



Photo: Søren Nielsen

Epic Alaska adventure

By GRANT EDWARDS

BASKING in the Alaskan sunlight, David Schloss soaked in the warmth after crawling from the one-degree Celsius water.

Sloshy and Sunshine Coast team-mate Rob Gowland had just survived grade five rapids of Six Mile River in Expedition Alaska.

The pair, along with Brisbane's Liam St Pierre and Kathryn Preston of Melbourne, were en route to finishing third in the inaugural seven-day race which saw only four of 20 teams finish the entire tortuous route.

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‘Soul Crusher’ leads to podium

From Page 1

Over the week they rode mountain bikes, conquered rapids while rafting, paddled canoes, travelled over glaciers, ran countless trails, trekked and climbed their way through Alaska’s Kenai peninsula using their orienteering skills with 35-year-old maps in wide-ranging conditions – from sub-zero temperatures to hot and humid.

Team Rogue started conservatively, but turned the screws on their opponents in the second segment of the race aptly named “Soul Crusher” when they charged from mid-field into second. Mid-way through leg two they were faced with three possible course routes, only one had ever been done by the organiser who believed no one else had been there.

“For the next day and a half we nearly drowned in torrential glacial rivers while having to cross many times, cliffed out numerous times, caught on crevassed glaciers, in bad white out, crossing long 45 degree ice slopes with no crampons having to dig footholds with shoes, a slip resulting in a 500m ride downhill into crevasses, rock climbed 300m vertical up a waterfall to summit ridge, heavy bush bashing, paddle 8km in pack raft into strong headwind, all whilst wet continually to the core,” Rob said.

“We made it to TA two on day four, after going to hell, except we weren’t yet back. We were still only halfway through the race. We had dropped back into third having been the only team to go this route. The rest of the race was all about maintaining our position.”

It was an outstanding result for the foursome, who had never raced together before.

The experienced competitors agreed it was the most mentally draining adventure race they have encountered.



Team Rogue which finished third at Expedition Alaska included Liam St Pierre, David Schloss, Rob Gowland and Kathryn Preston.

Photo: Expedition Alaska

“It was epic. It was a life changer...you look back and go ‘wow’,” Slosky said

“You really had to go there mentally and physically prepared.

“Mentally it was the hardest race I’ve done, pushing yourself out of the comfort zone multiple times throughout the day.”

All competitors undertook an intensive training course leading up to the race.

Educated how to deal with bears (they didn’t come across any) and glacial travel, it was a steep learning curve.

Over the glaciers the competitors were roped together to try and safely negotiate crevasses.

“Stepping onto the ice for the first time was a bit scary,” Slosky said.

“The glaciers and crevasses were unbelievable.

“There might be places where the crevasses are half a metre wide. You are jumping across them, and sometimes those crevasses are full of snow they call bridges – you try not to walk on that.

“Sometimes you have to walk on them to get across.

They say about one in 20 will go down, and 85% of the time



Photo: Søren Nielsen

the first person will go in. I was number one.”

After getting through the second leg, which took 48 hours to complete, Team Rogue was able to step off the accelerator somewhat confident of their position.

It was timely, as Rob was in the hurt locker.

He was suffering from omophagous spasms (which were only diagnosed when he returned home) mid-way through that caused chest and stomach pains.

Rob struggled to eat and drink, and lost five kilograms during the race.

“It slowly sucked the energy over time. A lot of the races you have a hard leg and easy one and you regroup but every leg

was difficult. The glacial travel was mentally and physically hard,” Rob said.

But with tenacity and true grit, the team banded together and got to the finish line. Just to finish everyone off they had to complete the Mount Marathon. It’s only 4.8km but racers climb 920m.

An American team called Technu, which included Kathryn’s husband Rob, finished first, and another America team called YogaSlackers – which included an Alaskan-born team member – were second across the line.

Slosky’s next outing will be XPD in Townsville during August, while Rob will join the outrigger state titles in October at Yeppoon.

Dave is back fit and firing

KAWANA professional David Dellow made a triumphant return from injury at the weekend, finishing third at Germany's Challenge Roth.

He finished the 3.8km swim, 180km ride and 42.2km run in just under eight hours, eight minutes behind winner Nils Frommhold and three minutes behind Timo Bracht both racing on their home turf.

The performance was impressive from Dave, who smashed out the swim in 47:35, then rode 4:20 and followed that with a 2:48 marathon.

Injury and illness have robbed the 36-year-old of race opportunities in recent years since his ninth-place finish in 2012 at the Ironman World Championship.

Last year he won the Hervey

Bay 100 with ease, but then again struggled with injury.

Meanwhile, the Carman family all got the job done.

Alexandra Headland's Will Carman finished after a 1:04 swim, bike TBC and a 5:09 run. Oldest brother James (1:01 swim, 5:32 bike, 4:49 run), middle sibling Matt (1:06 swim, 5:00 bike, 3:39 run) and sister-in-law Jo (1:09 swim, 6:20 bike, 4:15 run) also cross the tape.

Fellow Coast athletes also had the honour of finishing one of the world's most iconic iron-distance events, including Michael Farrag of Maroochydore (1:15 swim, 5:53 bike, 4:32 run), along with Coes Creek duo Jenny McAlpin (1:10 swim, 6:42 bike, 6:39 run) and Dean Nankivell (1:13 swim, 6:06 bike, 4:14 run).



Dave Dellow celebrates Germany style after his podium finish at Roth.

Photo: Challenge Roth

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Something for everyone

Triathlon Queensland presents the second profile in a series of Coast clubs

THE beautiful town of Noosa Heads is renowned for its pristine beaches, natural bushland and rolling hinterland, making the area ideal for the active individual.

For those who want to participate, train and race in the unique sport of triathlon year round, the Noosa Tri Club provides opportunities to do so in a fun, safe and supportive environment.

Noosa Tri Club is always looking for new members, of every standard of fitness and experience.

