

**FIT Newsflash 10/09**

[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:**

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**FIT Matters*****President's messages*****FIT Team for the Sport for Women Day – Monday 8 March 2010**

Come on FIT members we need some very strong women to make up our FIT Tug of War team – Di is counting on you to be competitive against the Touch Rugby team. Please contact Di Evans on [evansdi@grapevine.com.au](mailto:evansdi@grapevine.com.au) or 0427 2258 550 if you are interested in representing FIT. Di has opted to be the coach/manager on the day. Our resident FIT physiotherapists will be on hand in case anyone needs treating after those touch rugby girls have tried to wrestle us out of the game! Could all competitors have their FIT shirts on – if you require one, please contact Di. For those not competing, it would be helpful to have as many supporters there as possible for encouragement – you might like to come and do the aerobics class instead of the tug of war! Look for the FIT banner at Reconciliation Place on the lawns beside Questacon commencing at 9am.

Women's Hour consists of a combination of body jam and combat aerobics and we encourage everyone to take part. The attached posters are available for downloading and we appreciate your support in displaying them in your work places.

Elite Team Tug of war will take place for approx 1 hour immediately after Women's Hour. The format is detailed below:

- 8 per team
- Team weight - approx 580kg

- Teams arrive to warm up 8.45am
- Tug of war briefing commences 9.30am
- Tug of War commences 10.00am
- Footwear cannot have spikes or sprigs

There are eight teams and each will have three pulls in the first round. The winners from the first round will compete in a semi final from which the finalists will be chosen.

A large turnout is anticipated for women's hour with big crowds at the venue. It is just for fun but serves to raise the profile of women's sport as all the TV channels will be represented. The draw has now been announced as:

- Touch Rugby v Triathlon (FIT)
- Basketball v Netball
- Rugby Union v Rugby League
- Football v Hockey

See [www.sportshydrant.com/voice/women/day](http://www.sportshydrant.com/voice/women/day) for information.

### **Big Canberra Bike Ride – Monday 8 March 2010**

If you are not participating in the Sport for Women Day, you might like to join the other FIT group riding in the BIG Canberra Bike Ride. This event starts on the lawns of old Parliament House. Have breakfast watching the hot air balloons from 6.30am. Registration is from 7.30am and the rides start from 8.15 – 9.00am – maybe Linda has a plan for meeting everyone (see below). See [www.pedalpower.org.au](http://www.pedalpower.org.au) for more information. 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.

### **Sunday Ride – 7 March – Special Training for Amy's Ride**

Leaving from The Lobby Restaurant, King George Terrace Parkes at 0730 in preparation for the Amy Gillett ride on Sunday 14 March, this training will try out the route. There is a car park opposite the Lobby which should be empty on Sunday where you can safely leave your cars. I have booked for breakfast at the Pork Barrel Café which is at the back of the Lobby. I have booked for 20, so if you are thinking of coming could you please drop me an email on [evansdi@grapevine.com.au](mailto:evansdi@grapevine.com.au) to confirm the numbers for breakfast. See more information about Amy's ride below

### **NZ Ironman**

Good luck to **Alison Hale** who is competing in the New Zealand Ironman Triathlon this weekend at Lake Taupo – hope it's warm! We look forward to watching you online Al!  
[www.ironman.co.nz](http://www.ironman.co.nz)

## ***Member news***

### **TACT Duathlon - 28 February**

Congratulations to all members who participated in the Duathlon on Sunday 28 February. Results in next week's Flash

### **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**

#### **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](#).

#### **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.

#### **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 newsflash using the date of birth supplied on the membership database- you have been warned!*

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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.

#### **\*\*\*\*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 (6 March)**

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:** Garran Shops

**Run:** Federal Golf Course – Loop run around Federal Golf Course, Red Hill

**Breakfast:** Papparazzi, Garran Shops

**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: The Lobby Restaurant, Parkes. 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.

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## **OTHER INFORMATION**

### **Repeat Notices**

**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).

## **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%