

Wednesday, February 24



Special effort for the kids

By GRANT EDWARDS

SWIMMING from Mudjimba to Mooloolaba has been on Duane Cannell's bucket list.

The 46-year-old swimming instructor and physical education teacher is planning on giving that a big tick this year.

"One of the questions new clients ask you when they find out you're an open-water swimmer is 'have you done the Mudjimba island swim'. I'm sick of saying no," Duane said.

To be staged on May 14 and now organised by Atlas Multisports, the Mudjimba Island Swim has become a Sunshine Coast institution.

Raising money for Nambour and Currimundi special schools for their efforts, solo and team competitors swim from Mudjimba Beach, around Old Woman Island and finish the 11km journey at Mooloolaba.

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WHERE EQUIPMENT MEETS DEDICATION

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Exciting new phase for annual swim

From Page 1

Finding supporters for the swim was a simple task for Duane, who will have Mudjimba lifeguard Blair Day by his side as the paddler.

"I have seen the start and finish but I have never competed. I have talked about it many times," Duane said.

"I'd imagine it would be great feeling finishing the swim and seeing the kids.

"Especially working with young children every day, the cause is close to my heart.

"Ashley Robinson and Bill Hoffman have certainly started a legacy."

Swimming has always been a major part of Duane's life. Breaststroke was a strength during his school years, and after making several state teams, Duane went on to make finals for the Commonwealth Games and Pan Pacifics in the 1990s.

While posting sub 30-second times for 50m and 1:05 for the 100m, he typically finished fifth or sixth in the finals and was unable to break into the Australian swim team.

That led Duane to triathlon, and it was in 1993 that he represented Australia at Manchester's world age group championship where he finished 25th overall.

Duane had planned to continue the following year, but a bout of glandular fever saw him take time off from all sport.

His passion for swimming and competing saw Duane make a return to the pool and he has been teaching swimming for more than 20 years.

Teaching part-time at Woolloowin's Holy Cross and Sandgate's Sacred Heart Primary School, Duane is also kept busy teaching clients young and old through his Makin' Waves Swim School.

Travelling to the Coast most weekends, Duane officially made the move here six years ago where he has become well known in swimming and triathlon circles.

Racing at various open-water events in his age group about 10 times a year, he is regularly a divisional winner and each year heads for Hawaii to compete in the 3.6km Waikiki Rough Water Swim.

But the Mudjimba Island Swim will be a new challenge.

"Every time I hop in the ocean I find it therapeutic and relaxing, even for a long open-water swim," he said.



Duane Cannell is taking part in the Mudjimba to Mooloolaba charity swim. *Photo: Che Chapman*



Ashley Robinson (left) and Bill Hoffman brave the cold waters back in 2008. They took on the challenge to swim the journey in Speedos to raise extra money. *Photo: Warren Lynam*

"It's not a race, it's a charity swim, but I'll be upping the training. Training under Ken from Kawana in the adult squad, I'll be trying to do some 6km pool sessions. I'll be doing a lot of 400s, probably with 15 400s as the main set.

"Normally I do 10 in a main set, plus the warm up and warm down. The 400s are off a time base of six minutes with about 30-40 seconds of rest."

With Atlas Multisports taking over the organisation, this year's

event will also feature a 400m kids' swim at Mooloolaba.

Individual swimmers will still set off from 7.30am at Mudjimba, followed by the teams. The first swimmer is expected to reach Mooloolaba by 9.30am, while the kids' races will start at 10am.

Atlas race director Jason Crowther said he was looking forward to working with the committee to help build the annual swim.

"I'm excited to be organising an iconic event which ties in really

ISLAND SWIM

What: Island Charity Swim.

When: May 14, starting at 7am from Mudjimba Beach.

Entries: Submitted by April 20. Individual swimmers must raise \$1000 in sponsorship/donations to enter; teams of two \$1500; teams of four \$2500 and teams of six \$3000.

Contingency: If conditions are adverse the contingency is 2.5km loops at Mooloolaba Spit.

Kids' event: 400m swim to be staged from Mooloolaba Beach.

History: The swim started as a bet between Ashley Robinson and Bill Hoffman, and has raised more than \$1 million in 15 years.

Website: islandcharityswim.com.au

well with what I do with not-for-profit events," he said.

Atlas runs the Sunshine Coast Marathon Festival and the four-race Sunshine Coast Run Series.



Brodie Gardner on his way to third in the Xterra Albay Off-Road Triathlon Championship.

Photo: Anthony Gianan

Brodie closing the off-road gap

By **GRANT EDWARDS**

SPENDING more than two days trying to get home from the Philippines did little to sour Brodie Gardner's Xterra Albay Off-Road Triathlon Championship.

The Coast athlete finished third, just nine seconds behind fellow Aussie Ben Allen.

Testament to his solid preparation, the performance was a sizable improvement on Brodie's last race against his compatriot in November where he was about three minutes adrift.

While Ben had a bike crash, Brodie said it was good to start closing the gap on more experienced off-road racers.

"I didn't even realise he was only that far in front of me because

you are almost racing blind due to the terrain," Brodie said.

"In the last 300 to 400 metres I saw him in front. I was getting chased down by a team relay racer so I was more focussed on not getting caught."

Racing professionally in the traditional world of triathlon, Brodie made the switch to the tri-sport's off-road version about two years ago and has been slowly building his success.

While realistic that there is still a lot of work to do, Brodie said he feels there are gains to be made in his training.

"One of the biggest gains is some consistent training. I feel much more relaxed at the moment," the 29-year-old said.

"With work if I miss a session, I

know it's gone rather than overtraining which I have in the past.

"I am a little bit more experienced on the mountain bike now. I've worked on that over the last six months, as mountain biking is completely different than sitting on a time trial bike where it's all steady state and holding your power.

"Mountain biking, you are up and over threshold regularly...physiologically it's a far different sport.

"I still have a long way to go. I feel it is improving."

Regular time on the mountain bike is pivotal, and Brodie regularly rides Noosa, Parklands, Caloundra and Ewan Maddock to further develop his "whole new

skill set".

Brodie's "A-race" will be staged this weekend at the Australian Cross Triathlon Championships in and around Lake Crackenback (NSW), which is a qualification event for the world championships that will be staged at the same venue in November.

"I have no real long-term plans. Having the 70.3 world champs here on the Coast is very enticing. Once in a lifetime opportunity to race on your home soil so I might also chase qualification for that," Brodie said.

If Brodie makes a return to the traditional triathlon realm it will mean a hefty racing schedule as he'll have to head overseas in order to bank enough points over five races to gain qualification.

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Tapping into new technology

By GRANT EDWARDS

THIS year's most-anticipated piece of cycling technology has arrived.

The SRAM eTap has arrived, a wireless drivetrain system for just over \$4000.

Essentially it's just four components: left shifter, right shifter, front derailleur and rear derailleur. While the four mechanisms communicate, they operate independently.

Operating the gear changes is slightly different to anything we've seen before. Using what SRAM calls "advanced shift logic", the right lever downshifts to make it harder, the left lever upshifts to make it easier, while tapping both levers simultaneously changes the front ring.

