

Females In Training (FIT) Newsletter



President's Patch

There's so much to report and many to congratulate, starting with Sian Mulholland becoming the first FIT member to join the ACT Sporting Hall of Fame. Many of us who love our cycling can thank Sian for her expertise, encouragement and coaching over the years (*See p2*). Congratulations also to Sue Rymer, Julianne Quaine, Robyn McClelland and Chris Arnold for earning a place in the World Triathlon Championships in September. Applause also to Krissa O'Neill and Alison Hale who will compete in the World Long Course Triathlon Championships in October.

FIT: Where to now?

Please come along to contribute your thoughts on directions for FIT at a strategic planning day on Sunday 12 July at the Ainslie Football Club. We have a "one off" ACT government grant and an excellent and humorous facilitator in Henny Oldenhove. First session is 10-12.30, then lunch and registration for the new financial year. The 1.30pm session will develop a plan of action from the ideas generated in the morning. Please attend and give us your input on how we can continue to move forward.

Women's & girls 2009 triathlon

This year's WAG-TRI is 6 December which means an earlier WAG-Tri Training Programme (WTTP). The Committee felt that an earlier WTTP gave novices more opportunity to compete in Canberra's 2009-10

triathlon season. I know you'll be excited when you read this as it means you can start your training earlier. Keep up your swimming at our weekly Wednesday night swim sessions. See you all there! Watch the newsflash for details of the WTTP information night.

Exciting OutFIT news

FIT's new running tops can now be viewed on the website. We have finally been able to source PURPLE! You can order before Sunday 21 June through Jane Smith at running on Tuesdays or Saturdays. Jane will have size charts and samples to try on. We have long and short sleeves, and singlets for the summer months.

Time to renew membership

The new-look membership form (p11) gives you the option to renew for one, two or three years if you wish! What a blessing for those of us who get so busy they forget to renew. The form on the website allows electronic payment. AND if any members can help in any way, please note this also.

Marathon Run and Walk

The Paris marathon - What can I say? My travelling FIT comrades were amazing! We all felt we shared a special experience and I thank them all plus the GARGOYLE! If you're thinking about a marathon abroad, talk to us. It's amazing (*See p 2 & 8*). Applause also to the Blue Mountains walkers - 37 hours with no sleep, and lived to tell the tale! (*See p7*)

City 2 Surf training program

It's wonderful to see so many coming along to the City 2 Surf training program. Every cold Tuesday morning there they are ready to do their special program of intervals. It's a pleasure to see everyone putting in the hard work and to see the improvement already. I would like to welcome some of our new members, in particular Janet, who I am enjoying running and chatting with on Tuesday and Saturday.

Di Evans, June 2009

ACT Sports Hall of Fame To Induct Sian Mulholland

Sian Mulholland will be inducted into the 2009 ActewAGL ACT Sports Hall of Fame as an associate member at a luncheon on 28 August.

FIT nominated Sian for her significant contribution to Women's cycling in the ACT. Her expertise and input ranges across coaching development, administration, organisation and mentoring many young and not so young cyclists since she moved to the ACT 30 years ago.

Sian was the first woman to represent Australia in the World Track Cycling Championships and was named Australian Woman Cyclist of the year in 1982 and 1984.

She encourages women to become involved in cycling and to enjoy it at whatever level of participation they choose.

As FIT's top accredited cycling coach she has been instrumental in running the FIT Coaching Camps and the cycling programs for the Tour de Feme and the WTTP cycling programs.

Began when women didn't compete

Siân began cycling in Gilgandra, NSW in 1971 as the only female in a club of 30 members. She competed in country areas with great success in an era when females weren't included in championships and excluded from State and National Championships.

Siân resumed cycling in 1979 after a break to study, and three years later became the first woman to represent Australia in the World Track Cycling Championships. Her time for the 200m sprint was in the top 10 fastest in the world. Australian women have competed in every World Championship ever since.



Sian Mulholland is a foundation member of FIT.

