

## Going solo in Europe

By GRANT EDWARDS

CURRENTLY cycling somewhere between Belgium and Turkey, Nick Hutton is testing mind and body.

The 39-year-old from Peregian is about mid-way through The Transcontinental race which will see him cover more than 4200km within 15 days.

The clock started in Flanders and won't stop until they reach the Istanbul finish line. Riders must complete the journey unsupported – sleeping wherever they choose while going via mandatory checkpoints.

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Photo: Che Chapman

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# Sleep deprivation the true test

## From Page 1

For Nick, an anaesthetist by trade, it's somewhat of a paradox: he faces a constant battle of sleep deprivation and fatigue.

During preparations he has been ticking off more than 2000km a month (building from 1200km since January), stringing together some 800km training weeks all while working full-time.

"I did one a couple of years ago in America," he said.

"It was the Tour Divide, a mountain bike race from Canada to Mexico. It's a similar concept but with mostly gravel roads.

"Anything you need you carry...all by yourself, completely self-supported and no drafting.

"This time I have a slightly better idea of what's ahead of me. When I did the last one, I had a rough idea of what I could accomplish and I exceeded my expectations."

At the Tour Divide, he finished in the top 25 from about 120 starters. Originally estimating he would accomplish about 160km a day, Nick managed close to 200km every 24 hours and finished in 21.5 days.

"I had some really low points. You tend to go through some fairly extreme moods," he said.

"When racing, you just want to finish it.

"At the time you don't really think about how much you have achieved.

"Usually about three or four weeks later you look back and think 'wow'. It's a funny sort of enjoyment."

This time around, Nick has adopted a different training regime.

His wife Ingrid, a rheumatologist, was supportive as long as he pared back his preparation compared to the Tour Divide. With two young children, Zac and Abby, the training began in earnest six months ago (rather than a year)



Nick Hutton during his Tour Divide trek three years ago.

Photo: Contributed

and he tries to get in about 30 hours of riding each week.

Getting on the bike as often as possible, Nick rides to work from home (more often in the dark while tired) combined with sessions morning and night.

His regular rides have included a 220km loop out to Eumundi, Kenilworth, Conondale, Bellthorpe and Peachester, while he has also headed for the Mary Valley at the back of Gympie.

Nick completed the TooMoo 220km ride earlier this year, and recently did the 250km Peaks Challenge course that will be staged on the Gold Coast for the first time next month.

While the riding is gruelling – the first checkpoint is the historic climb of Mont Ventoux in the French Alps – it's the sleep deprivation which shapes as the greatest challenge.

"I know I can't survive on four hours a night. If I can get five to six hours is better for me and I can sustain that for 15 days," Nick said.

"Some guys are good at cat-napping. If I don't sleep enough I get psychotic.

"The thing that scared me was when I was really tired I would go to sleep coming down mountains. I was fine uphill...I became really keen on

## THE TRANSCONTINENTAL

**When:** July 24-August 9.

**Where:** Flanders to Istanbul.

**Distance:** About 4200km.

**Entries:** 150 solo riders and 50 pairs.

**One stage:** The clock never stops. Racers choose where, when and if at all to rest.

**No support:** Racers can only use what they take with them, or what they can find en-route at commercially available services.

**No route:** Only mandatory controls ensure that racers visit some of the most famous pieces of road in Europe and connect with the suffering of their forebears. The rest is up to them.

caffeine drinks and at the service stations I would load up with four or five. I would over stimulate at the top, and then have an absolute caffeine and guarana blast."

Where, and when, to sleep is also another challenge.

Nick will rest on the roadside about half of the time, sleeping on tables. Other nights he will stop in hotels, washing his kit and making the most of creature comforts for a short time.

"You tend to look pretty bad, smell pretty bad, so people tend to leave you alone along the roadsides," he said.

"The best thing to do is a have a meal or a dinner in a significant town, then ride and

later sleep on side of the road. Then get to another city and have breakfast."

Having done Ironmans in the past, and recognising he would need to take time off work to improve dramatically, Nick said he was looking for new challenges when he found this new breed of ultra-endurance events.

He will be riding a Specialized Diverge on the journey "to provide a bit of flex and give", equipped with disc brakes it's perfect for tackling tough terrain and Nick said it enables him to use it for other events post-The Transcontinental with plans to tackle another 3000km ride in New Zealand next February.

# Second event ruled out



Mooloolaba Triathlon Festival will be back next March.

Photo: Warren Lynam

AGE group triathletes wanting to "go long" next year will need to race outside the Sunshine Coast.

Ironman will host the 70.3 World Championship at Mooloolaba in September 2016, but that will only be open to athletes who qualify.

There had been hopes of a two-day event, with the Saturday open to all-comers while Sunday would feature the world's best, but those plans were scuttled.

"We have spoken it through with all the stakeholders and the one event is going to be huge. We need it to be in a one-lap (bike) course, and it will be extended road closures, so it was deemed one day of angst and not two," Ironman Asia-Pacific chief executive officer Geoff Meyer said.