Le CycleSportif's Greg Ball said he'd ridden Focus demonstrator bikes with eTap and they were as good as Shimano Di2 Dura Ace in terms of accuracy but it neater without any wires.

And Focus is about to release the Izalco Max with eTap and Zipp carbon clinchers for about \$11,000.

"If I didn't have three bikes myself I'd be tempted," Greg said.

"For this year I think it might be too expensive for many people ... it's mainly going to be limited to those buying the complete bike.

"You'll see it on other brands for \$15,000, which is still not bad, but Focus do an incredible job on the value front."

Cycle Zone Mooloolaba owner John Carey said the eTap was the



Mechanic Marc Allen of Venture Cycles marks the end of cables and wires with the SRAM eTap drivetrain. Photo: Contributed

most talked about new product on the market.

He's already sold one for use on a Cervelo P5.

"Everyone knows about it, people now are just inquiring about price. It's availability and how much," John said.

"You don't have to buy the whole drivetrain if you have SRAM Red 11 speed, you just need buy the electronic gadgetry.

"Mechanically, building a bike is easier because there is less to go wrong. You can't break a cable and even if you remove your handlebars for travel you are not going to affect your gears."

Another key advantage is to position the shifters anywhere – particularly useful with time-trial bikes.

Jeremy Peterson of Venture Cycles has an eTap operational on a new Trek Madone 9, one of only about 20 groupsets currently available in Australia on the retail market.

"It's been around for a while. They have been testing and testing ... my verdict is it's awesome," he said.

"You pair them up, bolt them to your bike and go ride. It's as easy as that.

"From a mechanic point of view, it's a dream. Literally it saves us about two to three hours of work building a bike. Just two brake cables and not having to chase electric wires and batteries.

"The shifting is precise, sharp, fast and on a level playing field with Shimano and Campagnolo."

Jeremy said when availability improved, he'd be running eTap on his personal roadie.

Keith Maricich of Trilogy Cycles said he got his first look at the system via a SRAM-sponsored athlete.

"I was incredibly impressed with the simple nature of how it operates. The new SRAM eTap has removed all wires from the drivetrain. Right paddle – used to upshift; left paddle – used to downshift; with the use of both paddles to move the front derailleur providing precise shifting every time," he said.

"The unit runs off a small

BOTTOM LINE

SRAM eTap RRP

Road upgrade kit	\$2799
TT upgrade kit	\$2677
Road GXP groupset	\$4509
Road BB30 groupset	\$4581
TT GXP groupset	\$4585
TT BB30 groupset	\$4657

Batteries: Literally a snap to remove and charge. Just flip the tool-free battery latch up and slide the battery up and out of the derailleur. Then snap the battery into the USB- powered charger and connect the charger to any USB power source or A/C USB adaptor. A full charge takes 45 minutes.

Weight: Rear derailleur 239g, front derailleur 187g.

removable battery pack that is mounted to the rear derailleur.

"I understand that SRAM-sponsored athletes have been using eTap for quite some time now, and I believe that there will be a strong demand for eTap as soon as it becomes more readily available. I have just recently sold a high-end Scott Addict SL with SRAM Red, with my customer ordering an eTap to be fitted as soon as I can have available ... which could be a few months off as the first shipment to Australia was limited, with a few hundred units on back order already."



Focus is about to release the Izalco Max with eTap and Zipp carbon clinchers for about \$11,000 Photo: Contributed

Young guns impress at state championships

COAST athlete Romy Wolstencroft has set the benchmark ahead of national competition in April.

Romy won the senior female division at the Queensland School Sport – Triathlon State Championship in hot conditions at Hervey Bay last Friday.

Her effort of 1:08:17 (750m swim 12:26, 20km bike 35:43, 5km run 20:08) secured victory by nearly two minutes.



That assured Romy a place on the Queensland team which will race against the nation's best on the same course from April 18-21.

In the senior boys, Jake Hynes (pictured above) also booked his spot after he came second with a time of 1:03:11 (swim 10:57, bike 32:53, run 19:20).

Anastasia Heikkila could also be



Romy Wolstencroft.
Photo: Warren Lynam

a chance of making the intermediate state team after finishing sixth in 59:59 (600m swim 11:02 31, 16km bike 31:11, 4km run 17:45).

In the aquathlon, Mitchell Stitt finished second 11:59.00 (500m run 3:33, 100m swim 3:51, 500m run 4:34).

ALL SCHOOLS

Juniors

Male

1. Lachlan Medway
2. Felix Graf
3. Lochie Armstrong

Female

1. Richelle Hill
2. Bianca Jones
3. Jasmyn Coventry

Intermediate

Male

1. Kieran Croker
2. Luke Harvey
3. Todd Baldwin

Female

1. Sam Whitting
2. Jessica Ashworth
3. Sam McInnes

Seniors

Male

1. David Pinto
2. Jake Hyne
3. Jace Grant

Female

1. Romy Wolstencroft
2. Dimi Coventry
3. Britany Yarde

Final team yet to be announced.

Rach gets the job done in NZ

AFTER being diagnosed with cancer, Rachael Paxton thought an iron-distance event was beyond all possibility.

But on Saturday in near cyclonic conditions, she got the job done at Challenge Wanaka.

In what was likely to be her only iron-distance event, Rachael finished in 11 hours and 16 minutes – the fifth professional female across the line (swim 58:14, bike 5:57:12, run 4:14:03).

“That was the most messed up thing I've ever done. Headwinds and crosswinds saw me witness another pro female literally blown off her bike and end up looking like a victim in a horror film,” she posted on Facebook. .

“Over the moon to finish fifth pro female from 10 starters with the hardest swim, windiest and scariest bike and toughest run I've ever done. Quads feel like they've been attacked by a meat cleaver. Box ticked- never again!”






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Cyclist in profile

Name: Dave Fellows.

Age and marital status: 56 years, married, three kids, three grandkids.

Nickname: Dave or on Strava "The Gobi Bear".

Birthplace: The back of a short wheelbase Land Rover just outside Orbost, Victoria.

Occupation: Self employed.

Sport: Cycling

Favourite food: Bacon.

Favourite drink: Coffee, black over ice.

Pet hates: Lack of initiative, laziness, shallow promises.

Favourite ride location: The Sunshine Coast is pretty great for riding, offering a lot of everything. I particularly enjoy getting out around the Glasshouse Mountains it's so scenic and peaceful, the descent from Peachester rates very highly with everyone who rides, it's smooth, fast with well cambered corners. The Glasshouse Mountains also sounds like I'm riding some hills without having to actually ride too many long climbs so it suits my flatlander preferences.

Bucket-list event: The TOOMOO. I dreamed up and organised the inaugural TOOMOO ride in 2014, but it got out of hand and I had to manage the 44 riders who joined; consequently I didn't get to participate on the bike. We went again in 2015 and this time I was all geared up to ride but we were smashed the day before (Friday) with that massive weather event. Roads were washed away, bridges submerged and some motorists even lost their lives; consequently again I had to forgo the bike in order to replan the route on the fly.

