



Living the triathlon dream

AFTER nearly two decades of triathlon racing, Pomona's Wayne Metcalfe has made it to the Ironman World Championship in Hawaii after achieving a slot through the Ironman Legacy Program.

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Fitting reward for Ironman efforts

FOR nearly 20 years Wayne Metcalfe has watched the Hawaii Ironman in awe.

Come October, he will live it.

The Pomona police officer got his slot after being picked through the Kona Legacy Program, which is open to athletes who have completed 12 or more official Ironman races.

And Wayne, who is also the owner of 17hours triathlon apparel, has certainly paid his Ironman dues.

He started triathlon during the 1996-97 season, and has since achieved 14 Ironman finishes and completed about 50 long course races.

Wayne did his first Ironman in Taupo 1999 (the first time held there) and the most recent finish was New Zealand last year.

On his "done" list are two IM NZ (Taupo), two IM Malaysia (Langkawi), two IM Australia (Forster), seven IM WA (Bussu) and also IM Cairns. Wayne has also competed in several others where he didn't make it to the finish due to sickness (going into race) or injury.

His next scheduled event is IM Cairns in June which will be followed by Hawaii four months later. For Wayne, the trip to the Big Island will have huge significance.

"It's our holy grail and everybody hopes that one day they will get to race there," Wayne said.

"I have been following this race religiously for almost 20 years so to me it will be the experience of a lifetime. I'm very excited to join the best in the world come October.

"I will be working to a training plan written by my coach Jason Crowther of Atlas Multisports.

"It will be a slow build up in endurance in all disciplines over the next few months. We will use Cairns IM as a fitness gauge in June and reassess and build from there towards Kona."



Christine with her husband Wayne Metcalfe.

Photo: Contributed

FACT FILE

Who: Wayne Metcalfe.
Birthplace: New Zealand (living in Australia since 1980).
Occupation: Police officer/owner of 17hours triathlon clothing.
Favourite food: Stir-fry or pastas.
Favourite movie: Love a good comedy.
Favourite training pals: My wife (2 x IM finisher as well).
Dream bike: Cervelo P5.
Best thing you've seen while racing: My kits on other athletes.

Also gaining a spot through the program is Gympie's Bernard Smith.

He first started competing in 2005 and has tricked off Melbourne, Port Macquarie, Busselton and Cairns.

"After watching the World Ironman Triathlon Championship previously I knew I wanted to start competing," he said.

"Since growing up on a farm the swimming leg of the race was going to be a challenge so I filled in the missing link by achieving my bronze life saving medallion.



Gympie triathlete Bernard Smith.

"The last three years I have been particularly focused on completing the 12 triathlons I needed to qualify.

Bernard plans on a three-four month build, riding about 300-400km, swim 8-10km and run 40-50km.

"I am lucky that Gympie has

VITAL STATISTICS

What: Ironman World Championship.
When: October 10, 2015.
What is the Ironman Legacy Program? It grants loyal Ironman competitors an opportunity to start in Kona at least once in their lifetime. One-hundred Legacy winners are chosen every year. To be eligible for this year's selection, athletes must have completed a minimum of 12 full-distance Ironman-branded races, have never started the Ironman World Championship, have completed at least one Ironman event in each of the 2013 and 2014 seasons and be registered for an Ironman event in 2015.

Who else is going? Qualifying at Ironman Melbourne were Damien Collins (Beerwah), David Chick (Coolumb), Nathan Fitzakerley (Pareearra).

a lot of hills; it's hard work but good training," he said.

"The world championship is the pinnacle of the sport and ultimate achievement.

"It is more about achieving a personal goal and doing the best that I possibly can while gaining a unique experience."



Ryan Leutton in action during last year's Garapine Enduro.

Photo: James Loose

Riders primed for Garapine

By GRANT EDWARDS

EASTER rains are poised to create prime racing conditions for next week's mountain bike enduro at Garapine.

It will be the second round of the Queensland Enduro Series with a strong contingent of local competitors.

Among the favourites will be Noosa's Jez Peterson.

The owner of Venture Cycles at Noosaville is leading the Master Males division after a strong performance in the opening round at Toowoomba, finishing about 45 seconds

ahead of Chris Maierhofer and more than one minute ahead of Guy Andrews at Toowoomba last month.

Shane Flynn of Yaroomba will also be in the mix at Garapine after achieving second in the Super Masters Male, about one minute down on Steve Scotcher.

When it comes to the elites, Andy Fellows of Tewantin will be looking to improve on his 10th place in the first round, while in the women's division Angela Williams of Gympie is currently third.

Jez said he expected an

action-packed day, with conditions far improved from the last Garapine event which was hot and dusty.

"The same trails will be used. There is one new one that will surprise everyone," Jez said.

"It is supposed to be pretty challenging...try and separate rider from bike is their plan."

For those new to enduro racing, it includes timed sections of off-road trails. While the majority is downhill where some competitors can reach speeds of up to 50kmh, about 25-30% of the trail includes climbing.

VITAL STATISTICS

What: Queensland SRAM Enduro Series round two.

Where: Garapine.

When: April 19.

Website:
www.qldmtb.com.au

"It's like a car rally. There are timed stages where you are racing, and the liaison stage is where you climb back up to the top," Jez said. "You get allocated so long to complete the day. You can't relax, rest and then climb up. You have to keep going so you are there in time for the next stage."



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Tough Mudder departs

IT'S official, Tough Mudder has been and gone.

The event made its debut on the Coast in 2013, with its most successful event in Australia with more than 24,000 participants taking part in the extreme adventure course.

It returned last year with about 15,000 competitors doing the course over an especially wet weekend.

The next Tough Mudder will now be staged at Sirromet Winery near the Gold Coast at Mount Cotton in September.

Sunshine Coast Council tourism and major events portfolio head Jason O'Pray said "this is not unusual that big operations like this move from region to region".