Photo: Warren Lynam

"Especially on a Saturday when a lot of people are still working and school sport, it was deemed to be too much angst for the community to bear."

Mooloolaba will still host its traditional multisport festival next March, featuring the 5km run on the Friday night, ocean swims, kids' tri and ITU triathlon events on the Saturday, and then the age

group Olympic-distance triathlon on the Sunday.

Ironman has appointed a multisport team with a new general manager to look after events such as Mooloolaba to ensure it maintains popularity.

"We are doing a lot of workshops of what we need to do to bring back the excitement to Mooloolaba," Geoff said.

"We did a lot of that this year, bringing back the expo to Beach Terrace which adds atmosphere, brought the teams back to where the individuals were...I think we are already taking the right steps to bring it back to its halcyon days and grow those numbers back."

He hasn't ruled out introducing a sprint triathlon as part of the event, but nothing has been cemented.

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Photo: Warren Lynam

Athletes are scrambling to qualify for the Ironman 70.3 World Championship to be hosted at Mooloolaba next year.

# Qualification spots hot property

QUALIFYING for next year's 70.3 Ironman World Championship at Mooloolaba is on like Donkey Kong.

The first event where athletes can claim a spot was staged this month at Wisconsin, where the roll-down only occurred in two or three age groups.

Locally, the competition for a chance to represent Australia on home turf has already started to hot-up with this year's 70.3 Sunshine Coast selling out before online entries closed on Friday.

Early entries for the 10 other Australian and New Zealand 70.3 events are currently above average.

Whereas many endurance events have experienced an interest and entry decline, the 70.3 races are approaching 80% capacity.

Ironman offered "bundle" packages where athletes could buy two, three or four races at a discounted cost. Competitors who took a bundle earn points at each race, with the highest

point-getters also eligible for one of 100 world championship positions at the end of the season. Ironman will also offer 25 'lottery' spots to bundle entrants.

About 3500 athletes will take part in the world championship from 85 qualifying events – with 70% of the field international.

"The word from my colleagues over in America and Europe is that we are really hitting the button from their athlete base," Ironman Asia-Pacific chief executive officer Geoff Meyer said.

"If you look at the past two years of world championships at Austria and Canada...for us to have a beachy destination to come to is definitely very favourable amongst the European and American athletes."

While the swim and run course are essentially set, negotiations and collaborations are continuing with stakeholders regarding the bike route.

It will be a one-lap 90km journey on the bike and Ironman is currently "fine-tuning" plans.

Organisers need more hills on the course to break-up the athletes, as the event will attract the sport's best who will be more evenly matched than traditional races.

"You are dealing with the top percentage in age groups from around the world. They are all quick. They all swim fast, they all bike fast and they all run fast," Geoff said.

"To try and spread them out so they not drafting you need some good hills in there to sort them out."

The world championship will inject more than \$15 million into the Queensland economy, with athletes bringing family and friends who will spend on average five nights in Mooloolaba – totalling more than 35,000 visitor nights.

Each qualifying athlete will receive a Queensland gift pack, which includes a trucker hat, a

key-ring (which doubles as a bottle opener), and a welcome postcard introducing them to Queensland.

"Many of these athletes have often spent years training to fulfil their dream of representing their country," Geoff said.

"As a community we need to celebrate that effort, roll out the red carpet, and welcome them to our home."

In further efforts to market the championship, Ironman Asia-Pacific, Sunshine Coast Destinations and Tourism and Events Queensland will have a strong presence at the 2015 Ironman 70.3 World Championship in Zell am See-Kaprun, SalzburgerLand, Austria on August 30.

More than 5000 athletes will get a chance to visit the Sunshine Coast 'beach shack' booth and enjoy the ceremonial handover at the awards dinner.

"We are excited about taking the Sunshine Coast and Queensland to the world," Geoff said.



# Rapha's enthusiastic bunch

DOZENS of female cyclists turned heads on Sunday as they took part in the annual Rapha Women's 100 cycle event, joining almost 9000 women globally.

The annual ride, which began three years ago as a celebration of women's cycling, encourages females to ride 100km in a single day either on their own or as part of an organised group.

This year's Sunshine Coast organiser Sue Dingas said about 40 women turned out locally, enjoying perfect conditions from Mooloolaba to Noosaville and back.

"Anything that encourages more women to get out on their bike and allows them to challenge themselves while learning new skills such as riding in a bunch is positive," she said.

"I want women to understand how much fun cycling can be and I think if they're given a little bit of encouragement women soon find they're capable of doing a lot more than they think they could do."

The women, who came from as far as Brisbane, Morayfield and Noosa, were organised into three different pace groups with well-known Sunshine Coast triathletes Catherine Thiele and Kacey Willoughby providing tips and advice to the



The annual Sunshine Coast Rapha Women's 100 cycle event attracted a large contingent of riders on Sunday.  
*Photo: Contributed*

less experienced riders.

Sue said providing a safe environment was critical for the event's success with many participants overcoming their fears, which gave them the confidence to set new goals.

