



Avoiding tragic consequences

FROM PAGE 1

47-year-old Japanese competitor who was pulled unconscious from the surf during the swim leg and died later in hospital.

Only a year ago Erica Atkins, 43, also died after she suffered problems 20m from the Palm Cove shoreline.

On the Sunshine Coast in 2014, Victorian father Peter Farlecas died after being rescued from the water. In the same year 21-year-old Tom Lyons died after completing the Hell of the West triathlon at Goondiwindi.

At the core of most recent deaths both here and overseas are heart conditions. And it's not confined to those under-prepared or first timers – the Japanese competitor who most recently died was an accomplished athlete.

Ironman's Geoff Meyer, who is now chief executive officer of the Asian region and based in Singapore, said the subject has been discussed as had medical clearances.

In racing terms and conditions, athletes are advised to undertake rigorous training campaigns, compete in shorter distance events and also get medical advice. But there are no checks or tests before entry.

Out of the 110 recorded deaths in Ironman triathlon since 1985, more than 80% are males over 30. Most of the affected athletes over 30 years of age are first timers and the deaths are due to cardiovascular disease rather than a genetic disorder and fatal arryrthmia – as is the case with sudden death in younger athletes.

Sunshine Coast-based doctor Kate Gazzard has extensive experience working with professional and endurance athletes, with this subject one of her areas of interest.

She has seen many professional sports undertake compulsory cardiac screening involving a detailed history, examination and echocardiograph every year or two years for all athletes and support staff.

"In Italy every single child that plays sport is subjected to a cardiac screening test at school. Screening is always about a cost: benefit ratio but in my opinion, it's hard to put a cost on your own life or those you love," Dr Kate said.

When it comes to triathlon, she said the swim portion is where the athletes get a sudden surge of adrenaline and the heart rate rises rapidly.

"In older athletes this sudden surge in exertion, coupled with anxiety at the start of the race is more likely to dislodge a plaque in the coronary arteries leading to a myocardial infarction, a 'heart attack'. Being in the water in amidst a large group of frantic swimmers also means there is a greater risk of a delay in getting rapid medical help," she said.

"For every minute without defibrillation, the chance of survival drops 10%."

Multisport events have quickly gained momentum, with the "can do" mantra pushing new entries into the realm.

Anyone who has lost a lot of weight, is new to the sport and has made a dramatic lifestyle change, or has experienced some concerns during training should consult a cardiologist.

She said with adventure



Back in 2014 during Ironman 70.3 Sunshine Coast, Peter Farlecas died after being rescued from the water. PHOTO: CONTRIBUTED

challenges the fastest-growing industry in travel, and social media and training apps such as Strava where you gain 'kudos' for impressive efforts mean people are pushing themselves further than ever before for 'recognition'.

"I've never seen so many photos of Garmin watch workouts on Facebook or Instagram. We are in the era of faster, higher, stronger, further," Dr Kate said.

"Once upon a time you used to have to 'qualify' to race an Ironman by racing an event of shorter distance. I believe this is a good idea as it encourages progressive overload. You can't just go for the glory event without working up to it. It makes sense."

Geoff Meyer is a member of a start-up board called Racing Hearts, all about educating athletes who are fit to go and get heart checks.

"This organisation is all about educating athletes. We all think if we can do an Ironman we are super fit and we are invincible. But then you go and get an ultrasound on your heart and find out you have a 60 or 70% blockage there and you are another accident waiting to happen," he said.

"I know a gentlemen recently who has done over 70 Ironmans, he's a coach and one of the fittest guys you will meet, and he was

DR KATE'S ADVICE

Apart from a cardiovascular screening, there are other things you can do to mitigate your risk:

- Know your family history.
- Train adequately leading up to the event.
- Don't use anything you haven't tried in training eg multiple cups of coffee or stimulant drinks such as Red Rull
- Get in the water for a warm up to gradually elevate your heart rate before the race start
- Tune in to your body and don't ignore any symptoms, no matter how minor you think they are! Nagging reflux symptoms may actually be a cardiac condition.
- And remember: you can't out-run a bad diet – being 'fit' does not necessarily mean being healthy

feeling a bit off one day and the next thing they found he had a 70% blockage. He had stints put in and now he's back racing again.

"You can go and get a medical check-up and a normal ECG (electrocardiogram) will say 'that is fine' but you need an ultrasound to find blockages."

