

Blab!

GOSSIP • NEWS • VIEWS • SCHMOOZE

PADDY PALLIN ADVENTURE RACE

Put some adventure into your life with the last event of the Paddy Pallin Adventure Race Series! In this short adventure race, teams of three navigate around a secret course and find their way from checkpoint to checkpoint on foot, bike and kayak (provided by organisers). With challenging navigation for experienced racers and a shorter Novice Course for beginners (only half the distance of the Classic Course) there is something for everyone and guaranteed fun for all. Companies can enter the Corporate Challenge, while kids can compete in the Family Cup with their parents. Kayaks, paddles, PFDs, maps and race instructions are provided.

Event Details: Canberra, Saturday 12 February 2011.

www.arocsport.com.au

ANB NATIONALS

Congratulations to the ANB Nationals 2010 overall winner, Loretta Mistofi. Congratulations also to Elena Tsatsos for winning the IFBB Nationals for 2010. Congratulations also to the overall winners of the INBA Nationals-Sports Model, Stacey Hansen, Australian MS Physique Overall, Noutla Petraca and Ms Figure Australian Champion, Clare Ross.



ELIMINATE CRAVINGS ONLINE WITH JOANNE M PRIOR

Join us for a Webinar on 5 January 2011 and discover how to eliminate cravings forever. Joanne M Prior will discuss how to prevent over-eating, how to gain control without feeling controlled and the skills and techniques that will allow you to never battle with food and weight again.

Space is limited, so be sure to reserve your webinar seat at

www1.gotomeeting.com/register/630244329

Event details: 10:00am – 10:45am AEST

After registering you will receive a confirmation email containing information about joining the webinar.

System Requirements: PC users require Windows 7, Vista, XP or 2003 server. Mac users require Mac OS X 10.4.11 (Tiger) or newer



SKY SISTERS

Calling all adrenaline junkies! Excitement is building for the third Skysisters convention, where over 100 skydiving sisters plan to break records and do over 5000 jumps. Whether you're an experienced skydiver or would like to get involved in the sport, here's your chance to sign up for ten days of heart-thumping action.

The program includes different jumps, aerial fashion photo shoots and a ton of entertainment on the ground; including fashion shows, video festivals, nightly entertainment, showbags, filming of a documentary and much more.

Event Details: Toogoolawah, Queensland, April 2011.

www.skysisters.com.au