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Females In Training (FIT) Newsletter



President's Patch

Hi everyone – winter is finally over and we are starting to enjoy some fabulous spring/summer weather (although hasn't the rain been wonderful!!). The triathlon season is also upon us and I know many of our members have been training hard throughout winter to be ready for the beginning of the season.

Over the winter months quite a few of our members have been doing a lot of cycling and some of their exploits are featured in this edition of the newsletter. I hope you enjoy reading about them.

In keeping with the cycling theme of this newsletter, I would like to congratulate everyone who is involved with FITAbility – this initiative continues to go from strength to strength with the awarding of an ACT Health grant earlier this year which will provide FITAbility with funding through until 2009, and a first place in the ACT Government's inclusion awards in the individual or team category. CONGRATULATIONS!!!

Our annual novice triathlon training programme (WTTP) commences on 4 December 2007 (see information elsewhere in the newsletter) and this year is going to be a particularly exciting year for the programme. We have teamed up with TACT to offer our novice girls a three-race package – our WAG-Tri plus the final two races in TACT's novice race series.

The WTTP is a big commitment for FIT which always reaps benefits through the

new members who join the club, friendships which are formed as a result, and the wonderful satisfaction for all involved when the girls complete their first triathlon. I would like to take this opportunity to thank everyone who gets involved in making WTTP a success for their time, dedication and commitment to the programme and the participants.

The Annual General Meeting (AGM) is almost upon us and I would encourage everyone to get involved, if they can. Quite a few members of our current committee are standing down this year and we really need some new people to take their places. Being on the committee is not an onerous task and it is one way members can give back to a club. With any organisation, big or small, there is always paperwork and record keeping that must be done to keep the organisation humming along and FIT is no different – if you are interested in finding out more about the committee please give me a call (0408 431 538).

Gillian Mitchell
November 2007

FIT ANNUAL GENERAL MEETING

**Tuesday 20 November, 7pm
Ainslie Football Club**

This year's Annual General Meeting will take place on Tuesday 20 November commencing at 7pm.

The meeting will be held at the Ainslie Football Club and light refreshments will be served at the conclusion of the meeting.

All committee positions will be declared vacant at the meeting and nominations will be accepted from the floor. The positions are:

- President;
- Vice President;
- Secretary;
- Treasurer; and
- Ordinary committee members.



There are also some ex-officio positions, some of which are held by members of the committee:

- Coaching Coordinator;
- FITAbility Coordinator;
- Membership Secretary;
- Website Coordinator; and
- OutFIT Coordinator.

Looking forward to seeing you there.

Diary of a Lifecycle Support Driver

A keen bunch of 14 FIT women (and three gallant BITs) participated in the Lifeline LifeCycle ride from Campbelltown to Canberra over 2 days on 5 and 6 October. This was a fundraising ride for Lifeline Canberra and the team did a great job raising sponsorship as well as training for the big ride.

Day 0

Last minute hiccups provided a bit of theatre but didn't delay our departure by very much. Both the departure point and the trailer to carry the bikes were changed in a flurry during the last hour (it was the *other* Watson shops Sandy!) and we had our one and only injury of the ride before we even set off. Krissa, riding to the rendezvous, was run into by an oblivious pedestrian and she arrived with a skinned knee and elbow. Our resident first-aider soon had her very professionally bandaged up (thanks Andy).

We drove at speed to Campbelltown and two of the three vehicles found the motel without getting lost (right MaryAnn!). While settling in to rooms took very little time it was still 9.30pm when we ordered our dinners at the restaurant down the street. Much levity was had when Trina's salmon and Andy's pasta ended up all over the floor and the waitress instead of on the table. As you can imagine, we were a pretty tired lot anxious to hit the sack rather than make a night of it. Ian Henderson flew in from Taiwan in time to join me in the role of mobile tuckshop, mobile bike shop and traffic warden.