"Quite rightly they look to capitalise on populations and the Sunshine Coast has



Action from last year's Tough Mudder at Caloundra.

Photo: John McCutcheon

certainly done more than its fair share of participation and I'm very proud of the Sunshine

Coast for getting behind one of the biggest events on the planet," he said



Middle distance runner Margie Atthow.

Photo: Luka Kauzlaric

Personal bests keep coming

MARGIE Atthow just keeps getting stronger and faster.

The middle-distance runner was contemplating scaling back her racing commitments this year, but she keeps notching new personal bests.

Margie ran ninth in the 1500m at the Australian Athletics Championships in Brisbane with a time of 4:20.19 on March 28.



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The bear-ing facts about ceramics

THINK ceramics and for many it conjures images of Patrick Swazye and Demi Moore getting raunchy on the wheel in Ghost, or a trip to the breakables aisle at Myer.

But the material is now widely used for mechanical purposes, including carbon-ceramic brakes for performance cars and motorbikes.

Ceramic bearings have also become popular in the bike industry and many riders are looking for this technology to achieve incremental speed gains. That improvement in speed comes from reduced rolling resistance, while other advantages of ceramic bearings are reduced weight and increased durability.

Although it's not a simple proposition to just throw ceramics into your wheel hubs, bottom bracket, headset or rear derailleur pulley wheels. Not all "ceramics" are created equal.

During recent times there has been a large shift away from the cup-and-cone bearings on bicycles, with the latest trend toward the donut-looking cartridge design. This is when bearing races and ball bearings are one complete unit and the whole thing gets installed into a hub, bearing cup, or pulley.

There are two types of ceramic bearings—hybrid ceramic and full ceramic. Hybrid ceramic bearings have steel races (they are the circular guides) and ceramic balls.

There are usually nine or 10 balls within the race, depending on size – although, technically, only one ball needs to be ceramic to gain the "ceramic" marketing title.

"Riders want ceramic because it does roll faster," said Cyclezone mechanic Dan Evans, who has been wrenching at the Ironman World Championship for nearly a decade.

"You wouldn't run full ceramics in a wheel, but in the



On the left is a full ceramic bearing, while featured on the right is a steel bearing used for headsets.

THE LOWDOWN

Benefits of ceramic bearings

- They do not rust, are less sensitive to moisture and lubrication
- Lower rolling resistance which increases your power transfer when pedalling
- Like steel, there are different grades of ceramic bearing quality

cranks...it's your call. I personally wouldn't run an all ceramic bearing on my bike in fear of it shattering."

Dan has seen the ceramic marketing machine in full swing in a range of locations and he said the issue with full ceramics is side load – they are amazingly smooth when going straight but as soon as there are loads from other angles it is truly tested.

"Shimano and Campagnolo still actually run a cone bearing in their hubs," he said

"The jury is still out on whether a loose ball bearing is better. In a straight line the ceramic one would be quicker, but once you apply load is the issue.

"The ceramic bearings are more beneficial in the drivetrain



Photo: CeramicSpeed

because that is where the constant force is being applied."

Ceramic bearings are harder than steel bearings, which means they last anywhere from five to 20 times longer. But with the hybrids, those "harder" ceramics run inside "softer" steel cages which can cause longevity problems.

Yet there is no doubting ceramic bearings are lighter, because the material is less dense than steel. When combined with special seals and the right lubrication, the friction in ceramic bearings can be 20- to 30-times lower than

steel bearings with standard seals and lubrication.

CeramicSpeed is one of the world leaders in this genre, and it claims an upgrade of your bike can save you up to nine minutes (with an average of 32kmh) on an Ironman distance with an improvement of between six to nine watts when running its bearings in the hubs, pulley wheels and bottom brackets compared to a set of standard bearings.

A complete upgrade to ceramics would cost close to \$1000, with the wheelsets alone ranging between \$500-600.



Brendan Butler regularly conducts functional threshold power tests at Hub105 at Mooloolaba.

Photo: Grant Edwards

FUNCTIONAL THRESHOLD POWER

Warm up

20 minutes at an endurance pace
3x1 minute fast pedalling at 100rpm
5 minutes easy riding

Main set

5 minute all-out effort
10 minute easy riding
20 minute time trial

Cool down

10-15 minute easy riding

The experience

This is no easy spin with some efforts thrown into the mix.

When undertaking an FTP for the first time, prepare yourself for a tough workout.

Fast pedal efforts and the five-minute all-out session before the main 20-minute time trial all contribute to consistent data at the end of the test.

The initial spinning and efforts give you a chance to evaluate your thresholds and power outputs for those not used to working with the win trainer data. While it's an "all-out" effort, it's important to ensure you are spent at the end of the 20-minute time trial and not after five minutes.

Atlas Multisports coach Brendan Butler had some sage advice: maintain power output whether you think you can hold it, then re-evaluate after 12-13 minutes. From there you can try dropping a gear and wait two minutes to see whether the effort can be maintained.

With five minutes remaining you can try and up the momentum, but I waited until 17 minutes down before trying to finish off strong.

Science behind the numbers

By **GRANT EDWARDS**

THERE are heart rate monitors, power meters, foot pods and cadence sensors...all great technology but making full use of the data can be a challenge.

It's one thing to measure your efforts but the information produced in a session can be more than just conversation fodder over at a cafe.

One of the most popular acronyms being thrown around at the moment is "FTP", which stands for functional threshold power.

In this instance it relates to a one-hour cycling evaluation which includes a 20-minute all-out effort.

This test helps users set training ranges using heart rate or power output, especially effective for endurance training.

"The FTP test is a good

gauge for how your training is improving. But I wouldn't use it for racing," Atlas Multisports head coach Jason Crowther said.

"To set your racing goals I would do a lactate threshold test where we have found the results, because they are based on lactate in your blood, your threshold comes in lower than FTP.

"If you don't do a lactate we are generally more conservative."