Club philosophy and who do you cater for?

The aim of the Noosa Tri Club is simple: to introduce local people of all ages, abilities and experience levels to the sports of swimming, riding and running, and combine all three disciplines in a triathlon.

Run by a committee made up of volunteer members, the club hosts monthly club events and regular, family-friendly social occasions. With several experienced coaches as part of the club, training sessions are held every week for all ability levels, with specific training sessions for junior athletes.

Where is the club's main training facilities/locations?

Swim – squad sessions at Noosa Aquatic Centre (NAC), 6 Girraween Court, Sunshine Beach.

Open water swim – Noosa Heads main beach (Sunday afternoons)

Road bike – Wind trainer and crit track, Girraween Sports Complex, Eenie Creek Road, Noosa.

Mountain bike – Wooroi State Forest, Tewantin.

Run – Girraween Sports Complex (400m run track),

Noosa Heads National Park (trail running).

Do you run any events?

Noosa Tri Club conducts events 10 times a year. Those events range from sprint to long course triathlons, as well as off road triathlon. The club also holds several transition training sessions, various tri camps conducted by our club coaches.

Who are your club coaches?

Nick Croft (professional triathlete 1988-1995). Nick's past and current athletic profile, including race result highlights and experience / qualifications, spans more than 25 years in the sport of triathlon.

The majority of the athletes coached by Nick are age group amateurs but Nick Croft has also worked with a successful mix of professionals and continues to do so.

Kim Beckinsale (cross triathlon and adventure racing). Kim has been involved in adventure racing and multisport since 2003 following numerous years of participation in other endurance-style events (marathons, Ironman triathlon, mountain running, cycling and open water swimming).

Kim and partner Jan Levertson established Tri Adventure to provide others with the opportunity to experience the natural wonders of our local area (the beautiful Noosa Hinterland) and other equally amazing places. Kim is focused on helping others to maintain/improve fitness, develop new skills and challenge themselves in the great outdoors.

Peter and Jacque McKenzie (junior coaches): Jacque has been a Queensland



Athletes of all levels are welcomed by Noosa Tri Club.

Photo: Grant Edwards

Schools Representative in swimming, triathlon and cross country and 100m senior freestyle champion at both Queensland and NSW Primary Schools Championships.

Jacque is a former AIS scholarship holder in triathlon 2001-2002 and competed as a junior elite in the Edmonton World Championships, 2001. More recently, Jacque won her age group at Ironman NZ and qualified and competed at the Hawaii Ironman in 2009.

Peter became interested in triathlon when son Luke and later daughter Jacque took up the sport. Peter has also competed in Triathlon. Peter was involved in the Palm Beach Currumbin High School Sports Excellence as a rugby league coach and triathlon

Co-ordinator for 11 years and has coached numerous premiership winning teams (in four different sports) and around 12 individuals that progressed to NRL level as well as numerous podium and age group champions in triathlon. Peter has been coaching triathlon since 1997. In 2012

CONTACT DETAILS

Noosa Tri Club

Email: clubsecretary@noosatriclub.com

Website:
www.facebook.com/noosatriathletes

and 2013 Peter was involved as a coach in TA's National Development camp and this year was a supporting coach and manager for the Queensland junior team in the national series events.

Jacque and Peter have recently been appointed coaches for the juniors and both are relishing the challenge and opportunity.

Claim to fame

The club's Sunday afternoon swims regularly include past and current world and Olympic triathlon champions.

Why should someone join your club?

The club welcomes all newcomers to the sport and also organises several social get togethers throughout the year.

Runners support Ruth's comeback

By LUKE SIMMONDS

RUTH D'Hennin's running career began late in life.

Her doctors say it was probably just in time.

The 50-year-old only took up running four years ago and put in hours of training to prepare for her first triathlon.

When she was diagnosed with aggressive breast cancer last November her doctors said it was her healthy lifestyle that helped her pull through.

Ruth's cancer required immediate surgery and chemotherapy.

She has just finished her final radiotherapy session and is cancer-free in time to contest next month's 7 Sunshine Coast Marathon 10km event.

And she won't be alone as the 200-strong Rockers For Knockers team will be running beside her.

From strangers in Goondiwindi to old friends not seen for 30 years, people from all over the state are supporting her running comeback.

Crick Auto Group chief executive John Eastham recently chipped in with \$5000 after meeting her during her triathlon training.

Until she took up running at the age of 46, Ruth's sporting history had been patchy.

Her long hours of training eventually culminated in competing in a full



Ruth D'Hennin will be running the 10km event at the 7 Sunshine Coast Marathon Festival to raise money for the Cindy McKenzie Breast Cancer Foundation. *Photo: Nicola Brander*

iron-distance race before her diagnosis.

After her gruelling round of chemotherapy she faces her biggest challenge of getting fit in time to run 10km on August 30.

"Now that I'm trying to run again it's like starting from scratch," she said.

"It makes you appreciate how strong you can get your body. I'm pretty lucky I think.

"I'm a very positive person and I just get in and do it."

MARATHON FESTIVAL

What: 7 Sunshine Coast Marathon Festival.

When: August 30.

Races: 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.

Website: www.sunshinecoastmarathon.com.au

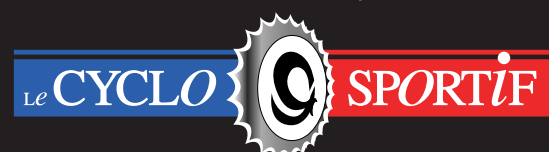
But her journey hasn't been without its dark moments.

"Don't believe anything anyone tells you about chemo, it's absolutely dreadful," Ruth said.

"I try to block it out of my brain. But everyone has side effects and I'm fine now."

To donate visit the Team Ruth - Rockers for Knockers fundraising page.

