

fitness @ flagstaff

group personal training outdoors

S U M M E R 2 0 1 2



f@f Cup

The f@f awards were presented as a prelude to the annual f@f Xmas party.

Nikki M was awarded the f@f Perpetual Cup in recognition of the effort she puts in at training, the results she has achieved and of course, her inspirational achievement in the 100km Trailblazer event.

Well done Nikki.



Nikki M, winner of the f@f Perpetual Cup.



f@f Xmas Party

The 2011 f@f Xmas Party was held on a warm Friday night a couple of days before Xmas. It was great to see such a good turnout with lots of members coming along, many with their families.

There were too many performers on the night to mention everyone, but the chivalry award must go to Scott for walking Nikki M home. And the endurance award goes to David T, his taxi came at 4am and he backed up at work the next day!

And while I stumbled in my speech to thank Michelle for her support, the flowers were a big hit and very much appreciated.

Thanks for another great year.

Valentines Month Special

Quotation Corner

"Obstacles are things a person sees when they take their eyes off the goal."

EJ Cossman (Entrepreneur)

February is a month dedicated to matters of the heart...

To celebrate, f@f invites members to take advantage of the following Valentines offer:

Book any cardio session(s)

For any loved one
Any day in February

...For Free!!!

(Bookings essential)



The Group Effect

Running For Your Life magazine recently published an article on the benefits of training in groups. In it Professor Richard Telford cited a 1994 study to understand the benefits of altitude training. Two groups of athletes, including several Olympians, trained for 3 weeks in an altitude camp or in a group assigned to train along Sydney's Northern Beaches. The fact that the Northern Beaches group improved just as much as the altitude group was attributed to **The Group Effect**. The Professor also noted that those that enjoyed the social aspect of training stayed in the sport for longer. Whilst the study was focused on the performance of elite athletes, my experience at f@f reinforces the Professors findings. The friendly competition in an inclusive environment leads to improvement and just as importantly, maintenance of the activity.

Luke Conquers the Lorne Anaconda Challenge



Luke has been in serious training for many months in anticipation of the 2011 Anaconda Challenge in Lone Vic. After perfectly flat seas on the Saturday, the competitors woke on Sunday to 35km winds, 2-3m swell and conditions like a washing machine.

Luke survived the swim in very cold waters. The paddle was where it all turned ugly – for added safety in the fierce conditions, the buoy was dragged out further to avoid the break. Luke was thrown from his boat too many times to count, passed boats without paddlers, and paddlers without boats, boats and paddles badly damaged, and after 2hrs, was nearly hypothermic but made it into shore.

The run warmed him up and he made up some time, but with jelly legs came a cropper on the rocks and sliced his hand.

The bike leg; 7kms uphill to start “*almost seemed harmless after paddle leg*” and the 10km flow down the hill was fun.

According to Luke the final 1km of beach ride on sand was all but fun, even allowing for a face plant in the sand! He finished off with a 1.5km leg cramping shuffle run along the beach taking 8mins to the finish line.

It was an amazing achievement just to finish this event in a time of 6hrs 8mins 29secs., over 150 of 500 starters couldn't complete the course.

Luke's support crew included Rachel, Thomas and Gavin Woodward, Natalie 'Cutjar' Simmons, Darren Simmons and his rock Anita and the boys.

Would he do it again? “*Ask me in a few weeks*”

Did he enjoy it? “*Absolutely!*”