

# Multisport Sunshine Coast Daily MECCA

Wednesday, February 24



## Udder success

By GEOFF CROCKETT

FANCY riding 220km in a cow suit onesie?

The offer is there for anyone looking to go the extra mile as part of the 2015 TOOMOO 220 supported bike ride from Toowoomba to Mooloolaba on May 2.

Now entering its second year the TOOMOO 220 is gathering interest from far and wide for being a great fun day out on two wheels and a test of cycling stamina.

Organiser Dave Fellows said last year's inaugural event had proven to be a hit with the 50 or so riders who participated. So much so, he's expecting up to 150 people to join in this year and take the challenge.

Described as a "supported group ride" as opposed to a race or an event, the TOOMOO 220 is a chance for riders to cycle through glorious

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# Large contingent to face 220km

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countryside from the top of the range at Toowoomba to the beach at Mooloolaba, safe in the knowledge they won't be left behind the pack and that support is available should anything go wrong.

It all started as a chance to do something different, and to get away from tried and true cycle routes on the Sunshine Coast.

"I was trying to get a couple of guys excited about catching a train to Toowoomba and riding back," Dave said.

"We then started to organise it and before long there was a whole heap of people jumping in. I thought, hang on, if people are excited about this, we'll do it as a dry run for a regular event."

The results were positive, and Dave said it gave him the confidence to not only co-ordinate the ride for 2015, but to make it bigger and better and build in an element of giving back to the community in the form of supporting a local charity.

"Money raised will go to the Sunshine Coast Riding for the Disabled to purchase a hydraulic lift which will be designed to help them lift kids up to the right level to put them on the back of a horse," he said.

"It's the sort of thing that will

get many, many years of use."

Dave said he felt it was fitting that those taking on the ride would be helping fellow athletes to succeed, including some young horse riders aiming to represent Australia in dressage.

In terms of the ride itself, it's a bus trip to Toowoomba on the Friday afternoon, followed by a day on the bike on Saturday dropping 2000m from the range to sea level at Mooloolaba.

Dave said last year it was about 7.5 hours of riding but about a 10 hour trip all up with lunch and refreshment stops along the way.

He said last year's ride had attracted athletes of different levels, from different backgrounds.

On the fitness side, Dave recommends riders have at least one 150km ride under their belt in the past 12 months before they attempt the TOOMOO 220.

The ride's website and Facebook site feature a number of warm up events, sneak peak rides, in and around the Sunshine Coast designed to build the kilometres in the legs in the lead up to the event and as a chance to meet a few fellow riders before the big day.

The more people involved the bigger the task in terms of



After attracting 50 riders last year, the 2015 TOOMOO ride numbers are expected to triple.  
Photo: Contributed

## TOOMOO 2015

**What:** Toowoomba to Mooloolaba, 220km supported group ride.  
**When:** May 2, 2015.

**Why:** Have fun and raise money for Riding for the Disabled on the Sunshine Coast.

**How:** Register online at <http://toomoo220.com/register/>

**Costs:** \$95 to cover buses, trucks, support vehicles, breakfast, and lunch and \$150 for a book of 10 tickets in the Tour de France fundraiser with a first prize of an eight-day cycle tour including stages of the Tour de France 2016. These tickets can be on-sold to reduce the cost for riders.

**More:** See [www.facebook.com/TOOMOO220](http://www.facebook.com/TOOMOO220)

support and Dave is urging all interested riders to sign up as soon as possible so he is able to ensure the support matches the numbers involved and everyone has a seat on the bus and food to keep them going.

The theme has spawned a new incentive this year in the shape of a cow-patterned Chef du Tropeau tour jersey to be awarded to the highest fundraiser on the night before the big ride.

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Tony Bolter on his way to completing the Buderim9 in 2013, finishing in 2:58:26.  
Photo: Kevin Coppalotti

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Cycling Coach

# Tony's show of steely resolve

By GRANT EDWARDS

ROLLING into the Queensland Masters Track Titles on his steel-framed bike, some may have underestimated Tony Bolter.

But the 75-year-old is used to that. A regular competitor for Sunshine Coast Cycling Club in C Grade racing, he'll often turn the screws on his unsuspecting rivals who are sometimes 50 years his junior.

The Masters performance in Brisbane on February 14 saw Tony claim another Queensland record, setting a new mark in the 2000m pursuit with a time of two minutes, 59 seconds.

"I was going about 40kmh," Tony said.

"But I'm a lot slower than I used to be."

Taking the win in his stride, Tony was still pleased with the performance given he doesn't ride track too much nowadays, but he still rates it as a pure form of cycling with no brakes and fixed gears...simply a battle of the fastest.

Mostly competing in road races, criteriums, time trials and other events on the local cycling calendar, the Caboolture father of four and

retired mechanic stays on the bike to keep fit, ticking off about 300km each week.

Riding from his home to the likes of Wamuran and Elimbah, Tony will often throw the bike in his car and chase mountains, heading for Buderim and Eumundi to get in some climbs.

After getting through some health concerns in recent years, Tony backed in his fitness at the Masters to get the job done. And there was no chance of him shelling out for a new track ride.

"The bikes now are all carbon and cost a bloody lot of money," he said.

"I turned up on my old steel one...and proved it is still down to the rider. It's the rider on it that is going to do the performance."