It's a 220km scenic cruise from Toowoomba to Mooloolaba quite



Sunshine Coast cyclist Dave Fellows.

Photo: Contributed

stunning actually and a lot of fun for the riders. This year we have introduced a half distance event (110km), the MINIMOO, starting at Somerset Dam to Mooloolaba on the same day, April 30. All proceeds from the day will go to SunnyKids so it's a special kind of ride that has a lot of significance for the riders and myself.

How did you get into riding: I was doing quite a bit of running and smashing myself pretty hard, I wanted to ease into triathlon just for fun and bought a bike. That was about four years ago, it didn't take long for me to realise I was having a lot more fun on the bike, it's a great way to free yourself, to keep very fit and to interact with like minded and supportive individuals.

Cycling has in a way opened the local community up for me, I was until then pretty insular, in that all my business was offshore and involved a lot of travel. I had little connection with anyone here on the Coast. Cycling changed all that, opening my eyes to the wonderful people and opportunities available here.

I have met so many genuinely

good people through cycling, some truly amazing characters, drawn together through shared enjoyment of what can only be described as a beautiful sport.

What is your favourite bike: I like most cyclists am firm a believer in the N+1 law for calculating an acceptable number of bikes one should own. Under the N+1 law "N" equals the number of bikes you currently own. I have two bikes I ride regularly, one a Giant TCR with all the trappings, the other a bit of a mongrel I built from old parts and specced-up to suit my preference to ride the less hilly terrain, I call it the "Flatlander". It's a carbon aero road bike with a 56/44 front chain ring allowing me to punch out a reasonable pace without spinning my legs off, not the best for the runs up to Montville but great fun for a Noosa blast on a Saturday morning.

Favourite race: Anytime you have two blokes on bikes it's a race, however I don't participate in actual racing myself unless you count Strava. I do however have two races I find genuinely exciting to watch the Tour de France and The Tour Down Under both are on

my bucket-list.

If you could have a celebrity live with you, who would it be and why: If I had to chose someone it'd be someone who has achieved much in their lifetime so I could hopefully become a better person (excuse me while I stick my fingers down my throat). No, I think I'd choose Pluto: he's loyal, harmless and playful, doesn't eat much and won't crap on the carpet.

When you were little what job did you want to do: I wanted to be a ranger for Parks and Wildlife in Victoria. As a kid I grew up in the country we were in fact hillbillies by any yardstick, I just loved being in the bush wrestling wombats, trapping rabbits and foxes I figured a ranger would be doing that all day and I'd be in the driver's seat of that Land Rover.

Best movie: Tough question. Three movies jump to mind, first movie I ever saw was Paint Your Wagon a musical comedy with Clint Eastwood as the lead still love it today, Deliverance and District 9 plus pretty much any of the Monty Python movies, I'll stop now.

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Packed field set for Mooloolaba

THIS year's Mooloolaba Triathlon ITU World Cup sprint race will feature one of the strongest fields in the event's history.

With the Olympics fast approaching, the Sunshine Coast race will provide athletes with one of their last hit-outs before an all-important qualifying race on the Gold Coast.

On the women's side, Aussie legends Emma Moffatt and Ashleigh Gentle will compete alongside international stars such as London Games silver medallist Lisa Norden.

The most tantalising prospect on the men's side is Courtney Atkinson who has made a bid to become the first Australian triathlete to qualify for three Olympic Games, despite a hiatus from the shorter distances.

Courtney had made the jump to the longer distance 70.3 Ironman but the 36-year-old is making a last-ditch attempt to make history.

"The big standout is Courtney Atkinson who has stamped on the mat that he wants to make his third Olympics," Ironman spokeswoman Courtney Akrigg said.

"He's changed his whole training schedule to race in every race up until the Gold Coast.

"He has previously competed in the long course, but a year out he's really targeting Rio qualification."

Courtney will face stiff competition from Spanish pair Javier Gomez Noya and Mario Mola, with Gomez a five-time ITU world championship winner. Also returning is last year's winner Frenchman David Hauss, who finished fourth at the last Olympics and will be looking to go one better at Rio.



Courtney Atkinson is aiming to qualify for his third Olympics.
Photo: Warren Lynam



Five-time world champion Javier Gomez.
Photo: Warren Lynam

The strong line-up comes in a year when the Sunshine Coast will also host the Ironman 70.3 World Championship.

"It's a very strong, full field across both male and female (division) because of the Olympic year," Akrigg said.

"It's a really important race for the athletes, especially those yet to be selected, and it makes it a



Emma Moffatt will face tough opposition from London Games silver medallist Lisa Norden.
Photo: John McCutcheon

really exciting time for the Sunshine Coast with the Ironman 70.3 World Championship coming up too.

"It's really exciting for the Aussie athletes to be in Mooloolaba because it's pretty much home turf for them. They're used to these conditions and athletes like Courtney and Emma have had great success here in the past."

Other athletes set to race include Aussies Gillian Backhouse and Erin Densham, Kiwis Andrea Hewitt and Nicky Samuels in the women's division, while other Aussies looking to impress will be Drew Box and Cameron Good in the men's.

Entries are still available in the Mooloolaba Tri age group event March 13.

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Strength training offers benefits



By **BRODIE GARDNER**
Sport scientist,
exercise physiologist
and professional triathlete



Click here to visit Brodie's website

CONTROVERSY has existed for a long time over whether strength training is beneficial or detrimental for endurance athletes including runners, cyclists, swimmers, triathletes or adventure racers.

Recently, though, there has been an abundance of research and information that supports endurance performance enhancement through strength training when applied correctly. In addition, research also confirms resistance training to be the best exercise intervention for injury prevention.

One of the main concerns often expressed by endurance athletes and coaches towards strength training is that it will increase muscle bulk and therefore add unnecessary weight to their desired lean and light bodies.

However, recent research across a range of endurance sports indicates that correct exercise prescription and manipulation of load, reps (the number of times you perform the specific exercise), sets (the number of cycles of reps that you complete), intensity (how hard you perform the exercise), rest interval duration (time period between performing the exercise, or subsequent exercise) and exercise selection can avoid muscle hypertrophy as well as minimising

any self-perceived heaviness or fatigue sometimes reported during the days following strength training interventions.

Previously, the typical approach to strength training for endurance athletes was to perform high repetitions with short rest (eg 20 reps with 30 seconds rest), or to perform a standard weight-based training regime (eg 8-12 reps with moderate rest).

Conversely, best-practice current strength training guidelines found to enhance endurance sports performance advocate using high loads and low repetitions.

In addition, it is recommended to perform the movement explosively during the concentric phase (when you're working against the resistance), which together stimulate increased muscle power output through improved neuromuscular function (muscle signalling pathways and recruitment) while minimising muscle hypertrophy.

For swimming, dryland resistance-based training interventions have been shown to improve stroke length and tethered swimming force



Kate Schultz undertakes weight training.

Photo: Contributed

production, which are both linked to better swimming performance.

