

fitness @ flagstaff

group personal training outdoors

AUTUMN 2010 NEWSLETTER

Survey

The responses to the survey included a range of good ideas, many of which I will work to implement over the coming months.

A sincere thank-you to everyone who took the time to share your views and complete the survey.

250 SESSIONS

Sam B

200 SESSIONS

Darryl	Kat
Janelle	Steve K
Nat	Michelle
Darren S	Di

100 SESSIONS

Sarah	Trina	Francis
Nathan	Jenna	David
Graeme	Ian	Hayley R
Julie H	Peter M	Pauline
Kim	Lyn L	Ellie

50 SESSIONS

Tam	Linda	Marion
Sanya	Lee	Lyndall
Mark S	Karen A	Trish
Tom	Lynne	Hayley W
Tina	Bob	Bec
Sheryl	Liz T	Isaac
Kay	Emily S	Bree H
Paul D	Nikki	Breanna
Mary	Swaif	Andy

✧ Quotation Corner ✧

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

Maria Robinson

RELAY 4 LIFE

Congratulations on the efforts of the many fitness@flagstaff members who were involved with Relay4Life. Relay4Life is a 24-hour endurance event held annually at Santos Stadium to raise awareness and funds for cancer. Bec was part of the official organising committee, Sam lead our team including her mother Deborah, and sister Sarah, Sarah, Steve, Tam, Di, Peter, Mary and Graeme. Other members continued their longstanding involvement, including Darryl and Kat and Emily, Cathy and Peter. Thanks Bec for the opportunity to be involved, personally I was pleased to be able to contribute in a small way on the day.



Flagstaff Gift

The fitness@flagstaff franchise was admirably represented at the recent Flagstaff Gift, taking out the 4x200m relay.

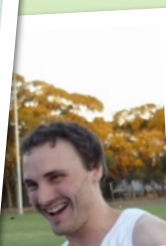
Competing against younger rivals, the handicappers were kind to us, but the boys still had to get the baton around the track...twice.

The victorious team, led off by **Nathan "White" Brown**, followed by **Darren "Slider" Simmons**, **Steve "Ned" Kelly** and **Ian "Jaffer" Jefferies**, never looked troubled.

Jaffer cruised over the line cheered by a big fitness support crew, with daylight second!

Thanks to John LeRay for organising a great event.

Well done boys



UPDATES

Great to see both **Danielle** and **Linda** easing back into training. Both have just welcomed the 3rd child into their respective families. Well done!

Graeme and **Mary** reported in from London to say their fitness is paying off...out *touristing* many younger couples!

Sunday sessions start **July** in preparation for the **2010 City Bay**. More details to follow.