And Tony has some pretty sage advice for those young guns in the sport: train hard.

"They need to get into a good club, forget about taking drugs and just do a lot of hard work and be honest with themselves. If you are working with a family, you have to get out and bash a couple of hours in where you can," he said.

"A lot are eating the wrong foods, you have to eat healthy."

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Off-road triathlete Brodie Gardner and Sunshine Coast Tri Academy head coach Toby Coote.

Photo: Patrick Woods

## Rough stuff suits Brodie's style

AFTER five years of trying to make a mark on the triathlon scene, Brodie Gardner seems to have found his place in the sport – and it is off the beaten track.

The 28-year-old exercise physiologist has made a remarkable transition to off-road racing during his first season in the lesser-known format.

He is leading the Tre-X Cross Triathlon Series after four races, including an impressive victory at Ewen Maddock Dam last month.

The Maroochydore athlete also finished fourth at the Australian Cross Triathlon Championships in Bendigo last December, and also fourth at Xterra Philippines on February 7 (1.5km swim, 36km mountain bike and 10km trail run).

With those results under his belt, Brodie is targeting the

Xterra World Championships in Hawaii in November.

"It (off-road racing) suits me a lot better," he said.

"Just being able to use the bike with non-drafting and it's just good fun being on the dirt."

"And it's something fresh. I raced in Europe for about a year and got a bit burnt out and a bit frustrated with not having the swim there to match it with the top guys."

"You lose too much time in the race if you're not there after the swim, whereas with the off-road stuff if your swim is not your strong point, the race isn't over."

"You can make up time a lot easier on the bike and the run."

When he was on the regular Olympic-distance – 1.5km swim, 40km bike ride and 10km run – triathlon circuit, Gardner showed good potential in finishing eighth in

his age group (20-24) at the 2010 world championships.

In the same year he finished fourth in his division at the Mooloolaba Triathlon.

But Brodie, who was also hampered by injuries at times, never broke into the big time.

He is surprised how quickly and well he has adapted to off-road triathlons.

"I always thought I had the ability there with the bike and run, but I have still done a better than I expected," he said of his first campaign.

"Hopefully, it keeps going upwards from here."

Brodie's coach Toby Coote said off-road triathlon is slowly growing in popularity.

"It's not much different. It is still the same principles as opposed to being on the time trial bike you're off-road," he said.

"There is obviously more

technical work in mountain biking.

"For Brodie, he knows he is not going to match it in the swim so the off-road suits him to a tee."

"Running trails suits him better with the injuries. It helps his body that way."

As part of his training, Brodie utilises the tracks at Parklands, where he rides and runs on a regular basis.

He is currently preparing for the Oceania championships in the Snowy Mountains (1500m, 30km, 10km) this weekend up against the likes of Courtney Atkinson, then the Xterra Australia (the Asia Pacific championships) at Jervis Bay on April 18.

The latter is also a qualifying event for the world championships in Maui.

Two rounds remain in the Tre-X Cross Triathlon series.



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# Find your perfect connection

ENGAGEMENT...selecting your pedals is just like choosing a partner. When you are going to be together for a long time, you want to get it right.

And fortunately getting pedal engagement is far less expensive than a diamond ring.

Yet many riders fail to fully appreciate what's on the market and understand the variations.

Cyclezone Mooloolaba mechanic Dan Evans (pictured below) said he came across a professional rider once who chose a specific cleat colour because it matched his bike – and had no idea the hue was attributed to different degrees of "float".

There are typically two kinds of pedals available, one with a recessed cleat which if often used by mountain bikers and commuters (those who want to get off their bike to walk or run around obstacles), as well as exposed cleats that are preferred by road riders.

Most of the exposed cleats have a one-sided engagement, sometimes two.

Dan said it was important to analyse pedal choice as different pedals offer varying degrees of adjustability.

"The best contact point can be achieved on most, if not all, but there are variable options in set-up and micro adjustments. Some systems are more user friendly," he said.

"Once you have your fit right, they are all within reason are going to have the same outcome."

One of the areas which varies between manufacturers is cleat "float", this allows the ball of your foot to lock into place and only the heel is allowed to move.

When it comes to road bikes, the key players are Shimano, Look, Speedplay and Keywin.

Shimano SPD-SL pedals



have three options for cleats, all colour-coded. Red offers a fixed foot position with no float, yellow which allows six degrees, or blue which allows two degrees.

Look has long been regarded as the industry standard setter, and it has a similar formula with its Keo pedals: the black is zero degrees of float, grey has 4.5 degrees and the red has nine.

Speedplay has a different idea for the same outcome. Speedplays are dual-sided, with a small circular contact point. They have a lower stack height, and the cleat wraps around the pedal. There are two models, the entry pedals have 1-16 degrees of unadjustable float, while the Zero is completely adaptable, with adjustable float of 1-16 degrees.

New Zealand company Keywin is not as widely used, the cleat is fixed to the pedal, and float is adjustable on the pedal and the axle. This makes for a rigid ride and they are extremely lightweight.

"People don't ride a fixed cleat any more," Dan said.

"A fixed cleat cyclist would be perfect symmetrically, which is pretty rare to see these days.

"Pedals with adaptability are the best choice because it enables the bike fitter to suit



There is an array of pedals available on the market, but they do vary with their set-up and adjustability.

the rider."