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Nutrition which gels with performance



By **JESSICA DEKKER**
Sports dietician with Atlas Multisports

GREAT sports performance is the product of superior genetics, a dedication to training, adequate rest, top-of-the-range equipment, a motivated attitude and optimal nutrition. Once you've got these areas covered, it's time to figure out how you can push yourself that little bit further.

The answer for some (but not all) athletes is nutritional supplementation. If you've ever stepped foot into one of the many supplement stores here on the Sunshine Coast, you'll probably agree: it can be an overwhelming experience.

So many products – sports drinks, powders, bars, gels, vitamin and mineral supplements, amino acids, even probiotics – all boasting different claims. Unfortunately, not all of these products have been proven to fulfil these claims and some of them can have serious side effects if used incorrectly. One product that has been proven to boost performance for a number of sports and exercises is sports gels.

Sports gels are a concentrated source of carbohydrate in a gel form that is easy to consume and digest.

They provide a large energy source in a single serve (around 25g carbohydrate and 100 calories per serve). Gels can vary in flavour, consistency, carbohydrate type and amount, and other performance-enhancing ingredients, such as electrolytes and caffeine.

Recent research has shown that our bodies can absorb even more carbohydrate from gels that contain a number of different carbohydrates (aka multi-transportable

What to look for on a sports gel label:

Nutritional Information	Aim for these amounts (approx.) per serving
Energy	400 – 600 kJ 100 – 150 kcal
Carbohydrate	20 – 30 g
Sodium	10 – 60 mg
Caffeine*	60 – 100 mg
Ingredients: Maltodextrin, water, fructose, flavour, guar gum, xanthan gum, potassium chloride, sodium chloride, citric acid, sodium benzoate, potassium sorbate, caffeine.	

Other sources of electrolytes may be required to meet needs.

Multi-transportable carbohydrates.

Pros	Cons
<ul style="list-style-type: none"> - Easy to carry and consume - can be used alone or decanted into custom-made flasks or added to bottled water to act like a sports drink - Large carbohydrate source improves performance, race times and delays onset of fatigue - Gel-like texture may stimulate carbohydrate-sensing mouth receptors which may benefit performance - Some varieties contain electrolytes and caffeine to enhance hydration status and performance, respectively 	<ul style="list-style-type: none"> - May not be suitable for athletes who suffer gastrointestinal issues eg. fructose malabsorption or FODMAP intolerance - Excessive use can lead to overconsumption of calories - Do not meet fluid requirements so should always be consumed with fluid. - Can be an expensive alternative to regular food and fluid choices

carbohydrates). Some carbohydrate molecules use different intestinal transporters, which means we can absorb more carbohydrate in the same amount of time. This also reduces the chances of discomfort from having the concentrate sitting on the stomach for too long. Look for gels which contain more than one source of carbohydrate (for example, Endura gels contain both fructose and maltodextrin).

Gels are an ideal fuel source for:

- Endurance athletes exercising for longer than 90 minutes (carbohydrate recommendations are approximately 30 – 60 g/hour when training for such a period of time or longer)

- Team sports competitions or during extended training sessions

- High-intensity exercise lasting approximately an hour – frequent small amounts of carbohydrate can stimulate the carbohydrate-sensing receptors in the mouth which are believed to decrease our perception of effort and improve pacing strategies.

Endura, Torq and Clif energy gels are popular choices among athletes, come in a range of flavours, sodium and caffeine levels, and contain multi-transportable carbohydrates. Clif energy gels are made from mostly organic ingredients and are delicious (I recommend the chocolate flavour). Other popular brands include Gu, Shotz, Isotonic and Isogel. Individual needs, taste and texture preferences means



Click here to visit Jessica's website

ATLAS MULTISPORTS

there is no one perfect product – try them for yourself and see which gel works best for you, but watch out for unnecessary additives and ingredients such as amino acids which have no proven benefit to sports performance.

Sports gels should be consumed with water 1-3 times per hour during exercise lasting greater than 90 minutes, depending on the athlete's needs and the type of gel.

To avoid taste fatigue, try to have a few flavours on hand to mix it up throughout the event.

Remember to drink enough water on top of this amount to meet your fluid requirements.

To avoid a nasty surprise on competition day, it is best to trial different gels during training to determine which brands and ingredients your body can tolerate, and how much you need to fuel your activity. If you are suffering from gastric discomfort during training and can't find a solution, talk to an accredited practising dietician.

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To Hoka or not to Hoka...



By **BRAD BEER**
Physio,
triathlete, media
commentator
and author

JUST as the recent running world trend toward minimalist shoes such as the Vibram 5 fingers polarised the running community, so too the running world seems divided over the entrance and growing popularity of the Hoka One Ones.

My first recollection of the shoe was when a client of mine who was suffering from a long standing Achilles tendon injury wore the shoes into the practice and swore by the help that the Hokas had afforded her efforts of running pain free.

The appearance of the shoe immediately grabbed my attention and my scepticism of the extra bulky heel was high given my fervent penchant towards minimalist running footwear.

My scepticism of the Hokas has remained high over the past two years however an observation of more and more runners wearing the Hokas has led me to now do the research in order to form an informed opinion of this funny looking footwear. I have also observed a mini boom in local and

THE HOKA LOWDOWN

Potential benefits:

- Reduce muscle soreness and leg fatigue
- Promote faster downhill running
- Reduced forefoot loading and likely Achilles tendon loading and stress
- Allows an over-striding runner to 'get away' with poor running form

Potential drawbacks

- Running in Hokas may be less economical
- Hokas may be dangerous for trail running
- Hokas are perceived to be a heavy shoe

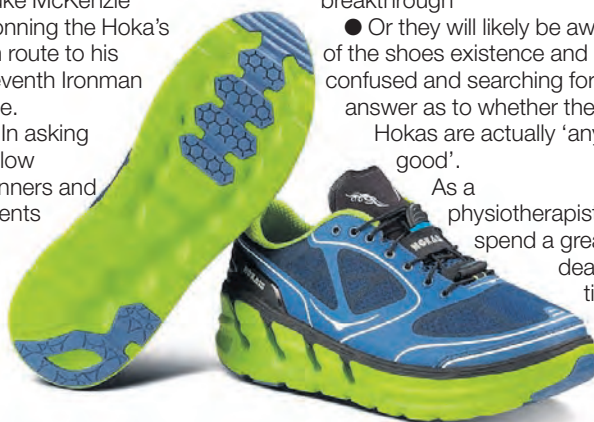
Queensland-based runners adopting the Hoka One Ones as their shoe of choice. Additionally I recently returned from the Cairns Ironman Triathlon where I observed a large number of competitors of all levels running in the Hoka shoes, including race winner and professional triathlete (and former junior triathlon friend) Luke McKenzie donning the Hoka's en route to his seventh Ironman title.