Results & achievements 1979-1990

- Oceania Games – 3rd sprint
- Australian Championships – four x 1st, two x 2nd, three x 3rd, six x top 5
- State Championships - six x 1st, eight x 2nd, seven x 3rd
- Australia Games 1985 – one x 2nd, one x 3rd
- Australian representative, Taiyuan International Cycling Tournament, China, 1984
- Australian Woman Cyclist of the Year 1982, 1984
- NSW Woman Cyclist of the Year 1982, 1986
- First woman to complete 225km Goulburn to Liverpool Road Race

In 2003 Siân was named ACT Masters Track Cyclist of the Year.

Trained Australia's elite

Throughout the 1980s she negotiated with clubs and promoters to include women's events on open carnival programs, both on road and track. She secured significant sponsorship for the women's category in the Canberra Tour. She ran a women's cycling camp in Canberra for 30 women that led to a \$10,000 grant for a series around Australia.

In 1990 Siân retired from elite competition but continued to develop women's cycling and using her expertise as an accredited coach to train Australian champions.

Paris Marathon – 5 April 2009 my first (and last??) marathon

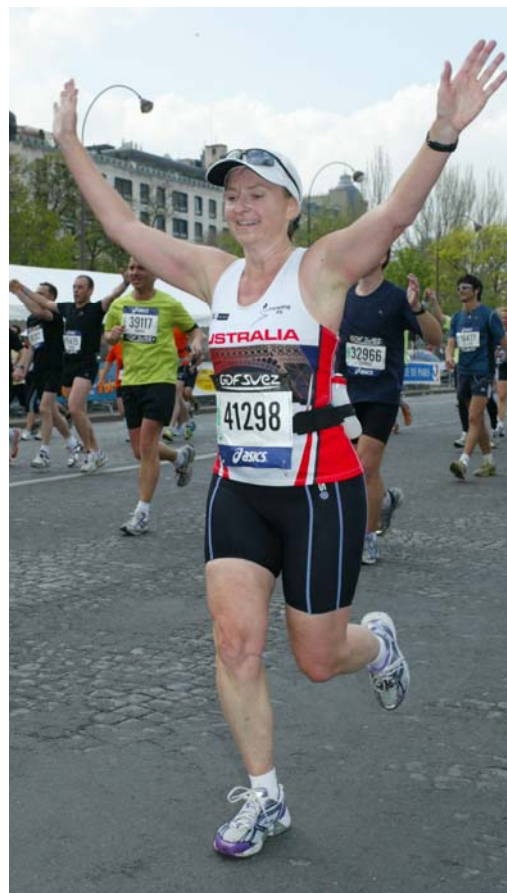
by Sue Rymer

Running down the Champs-Elysees to the music from Chariots of Fire at the start of my first marathon is something I will never forget – especially as I have always said I would never run a marathon! I decided to enter in January and my goal was to run all the way, not come last, and finish under 4hrs 30mins. I achieved all of this in a time of 4:20:15 so was very happy.

It was a perfect Paris spring day with the temperature around 16C. The flat scenic course took us past the Louvre, across the cobblestones of the Place de la Bastille, and out to Bois de Vincennes, a park in the east where I had finished the Paris Half Marathon in 2007 not ever imagining I would be back just two years later to run the marathon. Then it was back towards the city, along the banks of the Seine, through a series of tunnels and past the Eiffel Tower (I kept looking at it to remind myself I was really doing this!) to the finish line at Avenue Foch, with the Arc de Triomphe as the spectacular backdrop.

The 30,000 participants were a river of people the whole way. I kept a consistent pace of around 6mins/km dodging people for the first 20kms and in the last 10kms I passed many who were walking. I felt great for the first 30kms, OK from 30-35kms, and then struggled! From 35kms onwards my joints started to really hurt and my muscles, especially hamstrings, were cramping. My pace slowed but I knew that with only 7kms to go I would get there somehow and the sense of achievement I felt as I crossed the finish line was enormous.

I've always felt in awe of Canberra Marathon runners and never thought I could run such a distance.



When I first joined FIT I thought if I could build up to do a 5km fun run I would be happy. And now, as I keep saying to many people....I still can't believe I ran a marathon!! Anyone can achieve it with commitment, consistent training, a slow and steady build up, and proper rest and recovery between training sessions. Training for the Canberra Half Ironman last December gave me a good base and I think the cross training of swimming and cycling also helped me get through it injury free with a quick recovery.