Mountain bike pedals are recessed into the shoe, and they are also the preference for the "coffee shop" rider or commuter.

One growing market is the gym spin biker user. Shimano is the number one choice for spin bikes, and this pedal/shoe combination enables users to walk around in the shoes which having recessed cleats.

Some commuters are even wearing their bike shoes all day, with brands such as Specialized offering groovy styles which don't look like traditional cycling apparel.

There are also a range of pedal options for mountain bikers, with brands such as Crank Brothers offering four-way engagement – that pretty much ensures you will

clip in no matter which way you step in.

But Dan said this is one area where adjustability is not as vital.

"Bike fitting is still important, but with mountain biking you are constantly moving around, standing up on the pedals and shifting your weight," he said.

"A lot of people can go out and have a lot of fun on a mountain bike for two hours without any issues, but the same can't be said for a road bike rider who hasn't been fitted properly."

"When it comes to pedal choice it's horses for courses, you get used to your equipment."

"In the case of mountain bikers, when you are a novice rider the more entry points the better."

# Nurturing region's off-road talent

LOOK no further than a cycling legend to see the benefits of mountain biking.

The recently retired Cadel Evans began his career on the beaten track, which paved the road to a world championship title and a Tour de France victory.

Mountain biking interest is surging on the Sunshine Coast with some great local facilities fuelling the growing band of riders keen to go off-road.

Palmwoods' Nathan Beckingham has been a bike mechanic for 18 years and recently started as manager for 99 Bikes at Kawana. He has also launched nbcoaching and is dedicated to helping the region's growing cycling fraternity.

An accredited level one mountain bike coach, Nathan

has a passion for tackling the fire trails and singletrack of the Sunshine Coast.

"There is a lot more interest in mountain biking now," Nathan said.

"A lot of people are crossing over...and it's a family thing too, a lot of people are getting into mountain biking as it is something they can do with their kids."

"The roads are getting dangerous and people find it safer in the bush away from the traffic."

"The social aspect is good and it's not as intense as road and triathlon."

Nathan said mountain biking was beneficial to riders of all levels.

He assists cyclists from beginner to advanced, and said there are wide-ranging benefits



Accredited level one mountain bike coach Nathan Beckingham has launched nbcoaching.

Photo: Grant Edwards

to getting into the sport.

"Everyone has a different theory on training but there are definite advantages to mountain biking," Nathan said.

"People I have worked with in the past, their descending, cornering and technical skills get better with mountain biking. I ride road bikes for

cross-training for mountain biking.

"If you are a roadie or triathlete and throw in some mountain biking, depending on what level you are at, you are going to notice improvement."

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# Fuelling endurance performance



By **LORNA GORDEN**

Accredited sports dietitian

ENDURANCE sports are a test of mental strength, physical strength and endurance ... and how good your sports nutrition preparation has been.

If you are training for a distance event, and want to ensure you don't "hit the wall" or "bonk" before the finish line, consider these strategies for maximising your muscles fuel stores and energy levels.

#### **Carbs are not a dirty word**

If you sit on your rear end all day, drive home, and couch surf all evening, then the chances are you won't need a lot of fuel. But you don't. You train hard, probably twice a day sometimes, and your muscles rely on carbohydrate for fuel. They use a little fat too – but this is a very efficient fuel source and the body's stores don't need to be replenished every day. So it makes sense that:

a) the more muscles you have the more carbohydrate you need to eat and drink, and

b) the harder and longer you train, the more carbohydrate you need to eat and drink.

Eating adequate carbohydrate (and protein) to meet the demands of long training sessions is critical in ensuring you get the full benefit of each long run/ride/swim, and goes a long way to preparing you for races and events. The carbohydrate you have in the days prior to an event can also make a difference to your time to fatigue.

If your event is going to involve more than 1.5 hrs of moderate to high intensity exercise, you may benefit from carbohydrate loading. This combination of tapered training and increased carbohydrate

intake can maximise muscle glycogen storage before an endurance event, allowing you to exercise at your optimal pace for a longer time. It is estimated that carbohydrate loading can improve performance over a set distance by 2-3%.

As training tapers over the 2-4 days prior to an event, carbohydrate intake is increased to somewhere between 8-12 g/kg body weight. For a 70kg athlete, this means a carbohydrate intake of about 560-960 grams per day.

Most athletes would benefit from planning their carbohydrate loading and event day eating with a sports dietitian to ensure their personal needs are met.

#### **Breakfast of champions**

Your training diet and carbohydrate loading regime will have the greatest effect on your endurance and strength, however the food you eat in the hours before exercise can help top up blood glucose levels, prevent hunger and enhance concentration during the competition.

Some guidelines for eating before exercise include:

- eat 2-4 hours before exercise to allow time for your stomach to empty (although a light carbohydrate snack can be consumed closer depending on the individual and the activity).

- eat enough food to feel comfortable, not over full
- moderate dietary fibre intake to avoid bloating, diarrhoea and discomfort during exercise.

- include foods rich in carbohydrate.

- select low fat options as higher fat foods take longer to leave the stomach.

- include adequate fluid – some people feel more comfortable with a liquid meal e.g. smoothie or liquid meal supplement, if they can't tolerate solid food.

- ensure foods and fluids



Fruit and yoghurt are a good pre-exercise option.

are familiar and enjoyable.