Day 1

The day began with an early start, packing the cars and riding 3km to join the remaining 60 or so riders at the start. We had our first (but sadly not only) bike casualty, with Anne-Marie needing to change a tyre before the start. With no fanfare the LifeCycle riders set off on time but with little or no structuring of groups and placing of vehicles. Ian and I drove one in front and one behind our FIT group although it took some time for the pack to spread out and the FIT group to settle in.

The morning was punctuated with way too many unplanned stops as tube after tube fell casualty to the littered shoulder. We were very thankful to have supplies courtesy of MaryAnn and Brian and two vehicles enabled us to keep supporting the group despite Ian and Di taking a quick drive to a bike shop in Mittagong for running repairs.

The long hills at the Nepean River spread the group out as the riders dug deep - they all managed to smile for the camera and grab a lolly from me before making it to the top. Despite the many stops that morning we arrived at the lunch spot only 20 minutes later than planned.

The three hours from the lunch stop to Goulburn tested the stamina of some riders but from my vantage point at the tail of the group, it demonstrated very clearly the support that FIT is so good at, as stronger riders sat at the back and helped others up the hills.

I entertained myself by grooving along to some one hit wonders, like 'Wipeout!', 'Going to the chapel', 'House of the rising sun' and 'Black is black'. The riders and Ian thought it was very funny watching me movin' and groovin' from the comfort of my car seat at 20km/hr! While a number of riders told me their low point of the day was the narrow bridges over steep valleys at the Nepean River, my low point of the day was my ipod going flat! Fortunately I was rescued by the loan of an ipod (thanks Linda).



My most stressful moment as a support driver was trying to follow the suddenly energised riders as they swooped and wheeled in all directions through Friday afternoon Goulburn traffic in their eagerness to get coffee!!

The two Rae's and Geoff were in Goulburn to meet us and very kindly put on beer o'clock at the motel before dinner. Everyone was in pretty good shape but our stiff shoulders all very much appreciated MaryAnn's massages as she circled the dinner table that evening.

Day 2

The FIT group, with some extras, led off the ride at 9am on Day Two. The later start was appreciated but felt odd to our regular early morning riders and unfortunately gave time for the headwind to get up. A much easier and less eventful day - cleaner, wider shoulders; one car acting as a wind break; and no unplanned stops all combined to make this a faster ride.

Again the support of FIT for other's was inspiring, with people commenting to me after the ride about what a fabulous group our riders were and how they readily helped other riders, both those that joined our bunch and those we caught up with from time to time.

I had become so used to driving slowly that on the occasions that I went ahead of the bunch so I could stop and take photos as they passed, 60kms/hr felt like I was speeding! We killed some time at Eaglehawk waiting for a police escort to shepherd the full group through town to the finish at Old Parliament House. By this time folks were fairly tired and some cynicism and sarcasm was to be heard over the walkie talkies as Ian and I marvelled at riders who didn't know how to stay with a bunch (none of our girls of course), drivers who appeared able to ignore flashing lights and police cars in front of them, and the many red lights we seemed to catch.

There was a sizeable crowd on the lawns at Old Parliament House to give the riders a hero's welcome. After appropriate mingling

and photos a tired but satisfied FIT team said their farewells and dispersed for well-earned hot baths and rest.

Overall it was an enjoyable weekend. Driving very slowly and keeping an eye at all times on the bunch, the traffic, the speedo and the road ahead was tiring but not dull (thanks to the music). The event itself was loosely organised which led to some frustration at times but also enabled us to be self-sufficient and self-managing rather than having to conform with everyone else. Being part of a team was clearly the way to do it, some of the other riders looked pretty lonely and weary at times.

Thanks to all the FITs and BITs that participated on the day, sponsored our riders or came out to cheer them at the finish. Personally I thank you all for your support of Lifeline Canberra (an organisation I have been involved with for more than a decade) and want to say how proud I am to be a part of such a supportive team of people.

Fiona May

Editor's note: A huge thank you to Fiona and Ian for giving up their weekend to support us as we pedalled our way from Campbelltown to Canberra – it was wonderful having such great support although if Fiona had stopped to take one more photo I think we may have actually stolen the camera. A big thank you to Brian Simpson for getting our bikes there safely in the trailer before heading off home again early Friday morning. A huge thank you also to everyone for the magnificent fundraising effort – at the time of going to print, we had hit the \$9,000 mark and were still counting.