In running, strength training has been shown to increase middle and long-distance time-trial performances as well as improving running economy (reduced oxygen cost) through decreased ground contact time, increased musculotendinous stiffness, or more efficient running biomechanics.

Similarly, for cyclists, strength training improves technique, reduces the oxygen cost, enhances lactate-profile power and increases absolute peak power and average power output over varying distances (1km-45km).

Although often overlooked, another key benefit of strength training is its preventative effect on sports injuries (including overuse injuries).

In 2014, a large meta-analysis reviewing strength training, proprioceptive training,

stretching and multiple exposure (strength, stretching and/or proprioception) exercises on sports injury prevention found strength training alone to have the strongest positive effect.

The study reported that strength training "reduced sports injuries to less than a third and overuse injuries could be almost halved", while "stretching proved no beneficial effect".

Before you remove stretching from your training regime, the study only looked at stretching's preventative effect on injury and does not take into account that stretching and mobility exercises may be necessary to achieve joint range of motion to achieve efficient movement patterns such as that during catch phase of freestyle swimming.

Therefore, is strength training safe and beneficial for endurance athletes? Yes! However, the training program needs to be well designed, functional and sport-specific with a focus on correct movement patterns and technique.



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The apartment is a welcoming, relaxing, sophisticated space where the focus is on lifestyle and waterfront living.

This apartment is a generous size and has high ceilings.

An open plan between well-designed areas extends to the large private lawn with water views.

Quality touches like a real-flame wall-mounted fireplace and aluminium plantation shutters add to the appeal. Space is again a feature of each of the three



bedrooms. The front bedroom has its own garden and access to the pool facilities, which is ideal for guests.

The master bedroom has bath, shower and twin-basin vanity.

A study with cedar shutters provides a work area integrated



into the overall design. There is secure underground parking for two vehicles plus a lockable storage facility with power.

The apartment is within a short distance to shops, championship golf course and famous Sunshine Coast beaches.

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By IAIN CURRY

INSPIRATION doesn't come much bigger than knowing you've got Simon Gerrans, Richie Porte, Rohan Dennis and Geraint Thomas chasing you down.

Not to mention the might of Team Sky, Orica-GreenEDGE and BMC teaming together to crack Adelaide's hills in hot pursuit of thousands of amateurs tackling the same route on the same day.

The Bupa Challenge Tour Ride is the Tour Down Under's mass participation festival, an impressive cyclosporive/Gran Fondo over the toughest stage of Australia's annual curtain raiser on the UCI World Tour. For 2016 that meant a 142km trial from the Adelaide suburb of Norwood, up through the Adelaide Hills and down to South Australia's southern coastline and a finish at the tourist town of Victor Harbor.

A little sting in the tail was the location of this year's King of the Mountain: Port Elliot's Crows Nest Rd – a 4km climb with an average gradient of 5.8% (but up to 12% in places) that riders had to endure with 118km already in the legs.

For cycling enthusiasts, participating in the Bupa Challenge is an ideal excuse for a cycling-themed getaway.

The first challenge was, of course, getting to Adelaide. The expense of flights, an extra baggage charge with a bike box, hotel room and (large) rental car all added up, but who ever said cycling was a cheap sport?

A positive was the excellent organisation of the event. Sign-in and official Challenge Tour jersey collection was easy (despite being in the heart of the city), and with the cycling expo in the same spot there was plenty on offer to help enthusiasts get caught up in the excitement.

I also spotted a few of the pro riders wandering around (they are of freakish body shape) and team mechanics with some of the two-wheeled hardware to drool over.

For 2016 a new event was a public time trial up Adelaide's Norton Summit Rd, a 5.6km climb introduced to give participants the feeling of being part of a pro time trial.

The route was chosen as, according to cycling app Strava, it was Adelaide's most popular hill climb test. Entry fee was \$90 and limited to 300 riders.

It looked an excellent initiative:



Iain Curry, below, loved the 2016 Bupa Challenge Tour.

Photo: Contributed

closed road, professional time-trial starting ramp, riders released every 30 seconds and decent prizemoney – \$1000 each for the first male and female placings – plus the honour of sitting in “fastest so far” thrones until your time was beaten. King of the Hill this year was Rhys Gillett with 11:17.36 while Queen was Nusha Kerin with 15:06.78.

As for the Bupa Challenge Tour itself, riders could opt for four different start points along Stage 4 of the 2016 Tour Down Under: the full fat version at 142.4km (\$145 entry fee), a 100km route from Echunga, 70km route from Strathalbyn or “bring the kids” effort of 36km from Goolwa. The city-start riders (myself included) pedalled off at 6.30am, covering the identical route to the pros who would set off later the same day.

You line up according to your self-nominated speed category – 25-30kmh for example – and begin with a police escort, although the whole of the Challenge Tour (bar the King of the Mountains climb) was not over closed roads. Local drivers respected the riders very well, however (with the odd exception), and it was over-eager bike descenders – a few of whom came a cropper on tight turns at the base of hills – that seemed to be taking the biggest unnecessary risks.

Blessedly the weather was dry and the temperature in the 20s – it can be so, so different in Adelaide in January – and the route was a fine blend of decent road surface, stunning scenery and fragrant summer smells through the

Adelaide Hills. The initial climbs were lengthy rather than too taxing on the gradient front, with stronger riders soon surging past the stragglers, some of whom were walking up hills only 10km in – long day in store for those folk.

Well-placed food and refreshment stops, plus mechanical help in places, were excellent and key to ensuring everyone had a good day out.

With the hills out of the way there was ample opportunity to boost the average speed by riding in some large and rapid groups, and I enjoyed chats with riders who'd come from all over Australia to compete, plus a couple of Europeans making the ride part of their Aussie adventure. Meeting these other riders is one of the most rewarding parts of a cyclosporive.

There were few happy faces to be found on the King of the Mountain climb, however. The Crows Nest Rd climb was a regular lung-buster for me when I lived in South Australia, and it really is a bitch of a road in places. You know the type; starts off gentle and steady to ease you in, then ramps up to ensure it's bum out of the saddle and legs burning.

About 12% gradient in places – including just before the finish line – is a brutal test, even without 118km already completed. More bike-pushing walkers than those still turning pedals suggested its toughness.



A final lovely descent into Victor Harbor with a shimmering ocean behind was a real highlight, as was the fortune my riding companion and I had as we rounded the final corner and had the finishing straight – a good 300m or so – practically to ourselves as we enjoyed a Mark Cavendish/Andre Greipel-esque sprint battle to the finish line, albeit at probably half the speed of those freakishly-legged sprinters. For those few brief seconds, we got a glimpse of what it's like to be a pro rider desperate for a stage win (I lost, by the way).

A complimentary sandwich and fruit greeted us at the finish, followed by some celebratory beers in the local pub beside the finish line.

A few hours later we enjoyed eventual Tour winner Simon Gerrans score a stage win over the course we'd just conquered, helping give the feeling that, even if just for a day, we were out there riding with some of the world's best.

Knowledge is power with recovery



By **MARGIE CAMPBELL**

Physiotherapist and elite middle distance runner

AT SOME stage in all of our lives we will suffer from an illness or injury.