The foods and fluids you choose before exercise will vary and it is a great idea to experiment with different combinations and timing to find those that are most comfortable for you. If you are short on time or suffer pre-race nerves, go for a liquid option like a fruit smoothie or sports drink.

#### **Race fuel plan**

You've got your race strategy planned and have it firmly entrenched deep in your brain. Make sure this includes your food and fluid intake during the event. During longer events, even when carbohydrate loaded, you can deplete your glycogen stores so will need readily accessible carbohydrate to provide additional fuel to your muscles and your brain to keep focussed and alert.

A carbohydrate intake of about 30-90 grams every hour is recommended.

#### **Keep your cool**

Training and competing in a well hydrated state is a clever strategy for optimising your performance.

A simple strategy to work out your individual fluid loss is to weigh yourself in minimal clothing, before and after an exercise or training session. The difference in weight is roughly equivalent to your total fluid losses. e.g. 1kg = 1 litre. Repeat this in different exercise

situations to gauge usual sweat losses.

You will then have an idea of the volume of fluid you need to consume over an exercise session to match your fluid losses. If you are dehydrated after a session, you should aim to replace 120-150% of fluid losses that occur over the next 2-6 hours.

Aim to drink at frequent intervals during exercise to replace sweat losses as they occur. Water is generally the best choice for fluid replacement, although in some high intensity and endurance sports, you may benefit from the use of a carbohydrate/electrolyte sports drink. To minimise fluid loss, make sure you begin an exercise session in a well hydrated state. Checking that your urine is a pale straw color and is copious in volume is a good indicator of being well hydrated.

There is no benefit to overhydrating (and in fact chronic over hydration can lead to a potentially serious condition known as hyponatremia) so it is good to learn as much as you can about your individual fluid requirements.

Pre-cooling is another strategy that can improve performance when competing in very hot conditions. Using icy

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# Good food philosophy

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slushies, ice vests, ice baths and cool rooms to lower body temperature before exercising can have a significant effect on cooling skin and core body temperature and improving endurance performance.

## Rapid recovery

Most endurance athletes quickly establish what food and drinks they feel comfortable with before they train or compete. More often than not, however, what is consumed after exercise is not given much consideration. Recent research suggests that the foods and fluids consumed immediately after exhaustive endurance exercise can have an important impact on how quickly the body recovers from that session. In particular, meeting carbohydrate, protein and fluid

needs is a priority.

Current thinking is that consuming about 0.2-0.4g/kg/hr of protein along with 0.8g/kg/hr of carbohydrate within around 15-30 minutes after exercise can help stimulate insulin release and therefore glycogen replenishment at an increased rate. Having carbohydrate at this time may also help reduce stress hormone production, therefore having a positive effect on the immune system.

Protein, or more specifically amino acids, in particular leucine, are essential in the immediate recovery period for the promotion of muscle protein synthesis, critical for recovery and adaptation.

In practical terms, this means that a 60kg athlete, will need to have around 20 grams of

protein and 50 grams of carbohydrate soon after the completion of a training session. Equally important is replacing fluid losses that have occurred, as quickly as possible. A sports drink (carbohydrate/electrolyte drink) can be useful when large amounts of fluid have been lost, otherwise water is the drink of choice.

## And finally....

The science of sports nutrition is dynamic and continually evolving as we learn more about the effect that diet and nutrition has on our ability to exercise, particularly in endurance events.

Amongst the science, however, it is important for athletes to develop a good food philosophy, where a wide range of natural, local foods are

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enjoyed with friends and family. Taking the time to eat slowly and savour the flavour of food is just as important as choosing the right amount of carbohydrate and protein.

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# Kristina's green and gold focus

By JOE FLYNN

QUEENSLAND Academy of Sport senior coach Nick Formosa knew Kristina Clonan would represent Australia before Clonan knew she was a cyclist.

The Matthew Flinders Anglican College student was a gun 400m runner under Sunshine Coast Olympian Denise Boyd before switching to cycling and becoming one of Australia's top under-19 prospects.

"We identified her from athletics, but she was just transitioning from running to cycling," Nick said.

"At the time I thought she would represent Australia at the world championships and the Olympics and I still believe that today."

Three years after getting on a bike for a cross-training exercise, Kristina has become a dominant force in the country's junior cycling scene.

"I had to choose between swimming and cycling for cross-training," she said.

"I didn't really like the idea of looking at the black line so I decided to do cycling."

Merv McDonald, her first cycling coach, put the hills near Kristina's home in Buderim to

good use, building the youngster's strength and endurance with intense training sessions.

"She's got that competitiveness about her," Nick said.

"Her background in athletics gives her a pretty good base and has transferred well to cycling, but the big thing is that competitiveness."

"It's big in all sports, but it's especially big in cycling, where we perform at a really high level on the world scene."

After missing out on a medal at her first national championships, Kristina quickly caught on, winning the national under-17 title last year.

Stepping up to under-19s, the 16-year-old has wasted no time making her mark.

After returning from the national track championships with a silver and bronze, she dominated the Oceania Road Cycling Championships in Toowoomba.

"I actually think she's more suited to track cycling, but her performance today showed she could potentially represent Australia on the road as well," Nick said.

Kristina beat a strong field in the junior event, included Anna-Leeza Hull, who made



Kristina Clonan competes in the hill climb stage of the Toowoomba back in 2013.  
Photo: Kevin Farmer

the Australian under-19 team in her first year of eligibility.

