

fitness @ flagstaff

group personal training outdoors

SPRING 2014 NEWSLETTER

f@f Awards



The f@f Perpetual Cup was awarded in October following the annual gorge walk. There was a strong field of nominees including two Platts and a Thorne, however, on this occasion the cup was taken home by Linda Mc:

"2 year ago I decided to join fitness@flagstaff I couldn't run 100 metres...2 years on I've run a half marathon & city to bay for the 2nd time with a big time improvement. For those that know me I suffer from a serious illness but this fitness group has been my life saver - today I was rewarded as the winner of the perpetual cup, a very big honour. My 2015 goal is a full marathon....stayed tuned!!!"

Congratulations and
Good Luck Linda!

✕ Quotation Corner ✕

Spring is nature's way of saying, 'Let's party!'

Robin Williams

fitness@flagstaff city to bay champions

A bus load of f@f members made it to the start line of the City to Bay again in 2014

Many of you took advantage of the Sunday sessions in the lead up to the event where we did a few long runs around Flagstaff Hill and some down at Seacliff. The change of scenery was enjoyable and we had a choice of a flat run towards Glenelg or the more challenging Hallett Cove boardwalk. And some of you scheduled your own extra training on the side.

Each of you had your own goals to achieve. Whether it was making the journey, without stopping, under a certain time, or even to beat your husband for the first time (I won't mention names); it was inspiring to see you succeed.

The team had some magnificent results. In particular the girls starred. Mary won her age group - again, and Emma, Emily and Anne Marie all came second in their respective age groups.

For her steady commitment to building up endurance and impressive improvement, Anne-Marie was presented the f@f City to Bay award.

Darren and Liz put out an open invitation for brunch after the run and quite a few of us enjoyed their hospitality, the food and the beautiful spring day.

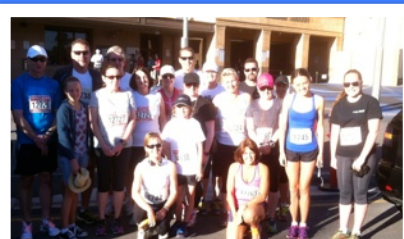
Thanks Darren and Liz!



Awards were presented after the f@f Gorge walk



Anne Marie being presented with the f@f City Bay Award by last year's winner - Steve K



Some of the f@f crew near the start line



C o n g r a t u l a t i o n s

Kirsty and family welcomed Haley Elizabeth into their lives in July. Kirsty has already been back out to training a couple of times, the 'big kids' have slotted back in the creche but Haley is staying close by in the pusher for now. Good job Kirsty!



f@f Winter Update

I started fitness@flagstaff more than 6 years ago now and I continue to be inspired and impressed by the camaraderie, commitment and motivation of our team. The snapshots below are just a taste of what some of our members have been up to over winter

1000 sessions

Steve achieved a major milestone and f@f record when he completed his 1,000th f@f session. A 6am regular, Steve rarely misses a session, enjoys trail running, has completed 3 marathons and generously shares his experience with those attempting their first endurance event.



quiz night

The f@f crew again supported the Flagstaff Scouts Quiz Night with four tables vying for the prize.

The Alice Cooper tribute table took out second prize and the rapper table was crowned best dressed on the night...or should that be worst dressed?



crazy bastard award

To celebrate a milestone birthday Cam set himself a challenge to complete all 13 f@f sessions in one week. Ably supported by Scott, aka Mr 84%, and a fan club to help him through the week, Cam completed the task declaring "Great week. Bloody Hard. Never again!"

love is in the air

We all knew something was in the air, but when a gathering at Nikki's house turned into a real live wedding we were all thrilled and excited for Scott and Kristen. Congratulations to a lovely couple in love!

little red run champ

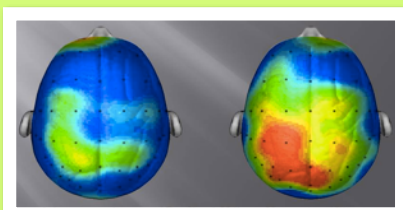
In July this year, Janelle tackled the Little Red Run - a six day 150km ultra-marathon through the Simpson Desert.

Janelle's meticulous preparation saw her take on and beat the Simpson, the freezing nights, extreme fatigue and the entire field...to win the inaugural event!

With volunteers Kim, Cam and Michelle in tow, there was plenty of support on hand. It goes without saying they came home with a many magical memories, of Janelle's inspiring achievement, of the stunning outback landscape and of the characters they met out in the desert and along the way.



WHAT TRIGGERS HAPPINESS IN OUR BRAIN WHEN WE EXERCISE



Brain after sitting quietly

Brain after 20 min walk

When you start exercising your brain recognizes this as a moment of stress. To protect yourself the body releases a protein called BDNF (Brain-Derived Neurotrophic Factor). This BDNF has a protective and reparative element to your memory neurons and acts as a reset switch. At the same time endorphins are released which minimise the discomfort of exercise, block pain and are associated with feeling of euphoria. In a recent study from Penn University, the research team found that people who worked out **regularly** were more productive and happier, even if they hadn't worked out on that particular day. And it's not necessarily the more the merrier, New York Times best selling author, Gretchen Reynolds, recommends the first 20 minutes as the most important for both a health and happiness boost.

Source: FastCompany.com