Finally a big thank you to fellow Paris runners Di, Krissa and Rhonda for inspiring (and perhaps coercing!) me into running a marathon and to our fantastic supporters Judy, Angie and Jenna. If, like me, you only plan on doing one marathon, I can highly recommend Paris. It was a very special day. By the way, I was a long way from last: over 10,000 people finished behind me!! See photo and marathon stats P 8.

Lifecycle Charity Ride – 2-3 May

Shirley Sloan, Marilyn Bassett (pictured) and Jo Parkinson recently cycled 240 km in this year's Lifecycle Charity Ride from Campbelltown to Canberra to raise money for Lifeline's youth suicide prevention program.

Shirley and Marilyn rode together the entire distance and were pleased with their average speed. Jo rode ahead with the 'fast boys' clocking up an impressive average speed. Despite the hills that were long and never seemed to end, all were glad to arrive at Goulburn on the first day hanging out for a shower, dinner and a big rest.

Lifecycle supported the ride with safety, signs, puncture kits, luggage transport, photography and food.

It was a chilly 3 degrees when three groups totalling about 42 left Campbelltown along the Hume Highway.

The first puncture occurred just 3.7km into the ride. Many more were to come with one guy collecting 4 flats. (Why do people throw glass bottles out of car windows?) Fortunately the FIT girls had the puncture gods on their side and rode all the way to Canberra without a flat or any mechanical problems, although their tyres were in a pretty sorry state by the end of the ride.

The weather was also kind. FITs have reported strong headwinds in previous year. For us the sun shone, the winds stayed away and those hills were not as bad as they had initially looked. The first day's ride to Goulburn was 145km and the longest day ride that either Shirley or Marilyn had done so pats on the back all round.

On Sunday more riders joined in for the ride into Canberra.



Visibility out of Goulburn was low due to heavy fog but safety was not a real concern as the semi-trailers and cars all along the Hume Highway had been exemplary.

The girls got a thrill to ride with a bunch of about 180 cyclists with a police escort through to Parliament House. They were also delighted at the spirit of all the riders who offered encouragement and support to everyone over the two days.

The organisers want to make this an annual event so if you want to test yourself with some distance cycling this is definitely one to think about next year.

Blue Sky Chinese Medicine

Dr Alex Perry
Doctor of Chinese Medicine
62 Brigalow Street, Lyneham ph 6162 4950



Ankle Strain and Sprain Injury

Ankle sprains are a very common injury encountered by athletes of all sorts and are especially prevalent in runners. The feet and ankles as the base for all upright activities take the brunt of weight bearing exercise. When running it is not uncommon to 'roll' the ankle causing over stretching or even rupture of some of the key ligaments of the foot. With this sort of injury you will find pain, swelling and bruising leading to difficulty walking or running.

Acupuncture approach to treatment

We often see these sorts of injuries in the clinic and indeed in the emergency department of the Northern Hospital in Melbourne when I was working there. They often respond well to acupuncture in the acute phase because unlike other manual therapies acupuncture is able to get close to the site of injury and swelling with minimal disruption to the locally inflamed tissue.

Patients generally regain mobility

Research confirms that acupuncture has a local anti-inflammatory affect, increases the blood flow and circulation in the area, triggers a hormonal response which has an affect on reducing pain and plays some role in the mediation of nerve information and therefore pain responses to injury. Clinically we find that patients generally regain mobility through the foot and ankle quicker and reduce the time needed on the sidelines. Numerous studies to test the effectiveness of acupuncture treatment for ankle conditions have got positive

results. We are happy to provide this research if you are interested.

Immediate reduction in swelling

Most recently we had an adult male gymnast who had rolled his ankle. It had been iced, rested and strapped and he was on crutches. He had significant bruising and swelling and the ankle was not improving rapidly. Fractures and tendon ruptures had already been ruled out when he came to see me. The foot was still swollen and he was having difficulty walking and moving the foot laterally. We treated with acupuncture and almost immediately saw a reduction in swelling around the ankle. The bruising started to abate and the ankle joint started to regain mobility. With this sort of injury you can expect to have up to 6 acupuncture treatments.