"I've sat down with my coach

and that's the goal - to represent Australia," Kristina said.

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# Playing key role in injury prevention

MANY athletes are great at planning their training, but often massage and other therapies are pushed aside while the body is feeling good.

Traditionally, it's when niggles arise that we seek help. But regular massage can help your body recover from big sessions and often help avoid injuries.

We spent some time with qualified Atlas Multisports remedial and sports massage therapist Bec Edwards who specialises in treating athletes pre and post-events.

## What are the benefits of massage?

Massage has many benefits both physically and psychologically. Today I will explain the benefits of massage for people who enjoy recreational activities and/or are competitive athletes.

Massage reduces the muscle pain after a hard workout by loosening tight muscles and re-aligning their muscle fibres, in other words lengthening out the tissue. Circulation is increased by massage which can help the blood flow, flush toxic chemicals and in turn repair the muscles quicker for the next workout.

## Are there tell-tale signs when you need a massage?

Generally when things start to feel tight and stiff, any sore spots such as a "niggle" or when the muscles don't seem to be repairing as quickly as they should after your workouts (nutrition and rest are also a big part to this equation but that's another story). I would recommend not waiting till these tell-tale signs start coming up, instead incorporate massage into the routine to prevent any unwanted injuries.

## How long before an event should you get a massage?

From my experience of treating athletes leading up to big events, e.g. 12 weeks out

from an Ironman, weekly massages are an essential, before the big day 3-5 days out to break up the knots and ensure the muscles move freely.

Don't wait a day before the race to get a massage or you will most likely feel flat and lethargic. The body needs massages leading up to the week out because after your first few massages you will be sore, the more regular the massage, the quicker your muscles will repair.

## Do massages vary depending on your chosen sport?

Yes, every sport is different in which muscles play a significant toll.

The massage itself would be tailored to treating these specific muscles and different techniques will be used depending on the athlete's movements. Take for example an AFL player, I would use a myofascial release technique or cupping on the major muscle groups due to the bulk tightness that these athletes tend to have.

If I treat an endurance athlete the muscle tends to have knots in the muscles rather than whole muscle tightness common amongst the AFL players.

Deep massage is beneficial for endurance athletes. Dry needling and trigger point therapy also works well.

## What is dry-needling?

Dry needling is the use of acupuncture needles which are used to treat trigger points in the muscle, such as knots, tightness, damaged fibres or injury within the muscle. The needle stimulates the muscle fibres and chemical reactions occur in order to stimulate the repairing process.

## How is it different to acupuncture?

Although dry needling is



Atlas Multisports remedial and sports massage therapist Bec Edwards.

often thought to be a form of acupuncture, it is its own unique therapy.

Acupuncturists may still use this therapy however is generally specialised within the remedial massage and/or myotherapy professionals. Dry needling is used by massage therapists because we specialise in trigger point therapy and dry needling is an effective way of deactivating trigger points within the body.

Trigger points are acute or chronic tight muscles that may develop into an injury or present as an ache, shooting pain, sharp pain, etc. Dry needling is an emerging Western medicine principle, whereas acupuncture is used within Chinese medicine and has been around for thousands of years.

## How does it work?

When inserted into the muscle tissue the needle acts as a foreign stimulus for the nervous system to initiate tissue repair. Initially the muscle tightens around the needle

which sets off a series of neural and chemical reactions later resulting in muscular release. This enhanced repairing response continues up to the next 48 hours typically resulting in acute post treatment soreness.

## Are there any dangers?

Yes. Within any professional practice of treating the musculoskeletal system there are dangers however, these dangers are decreased significantly with proper training and techniques.

The dry needle is inserted with a certain depth, angle and precision by the practitioner. In extreme cases, incorrectly inserted needles to the chest area may result in pneumothorax.

## Who does it benefit?

Athletes managing musculoskeletal and sporting injuries, as well as people with (and not limited to) neck, back and shoulder pain, arm pain (tennis elbow/golfers elbow/carpel tunnel), sciatica, muscle strains, tightness in muscles.

# Rottnest conquered

SARA Whitelaw has conquered the 19.7km Rottnest Channel Swim in Western Australia.

She completed the journey in 7:58:36.08, finishing 197th from 260 competitors and was 51st in her category.

The even sees competitors swim from Cottesloe Beach to Rottnest Island.

Conditions were once again challenging, with not only the cold water temperature (compared to the Sunshine Coast) but the strong winds created plenty of chop and waves.

Sara said just finishing the event was "bloody tough", and thanked her husband Dean, three children, Norm Marsh, Peter Schultz, and her supporters for getting her to the finishing line.

The fastest man was four times New Zealand open water



Sara Whitelaw.

champion Kane Radford in 4:25:59.28 who now lives and trains in Perth, while in the women it was American Grace van der Byl with a time of 5:03:17.37 who overtook Jamie Bowler with just 200m to go.



## In brief...

### Swimmers complete 100 100s

MORE than \$1300 was raised for Sunshine Butterflies on New Year's Eve with swimmers racking up laps in the name of charity. Seven athletes completed 100 100s at Star Swim School in Maroochydore. Sara Whitelaw used it as preparation for the Rottnest Channel Swim. Steve Gage, Tony Bryan and Robbie Andrews are training for the 10km swim leg of Ultraman Australia, while Damien Collins, Bruce Thiele and Kacey Willoughby all used it leading up to Ironman races. Click here to see the video.



