



# TEN10 FITNEWS

Week 7, Sunday 10th 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

### Gold Coast Team Challenge – “STUMBLIN THROUGH CURRUMBIN”

Picture perfect weather greeted the “true believers” as we assembled on Currumbin Creek for an arvo of Ten 10 fun. The Legends of the south, Ben and Donna, arrived ready for action. The session began with a one hour paddle on Currumbin Creek in wide bodied kayaks that took us out to the mouth within reach of the waves at the famous “Currumbin Alley” before heading upstream under the bridges and past the highway.

It was a good chance to have a chat. When I climbed out of the kayak I didn't realise that I had severe pins and needles in one leg and almost ended up in the creek like a drunken fool as I stumbled all over the place. On went the running shoes and we were off on a gentle and very pleasant jog down to Currumbin beach, along the esplanade and back over the hill.

Another excellent afternoon in the sun. It never ceases to amaze me just how many great locations we can access for our fitness sessions. Well done Ben and Donna for your efforts.



Looking forward to a good laugh and some hard work at Tallebudgera next Sunday in our final team challenge. See you all there.

- Brad

### Brisbane Team Challenge – “CITY CYCLE CLASSIC”



After some confusion caused by a commercial shoot in the Botanical gardens the City Cyclers were ready to rumble at the foot of the Goodwill Bridge.

Levi and Dean led the way on a trek across to the Regatta Hotel. From here we continued into the University of Qld, over the new bridge connecting to Highgate Hill and back along the river to South Bank and home.

The boys set a pretty mean pace and it was a good experience for all. Dean “the Machine” Martin looked in his element as did Levi and Jeff. There were several attempts to break free of the pack especially through the hills of Sth Brisbane but the pack eventually reeled them in. This part of the ride was a trip down memory lane for a few of the old Souths boys who used to get flogged on road runs throughout the area during our playing careers.

Cathie & Samantha's course required them to double back after the Regatta Hotel and the timing proved right as we all got back at a similar time. Katelyn, Kath and Julia hit the paths for a power walk to the Story Bridge and back as they had a few little tackers in tow. All in all a good session. This certainly got the heart rate up at times had will help condition the legs for the big race in a few weeks.

- Mark

## My Point of View... Personal Challenge

On Sunday I attempted the Cycleological Pottsville challenge. Seemed like a good idea – I live at Pottsville and hang out at West End when in Brisbane. Why not ride from West End to Pottsville?

I got my hands on a road bike and headed out from West End at 6:00 Sunday morning, there was a group of about 25 riders of various levels of ability. They set a cracking pace averaging about 40 km/h through back roads avoiding the highway. We made two stops, one about 50 km into the ride and another at Burleigh Heads.

This is where the clever people left and cycled back to Robina to catch a train. I soldiered on; confusing ambition for ability I stayed with the group until Sexton's Hill at Banora Point. This is where my legs simply gave up.

The group waited for me at the top of the hill and politely clapped when I made it. I accepted defeat and caught a lift with the support vehicle. I watched in awe as some of the riders who were still doing 40 km/h sprinted over the last couple of kilometres. I might not have made it all the way but I am very happy with my attempt. I met some amazing athletes, had a fantastic day and pushed myself to my limit. I'll make it next year.



Ben Ingram

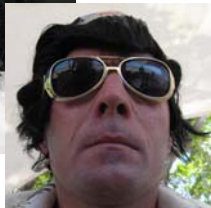
## Something to think about...



"The greatness or the smallness of a man does not depend upon his education or his wealth or the other things. Regardless of how wealthy a man is, regardless of how educated he is; if his heart is not great, then he cannot be great. It is the heart that makes one great or small."

- *Muhammad Ali*

## This week...



## FINAL TEAM CHALLENGE SUNDAY 17<sup>TH</sup> JUNE

TALLEBUDGERA CREEK

Featuring the inaugural

## WIG JIG

And

## BEACH CARNIVAL

ASSEMBLE AT 7.15 AM SHARP

**Bring...**

Wig / Towel / Water bottle / Swim gear

Run kit (Ten 10 shirt / singlet and black shorts)

Change of clothes



Breakfast afterwards at Tallebudgera Surf Club

**COUNTDOWN – 20 Days to Go!!**