Ankle sprain is one of the common injuries that we may be able to help with and perhaps get you back to training sooner.

Two free treatments

Don't forget that as part of our sponsorship agreement with FIT you receive two treatments free. This will give you a chance to try our services and to get back to training and on with life quicker. If you have any questions regarding other injuries or health concerns please contact us at the clinic to see if we can help. We look forward to meeting you soon.

Dr Alex Perry
Registered Chinese medicine practitioner
Director – Blue Sky Chinese Medicine
Clinic (02) 6162 4950
www.blueskclinic.com.au

Cairns to Melbourne in tandem



Rosemary Robinson, Paralympian Lindy Hou and Ross Robinson (pictured) joined Bike for Bibles for a ride from Cairns to Melbourne in April. Here Rosemary recounts the adventure that began after a cruise to the reef where Lindy, who is legally blind, got to touch wild fish, sea cucumbers and a small crocodile.

Long days in the saddle

“On day one, our 13 bikes climbed over 2,000metres going from sea level to 900m, through rain forest and tropical farmland. On arriving we heard about the party our sons had held. The police had come to quieten it down. Nothing damaged, no-one injured or arrested. We had to regularly get off the road for road trains between Undara and Charters towers. There were some long days in the saddle: 8 hours and 207km was our longest day. Lindy and I sometimes got a helpful push when riding up hill from fellow rider, Carlo. The temperature reached 44 one day. We were well looked after by Uniting Church parishoners for two rest days in Charters towers. Green tree frogs in the bathroom of the boarding school where we stayed was pleasant but a cane toad in our bed in Injune was not.

Canarvon highway 10% gradient

At times the highway had a 10% gradient which is steep for a tandem - but we made it. Our rest day in Roma had accommodation with an outside toilet. Although legally blind, Lindy sees light. She confidently walked toward the light to get to the loo at 2am. When attempting to return she walked into a streetlight. Woops!! When she had not returned, a search party went & found her.

Local cyclists joined us

St George Uniting Church had a dozen ride 117km with us. It was great to meet others in the towns getting behind us. On Easter Monday, Peter in Emerald got the bike shop to open specially for us - then paid for several hundred dollars worth of parts and repairs. Peter recently dropped by Queanbeyan and said hi to Ross. St George to Moree was flat with a head wind like a constant up hill. Lindy started spin school on the tandem. It meant increasing my cadence from about 70 to 90rpm. 2000km later my cadence has been permanently changed which has made my racing more competitive. We enjoyed post ride hydrotherapy in natural hot baths in Moree.

Enjoyed roadside campfires

A WWII pilot gave an interesting speech in Narrabri. I liked a rock museum at Coonabarabran. Fellow riders Paul and Carlo piloted the tandem to the Dubbo zoo with Lindy for a behind the scenes tour. She got to touch a rhino and feed an elephant. Ross and I caught the art gallery and met with an old friend. As temperatures dropped we enjoyed roadside campfires at our 2-hourly food stops. We set out from Benalla at 1degree temperature and saw the snow on the mountains. There is a nice cafe at the Benalla art gallery and historic bikes displayed in the museum. We saw some results of the Victorian bush fires on our last riding day into Melbourne. In total I travelled 3,200km over 4 weeks consuming 82,707Kcalories. The whole ride was a great experience and personal challenge.”

Learn to Ride a Tandem

FITability have six tandems to assist people with visual impairment to ride locally. If you are interested in helping out with FITability, please contact Rosemary: rosemaryr2@iinet.net.au

Wild Endurance 100km Walk

The FITs who signed up for the WildEndurance 100km walk through the Blue Mountains 2-3 May discovered reserves of endurance they never knew they had.

An “exceptional achievement” was how FIT President Di Evans rated their 28-hour effort which raised approximately \$2000 for the Wilderness Society.

“I can think of one hundred other verbs to describe this little adventure and walk is NOT one of them,” said team leader Jane Grey.

