



TEN10 FITNEWS

Week 4, Sunday 20th May 2007



Welcome to our weekly news update. Here we provide a weekly review and preview plus a few other bits of info to keep you motivated while pounding the pavement. Please feel free to provide some of the content and share your thoughts...

Week in Review - Team Challenge 3 – “Shipwrecked”

You wouldn't be anywhere else except the magnificent Tallebudgera creek last Sunday morning for the third Ten10 Team Challenge. Blue skies, sunshine, calm water and a gathering of some of the finest athletes ever assembled.



Those present were Mark, Cathie, Katelyn and Sam Rockley, John Shillington, Jason Keough, Kath Mitchell, John Currie, Brad Marsden, Ben Ingram, Donna Cifuentes, Jeff Wakefield, Levi Maxwell.

Special guests included Andrew Burgess (Burge) and Kate Johnston.

Apologies from Wes Wilson, Jason Marsden and Lauren Daly and Dean and Julia Martin.

It was great also to see our resident Dietician, Noell Burgess show up with the Burgess clan and also John's wife Mary Lou and 3 of their 12 children.

Three separate run courses were set to cater for our varying levels and it tremendous to see the level 1,2 and 3's go over the top of the mountain for the first time.

The canoeing however was the highlight of the day with a variation in styles employed in rounding the island and completing the figure of 8. I will say though that the disgraceful exhibition of cheating put on by Mark “Rocks” Rockley in running across the island rather than going around it was a particularly low point. The most sickening aspect of this is the fact that he influenced his very own daughter, Sam, to follow his evil plan. It was only the honest and heroic efforts of young Katelyn Rockley that prevented the family from total disgrace on the day. Remember “Rocks” (and Sam), you are only cheating yourselves.

Overall, an excellent morning was had by all. A very big thank you to Burge for securing the canoes. Very much appreciated.

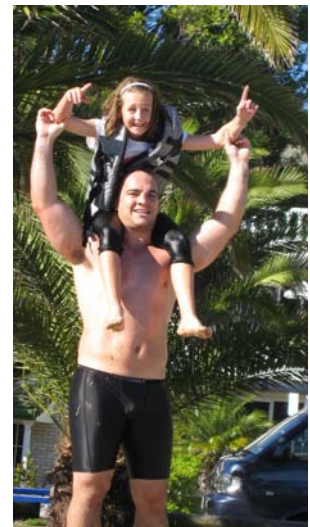
Keep working at it.

Something to think about...

Nothing in the world can take the place of persistence

- Talent will not – Nothing is more common than unsuccessful people with talent.
- Genius will not – Unrewarded genius is almost a proverb.
- Education will not – The world is full of educated derelicts.

Persistence and determination alone will give you absolute power of your destiny.



Tip Corner - WHAT CAN I DO?

When following a prescribed training program such as the TEN 10 it is very important to ask yourself when you come to a barrier, “What can I do”. It is unlikely that everyone will complete every weekday session as set out in the program or make every team session however with a little initiative and motivation our goals can still be achieved . There are many different pathways to the same goal. It is better to alter course then to stop sailing. Here are some of our common barriers and some possible changes.

BARRIER (can't do)	WHAT CAN I DO?
Will miss Sunday morning session.	Fit in a session some other time on the weekend eg another run, a ride on the Saturday.
Not well	A slower run if comfortable, even a fast walk, maybe an extra flex / core session instead of the run.
Injury	Modify my program. Ride more perhaps. Pool work maybe
My regular training partner / s can't make it tonight.	Train by yourself. It's not that scary. Invite someone new to join you for a session.

So if you say to someone in our team “I didn't do that session” follow it straight up with “but what I did do was

Focus on what you CAN DO and keep moving forward.

My point of view...

Just a few thoughts from the new parents regarding the ten 10 program.

The strategic nightmare of getting a baby fed and car packed up to partially participate in a training program at the coast is not usually a nice thought on Saturday evenings. For me after a 1 am feed and then a 4.30am rise to get Meg fed and ready to go there is usually a little bitterness when I go wake my snoring husband at 5.30 so he can get himself dressed and in the car. I am pretty sure my grumpiness remains during the drive specially if there is a lot of crying from the back of the car.

But I have to say that when we arrive – (usually a few minutes late, no matter how hard we try to be on time) it all is forgotten to be in a lovely place, with beautiful weather and with nice people around.

Even though my training is limited by our new little friend, I love it – just getting out there and doing something active in such lovely surroundings makes the whole ordeal worthwhile. I have commented that I can think of worse places to feed a baby when I have sat on the shore and fed Meg at our last 2 Tallebudgera sessions while the rest of you guys train hard.

And this conversation is usually continued on the trip home until I nod off in the car.

All I need now is to be more disciplined thru the week!!!

Hope all you guys are finding similar self rewards from the efforts.

See you next session

Kath Mitchell



This week...

Gold Coast Challengers - RIVER DEEP MOUNTAIN HIGH CLASSIC
SUNDAY MAY 27

TUMBULGUM HOTEL 7.00 AM
(approx 2 hour session)

BRING - Mountain Bike & Helmet

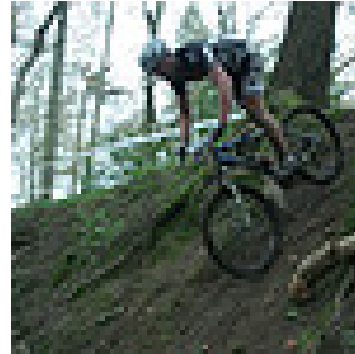
Water bottle on bike

Mobile phone

Details of next of kin

Ten 10 shirts / singlets for photo

Money for brekky afterwards



Give Brad a call if attending 0404 654 730

Non Ten 10 members most welcome

Brisbane Challengers – “BLOOD SWEAT & TEARS”

SATURDAY MAY 26th 4 pm SHARP!

Kodak Beach - Southbank Parklands

BRING - Bike & Helmet

Running Gear

Swimming Gear

*Ten 10 shirts / singlets for photo
and*

a bloody good attitude!!



COUNTDOWN – 41 Days to Go!!