Heading out on Day One (left to right): Jane Jones, Ian Henderson, Linda Rigby, Trina Burrell, Gillian Mitchell, Krissa O'Neil, Lynne Evans, Di Evans, Lynn Henderson, MaryAnn Simpson, Sandy Waters, Michelle van der Voort, Brian Simpson, Andy Gibbs, Anne-Marie Donaldson



Riding into Goulburn



Time to cycle in Tuscany

In the last 2 weeks of September and the first couple of October, the air in the Chianti valley of Tuscany becomes stained with wine. The fields are a hive of activity and tractors heavy with grapes slowly climb their way to the various wineries this area is so famous for. The sun is slipping lower in the horizon but it's tendrils are still warm and the autumn colours can be seen

painted across the grape-vine infested fields.

It's also the time for the annual L'Eroica "race". (I've put race in inverted commas because L'Eroica is not really a race). It's a special cycling event that the organisers describe as; "evoking a by-gone era of pre-war cycle racing of mud, and dust and romance." (I think they drank too much Chianti wine while writing). L'Eroica means "Heroic" (first little Italian lesson) and the idea is that you participate with this spirit in mind. It's not a race against time but a race back in time.

There are 4 individual routes (205km, 135km, 75km and 38km respectively) covering an incredibly beautiful area near, and around Siena. About half of each course is on gravel roads (hence the romantic dust). There is no mechanical assistance and the "refreshment" stands along the way are old-fashioned in what they serve (grapes, panini with prosciutto, pecorino-sheep cheese, tuscan bread dipped in virgin olive oil, all naturally washed down with a glass of red wine. Apparently the riders of this by-gone era ate well during the race and it certainly makes a pleasant change from Gatorade and bananas.

Special awards are given to riders who participate with a period (old) bike and are decked out in period costume – wool jersey etc. but modern clothing and bikes are allowed. (Mountain bikes are only allowed on the short course).

This year, after living in the Chianti area for 2 years, I decided to participate and to put my Australian stamp on chianti territory.

Saturday 6th October, 2007 – 11pm

I tucked myself into bed, ready to drift into dreamland when the heavens opened up and the rain pelted down. The weather forecast had been right.

Sunday 7th October, 2007 – 6.30am

Fortunately, the rain had moved on and squints of sun beamed through the horizon. Small flashes of lights also passed on the road below



as some of the competitors for the 200km course – who had started at 5am – silently made their way past.

I arrived at the start a good half hour before the scheduled time only to find a sea of cyclists, colourful and enthusiastic. Bicycles of all shapes, sizes and ages, people of all shapes, sizes and ages. There were so many participants this year (2200 in total – up 48% from last year) that the organisers had to divide the start into 4 groups with each group departing in 15 minute intervals (remember it's not a race against time).

I was in the third group – an hour and twenty minutes on the start line and “via” (go - lesson 2). The first 11km were slightly downhill and despite the mass, everything went smoothly. First hill and those who had low gears engaged them and those who had bikes without gears engaged their will power and muscles. We then hit the dirt road and the panorama opened up. It was also the first photo stop – at least for those who aren't fortunate enough to have the Tuscany countryside in their backyard. At this point, some vintage cars joined in. Cheer squads popped up in strategic points especially at the top of a steep, dirt road climbs when our tongues were hanging out and the fresh early morning goose bumps long sweated away.

With just over half the distance covered (did I mention that I had opted for the short course – 38km) we were greeted by the refreshment stand, and yes it was burdened with panini (sandwiches), prosciutto, cheese, dried and fresh fruit, cakes and some other sweets. Needless to say that we all helped to lighten it's load (and make heavier our own), as well as knocking back a glass of wine before continuing.

The finish line was marked by the “traguardo” banner fluttering in the breeze above the houses in the piazza of Gaiole in Chianti. A warm applause congratulated each cyclist. I crossed by myself taking in my small glory of finishing. Someone told me that I was the third woman to cross the line for the short course. I'm not sure if the result was accurate because as I said before the race isn't against time.