Hopefully it will be something mild which will settle on its own, but in some cases it will require some help from a healthcare professional. There are three very important things you need to ask and, more importantly, understand during your appointment that will ensure you recover as quickly as possible.

Why has this happened?

Knowing how the injury or illness occurred, the structures involved, and why the body is responding the way that it is will take the mystery out of the situation.

Humans are generally logical creatures, and once we can visualise what is happening inside our bodies the anxiety and associated pain can be better controlled. For example, instead of worrying about the swelling in a sprained ankle, know it is a protective mechanism of the body designed to help protect the damaged tissues and initiate the healing process.

How long will it take to heal?

Some injuries we can give a reasonably definite answer to (eg a broken bone will heal in six–12 weeks), but others will depend on a multitude of factors.

For example, the tissues affected, your age, gender, weight, genetics, activity level, previous history of injuries, and how long this has been going on. But being given an idea of the time frame will help prepare you for the recovery process and give you a goal to work towards.

What can we do to fix it?

Being given the tools to correct a problem ourselves is incredibly empowering. It is when we don't have the appropriate equipment or knowledge that we become frustrated and stressed. Think being faced with a complicated maths equation without knowing your times tables (or a calculator!).

When we know what to do and when to do it, we are being given the control back over the problem, rather than the problem having control over us. But this is where



If you have been given exercises or stretches by your care provider, do them. Photo: Mike Richards

you have to be prepared to help yourself.

Your treating therapist is there to assist you to get better (note the “we” in the original question), but you have to do your bit as well.

If you have been prescribed medication, you need to take it as it's been prescribed.

If you have been given exercises or stretches, you need to do them. If you've been told to rest, you need to do it.

Your therapist cannot do them for you. It is a team effort where you and your health care professional are working together to get you back happy and healthy.

The whole “knowledge is power” can actually be explained in physiological terms.

It basically comes down to the two divisions of the autonomic nervous system – the sympathetic and parasympathetic systems.

The sympathetic “fight or flight” system works when we need to be in a state of heightened awareness (ie in a situation where there is real or perceived danger to our mental or physical state).

It is frequently associated with an increase in breathing rate, heart rate and adrenalin production.

Think of how most people feel before having to do public speaking.

It is a very stressful situation, mainly because we don't know how it is going to go. However, compare it to once it is all over

and it all went well – your heart rate calms down, your breathing returns to normal, and your palms stop sweating. You are much calmer because you now know the outcome.

If you knew ahead of time it was all going to be fine, you probably wouldn't have gotten so anxious beforehand. It is exactly the same in coping with an injury.

It is incredibly scary in those early stages when you don't know what you've done, how badly you've done it, and how long it's going to take to get back to normal again. This triggers that sympathetic nervous system response, which is not conducive to healing.

When you understand the process and are aware of the different stages of recovery, it allows for the more protective parasympathetic nervous system to kick in. This system is geared towards a more calming and restorative state. It facilitates digestion, the storing of energy, as well as the regeneration and replenishment of cells. This system is most active during meditation, sleep and resting (which is why children sleep so much – they need this rest time to allow all the new cells to develop for the child to grow).

Without enough parasympathetic activity, there is insufficient cellular repair to heal the injury.

That is why rest is so important when recovering from an injury. By

Click here to email Margie any questions



understanding the ways the body responds to pain and anxiety, you can deliberately manipulate it to bring it back under your command.

Whether this is taking the pain medication prescribed for you, altering your posture or position, or just by lying down and having a rest with a heat/ice pack on, it all helps in you regaining control over your recovery process.

We are responsible for our own bodies, and as such it is on us to know as much as we can about the injury or illness.

Once we are well-informed about the problem the stress of the unknown is removed. It gives us control. It is when we feel we are out of control that our stress levels increase, influencing the different systems in our body that can change the whole scope of the healing process. So please ask these questions of your healthcare provider. If the answer doesn't make sense, please ask them to explain it again.

It is your health on the line, and you need to be involved with every step of the process.

This'll carry the bikes...and the shop

By IAIN CURRY

WE'VE never had so much choice when it comes to discovering our inner truckie.

Ram Trucks has arrived after right-hand-drive re-engineering, offering Laramie 2500 and Laramie 3500 4x4 Crew Cab heavy-duty pick-ups able to haul the tonnage only these American pick-ups can manage – around double, for example, what your Aussie Ford Ranger can legally manage.

Deliveries across the country have just begun, and we were able to snare a day's test drive in a 2500 model (the 3500 requires a truck licence) from Sunshine Coast dealer Cricks Nambour.

Ram Trucks enter the arena against established imported and converted American truck competitors, and it has been an impressive multi-million-dollar exercise.

In a nutshell, Walkinshaw Automotive Group and Ateco Automotive (importers of Maserati, Lotus and Chinese brands) have combined to create distributor American Special Vehicles (ASV) to sell right-hand-drive Ram trucks in Australia. Walkinshaw remanufactures the Rams to RHD on purpose-built production lines in Melbourne that "meets the engineering standards, quality and refinement of the LHD product", while Ateco brings its import, distribution, network, sales and marketing know-how to the party.

The ASV Ram Trucks are produced with full volume import approval, meaning they are compliant with Australian Design Rules and will be the sole importer of Ram models covered by that approval. In addition, Ram Trucks come with a 3-year/100,000km warranty with roadside assist, have passed the ADR crash test (although this wasn't required), and the brand already has 18 dealer sites nationwide.

"Our customers are excited to have Ram Trucks that are purpose built and designed for the Australian market, backed by a full factory warranty," said Cricks Nambour general manager Dan Hunt.

Mr Hunt said typical buyers were those needing to tow larger caravans, horse floats, boats or cattle. Payload for the 2500 Laramie is 913kg (1713kg for the 3500) and the braked towing capacity using a pintle is a mighty 6989kg (using a 70mm ball you



The hulking Ram Trucks 2500 Laramie 4x4 Crew Cab.

Photo: Iain Curry



can still haul 4500kg).

The 2500 Laramie we tested is \$139,500 before on-roads (meaning about \$147,000 drive away), or add \$6000 for the even heavier duty 3500.

Key to buyers is the quality of the RHD conversion. ASV has designed the Rams to mirror the factory-sourced LHD variants to exacting standards, sourcing the likes of a RHD steering system from the same company that make the LHD equivalents.

The dashboard in particular looked factory-good – there are no gaping cracks, squeaks or the smell of fibreglass to fear here.

Leather seats are huge and cossetting for lengthy journeys, and the RHD footwell has been enlarged slightly, but your resting foot is still a tad cramped – nothing uncommon though for converted vehicles.

Such is the high specification, the Ram is a premium-feeling place to work. Its vastness means the layout is uncluttered, the touch screen an impressive control unit, and the only grumbles being a foot brake and huge column shift extending too far towards the window, making shifts a tad awkward.

Sadly we weren't able to test the Ram as most will use it, that is with a substantial load being

towed. As a standalone vehicle, it's hardly civilised in the modern sense of things, but you've got a 6.7-litre Cummins truck engine hauling more than 3.5 tonnes of American heavy-duty pick-up here. And what an engine. The 1084Nm of torque is stunning, propelling the brute in beastly fashion and making it ideal for larger tow jobs.

