



TEN10 FITNEWS

Week 5, Sunday 27th 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

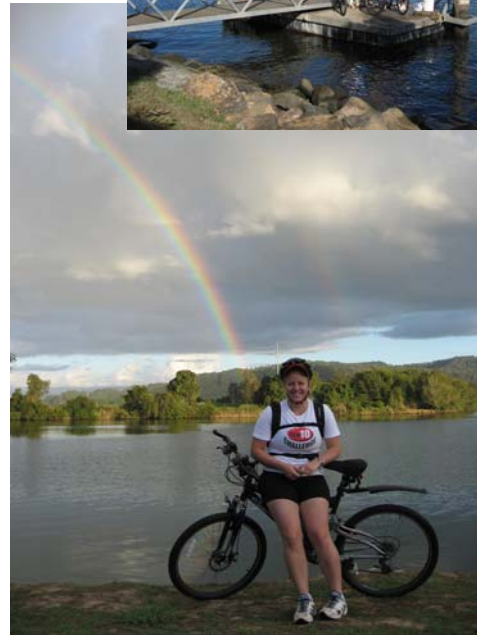
Gold Coast Team Challenge – “RIVER DEEP MOUNTAIN HIGH CLASSIC”

The River Deep Mountain High Classic proved to be an exciting, tough, rewarding (yet deeply painful for some) bike challenge in the Tumbulgum Mountains. Although the ride only consisted of 3 participants (Brad, Ben and myself), the day started perfectly with a double rainbow (seen only by one) and a light misty cool drizzle to keep us all feeling extremely refreshed. The boys challenged the Mountain while I attempted part the way and met up with them on their return. The ride included some tough climbs, great downhill sections (no traffic - yah!!) amazing scenery and fresh air. Certainly a beautiful area to spend the morning!

The ride was kept continually interesting due to the fact that my arse has never quite felt as sore as it did during those two hours on the bike and Ben and Brad practically had to peel me off the seat on our return. This is all well and good when your riding and you can accept it to a certain extent (although I did complain alot - sorry guys), but not so good now.... considering I'm standing up while typing this as I still can't sit.....!!!

Anyway, great ride, heaps of fun and a perfect area to explore on the bike (a comfortable bike). Good Times, Great company & Nice Lycra. Thanks Brad.

By Donna Cifuentes



Brisbane Team Challenge – “BLOOD, SWEAT & TEARS”



Introducing in the Red Corner, Julia “the Hammer” Richardson and Kath “Soft Shoe” Mitchell. In the Blue Corner, “Jousting” John Shillington and Jason “The Bulldog” Keough. Refereeing the bout Dean Martin.

It was all guns blazing for the Brisbane crew who had a few missing participants with very dubious excuses. It was the Girls verses the Boys in a battle of three disciplines. 20min Ride, 20min Run and a 20min Boxing Circuit. With a good audience in the Southbank Parklands the boys kicked off the boxing while the girls hit the bike track. After the 20mins, Shillo and JK were looking for the bell to end the round and the girls were still nowhere to be seen after stopping off to admire a wedding in the Botanical Gardens. Talk about dedication! Then it was the girls turn and I have to say they left their male counterparts for dead. Julia showed all the attributes of a seasoned campaigner and Kath was precise and consistent throughout. It was a unanimous decision to the girls.

Back to the missing few and their excuses, I will let a few out of the bag and you can decide for yourself if they are acceptable. John Currie – Renovating something? Wes Wilson – a mate is coming over for lunch and may stay a little later than expected!! Cathie, Samantha and Katelyn Rockley – at a Fete?? Levi Maxwell – In Singapore racing in a Triathlon. The only legitimate story amongst them. A good day all round. Something a little different and I am sure everyone got a kick out off throwing a bit of leather.

Congratulations to Levi on his 3rd Place in Singapore behind 1st Placed Courtney Atkinson and in front of 4th placed Brad Bevan. Brad & I are looking forward to handing over the reigns to Levi for this weeks challenge as we all experience the tough world of triathlon.

Something to think about...

Life is a fair trade where all adjusts itself in time.
For all that you take from it, you must pay the price sooner or later.
For some things, you must pay in advance.
For some things, you must pay on delivery.
And for others, later on, when the bill is presented.