REDUCE PAIN - IMPROVE POSTURE - ACTIVATE PERFORMANCE

You don't need to be a sporting professional to achieve peak performance. You can perform & live better through reducing pain, maintaining a good spinal function, & living a healthy lifestyle. The Chiropractors' Association of Australia encourages you to BACK YOUR INNER ATHLETE by making sure you have the three 'P's' of chiropractic care tended to:

REDUCE PAIN by helping de-stress your spine.

IMPROVE POSTURE by educating you on correct posture.

ACTIVATE PERFORMANCE by placing importance on good spinal health & function, alleviating pain, improving posture & mobility, & living a healthy lifestyle, to assist with improving performance in life.

According to the World Health Organisation (WHO), 'globally, around 31% of adults aged 15+ were insufficiently active in 2008 (men 28%, women 34%). Approximately 3.2 million deaths each year are attributable to insufficient physical activity.

OUR SEDENTARY LIFESTYLES ARE CATCHING UP WITH US AND IT'S TIME TO MAKE A CHANGE.

543 77 222

www.hendreychiropractic.com.au

13/5 Innovation Parkway (Level 1), Kawana Waters





Make and appointment with someone who understands peak sports performance.
Dr Carmen Atkinson Chiropractor, 5x Ironman Triathlete (including Kona) & Ultra Distance Runner







This year's Ultraman Australia field before the start at Noosa Heads.

PHOTO: BARRY ALSOF

Put yourself in this picture

AFTER just two years Ultraman Australia has become an

Already nearly 100 enquires have been made about the three-day event that features a 10km swim, 421.1km ride and 84.3km run from Noosa Heads, and entries have just opened for 2017.

Only 50 athletes will be offered invitations to compete next May

"Registrations are still open. We will be inviting selected athletes in mid-August," race director Tony Horton said.

"We've brought the process forward this year to give athletes plenty of time to prepare.

"We hope to increase the ratio of women participating, and we are happy to see applications



The Coast's David Nathan and Daryl Allen. PHOTO: BARRY ALSOP

coming in from some highly qualified female triathletes."

Ultraman has quickly gained momentum since the inaugural event in 2015.

Organisers have received "incredibly positive feedback" from

ULTRAMAN ENTRY

- Applications will be accepted up to and including July 15.
- Only 50 entries will be accepted and applicants receive and invitation to compete.
- At a minimum, the applicant must have finished an iron distance event during the 18 months prior to the date applications open. The finishing time for the qualifying event must be under 14 hours and 30 minutes. Events that consist of distances that are of at least iron-distance in some disciplines, but not all three, may be considered when combined with other events that contain at least the iron distance of the discipline missing from the first event.
- Entry cost is \$1950, www.ultramanoz.com.au.

athletes and the community following this year's race.

"We worked quickly with Noosa council to lock the dates in for next year," Tony said.

"We have started locking in sponsors and we are taking expressions of interest from new sponsors. Several athletes from this year have already put their hands up to help organisers or volunteer as crew if required.

"We want to thank the local community again for their support of Ultraman Australia, and look forward to seeing them all again."



Non-stop race is the toughest

Steele Taylor
steele.taylor@scnews.com.au

DAVE Schloss has done his fair share of adventure races but has no hesitation in calling GeoQuest the toughest.

The Wurtulla 38-year-old and his team-mates Damon Goerke, Rob and Kathryn Preston finished second in this year's edition of the race in 25hrs 43min 39sec.

The Thoughtsports/ ShotzNutrition outfit was about 16 minutes behind Sydney-based unit adventurejunkie.com.au at Port Macquarie.

The event was spruiked as the "ultimate test of your physical and mental limits", to see whether teams can complete the course in 48 hours and to see which team can complete it first.

"It's a big juggling act by the competitors to get to the finish line," Sloshy said.

"The reason why I call it the toughest is that it's long enough it pushes you through the first night and maybe into the second night but it's short enough that you can't have a sleep."

Sloshy has done more than 20 adventure races so is well qualified to comment.

"I've done a number of 10-day races where you're grabbing a half-an-hour or hour sleep wherever you can whereas this one if you stop for half an hour the race is all but over."

There is essentially no resting, and eating is done on the run.

"You have to psyche yourself up. It's just a mental thing, I break it down and go one leg to the next." he said.

"So if I'm on the bike I think I just have to get to the end of that leg and when I start paddling a kayak I think I've just got to get to



Wurtulla adventure racer David Schloss (second from right) with team-mates Kathryn Preston, Damon Goerke and Rob Preston.

PHOTO: GEOQUEST

the end of that leg. I never look at it as a 250km race."

