

FIT Newsflash 10/05
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.

Editor's note: Given the length of this newsflash I think we should use the website for more routine communication - I'd be interested in your views

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

Condolences to FIT members Rae Wells and Judy Curt-Cavens

FIT members would like to send their condolences to our past president and last year's vice-president, Rae Wells, as well as our much loved member Judy Curt-Cavens from France on the death of their father, **Edward Joseph Dowling (Ted)** last Thursday. Our heartfelt sympathy is extended to Rae and Judy and their sisters Kay from Melbourne and Erica from Darwin, as well as Geoff Wells for their continued support of Ted during the last months of his life. Ted's funeral will be on Friday 5th February at St Joseph's Catholic Church O'Connor at 2pm. The wake will be held at Yowani Golf Club, Northbourne Ave, Lyneham.

Amy Gillet Foundation Ride – Sunday 14th March

The Amy Gillett Foundation (AGF) and Triathlon ACT will be holding the inaugural Amy's Ride Canberra. Starting and finishing on Federation Mall and taking in Stromlo Forest Park and beyond. The ride caters for all abilities. Choose from:

30km – \$55, includes a t-shirt

65km – \$95, includes an AGF cycling jersey

110km – \$95, includes an AGF cycling jersey

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.](#)

FIT would like to invite members to an information evening on Monday 15th Feb from 7-9pm at the Ainslie Football Club. The guest speaker will be Tracey Gaudry (former Australian road cyclist) who is on the board of the Amy Gillett Foundation. Tracey will have all the information and details for the ride. Our coaching coordinator Sandy Waters will discuss what she has planned for the training sessions in preparation for the distances.

More information about the great event is available on the Amy Gillett Foundation website: www.amygillett.org.au/amys-ride-canberra-2010

Cole Classic Ocean Swim - Sunday 7 February 2010

Good luck to **Merilyn Bassett** competing in the 2km ocean swim, and **Ange Barr**, **Kristy Robb** (champion cyclist!) and **Jodie Mills** (masseuse extraordinaire) who are all competing in the 1km ocean swim. Watch out for those sharks girls!

Pilates for beginners

We will be offering a beginner pilates course soon for FIT members – possibly commencing in March – stay tuned!

Other upcoming Cycling Events

Don't forget to register as FIT and wear your FIT gear

March 8 – Big Canberra Bike Ride [Big Canberra Bike Ride website](#)

March 28 – Gear Up Girl Canberra Bike Ride www.gearupgirl.com.au

Member news

Want to improve your swimming endurance?

- Join the 3 month swimming program for FIT members of all swimming levels
- Program designed to build your swimming endurance through technique and practice
- Choose the distance you want to build to over the three months

Undertake the 3 month program and swim to the Goal – the 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 raises money for MS Australia's go for gold scholarship program. It's a fun event. Each team must have one swimmer in the water for the entire 24 hours, but it is up to the team to decide how they want to do it. There is no set formula. You might only swim for 30 minutes (stops allowed) or you may want to swim for 4 hours. **Penny Lovibond**, one of the FIT swim coaches, did this event last year and is keen to have a FIT team enter this year. CISAC Wednesday night swim sessions will be an integral part of the training program. It's similar to the running group, where you train for an event such as the City to Surf, and have a goal to work towards. Swimmers are asked to raise money through sponsorship.

Please send your expression of interest to **Penny Lovibond** on peripateticpenny@gmail.com.

NB Penny's email address was not correct in the Newsflash notice 2 weeks ago. If you haven't received an email of confirmation from her please email her again at the address above.

Triathlon results

A big congratulations to **Penny Becker** who came second in the 60-64 year age group doing her first Olympic distance triathlon on Sunday 24 January. Penny is training for the triathlon world champs in Hungary later this year and is looking like she will be well placed given her time in Canberra.