"A lot of women think cycling is a male dominated sport but it's great for everyone, it can tick so many different boxes," she said.

Since last year's inaugural event on the Sunshine Coast the number of women taking up the sport has increased according to Giant Sunshine

Coast business and marketing manager Louise Vant.

She said weekly women's shop rides were gaining in popularity because they provided a non-threatening environment for females to learn how to be safe and confident on the road. She said educating riders about road rules and how to cycle safely in a group had a broader positive impact on the community.

"It's blown our mind how many women are out there taking up cycling," she said.

"All the bike manufacturers

## VITAL STATISTICS

**What:** Rapha Women's 100.

**When:** Sunday, July 26.

**Where:** Mooloolaba to Noosaville return.

are aware of it and acknowledge that's the next growth market and we're very conscious of that as well.

"We not only want to sell women bikes but we also want to give them the tools to have a long happy cycling lifestyle."

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# Festival echoes Samantha's ethos

CONQUESTS include running four 250km ultra marathons across the driest (Chile), windiest (China), hottest (Sahara) and coldest deserts (Antarctica) on Earth. Then there was the 222km non-stop run across the Himalayas. And topped that with a 379km non-stop run across Australia's Simpson Desert.

Samantha Gash followed those feats when in September last year she ran an average of 61kms for 32 days in a row across South Africa (1968kms in total).

The project titled Freedom Runners, raised more than \$55K on behalf of Save the Children to set up an initiative in South Africa. The program started in March and supports young women in a specific rural community to have greater access to feminine hygiene products, which is a limiting factor to education.

And next on her list is the 7 Sunshine Coast Marathon and Community Run Festival.

Samantha is passionate about running for a reason, and the Coast's marathon festival fits perfectly with her ethos.

The various festival events raise money for Ronald McDonald House Charities and The Westpac Foundation, plus more than 70 other worthwhile causes.

Samantha is currently in the United States, where she is preparing to take part in the Sunshine Coast marathon.

"Every 12 months or so I evaluate which races I want to sign up for. My training will then be specific to my upcoming race whilst taking into account what I have coming up over the year. Ideally each race can be a building block for the subsequent races," she said.

"I have been training for an adventure race in Townsville and the Sunshine Coast marathon. My training per week will most likely be made up of a speed and hill session, a long run (anywhere up to 60km),



**Samantha Gash will be among the favourites to win this year's women's 7 Sunshine Coast Marathon that will be held on August 30.**  
*Photo: Lyndon Marceau*

two hot yoga sessions, and strength and conditioning sessions. Each session has a purpose to my upcoming race.

"I have taught myself through experience that discomfort (as opposed to an acute pain) is only temporary and is something we can overcome if we keep our mind calm and positive. Every time we push through that moment of discomfort we become stronger – mentally and physically and it is a way for us to learn more about ourselves."

Samantha said the best advice she can offer new runners is to build mileage progressively and to be as consistent as possible.

"Injuries are more likely to occur when people try and do too much too quickly or their training is erratic week to week," she said.

Some of the key mistakes runners make is:

- Not testing nutrition and hydration that will be used on the race day during their

## VITAL STATISTICS

**Who:** Samantha Gash.

**Biography:** She took up running in 2008 as a break from study while completing her law degree at Monash University. By following a 16-week training program, she just managed to complete the Melbourne Marathon that year – side by side with a friend.

### Achievements:

- First female and youngest person to complete Racing the Planet's Four Deserts Grand Slam in one calendar year.
- A 379km solo (supported) non-stop run across the Simpson Desert in Australia.
- A 250km, multistage race in Nepal – 2nd female, 9th overall.
- Beast of Burden 50miles (NY, USA) – 1st female, 2nd overall in a time of 8:12.
- 3 Marathons in 3 Days (Cairns) – 1st female, 4th overall.
- Surf Coast Marathon – 2nd female.
- Clifbar 10 Peaks Lake District Race.
- Northburn 100km (Cromwell, USA) – 1st female.

training.

- Buying a new pair of shoes a couple of days before the event and/or wearing worn out shoes during training.

- Not spending time on their race day strategy.

When it comes to equipment, Samantha loves her Injinji toe socks (to prevent blisters), Brooks footwear (ST5 for road or Cascadias for trail) and Turbo Superfoods nutrition for fuelling.

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# Riders fire at time trial titles

By DYLAN DE JONG

ALL the hard work paid off for Sunshine Coast cyclists who left their mark on the Queensland elite, under 19 and masters individual time trials staged in New South Wales earlier this month.

The courses varied from a 14km ride for juniors, 21.4km for the masters and 41.2km for the elite classes through the verdant mountain town of Murwillumbah.

The standout performances of Sunshine Coast master class riders Tony Bolter, Jason Ford and Stuart Wilkins left everyone speechless.

Tony, who lives in Caboolture but rides for Sunshine Coast Cycling Club, proved age is no barrier to competing at the top of his game, coming away with a win in his category with almost two minutes separating him from other competitors.