### Specialized 'stop ride' notice

ALLOY and carbon aerobar extension hardware found on 2012-2015 Shiv models (excluding the Shiv TT and Shiv framesets) and 2013 Specialized Transition Apex could be faulty. Specialized has learned that the extension clamp bolt in the aerobars may break, which could result in the rider losing control and sustaining serious personal injuries. The above-listed aerobars were sold as aftermarket equipment and original equipment. A "stop ride" issue has been noticed, contact your Specialized dealer for more information.

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# Old-school fun and true capability

By GRANT EDWARDS

SEEKING some off-road fun without breaking the bank? The Suzuki Jimny could well be the answer.

It's a fun, go-anywhere SUV suitable for everything from the bush to the beach.

That makes it useful transport for the keen mountain-biker, with the ability to get into some tricky places with a trailer in tow.

With prices starting from \$19,990 drive-away it sits at the bargain end of the SUV spectrum, and while it may have been around for a while it's lost none of its unbridled attitude.

Functionality is at the fore, with a hefty use of hard plastics across the console and dash. While it won't win any beauty contests the cabin will gain fans for its simplicity.

There is no chance of getting lost or bewildered by the operations, the Jimny has a utilitarian edge as dictated by the price tag and its audience.

The driver has two primary gauges, tacho and speedo, while in the middle is a digital temperature and fuel read-out.

Being a two-door four-seater it can take some work getting adults into the back and leg room can be cramped, although it can be done as long as those up front have some consideration.

Cloth seats are reasonably flat but spongy and we didn't have any complaints from passengers even after a four-hour trek.

Ground clearance of 190mm, short overhangs and a lithe 1060kg kerb weight makes this one nimble little beast.

It skipped over the Stradbroke Island sand like shelling peas and we had no need to drop the tyre pressures. The 1.3-litre four-cylinder is happy to work too and you need to keep things spinning on the



The 2015 Suzuki Jimny is ready for off-road action.

*Photo: Iain Curry*

challenging terrain to maintain constant momentum in the softer stuff.

Switching between two-wheel drive, four-high and four-low can be done on the fly by just pressing buttons on the dash.

Highway travels revealed the biggest surprise. Humming along at 4000rpm the Jimny rides surprisingly quietly, with limited road rumble - we expected it to scream all the way home after our beach shenanigans but cabin ambience was better than some small passenger cars.

The steering is light although not completely bereft of a responsive feel.

When on the bitumen and around town steep hills can present some challenges. Fully loaded with passengers or gear you really need to stick the boot in and make timely shifts to maintain speed.

The key inclusion with this latest model is stability control, which helps the driver maintain control of the car by applying individual brakes and assisting to bring the car safely back on track to avoid fish-tailing.

Other than that, the standard items include air conditioning, CD stereo, electric mirrors and windows, anti-lock brakes and dual airbags. Alloy wheels are an option for \$1000.

With only 113 litres of boot space it is a confined area, although the rear seats fold easily to create a handy spot for bikes with the front wheel removed.

Children's seats can be installed, with Isofix points available, but the rear tether stretches right to the back of the boot, which impedes space. The single-side hinged rear door can also cause loading issues in tight suburban car parks, although its a compact unit so there should be room to spare.

During the past two years there's been an explosion in what's become the sub-compact SUV genre.

Joining the Mitsubishi ASX has been the Holden Trax, Peugeot 2008 and Ford EcoSport, while in the coming months we'll see the Renault Captur and Mazda CX-3 join the race, although none are as off-road capable.

Add an aftermarket stereo

## VITAL STATISTICS

**Model:** Suzuki Jimny Sierra.

**Details:** Three-door four-wheel drive four-seat compact utility vehicle.

**Engine:** 1.3-litre four-cylinder petrol generating maximum power of 62kW @ 6000rpm and peak torque of 110Nm @ 4100rpm.

**Transmission:** Five-speed manual or four-speed automatic.

**Consumption:** 7.1 litres/100km (combined average, manual), 7.4L/100km (a).

**Towing:** 1100kg, tow ball 110kg.

**Bottom line:** \$19,990 drive-away, automatic \$2000, alloy wheels \$1000.

with Bluetooth capability and the Jimny becomes an attractive option for those who want to go off the bitumen.

The inclusion of stability control ticks a major box, especially for young drivers.

Yes, it still drives like an old car. But it's fun and brimming with personality and, backed by a strong Suzuki reputation for longevity, it proves you may grow old but not up.

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# Latest and greatest products...

A new range of women's training apparel has arrived at Allez Sport Mooloolaba in time for peak training season. Freshen up your wardrobe with seriously good staples from ASICS including the new All Over Graphic Top (\$50) available in various shades including blue, orange and cherry. Made from soft, lightweight recycled polyester fabric the v-neck tee has maximum breathability, wicks away sweat and features an all-over cloud inspired print and an extended hem with reflective dots for extra visibility in low-light conditions. RRP \$50



Don't get lost, get loud. Stay on trend and make a statement on your bike, at coffee or if you're ever stuck roadside changing a tire. The new look Allez Sport shop kits are the race cut pro style which feature the comfortable honeycombe sleeves and slim fit torso from Tineli. Prices start at \$99.