Canberra Capital Olympic Distance Triathlon - 24 January 2010 - 1500m/40km/10km						
Name	Overall time	Category	Category Position	Swim	Bike	Run
Penny Becker	3:09:47	60-64	2	0:48:01	1:20:48	1:00:57

Quite a few FIT members turned up for the enticer race on the Saturday afternoon of the Australia Day weekend in the extreme heat!!

Enticer Triathlon - 23 January 2010 - 300m swim - 10km bike - 2km run						
Name	Overall time	Category	Category Position	Swim	Bike	Run
Emma VIOTTO	0:39:29	20-29	3	0:08:36	0:20:29	0:10:23
Probyn FELICITY	0:39:48	30-39	3	0:07:31	0:22:32	0:09:43
Cindy HYETT	0:42:28	30-39	7	0:08:10	0:23:25	0:10:52
Keron WISE	0:44:30	40+	4	0:08:23	0:24:23	0:11:44
Alana DICKSON	0:46:04	20-29	14	0:08:04	0:24:59	0:13:00
Jenelle EMERY	0:47:04	40+	6	0:07:55	0:25:28	0:13:40
Sarah RAINBOW	0:47:11	40+	7	0:07:22	0:25:39	0:14:08
Kristy ROBB	0:49:26	30-39	16	0:06:58	0:27:56	0:14:31

And from **Cindy Hyett** – ‘It is great to turn up at the tri with so many familiar faces. I was surprised as the time and temp for the last [race] was not great.’

My apologies to all those members who I’ve left out of the result reports in previous newsflashes: a few have pulled me up so here are a few additions:

Aquathlon #3 - 14 January 2010 - Long Race						
Pos	First Name	Last Name	Category	Club	Finish Time	Category place
50	Alison	Hale	F35-39		01:00:53	5
61	Nerida	Clarke	F55-59	Tridents	01:05:38	1

Editor’s note - It helps if members are registered in a race as a FIT member! Nerida tells me her husband registered her – not sure what happened to Alison.

Milestone February birthdays

Judy Curt-Cavens turns 50 on 14 February 2010. Many happy returns for Valentine’s Day!
Editor’s note: Special milestone birthdays will be included in the FIT newsflash using the date of birth supplied on the membership database- you have been warned!

Cycle coaching course – basic skill level – Saturday 13 February 8.30am-6pm

Cycling Australia is offering a basic introductory course for anyone wishing to become an accredited cycling coach on Saturday 13 February at Stromlo Forest Park. You must be a member of Cycling Australia (CA). If you are not a member you can join through online through FIT. The cost is \$77 for a recreational licence, which is all you will require for the course, unless you wish to race, and then you will need to purchase a racing licence. This can be complicated, but please contact Di Evans on evansdi@grapevine.com.au who will talk you through how to register online for CA membership. The presenter is Sian Mulholland, an excellent presenter, and participants will gain a lot of skills from doing this course.

The cost is \$150 and FIT will reimburse members for this cost if you commit to helping with FIT coaching sessions – see the website www.fitact.org.au under coaching corner for the policy on reimbursement of accreditation costs and the application form to seek reimbursement. For further information please contact Di Evans on the email address above or 0427 228 550.

Come and try kayak day – 14 February

Thank you for the wonderful response to this. This course is now full! Please bring along \$20 on the day for the cost of the course. Di will let you know the venue nearer the time as a result of the lake closures. If you have any queries, please contact Di Evans on evansdi@grapevine.com.au

FIT and (female) Bilby's mountain bike course – 28 February

This course is also full, so thanks for your support for this one as well. I look forward to seeing those who have registered, there on the day.

Canberra Marathon

Canberra Marathon will not be going ahead in April according to a media release issued by the Chief Minister, Jon Stanhope. I couldn't get the media release on the website but as it was issued late on Wednesday night it may not be available until Thursday morning. See www.chiefminister.act.gov.au/media.php for further information.