When the organisers were putting my arrival details in the computer, they noticed the picture I had pinned to my jersey - a vintage photo of Alfonsina Morini Strada on her bike. As a tribute to the first and only woman ever to compete and complete the “Giro d'Italia back in 1924, I had taken the opportunity to dedicate my ride, as a FIT member, to the memory of Alfonsina Morini Strada.

I told the organisers that next year I would like to bring a group of Australian women to participate and in typical Italian style they were enthusiastic by the concept. You see, in Italy, the participation of women in sports is still relatively low. I don't have the statistics for this year's Eroica, but I know that last year out of 1500 competitors only around 99 were women – which is under 7%. So, girls (Bits are also welcome) start saving your pennies and get a group together. I will be more than happy to be your organiser from this end and I hope to see some of you soon. A presto (means: before long, soon - last little Italian lesson).

Gina van Hest (FIT member and resident in Tuscany, Italy)

Gina at the start, proudly showing her FIT colours.





Tuscan views along the course.



Womens' Triathlon Training Programme (WTTP)

This year's training programme will commence on Monday 3 December 2007. The programme will run for three weeks prior to Christmas, recommence on Monday 14 January 2008 and culminate with participation in the:

- FIT WAG-Tri, 3.2.2008;
- TACT Novice Series Race #3, 10.2.2008;
- TACT Novice Series Race #4, 2.3.2008.

The cost of the programme will be \$220.00 which will include FIT membership (this can be discounted if you are already a FIT member); TACT membership (ditto); entry into the three races; six weeks of training consisting of one coached training session per week in each of the three triathlon disciplines; and a series of educational seminars.

Entries close when we reach our capacity in terms of numbers of participants (60-65) and the full programme fee (minus any deductions) must be paid prior to the first training session on Monday 3 December – entry forms are available on the FIT website.

For more information contact Gillian Mitchell (0408 431 538) or Sandy Waters (0411 156 779).

Members' Information

Newsflash

No longer receiving the weekly Newsflash due to change of email address? Send your updated details to fit_canberra@yahoo.com

You don't have email access? Well you can still keep up to date with FIT news via the website www.fitact.org.au. The Newsflash is now loaded onto the website weekly under 'Newsflash & Newsletter'

Weekly Training Sessions

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

Swimming: Wednesday, 6:45pm - 8:00pm, CISAC Pool, Eastern Valley Way, Belconnen. Pool entry fee is just \$2.80 if you tell CISAC staff on entering that you are with FIT and an additional \$3.00 to be given to the coach to assist with lane hire cost.

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

All levels are welcome to all sessions

There is also a **Saturday Running Group** which meets at 7:30am at various locations around Canberra, including Queanbeyan. You choose how far, fast or long you want to run/jog/walk.

Following the run, join everyone for breakfast, a different café each week to swap stories, tips and advice as well as catch up with friends.

To link up with this group and to get yourself on the weekly email which informs you of the meeting place and breakfast venue each week email: Susan.Rymer@pmc.gov.au or



refer to the website www.fitact.org.au under 'Training Sessions'.

Member Discounts

Your FIT membership entitles you to discounts with the following retailers:

- The Runners Shop - 10%
- Hammer 'n' Cycle - 10%
- The Rideshop - 10%
- Bike Shed - 10%
- Kambah Cycles - 10%
- On Ya Bike - 10%
- Rebel Sport - 10% (Quote No. 18523)
- Stephanie's Boutique - 10% (Sports Bras only)
- Top of Form - 10%
- Totally Workwear - 10% (Safety Vests only)
- Wetspot - 10%

Membership Renewals

Have you forgotten to renew your membership for 2007-08? Are you coming along to the AGM and want to vote for your nominated committee members? Are you no longer receiving the Newsflash?

If any of these questions apply to you, it might be time to check that you are still a member and, if not, send in your membership renewal. The renewal form is available on the FIT website.