Noosa's Le Cyclo Sportif stock the Cervelo range. The P2 Classic with Shimano 105 groupset is currently on sale for \$2399.



A full range of the new season Nike best-selling compression sports bras and three-inch training shorts has also landed. The Pro Classic Bash Bra comes in black, red and blue (\$45) and can be teamed up with the Pro Class three-inch shorts (\$50) in the same stretch, sweat-wicking fabric featuring an all over graphic print with fluoro waist bands. Available in store at Allez Sport Mooloolaba.



Cyclezone Mooloolaba now has a range of aerodynamic K-EDGE computer and camera mounts. The aluminium design is far and away more advanced and secure than many of the plastic options on the market. Prices range from \$30-\$87.



Venture Cycles at Noosaville is having a 20% off sale on selected models. Among the floor stock ready to roll is the carbon Émonda S 6 with full Shimano Ultegra gruppo from \$2239 (pictured above). Then there's full suspension Fuel EX 8 29 (right) with internal cable and dropper post routing, Shimano SLX/XT Shadow Plus drivetrain, Shimano SLX hydraulic disc brakes, Bontrager Race Lite handlebar and Bontrager Rhythm Elite seatpost down to \$2799.



# Upcoming Coast events

REGISTER YOUR EVENT  
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Date	Event	Distance	Location	Website
<b>February 27</b>	Telstra Summer Crit Series - race three	A, B, C and D grades criterium cycling hosted by Sunshine Coast Cycling Club. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Girraween	<a href="http://www.scccracing.com.au">www.scccracing.com.au</a>
<b>March 1</b>	Rumble in the Jungle	Mountain bike race, 19km at Parklands Conservation Park, categories by weight (bike plus rider), starting from 7am.	Parklands	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
<b>March 1</b>	Allez Sport Sunshine Coast Run Series - race two	Second race of the series at Palmer Coolum Resort. Fun runs of 15km, 10km, 5km and 2km. The 15km challenge will include some off-road and sandy sections.	Coolum	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>March 6</b>	Telstra Summer Crit Series - race three	A, B, C and D grades criterium cycling hosted by Sunshine Coast Cycling Club. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Caloundra	<a href="http://www.scccracing.com.au">www.scccracing.com.au</a>
<b>March 7-8</b>	Bribie Island Series race four	<b>Saturday:</b> 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. <b>Sunday:</b> Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	<a href="http://www.bribetri.com">www.bribetri.com</a>
<b>March 8</b>	Kings of the Coast	Your chance to conquer one of four open water distances – 3.8km, 2km, 1km or a free 300m Kids Dash.	Kings Beach	<a href="http://www.iconevents.com.au">www.iconevents.com.au</a>
<b>March 8</b>	Mountain bike orienteering – Foot O	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features. Varying difficulties, from very easy to hard.	Beerburnum	<a href="http://www.sunshineorienteers.com.au">www.sunshineorienteers.com.au</a>
<b>March 12-13</b>	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	<a href="http://www.triathlon.org.au">www.triathlon.org.au</a>
<b>March 14-15</b>	Mooloolaba Triathlon Festival	Friday night: 5km run. Saturday: Ocean swim, Superkid Triathlon and Mooloolaba Special Triathlon. Sunday: Olympic-distance triathlon.	Mooloolaba	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
<b>March 14</b>	Wild Horse at Night trail run	Trail runs starting from 6pm, with distances of 10km, 16.5km and 25km.	Wild Horse Mountain	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
<b>March 15</b>	Telstra Summer Crit Series - race five	A, B, C and D grades criterium plus bonus point, prologue race hosted by Sunshine Coast Cycling Club. Registration from 7am, first races from 7.30am. Visitors welcome.	Weyba	<a href="http://www.scccracing.com.au">www.scccracing.com.au</a>
<b>March 21</b>	Paddy Pallin Adventure Series	Short, fast and fun, 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. The courses consist of 15-25km of mountain biking, 5-10km of trail running/trekking and 2-4km of kayaking. There are multiple legs of each discipline, which add up to the distances quoted.	Sunshine Coast	<a href="http://www.paddypallinadventure.com.au">www.paddypallinadventure.com.au</a>
<b>March 22</b>	Bendigo Bank Just Tri It	Triathlon short: 300m swim/10km ride /3km run. Triathlon long: 600m swim/20km ride/6km run.	Caloundra	<a href="http://www.caloundratricclub.org.au">www.caloundratricclub.org.au</a>

