarunner.com.au](http://www.canberrarunner.com.au)

19 Sept – Sydney Running Festival  
[www.runthebridge.com.au/](http://www.runthebridge.com.au/)

25 Sept – Veteran's Cycling Club – Uriarra Homestead Championship, 40/48 km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

26 Sept – Veteran's Athletics Club Run/Walk Handicaps Parkway 4/9km 9am  
[www.actvac.com.au](http://www.actvac.com.au)