The Italian Adventurers

(Taken from a series of emails from Di Evans to friends back home)

Part One

Rae and I have finally met up in Pisa, can you believe it - she picked me up at the train station! After four frustrating days without having contact with Rae as my international roaming hadn't kicked in, it came on this morning just in time for us to make arrangements for meeting one another in Florence. Rae has had a wonderful time with Carla and then on the tour even though it rained a fair bit and she keeps muttering about the yellow Cervello in MaryAnn's shop (eat your heart out Sandy!) so I suspect she

is coming back to Aussie to buy a new bike!

Despite my frustrations with the phone I have had a wonderful time in Cinque terre and we wanted to thank the following for their advice on our trip: Angela for the prompt cards, Sue for suggesting my wonderful accommodation in Riomaggiore, and Polly & Cec who's travel guides are great.

MaryAnn & Lynne - I managed to assemble my bike at the airport after a strong coffee, although a drink would have been better, but as it was 6am I thought it was a bit early in the morning! Traveling on the trains with the bikes was a challenge that we both found interesting, however we have done it, and the day after tomorrow we commence our big adventure on the bikes through Tuscany. We haven't stopped talking all day (I know you can't believe that!) Anyway, we must away -arevadeici

Part Two

Commenced our trip in Florence where we had two days' sightseeing. I wanted to buy a leather coat but Rae reminded me that as we only had our bikes with panniers I would have to climb all those hills with the coat on - I soon forgot about that!

Our accommodation in Florence was lovely, organized by Gina and Marcella. It's a B&B right near the Duomo so we were very central to most things and walked our legs off exploring this interesting city. Set off on our intrepid adventure the following day, and I was petrified as I hadn't ridden with panniers before let alone in a big city!

We managed to find our way out and set off to Siena. It rained a little that 1st day, but we found the rain jackets hot & clammy so we rode without them. It was a HUGE day of riding for our first day - we did 83kms, but really enjoyed the scenery especially coming in to Radda. The Tuscany area is truly beautiful and the scenery magnificent. We had arranged to go as far as Gina and Marcella's and stay with them for a night, but once we were there it was hard to leave.

Had three lovely days at Gina & Marcella's



house about 11 kms out of Siena. They were very generous hosts and we will have to repay them when they come to Canberra. Lots of food, wine and good advice on where to travel, how to get there and what to see. Gina rode with us on Saturday (Marcella drove as she doesn't do hills, sound familiar?) - neither do I after this trip!! and we rode to thermal baths where we had a swim and then had lovely lunch and more wine. This is the area for it you know, the Chianti region!

After my first encounter with the Italians I have to say since then they have been wonderful and the night before last we stayed on the top of a mountain (wait till you see the photos) in a 1 star hotel B&B for 50 euro (25 each). Fantastic views and we had pizza and vino on the terrace. I have even been drinking beer as it has been hot cycling the last couple of days.

We arrived here in Chianciano yesterday after 40km of mountain climbing, and decided to splurge in a 3 star hotel costing 80 euro with a great room and shower and a swimming pool on the top of the hotel. It was wonderful, and the owners reduced the price because there were only 3 guests that included us in the hotel, so we have been well looked after! We heard there was a concert near the thermal baths about 2 km away so we showered and walked around the town (we had cycled around the old town earlier). Why are these things always on the top of the hills/mountains?

The concert was boring but we came across a rotunda with a band playing old music and all the Italians were up dancing. It was wonderful and we sat there for hours watching and singing away to the music. An old guy asked Rae to dance and she said no. I said why didn't you as she loves dancing, but she said, "Did you see what he looked like?" Fussy! We got up when the twist came on and had a dance in our shorts. The Italians were all dressed up but they said Bravo to us! Rae got a bit emotional then as David would have had her up on the dancefloor and I said I draw the line at close dancing with her!

Today we head off again to Chiusi and we think we might go off track a bit to go to Cortona as we hear it's very nice - MORE MOUNTAINS!