A pivotal part of this month's race came during the paddling leg in the middle of the night. Entering the segment with a 45-minute lead, they finished with a one minute deficit due to some canny creek navigating by eventual winners adventurejunkie.com.au.

The third-placed mixed team also featured two Sunshine Coast competitors, Kim Beckinsale and Alex Austin.

Meanwhile, Gary Palmer and Kirk Jackson finished fifth as part of team Neverrest RoadPro, and Joe Cartwright completed the event with team Tiger Adventure JAKL as 23rd overall.

The Geo Half also saw a number of Coast athletes compete, including Jan Laverton, Dyson Findlay, Cass Kimlin, Alex Austin, Gina Dunsdon, and the husband and wife combination of Rick and Abby Anderson.

Sloshy is now bound for the XPD Adventure Racing World Championships in New South Wales in November with Kathryn Preston, Damon Georke and New Zealand's Glenn Currie.

He qualified for the 600km, seven-day event by winning the Australian leg in Townsville last year.

Sloshy's had two previous attempts at the world titles, failing to finish on both occasions because of an ill team-mate.

There will be more than 100 teams and he's aiming for a top-10 result.

"You've got four people from different backgrounds, we've all got family and kids, work commitments and training so to be fit and healthy at the start line is a good start and then anything can happen," he said.

"We're all about seeing the

GEOQUEST

- Teams of four
- A non-stop 48-hour adventure race including trekking, mountain biking, sea kayaking and roping
- Held each year on NSW north coast

Results 2016:

- **1.** Adventurejunkie.com.au 24h 27m 15s.
- 2. Thoughtsports/ ShotzNutrition 25h 43m 39s.
- **3.** Percival Property 26h 50m 07s.
- **4.** Mountain designs 27h 48h 44s
- 5. Peak Adventure 28h 01m 40s.

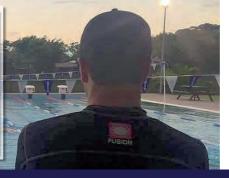
place (Shoalhaven) too. Even though you're totally sleep deprived it's amazing what you can remember."

LOOKING TO GET THE MOST OUT OF YOURSELF?

Let T:Zero Multisport guide you on your journey to the finish line

Specialising in custom online triathlon & running programs, Sunshine Coast based squad sessions & training camps in a safe & fun environment.

If you're an athlete looking to progress & knock over specific goals or just a beginner we can help.



t:zero multisport live your potential

www.tzeromultisport.com.au



Free sessions ahead of festival

Grant Edwards
Grant.Edwards@apn.com.au

RUNNERS are gaining momentum ahead of August's Sunshine Coast Marathon Festival.

Growing numbers are joining the Tuesday morning run club at Alexandra Headland which is free for festival entrants.

Marathon festival organiser Jason Crowther of Atlas Multisport said the sessions are open to athletes of all levels.

Three coaches are on hand, with runners broken up into groups: sub-45 minutes for 10km, 45-55 minutes and over 55 minutes.

"We all warm up together for about 20-30 minutes and then we break into groups for interval or hills sessions," Jason said.

"We got 45 people there on Tuesday morning which was really cool.

"They are really good numbers and new people who we haven't seen before.

"We had talked about doing a run club before, and we started

PACERS NEEDED

- Organisers are chasing pacers for the festival on August 21.
- Pacers are required for the 1:24 half marathon, as well as 3:45 and 4:40 marathon.
- Email info@atlasmultisports.com.au if you can assist.



last year in conjunction with an Atlas session. But this year we decided to undertake a standalone session.

"People can run with other like-minded people and in a group that's not intimidating. We are catering for all abilities."

The run club operates from 6–7am on Tuesdays.



Runners have been turning out on Tuesday morning for marathon festival training.

PHOTO: CONTRIBUTED



www.ezisports.com.au
Coolum Beach, Queensland

IT'S FINALLY HERE LET THE SLEEPLESS NIGHTS BEGIN Cyclezone's le Tour Sale

SPECIALIZED VENGE PRO VIAS





SPECIALIZED EDITION ALLEZ SPRINT X2



SPECIALIZED S-WORKS SHIV MODULE





SPECIALIZED VENGE ELITE









SPECIALIZED S-WORKS 6 ROAD SHOE





POC OCTALS AVIP MIPS





SPECIALIZED S-WORKS PREVAIL HELMET

SIZES AVAILABLE SALE PRICE SALL MEDIUM. LARGE \$249 \$199



CERVELO S3 DI2 ULTEGRA

\$5999



FELT IA 2



FELT IA 14



PH.54781001 - WWW.CYCLEZONE.COM.AU SHOP 7/105 BRISBANE ROAD MOOLOOLABA 4557

Wild night on the trails

Grant Edwards

MANY people don't like being left in the dark. For 160 runners last Saturday night, they relished the opportunity.