The 2500 is coil sprung (the 3500 leaf sprung) so ride is quite comfortable (if bouncy with no load in the back), and cabin insulation impressive.

The hardest part is making it fit on the narrow roads through town; while parking and turning a six-metre long truck ain't easy, obviously.

These aren't the cheapo, stripped-out, entry-level trucks available on the American market, they're impressively loaded. Leather trim, heated and air-conditioned power seats, heated steering wheel, dual-zone climate, 8.4-inch touch screen, bluetooth and hands-free voice command, navigation, a cinematic quality sound system (it's incredible), electronic vehicle info centre, 240v Aussie plug point, rear-view and cargo camera, power adjustable pedals, sunroof and

VITAL STATISTICS

Model: Ram Trucks Laramie 2500 4x4 Crew Cab.

Details: Four-door four-wheel drive giant American pick-up truck.

Engine: 6.7-litre inline six-cylinder Cummins turbodiesel generating maximum power of 276kW @ 2800rpm and peak torque of 1084Nm @ 1600rpm.

Transmission: 6-speed column shift automatic.

Consumption: 15.8-litres/100km (as tested).

Payload: 913kg.

Braked towing capacity: 6989kg (pintle); 4500kg (70mm ball).

Bottom line plus on-roads: \$139,500 before on-roads (\$6000 more for 3500 version)

Website: www.cricksnambour.com.au, 5441 9500.

rear sliding window, trailer sway dampening, dash-mounted trailer brake controller and diesel smart exhaust brake. You get 18-inch alloys, keyless entry, cruise control and very cool remote starting.

Ram Trucks and ASV aren't doing things by halves here; the organisation looks well set up to deliver strong product with the 2500 and 3500 Laramies and customers will be assured by the factory warranty and large dealer network.

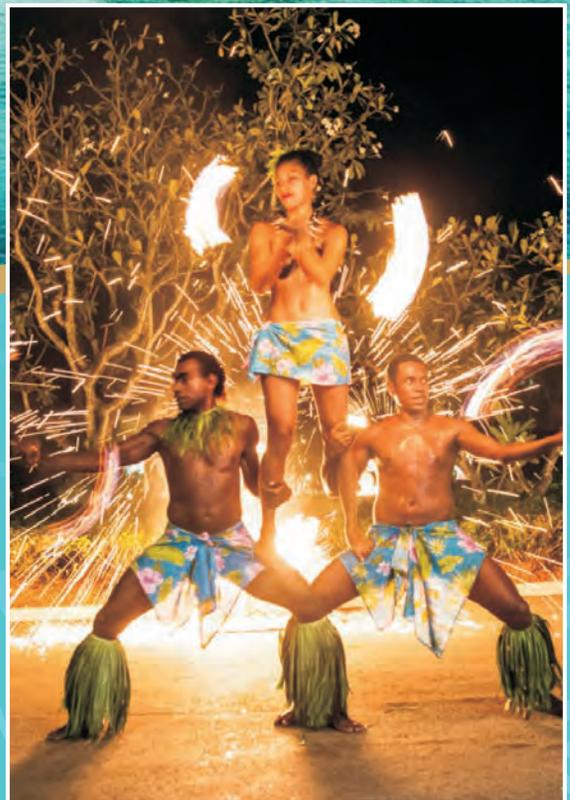
The RHD conversion looks high quality, as we'd expect of Walkinshaw.

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*Conditions apply. Price is per person, twin share and includes return airport transfers and daily buffet breakfast

The latest and greatest...



The revamped men's Brooks Launch 3 has rocketed into Allez Sport Mooloolaba. The ultra-light, neutral training shoe is streamlined, cushioned and super springy. Launch yourself into your next run for an off-the-planet experience. RRP \$189.95.

The brand-new Cloudsurfer brings "Running on Clouds" to the next level with the most advanced technology improvements in all the right places. Newly developed arrow patterns on the sole of the shoe provide outstanding grip and traction. The open cloud construction saves weight to make the Cloudsurfer lighter than ever before. Check them out at Trilogy Cycles, Noosa Heads, RRP \$229.



Updates to Garmin's Fenix 3 multisport watches includes Garmin Elevate wrist-based heart rate technology, additional activity profiles and new, stylish watch bands. The three new sapphire-lens options include a premium version featuring a titanium bezel and band, a version with easily interchangeable leather and nylon straps, and a version touting Garmin Elevate wrist-based heart rate. It now has advanced running dynamics like cadence, vertical oscillation and ground contact time, as well as a paddling mode that measures paddle stroke count, stroke rate and distance per stroke to determine efficiency. They are at Cycle Zone, RRP \$949.



Cycle Zone Mooloolaba mechanic Dan Evans is excited. He rates this as the best in the business. T-9 was developed and licensed by global aerospace leader, The Boeing Company, to fill a need for high-performance, long-term metal protection and lubrication. It's now available at Cycle Zone for RRP \$25, and \$39 for the spray.

Make every session a touch more tolerable with Pre-sports Antifriction cream, RRP \$30. It is a long-lasting anti-chaff cream on a 100% natural base which makes it essential for any hot spot. Protect your skin and enjoy your training. Now in store at Allez Sport Mooloolaba.



The all-new Profile Design HD FC 35 System is a low-profile sleek between-the-arms hydration system designed to improve bike handling by moving the complete volume of the bottle between the rider's arms.

The hydration systems were designed with one thing in mind – to create a clean front-end solution that thoughtfully integrates hydration, nutrition and electronic needs. Integrated storage streamlines nutrition needs into the rear airfoil compartment. Computer mount positions perfectly at the front of the system for optimal viewing. Check them out at www.ezisports.com.au, RRP \$159.95.



Take your swimming to the next level with Dare2Tri's Unisex Neoprene Swimshort. They are the perfect training tool to keep you buoyant through your midsection allowing you to work on your stroke and forget about sinking. Available at Allez Sport Mooloolaba now for RRP \$109.95.

