

Attachment E

Pre-incorporation Newsletters written by Robyn Barker and issued through Ouldeah Centre

**F.I.T.**

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Attachme



# Females in Training News Update

Now that the Tour De Femme is over DON'T put your bikes away, as we plan on continuing the Friday morning bike skills training sessions FOR EVER!! A more difficult and faster ride is offered on Wednesday mornings for level I cyclists (you know who you are). A special thanks must go to Tour de Femme race organizer John Armstrong for helping to get the Friday morning cycle group up and rolling. Cyclists meet at New Parliament House at 6.30am Friday and 6.00am Wednesday. The Tuesday and Thursday run sessions got off to a slow start but now boasts over a dozen participants. Tuesdays' focus is on a long slow social run, while Thursday is geared more towards running technique, style and pace. Both runs cater for ALL levels so please turn up and introduce yourself to the group. Runners meet at Lennox Gardens (behind the Hyatt) and start at 12.30 p.m. sharp. With a large array of weekend events to choose from this summer the very popular Sunday track sessions will be put on hold till Autumn.



For those who are looking for more direction with their swimming, Jackie Stewart has offered to assist FIT members at the sessions she coaches at Deakin Health Spa. These sessions are held on Monday and Wednesday at 7.00pm, Wednesday at 6.00am and Friday at 7.30pm. With the Triathlon season now upon us, those of you who would like to participate, but don't feel confident in all three disciplines, why not consider the team option? Contact Robyn to help you find other FIT women looking for team members. If you are a FIRST TIME TRIATHLETE then the SAILS TRIATHLON is just for you. To be held on the 27th of November, this event caters especially for first timers by offering a MINI TRI of just 300m swim, 7km bike and a 2km run. Also offered is a special first timers pre-event race briefing / information session and a separate swim start for women and first-timers.



The ACT athletics association is holding a Womens and Girls Runners camp on the 10th to 12th February, 1995 at the Birrigai Recreation Camp. Cost of the weekend, including all meals and accommodation will be \$65 adults and \$55 children and school students. Watch out also for the Female beginners and non-elite triathlon training camp to be held in April, 1995 at Narrabeen held by TRI US SPORTS. The clubs registration now stands at 50 and growing. We think it's about time we got to see each other minus helmet goggles and cap. An informal get together is in our plans for early 1995. To find out more about FIT or for further information, draft programs, and applications to participate in any of the above activities or events, please contact :

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