Part Three

We arrived in a gorgeous town called Spello not far from Assisi and we have based ourselves here for two days, as we needed it after doing battle with the heavy traffic in and around Perugia. I got lost in a tunnel and couldn't find Rae and had three choices to make of which direction to take, all in Italian! Finally we found each other and continued on our way, but we needed a birra @ 9am then! We love Spello and have a great hotel with a terrace overlooking the valley. Today we caught the train into Assisi to see the Basilica di San Fransisco which was amazing and guess what, because we didn't have to ride up hills Rae made me walk to the very top of Assisi to Rocca which is an old castle, right above everything else and the town even.

Great excitement as the pope arrives in Assisi this weekend so the town is a buzz with the preparations of it all. We even saw the white doves everywhere! Gina wants the FIT girls to come over and ride the ride over here in September every year, and she said as I am the event organiser she has me on the ball to organise you all! **STAND BY FOR MORE INFORMATION!**

Off tomorrow (hitting the hills again) on our way to Ancona where we will catch a train (yahoo) to either Rimini or back to Milan. Birra o'clock time - signing off,

Part Four

We have arrived in Milan, packed the bikes and carried them boxed from the bike shop to the station. It wasn't too far and we have great accommodation right outside the central station, and the bike shop wasn't too far from there. Met two lovely guys yesterday who had been cycling around similar areas to us and they were catching the train back with us to Milan.

They had been camping and had their tent etc. One of the boy's father does Ironman and we asked how old he was and he is only



47! They have run the London Marathon several times and Sandy, the longest run they do is 21 km before the marathon and the rest of his runs are only 10- 15km! We are obviously over training!! Maybe they will come to Australia to cycle one day.

Did some rides from Riccione around the area, was good when you could go out of town to the mountains, but pretty boring around there, just LOTS OF UMBRELLAS! Rae couldn't get over it, she rode for 10km one way and didn't reach the end of them. Even though it isn't peak season yet it was already busy, with bodies everywhere! Some of them were gorgeous and some not so! We decided we should experience what the Italians do, so we paid 10 euro (instead of 15) to sit on the beach, as we were only going to be there for 3 hours instead of all day! Incredible! Can you imagine paying to use an umbrella and chair on our beaches, and there is little space between them! Anyway the water was wonderful with no sharks!

We have had a wonderful time with no major injuries, illness, or mechanical problems (only 6 punctures on Rae's back tyre in 2 days!), guess who's the expert in tyre changing? Sian, she leaves you for dead!

Rae is a bit over it now so I heard a huge sigh of relief when the bike went into the box (for Brian Simpson to sort the problem when we return). Have experienced many wonderful sights and had a huge amount of experiences, some challenging (I've nearly forgotten those hills!) and met a lot of wonderful people in our travels. On the last day of our trip met an old guy (maybe our age) who wanted to know where we had been and when we showed him he kept saying Bravo and gave us both a kiss. He was very excited to see two old ladies doing this!

Off to shop, shop, shop, don't show this to Jack!

Rae & I will celebrate in fine style for all of you tomorrow for her 60th, OHHH, I can already feel the hangover!

We hope you are all well and we will see you soon.

Ciao,
Rae & Di

Around the Bay in a Day 21 October 2007

In May this year Sandy Waters asked a few of the regular FIT cyclists if they were interested in participating in Around the Bay in a Day – a 210 km cycle around Port Phillip Bay, including a ferry ride between the heads in October. May seemed a fair way away, and momentarily forgetting about training on cold winter Canberra mornings, I signed up with a number of others.

Sandy had us all organised at 8am from Debacke in Braddon each Sunday morning. We steadily increased our distances from 60km to over 100km and were able to appreciate all these wonderful little places north of Canberra including Gundaroo, Murrumbateman and Gunning: when we could see them through the mist and fog. We even included a weekend trip to Goulburn. Some of the more intrepid trainers added the Lifeline cycle from Sydney to Canberra two weeks before the event into their training regime.

Armed with our very useful instructions from Karen Burton, on where to start and finish (not with the 15,000 other cyclists), how to get bikes down to Melbourne, what the ferry trip involved and other useful hints, the FIT team and a few BITs arrived in Melbourne in various modes of transportation on the Friday night and booked into our various accommodation around St Kilda. The next day was shopping, eating, relaxation, checking out the bike expo – there's always room on a girl's credit card for more bike clothes – and watching bike races around Albert Park. Of course we had the team dinner, without alcohol for most, but some still managed to indulge and ride the following day.