In asking fellow runners and clients

their opinion of the Hoka One One range of shoes and they will share one of three responses:

- They will dismiss the Hokas as a flash in the pan' fad soon to disappear from the running shoe marketplace
- In contrast they will praise the Hokas as a much needed running shoe innovation and 'breakthrough'
- Or they will likely be aware of the shoes existence and be confused and searching for an answer as to whether the Hokas are actually 'any good'.

As a physiotherapist I spend a great deal of time



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to visit
Brad's
full blog



POGO!

educating injured runners that there is no one magic shoe that will stop injuries. I educate the hopeful runner that there is instead a five-step method (the premise of my book 'You CAN Run Pain Free') that when implemented will give a runner maximum protection against the onset of injury. The five steps are in essence akin to "injury insurance".

I caution runners that putting all their faith in a shoe while neglecting their running body or their training errors is a sure-fire path to both disappointment and injury. One of my favourite running shoe maxims is 'form before footwear'. This maxim in essence means that a runner should focus on improving their running technique and form before they go spending excessive time and energy looking for their 'perfect pair of shoes' that will cure all of their running ills and prevent injury.

** My opinion of pros and cons is at this stage research based only, I am just about to start running in my own Hokas.*

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Tough challenge in paradise

By **GRANT EDWARDS**

HUMIDITY had surpassed 80% and the Mercury risen to more than 32 degrees Celsius.

Keen golfers were raising a sweat just getting off their buggies on the pristine fairways of Denarau Island, but for athletes at the Fiji International Triathlon the hard work was only beginning.

For those lounging beachside at the string of five-star resorts the thought of tackling a run in those conditions was the antipodes of their thoughts, but for competitors they would be nowhere else. If you are going to suffer, why not enjoy majestic views in an enviable location?

Renowned for kind-hearted locals and a great family destination, the Fijian event has rapidly become an enticing offering

Yet despite the laid-back atmosphere, triathletes have their work cut-out to reach the finish.

Hot conditions add to the challenge.

Warm water means the wetsuits can be left behind but it's the unique bike trek for long course racers which is the highlight as they negotiate a three-lap course that includes six trips through bustling Nadi township. The bike course is not completely closed but organisers do an excellent job of shutting down traffic at the pivotal locations.

Road surfaces can be rough in patches, the odd rail track and cement surrounds on the roundabouts ensure athletes must start alert.

Oh, and when the Fijians say "open trench" on the side of the road, they mean it. Best steer clear.

Tyre choice is important and its worthwhile going for a harder compound for the mix of coarse and silky smooth hot-mix bitumen.

The four-lap run leg is staged



The heat is on during the run leg of the Fiji Triathlon.

Photo: *ScottieT Photography*



Long course triathletes take to the water in front of the West-in resort at Denarau Island.

around the picturesque golf course back at Denarau where golfers and holidaymakers alike gather to catch the action.

Fiji is one of the new additions to the international triathlon calendar, and after small numbers attended the first two festivals, this year's event attracted more than 200 competitors across varying distances - including the sprint race that attracted OTU elite competitions as well as the marquee long distance event encompassing a 2km swim, 80km ride which passes through Nadi and a 20km run.

High-energy activities all happen within a stone's throw of the Sheraton and Westin resorts, and close to Radisson Blu and Sofitel, so there's a

range of plush accommodation options.

For long course racers there are some added benefits, with the circa \$400 entry including tickets to a cocktail welcome party, pasta night and gala presentation, as well as free entry to the lead-up events.

Preceding the main long course tri there are a range of warm-up races, including ocean swims and fun runs. There are also swim-run races for the kids.

"It's a triathlon experience rather than a race," said organiser Mark Stewart of 100% Events.

"You can do Ironman, but it's a different experience.

"Fiji is where you go to have a holiday and we try and keep it

FIJI TRIATHLON

Where: Denarau Island, Fiji.

What: Triathlon set over varying distances, from the enticer 300m swim, 10km bike, 2km run to the long course 2km swim, 80km bike, 20km run. Also ocean swims and fun runs preceding the long course event.

When: Annually in June.

Website:
www.trifiji.com.au

that way. We try and keep the holiday feel."

Staying at the Sheraton proved to be a great location and with two adults and a pair of kids in the one room made accommodation cost-effective.

Being a five-star area the cost of food and drinks are relatively similar to Australia, although there are less expensive options if you head into town.

Helping deliver a seamless holiday experience was Tri Travel. This travel agency is

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Fiji has the recipe for success

From Page 10

dedicated to those bitten by the triathlon and cycling bug, and they are a well-oiled machine for those people who love nothing more than combining racing with holidays.

Tri Travel's Rod Morrison has been looking after athletes since the late '90s and he knows the recipe for success.

"It's the destination. Like Noosa...it's a good destination to have a fun race and take your family for a holiday where you can get everyone involved," he said.

And he believes Fiji has the ingredients to follow suit.

Post-race we headed for the Shangri La on the Coral Coast to extend the break. Boasting a better beach with brilliant snorkelling and watersports just metres from the sand.