Tony, 75, started riding bicycles as a kid and has been in the saddle ever since. He is still riding strong in the over 70s class.

He said cycling is a great way to stay maintain his fitness and has kept him healthy and in shape over the years.

"The fitter you are the longer

you're going to live, it means less visits to the doctor too," he said.

"It's just a nice feeling, you know...you're not tied down anywhere, you can ride wherever you like."

He has been competing in cycling since 1955 and his love for the sport has kept him training hard to get an edge over his competitors.

He said his training regime consists of about 300km every week with hill climbing intervals.

"The trick is being able to get on your best form right before the event," he said.

Tony rode the 21.4 km in a time of 36mins 2sec, at an average speed of 35.6kmh.

Jason Ford of the Sunshine Coast Cycling Club won in his class of ages 50-54 with a time of 30mins 12sec, roughly one minute in front of second, at an average speed of 42.5kmh.

The man to beat on the day was Stuart Wilkins in the 45-49 age group with his staggering time of 26min and 11sec riding the 21.4km at an average 49kmh.

He finished the day more than three minutes ahead of Andrew Patten who was second in the men's masters four division.



Caboolture's Tony Bolter proved too good for his rivals in the over 70s division  
Photo: Kevin Coppalotti

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# Tapering needs differ for everyone



By **GARY DONOVAN & GLEN MAHONEY**  
SubLX swim coaches,  
specialising in triathlon and open water athletes

IN OUR experience, tapering is an often misunderstood part of training. We'll discuss some aspects of tapering for your swimming here but remember the basic principles, with any appropriate tweaks, can equally be applied to both the bike and the run.

What does tapering mean? It refers to the 'phase' in your training program where you're closing in on a specific targeted race so want to be at your fastest come the day of that race.

When should you taper?

Well, here is one of the benefits of having an experienced coach as getting a taper right could mean the difference between an awesome race and an awful race.

Any coach worth his or her salt will acknowledge the fact that every single person's taper will differ in some way and they will amend/adapt their individual program accordingly. As with all quality training, one size most definitely does not suit all.

For some it's days, for others weeks.

So how does it work?

Here we'd like to clear something up – you cannot taper properly if you haven't done the work; simple.

A decent, structured build-up measured in months is required before you can taper. If you've failed to do the required amount of work in the water at the correct intensity to achieve an effective taper, then the best advice is to not decrease your workload in the immediate build up to the race. Rather just



**Tapering only works if you have completed a structured training regime.**

maintain what you are doing.

We've seen far too often people choose to do their own taper because they assume a taper is a two or three week phase for all. Wrong.

Assuming you've done the work in the water, the basic principle is that you start to add rest (both in and out of the water), gradually reduce the volume of hard distance-orientated work and try and build some shorter sets while slightly increasing the actual speed at which you are swimming.

As we close in on race day we would reduce volume of the sprints, increase intensity of the sprints and increase the volume of easy swimming.

However, we need to stress that these parameters differ for each individual. Please note that it's the reduction in hard distance-orientated sets that makes the difference. You might end up swimming similar mileage; although your warm up and warm down may be longer with more drills added.

Take these two examples of sets:

Let's assume the first example is roughly eight weeks out from a key race (this type of set will depend heavily on which block of phases the

athlete is currently in) and the second a taper session leading into that race.

A warm up, stroke reconfirmation drills and a mini sharpener to get the blood really flowing and then the main set.

This constructive warm up may be anywhere between 800m-1.5km in length.

**Main training set:**

3 (3 x 400) off 6.00 with a target time of 5.30 per rep with 1min rest between each set.

We would also include a warm down of between 300m-600m making a total distance covered of more than 5km.

If the work has been done to warrant a taper (just to reiterate), then we might give a taper set that looks like the following:

A longer warm up, more stroke reconfirmation drills than normal and then the main set. Therefore, this warm up might last 2-2.5km all swum very comfortably.

**Main taper set:**

1 x 200 negative split, broken by +10 seconds @ 100m off 5mins.

2 x 100m off 2.30 easy stroke, stretching out.

2 x 100m off 3mins @ 95% effort.

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2 x 100m off 2.30 easy stroke, stretching out.

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2 x 100m off 2.30 easy stroke, stretching out.

**Key points to remember:**

Everyone is different and what suits one might not suit another and you simply cannot taper effectively if you haven't done the necessary constructive build up in the preceding months.

One of the keys to improved performance is to avoid generic swim sets.

Every single session should be tailored to the specific needs and ability of the individual. We believe that giving a generic swim set to the athlete is doing the athlete an injustice.



# Super cycling efforts from Stu

By DYLAN DE JONG

NOOSA'S own Stuart Wilkins is riding his way above and beyond his rivals, putting him in an eligible seat for international competition.

Stuart, or "Super Stu" as he's more affectionately known, is stopping at nothing to be at the top of his game.

Just shy of 50, Stu started cycling as a young boy and has always had a passion for the sport. Beginning as a triathlete, he quickly switched to cycling.