The FTP can be particularly useful in gaining accurate zones, rather than a one-size fits all approach. Many people adopt a generic heart rate formula for training.

"We have found 220 beats per minute minus your age to get a maximum heart rate is so far out with athletes nowadays. That is the norm, but we have

elites and beginners, and we can see up to 20 beats variance with someone with the same age," Jason said.

"The key point is if you are going to do these tests get enough information so you can use that to benefit your race and use in race scenarios. One: train in the right zones. Two: know what zones you should be racing in.

"That becomes individual as well. There is no set formula."

Where these figures become most useful is training for long distance events. Jason said he works on the basis of a 12-week build-up, starting with four weeks of base training, followed by another four with strength and then speed.

For those tackling endurance races such as Ironman, it's vital you train in "your zones" otherwise you are going to

come unstuck.

"We get an idea of what your training zones should be so you are not over training during your long sessions," Jason said.

"Olympic distance triathlon is still classed as endurance. If you don't have a base, you are not going to last the season and you can be prone to injuries.

"The idea of base training is you train at a certain heart rate and the fitter you get the faster you go at the same heart rate.

"If someone comes to me...by doing a test I know exactly what their numbers are. The more information they have on hand the less they are guessing.

"I'll test them and I'm working with real numbers.

"Then it's not a guessing game."

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Noosa rallies behind Ultraman

MOMENTUM is building for the inaugural Ultraman Australia.

Race director Tony Horton has been on the Sunshine Coast to prepare for the May 9-11 event which will take long distance triathlon to a whole new level.

Forty-two athletes from five different countries will compete, ranging in ages from 25-year-old Clair Soutar Dawson of Perth to 64-year-old Daryl Allen from Sydney.

There will also be some special entrants among the competitors.

Melbourne's Peter Hudson, 35, will be one of them. He went blind and then received a corneal transplant. He was told there were a number of things he couldn't do, including swimming and riding.

"I hate being told I can't do something, so I'm doing it to prove that I can. It's also awesome to be part of the first Ultraman race in Australia," he said.

And then there will be blind athlete John Domandl from Eleebana. The 54-year-old personal trainer has about 20% vision and in the past four years finished three marathons, including the Six-foot Track ultra, undertaken two 1000km charity rides and four 100km mountain bike races. The former Paralympian is entering Ultraman Australia because "I

VITAL STATISTICS

What: Ultraman Australia.

Where: Noosa.

When: May 9-11.

Distances: Triathlon over three days, 10km swim, 420.2km bike, 84.3km run.

love testing my body, my mind and my spirit to their limits. My passion for all competitive sport is unstoppable. I love a challenge and appreciate what I have achieved in life and the Ultraman Oz will take me to that next level. I aim to be the first."

Among the 42 hopeful finishers will be a local contingent, which includes Stephen Gage, Robbie Andrews, Tony Bryan and Leanne Southwell (pictured left).



Stephen and Robbie are among the early favourites to secure the inaugural Ultraman title.

Leanne was a late addition after being promoted from the standby list.

She has been in 21 Ironman races, won world titles in long course triathlon and held age group records in Ironman and Olympic distance races.

The buzz is building in Noosa for the event, with the Outrigger Little Hastings Street Resort to



Le Cyclo Sportif's Greg Ball with Ultraman Australia race director Tony Horton.
Photo: Ultraman Australia

be the event headquarters.

Noosa Surf Lifesaving Club head coach Darren Mercer, Main Roads, police and council have all met with Tony Horton to discuss the finer details.

"People are amazed and grappling with the distance and this concept. When we do meet with councils and emergency services you have to say it two or three times," Tony said.

"I ask them if they know about Ironman and if they know the distances of Ironman.

Some get it right and some get it wrong, and then when we give them the Ultraman distances it's almost a look of disbelief that people are actually going to do this.

"People are very excited, and it's a different kind of race because athletes are supported with a crew and the whole thing is about camaraderie to get to the end.

"I'm getting people contacting me every week wondering when next year's registrations open."

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Elastic could be the strapping solution



By **MARGIE ATTHOW**
Physiotherapist
and elite
middle-distance
runner

TAPING has been a well-recognised practice in injury prevention and management for years.

Most people would be familiar with the rigid flesh/brown-coloured tape typically used after a sprained ankle, the stiffness of the tape protecting the damaged ligaments from further injury.

However it is also this rigidity that is the main problem with this tape (apart from the waxing properties and that sticky white residue that seems impossible to get off). It can restrict the natural movement of the joint too much, leading to altered biomechanics and potential overload of other structures.

So once the injury has healed sufficiently, there needs to be an intermediary option that will help protect the joint but allow normal patterning to occur.

Elastic strapping tape may be the answer.

First developed in Japan in the 1970s, elastic strapping tape (also known as Kinesio-Tape, Dynamic Tape, or Spidertech Kinesiotape) is becoming a common sight in many sports, as well as being used in rehabilitation of stroke patients.

Elastic tape is exactly what it sounds like. It has been designed to have stretch in four directions (longitudinal and lateral) that allows it to mould and flex to wherever it is placed.

The tapes' main use is in enhancing the proprioception of the area the tape has been applied.

Think of it like having a bit of sticky tape stuck to your foot.

Normally you wouldn't be spending a great deal of time



The Swiss Mark Webber Tasmania Challenge utilises a team of therapists to look after the athletes throughout this gruelling multi-day adventure race.
Photo: Kinesio Australia

thinking about your foot, but when you have a bit of tape stuck there, you become highly aware of that part of your body. It increases the awareness and neuromuscular facilitation (activation of desired muscle recruitment patterns) of the area.

The tape can also help reduce pain levels. Have you ever noticed that as soon as you have injured yourself you immediately reach for the area and hold it or give it a bit of a rub? The act of stimulating the skin in this way helps to alleviate some of the pain associated with the injury.