FIJI TRAVEL TIPS

- Tri Travel helps provide worry-free journey, and they know the requirements when travelling with a bike (booking Tourist Transfer Fiji vehicles was a godsend), www.tritravel.com.au
- The triathlon festival will only get better, and next year will feature improved timing of support run and swim events
- Costs have risen in Fiji so prepare to take some extra money
- While at Denarau Island take the kids to the Big Bula water park, they'll have a ball
- The Shangri La runs a local village tour which also includes a visit to the local school (be aware the souvenirs are about double what you'll pay in town)

Costs have risen in the resorts (we estimated more than double compared to a trip a few years back), while they aren't extravagant the quality

isn't what you get Down Under for the same coin.

Fiji remains an enticing destination for families which is close to home, and for the

active types this the perfect place to race and then relax.

The Fiji Triathlon trip and entry was at the author's expense.



Riding through Nadi town captures the attention of locals.

Photo: ScottieT Photography

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Perfect for the 'lifestyle athlete'

By **LAURA WEYMAN-JONES**

GARMIN'S vivoactive is designed for busy multisport data junkies who want every move counted. From your morning run, to the number of steps you take at work and your sleep at night, the vivoactive watch keeps pace, using its GPS-enabled sports apps and activity tracking.

The default apps for the watch are running, swimming, cycling and walking (with indoor and outdoor settings) and golf. However, with just a few clicks through the Garmin IQ you can unlock free third party applications that give you a stop watch, AMRAP timer, score keeping apps for games like tennis or soccer and even games like tic tac toe or a version of Flappy Bird.

But getting back to business, the vivoactive pairs easily with your smartphone and displays alerts for incoming calls, texts and emails, plus notifications from social media apps if your phone is within close range.

This is handy if your phone is in your jersey pocket or tool bag while out for a spin and it starts ringing. A quick glance at the vivoactive on your wrist will tell you who is calling but no, you cannot answer it via the watch unlike true "smart watches" by the likes of Apple and Samsung.

The watch face itself is far slimmer than Garmin's previous multisport watches such as the 920XT and better suited to anyone (particularly females) who found those models too chunky or heavy. The colour touch-screen does away for the need of all buttons except two on the side of the watch face. The screen itself is readable in direct sunlight and bright enough for low lighting.

The best thing about the screen is that while it's sensitive to touch, it's tough enough to get wet during your swim and won't scratch easily. I tested



While you may not be able to make phone calls on the Garmin vivoactive like an Apple watch, this is actually a useful multisport watch due to its in-built GPS and dedicated activity features. Garmin has superior functionality in this realm, but for the serious athlete they would be better with something like the Garmin 920XT.

this by falling off my bike at speed and landing on it in gravel.

The Garmin vivoactive allows you to pair to ANT+ cycling sensors of the following types: speed-only, cadence-only and speed and cadence combinations. It does not let you pair power meters natively. However, I think this tech-gap (some would say chasm) will eventually be covered by the way of third party apps available through Connect IQ, just as triathlon mode already has. This being said, having a native function will always be better.

The activity tracking the vivoactive offers is really a step away from the traditional athlete market into the growing "lifestyle athlete" market, that is, people who want a holistic view of their health.

These people don't just want to know their average running pace and heart rate, they want to know if they are sitting down too long at work and if they are getting enough good sleep.

The vivoactive monitors your

THE LOWDOWN

What: Garmin vivoactive.

Weight: 38 grams.

Profile: 8mm.

Battery life: Three weeks in watch mode/six hours in sports modes.

Pros: Track every step during the day and lighter and more sophisticated appearance than other sports watches.

Cons: No native triathlon sports app or pairing with power meters.

Bottom line: \$339.

time asleep and when synched to your smartphone, produces a graph showing your motion during the night. Likewise it monitors all movement during the day, adding any incidental walking to an overall step and calorie counter which can be viewed with a quick right swipe from the home screen.

The battery life of the vivoactive is nowhere near as good as the 920XT but then again, it is powering a touch-screen. Garmin says the battery life of the watch is three weeks, but that's if you do not use the apps at all. Using it in

any of the sports modes for about an hour and a half each day, I had to recharge every three days.

The vivoactive does a great deal of what previous Garmin models do and at a much cheaper price point of \$339, it may actually undercut some of the brand's existing products. That will become increasingly true if more app developers jump into Connect IQ. But the die-hard athletes will always need more. If you need structured interval or specific workout support, this is not the watch for you.





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Micro machine big on space

By IAIN CURRY

BEAUTY Is Not Enough. Oh, What a Feeling! Driving is Believing. Find Your Own Road.

All car company slogans, all quite naff.

Skoda's is the rather inoffensive and unsexy 'Simply Clever' but you know what, its cars truly are.

Take the new Fabia. Here's a micro car on the Toyota Yaris/Mazda2 scale, yet they've managed to turn it into a wagon with cavernous boot space.

Enough for the family? If you've bought a Mazda CX-5 medium SUV to carry kiddie gear, guess what, you get more litres in the big-bummed Fabia. Crazy but true.

The all-new baby Skoda comes in hatchback form too, but with the wagon being prettier, just \$1150 more and unique in this segment, it is the offering that can bolster Skoda's sales: already up 30% over last year's.

Key to this is pricing, and Skoda is coming out swinging. To not make the Fabia cheaper than close cousin VW Polo would be madness, so with the VeeDub already bargain basement, Skoda's offering the Fabia from \$15,990 on the road until year's end.

That's \$17,140 drive-away for a wagon, and one that brings cutting edge tech and decent safety brags to entice younger families.

It all feels rather VW in the cabin – no bad thing – with decent layout, simple controls and supportive seats.

Hard plastics do abound but relief comes with a leather multi-function steering wheel and a decent resolution 6.5-inch touchscreen.

There's full smartphone integration to pique the interest of the tech-savvy market.

Called SmartLink – integrating Apple CarPlay and Android Auto software – you pair your phone via cable and apps are



mirrored on the screen.