Now riding in the Masters A class, Stu competes against men as young as 30.

His weekly training regime is extremely intense and most that have tried to train with him have struggled to keep up, being left in a state of awe.

Stu can be seen riding his



**Stuart Wilkins (left) pictured with Greg Ball as part of the Tineli team in 2013.**

*Photo: Contributed*

bike around the Noosa area when he's doing his weekly training where on average he's riding a staggering 800km a week.

On top of his maxed-out training schedule he also works as a carpenter throughout the week and competes in races

on weekends.

This year Stu has kept his foot on the pedal and pushed his way to the top in every Masters A race on the calendar. He definitely didn't go unnoticed in the Queensland time trials held in Murwillumbah July 5, winning not only his class but also riding the time trial faster than some younger classes and posting an average speed of 49kmh.

The outstanding result raised suspicions from other competitors, but the fact remains Stu doses himself with the lethal combination of dedicated training and the right equipment.

Along with his intense workouts he also has the assistance from Greg Ball and the team from Le CycloSportif at Noosa Junction who

provided him with his bike, a Cervelo P5, and adjusted it according to Stu's frame and riding style as well as helping him with his pedalling technique.

The recent Battle on the Border was his chance to shine and despite doing domestic team duties for his team, he only missed out on the overall general classification by a couple of seconds thanks to a commissaries' call.

Over the past seven years Stu has clocked up roughly 300,000km on his bike, showing just how dedicated he is to the sport.

His next big race is competing in nationals at Tweed Heads later this year where he hopes to qualify for the world titles held in Perth in 2016.

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# Air travel tips to be race ready



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

WITH the huge variety of events available here and abroad we have the potential to be spending a lot more time travelling.

Travelling interstate is often hard enough, let alone travelling overseas. When we are doing long-haul travel, we need to make sure that we arrive in reasonable shape.

I spoke in my last article about the importance of hydration. This is still first and foremost the most important thing you can do when travelling (actually really at any time).

But there are some other areas that will help your physical health when travelling.

Compression stockings or pants can certainly be of help, but keep in mind only the medical grade ones can really help prevent deep vein thrombosis (DVT).

A DVT is a collection of red blood cells that has become glued together and has lodged deep in a vein.

Normal compression leggings by Skins, 2XU, Body Science, Compressport etc are more beneficial in reducing general leg swelling and the associated stiffness.

Don't be alarmed though when you take off the leggings that there is an indentation around your ankle – this is more an indication of the length of time you have been sitting rather than an indication of major fluid retention.

A similar thing would happen if you were to sit all day at your desk in your compression leggings.

Check with your doctor if taking a blood thinner (such as Aspirin) is appropriate for you. If you are on an overnight flight



**Margie Atthow and husband Richard Campbell show off their compression socks they use as part of their recovery while training in the United States.**  
*Photo: Contributed*

where you may not be moving much as you are trying to sleep, it might be worthwhile to have some back up in place.

But it is important to know that unless you have an increased risk of clots (such as smoking, being overweight, taking the contraceptive pill, or have a blood clotting disorder), it is unlikely for you to have a DVT.

Luckily our body is pretty clever at regulating itself, with there being a natural increase in the production of anti-clotting factors when we have been sedentary for a long time. This counteracts the thickening of blood that happens at altitude with the lower pressures, helping keep everything in balance.

We can help further reduce the risk of a DVT by making sure you move.

Unless you are lucky enough to be in first class, there is a good chance you will be in a smallish economy seat. Imagine sitting like this all day at your computer and not moving – you would be pretty stiff. The same thing happens when you are travelling.

My patients will have heard this a thousand times from me:

We are human beings, not sea slugs. We need movement. By moving regularly you are keeping your muscles and joints moving, which helps the return of blood back up to the heart for oxygenation.

By keeping the blood moving rather than pooling in physical junctions (typically the calves, behind the knee, and pelvis) it is reducing the risk of allowing the red blood cells to clump and form clots.

Ideally, you should be up every 45-60 minutes (don't get stuck in a movie, there is the pause button) for a walk the length of the cabin, have a bit of a stretch, do some calf raises, mini squats, and swing the arms.

Don't be shy, all the other people on the plane will not think any less of you, and on the off chance you get a strange look, just say you're an athlete.

Fidget when you are in your seat.

Actually do the ankle pumps and knee extensions that are written onto the airline safety card and in the back of the in-flight magazine.

When booking your seats aim for the aisle, it makes it

easier for when you do want to get up without having to disturb your neighbours.

Pack your own snacks.

Nuts and fruit are great, but just be aware you will need to eat them on the plane as some countries Custom's will potentially confiscate them.

Muesli bars are great as they are pre-packaged so won't be subject to the same restrictions (still declare them though).

If you can find ones that are high in protein as well, that will help with feeling full.

You know how you can feel when you are tired, hungry, and overwhelmed by and new unfamiliar location. By having something quick and easy to eat makes everything much more manageable (and you will be much nicer traveling companion as well).