Record numbers took part in the Wild Horse at Night trail run across 25km, 16.5km and 10km distances. Starting and finishing at the Wildhorse Mountain car park, runners and walkers set off at 6pm and followed a marked course from the base of the mountain and into the surrounding bush, which included crossing Tibrogargan

Organisers Alun Davies and Brett Standring of Run Queensland were rapt with the turnout, along with the growing atmosphere this event and other Run Queesland races have developed.

"As far as we are aware it's the only night trail run in this area...which makes it a bit more exciting for people," Alun said.

"It's a very congested event calendar and you have to keep coming up with something that makes people think 'why would I choose this event' as opposed to alternative events. Running through the bush in the dark is quite a novelty."

He said while there has been a proliferation of events of all descriptions, runners are becoming "keener to get out on the trail".

"Saturday was a good example of the current trend. People don't enter events months or weeks out," he said. "The 160 runners we had was a big number for that event. Of that just over 50% entered in the last seven days."

Sunshine Coast runners took the honours in the 25km event, with Peregian Springs athlete Jack



Rob Wallace loving the trail run. PHOTO: STEVE O'KEEFFE, SOK IMAGES

Brownlee victorious in 1:50:11.

In the women's division, Carol Hitchcock of Sunshine Beach (2:01:48) finished ahead of Kelly-Anne Speight (2:08:27) from Coolum Beach.

The 16.5km event saw Buddina's Teresa Soden take third (1:34:16). Matt Klibbe (1:14:12) of Elimbah won the men's race and Rod Cowling (1:24:04) of Amamoor was second.

In the 10km event, Glasshouse's Brett Standring secured third with a time of 45:03.

Run Queensland has more events planned this year, including the 11km, half marathon and marathon at the Rainbow Beach Marathon Festival which runs



Tylana and Maddison Woodward finish the 25km event .

through Cooloola National park on August 14. That will be followed by The Blackall 100 at Mapleton in the Sunshine Coast Hinterland on October 22-23, incorporating 50km and 100km events through the Blackall Range.

TOP 10

Wild Horse at Night trail runs 10km

1 Tina Kirwan 48:07 (Burpengary East).
2 Narelle Cabassi 50:26 (Redbank Plains).
3 Sara Wasson 52:41 (Upper Caboolture).
4 Melinda Myles 56:51 (Manly West).
5 Lauren Stewart 57:04 (Kings Meadows).
6 Helen Steinbeck 58:03 (Coolum).
7 Alice Twomey 59:16 (Rochedale South).
8 Lisa Kruger 1:01:51 (Hervey Bay).
9 Jan Liow 1:03:36 (Mountain Creek).
10 Jessica Lee 1:04:56 (Mount Cotton).

1 Andy Churchman 39:25 (Mount Gravatt

2 Jason Mancktelow 43:19 (Narangba). 3 Brett Standring 45:03 (Glasshouse). 4 Luke Jones 52:00 (Kedron). 5 Andy Speakman 54:19 (The Gap). 6 Sean Dench 55:18 (Kallangur). 7 Aiden Moffatt 58:16 (Morayfield). 8 Frank Tracey 59:06 (West End). 9 Ben Arndt 1:00:47 (Toombul). 10 Warren Kruger 1:01:52 (Hervey Bay).

1 Janet Smith 1:26:53 (East Brisbane). 2 Jennifer Strack 1:27:20 (Maryborough). 3 Teresa Soden 1:34:16 (Buddina). 4 Kelly Klibbe 1:36:54 (Elimbah). 5 Katherine Wainwright 1:40:49 (Mt Coolum).

6 Lauren Ormsby 1:41:28 (Mudjimba). 7 Leigh Crozier 1:42:09 (Mount Coolum). 8 Vivienne Buss 1:42:11 (The Gap). 9 Breanna Coleman 1:47:18 (Caloundra). 10 Tina Houtsma 1:47:59 (Beerwah).

