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FIT Newsflash FEMALES IN TRAINING

09/46

www.fitact.org.au

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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 message

The President is away on a well earned rest but sends her congratulations to all the women who participated in the WAG-tri, especially the novices.

Member news

WAG-Tri Race Director's report

Congratulations to all the over 150 competitors in the WAG-Tri, especially the WTPP women doing their first Triathlon. I trust you all enjoyed the format and particularly the benefits of a closed road. The weather goddess smiled on us creating many smiles on the day. The race was run in a good spirit and we had only minor first aid issues.

The preliminary results are now available on the website. Please check them and advise me (Rae Wells) ASAP if you notice any oddities. We know of one error resulting in Rochelle Gardiner not being acknowledged as 3rd Place getter in the LONG course junior age group. Apologies.

Tip of the event: I noticed that a junior had placed four velcro dots on her number plate, allowing her to count laps correctly. I know of at least one case of a three lap long course and another competitor who seemed to enjoy the course so much she did five laps!

Many thanks to the event committee organisers, volunteers, the set-up crew and especially my husband Geoff for the hours of work put in during the week at the TACT compound, also the general run-around getting the finish arch repaired, fuel for boats, generators etc to ensure that everything ran smoothly. Train well. Enjoy a summer of fitness through triathlon. Rae Wells, Race Director.

FIT Christmas Party

The FIT Christmas Party will be held on Saturday 19 December after Saturday running. FIT member and coach, Chris Reid, has kindly offered her spacious grounds in Pialligo which include a functioning orchard and pond – bring the swimmers – for the venue. Coffee will be available for purchase courtesy of Pod Food and the BBQ will be sizzling with good food for a small price. Members are asked to bring a \$5 secret Santa. Further details will be in next week's Flash.

FIT's Jingle Bells ride

The Jingle Bells ride is for FIT members only ride. We hope all members will join in including those who normally ride at 6am and coaches. It is your chance to decorate your bike and yourself Christmas colours. We will go for a short ride with everyone staying together and then go to Minter Ellis Building in Barton for coffee and breakfast.

Editor's note: Sandy forgot to mention the Christmas carol singing that will accompany the Jingle Bells Ride ride – don't forget to remind yourself of the words of a few carols before you come!

New FIT Cycle Gear

The fabulous new FIT cycle gear has now arrived. The prices are:

Knicks – \$80

Short sleeve tops – \$90

Long sleeve tops – \$100

The cycle tops come with or without elastic at the bottom. If you would like to buy any items you can contact the OutFIT Coordinator Sue Rymer at sue.rymer@live.com.au. Sue will also have the gear for sale after cycling this Friday morning, from about 7.20am at the West Block carpark, and also after Saturday running. Payment is by cash; cheque, payable to Females in Training; or credit card. The credit card payment form is attached, and Sue will also have some forms with her.

Thanks from Lindy Dunn FIT swim coach

A big thank you to all my FIT friends, who have been so supportive over the last couple of weeks, and apologies to the WAG-Tri girls for not being there to help all along. My dad has now passed away following his massive stroke and the lovely flowers, kind words and lots of hugs have been my saving grace - all very much appreciated, and a reminder about why groups like this are so special. Thank you, Lindy.

Old Bikes for Zimbabwe

Remember that old push bike gathering dust in your shed? The one you got before you upgraded? Why not clean up and donate it to the Zimbike project... providing a means of transport for workers in Zimbabwe. For more details follow this link.

<http://www.zerowasteaustralia.org/australia/act/zimbike-joint-project-revolve>

Ocean swimming – have you tried it yet?

Entries to the 27th annual Cole Classic, one of Australia's longest running and most prestigious ocean swims, to be held on 7 February 2010 at Manly Beach in Sydney, are now open. Thousands of swimmers will compete in either a 1km or 2km swim. This truly iconic event, held in conjunction with the Manly Life Saving Club, is great for every aspiring swimmer, taking courage and determination. All finishers will receive a commemorative medal (take note Michele Boyle) with the famous Cole plates awarded to category winners and place getters. Check out the website at www.coleclassic.com

FIT Coaching/training

Coaching break over the Xmas period

These are the dates of the official break for coaches. If any members wish to continue to meet each other at the usual place and times to train together that is fine. However, we have cancelled the pool lanes so you will need to swim in the publicly available lanes at CISAC.

Swimming: last session on 16 December and first session back on 13 January 2010

Running on Tues: last session on 15 December and first session back on 12 January

Cycling on Friday at 6.30am: last session will be our Jingle Bells ride on 18 December and first session back on 15 January 2010.

Running

Rookie running group

The Rookie Running program comes to an end on Saturday 12 December at which point the group is more than welcome to join the regular Tuesday, Thursday and Saturday runs. A number of women have asked if we could continue the Wednesday morning runs from 6.30am at Lennox Gardens until mid/late January to gain a little more confidence before venturing into the regular runs. Angela Sloan will continue with the Wednesday morning runs with the aim being to complete bridge-to-bridge from Lennox Gardens - just over 6 kms. Please note, these will not be a coached run and anyone is welcome to join.

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 (12 December)

7.30am meeting point: Kingston Shops

Run description: An out and back or loop run around the wetlands and East Basin.

Breakfast: Café Lella, Kingston

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.

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. Meet at Debackle, Lonsdale St Braddon ready to start at 7.30am.

FIT Wednesday ride: 6am leaving from Queen Victoria Terrace car park. This session is non-coached and is for experienced riders who are very comfortable riding in a bunch

FIT Friday ride: 6.30am leaving from Queen Victoria Terrace car park. This is a coached session for all levels and the ride is at the pace of the slowest rider.

Other Information

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.

New this week

For sale: FIT cycling nicks. Size L. As new, worn twice. \$40. Phone Marilyn 0419421430

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

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

DECEMBER 09

13 December – Canberra Half Ironman

17 December – Aquathlon #2

20 December – Community CPS #2 Enduro Triathlon

JANUARY 10

3 January – Jogalong

10 January – Community CPS#3 Sprint Triathlon

14 January – Aquathlon #3

23-24 January – Canberra Challenge Triathlon weekend

USEFUL WEBSITES

Clubs

Females in Training: www.fitact.org.au

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

ACT CCC Cross Country Club (Jogalong): 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

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

Events - Triathlon / Duathlon

Sri Chinmoy races: www.srichinmoyraces.org/au

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

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

Events - Cycling

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

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

Events - Swimming

Cole Classic ocean swim: www.coleclassic.com/

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