Upcoming Coast events

REGISTER YOUR EVENT
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
February 27	Sunshine Coast Trail Running Camp	T:Zero Multisport is hosting a camp for anyone interesting in trail running, from the beginner to the expert, whether you are taking part in upcoming ultra runs or just starting out.	Sunshine Coast Hinterland	www.tzeromultisport.com.au
February 27-28	Atlas Multisports Rainbow Beach Training Camp	Ride 200km to Rainbow supported and then join the camp will also give participants the skills and knowledge of how to prepare and recover for endurance events through nutrition, use of pilates and massage.	Rainbow Beach	www.atlasmultisports.com.au
March 6	Mooloolaba Mile – World Swim Series	Events include marathon distance (3km), long course (2km), short course (1km) and junior (300m 8-16 years and 1km 10-16 years).	Mooloolaba	www.worldserieswims.com.au
March 6	Bendigo Caloundra Community Bank Just Tri It Series race two	A triathlon perfect for everyone - short course for kids and beginners and a sprint distance for experienced triathletes. Short: 300m swim/10km ride /3km run. Long: 600m swim/20km ride/6km run. Kids 7-9 years: 100m/2.5km/500m. Kids 10-12 years: 200m/5km/1km.	Golden Beach	www.caloundratriathlonclub.org.au
March 10-11	Australian Youth Triathlon Championships	Ages 13-18. 13-14yrs male and female 400m/12km/3km. 15 -16yrs 600m/16km/4km. 17-18yrs 750m/20km/5km. Mixed teams relay three athletes (two males and one female) per team 13-15yrs 3 x 200m/4km/1.2km. 16- 18yrs 3 x 200m/4km/1.2km.	Twin Waters	www.triathlon.org.au
March 11	Mooloolaba Twilight Run	Start the Mooloolaba Triathlon Festival with a 5km run from the Esplanade and part-way up Alex hill.	Mooloolaba	www.ap.ironman.com
March 12	Mooloolaba Superkidz & Special Triathlon	For all children aged 7-13 years. Distances include: 7-10 years - 100m swim/1km cycle/500m run. 11-13 years - 200m swim/3km cycle /1km run. (Age as at event day).	Mooloolaba	www.ap.ironman.com
March 12-13	Mooloolaba Triathlon Festival	Mooloolaba Triathlon Festival features the professional ITU sprint event on the Saturday, elite cycling criterium, with the centerpiece the Olympic distance (1.5km swim, 40km ride, 10km run) triathlon on the Sunday.	Mooloolaba	www.ap.ironman.com
March 13	Sunshine Coast Ridiculous Obstacle Course	ROC Race is the original game show-inspired obstacle run featuring larger than life obstacles including the infamous wrecking Ball, the sweeper, jump balls, and the world's largest inflatable water slide. The course is 5km in length at Sunshine Coast Stadium.	Bokarina	www.rocrace.com.au
March 19	Bright Run	An exciting glow fun run on March 19 at Nambour showground that will raise funds for Fusion's local youth programs. The run is glow themed with participants encouraged to dress up in glow gear as they run about 3km. Child \$30, adult \$35.	Nambour	www.brightrun.com.au
March 19	Paddy Pallin Adventure Series	Designed for teams of two, the races are fun, fast and furious with teams having to change between three core disciplines several times during the event... mountain biking, running / trekking, and kayaking. These non-stop events will take between two to six hours to complete. The courses consist of 15-25km of mountain biking, 5-10km of trail running/trekking and 2-4km of kayaking.	Wild Horse Mountain	www.paddypallinadventure.com.au
March 19-20	Bribie Tri race four	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 1.5km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	www.briebietri.com
March 27	Wild Horse Criterium	The Wild Horse Criterium on Easter Sunday has 80km, 55km, 33km, 22km and 11km running events in the Glasshouse Mountains, Beerburum. This is a multi-lap event with laps of 11kms, utilising single track off the beaten trail, to keep gravel sections to a minimum. There is a change of direction at the completion of each lap.	Beerburum	www.runqueensland.com

CONTINUED NEXT PAGE

Upcoming Coast events

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Date	Event	Distance	Location	Website
April 9	Bay Break Multisport Festival	Bay Break is a run, bike, swim, walk event held at the Hervey Bay Surf Life Saving Club. The run includes 2km, 5km or 10km. Swim includes 3km, 1km and a 280m swim for kids under 13. Cycling features two races, Elite A & B Riders for 30minutes and three laps, while the second race is open to all-comers, 30 minutes and three laps. Run and swim includes 10km run & 3km swim, 10km run & 1km swim, 5km run & 3km swim, 5km run & 1km swim, junior run (2km) & swim 280m under 13yrs.		www.herveybaybreak.com.au
April 10	Sunshine Coast Run Series race two	Fun runs of 15km, 10km, 5km and 2km. The 15km challenge will include some off-road and sandy sections.	Coolum	www.atlasmultisports.com.au
April 10	Sunshine Coast Cross Country Series round one	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Buderim	www.sccrosscountry.org
April 16-17	Qld X-Tri Championships and Multisport Weekend	Saturday am: QLD Cross Tri Champs: 1500m swim/30km bike/10km run. Sprint Cross Triathlon: 400m/7.5km/3.3km. Junior Cross Triathlon: 150m/5.5km/1km. Dirt Kids Cross Triathlon: 50m/2km/500m. Saturday pm: Mud Rats Kids Adventure Run, 8km trail run, 4km fun run. Sunday am: 45km XC MTB, 22km XC MTB, Mud Rats Dirt Bike. Times from tri champs, 9km trail run and 5km MTB combine for Dirt Master and Dirt Mistress titles.	Landsborough	www.tre-x.com.au
April 22-25	Noosa Smiddy Challenge	Four-day ride through the Sunshine Coast and Gympie regions, covering about 450km.	Noosa	www.smiddy.org.au
April 24	Sunshine Coast Cross Country Series round two	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Caloundra	www.sccrosscountry.org
April 29-30	18hr Dark Side Champs and 12hr Dawn Attack	Two adventure races for all skill levels. The 18hr Dark Side four-person course includes: Up to 70km mountain biking, up to 40km trail running/trekking, up to 15km paddling adventure legs, intermediate navigation. 12 Hour Dawn Attack two-person course will complete: up to 40km mountain biking, up to 20km trail running/trekking, up to 10km paddling, adventure legs, basic navigation.	Sunshine Coast	www.adventureraceaustralia.com.au
April 30	TooMoo 220	One-day supported charity ride from Toowoomba to Mooloolaba, 220km with 2000m of elevation. This year's event will include a MiniMoo of 110km.	Toowoomba to Mooloolaba	www.toomoo220.com
May 8	Sunshine Coast Cross Country Series round three	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Glenview	www.sccrosscountry.org
May 14	The Island Charity Swim	Every year swimmers gather to help the Nambour and Currimundi Special Schools. They swim about 11km from Mudjimba Beach, out around Old Woman Island to Mooloolaba.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au
May 14-16	Ultraman Australia	Ultraman Australia is a three-day, 515km annual endurance triathlon. Day 1: Swim 10km and 140km cycle leg. Day 2: 281.1km cycle leg. Day 3: Run 84.3km.	Noosa	www.ultramanoz.com.au
May 15	Glasshouse Trail Series - Cook's Tour	The Glasshouse 50 Cook's Tour is an off-road trail run in Woodford, Queensland with 6.5km, 12km, 31km and 51km running events. The course covers forest trails and dirt roads with views of several volcanic mountain plugs.	Woodford	www.glasshousetrailseries.com
May 22	Sunshine Coast Cross Country Series round four	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Maleny	www.sccrosscountry.org