In the same way the simple act of wearing the elastic tape on the skin has been proposed to stimulate mechanoreceptors in the skin and block some of the pain signals from reaching the brain.

The flow on benefit of this pain-relief is that it allows the

muscles in the injured area move more normally.

Muscles don't like pain. When they are subjected to it over a period of time they tend to switch off, leading to weakness and imbalance of the area.

So after an injury it is vitally important to regain the normal movement patterns as quickly as possible so not to weaken the adjacent joints and learn bad movement techniques.

Applying tape over an area of injury also has the potential to increase the circulation to the area by lifting the skin and altering the relative sub-dermal (i.e. under the skin) pressure. This may in turn enhance lymphatic drainage and blood circulation to the affected area, reduce swelling and improve recovery time after injury.

As with everything, it is important to seek experienced advice whether elastic tape is the best option for you.

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Anecdotally there are many positive reports of its effectiveness, but as with everything, it may not work for everyone.

The best way to judge if it is right for you would be to consult with an experienced physiotherapist about your injury and discuss with them whether it would benefit you, and ask them to assist you with selecting the most effective form of taping for your needs.

Bikeathon starts fundraising efforts

RADIO announcer Todd Widdicombe (pictured) talks a great game, and his pedalling is not bad either.

The afternoon show host on MIX FM took centre stage last month at the Hub105 cycling studio for a 12-hour bikeathon where more than \$5000 was raised for MontroseAccess.

During the 12 hours, he was helped by co-host Sami Muirhead and other supporters, including the local businessmen taking part in this year's 2015 Race Across America in June.

Two four-man teams will test themselves over 4800 gruelling kilometres from San Diego on



the west coast across 12 states to Annapolis on the east coast of the United States to raise money for the Crick Eastham Foundation.

The teams comprise John Eastham, Scott Gilbertson, Alan Bradley, Adam Carmichael, Leon

Harris, Michael Callow, Ray Shadforth and Michael Shadforth.

While competitors are paying their own way, the teams have secured corporate sponsors to help cover the logistical costs.

The eight cyclists, with 13 crew members, have been training hard with the goal of completing the ride in six and a half days, averaging 32kmh.

Results from Tweed Enduro

THERE were some great results posted at the Tweed Enduro triathlon despite battling hot conditions.

Here are the results from the Sunshine Coast competitors:

Sean Richardson 4:10:05 (Mountain Creek) first 30-34 men and fourth overall (22:56, 2:19:02, 1:28:06).

Anthony Rule 4:16:32 (Alexandra Headland) fourth men 30-34 (22:20, 2:24:03 1:30:07).

Jamie Ison 4:21:39 (Buderim) seventh 35-39 men (24:34, 2:19:09, 1:37:55).

Meredith Hill 4:28:14 (Marcus Beach) first female 30-34 and first female overall (24:18, 2:29:36, 1:34:18).

Michael Baker 4:29:19 (Coolool) fifth men 45-49 (24:07, 2:25:58, 1:39:13).

Kacey Willoughby 4:30:39 (Mooloolaba) second female 30-34 (24:27, 2:32:42, 1:33:29).

Catherine Thiele 4:46:17 (Mooloolaba) second female 35-39 (24:24, 2:33:49, 1:48:03).

Tommy Hogan 4:48:37 (Alexandra Headland) 21st men 30-34 (29:31, 2:34:11, 1:44:54).

Dean McMaster 4:51:41 (Tewantin) 11th 50-54 men (25:14, 2:29:42,

1:56:44).

Mark Revell 4:58:00 (Minyama) 13th 50-54 men (28:24, 2:34:40, 1:54:54).

Paul Costa 5:02:16 (Bokarina) 21st 40-44 men (22:01, 2:35:14, 2:04:59).

Jenny Breen 5:14:55 (Alexandra Headland) seventh 45-49 women (28:14, 2:44:07, 2:02:33).

Sam Cooke 5:15:58 (Twin Waters) 23rd 45-49 men (30:31, 2:49:25, 1:56:01).

Fiona Lim 5:20:12 (Tewantin) seventh 40-44 female (28:05, 2:48:27, 2:03:40).

Hannah Richardson 5:22:48 (Mountain Creek) third female 25-29 (29:04, 2:50:24, 2:03:18).

Todd Hoyes 5:23:32 (Coolool) 45th 35-39 men (23:02, 2:56:01, 2:04:28).

Shane Costa 5:25:54 (Bokarina) 35th 40-44 men (22:26, 2:50:03, 2:13:24).

Paula Lusty 5:37:40 (Mountain Creek) social (28:33, 3:03:02, 2:06:04).

Wayne Brown 5:47:52 (Coolool Beach) sixth 55-59 men (26:17, 3:12:54, 2:08:39).

Rene Grenfell 6:05:17 (Mooloolaba) 21st female 35-39 (29:30, 3:14:59, 2:20:46).

Shane Leeming 6:17:39 (Buddina) 4th 45-49 men (34:08, 3:08:17, 2:35:13).

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Tools for stroke development



By **GARY DONOVAN & GLEN MAHONEY**
SubLX swim coaches, specialising in long distance triathlon athletes

AS WITH most sports, there are numerous "aids" that exist to help you along your way and improve your chosen sport, and swimming is no different.

If you look on the market today there are things such as hand paddles, flippers, pull buoys, resistance bands, parachutes and kickboards – the list is long and every bit of kit available has its merits.

However, there also exists potential pitfalls. You must understand the actual reason behind the piece of equipment in the first place.

There are two main reasons why you might use some form of swimming "aid": Correction of technique and strength and conditioning. Although clearly, some will help with both aspects.

If you're using it for technique, think about the part of the stroke the aid is trying to assist you with and really embrace it. Focus on how it feels and try and replicate that feel once the aid is off to ensure you are getting the benefit of using that bit of kit. The idea is that if the aid is helping to correct an aspect of your stroke that could be considered poor, when you remove the aid, you need to maintain the freshly-learned bit of technique and apply it to "normal" swimming until it becomes muscle memory. Thereby enabling new muscle memory.