Aquathlon #4 – Aqua champs

The lake remains closed to swimming at Yarralumla Bay and so the fourth aquathlon for 2009/10 has been moved to a new race site near the Scrivener Dam and scheduled for this Thursday evening. Please check TACT website for confirmation. On the day entries will be taken at the site and no late entry fee will be charged. Results from this race will count towards the 2010 Triathlete of the Year.

Sri Chinmoy Lake Swims

The venue for the Sri Chinmoy Lake Swims this Sunday 7 February will be confirmed after results are released Thursday or Friday morning of tests on the water quality in each of Canberra's three lakes. At present, the original location of Yarralumla Bay is closed for swimming. However this condition has changed week-by-week over the past month. Contingency plans to stage the 5 km, 2.5 km and 500 swims at one or other of several alternate locations will come into play should Yarralumla Bay remain closed this weekend. Check out the event website <http://au.srichinmoyraces.org/events/lakeswims> for updates.

Triathlon news

For those interested in news and views on our sport, firstoffthebike.com has recently launched Tri Café, Australia's first online chat show dedicated to triathlon. The initial Tri

Café series will run for eight episodes from January through to April. The first installment runs for nine minutes and can be viewed at www.firstoffthebike.com/features. It discusses the early season accidents of the pros, Emma Snowsill's pending comeback and talk of Ironman Melbourne. firstoffthebike.com has said it hopes Tri Café will be, 'entertaining and confrontational, as well as informative'. Triathlon Australia (TA) is not officially involved with the show; indeed, there will probably be times when TA will not agree with the views expressed. However, we certainly do offer in principle support to any initiative that helps lift the profile of triathlon and provides a further information source for our members. TA is also prepared to answer queries put forward via this medium.

Sport medicine courses

There are lots of sports medicine courses available locally and information can be found on the ACT Sport Medicine Australia's website www.sma.org.au/act. Some courses on offer are:

Safer Sport Program: Spinal Management and Pre and Post Massage; Level 1 Sports Trainer; Sports First Aid (Apply First Aid); Spinal Management; Cardiopulmonary Resuscitation; Introduction to Sports Massage; Elastoplast Strap Smart; and Advanced Sports Taping.

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 (6 February)

7.30am meeting point: Athllon Drive just past the last houses in Farrer – UBD map 78, H13. Head south on Athllon Drive and after Beasley St and the last houses in Farrer (on the left as you head south) take a left dirt track off the road. There should be sufficient parking for all.

NEW RUN – Farrer Ridge – Out and back: follow the dirt track along the back of the houses in Farrer in an easterly and then south easterly direction, go under Yamba Drive (near the intersection of Erindale Drive, Yamba Drive and Long Gully Rd) and veer north through the Isaacs pine plantation (or what's left of it). For a harder run you can return on the ridge line and rejoin the outbound track at Yamba Drive underpass.

Breakfast: Papparazzi, Garran Shops at 8.30am – we'll be outside and booked for 20.

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

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.

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

Accommodation at Huski Multisport weekend 19-21 February

Ange Barr has booked accommodation in Huski for this weekend, very close to race sites and has a spare room available. Cost is \$95 for two nights (Fri and Sat). You'll be sharing with two other females (Ange and a friend who refuses to stay with her husband and his '...smelly male triathlon friends who will talk about nothing but personal bests, chafing nether regions and other blokey stuff aaaaall weekend...') in a 3BR cottage. Contact Ange Barr at abarr2@bigpond.com or at training.

Gold n Beach Ride 15th-16th May 2010

The GoldnBeach Ride is a two day Central Queensland casual riding experience supported by the Capricorn Coast Bicycle Users Group as part of its Bike Week celebrations. The social ride is 156kms of cycling from the historical gold mining town of Mt Morgan through beautiful countryside and the beef capital of Rockhampton to the caves for a campout then onto the scenic Capricorn coast and the ocean breezes of Yeppoon via Cawarral and Emu Park (While you're there check out the half ironman course!) See www.bikely.com/maps/bike-path/GoldnBeach-2010 for details.

Cycling packages to the 2010 Tour de France

www.sportsnetholidays.com

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

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%