“Try scramble, stumble, shuffle, trek, rock climb, bouldering, claw crawl. This is not one for the light hearted and, contrary to what the website explains, it is definitely not for those of 'average' fitness.

“In brief there was walking, scaling sheer rock faces on a Bunnings ladder, dodging black snakes, walking, squatting in the bush avoiding stray head torch lights, spikey grass...and did I mention snakes walking ... yummy jam sandwiches and sticky sweet coffee, traversing creek beds... and still....more walking!

“There were four legs to the trek broken up into 26+, 21+, 33 and 19+ km. The 33km was perhaps the least treacherous but being all in the dark it had its moments. The true hardship however was not the distance but rather the hills. The relentless up, down, up, down, steep, never-ending, relentless, soul-destroying steps/stairs/boulders and hills.

“The highlight of the walk... our amazing support crew, aka angels Rae Palmer and Jill Lugg, that met us at every checkpoint and fed, watered, encouraged and generally cared for us.



Smiling at the beginning: Sandy Waters, Lynne Evans, Marina Buchanan-Grey, Jane Grey.

“We came 20th overall and were the 5th all-female group. Despite the trials it was a fantastic experience and one for the memoirs. A word of advice for any enthusiastic FIT lady who wants to tackle it... DON'T .. or if you must...TRAIN... and get yourself a support crew like ours.”

Regular FIT Sessions

All levels welcome. See Training Sessions at: www.fitact.org.au under.

Swimming: Wednesday, 6:45pm - 8:00pm (swim from 7pm), CISAC Pool, Eastern Valley Way, Belconnen. Pool entry fee is \$4.00 (tell CISAC staff on entering that you are with FIT) plus \$3.00 for the coach to assist with lane hire cost.

Cycling: Fri 6:30am - 7:30am, West Block car park, Queen Victoria Terrace, Parkes.

Running: Tuesday, 6:30am - 7:30am, Lennox Gardens, Thursdays Flynn Drive, Yarralumla.

Saturday Running: 7:30am at changing locations with breakfast afterwards. To be on the weekly list email: Julianne Quaine – temajo@grapevine.net.au

FIT MEMBER DISCOUNTS

The following retailers offer discounts to FIT Members:

- The Runners Shop - 10%
- Hammer 'n' Cycle - 10%
- The Rideshop - 10%
- Blue Sky Clinic - 10%
- Bike Shed - 10%
- Kambah Cycles - 10%
- On Ya Bike - 10%
- Cycle City Lyneham - 5% Bikes
10% accessories
- Rebel Sport – 5% - Quote No.18523
- SportsCare & Physiotherap
O'Connor - FIT receives \$5 for each
appointment a FIT member attends.
- Stephanie's Boutique – 10% - Sports
Bras
- Top of Form - 10%
- Totally Workwear - 10% - Safety
Vests Only
- Wetspot - 10%

FIT Contacts

www.fitact.org.au - website
enquiries@fitact.org.au - for all general
enquiries about Females in Training
web@fitact.org.au - items for the website
or feedback
fit_canberra@yahoo.com - items for the
newsflash or to update your membership
details
Females in Training
GPO Box 502
CANBERRA CITY ACT 2601

Maiké Brill Workshop July 25

Learn about Spiraldynamik from practitioner Maiké Brill. The workshop will focus on prevention and therapy that is suitable for runners, cyclists, swimmers, people who do yoga or walkers and anyone interested in understanding the three dimensional function to help you use your body as a healthy foundation for life, with dynamic stability.

The free workshop is on Saturday 1-4pm 25 July at Mahamudra House – opposite Tilley's in Lyneham. Contact Di Evans evansi@actewaql.net.au for information.

Paris Marathon Runners



Our Gals in Gaie Paris: Di Evans, Krissa O'Neil, Sue Rymer, Rhonda Ebeling.

Paris Marathon Facts

Winner was Kenyan Vincent Kipruto in a race record time of 2:05:47 and the first female was Ethiopian Atsede Bayisa in 2:24:42. Australia's Kurt Fearnley won the wheelchair race in 1:31:09 (after also winning the Beijing Olympic Gold Medal).