If you're using the aid to increase strength and conditioning then you need to choose wisely when to use it. If you look at hand paddles for example, then they are a very good tool in helping to overload



Some paddles have a great method of 'tethering' to the hand whereby if the stroke is not performed correctly, the paddle will be ripped off so these are good things to use for ensuring the stroke is continually performed correctly (like the Finis Agility paddles pictured). The SubLX ethos is to use paddles to 'enhance' the stroke and build strength. The paddles will give you a better feel of what muscles are working and you must try harder to get a stiffer, less flexible arm through the water. Subsequently, your cadence should decrease and your times really shouldn't move too much.

Photo: Finis

the muscles during the course of your pull phase.

This will ultimately help build the strength and conditioning you are after. However, using them too often can lead to an overuse-type of injury if the technique is not applied perfectly or the shoulders are not quite ready to take the leap into using them so frequently. Hence, moderation should be considered in the beginning.

Let's have a brief look at what's on the market and how it might help you if you use them.

Hand paddles – They can assist in correcting some flaws from the catch phase through to the end of the stroke itself to ensure maximum propulsion is gained and also build strength and conditioning. However, when misused they can lead to short cuts in the stroke such as "slicing" through the water because the muscles aren't strong enough to handle the paddles and also potentially to muscle strain from overuse.

Flippers – They can help adjust body position and develop some quad strength and conditioning. They can also be useful for drills as it can allow more time during the recovery phases of the stroke to correct issues that may exist.

The downside is it offers a massively artificial amount of body "lift" and this is hard to replicate when the flippers are removed.

Pull buoys – These (and there are many different types on the market) will raise the lower torso thus adjusting your body position and generally create less body resistance. It will also help isolate the arms and develop strength and conditioning. A similar caveat to hand paddles, though, in that overuse should be avoided.

Resistance bands – These are a great tool and there are very few downsides to using these. They offer a chance to develop strength, conditioning and even enhance technique. They are cheap, easy to use whenever time allows, can be done at home and big gains can be had with minimal time investment.

Parachutes – As you might expect these billow out behind you as you swim, 'catch' the water and increase resistance, therefore building strength and conditioning. They can impact on the stroke so should be used with that in mind.

Kickboards – This should form part of the staple diet of any swimmer or triathlete really but a drill that is woefully

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underutilised by most triathletes. Building the correct kicking technique is very important and much easier to do using a kickboard.

Using a kickboard will allow greater flexibility in the ankles, build up the relevant leg muscles used and this is vital as it will allow for a correct body position once full stroke swimming starts.

The only real downside to it is that as kicking is generally slower, it takes a bit more time out of a session and most triathletes are time-poor.

In conclusion, aids can be a good tool to use to complement stroke development as well as strength and conditioning but must be used sensibly and with the potential for injury in mind.

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Premium appeal without the price

By VANI NAIDOO

WHEN a car manufacturer drops the price of its premium model by \$14,000 while ramping up inclusions, you know that they are serious about selling this car.

Of course the Liberty is no ordinary car for Subaru. When it first made an appearance some 25 years ago it added stylish and modern to the Japanese manufacturer's stable of safe and rugged cars.

For most of that time the Liberty has been a great performer for Subaru but its popularity has waned in the past five years especially with an average offering finding no traction against a burgeoning SUV market.

But this sixth generation edition, which has been on sale in Australia since the start of the new year, features sound all-round improvements and may well claim the title of best offering in this genre at the moment.

Subaru has certainly acted on customer feedback with the interior of the new Liberty a much-improved offering than that of its predecessor.

Leather seats are comfy and supportive, the materials used on the dash and doors are of obvious quality while the piano black and matte silver highlights do much to tie the look together.

Instruments are bold and precise, the blue rings around the tachometer and speedometer flash red if you get too close to the car in front which is a clever touch.

Legroom is expansive for front-seat occupants and equally generous enough for those in the back, with the rear seat passengers just slightly short-changed when it comes to legroom.

The cabin itself has a relaxed, quality feel with good storage options and a boot which offers close to 500 litres of space after accounting for a



The MY15 Subaru Liberty in 3.6R specification.

Photo: Contributed



VITAL STATISTICS

Model: Subaru Liberty 3.6R.

Details: Four-door all-wheel drive medium sedan.

Engine: 3.6-litre six-cylinder petrol generating maximum power of 191kW@6000rpm and peak torque of 350Nm @ 4400rpm.

Transmission: Continuously variable automatic.

Consumption: 9.9 litres/100km (combined average).

Bottom line plus on-roads: \$41,990 (base model 2.5i CVT from \$29,990).

Website: www.cricksmaroochydoresubaru.com.au

full-sized spare.

Under its hood the 3.6R boasts a powerful 3.6-litre six-cylinder engine paired with a automatic continuously variable transmission, the only option for buyers.

It proves to be a more than able combination, however, with the Liberty showing poise and style within inner city confines and the lusty get-up-and-go needed on longer highway adventures.

It moves efficiently and quickly given its heavy kerb weight giving the driver confidence both from standstill and during quick overtaking manoeuvres.

It is happy to burst into corners, the all-wheel-drive system and torque vectoring function that brakes the inside wheel aiding grip and control,

and it is confident and assured even over tricky stretches.

The CVT is pretty smooth and doesn't labour under steep climbs and descents as is the case with some competitors and the Liberty deals well with humps, bumps and other irregularities.

The drop in price has certainly not meant a restricted inclusions list with this flagship 3.6R filled to the rafters with useful niceties like leather seats with electric adjustment and warming function, 18-inch alloys, electric sunroof, auto wipers and headlights, keyless entry with push-button start, reverse camera, a new infotainment system with 17.7cm touch-screen and a 12-speaker Harmon Kardon stereo.

