

**FIT Newsflash 10/08**

[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.

---

**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***

**Huskisson Triathlon Festival**

Congratulations to everyone who participated in the Husky triathlon last weekend – I hear there were some amazing results! And apparently some great looking tri suits – check these out:



*Ange and Lindy in their great looking new FIT suit*

### **Rookie riding – change of venue for Monday 1st March**

We now have secured the Stromlo criterium circuit for next Monday 1st March. No excuses – we will be on a closed circuit with only us there to do what we want. Be there ready to ride at 6.30am. Please have lights on your bikes. I want to see the entire FIT rookie riding group there as it will be a lot of fun! (and we are paying for it)

### **Big Canberra bike ride Monday 8th March**

We are also encouraging the entire rookie riding group, and other FIT members, to ride in the big Canberra bike ride Monday 8th March. You can register with the fit team on [www.pedalpower.org.au](http://www.pedalpower.org.au) the ride starts on the lawns of old Parliament House between 8.30am and 9am. Late registration is at 7.30am. The cost is \$20 if you register with the FIT team, and it's a leisurely 25km ride, so it should suit everyone. Let's see all those beautiful purple FIT shirts out there to promote our club. If you need to purchase any FIT gear, please contact Sue Rymer on [susan.rymer@pmc.gov.au](mailto:susan.rymer@pmc.gov.au). Sue will be at FIT running on Tuesday, Thursday or Saturday with all the FIT gear.

*Editor's note: looks like you've got a few early mornings Sue!*

### **Postponed Come and Try Kayak Day**

I have only 6 people interested for Thursday 4 March for kayaking – please notify me by this Friday 26 February if you are interested in this time slot on [evansdi@grapevine.com.au](mailto:evansdi@grapevine.com.au) or 0427 228 550. If we don't get enough for next week, we will then have it on Sunday 11 April. Note you don't need to have registered for the cancelled event to attend the replacement event.

### **Fit Sunday ride – 28th February**

This Sunday's ride will be from Debaele café in Braddon as usual.

### **Novice Mountain Bike Course**

The FIT and Bilbys mountain bike novice course is on this Sunday 28 February – have fun to all those who are registered. Raynie McNee will be emailing everyone with final details in the next few days.

### **New Zealand Ironman**

FIT members wish member Alison Hale all the best as she departs for New Zealand next week to take part in the Ironman New Zealand on Saturday 6 March. We look forward to watching you online Al! [www.ironman.co.nz/](http://www.ironman.co.nz/)

### **Sport for Women day – 8 March**

FIT has been asked to compete with Canberra's leading female sports teams in this special sport for women event. We want big, strong FIT women to take part in the tug of war and lots of FIT people in their FIT shirts in the exercise class on Sunday 8 March.

Did you know that in Australia, just as many women engage in sporting activities as men do? Wouldn't have thought so would you? Men's sport receives far more coverage, far more investment and much more praise. Something has to be done to address this glaring inequality and we at the Sports Hydrant want to help. That's why on March 8th, International Women's Day, there's a Sport for Women Day as part of the Canberra Festival Activities. Take part in the biggest exercise class ever held in Australia – we're aiming for a national record! We need 5,000 women to take part, so join us for a combination of body jam and combat aerobics and remind you how easy it is to take those first steps to improved fitness. Sign up now to take part in this free class! You'll then get to see the ultimate tug-of-war

challenge featuring Canberra's leading female sports teams. Cheer on these inspirational women as they battle it out between each other! It's time to take the bull by the horns girls! Let's show the men what we women can do! [www.sportshydrant.com/voice/women/day](http://www.sportshydrant.com/voice/women/day) for information.

### **Invitation to Special Evening with Gemma Rice Sisia and Anne Gripper**

Lobby Restaurant, Monday 15 March 2010, 6pm for 6.30pm

Most FIT members are aware of the efforts of the late Dr June Canavan to raise money, through her Klocking Up The K's project, for the School of St Jude in Tanzania, Africa. We are very fortunate to be able share an evening with the school's founder, Gemma Rice Sisia, and Anne Gripper, June's partner of nine years, on Monday 15 March. We will learn about the school and also Anne's journey to Kilimanjaro to complete what June had set out to do. The evening is sponsored by The Lobby Restaurant. See the attached Documents for the full information and the payment details. This event is coordinated by FIT but is open to all. Numbers are limited so be quick!