There were 30,332 finishers, over 80% were male! Around 90 countries were represented.

The aid stations had 17,000kgs of bananas, 436,000 bottles of water and over 2,000kgs of sugar cubes. There was red wine and cheese at the 34km aid station.

More than 70 bands lined the route.

Farewell Natasha Mitchell

Natasha left her FIT cycling coach duties behind when she moved to Melbourne this month. We wish her all the best. We have her new email address, so when it's time for the TDF & WTTP training sessions, we know where to find her! Natasha has been a wonderful volunteer coach for the programs we have run this past year, and we have valued her assistance. We hope she will stay in touch. Thank You Natasha. – Di Evans

Our Girl in Edinburgh



On Sunday 31 May FIT member Angela Rymer (pictured left), who is studying in Edinburgh, teamed up with three friends, Rachel, Finn and Jamie, to run as a team in the Edinburgh Marathon Hairy Haggis Relay.

Angie set up a Sunday morning running group to train for the event through the bitterly cold Edinburgh winter, running at 9am around Holyrood Park, followed by breakfast at Kilimanjaro cafe.

Many FIT members may recall that Angie helped to start the FIT Saturday morning running group.

Finn and Jamie had never run before January (other than at school) and completed legs of 8km and 12.8km and were over the moon with their achievements, while Angie was very happy with her 7.5km run. They are all now looking around for 10km races to do during the summer, and also hope to get other people involved. The marathon was held on a beautiful spring day, although newspaper reports noted that “people were dropping like flies in the heat” as “temperatures soared to 22C”!!

Order FIT Clothes Sat & Tue

Long-sleeve polo shirt \$60
Short sleeve T-shirt \$55
Sleeveless singlet \$50

FITS Star in Canberra Half

The Canberra Half Marathon 40th anniversary race on May 17 attracted a strong FIT field with most achieving PBs for the 21.1 k distance.



FITS and BITS cheering the final finisher from left: Jane Grey, Julianne Quaine, Marina Buchanan-Grey, Jane Smith, Alli Duncan, Christine Coogan, Cindy Briscoe, Rod Duncan, Steve Hough.

Results:

Cassandra Carey	1:34:55	W35
Julianne Quaine	1:48:38	W45
Vanessa Palmer	1:50:22	W35
Krissi Brewster	1:50:44	W40
Cindy Briscoe	1:55:05	W40
Robyn McClelland	1:55:39	W55
Christine Coogan	1:55:54	W45
Emily Whitten	1:59:41	W35
Trish Phillips	2:01:19	W45
Jane Smith	2:06:00	W50
Ruth Baussmann	2:06:56	W55
Alli Duncan	2:07:05	W40
Fiona Dyer	2:21:20	W35
Michele Boyle	2:29:59	W50

Natalie having her baby

Natalie Kingston, FIT’s resident photographer, is due to give birth any day now. It’s the first child for Natalie & Andrew and we wish for them a safe & happy delivery. We look forward to seeing you back on the running track soon Nat. You still have that half marathon to do! – Di Evans

Jing Retires from FIT-Ability project officer position

Jing Huang, amputee and keen cyclist, is resigning as Project Officer for the FIT-Ability Sub-Committee.

FIT President Di Evans praised Jing's excellent service and said she will be greatly missed.

Jing finds tandem cycling exciting but is concentrating full time on her paracycling training commitments which will involve a foray into track cycling.

"Although people keep telling me about their own horror stories on the track," she said.

Jing will involve herself in FIT-Ability activities when training permits.

Enjoyment despite pissing rain

"It's a good feeling, over and over, when you realise we are making a difference in the lives of the vision-impaired and people with other disabilities. I have never come across a stoker who didn't enjoy his or her ride even when it was pissing rain, blowing like hell, or crap being spun at their faces. For them, being able to be out on a bike and riding, followed by the all-important coffee and chit-chat, they love it, and so do we!

