



TEN/10 FITNEWS

Week 6, Sunday 3rd June 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 4 – RockSolid Sports Fitness Triathlon Series



The characters that make up the Ten/10 Challenge never cease to amaze and Saturday's Ten/10 Triathlon was no exception. The idea was simple. 2-3 mini triathlons taking approximately 12-15 mins each around the state-of-the-art Runaway Bay Sport Complex. The result was a lycra stretching, lactic acid producing, headwind grinding, gut wrenching ordeal that I'm pleased to say everyone passed with flying colours.

In the water Jason let his surfboard paddling skills come to the fore while on the bike the the 'big boys' came out to play. Mark 'Rocks' Rockley wasted no time showing us what his new bike could do while Big Wes and Brad weren't far behind. Into run leg and the distinct weight advantage of Cuzza and Ben enabled them to dominate the 800m track runs. There were plenty of smiles to go with the grimaces especially in the transitions between legs where a bit of harmless tussle took place.

The athlete of the day, without doubt, goes to Donna. Her contagious enthusiasm and determination is absolutely the driving force behind the Ten/10 Challenge. She even inspired Jason who wasn't at all thrilled about the final run leg. Yet because Donna was in front of him on handicap, not only did he run but he ran the full distance at full tilt. A great effort. Special mention also goes to the Rockley girls who, with Donna, were the only ones to shave there legs in true 'triathlon spirit'.

- Levi Maxwell



Something to think about...

Sport is a test of mental strength and will. When you compete, your body can only follow where your mind will go. You need strategy, you need to process information and react quickly, and you need the fortitude to attempt to go that extra yard, or just that little bit faster when you don't think you can.

- Joe Weider

This week...

GOLD COAST GROUP - QUEENS BIRTHDAY SPECIAL

“STUMBLIN THROUGH CURRUMBIN”

MONDAY JUNE 11

***MEET IN THE CAR PARK OF THE
CURRUMBIN RSL
(RIGHT ON THE CREEK)***

2.55pm for a 3 pm start

Bring run kit, towel, water bottle, Ten 10 shirt for a photo.
Non Ten 10 members most welcome
Call Brad by Sat night if attending (0404 654 730)



BRISBANE GROUP - CITY CYCLE CLASSIC

MONDAY JUNE 11

Meet in the centre rotunda of City Botanical Gardens

3 pm Sharp!!

Bring Bike, Helmet, Water bottle, Running Kit (just in case)
Ten10 shirt for a photo.

Special Challenge for Mums with Prams!!!



ADVANCED WARNING

For the Team Challenge at Tallebudgera on Sunday week (17th) you will need to bring a wig each.



COUNTDOWN – 27 Days to Go!!