Your screen basically becomes your smartphone, so you swipe your way through music, contacts or navigation, while text messages can be sent using voice commands.

There are two engine choices: the 66TSI and 81TSI. Both are turbo 1.2-litre four-pots with 66kW and 81kW respectively, the former coming with five-speed manual and the latter a seven-speed DSG auto.

The 66kW doesn't lose much performance to the 81kW, with reasonable zip thanks to a good chunk of torque from low revs.

The 66TSI proved more rewarding on the open road too, the silky manual 'box combining with light but communicative steering and decent balance to bring some real fun.

Auto fans are asked to spend over \$4000 to get into the 81TSI (you can't option the DSG on the 66TSI). You get more kit, but it's not worth the money for the minor power gain, and while a smart thing, the auto doesn't add to the enjoyment.

Ride quality and balance didn't change between wagon and hatch – each absorbing bumps impressively – although

VITAL STATISTICS

Model: Skoda Fabia.

Details: Five-door front-wheel-drive sub-compact hatchback or wagon.

Engine: 1.2-litre four-cylinder turbo petrols generating 66kW @ 4400rpm and 160Nm @ 1400rpm (66TSI) or 81kW @ 4600rpm and 175Nm @ 1400rpm (81TSI).

Transmission: Five-speed manual (66TSI) and seven-speed DSG auto (81TSI).

Consumption: 4.8-litres/100km.

CO2: 109g/km (66TSI) and 111g/km (81TSI).

Bottom line (drive-away): \$15,990 (66TSI manual), \$20,290 (81TSI DSG auto), wagon adds \$1150.

Website: www.cricksmaroochydoreskoda.com.au

road noise in the cabin did remind that the Fabia is still a small car.

All cars get SmartLink with 6.5-inch screen, plus a surround sound system with quality near unmatched in any car this size.

Another win is safety. Fabia was awarded best in class in European testing, due in part to Front Assist and City Brake which emergency stops the car automatically.

The 66TSI benefits most by adding an optional Travel Pack, bringing 16-inch alloys, cruise control and LED running lights for \$1300, while another \$300 gives a funky Colour Concept option (hatch only) where you

can contrast the body colour against the roof and wheels.

The 81TSI gets 15-inch alloys and cruise as standard, but two optional Sports Packs add another few grand, quickly making a top optioned Fabia look expensive, and despite the sporty claims there are still no steering wheel paddle shifters for the auto.

Skoda has some excellent hardware in its current range, and the new Fabia could really help the brand surge forward.

Attractive, well-equipped, full of smart features and with an infotainment level to leave more expensive rivals blushing, the Fabia is a decent pick in the face of tough competition.

The latest and greatest...



Garmin Australia has released the Edge 520, the first GPS bike computer with Strava Live Segments. The Edge 520 provides data on functional threshold power, cycling-specific VO2 max and recovery time, indoor trainer support, cycling dynamics and in-ride segments through Strava and Garmin Connect. The Edge 520 has a RRP \$399 and \$499 AUD bundled with a heart rate monitor, cadence sensor and speed sensor. Speak to the team at Cyclezone Mooloolaba.



Le CycloSportif at Noosa Junction has this Focus TeamSL with Shimano Di2 Dura-Ace, full carbon frame and fork, Fizik Cyrano R5 handlebars, size 56cm, for \$4999.



The Norco 7.3 Range Killer B is designed for aggressive, wide-open riding. Featuring category-bending capability, the 160mm Range is both an enduro race rig and the ideal backcountry accomplice. It runs Shimano SLX M670 shifters, Shimano Deore front derailleur and XT rear with a 10-speed cassette. Check it out at Bicycle Centre Maroochydhore, it retails for \$4799.



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The latest and greatest...

Named the Best Shoe Update for 2015 by Runner's World Magazine, the Nike Flyknit Lunar 3 running shoe is the ultimate ultra-lightweight option for support and comfort on your long sessions. Designed to support your natural stride, it offers a glove-like fit and is lighter and more resilient than previous versions. The foam midsole provides a soft, responsive cushioning and long-lasting comfort. Men's and women's styles are available at Allez Sport Mooloolaba now. RRP \$220.



Inject a bit of summer warmth into your training session with a pair of Experia Socks – Maui Limited Edition colour. During July buy two pairs of Experia running socks from Allez Sport Mooloolaba and you'll receive a third pair free. Made from high quality CoolMax fibers that wick away sweat, they're designed for maximum breathability and feature thin, sculpted Thorlo pads for added comfort to the strike zones at the ball and heel of your foot. RRP \$34.95 each.



Named after an ancient Greek missile, the Bontrager Ballista Aero Helmet has a need for speed. The distinct vent shape is designed to draw in significantly more air for increased cooling and all-day comfort. Check it out at Venture Cycles, Noosaville, RRP \$199



The Nike LunarRacer+ 3 is a versatile weapon for anyone wanting to test themselves over a longer road race from 10km to marathon. Suitable for a wide range of abilities and pace levels the LunarRace +3 is a well-cushioned training shoe with the ultra lightweight sensation of a racing flat. Fitted with Flywire cables for an adaptive supportive fit the shoe also has a dual-layer mesh tongue to wick away sweat, soft lining for extra comfort and extra durable rubber sole for long-lasting traction. Plus this season it comes in leopard print, finished in hot pink. Game over. Available in Allez Sport Mooloolaba now. RRP \$180.



Last week Trek unveiled its new Madone Aero Road Bike. This thing pushes the engineering boundaries with full integration of all cables, Specific DI2 Control Centre and ISO Speed Decoupler. Everything is aero, even the water bottle placement, this thing is designed to go fast, and be comfortable. Speak to the team at Venture Cycles, prices start from \$4499 for the frameset, and \$6499 complete bike.

The electric mountain bike trend is in full swing, Specialized last week revealed the Turbo Levo FSR Expert 6Fattie. Expected to be here in September, starting from about \$10,000. It comes with an aluminium frame, running SRAM 11-speed and a 504-watt battery. Speak to the team at Cyclezone Mooloolaba.



