



# TEN10 FITNEWS

Week 2, Sunday 6<sup>th</sup> May 2007



Each week we will provide the program participants a report on the past week. This will keep you informed and gain motivation from what the others are doing. If you have any feedback that you would like me to add please send it through via email.

## Team Challenge – “FREEK OF THE CREEK”

**Attendees** – Brad Marsden, Mark Rockley, Cathie Rockley, Samantha Rockley, Katelyn Rockley, Kath Mitchell, Jason Keough, Dean Martin, Wes Wilson, Lauren Daly, Jason Marsden, John Currie, Donna Cifuentes, Ben Ingram, John Shillington, Andrew Burgess.

**Apologies** – Julia Martin, Jeff Wakefield, Levi Maxwell

A magnificent day greeted an eager and fitter looking bunch of Ten 10 "Devotees", as we assembled at Tallebudgera creek for the first of our Challenges, "The Freak of the Creek". After a warm up lead by "Super Mum" Kath Mitchell we headed off down the beach and around the Mountain for our run followed by a spot of shark dodging across Tally Creek lead by Jason "the Fish" Marsden.

Great to see everyone challenge themselves at their level and I'm sure as the weeks go by everyone will continue to work out of their comfort zone in pursuit of our goals. All ages and abilities were on display with our youngest, Katelyn Rockley, showing why she was recently selected in the QLD Futsal team with her steely determination taking her around the mountain. Katelyn will run the 4km race on Marathon day. Well done Katelyn.

Tremendous also to see the two Behemoths Wesley "The Texas Sexist" Wilson and John "Shillo" Shillington lumbering around the mountain. I received a call from the Gold Coast City Council on Monday who have requested that we only allow one of them on the mountain at once due to the amount of geological damage that was caused.



Overall, a fantastic effort by everyone. Keep making the effort to make these Challenges and be sure to work hard during the week.

## Something to think about....

A pastor entered his donkey in a race and it won. The pastor was so pleased with the donkey that he entered it in the race again, and it won again. The local newspaper read: 'PASTOR'S ASS OUT FRONT'. The Bishop was so upset with this kind of publicity that he ordered the pastor not to enter the donkey in another race. The next day, the local newspaper headline read: 'BISHOP SCRATCHES PASTOR'S ASS'. This was too much for the bishop so he ordered the pastor to get rid of the donkey.

The pastor decided to give it to a nun in a nearby convent. The local paper, hearing of the news, posted the following headline the next day: 'NUN HAS BEST ASS IN TOWN'. The bishop fainted. He informed the nun that she would have to get rid of the donkey, so she sold it to a farmer for \$10.

The next day the paper read: 'NUN SELLS HER ASS FOR \$10'. This was too much for the bishop, So he ordered the nun to buy back the donkey and lead it to the plains where it could run wild.

The next day the headlines read: 'NUN ANNOUNCES...HER ASS IS WILD AND FREE'. The bishop was buried the next day....

The moral of the story is... being concerned about public opinion can bring you much grief and misery ....and even shorten your life. So be yourself and enjoy life..... Only worry about your own ASS not someone else's..... You'll be a lot happier and live longer.

**COUNTDOWN – 55 Days to Go!!**