One last tip. Always have hand sanitiser with you. The risk of inhaling a germ or a virus is quite low. We are much more likely to ingest them. So at the very least always use a sanitiser before you eat.

Hopefully this information will help you arrive happy and healthy and ready to have a fantastic race in an exciting new location.



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# Take the family and your bike

By GRANT EDWARDS

STOP the show. For those wanting a people-mover with style it's hard to overlook the Mercedes-Benz V250d.

While the previous Viano was no design shrieking violet, this pimped people-mover raises the bar inside and out.

The cabin is a monumental step ahead of the model it replaces. Echoing some styling cues from the C-Class sedan, wonderful curved lines adorn the dash.

The swooping appearance helps address key issues with the Viano. The stalk-mounted gear shifter frees up the dash, and the colour screen controlled by a central dial is easy to use while delivering modern minimalisation.

Noticeably quiet on the road, the V250d is easy to drive for such a long vehicle.

Cruising along at 2000rpm at 100kmh, the four-pot diesel powers the big van well at highway and low speeds.

The V250d Avantgarde comes with a 15-speaker Burmester sound system and 10GB hard drive for music data and video files, 21.3cm colour screen with 3D sat nav, Bluetooth connectivity, leather trim, 18-inch alloys, along with power rear and side doors.

Safety incorporates six airbags, anti-lock brakes, stability and traction control, along with automatic parking, reversing camera, blind spot assist, drowsiness warning, crosswind assist and radar cruise control.

Given its pricing, the V-Class is perfectly positioned for executive transport.

The various rear seating configurations make for luxurious confines with excellent space for adults in each row.

Boot space is good enough for a bike with all rows filled, but it would require some movement of the third row.

But for those wanting



something more affordable, Mercedes has also just released the Vito van and Valente people-mover range.

Laying claim to offering the safest vans on the road, the three-pointed star says it won't engage in a "race to the bottom" when it comes to safety but this new range provides price points and servicing plans aimed at attracting new customers to the marque.

A front-wheel drive van derivative starts from \$36,990 drive-away.

Much of the latest technology available on passenger cars is flowing into the van genre, as has already been done with the Sprinter range. But there is a catch. Most of the high-end safety features are optional extras which cost at least \$1700.

Interior styling cues are dictated by the price point.

Base model panel vans and crew cabs are typically basic, with an array of plastic materials, which you expect within the utilitarian class.

Even the variants which tick the optional \$900 satellite navigation box make do with a system which appears old-school on the 14.7cm colour screen.

There is little chance of getting lost among the operations as there are limited buttons and dials.

The seat trim feels hardwearing and those vehicles with the second or third rows



## VITAL STATISTICS

**Model:** Mercedes-Benz V250d Avantgarde.

**Details:** Six, seven or eight-seat rear-wheel drive luxury people-mover.

**Engine:** 2.1-litre four-cylinder turbo diesel generating maximum power of 140kW and peak torque of 440Nm (150kW and 480Nm in overboost).

**Transmission:** Seven-speed automatic.

**Consumption:** 6.3 litres/100km (combined average).

**CO2:** 166g/km.

**Performance:** 0-100kmh in 9.1 seconds.

**Bottom line plus on-roads:** \$85,500.

**Website:** [www.mbsunshinecoast.com.au](http://www.mbsunshinecoast.com.au)

can accommodate adults in each pew.

Two four-cylinder turbo diesels provide the range's motivation, the base variant comes with a 1.6-litre powertrain generating 84kW/270Nm with drive going exclusively to the front wheels.

Rear-wheel drives gain a bigger 2.2-litre that comes in three levels of tune: 100kW, 120kW or 140kW.

The entry-level models won't throw you into the head-rest, and it goes without saying that the larger capacity donk is the

more rewarding.

Particularly impressive was the 140kW version which displayed some nimble performance.

Among the deals available are finance with an agreed value program, along with servicing packages which start from \$10 a week. Some package deals mean buyers can get into the vehicles for just above \$100 a week.

There are no concerns with fuel consumption, the entire range should achieve about six litres for every 100km.



## Teen tames mountain

RECORDS tumbled as 17-year-old Hayden Wilde won the 56th annual Pomona King of the Mountain in a sprint finish on Sunday.

This year's edition of the race was a celebration of its long history of trans-Tasman rivalry with the largest team of New Zealanders entering.

Hayden (pictured right) made his first trip to Australia and become the youngest ever winner of the KOTM with a time of 25min42sec, with countryman Shay Williamson just behind him at 25.56.

The teenager said he was terrified of Shay coming into the



final stretch.

"He was just behind me on the flat and he was just about to catch me, but I got over the final little hill and pulled away," he said.

"He looked pretty scary.

"He was pretty much breathing down my neck."

Shay was the winner of New Zealand's sister race at Mount Edgecumbe and came in as hot favourite to this year's event, but he was unable to pip the youngster.

Bryce Hegarty finished third.

Winner of the previous two years, Ben Duffus, didn't compete while 36-year-old record holder Neil Labinsky made his comeback race but could only manage a fourth placing.