1 Matt Klibbe 1:14:12 (Elimbah).
2 Rod Cowling 1:24:04 (Amamoor).
3 Travis Bacon 1:39:54 (St Lucia).
4 Stephen Bocock 1:42:22 (Brisbane).
5 David Okeby 1:45:36 (Caboolture).
6 Peter Roser 1:53:18 (Eerwah Vale).
7 Paul Crothers 2:00:07 (North Lakes).
8 Oran 0 2:06:32 (Caloundra).
9 Doug Tanner 2:09:42 (Wynnum West).

10 Trevor Elliott 2:09:49 (Alexandra Headland). 25km

1 Carol Hitchcock 2:01:48 (Sunshine Beach). 2 Kelly-Anne Speight 2:08:27 (Coolum Beach).

3 Shannon Proffit 2:12:23 (Brisbane). 4 Chrissy Redwood 2:13:28 (Tewantin). 5 Yvonne Baylis 2:14:39 (Eatons Hill). 6 Melissa Bensted 2:31:48 (Maryborough). 7 Maddison Woodward 2:32:25

(Noosaville). 8 Tylana Woodward 2:32:26 (Noosaville). 9 Shay Simpson 2:34:55 (Dutton Park). 10 Leesa Fischer 2:43:23 (Currimundi).

1 Jack Brownlee 1:50:11 (Peregian Springs).
2 Jason Acton 1:55:56 (Caboolture).
3 Guy Schweitzer 2:00:52 (Murrumba Downs).

4 James Greene 2:04:32 (Tarragindi) 5 Darryl Moffatt 2:04:43 (Morayfield). 6 Barry Scott 2:09:49 (Bracken Ridge). 7 Rob Wallace 2:14:06 (Maroochydore). 8 Adrian Cherney 2:16:05 (Corinda). 9 Damon Ramsay 2:16:56 (Noosaville). 10 Rory Farrow 2:20:28 (Buderim).



25% OFF NIKE footwear until this Sunday



34 Brisbane Rd, Mooloolaba | 5477 5246

6259193al





Multisport

Resort living and training

Full name: Destry Gourlay.
Nickname: Dessie.
Birthplace: Auckland, New
Zealand.

Occupation: Resort manager at Seachange Coolum Beach for the past four years but previously in the NZ Police for 16 years.

Age and marital status: 49, married to Kim with three awesome kids Michellie, 15, (named after Michellie Jones), Clay, 10 (named after Ali) and Brodie, 8.

Club/coach: TRINZ and coach

myself.

Sport: Triathlon.

Favourite food: Medium-rare steak, chips and salad.

Favourite drink: CC and dry.
Pet hates: People on the start line asking directions for the swim. I always tell them unless you are in the lead just follow everyone else!

Favourite run location and why: Blue Lake, Rotorua, NZ is an awesome crystal-clear lake with a track all the way around (6km), has good views and fresh air and other offshoots if you want to go further and good for a swim when you finish

Favourite ride location and why: Sunshine Coast, big shoulders on the road and a bit of everything, hills, flats headwind and tailwind and you sometimes get to rub shoulders with some world-class athletes.

Favourite swim location and why: Open Water - Blue Lake. Pool – our resort has a 25 metre



Destry Gourlay in action at Mooloolaba.

PHOTO: GRANT EDWARDS

lap pool (salt), always get my own lane and can't beat the cost!

Best or most memorable

event: Can't beat finishing an Ironman and they are all special. **Bucket-list event:** Kona world Ironman championship.

How did you get into this sport: Watching Rick Wells and Erin Baker dominate triathlons in the '80s just got the bug

Favourite race: Ironman NZ. What's your favourite part of racing: Putting all your hard training into practise. "Train hard fight easy".

Current bike: Felt IA.

Dream bike: Pearson Venom.

What does a training week
look like for you: Really lucky
with our work as I am able to fit
training around it. Do between

16-24 hours per week.

How do you manage to train with a family: Couldn't really do it without Kim.

If you could have a celebrity live with you, who would it be and why: Michael Jordan – very inspirational athlete and wise.

When you were little what job did you want to do: Professional basketball player.

Best movie: Pulp Fiction and Training Day.

Current car: 1999 Ford Mustang convertible (does anyone want to buy it?).

Dream car: Always been an HSV man until I bought the Muzzy, but a manual GTS HSV minimum 340kW would look good on me. I see Luke has a Clubsport so they must be good!

Pool funding

SUNSHINE Coast clubs and the regional council will share almost \$4 million in funding under the State Government's Get Playing Plus program. The USC Spartans Swim Club is the big winner, with a \$1,399,932 grant towards the \$4.2 million construction of a six-lane, 25 metre pool, one cold immersion pool and two hot plunge pools and ancillary facilities at the University of Sunshine Coast.



