

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.

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

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Calendar of Events*Websites for event information

FIT Matters

President's messages- from Di Evans

ACT Cross Country Club road running festival

A Canberra Road Running Festival will be held on 1st and 2nd May 2010 and will incorporate:

- 2km Mini Jog for children under 10 years of age;
- 5km Fun Run;
- 41st Rex Foulkes Half Marathon
- the National Capital Marathon;
- Ultra 50k event; and
- Runners Expo.

Further details about the festival can be found on the Club website

www.canberrarunner.com.au/festival. If you would like to volunteer please let contact the Cross Country Club as soon as possible secretary@canberrarunner.com.au.

National Track Cycling Championships results from Adelaide

FITability cyclists Brandie O'Connor and Kerry Knowler won two silver medals, both with PBs, at the national track championships in Adelaide, competing on a tandem in the 3000m and the time trial. Fellow ACT paracyclist Sue Powell (Vets and Vikings) broke a world record in the 3000m and got a PB in the time trail. FIT cycling coach Sian Mulholland coaches all three athletes. Congratulations to all!

Information night for Amy Gillett ride – 14 March 2010

Tracey Gaudry, former Australian Road Cyclist will be the guest speaker on

Monday 15 February from 7-9pm for this information evening at the Ainslie Football Club.

All members are welcome. There will be a question and answer session, with tea and coffee provided for all. Put forward any questions that you have about cycling, such as bunch riding skills, hill climbing etc. to Di (evansdi@grapevine.com.au) by Thursday 11 February. Come along and hear one of cycling's best discussing matters that are relevant to all of us who love our cycling. Don't miss out on this amazing opportunity to share stories with Tracey and learn more about Amy's ride.

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](#).

Legally blind Fit member Lindy Hou is looking for interested running partners.

Many of you may have seen me (Di) running with Lindy Hou over the past few months since she arrived in Canberra from Sydney. Lindy is a gold and silver medalist from the last 2 paralymphics in cycling, and has decided her next challenge is to be triathlon. Lindy catches taxis to come to training, and she is hoping there may be someone who lives near her (in Page) that could either bring her to FIT running sessions or alternately, take her for a run from her place. Please email Lindy on lindyhou@optusnet.com or contact Di Evans for further information on 0427 228 550 or email evansdi@grapevine.com.au. It would be great if FIT could provide Lindy with a pool of interested people to go on a roster to help with Lindy's training.

Member news

The FIT tri-suits and two-piece suits have arrived and they look fantastic.

The cost is the same for both - \$160 for either the tri-suit or the two-piece suit.

Sue Rymer, OutFit coordinator will have suits at FIT running on Tuesday morning and Saturday running. You are also welcome to drop round to Sue's place to have a look – 40 Hannan Crescent, Ainslie. Please phone 6257 0437 for an appointment. You will need to try for size before you buy as they are a very small fit!

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

In November 2008 a group of mainly FIT members went cycling in Vietnam with Pedal Tours of New Zealand (<http://www.pedaltours.co.nz/>) and had a wonderful time. Pedal Tours has put together a 10- or 14-day itinerary for me if I can get at least six people interested in going cycling/walking in New Zealand. The date is not set but I am thinking of starting Saturday 30 October 2010. Please contact Polly Templeton (ptemptlet@bigpond.net.au) or 0422 594 221 for more information and to be sent a copy of the proposed itineraries. Polly needs to let Pedal Tours know whether this special tour is viable by Friday, 12 March 2010.

Kokoda Challenge 2010

Lindy Dunn will be holding an information night on Friday 12 February for those interested in possibly trekking the Kokoda Track in 2010 with a FIT and friends group in May. Please call her on 0407 910603 or email her at lindy@NKTreks.com.au if you wish to attend. Visit the website: www.naorokokodatreks.com.au to find out more details.

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.

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!

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 (13 February)

7.30am meeting point: Black Mountain Peninsula, car park on Garry Owen Drive

Run – Scrivener Dam: Run along bike path to Scrivener Dam and back. For a longer run do a loop of the West Basin.

Breakfast: Hudson's in the Gardens, Botanic Gardens, Clunies Ross St, Acton, 8.30am

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 14 February 2010: All levels catered for! Meeting Point: Debackle, Lonsdale St Braddon. Start Time: 7.30am.

For those who were at last Sunday's ride, it was suggested we would ride from Double Shot Café at Deakin next Sunday. As we are having the Come and Try Kayak Day on 14th Feb, it is best if we leave from Debackle as usual at 7.30am. Following is the route for this ride.

Out on to Northbourne Ave, heading towards Dickson
Left at traffic lights into Mouat Street
Left at traffic lights into Ginninderra Drive
Left at lights into Kingsford Smith Drive
Right at roundabout into Drake Brockman Drive
Right into Spofforth Street
Right into Southern Cross Drive
Left into Florey Drive
Thru roundabout that crosses Ginninderra Drive
Left into Lhotsky Street
Left into Townson Street at roundabout
Left into Lhotsky Street
Left into Kerrigan Street, follow through Dunlop ending at sweeping left hand turn back into Ginninderra Drive
Follow Ginninderra Drive all the way to the end, back to Lyneham
Right at traffic lights into Mouat Street
Right at traffic lights into Northbourne Ave

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

Bicycle Dreams for Triathletes

Stephen Auerbach independent filmmaker who fell in love with the world of endurance sports has just released the film, BICYCLE DREAMS (bicycledreamsmovie.com), and it has many people very excited. The film has won 12 Film Festivals already. BICYCLE

DREAMS profiles the world's most intense endurance athletes competing in the world's toughest race. Many of those featured in the film have participated in Triathlons. See the trailer at [Bicycle Dreams Trailer](#).

Recall of Pro Hi-Comp bicycle stems

Pro Hi-Comp Stems distributed by Shimano have been recalled. Pro has identified a potential safety issue involving the PRO Hi-Comp road racing bicycle stems produced between November 2003 and June 2006. Due to fatigue these stems may crack and eventually break. If this happens during cycling, the cyclist may lose control of the bicycle, which could lead to serious injuries. More information at:

www.aushiker.com/2009/12/recall-shimano-pro-hi-comp-bicycle-stems

REPEAT NOTICES

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.

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.