Upcoming Coast events

REGISTER YOUR EVENT
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Date	Event	Distance	Location	Website
July 18-19	Sunshine Coast Junior Cycling Carnival	Carnival starts with a road race (under-15 and under-17) at North Arm and hill climb (all ages) up Gyndier Dr, Tinbeerwah, on the Saturday, followed by a criterium (all ages) on the Sunday at Girraween Sports Complex.	Tinbeerwah, North Arm, Noosa	www.scccracing.wix.com
July 26	Flinders Tour Trail Run	Based at Beerburrum on the Sunday closest to the 26th July. Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburrum) on this date in 1798. Options include 10km, 25km and 50km.	Beerburrum	www.glasshousetrails.com.au
July 26	Rapha Women's Ride	Join thousands of women around the world to ride 100km. A global event, ride on your own or join one of the organised rides. Rides will be taking place everywhere, including several led by Rapha. Over 8000 women took part in 2014 — this year organisers are aiming to double that number.	Giant Sunshine Coast	https://www.facebook.com/events/502771963211944/
July 26	King of the Mountain	Tackle the 4.2km mountain run, 3km family fun run, 2.8km dash or kids 4x700m.	Pomona	www.kingofthemountain.com.au
July 26	Sunshine Coast Cycling Club Glasshouse Handicap	The Glasshouse Handicap starts from Glass House Mountains State School.	Glass House Mountains	www.scccracing.wix.com
August 2	Queensland Enduro Series – round four	Downhill mountain bike enduro, five descending stages, linked together by untimed liaison stages.	Garapine, near Gympie	www.gravityenduro.com.au
August 7-8	Caboolture 48-hour race	The race at the Caboolture Historical Village in Caboolture, Queensland has 48 hour, 24 hour, 12 hour, 6, 3 and 1.5 hour races. See how far you can run or walk in the given timeframe on an officially measured 500 metre decomposed granite loop.	Caboolture	www.geoffsrns.com
August 8-9	Noosa Strade Bianche	A 'gravel' fondo in the vein of the famed L'eroica in Italy for vintage steel framed cycles, with options for 133km, 89km and 33km loops. Also features a swap meet.	Noosa Marina	www.noosa-stradebianche.com.au
August 9	Miss Muddy obstacle course race	Miss Muddy is a women's only 4-6km obstacle and mud festival for women over 18. It includes colour, mud, climbing, crawling, slipping and sliding and lots and lots of laughter.	The Big Pineapple	www.missmuddy.com.au
August 9	Rainbow Beach trail run	Runs of 10km, 25km and 43km at Rainbow Beach/Coolool National Park.	Rainbow Beach	www.runqueensland.com
August 9	Mt Cooroora Endurance Challenge	The Mt Cooroora Endurance Challenge is a four hour or eight hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples.	Pomona	www.mtcoorooraendurancechallenge.com
August 15	Island Charity Swim	Swimmers leave Mudjimba Beach, journey around Old Woman Island and all the way to Mooloolaba for about 11km. Fundraiser for Nambour and Currumbundi Special Schools.	Mudjimba	www.islandcharityswim.com.au
August 22	Bike maintenance workshop	Participants will learn valuable tips about bike maintenance including and how to clean your bike, repair punctures, adjust your brakes and maintain your chain. The workshop is designed for beginners of all ages, as well as family groups.	Nambour Library	www.sunshinecoast.qld.gov.au
August 22-23	Mountain bike orienteering – national and state series	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Tewantin and Kenilworth	www.sunshineorienteers.com.au

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Upcoming Coast events

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Date	Event	Distance	Location	Website
August 22-23	Rainbow Beach Double Tri	Olympic distance triathlon over two days, 750m swim, 20km cycle, 5km run on both days. Also Active Kids Triathlon (race run in age groups) and Active First Timers Triathlon.	Rainbow Beach	www.rainbowbeachtriathlon.com.au
August 28	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 29	Bike maintenance workshop	Participants will learn valuable tips about bike maintenance including how to clean your bike, repair punctures, adjust your brakes and maintain your chain. The workshop is designed for beginners of all ages, as well as family groups.	Beerwah Library	www.sunshinecoast.qld.gov.au
August 30	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
September 5	The Stampede obstacle course race	Run wild through an epic 5km or 10km obstacle course. Inch your way through thick mud, climb cargo nets, speed down the mega slip and slide and dash through live wires charged with 10,000 volts before washing it all down with a cold beer. Junior Stampedeers, aged 5-11 years, take on a 2km course.	Woodford	www.thestampede.com.au
September 5-8	Bike maintenance workshop	Workshops designed for beginners of all ages, as well as family groups. At Maroochydore, Coolum, Kawana and Caloundra libraries.	Sunshine Coast Council libraries	www.sunshinecoast.qld.gov.au
September 12-13	Glasshouse 100 Trail Run	Run options include 100mile (160km), 100km, 50km, 30km, 10km. The 100 mile course consists of two loops - the western section of about 110k and the eastern section approximately 50k. The terrain varies from easy gravel road to rough, steep single track.	Beerburum	www.glasshousetrails.com.au
September 13	Ironman 70.3 Sunshine Coast	Long distance triathlon, 1.9km swim across Mooloolaba bay, 90km ride along the Sunshine Motorway (two laps) and 21km run from Mooloolaba to Cotton Tree (two laps).	Mooloolaba	www.ironman.com
September 20	Mountain bike orienteering – State Series, round nine	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburum	www.sunshineorienteers.com.au
September 26-27	Hells Bells and Fairy Bells adventures races	Hells Bells is a non-stop 24hr adventure race involving trekking, mountain biking, kayaking and other adventure disciplines. Mixed, male or female teams of three must navigate their way unsupported through an arduous 100+km course that is only revealed to them hours before the race. Fairy Bells is held simultaneously with three team members, but only two team members can be on course.	South-east Queensland	www.dareyouadventure.com.au
October 2-4	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 Springs	www.atlasmultisports.com.au
October 4	Black Mountain Trail Race	45km ultra marathon and 21km half marathon following the original Black Mountain Road called the Twin Bridges Track.	Black Mountain	www.dynamicrunning.com.au
October 4	Sunshine Coast Trail Running Series	The South East Queensland Trail Running Series has evolved from 4 events on the Gold Coast in 2013, to 8 events across the GC and Brisbane in 2014, to now include 10 events across the Gold Coast, Brisbane and Sunshine Coast regions.	TBC	www.seqtrailrunningseries.com.au