The day finally dawned and we were up bright an early to what promised to be a warm clear day. We gathered outside Luna



Park and set off to join the event at the West Gate Bridge. After the climb over the bridge and watching a great sunrise the ride was pretty easy going – quite flat and on reasonably quiet streets – although that may be because it was so early still!

The first stop was a service station and a queue for the loo. Time for a bit of refuelling and minor repairs such as a seat that had slipped down because the bike had been taken apart for the transport to Melbourne. I'm sure glad Di brought that bike tool as my knees were quite sore by that stage. Onto Geelong and yet another toilet search. A little deviation brought us close to the water which was glassy smooth. It was very different Connie bemoaned from the swell she encountered at a triathlon event for the Master's games some years before.

Next we moved into a bit of undulation and quite a hill climb into Queenscliff before reaching the ferry. Lynne helped the Michelin Man stand up while the rest of us joined the lunch and ferry queue. Lunch was a hurried affair – as soon as we sat down to enjoy it we were called to our ferry. The crossing was calm and gave some time for power napping – Dr Cec claims 10 minutes works wonders as she curled up under a few chairs – while the rest of us had cups of tea and stretched, and contemplated the 100 km we still had to do.

After the ferry we regrouped and travelled along quite well coping with a few more undulations until we decided that afternoon tea was in order. We managed to get the grumpiest café owner on the Mornington Peninsula but the ice-creams were good. The weather was very warm by the afternoon and lots of Melbournians had decided a swim on the Peninsula would be a good idea so we had a fair bit of traffic and traffic lights to contend with by late afternoon. Gillian had been telling us about the great downhill into Frankston, but neglected to tell us about the big hill coming in. Jane enjoyed cycling past two younger men who decided to push their bikes up the hill. She resisted (very hard I'm sure) saying 'granny passing'. The hills didn't faze

Ironwoman Ailsa who looked like she was taking a walk in the park.

At Frankston we met up with Rae P who was unable to come on the ride following her altercation with a magpie a few days earlier which left her with a fractured wrist. Sandy rashly promised we'd all be there again next year to ride with her!

Finally We were on the homeward stretch – but not before a wind squall threw us across the road within a few kilometres of the finish. What with traffic and the wind a little detour on the bike path was in order.

Luna Park in view at last and we were finally back home feeling very smug that we had finished and survived a 210 km ride. I'd highly recommend it to anyone thinking about it. We had loads of fun and a great sense of achievement. Thanks to our wonderful team organiser, coach and general encourager on the day, Sandy. Special achievement awards go to Barb, Kurt and Val, who bypassed the café and arrived home before the rest of us.

Julianne Quaine

About to set off across Westgate Bridge (in no particular order): Sandy Waters, Val and Pat Carey, Connie Clement, Di Evans, Lynne Evans, Ailsa McPherson, Gillian Mitchell, Barbara and Kurt Haggstrom, Rae Palmer, Jane Smith and Cec Sutton.





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Over half way and still smiling!!!



STOP PRESS – TOUR DE FEMME RESULTS

What a fabulous day for this year's Tour de Femme was and FIT's congratulations go to MaryAnn Simpson and her team for running such a great event.

It was wonderful to see so many FIT girls competing this year and to celebrate the success of those members who made the winning dais, including our trifecta in the 60-69 years age group:

Karen Burton – 2nd 40-49 age group, 17th overall

Bandie O'Connor and Rae Wells – 1st tandem, 39th overall

Rae Palmer – 1st 60-69 age group, 69th overall

Robyn McClelland – 3rd 50-59 age group, 72nd overall

Lynne Evans – 2nd 60-69 age group, 87th overall

Val Carey – 3rd 60-69 age group, 169th overall

Rae Palmer and Vanessa Palmer – members of the Bike Shed team, which took out the teams' event.

FIT Newsletter September 2006

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