The dual-zone climate

control, satellite navigation and audio system can be operated by voice commands.

Subaru has also improved their safety inclusions with an impressive list of camera and sensor-based technology.

The EyeSight driver assist package (fitted standard across the range) boasts adaptive cruise control, lane departure warning, lane sway warning and autonomous braking too go with seven airbags, stability and traction control, ABS with EBD and brake assist as well as hill hold function.

The changes made to the Liberty especially in this premium 3.6R form certainly makes a persuasive case for perusal. It offers a nice ride, good space and excellent inclusions at a price point that should garner interest.

Take a break and enjoy coast

HERVEY Bay will host the inaugural Stockland Bay Break this weekend with three runs, three ocean water swims and two walks along the Hervey Bay foreshore and beach.

Organisers believe the event has huge potential with about 600 participants expected this year, rising to 5000 in three years.

Bay Break organising committee president David Dwyer said the event, to be held on Saturday would become the region's largest annual sporting event.

He said Hervey Bay already punched well above its weight when it came to triathlons and other beach and water-based events and the Bay Break would complement the existing sporting calendar.

"We are a community

VITAL STATISTICS

What: The Stockland Bay Break.

When: April 11.

What: 10km, 5km and 2km Esplanade runs and 5km and 2.5km beach walks. Also 280m junior, 1km and 3km ocean swims.

Entries:

www.herveybaybreak.com.au

organisation that wants to see Hervey Bay build an annual event that showcases our beautiful foreshore and provides an economic boost to the town," David said.

"Participants in the Bay Break will have the option of competing in one of three runs in the morning, a beach walk or three ocean swims in the afternoon, including specific events for junior runners and



swimmers."

The event, which targets athletes of all ages and fitness abilities, will be based at the Hervey Bay Surf Club.

"The concept of targeting all types of athlete and all ages

has given us wide appeal," David said.

"And the idea that you can be a participant by walking along our beautiful beach is unique to Stockland Bay Break."

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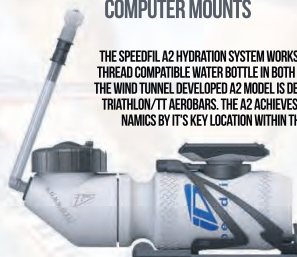


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The latest and greatest...



Mountain bikers can get the best of both worlds with this new Bell Super 2R, which is now available at Venture Cycles in Noosaville starting from \$299. Remove and stow the chin-bar in your pack or on your rack on long climbs, then lock it in place when you're ready to rip more aggressive terrain.



The new women's Nike Free 5.0 in high energy violet offers the fit and comfort of a traditional shoe with the ability to mold to the shape of your foot for maximum support. Seamless construction, no-sew overlays and a molded sockliner aids comfort and durability without the weight while the waffle outer sole bends and moves with you to absorb impact. Available from Allez Sport Mooloolaba. RRP \$160.

Le CycloSportif at Noosa Junction has become the Sunshine Coast's Oakley Custom shop. Match your choice of frame colour with the right lens to suit your riding conditions.



Cyclezone is now stocking the Speedfil range. There are a wide range of options, including the \$110 Sprint Kit which combines the revolutionary Speedfil Z4 Cage and the R3 Single Rear Carrier in one package. The athlete can achieve optimal aerodynamics and hydration support with both of these cutting edge products. The Z4 Cage is lightweight easily configurable and can be used on front, frame and rear saddle mounts. The R3 Single Carrier can adapt to virtually any standard saddle and be further optimised by the dual pivot arm. Check out the range, including the standard system (above) from \$159 at Cyclezone Mooloolaba.



Ride in the rain or cold and still end up with warm, dry feet. Check out the Velotoze range at Cyclezone Mooloolaba, from \$25.

Looking for extra edge in your performance nutrition? Check out the new Nuun Energy range, which offers the same high quality effervescent electrolyte mix endurance athletes have come to rely on with 40mg of caffeine and essential B vitamins for extra performance and hydration. Light, refreshing, low in calories and fast absorbing, the new range has no added sugar or artificial flavours and you can recycle the tubes. In stock at Allez Sport Mooloolaba. RRP \$12.95.