- Muhammad Ali



Tip Corner - Goal Setting

Invariably top sports people are persistent goal setters with strong personal motivation, and a desire and a desire for personal achievement and success.

Why don't most people set goals?

Setting and writing goals really works to help bring their fruition, so why do so many people not set and write goals for themselves?

Firstly, a general lack of knowledge about how to set goals and a lack of understanding of their importance. It's a sad fact that a young person can receive twelve years of primary and secondary education and not receive one hour's instruction on the importance of setting goals, and how to do it! It is rarely mentioned in any subjects at school, nor at university, and so most people don't learn about how to set and achieve goals until later in life.

Another reason for people's lack of setting goals is fear of failure. They are afraid that if they set a goal and don't reach it, they will have failed, and will feel bad. Yet failure is an important part of building success – you will never achieve anything of worth without failing a few times! Unfortunately, there is a ubiquitous attitude in society that equates a failure, or a mistake, with self worth. Failures and mistakes don't deserve criticism, punishment, or guilt – they only call for correction.

My point of view...

"The Ten10 challenge has been a great experience. The programme is really workable as it has a choice of seven levels ... so progress can be self-paced. Within the Level chosen there are realistic goals with the choice of days to complete set activities - great for a working parent. The team building exercises on the weekends are well structured with an enjoyable camaraderie between the trainers and participants. All in all, very worthwhile and fun!"

Regards,
Julia

Variety = Victory

Q. Why triathlon is so addictive. **A.** Because of the variety. There's swimming, riding, running. There's speed work, endurance miles, drills, open water swimming, mtn bike, trail running etc etc. There's so much variety that it's impossible to get bored!

During the Ten/10 Challenge we've done as much cross training as we have done running. I think you'll agree that all the cross training has been buckets of fun. With any fitness program the more variety you can add in the better. It doesn't matter what it is, where you do it or how you do it. If you're getting your heart-rate up you are going to benefit from it. You're only limited by your imagination.

This weeks Triathlon session on Saturday is absolutely guaranteed to be the most fun you can have with your clothes on! I think you'll be pleasantly surprised at what you're capable of! I'm positive the Mini Tri's we've got set for you will give you a real sense of achievement when you're done!

It's Swim-Ride-Run-Fun !!!

- Levi Maxwell

This week...

TEAM CHALLENGE 4 – RockSolid Sports Fitness Triathlon Series

Presented by the “Alien” Levi Maxwell

SATURDAY JUNE 2

SPORTS SUPER CENTRE Runaway Bay

2pm SHARP!!

(approx 2 hour session)

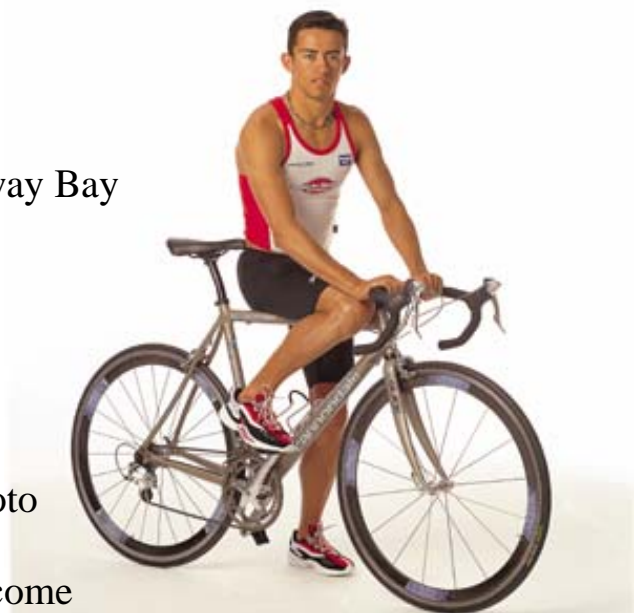
BRING - Bike & Helmet

Running Gear

Swimming Gear

Ten 10 shirts / singlets for photo

Non Ten 10 members most welcome



COUNTDOWN – 34Days to Go!!