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Upcoming Coast events

REGISTER YOUR EVENT
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Date	Event	Distance	Location	Website
May 22	Tri Fraser Coast	Olympic distance (1.5km swim, 40km bike, 10km run) triathlon. Active Kids and the Active First Timers Aquathons: 7-9 years: 500m run/100m swim/500m run. 10-13 years: 1km run/300m swim/1km run. 13 years+ / adults: 1km run/300m swim/1km run.	Urangan	www.trifrasercoast.com
May 28-29	Noosa Ultimate Sports Festival	Starting with an ocean swim off Main Beach, with 3.8km, 2km, 1km and 500m options. Then on the Sunday, Cycle Noosa with 160km and 85km events. There is also Run Noosa, with 21.1km, 10km or 5km races.	Noosa Heads	www.ap.ironman.com
May 29	Weet-Bix TRYathlon	Open to kids aged 7-1, TRYathletes start the swim in the Olympic-sized pool at Kawana Aquatic Centre before cycling along Sportsmans Parade and running through the grounds of Sunshine Coast Stadium. Approximate distances are swim 75m, cycle 3km, run 500m for ages 7-10, and swim 150m, cycle 6km, run 1km for ages 11-15.	Kawana Waters	www.try.weetbix.com.au/events/sunshine-coast
May 29	Sunshine Coast Run Series race three	Fun runs of 10km, 5km and 2km, starting from La Balsa Park the 10km and 5km events take in Pt Cartwright and the foreshore at Buddina.	Buddina	www.atlasmultisports.com.au
June 5	Sunshine Coast Cross Country Series round five	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	University of Sunshine Coast	www.sccrosscountry.org
June 12	Sunshine Coast Cross Country Series round six	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Buderim	www.sccrosscountry.org
June 12	Mountain Bike Orienteering State Series	Round four of the State Series. Mountain bike orienteering combines trail riding and navigation. Using specially prepared maps, riders navigate along a network of tracks to checkpoints (controls). Course lengths vary from around 5-40km. Each event will have a number of courses.	Beerburum	www.sunshineorienteers.com.au
July 9	Sunshine Coast Run Series race four	Twilight run at the University of the Sunshine Coast. Run options include 2km, 5km or 10km. The flat, fast course has resulted in plenty of personal best results in previous years and a chance for new runners to test themselves in a safe and unique environment. All events finish with a 300m lap of the world class standard athletics track.	Sippy Downs	www.atlasmultisports.com.au
July 24	Pomona King of the Mountain	The King of the Mountain Festival in Pomona, Queensland is an all-day event for the whole family, climaxing with the Bendigo Bank International Mountain Challenge where competitors run up the face of Mount Cooroora for the 4.2km round trip. Also 3km family fun run, 2.8km dash and kids 4x700m.	Pomona	www.kingofthemountain.com.au
August 13-14	Mountain Bike Orienteering State Series	Saturday will feature the Queensland sprint and middle distance championships, as well as round six and seven of the state series. On the Sunday is the long course championship. Mountain bike orienteering combines trail riding and navigation.	Sunshine Coast	www.sunshineorienteers.com.au
August 13-14	Noosa Strade Bianche	Take a weekend off-road with the 33km Piccolo Fondo for those wanting an introduction to the 'strade bianche', or gravel roads. On Sunday there are two course options: the 133km gran fondo, or the 89km medio fondo.	Noosa	www.noosa-stradebianche.com.au
August 14	Maroochy River Paddle	A marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the out-going tide to finish 17km later in Eudlo Creek at the Sunshine Coast Paddlesports Club. Open to racing kayaks, sea kayaks and fishing kayaks; dragon boats and outrigger canoes; surf spec skis and ocean racing skis; stand-up paddle boards; Canadian canoe, plastic sit-on-top and anything else you might wish to paddle.	Maroochy River	www.maroochyriverpaddle.com.au

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Upcoming Coast events

REGISTER YOUR EVENT
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Date	Event	Distance	Location	Website
August 19	Cricky's Onesie Run	Kick off the 7 Sunshine Coast Marathon and Community Run Festival with a 1km run on the esplanade in a onesie. Numbers capped at 100.	Mooloolaba	www.sunshinecoastmarathon.com.au
August 21	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 3-11	Cycle Queensland 2016 Adventure Tour	The ride starts in Woodford and ends in the spectacular Hervey Bay. Staged on quiet country roads, the ride will travel through Maleny, Kenilworth, Gympie, Rainbow Beach, Maryborough and Burrum Heads before finishing in Hervey Bay.	Woodford	www.cycleqld.bq.org.au
September 4	Ironman 70.3 World Championship	The world's best age group and professional triathletes will converge for the Ironman 70.3 World Championship. More than 3000 athletes will compete over a 1.9km swim, 90km bike and 21.1km run course.	Mooloolaba	www.ironman.com
September 10-11	Glasshouse Trail Series - Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 50km, 34km and 11.3km trail run in the Glasshouse Mountains, Beerburrum, Queensland.	Beerburrum	www.glasshousetrailseries.com
October 1	Atlas Multisports Freestyle Clinic	The third of four freestyle clinics with Duane Cannell of Makin' Waves Swim School. This is a freestyle clinic that will improve your technique and increase your swim speed. Ideal for triathletes and open water swimmers. This clinic is structured for swimmers of all levels and abilities.	Buderim	www.atlasmultisports.com.au
October 8-9	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday, followed by 100km and 25km rides on the Sunday.	Sunshine Coast	www.sccyclefest.com.au
October 22	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
October 26	Endura Run Swim Run	In 2016 the Endura Noosa Run Swim Run will include the Schools Aquathlon Challenge. 8-13 years- 500m run/200m swim/ 500 run. 14 years and over - 1.5km run/750m swim/1.5km run.	Noosa	www.ap.ironman.com
October 28	Noosa Breakfast Fun Run	Come dressed in pink and join some of Australia's premier runner's to run 5km and raise awareness and funds for the National Breast Cancer Foundation.	Noosa	www.ap.ironman.com
October 28	Arena Noosa 1000 Ocean Swim	Get involved in one of Australia's premier ocean swims on one of Australia's best known beaches. All ages and abilities are encouraged to enter.	Noosa	www.ap.ironman.com
October 29	Noosa Multisport Festival	Noosa Parade comes alive for the ASICS Bolt, Australia's premier 5km road race, as well as a criterium cycling race.	Noosa	www.ap.ironman.com
October 30	Noosa Triathlon	Olympic distance triathlon (1500m swim, 40km ride, 10km run).	Noosa	www.ap.ironman.com
November 26	Atlas Multisports Freestyle Clinic	The last of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	www.atlasmultisports.com.au
December	12-Hour MS Swimathon	Cotton Tree Aquatic Centre on the Sunshine Coast will host its inaugural MS Swimathon event to raise vital funds to help people living with multiple sclerosis (MS).	Cotton Tree	www.msswimathon.com.au
December 18	Buderim 9	Climb nine Buderim hills, covering 75km, within three hours in one of the Coast's most challenging cycling events. Participants also raise money for the Cerebral Palsy League.	Buderim	www.buderim9.com.au
December 28-31	Atlas Multisports Christmas Training Block	Kick-start the year with an intensive triathlon training block, with options for advanced (four days), intermediate (three days) and beginner (two days). Endurance training, swim and run skills and drills, pilates, nutrition and transition technique.	Sunshine Coast	www.atlasmultisports.com.au