Upcoming Coast events

REGISTER YOUR EVENT
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Date	Event	Distance	Location	Website
April 11	Stockland Bay Break	Set on the beach, 10km, 5km and 2km Esplanade runs and 5km and 2.5km beach walks. Also 280m junior, 1km and 3km ocean swims.	Hervey Bay	www.herveybaybreak.com.au
April 12	Allez Sport Cross Country Series race two	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m at Ben Bennett Park.	Caloundra	www.scccrosscountry.org
April 15	Sunshine Coast Cycling Club criterium	Registration 6pm, racing 6.30pm. Entry \$10 members, \$12 visitors.	Giraween	www.scccracing.wix.com
April 18	Wild Women Adventure Race – round one	Women's only adventure race, a multi-discipline sport involving orienteering or navigation, cross-country running, mountain biking, paddling in teams of two taking up to six hours.	Sunshine Coast	www.dareyouadventure.com.au
April 19	Bendigo Bank Just Tri It	Triathlon short: 300m swim/10km ride /3km run. Triathlon long: 600m swim/20km ride/6km run.	Caloundra	www.caloundratriclub.org.au
April 19	Queensland Enduro Series – round two	Downhill mountain bike enduro, Five descending stages, linked together by untimed liaison stages.	Garapine, near Gympie	www.gravityenduro.com.au
April 19	Sunshine Coast Cycling Club interclub challenge	Registration 6am, racing 7am. Depending on the number of riders racing on the day, some grades may race at the same time. Entry \$15.	Glass House Mountains	www.scccracing.wix.com
April 23	Sunshine Coast Cycling Club criterium	Registration 6pm, racing 6.30pm. Entry \$10 members, \$12 visitors.	Caloundra	www.scccracing.wix.com
April 25-26	Rogue24 Adventuregain	Teams of two compete to collect as many checkpoints as possible over a 24 hour time period. The Rogue involves multiple stages of the traditional adventure racing disciplines of trekking, mountain biking and kayaking where teams must navigate through the course using a map and compass on a route of their own choice.	Somerset Dam	www.rogueadventure.com
April 26	Mooloolaba Mile ocean swim	Round four in the Queensland Milk & Co Queensland Ocean Swim Series. Includes the mile (1.6km) course, long with half mile (800m) and 300m kids' dash.	Mooloolaba	www.iconevents.com.au
April 26	Allez Sport Cross Country Series race three	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m at Maleny Golf Club.	Maleny	www.scccrosscountry.org
April 26	Mt Beerwah Daybreak Run	10km, 20km, 30km and 50km race in the Glasshouse Mountains. All events start early in the morning (staggered from 4am).	Mt Beerwah	www.runqueensland.com
April 29	Sunshine Coast Cycling Club criterium	Registration 6pm, racing 6.30pm. Entry \$10 members, \$12 visitors.	Giraween	www.scccracing.wix.com
May 2	TooMoo 2015	Fully supported one day ride from Toowoomba to Mooloolaba, 220km with 2000 metres of elevation.	Toowoomba to Mooloolaba	www.toomoo220.com
May 2-3	The Queensland Cross-Triathlon Championships MultiSport Weekend	Long: 1000m swim - 28km mountain bike - 10.5km run. Short: 350m swim - 10km MTB - 3.5km run. Teaser: 150m swim - 4km MTB - 1km trail run. Dirt Kids: 50m swim - 3km MTB - 500m trail run. Also 8km trail run and 50km MTB events.	Ewen Maddock Dam	www.tre-x.com.au
May 3	Two Feet and a Heartbeat	A 2.1km charity walk through Noosa National Park.	Noosa Heads	www.twofeetandaheartbeat.org.au
May 3	Run on the Wild Side	Travel through sections of Australia Zoo on a 2km or 5km route. This annual event raises vital funds to support the treatment and rehabilitation of sick, injured and orphaned animals at the Australia Zoo Wildlife Hospital.	Australia Zoo	www.everydayhero.com.au/event/runonthewildside

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Upcoming Coast events

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Date	Event	Distance	Location	Website
May 9-11	Ultraman Australia	Inaugural event, competitors swim 10km, bike 420.2km, run 84.3km over three days.	Noosa	www.ultramanoz.com
May 10	Allez Sport Sunshine Coast Run Series – race three	One of the most spectacular courses on the Sunshine Coast, with runs of 10km, 5km and 2km.	Buddina	www.atlasmultisports.com.au
May 17	Run Sunshine Coast	Fundraising event, with 100% of entry fees going to Wishlist. Events along Oceanic Drive include 12km run, 6km run/walk and 1km kids run.	Kawana	www.runaustralia.com.au
May 17	Allez Sport Cross Country Series race four	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m at Maddock Park, Glenview.	Ewan Maddock Dam	www.sccrosscountry.org
May 17	Tri Fraser Coast	Olympic distance triathlon, 1.5km swim, 40km bike and 10km run.	Hervey Bay	www.trifrasercoast.com
May 17	Glasshouse 50 of Cook's Tour trail runs	Based at Woodford on the Sunday closest to May 17, Captain Cook named the mountains on 17th May during his voyage up the east coast of Australia in 1770. Options: include 80km, 50km, 30km, 11km.	Woodford	www.glasshousetrails.com.au
May 23-24	Noosa Ultimate Sports Fest	Swim Noosa will start the festival with 3.8km, 2km, 1km and 500m options on the Saturday. Then on the Sunday, there is Cycle Noosa with 160km and 85km options. Run Noosa over 21.1km, 10km or 5km.	Noosa Heads	www.ironman.com
May 24	Weet-Bix Kids Tryathlon	TRYathletes will start the swim in an Olympic-sized pool at Kawana Aquatic Centre before cycling and running around the specially designed Weet-Bix Kids TRYathlon Course in Stockland Park. Distances are 7-10 years 75m swim, 3km ride, 500m run and 11-15 years 150m, 6km, 1km.	Kawana	www.try.weetbix.com.au
May 24	Mountain bike orienteering – State Series, round three	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburrum	www.sunshineorienteers.com.au
May 30	Zoo Run at Bribie Island	Zoo Run at Bribie Island is a 5km and 2km fun run to raise funds for Wildlife Emergency to help open a Wildlife Education Centre on Bribie Island and to help Free the Bears Fund. There is also a kids 1km novelty zoo run.	Bribie Island	www.zoorun.com.au
May 31	Allez Sport Cross Country Series race five	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m at Ben Bennett Park.	Caloundra	www.sccrosscountry.org
June 21	Allez Sport Cross Country Series race six	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m at Elizabeth Daniels Park.	Buderim	www.sccrosscountry.org
June 21	Caloundra Foreshore Fun Run	Foreshore fun runs including 10km and 3km. The 10km starts at Golden Beach and finishes at Moffat Headland.	Caloundra	www.caloundrafunrun.com
July 11	Wild Women Adventure Race – round two	Women's only adventure race, a multi-discipline sport involving orienteering or navigation, cross-country running, mountain biking, paddling in teams of two taking up to six hours.	Sunshine Coast	www.dareyouadventure.com.au
July 11	Allez Sport Sunshine Coast Run Series – race four	The Twilight Neon Run is a late afternoon event which allows runners to finish with glow sticks for extra visibility while a post-series party will commence at 6pm with food, drinks and entertainment for the whole family. Runs of 10km, 5km and 2km at the University of Sunshine Coast.	Sippy Downs	www.atlasmultisports.com.au

