

fitness @ flagstaff

group personal training outdoors

S P R I N G 2 0 1 1



f@f Awards

The f@f awards were presented following the Gorge Walk and breakfast.

Numerous awards were presented. Luke, in serious training for the December Anaconda Challenge, took out both the beep test and the City Bay award.

Frances S was awarded the f@f Perpetual Cup. In January Frances slipped off a ripstick and broke both her forearms. Persisting with training through her rehab, Francis achieved a push-up PB in the most recent fitness tests.

Well-done Frances.



Frances S, winner of the f@f Perpetual Cup.

Annual Gorge Walk

The 2011 f@f Sturt Gorge Walk was scheduled on a perfect spring day. It was great to see so many families turnout for the beautiful walk, good company, a healthy breakfast and of course the f@f awards.

With solid rain in the lead up to the event, the creek crossings were going to be challenging. Thanks go to Pete Mawer who made some adjustments to the first crossing and engineered a safe passage for all.

Scouts Quiz Night

f@f have established a tradition of supporting the FH Scouts Quiz night and this year we fielded three tables on the night.

Once again the theory of healthy body, healthy mind stood up with f@f taking

home the prizes ...again! Next year we go for three in a row.

While special mention must go to Suzie for her best on ground performance at the quiz table, Tam was in top form back at York Drive!

Blazing Trails in 25 hour ultra marathon



Some of you might know that three of our toughest members, Nikki Moore and Darren and Nat Simmons, recently took on the 100km Trailblazer event. Heading off from Pinky Flat up to Athelstone and around to Kuitpo Forrest via Mt Lofty Summit, Nikki and Darren crossed the finish line in 25 hours 32minutes and 40 seconds. Nikki shared some of her reflections with me and I was so inspired I asked if I could share it in this newsletter and on the website.

Read on to hear about the challenge in Nikki's own words...

2 days post 100km Trailblazer event on the 8th/9th October 2011 and I feel the need to put credit where credit is due. Fitness at Flagstaff has played a huge part in how successful this challenge was for me. I have always known I was determined, but your sessions brought out a mental toughness in me that I never realised I had. You provide the sessions and allow us to push ourselves to find our limits ... should we choose to. We are never told how far you think we can push it, the extent of finding our limit is left in our own hands and that, for me, is the best part about F@F. I can honestly and proudly say that during that 100km, I never found my limit. I don't know why I didn't, I don't know how I didn't ... but I do know that I don't plan on trying to find it anytime soon, coz it wouldn't be a pretty meeting I assure you. That 100km Trailblazer was the hardest and most fantastic thing I have ever done in my life. Not once did I ever think it was too hard and not once did I ever feel overwhelmed and not once did I want to quit. I was pushed on by my mental abilities that I didn't even know I had and just kept going. My knees are swollen and I feel like I've done 10 sessions back to back, but other than that, my body has survived as I knew it would and my recovery is a testament to that.

It was simply the right time and place for me to challenge myself and it will be my defining moment forever. I feel like I can take anything on that I set my mind to and F@F is a major contributing factor to that mindset.

And Adrian, if there is anyone, who just blew me away with steely determination and strength beyond anyone's limits, it was Darren. He was a driven man and I was inspired by him to keep going. What an asset he is to your F@F team.

Nikki Moore

f@f now on facebook

f@f has been on facebook for the last few months.

Darren is the official administrator, but there is a thriving dialogue going on amongst members.

The photo to the right was posted after the recent Melbourne Cup session and generated few comments.

And just for the record...I do check the posts!