## ***Member news***

### **Your FIT Newsletter**

Work has begun on the autumn edition of the FIT newsletter. If you have a story to tell about your achievement since becoming a FIT member please email Michele at [Michele.Boyle@deewr.gov.au](mailto:Michele.Boyle@deewr.gov.au) by COB Sunday 28 February.

*Editor's note: not sure what time COB is on a Sunday?*

### **Jervis Bay Triathlon Festival**

Cub reporter Sue Rymer reports on this event from downtown Huskisson:

It was a huge event, with over 740 participants in the Sprint Tri and 350 in the Enticer Race. Lindy Dunn had a well deserved first place in her age group. It was a great weekend, perfect weather, a beautiful location, and more FIT girls should plan on doing the race next year!

#### **Sprint Triathlon 750/20/5**

Name	Overall Time	Age group	Category Place	Swim	Bike	Run
Lindy Dunn	01:27:12	60-64	1	00:15:08	00:39:27	00:28:51
Sue Rymer	01:30:02	45-49	17	00:16:55	00:40:16	00:29:33
Peter Dunn	01:30:28	60-64	4	00:17:06	00:40:28	00:28:35
Karen Burgan	01:32:17	50-54	6	00:16:55	00:41:01	00:29:34
Ange Barr	01:35:09	30-34	49	00:17:13	00:40:44	00:33:24
Jenelle Emery	01:38:04	40-44	34	00:18:51	00:46:05	00:29:04
Marina Buchanan-Grey	01:38:22	35-39	50	00:21:03	00:44:53	00:28:33

#### **Enticer Triathlon 300/8/2**

Name	Overall	Age	Category	Swim	Bike	Run
------	---------	-----	----------	------	------	-----

	Time	group	Place			
Jasmine Foxlee	00:39:35	30-39	2	00:07:00	00:19:27	00:09:26
Emma Campbell	00:51:17	30-39	43	00:08:50	00:23:49	00:14:58

*Editor's note – I know there are more FIT girls who participated so apologies for anyone left out – let me know if I have and your results will go in next week's flash*

**\*\*\*\*NEW\*\*\*\* Thursday morning run (7km loop Lake Gininderra)**

Jane Atchison and Angela Sloan have initiated this informal uncoached running group for those who live or work in Belconnen and can't make it to Yarralumla. All FIT members welcome to join. Time: 6.15am. Meeting Point: Lake Ginninderra Water Police, Beissel Street, Belconnen

***Repeat notices***

**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](mailto:sandy.waters@health.gov.au).

**Australian Ethical Big Canberra Bike Ride**

The biggest mass participation bike ride in Canberra will be held on Canberra Day on Monday 8 March 2010. More details on the website [www.pedalpower.org.au/](http://www.pedalpower.org.au/).

**Linda Meyer** has registered the FIT team and is the team captain (thanks Linda!). Members' entries should be in by 4 March. The cost is reduced – only \$20 per rider. Members who wish to enter should go to the website and register under the team name, Females in Training. If you have any queries please contact Linda on [lindajmeyer@gmail.com](mailto:lindajmeyer@gmail.com).

**Women's and Girls' Fun Run**

9am on Sunday 11 April 2010. [www.canberrarunner.com.au/wgfunrun](http://www.canberrarunner.com.au/wgfunrun)

**24 hour Mega Swim to be held on 1-2 May at the AIS pool**

The Canberra 24 hour mega swim [www.megaswim.com/documents/canberra2010.pdf](http://www.megaswim.com/documents/canberra2010.pdf) raises money for MS Australia. Please send your expression of interest to **Penny Lovibond** on [peripateticpenny@gmail.com](mailto:peripateticpenny@gmail.com).

**Milestone March birthdays**

*Editor's note: Special milestone birthdays will be included in the FIT newflash using the date of birth supplied on the membership database- you have been warned!*

---

# 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.

### **\*\*\*\*NEW\*\*\*\* Thursday morning run (7km loop Lake Gininderra)**

Jane Atchison and Angela Sloan have initiated this informal uncoached running group for those who live or work in Belconnen and can't make it to Yarralumla. All FIT members welcome to join. Time: 6.15am. Meeting Point: Lake Ginninderra Water Police, Beissel Street, Belconnen

### **Saturday morning run (27 February)**

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: Acton Ferry Terminal**

**Run: New Parliament House** – Follow the bike path across Commonwealth Avenue Bridge along the lake edge by Lennox Gardens, cross Alexandrina Drive and take a right turn on the dirt track just after the underpass. Follow the track around new Parliament House and head north at Kings Avenue, cross King's Ave Bridge and return to start along the bike path on north side of LBG.