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Upcoming Coast events

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Date	Event	Distance	Location	Website
July 26	Flinders Tour Trail Run	Based at Beerburum on the Sunday closest to the 26th July. Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburum) on this date in 1798. Options include 10km, 25km and 50km.	Beerburum	www.glasshousetrails.com.au
July 26	King of the Mountain	Tackle the 4.2km mountain run, 3km family fun run, 2.8km dash or kids 4x700m.	Pomona	www.kingofthemountain.com.au
August 2	Queensland Enduro Series – round four	Downhill mountain bike endure, Five descending stages, linked together by untimed liaison stages.	Garapine, near Gympie	www.gravityenduro.com.au
August 7-8	Caboolture 48-hour race	The race at the Caboolture Historical Village in Caboolture, Queensland has 48 hour, 24 hour, 12 hour, 6, 3 and 1.5 hour races. See how far you can run or walk in the given timeframe on an officially measured 500 metre decomposed granite loop.	Caboolture	www.geoffsrns.com
August 8-9	Noosa Strade Bianche	A 'gravel' fondo in the vein of the famed L'eroica in Italy for vintage steel framed cycles, with options for 133km, 89km and 33km loops. Also features a swap meet.	Noosa Marina	www.noosa-stradebianche.com.au
August 9	Miss Muddy obstacle course race	Miss Muddy is a women's only 4-6km obstacle and mud festival for women over 18. It includes colour, mud, climbing, crawling, slipping and sliding and lots and lots of laughter.	The Big Pineapple	www.missmuddy.com.au
August 9	Rainbow Beach trail run	Runs of 10km, 25km and 43km at Rainbow Beach/Coolool National Park.	Rainbow Beach	www.runqueensland.com
August 15	Island Charity Swim	Swimmers leave Mudjimba Beach, journey around Old Woman Island and all the way to Mooloolaba for about 11km. Fundraiser for Nambour and Currimundi Special Schools.	Mudjimba	www.islandcharityswim.com.au
August 22-23	Mountain bike orienteering – national and state series	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Tewantin and Kenilworth	www.sunshineorienteers.com.au
August 22-23	Rainbow Beach Double Tri	Olympic distance triathlon over two days, 750m swim, 20km cycle, 5km run on both days. Also Active Kids Triathlon (race run in age groups) and Active First Timers Triathlon.	Rainbow Beach	www.rainbowbeachtriathlon.com.au
August 30	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
September 5	The Stampede obstacle course race	Run wild through an epic 5km or 10km obstacle course. Inch your way through thick mud, climb cargo nets, speed down our mega slip and slide and dash through live wires charged with 10,000 volts before washing it all down with a cold beer. Junior Stampede, aged 5-11 years, take on a 2km course.	Woodford	www.thestampede.com.au
September 12-13	Glasshouse 100 Trail Run	Run options include 100mile (160km), 100km, 50km, 30km, 10km. The 100 mile course consists of two loops - the western section of about 110k and the eastern section approximately 50k. The terrain varies from easy gravel road to rough, steep single track.	Beerburum	www.glasshousetrails.com.au
September 13	Ironman 70.3 Sunshine Coast	Long distance triathlon, 1.9km swim across Mooloolaba bay, 90km ride along the Sunshine Motorway (two laps) and 21km run from Mooloolaba to Cotton Tree (two laps).	Mooloolaba	www.ironman.com

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Upcoming Coast events

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Date	Event	Distance	Location	Website
September 20	Mountain bike orienteering – State Series, round nine	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburum	www.sunshineorienteers.com.au
September 26-27	Hells Bells and Fairy Bells adventures races	Hells Bells is a non-stop 24hr adventure race involving trekking, mountain biking, kayaking and other adventure disciplines. Mixed, male or female teams of three must navigate their way unsupported through an arduous 100+km course that is only revealed to them hours before the race. Fairy Bells is held simultaneously with three team members, but only two team members can be on course.	South-east Queensland	www.dareyouadventure.com.au
September 26-27	Atlas Multisports Training Camp	Two days dedicated to triathlon training at Noosa for athletes of all levels and distances. Activities include endurance training, swim and run skills and drills, pilates, nutrition information and transition technique.	Noosa	www.atlasmultisports.com.au
October 4	Black Mountain Trail Race	45km ultra marathon and 21km half marathon following the original Black Mountain Road called the Twin Bridges Track.	Black Mountain	www.dynamicrunning.com.au
October 4	Sunshine Coast Trail Running Series	The Sunshine Coast Trail Running Series is a new series by Those Guys Events. Details to be announced.	TBC	www.sctrailrunningseries.com.au
October 10-17	Sunshine Coast Cycle Fest 2015	New annual cycling event to feature a hill climb, road race, criterium and a gran fondo. Designed for riders of all ages and abilities. Staged as part of cycling celebrations in conjunction with Sunshine Coast Council.	Sunshine Coast	www.facebook.com/scyclefest2015
October 11	Color Run Sunshine Coast	Also known as the happiest 5km on the planet, is a unique paint race that celebrates healthiness, happiness and individuality.	Quad Park, Kawana	www.thecolorrun.com.au
October 17-18	Bribie Tri race one	Saturday: Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	www.briebietri.com.au
October 24	The Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	www.runqueensland.com
November 1	Noosa Triathlon and Multisport Festival	Olympic distance triathlon (1500m swim, 40km ride, 10km run), as well as a 1km ocean swim, and a run/swim/run event.	Noosa	www.ap.ironman.com
November 21-22	Hundy - Hervey Bay 100	Triathlon featuring a 2km swim, 80km cycle and 18km run.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 28-29	Bribie Tri race two	Saturday: Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 1000m swim, 30km cycle, 8km run.	Bribie Island	www.briebietri.com
November 29	Sunshine Coast Trail Running Series	The Sunshine Coast Trail Running Series is a new series by Those Guys Events. Details to be announced.	TBC	www.sctrailrunningseries.com.au
December 20	Buderim9	Climb nine Buderim hills, covering 75km, within three hours.	Buderim	www.buderim9.com.au

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