Neil, who holds the course record of 22.43, also holds the record for most wins and



**Jill Taft (left) and Meg Davidson embrace after finishing the King of the Mountain race.**

*Photo: Che Chapman*

returned to add to his tally of seven wins after taking a year off.

On the other end of the spectrum from Wilde, 44-year-old Leslie Saunders

was the first woman to cross the line with a time of 33.14 with junior Dominica Fitzsimon coming second in 35.20. They were followed by Angela Haynes.



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# The latest and greatest...

Beat your flavour fatigue with the new range of Gu Energy Gels in store at Allez Sport Mooloolaba now. The titillating flavours available include root beer, salted watermelon, salted caramel, cherry lime, sea salt chocolate and caramel macchiato. Available in calorie-dense, portable sachets they will quickly fuel your body to go that extra mile in your training and racing. RRP \$3.50-\$5.95



The new and improved Compressport Pro Racing V2.1 Bike socks are a must-have accessories for any serious cyclist. Like the original design they continue to offer comfort, optimisation of circulation and their signature 3D.dot grip to prevent feet from slipping. The new features of a seamless finish, mesh ventilation zones around the ankle, foot and toes and an improved arch support takes the new version to another level. Available in a variety of striking colour combinations, they are now in store at Allez Sport Mooloolaba. RRP \$25.



The Lazer Wasp Air is a shorter version of the Wasp helmet designed to meet the needs of triathlon, track- and TT riders. Everything about the helmet is shaped around the rider's position and finding the maximum aerodynamic gains. They are available in black (predominant colour) and white or white (predominant colour) and black. Check it out at Le CycloSportif at Noosa Junction. They retail for \$299, save \$50.

Cramp-Solv is a fast acting, homeopathic solution to those painful muscle cramps and spasms. Available in a 25ml bottle, it is lightweight and easy to use at any time day, night or during sports. Simply spray under your tongue and repeat if required. Cramp-Solv is available to buy from Allez Sport Mooloolaba now. RRP \$25.



The all new Trek Top Fuel is the must-have for any cross country racer, adventure racer, or off-road tri enthusiast. Bursting with cutting edge technology it simply makes life easy...and fast! Check them out at Venture Cycles at Noosaville, retail price is \$6099.



When grams matter, think Speedsleeve. The original Speedsleeve tube wrap (above right) was born on the mountain bike and triathlon race course. Invented by athletes as faster way to access items while on the bike where time and safety mattered most. The Seatsleeve is the lightest and tightest fitting saddle pack on the planet (above left). Check them out at Cyclezone Mooloolaba. RRP for top tube gel holder is \$39, rear saddle \$69 and aftermarket rain covers in various colours \$15.



# Upcoming Coast events

REGISTER YOUR EVENT  
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
August 2	Queensland Enduro Series – round four	Downhill mountain bike enduro, 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 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	<a href="http://www.geoffsrns.com">www.geoffsrns.com</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 and Obstacle	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. Also an event for kids, aged 5-12.	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/Cooloolaba National Park.	Rainbow Beach	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
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	<a href="http://www.mtcoorooraendurancechallenge.com">www.mtcoorooraendurancechallenge.com</a>
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 Currumbin Special Schools.	Mudjimba	<a href="http://www.islandcharityswim.com.au">www.islandcharityswim.com.au</a>
August 16	Maroochy River Paddle	The Maroochy River Paddle is a marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the out-going tide to finish 17 Km later in Eudlo Creek at the Sunshine Coast Paddlesports Club.	Dunethin Rock	<a href="http://www.maroochyriverpaddle.com.au">www.maroochyriverpaddle.com.au</a>
August 22	Wishlist Row for Cancer	Fundraising rowing event including kayaks, outriggers, surf skis, surfboats, stand-up paddle boards, the Corporate Outrigger Challenge and 000 Emergency Services bonanza at Cotton Tree Park (races on the Maroochy River).	Cotton Tree	<a href="http://www.wishlist.org.au">www.wishlist.org.au</a>
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	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
August 23	Sunshine Coast Cycling Club road champs	Sunshine Coast Cycling Club road champs, A-D grades. Registration 7am, racing 7.30am.	Glasshouse	<a href="http://www.scccracing.wix.com">www.scccracing.wix.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 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	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>

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# Upcoming Coast events

REGISTER YOUR EVENT  
[multisportmecca@apn.com.au](mailto:multisportmecca@apn.com.au)