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Upcoming Coast events

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Date	Event	Distance	Location	Website
October 10	Sunshine Coast Cycle Fest 2015 King and Queen of the Mountain	New annual cycling event to feature king and queen of the mountain in a timed event from Palmwoods to Montville - a scenic 8km 400m climb. That night followed by a Flouro Fun Ride in Movie Night.	Palmwoods, Montville and Cotton Tree	www.sccyclefest.com.au
October 11	Sunshine Coast Cycle Fest 2015 Gran Fondo	Elli's Ride for a Reason' Fondo events, including a 100km Gran Fondo (6am start Cotton Tree Park Cycle Village) and a 25km Piccolo Fondo (8.15am start Andrew Street Park, Point Arkwright).	Cotton Tree and Port Arkwright	www.sccyclefest.com.au
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.	Sunshine Coast Stadium	www.thecolorrun.com.au
October 11	Maleny Lions Mountain View Challenge	The event includes a half marathon, a 10km run and a 3km fun run and walk. The Maleny Blackall Range Lions stage this event in winter each year in order to raise funds for the Lions Medical Research Foundation.	Maleny	www.malenyblackallrange.qld.lions.org.au/projectsmvc
October 24	The Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	www.runqueensland.com
October 25-26	Bribie Tri race one	Saturday: Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long - 750m swim, 20km cycle, 5km run.	Bribie Island	www.briebietri.com.au
October 30	Noosa Breakfast Fun Run	Get firing into the Noosa Triathlon and Multisport Festival with a 5km fun run.	Noosa	www.ap.ironman.com
November 1	Noosa Triathlon and Multisport Festival	Olympic distance triathlon (1500m swim, 40km ride, 10km run), as well as a 1km ocean swim, and a run/swim/run event.	Noosa	www.ap.ironman.com
November 14	Kawana Aquathon	Incorporating the Triathlon Queensland State Aquathlon Championships and Triathlon Australia National Selection Event. Full distance - 2.5km run/1000m swim/2.5km run. Enticer - 300m/2km. Junior (10-11 years) - 200m/1km. Mini aquathon - 100m/500m	Lake Kawana	www.qldtriseriess.com.au
November 15	Queensland Tri Series - round three	Three triathlon races. QTS - 400m swim, 15km cycle, 4km run. Enticer - 200m swim, 7.5km cycle, 2km run. Kool Kids - 100m swim, 2km cycle, 400m run.	Kawana Waters	www.qldtriseriess.com.au
November 21-22	Hundy - Hervey Bay 100	Triathlon featuring a 2km swim, 80km cycle and 18km run.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 29	Sunshine Coast Trail Running Series	The South East Queensland Trail Running Series has evolved from four events on the Gold Coast, to now include 10 events across the Gold Coast, Brisbane and Sunshine Coast regions.	TBC	www.seqtrailrunningseries.com.au
November 29	Triathlon Pink and Brooks Fun Run Pink	An all-female triathlon with varying distances: Short - 100m/4km/1km. Medium - 200m/6km/2km. Long - 300m/8km/3km. Ultra - 600m/16km/6km. Kids 7-9 - 50m/2km/500m. Kids 10-13 - 100m/4km/1km. And a 5km and 2.5km fun run and walk for adults and kids 1km run to raise funds for charities who provide breast cancer support, education, research and advocacy.	Sunshine Coast Stadium	www.triathlonpink.com.au
December 6-7	Bribie Tri race two	Saturday: Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long - 1000m swim, 30km cycle, 8km run.	Bribie Island	www.briebietri.com

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Upcoming Coast events

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Date	Event	Distance	Location	Website
December 20	Buderim9	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
January 10	Hares and Hounds Trail Run	The Hares and Hounds Trail Run at Woodford Pool is a 55km trail race which can be run solo (the hares) or in a relay team of 2 to 4 members (the hounds). The hounds start an hour after the hares and try to chase them down. There are also 10km and 5km events on trails close to the pool; the relay/ultra goes from Woodford to Beerburum and return.	Woodford	www.traq.org.au
January 31- February 1	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 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long - 1000m swim, 30km cycle, 8km run.	Bribie Island	www.briebietri.com
February 7	Queensland Tri Series - round six	Three triathlon races. QTS - 400m swim, 15km cycle, 4km run. Enticer - 200m swim, 7.5km cycle, 2km run. Kool Kids - 100m swim, 2km cycle, 400m run.	Caloundra	www.qldtriseriess.com.au
February 14	Sunshine Coast Trail Running Series	The South East Queensland Trail Running Series has evolved from 4 events on the Gold Coast in 2013, to 8 events across the GC and Brisbane in 2014, to now include 10 events across the Gold Coast, Brisbane and Sunshine Coast regions.	TBC	www.seqtrailrunningseries.com.au
March 7-8	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 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long - 1000m swim, 30km cycle, 8km run.	Bribie Island	www.briebietri.com
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 11-13	Mooloolaba Triathlon Festival	Mooloolaba Triathlon Festival has been a feature event on the Australian Triathlon Calendar for over 22 years. The event starts with a 5km run on the Friday, ITU sprint event on the Saturday, elite cycling criterium, with the centerpiece the Olympic distance triathlon on the Sunday.	Mooloolaba	www.ironman.com
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 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