**Breakfast:** Xchange on London – 7 London Circuit, Canberra City

**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: Debacle, Lonsdale St Braddon. Start Time: 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.

**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 and 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 .***

#### **Legally blind FIT member Lindy Hou is looking for interested running partners**

Please email Lindy on [lindyhou@optusnet.com](mailto:lindyhou@optusnet.com) or contact Di Evans for further information on 0427 228 550 or email [evansdi@grapevine.com.au](mailto:evansdi@grapevine.com.au).

#### **Seeking interest in cycling/walking in the South Island of New Zealand**

Please contact Polly Templeton ([ptemplet@bigpond.net.au](mailto:ptemplet@bigpond.net.au)) or 0422 594 221 for more information by Friday, 12 March 2010.

#### **ACT Cross Country Club road running festival - 1st and 2nd May**

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

#### **Amy Gillett ride - 14 March 2010**

FIT has set-up a team – it's not a race, it's just the opportunity to get out in our colours, keep fit and support a good cause. When registering, FIT members should choose 'Yes' under team entry and then click on 'select existing team' and choose 'Females in Training (FIT)'. It would be great to get a good turn-out of FIT members for the ride! [Register here](#).

### ***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.*

### ***REPEAT NOTICES***

#### **Room to let**

21 Parkin St, Torrens \$185 pw. Wanted a non-smoking, mature, female housemate who is clean, tidy and easy-going to share with female in her 40's. Phone Jean on 0408927503 or [ralstonjean@yahoo.com.au](mailto:ralstonjean@yahoo.com.au).

### ***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**

### **February**

28 Feb – Mountain bike training day for FIT

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

28 Feb – Veteran's Athletics Club Run/Walk Handicaps North Curtin 3/6.5km 8.30am

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

Feb 28 – Veteran's Cycling Club – Geoscience Criterium, 7.45am

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

---

### **March**

2 Mar – Canberra Cross Country Club Summer Series Weston Park 2/5km, 6.15pm

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

6 Mar – Ironman NZ

[www.ironman.co.nz/](http://www.ironman.co.nz/)

7 Mar – Jogalong

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

7 Mar – Sri Chinmoy Multi-Sport Classic, Jindabyne

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

7 Mar – Veteran's Cycling Club – Tidbinbilla Graded Scratch 49.5/41km, 7.45am

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

8 Mar – Big Canberra Bike Ride

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

9 Mar – Cross Country Club Summer Series Acton Ferry Terminal 2/5km, 6.15pm

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

14 Mar – Veteran's Cycling Club – Uriarra Homestead graded Scratch, 7.45am

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

14 Mar – Weston Creek Half Marathon, Black Mt Peninsula

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

14 Mar – Amy Gillete Ride

[www.amygillett.org.au/amys-ride-canberra-2010](http://www.amygillett.org.au/amys-ride-canberra-2010)

16 Mar – Cross Country Club Summer Series Lake Ginninderra, 2/7.1km, Macdermott Place Belconnen, 6.15pm

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

21 Mar – Newcastle Olympic Distance Triathlon

[www.trinswrace.org](http://www.trinswrace.org)

21 Mar – Veteran’s Cycling Club – Lookout Hill Graded Scratch, 33/42 km, 7.45am

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

23 Mar – Cross Country Club Summer Series Stromlo Forest Park 2/5km, 6.15pm

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

27 Mar – Cross Country Club Dunrossil Drive Yarralumla 2.1/4.2km

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

28 Mar – Veteran’s Cycling Club – Stromlo Graded Scratch 43.6 km, 7.45am

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

28 Mar – Veteran’s Athletics Club Run/Walk Handicaps Stromlo Forest Park 4/8km 9am

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

28 Mar – Port Macquarie Ironman

[www.ironmanoz.com/](http://www.ironmanoz.com/)

