

fitness @ flagstaff

group personal training outdoors

AUTUMN 2014 NEWSLETTER

f@f Awards



The f@f Perpetual Cup was awarded at the 2013 Xmas party. There was a strong field of nominees including Nikki & Steve, with the cup being awarded to Jodie.

Jodie always extends herself out at training and this year challenged herself with the 12 km military inspired obstacle course, True Grit; and also completed her first half marathon at McLaren Vale.

Congratulations Jodie!

✧ Quotation Corner ✧

"It's nice to be important, but it's more important to be nice."

John Cassis

fitness@flagstaff autumn news

The annual f@f Xmas party provides a chance for everyone to socialise away from the track and was again well attended by members and their families. It is great to have so many partners and kids come along; I recognise that without their support finding a few hours for your fitness each week can be difficult.



We also fielded three teams in the 2014 Flagstaff Gift relay. We had a great crowd out to support the community event and everyone earned a spot on the podium! We also raised over \$400 to support diabetes and Janelle's Big Red Run campaign.



If you need extra incentive...**free egg and bacon sandwiches** straight after training on Saturday morning sessions when Flagstaff Footy Club plays at home.

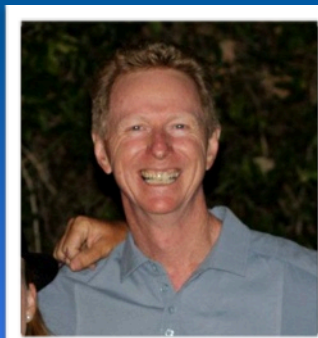


And **Darren is back in full command** of Wednesday night X-Training and boxing sessions while I'm out at umpire training.

R.I.P

Pete Mawer
1959-2014

See tribute overleaf





Peter Mawer

I am greatly saddened by the passing of Pete Mawer, he lost his battle with cancer and died at home this week. Those of us who were fortunate enough to know Pete are going to miss him.



I first met Pete in Feb 2009, when he and Di came out to fitness to prepare for their assault on the Kakoda Trail.

Pete's sense of humour and sharp wit was legendary. His ability to pay me out while explaining the next training drill was always funny and usually welcome.

Pete adored his wife Di. He would often come up to me on the quiet and let me know when Di had a new pair of shoes, when it was her birthday coming up, or which group she should train with on a particular night. He was always looking out for Di and cherished her for all to see.

Pete was thoughtful and generous. I have enjoyed his generous hospitality on several occasions, including when he and Di invited the fitness crew to their house for the quiz night after-party. On another occasion there was

torrential rain in the days leading up to the annual gorge walk. Pete, looking out for everyone, surveyed the walk the day before and managed to maneuver some giant boulders into place to make the creek crossing safe.

The Pete I know approached life with a positive, can-do attitude. He was involved in the 24hr relay for life, won the City to Bay award with Di in 2012, holds the joint record for maximum hover, has completed 381 fitness sessions and always got involved in the f@f social events.

Pete was always smiling, and made everyone around him smile. My day was always better when Pete was part of it.

Michelle and my thoughts are with Di and her family and I know that the f@f team will lend lots of love and support.



Adrian