Date	Event	Distance	Location	Website
<b>August 29</b>	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.	Beerwah Library	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
<b>August 30</b>	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>
<b>September 5</b>	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	<a href="http://www.thestampede.com.au">www.thestampede.com.au</a>
<b>September 5-8</b>	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	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
<b>September 12-13</b>	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.	Beerburrum	<a href="http://www.glasshousetrails.com.au">www.glasshousetrails.com.au</a>
<b>September 13</b>	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>
<b>September 20</b>	Mountain bike orienteering – State Series, round nine	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburrum	<a href="http://www.sunshineorienteers.com.au">www.sunshineorienteers.com.au</a>
<b>September 26-27</b>	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>
<b>October 2-4</b>	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	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>October 4</b>	Black Mountain Trail Race	45km ultra marathon and 21km half marathon following the original Black Mountain Road called the Twin Bridges Track.	Black Mountain	<a href="http://www.dynamicrunning.com.au">www.dynamicrunning.com.au</a>
<b>October 4</b>	Sunshine Coast Trail Running Series	The South East Queensland Trail Running Series has evolved from four events on the Gold Coast in 2013, to eight events across the GC and Brisbane in 2014, to now include 10 events across the Gold Coast, Brisbane and Sunshine Coast regions. There will be 7.1 or 13.1km options, running in Tuckekoi National Park.	Pomona	<a href="http://www.seqtrailrunningseries.com.au">www.seqtrailrunningseries.com.au</a>
<b>October 10</b>	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	<a href="http://www.sccyclefest.com.au">www.sccyclefest.com.au</a>

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# Upcoming Coast events

REGISTER YOUR EVENT  
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Date	Event	Distance	Location	Website
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	<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	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 Aquathon Championships and Triathlon Australia National Selection Event. <b>Full distance</b> - 2.5km run/1000m swim/2.5km run. <b>Enticer</b> - 300m/2km. <b>Junior (10-11 years)</b> - 200m/1km. Mini aquathon - 100m/500m	Lake Kawana	www.qldtriserries.com.au
November 15	Queensland Tri Series - round three	Three triathlon races. <b>QTS</b> - 400m swim, 15km cycle, 4km run. <b>Enticer</b> - 200m swim, 7.5km cycle, 2km run. <b>Kool Kids</b> - 100m swim, 2km cycle, 400m run.	Kawana Waters	www.qldtriserries.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	There will be 14.7km and 8.3km options at Ewen Maddock Dam (Mooloolah Connection Rd). 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.	Glenview	www.seqtrailrunningseries.com.au
November 29	Triathlon Pink and Brooks Fun Run Pink	An all-female triathlon with varying distances: <b>Short</b> - 100m/4km/1km. <b>Medium</b> - 200m/6km/2km. <b>Long</b> - 300m/8km/3km. <b>Ultra</b> - 600m/16km/6km. <b>Kids 7-9</b> - 50m/2km/500m. <b>Kids 10-13</b> - 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	<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	www.briebietri.com

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# Upcoming Coast events

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Date	Event	Distance	Location	Website
<b>December 20</b>	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	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>
<b>January 10</b>	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	<a href="http://www.traq.org.au">www.traq.org.au</a>
<b>January 31-February 1</b>	Bribie Tri 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 - 1000m swim, 30km cycle, 8km run.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
<b>February 7</b>	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	<a href="http://www.qldtriseriesseries.com.au">www.qldtriseriesseries.com.au</a>
<b>February 14</b>	Sunshine Coast Trail Running Series	Two distances, 15.5km and 8.9km at Mapleton National Park. The South East Queensland Trail Running Series includes 10 events across the Gold Coast, Brisbane and Sunshine Coast regions.	Mapleton	<a href="http://www.seqtrailrunningseries.com.au">www.seqtrailrunningseries.com.au</a>
<b>March 7-8</b>	Bribie Tri 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 - 1000m swim, 30km cycle, 8km run.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
<b>March 10-11</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 11</b>	Mooloolaba Twilight Run	Start the Mooloolaba Triathlon Festival with a 5km run from the Esplanade and part-way up Alex hill.	Mooloolaba	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>March 12</b>	Mooloolaba Superkidz & Special Triathlon	For all children aged 7-13 years. Distances include: <b>7-10 years 100m</b> - swim/1km cycle/500m run. <b>11-13 years</b> - 200m swim/3km cycle /1km run. (Age as at event day)	Mooloolaba	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>March 12-13</b>	Mooloolaba Triathlon Festival	Mooloolaba Triathlon Festival features the professional ITU sprint event on the Saturday, elite cycling criterium, with the centerpiece the Olympic distance (1.5km swim, 40km ride, 10km run) triathlon on the Sunday.	Mooloolaba	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>April 16-17</b>	Qld X-Tri Championships and Multisport Weekend	<b>Saturday am:</b> 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. <b>Saturday pm:</b> Mud Rats Kids Adventure Run, 8km trail run, 4km fun run. <b>Sunday am:</b> 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	<a href="http://www.tre-x.com.au">www.tre-x.com.au</a>
<b>April 29-30</b>	18hr Dark Side Champs and 12hr Dawn Attack	Two adventure races for all skill levels. The <b>18hr Dark Side</b> four-person course includes: Up to 70km mountain biking, up to 40km trail running/trekking, up to 15km paddling adventure legs, intermediate navigation. <b>12 Hour Dawn Attack</b> 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	<a href="http://www.adventureraceaustralia.com.au">www.adventureraceaustralia.com.au</a>