

FIT Newsflash 10/15

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

Other notices: Wanted/For Sale*FIT Member Discounts*

Calendar of Events*Websites for event information

FIT Matters

President's messages

El Presidente is on a well earned rest in beautiful Tasmania, but I'm sure she would have wanted me to let you know about the core stability training now on at Pearce - see attached for more information.

Member news

FIT running camp 14-16 May: hurry nearly full!

There are very limited spots left for the FIT running camp being held in beautiful Berry. If you would like to come along please fill-in the attached registration form and return asap - first in best dressed! T-shirts need to be ordered this week, so to ensure your t-shirt is the required size, please get your form in. The cost is \$195 if taking the bus or \$170 if you decide to drive yourself. I am also attaching an information note on the weekend. All levels of runners will be catered for. It will be a fun weekend with lots of activities and laughs. Cost will include training sessions, meals, accommodation and use of all the recreation centre's facilities. Send your registration form to either Sandy Waters on sandy.waters@health.gov.au or to the FIT Treasurer via email to treasurer@fitact.org.au or fax to the attention of Polly Templeton on 6101 9982.

Swim coaches needed

As all of you know, FIT is very fortunate to have a dedicated band of great swim coaches who share the load on a roster system. Very soon some of the coaches are heading off on adventures far and wide. Therefore, we really need some of our FIT members to step up to

the plate to give swim coaching a go! We don't expect you to be an accredited coach, just someone who is keen and likes swimming and would like to be mentored into this role. We have resources to assist, and the coaches who aren't travelling will be able to give lots of instruction/mentoring. Currently, the coaches only have to coach once a month. If you want more information or think you would like to try swim coaching, please email sandy.waters@health.gov.au or call on 0411 156 779 and Sandy will be happy to talk to you.

Update your Address

Don't miss out on your fabulous FIT newsletter. A few copies of the autumn edition were Returned to Sender—Jasmine, Emma, Lorraine, Gina, Julie, Elizabeth, Alison. If you have changed your address please contact Wynne Hannon (wynne.hannon@gmail.com) who will update the FIT database so you can receive the winter edition due out in June.

FIT membership payments now available online

If you're thinking about joining FIT (and why wouldn't you??) there's no excuse to delay any longer as you can now do so entirely online!! Be one of the first to use this fabulous new facility by going to the website www.fitact.org.au - scroll down the front page to find the link, fill in the details and before you know it your cool purple FIT membership card will arrive in the post – and remember, you can use it to get discounts at all sorts of sporting stores around townwhy not pop into The Bike Shed, say, and check out that amazing new road bike you know you really need??! Current members can also renew their membership for 1, 2 or 3 years using this convenient new system - and a huge thanks to our terrific, tireless Treasurer, Polly, for organising this great addition to FIT services.

Repeat notices

FIT's MS Megaswim Team - a 3 week countdown

We now have 3 weeks to go for the 24 hour swim. Held at the AIS pool, this begins at 12:00 noon on Saturday 1 May and finishes at 12:00 noon on Sunday 2 May. The Females-in-Training team is doing really well in the fundraising stakes. We would greatly appreciate your assistance in this regard. Just log on to the following link and you can donate on line. <http://events.megaswim.com/?Females-in-Training>. Many thanks FIT!

Canberra running festival

I hope all FIT members have their entries in for the Canberra Running Festival. There will be green and purple tops everywhere on the weekend of 1-2 May – some at the swimming (see below) and others at the Canberra Running Festival. We have marathon entrants, half marathon entrants and for those not up to the longer distance why not try a shorter run on Saturday afternoon in the 5km fun run. See www.canberrarunner.com.au for details.

10-day cycling tour from Christchurch to Queenstown, New Zealand from Saturday 30 October 2010

A couple more people are needed to make it viable for Pedal Tours <http://www.pedaltours.co.nz/> to conduct an 'off brochure' 10-day cycling tour from Christchurch to Queenstown, New Zealand, departing Saturday, 30 October. Please contact Polly Templeton ptemplet@bigpond.net.au or 0422 594 221 to express an interest. A firm decision needs to be made no later than Friday 23 April. Polly is then looking at doing a separate 3-day Routeburn Track tour with Ultimate Hikes <http://www.ultimatehikes.co.nz/> which departs from Queenstown.

Cost for 6-9 people: NZ\$3,265.00 pp twin share/ double basis / single supplement NZ\$745.00. Bike hire NZ\$300.00 pp - Trek 7.5 hybrids and Trek Pilot road touring bikes, all in a wide range of sizes. All prices are nett including GST (local tax). Note this tour usually retails at NZ\$4,150.00 per person and with how good the Aussie dollar is against the NZ dollar (NZ\$1.38 today) now is the time to go!

Triathlon ACT end of season annual awards celebration dinner

All FIT members are invited to the Triathlon ACT end of season dinner. Some of our FIT members will be receiving awards as we've done particularly well with the novices this year and possibly have scooped 1st, 2nd and 3rd place for novice triathlete of the season in one age group and a few other 1st places in other age groups. The theme for this year is "All dressed up in club colours" - that would be purple and green for FIT).

