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From: Julianne Quaine and Norbert Temajo [temajo@grapevine.net.au]
Sent: Wednesday, 5 May 2010 11:06 PM
To: Home Email
Subject: Fit Flash 10_17
Attachments: FIT running camp rego form.dot; FIT running camp Information.doc; FIT RUNNING CAMP program - 2nd draft.doc

FIT Newsflash 10/17

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

24hr MS Mega Swim

Congratulations and thank you to all FIT participants in the 24 hour Multiple Sclerosis Mega swim held last weekend. The FIT team consisting of **Julie Taylor, Cate Byrne, Melissa Campbell, Carly Rickerby, Sandy Waters, Rae Wells, Sue Rymer, Penny Warwick, Marilyn Bassett, Jenelle Emery, Andrea McDonald, Ange Cheung, Jill Wisbey, Glenda Shelley, Karen Whenan, Lindy Hou, Kathryn Haigh, Kristy Robb, Angela Rymer, Kate Connolly, Jodie Mills and Teresa Curtin** did a fantastic job swimming a grand total 55.5km. Thanks especially to **Penny Lovibond** team captain and organizer.

It was so very gratifying to see the laps being struck off as all made a contribution. Very special congratulations go to the Graveyard shift - all of whom have improved their swimming out of sight in the last 3 months - and who gave up their comfortable and cosy beds to brave the boom-boom of the warehouse techno party and swim through the night. The team is hanging on to third place in the fundraising with a current total of \$8,486.

Member news

Canberra Running Festival

Congratulations to all the women who participated in the Canberra Running Festival Events over the weekend. Big special congratulations to **Linda Meyer** and **Vanessa Palmer** and who completed their first marathon event. Linda finished within her target time of 4h30m. Commiserations to those who were unable to compete due to injury/illness in the week before the event – **Robyn McClelland** and **Cathy Clegg** – always a hard decision; and to **Linda Mackay**, who had to pull out of her training for this event much earlier, again due to injury.

MARATHON RESULTS

| Name | Time | Place | Category place | Category |
|----------------|-------------|--------------|-----------------------|-----------------|
| Vanessa Palmer | 4:26:22 | 77 | 50 | Open |
| Linda Meyer | 4:29:29 | 80 | 13 | 40-44 |

We had an outstanding turnout in the half marathon event with 22 FIT women competing – what a fantastic effort for the club – well done all! Let's hope this inspires attendance at the FIT running camp...see below.

HALF MARATHON RESULTS

| Name | Time | Place | Category place | Category |
|----------------------|-------------|--------------|-----------------------|-----------------|
| Jane Atchison | 1:45:03 | 45 | 31 | Open |
| Judith Pogson | 1:48:48 | 72 | 3 | 45-49 |
| Cindy Hyett | 1:50:54 | 86 | 65 | Open |
| Patricia Perez | 1:53:21 | 100 | 5 | 45-49 |
| Julianne Quaine | 1:55:41 | 122 | 9 | 50-54 |
| Christine Zygadlo | 1:58:24 | 150 | 8 | 45-49 |
| Penny Lovibond | 2:00:45 | 172 | 3 | 55-59 |
| Sue Rymer | 2:02:42 | 185 | 15 | 45-49 |
| Kate Connolly | 2:04:16 | 201 | 140 | Open |
| Marina Buchanan-Grey | 2:06:17 | 224 | 151 | Open |
| Jo Lane | 2:06:17 | 224 | 151 | Open |
| Lindy Hou | 2:07:10 | 232 | 16 | 50-54 |
| Alison Duncan | 2:07:32 | 235 | 23 | 45-49 |
| Angela Cheung | 2:08:03 | 240 | 160 | Open |
| Penny Warwick | 2:08:03 | 240 | 160 | Open |
| Nerida Clarke | 2:10:05 | 253 | 8 | 55-59 |
| Krissa O'Neil | 2:18:29 | 301 | 22 | 50-54 |
| Michele Boyle | 2:21:54 | 320 | 23 | 50-54 |
| Alison Hale | 2:26:36 | 340 | 220 | Open |

FIT running camp 14-16 May at Berry Sport and Recreation Centre: hurry last places need to be filled!

Due to a few people pulling out of coming to the camp, we still have several places to fill. As FIT is assisting in the cost of the camp, we need to get our numbers to ensure our club will not be too much out-of-pocket!

Registration form for current FIT members is attached. If you have a friend that would like to come please let them know that they can join FIT and register at the same time - forms form Sandy.Waters@health.gov.au. It will be great fun, and designed to cater for all levels. Nothing at the camp is compulsory, you can join in the activities or wander into Berry for shopping. Also attached is a camp program and information.

The cost for members is \$195 if taking the bus, or \$170 if you drive yourself. 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, lectures and a t-shirt and use of all of 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. Please send asap.

Mother's Day Fun Run

5km and 10km events on Sunday 8 May at Rond Terrace. See website for details www.mothersdayclassic.org/

Repeat notices

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.

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 (\$1.30) 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 (8 May)

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: Lake Ginninderra, Water Police, Beissel Street, Belconnen

Run: Loop run around Lake Ginninderra on the bike path – for extra run time do two loops.

Breakfast: Black Pepper Café, 63/1 Beissel Street, Belconnen

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.

Early starters: Some women meet for a 7am start to do a longer run although with the Canberra Half Marathon training finished this may not still be the case – check at Tuesday or Thursday running if you haven't teed up to meet a running mate.

Swimming

7pm on 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 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

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.srichinmojraces.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 Goorooyaroo 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

July

3 July – Veteran’s Cycling Club – Dairy Flat Criterium, 1.15pm
www.actvets.cc

3-4 July – Gold Coast Marathon, Half Marathon, 10km fun runs
www.goldcoastmarathon.com.au/

3 July– Cross Country Club ACT CC Championships

4 July – Jogalong
www.canberrarunner.com.au

4 July – Sri Chinmoy off road duathlon, Acton – short and long courses of run/MTB/run
www.srichinmoyraces.org/au

10 July – Veteran’s Cycling Club – Uriarra Homestead Graded Scratch, 48.2 km, 1.15pm
www.actvets.cc

10 July – Cross Country Club Cooleman Ridge 2/5/8km, western end Hindmarsh Drive Duffy

17 July – Veteran’s Cycling Club – Gunning Graded Scratch 56/66 km, 1.15pm
www.actvets.cc

18 July– Cross Country Club Googong Half Marathon 2/4.2/21.1km, 2 person relay, Tin Hut off Googong South Road, 9am

24 July – Cross Country Club Runner’s Shop 2/5/10km Menindee Drive Parkes
www.canberrarunner.com.au

24 July – Veteran’s Cycling Club – Tidbinbilla Graded Scratch, 41/49.5 km, 1.15pm
www.actvets.cc

25 July – Veteran’s Athletics Club Run/Walk Handicaps Blewitts Pines 3.5/7km 9am
www.actvac.com.au

31 July – Bush Capital Marathon Events Campbell High School – various distances and times
www.mountainrunning.coolrunning.com.au/

31 July – Veteran’s Cycling Club – Stromlo Criterium, 1.15pm
www.actvets.cc

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.vikingscycling.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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