28 Mar – Gear Up Girl Bike ride

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

---

## April

4 April – Jogalong

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

11 April – Cross Country Club Women and Girls Fun Run Commonwealth Park

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

April – Mountain bike orienteering events start this month

<http://act.orienteering.asn.au/events/programs/>

9-12 April Easter weekend – Twenty10 Orienteering

<http://aus3days2010.orienteering.asn.au/>

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

24 April – Veteran’s Cycling Club – Dalton Graded Scratch, 38/56 km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

25 April – Veteran’s Athletics Club Run/Walk Handicaps Mt Majura Nature Park,  
Hackett 5/10km, 9am  
[www.actvac.com.au](http://www.actvac.com.au)

---

## May

1-2 May

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

1 May TBC – Half Ironman Busselton

[www.halfironmanseries.com/](http://www.halfironmanseries.com/)

1-2 May – Veteran’s Cycling Club – Gunning two day graded scratch  
[www.actvets.cc](http://www.actvets.cc)

8 May – Cross Country Club Parlauf Relays Stromlo Forest Park  
[www.canberrarunner.com.au](http://www.canberrarunner.com.au)

8 May – Veteran’s Cycling Club – Uriarra Homestead Graded Scratch, 38.2km, 1.15pm  
[www.actvets.cc](http://www.actvets.cc)

9 May – Mother’s Day fun run  
[www.mothersdayclassic.org/](http://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](http://www.srichinmoyraces.org/au)

15 May – Veteran’s Cycling Club – Dairy Flat Criterium, 1.15pm  
[www.actvets.cc](http://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](http://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](http://www.canberrarunner.com.au)

29 May – Capital Punishment Mountain Bike Tour of Canberra  
[www.arocsport.com.au](http://www.arocsport.com.au)

29 May – Veteran’s Cycling Club – Apollo Graded Scratch 30/41 km, 1.15pm

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

30 May – Veteran’s Athletics Club Run/Walk Handicaps West Stromlo 4.0/7.5km, 9am

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

## **USEFUL WEBSITES**

### **Clubs**

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

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

ACT CCC Cross Country Club (Jogalong): [www.canberrarunner.com.au](http://www.canberrarunner.com.au)

ACT Veterans Athletics Club: [www.actvac.com.au](http://www.actvac.com.au)

Canberra Cycling Club: [www.canberracyclingclub.org.au](http://www.canberracyclingclub.org.au)

Vikings Cycling Club: [www.vikingscycling.org.au](http://www.vikingscycling.org.au)

Pedal Power: [www.pedalpower.org.au/](http://www.pedalpower.org.au/)

ACT Veterans Cycling Club: [www.actvets.cc](http://www.actvets.cc)

CORC – Canberra Off-Road Cyclists: [www.corc.asn.au/](http://www.corc.asn.au/)

### **Events - Running**

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

Mountain running events: [www.mountainrunning.coolrunning.com.au](http://www.mountainrunning.coolrunning.com.au)

Canberra Times Fun Run: [www.canberratimesfunrun.com.au/](http://www.canberratimesfunrun.com.au/)

Weston Creek Half Marathon : [www.westoncreekathletics.org.au/modules/news/](http://www.westoncreekathletics.org.au/modules/news/)

Melbourne Marathon/half marathon: [www.melbournemarathon.com.au/](http://www.melbournemarathon.com.au/)

Gold Coast Marathon and half-marathon: [www.goldcoastmarathon.com.au/](http://www.goldcoastmarathon.com.au/)

Canada Fun Run: [www.actcancer.org/default.aspx](http://www.actcancer.org/default.aspx)

Orienteering ACT: [act.orienteeing.asn.au/](http://act.orienteeing.asn.au/)

ACT Rogaining Association: [www.act.rogaine.asn.au/](http://www.act.rogaine.asn.au/)

### **Events - Triathlon / Duathlon/ other**

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

Ironman and Half Ironman series: [www.halfironmanseries.com/](http://www.halfironmanseries.com/)

Jervis Bay Triathlon Festival: [www.eliteenergy.com.au](http://www.eliteenergy.com.au)

AROC Sport – Adventure Racing Outdoor Challenges: [www.arocsport.com.au/](http://www.arocsport.com.au/)

### **Events - Cycling**

Fitz’s Challenge: [www.pedalpower.org.au/](http://www.pedalpower.org.au/)

Urban Polaris: [www.urbanpolaris09.org.au/news/](http://www.urbanpolaris09.org.au/news/)

No virus found in this incoming message.

Checked by AVG - [www.avg.com](http://www.avg.com)

Version: 9.0.733 / Virus Database: 271.1.1/2707 - Release Date: 02/24/10 18:34:00