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# Upcoming Coast events

REGISTER YOUR EVENT  
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Date	Event	Distance	Location	Website
March 27	LuncarC 8Hr MTB Enduro	10pm Friday night to 6am Saturday morning. Solo, or teams of two or three. Ride the night and chase the moon.	Petrie	<a href="http://www.in2adventure.com.au">www.in2adventure.com.au</a>
March 29	Allez Sport Cross Country Series race one	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m.	TBC	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
April 5	Wild Horse Criterium trail run	Trail runs of 11km, 22km, 33km, 55km and 50 mile.	Wild Horse Mountain	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
April 12	Allez Sport Cross Country Series race two	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m.	TBC	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
April 18	Wild Women Adventure Race	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	<a href="http://www.dareyouadventure.com.au">www.dareyouadventure.com.au</a>
April 19	Bendigo Bank Just Tri It	Triathlon short: 300m swim/10km ride/3km run. Triathlon long: 600m swim/20km ride/6km run.	Caloundra	<a href="http://www.caloundratriclub.org.au">www.caloundratriclub.org.au</a>
April 19	Queensland Enduro Series – round two	Downhill mountain bike endure, Five descending stages, linked together by untimed liaison stages.	Garapine, near Gympie	<a href="http://www.gravityenduro.com.au">www.gravityenduro.com.au</a>
April 26	Allez Sport Cross Country Series race three	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m.	TBC	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
May 2	TooMoo 2015	Fully supported one day ride from Toowoomba to Mooloolaba, 220km with 2000 metres of elevation.	Toowoomba to Mooloolaba	<a href="http://www.toomoo220.com">www.toomoo220.com</a>
May 2-3	The Queensland Cross-Triathlon Championships MultiSport Weekend	<b>Long:</b> 1000m swim - 28km mountain bike - 10.5km run. <b>Short:</b> 350m swim - 10km MTB - 3.5km run. <b>Teaser:</b> 150m swim - 4km MTB - 1km trail run. <b>Dirt Kids:</b> 50m swim - 3km MTB - 500m trail run. Also 8km trail run and 50km MTB events.	Ewen Maddock Dam	<a href="http://www.tre-x.com.au">www.tre-x.com.au</a>
May 9-11	Ultraman Australia	Inaugural event, competitors swim 10km, bike 420.2km, run 84.3km over three days.	Noosa	<a href="http://www.ultramanoz.com">www.ultramanoz.com</a>
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	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
May 17	Allez Sport Cross Country Series race four	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m.	TBC	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
May 17	Tri Fraser Coast	Olympic distance triathlon, 1.5km swim, 40km bike and 10km run.	Hervey Bay	<a href="http://www.trifrasercoast.com">www.trifrasercoast.com</a>
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	<a href="http://www.glasshousetrails.com.au">www.glasshousetrails.com.au</a>
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	<a href="http://www.ironman.com">www.ironman.com</a>

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# Upcoming Coast events

REGISTER YOUR EVENT  
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Date	Event	Distance	Location	Website
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 swim and 11-15 years 150m, 6km, 1km.	Kawana	<a href="http://www.try.weetbix.com.au">www.try.weetbix.com.au</a>
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.	Beerburum	<a href="http://www.sunshineorienteers.com.au">www.sunshineorienteers.com.au</a>
May 31	Allez Sport Cross Country Series race five	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m.	TBC	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
June 21	Allez Sport Cross Country Series race six	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m.	TBC	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
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	<a href="http://www.caloundrafunrun.com">www.caloundrafunrun.com</a>
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	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
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	<a href="http://www.glasshousetrails.com.au">www.glasshousetrails.com.au</a>
August 2	Queensland Enduro Series – round four	Downhill mountain bike endure, Five descending stages, linked together by untimed liaison stages.	Garapine, near Gympie	<a href="http://www.gravityenduro.com.au">www.gravityenduro.com.au</a>
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	<a href="http://www.noosa-stradebianche.com.au">www.noosa-stradebianche.com.au</a>
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	<a href="http://www.missmuddy.com.au">www.missmuddy.com.au</a>
August 9	Rainbow Beach trail run	Runs of 10km, 25km and 43km at Rainbow Beach/Cooloola National Park.	Rainbow Beach	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
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	<a href="http://www.sunshineorienteers.com.au">www.sunshineorienteers.com.au</a>
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	<a href="http://www.rainbowbeachtriathlon.com.au">www.rainbowbeachtriathlon.com.au</a>
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	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
September 12	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 Stampeder, aged 5-11 years, take on a 2km course.	Woodford	<a href="http://www.thestampede.com.au">www.thestampede.com.au</a>

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# Upcoming Coast events

REGISTER YOUR EVENT  
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Date	Event	Distance	Location	Website
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	<a href="http://www.glasshousetrails.com.au">www.glasshousetrails.com.au</a>
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	<a href="http://www.ironman.com">www.ironman.com</a>
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	<a href="http://www.sunshineorienteers.com.au">www.sunshineorienteers.com.au</a>
September 1-27	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	<a href="http://www.dareyouadventure.com.au">www.dareyouadventure.com.au</a>
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	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
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	<a href="http://www.facebook.com/sccyclefest2015">www.facebook.com/sccyclefest2015</a>
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	<a href="http://www.thecolorrun.com.au">www.thecolorrun.com.au</a>
October 17-18	Bribie Tri race one	<b>Saturday:</b> 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. <b>Sunday:</b> Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	<a href="http://www.bribetri.com.au">www.bribetri.com.au</a>
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	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
November 21-22	Hundy - Hervey Bay 100	Triathlon featuring a 2km swim, 80km cycle and 18km run.	Hervey Bay	<a href="http://www.hb100.herveybaytriclub.org.au">www.hb100.herveybaytriclub.org.au</a>
November 28-29	Bribie Tri race two	<b>Saturday:</b> 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. <b>Sunday:</b> Short - 300m swim/10km cycle/3km run or Long – 1000m swim, 30km cycle, 8km run.	Bribie Island	<a href="http://www.bribetri.com">www.bribetri.com</a>
December 20	Buderim9	Climb nine Buderim hills, covering 75km, within three hours.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>

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