OK, I have a little confession to make about why I sometimes like to join the tandems on their rides. It's one of those rare moments when I can actually be faster than them up the hills (on a single bike). Isn't that funny? That on the hills I can't keep up with two legs on two wheels, but I can be faster than four legs on two wheels. And, when you want to have a conversation, you get two for the price of one!

"Anyway, I am starting to think about this year's Tour de Femme. I think we will attempt to pull off another "upset", legally, and legitimate of course. All in the name of FUN. Stunt-masters, please apply. So, come onboard, and I'll let you in on the secret plan. If we do pull off the stunt, you can get the glory!



Jing Huang "...The bigger the climb, the bigger the descent."

Breakfast with Dr Alex Perry

Come along after running on Saturday 20 June for breakfast with our sponsor Dr Alex Perry from the Blue Sky Clinic. Instead of our documented café for that date, the run will begin at the Lobby Restaurant at 7.30am usual time and breakfast will be at the Pork Barrel Café at the back of the Lobby from 8.30am. Dr Perry will tell us about his healing practice. All FIT members receive two free consultations at the clinic, so it's worth your while to come and learn about the services Dr Perry and his team offers. Contact Di Evans evansj@actewagl.net.au for catering purposes.

FIT-ABILITY PAID JOB

Urgently required – person for about seven hours a month to work on FIT-Ability projects.

For duty list contact FIT Secretary Helen Arnold: hel_bega@hotmail.com.

APPLICATION FOR MEMBERSHIP FIT (FEMALES IN TRAINING) INC.

Membership Year 1 July 2009 - 30 June 2010



Personal Details (please print clearly)

Surname:		First Name:	
Address:			Postcode:
Date of Birth:		Home Ph:	
Work Ph:		Mobile Ph:	
Email:			
Repeat Email:			
Emergency Contact:		Phone No:	

- FIT is sometimes asked to assist in surveys related to Women's Sport. Please check if you agree to have your details passed on to others sanctioned by the FIT Committee.
- FIT sends out a regular email newsletter containing details of coming events. Please check if you would like to receive these emails (you can unsubscribe at any time).

Skills and Resources

FIT is a voluntary organisation. Are there any areas in which you feel you may be able to help to keep the costs of providing services to our members to a minimum?

.....
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Consent

1. I, the undersigned, as a condition of acceptance of my entry in FIT for myself, my heirs, executors and administrators, hereby waive all and any claim of action which I or they might have for or arising out of my death, disability, personal loss of injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of activities organised by FIT.
2. I certify that I am physically fit and have not been advised otherwise by a qualified medical person and have sufficiently trained and prepared for participation in the training and related activities organised by FIT.
3. I hereby consent to receive medical treatment which may be deemed advisable in the event of any injury accident and/or illness during any activity organised by FIT.
4. I understand that membership fees are not refundable upon my leaving FIT.
5. I understand that my membership may be revoked at any time if I do not abide by the constitution of FIT.
6. I hereby consent to the publication of or use in any form of media whatsoever of my name, photograph, image, statements or otherwise in any context pertaining to FIT whether for advertising promotion or otherwise.
7. I hereby certify that I have read this document and I understand its contents.

Signature..... Date

Membership Fees:

New Member 1 year \$40 2 year \$75 3 year \$110

Renewing Member 1 year \$35 2 year \$70 3 year \$105

Method of Payment: Cash Cheque* EFT** MasterCard Visa Bankcard

* Please make cheques payable to **Females In Training** and mail to **FIT Membership, GPO Box 502, CANBERRA ACT 2601**

** Electronic Funds Transfer Details:

Please provide your name as the reference for all EFT payments, and email treasurer@fitact.org.au to advise payment date and amount.

Account name: **Females in Training Inc.**

Account No.: **268581**

BSB No.: **032 719**

If paying by Credit Card please provide details below:

Name on Card :..... Signature

Card Number :..... Expiry Date

FIT Use Only

Membership Officer	Date Membership Processed		Initial	
Treasurer	Date Cash/Cheque Received		Initial	

**APPLICATION FOR MEMBERSHIP
FIT (FEMALES IN TRAINING) INC.**

Membership Year 1 July 2009 - 30 June 2010



Sender:

Females In Training
GPO Box 502