Place: Canberra Southern Cross Club Woden

Dinner: 3 courses with free drink on arrival (if you are vegetarian let us know)

Date: Friday 7 May at 7.00pm

Cost: Adults \$60

If you would like to sit at a FIT table please send an e-mail to **Christine Zygadlo** on christine.zygadlo@health.gov.au or leave a message on 0408960954. Booking are through the TACT website www.triathlonact.com.au

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 (10 April)

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: Australia Museum – Around the Museum and to Black Mountain Peninsula and return. For a longer run do the West Basin loop

Breakfast: Xchange on London, 7 London Circuit. Hope to see you there!

Please note - the running group is getting very large of late so please be considerate - breakfast is booked for FIT members who attend the run/walk. Although this week we may have two groups (see below) so things may not be so bad at Chifley. I've booked for 20.

Early starters: Some women are meeting for a 7am start to do a longer run but this will be from Lennox Gardens this week with breakfast at X-change on London.

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: Debackle at 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. Note – will be on at 7am on Good Friday

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. 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

Repeat Notices

FOR SALE/ WANTED

Gaerne road shoes in very good condition, size EUR39. Price \$70 call Fiona on 0408 257 948. Fiona supplied a photo so I can say they did look in good condition but I couldn't get it to paste in (sorry Fiona)

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

R4YL – 20% off shoes and clothing; 10% off other purchases; \$10 reduction on gait analysis – see FitFlash 10_12 or Heath Fitzpatrick 0412 805 785 hfitzpatrick@runforyourlife.com.au for details

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

April

April – Mountain bike orienteering events start this month
<http://act.orienteeing.asn.au/events/programs/>

24 April – Cross Country Club Anzac Relays 4 x 3.6km, Northcote Drive Majura
www.canberrarunner.com.au

24 April – Veteran's Cycling Club – Dalton Graded Scratch, 38/56 km, 1.15pm
www.actvets.cc

25 April – Veteran's Athletics Club Run/Walk Handicaps Mt Majura Nature Park, Hackett 5/10km, 9am
www.actvac.com.au

May

1-2 May MS Mega Swim
www.megaswim.com/documents/canberra2010.pdf. Contact Penny Lovibond for participation in the FIT team for this event peripateticpenny@gmail.com

1-2 May Canberra Running Festival – something for everyone
www.canberrarunner.com.au

1 May TBC – Half Ironman Busselton WA
www.halfironmanseries.com/

1-2 May – Veteran's Cycling Club – Gunning two day graded scratch
www.actvets.cc

7 May – Triathlon ACT end of season and annual awards dinner
www.triathlonact.com.au

8 May – Cross Country Club Parlauf Relays Stromlo Forest Park
www.canberrarunner.com.au

8 May – Veteran's Cycling Club – Uriarra Homestead Graded Scratch, 38.2km, 1.15pm
www.actvets.cc

9 May – Mother's Day fun run
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

15 May – Veteran’s Cycling Club – Dairy Flat Criterium, 1.15pm
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

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

29 May – Capital Punishment Mountain Bike Tour of Canberra
www.arocsport.com.au

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

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

June

5 June – Veteran’s Cycling Club – Gunning Handicap 48.4km, 1.15pm
www.actvets.cc

5 June – Cross Country Club Longstaff/Pennington 2/4/8/12km Weston Park Yarralumla
6 June – Jogalong
12 June – Cross Country Club Goorooyarroo 2/4/8 km Horse Park Drive Gungahlin
www.canberrarunner.com.au

12 June – Veteran’s Cycling Club – Old Federal Highway Graded Scratch, 34/51km 1.15pm
www.actvets.cc

14 Jun – Sri Chinmoy Half Marathon / 5 mile and 2 mile races Telopea Park
www.srichinmoyraces.org/au

19 June – Veteran’s Cycling Club – Lookout Hill Graded Scratch, 46.5km, 1.15pm
www.actvets.cc

20 June – Canada Day Fun Run Forster Crescent Yarralumla 10am
www.actcancer.org/fundraising-events/

26 June – Veteran’s Cycling Club – Gundaroo Handicap 48.4km, 1.15pm

www.actvets.cc

26 June – Cross Country Club Symonston 2/4.5/9km Callum Brae Nature Park Narrabundah Lane

www.canberrarunner.com.au

27 June – Veteran's Athletics Club Run/Walk Handicaps Mt Ainslie 4.5/9.3km 9am

www.actvac.com.au

USEFUL WEBSITES

Clubs

Females in Training: www.fitact.org.au

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

ACT CCC Cross Country Club (Jogalongs): www.canberrarunner.com.au

ACT Veterans Athletics Club: www.actvac.com.au

Canberra Cycling Club: www.canberracyclingclub.org.au

Vikings Cycling Club: www.vikingcycling.org.au

Pedal Power: www.pedalpower.org.au/

ACT Veterans Cycling Club: www.actvets.cc

CORC – Canberra Off-Road Cyclists: www.corc.asn.au/

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

Orienteering ACT: act.orienteeing.asn.au/

ACT Rogaining Association: www.act.rogaine.asn.au/

Events - Triathlon / Duathlon/ other

Sri Chinmoy races: www.srichinmoyraces.org/au

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

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

AROC Sport – Adventure Racing Outdoor Challenges: www.arocsport.com.au/

Events - Cycling

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

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

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