Wider of the rider

ACROSS the Sunshine Coast there are 60 cyclists wearing and sharing the safe rider message on our roads. Customised high visibility cycling apparel commissioned by Sunshine Coast Council, which features important road safety messages and makes it easier for drivers to see cyclists, is now available to buy. Order your safer cycling apparel online at www.sunshinecoast.gld.gov.au search for safer cycling. Jerseys are \$79.95 (usual RRP \$115), knicks 84.95 (usual RRP \$125), while bib and brace available on request.

Long haul starts

Eumundi resident Mel Blanco is mid-way through seven marathons in seven days as part of the Braveheart 777 to raise money to protect Aussie kids. The 22-year-old hopes to make it through the 295 kilometres by completing the seven marathons in Perth, Adelaide, Melbourne Hobart, Canberra, Kingscliff and the Gold Coast with a team of 20 other runners.





Post-race analysis key to success



Richard
Thompson
and
Scotty
Farrell
Co-head coaches
of T-Zero Multisport

WITH the Ironman Asia Pacific Championships run and won in such unsavoury conditions, how did your race go?

What did you learn from your performance? How could you have done it better? These things may seem unimportant as the race is now over, but the opportunity for reflection and analysis of your big day is crucial.

In training, most triathletes are amazing at interpreting and analysing each and every training session, sleep cycle, calorie intake etc. Anything to claw out 1-2% of free speed or marginal gains to perform on race day.

Then race day comes, the athlete either matches, exceeds or falls short of their expectations and that is usually the extent of their post-race analysis.

Triathlon, especially the long course form, provides a myriad of variables on race day; not only external (weather, competitors, mechanical issues etc) but internal as well (mental approach, stress, pacing, nutrition, effective decision making etc).

By just considering your race as a win, pass or fail is doing yourself out of a real opportunity to improve significantly in the future.

So why is taking such time to evaluate your preparation and performance so important? If you fail to properly assess and examine the mistakes you made in the lead up and on race day then you are far more likely to repeat

CONTACT T:ZERO

Background: Started in 2010 with just one athlete, T:Zero Multisport has grown, coaching athletes all over the world. From Ironman to sprint distance triathlons, ultra marathons to 5km fun runs, multi-day adventure racing to mountain biking, from beginner to the elite.

Website:

www.tzeromultisport.com.au

the same mistakes again.

On the positive side, if you identify these issues and rectify them, then you are far more likely to perform at a much higher level during your next preparation and race.

Now, you can find hundreds of people's race reports on the internet from blog posts to triathlon club websites. These, while entertaining to read, are usually not a proper analysis of the preparation and race day.

It is for this reason we would encourage the athlete to produce two reports – one that can be shared and one that is for 'coaches eyes only'. It is in the later that the athlete can become honest and specific in order to determine where they could improve all facets.

Take a deep breath and be ready to be brutally honest with yourself and your coach.

Don't forget that as your athletic age increases, your body's requirement in training, in taper and in races changes.

So what worked last race may not work this race. By being honest and open, you give the opportunity to then take a step back and see the trend with



The weather at Cairns again proved challenging this year.

respect to what works and what doesn't in your individual scenario.

So what are you wanting to consider specifically in your post-race analysis? Here are 12 headings that may help you get started:

- **1.** How did you find the final 'build' before taper? How was your data in training compared to that of the race?
- **2.** How did your body feel during taper and the day before the race/race morning?
- **3.** Travel to the race was it spot on or did it negatively affect your preparation?
- **4.** Sleep how was it in taper and leading up to the race?
- **5.** How were your stress levels during taper and race week? How busy was your mind in the lead up?
- **6.** How was your headspace on race morning and on the start line?
- **7.** Did you prepare physically and mentally for the course profile and the weather conditions?
- 8. How effective was your warm
- **9.** How was your nutrition leading up and during the race?
- **10.** How was your pacing during the race, your effectiveness in

transition and your headspace during the day?

- **11.** How was your form during the day were you efficient or could your form be improved?
- **12.** What were the important decisions you had to make and were they good decisions or poor decisions? What would you have done differently?

One of the biggest fallacies held onto by athletes is that a specific time or a place represents how successful or unsuccessful a race has been.

Instead, sit down with yourself and take the time to be honest and thorough with your self-appraisal and by going through all the different areas you will be able to determine how successful the day was and what can be improved. It may be difficult and a little dull initially but the time you put into this will pale in comparison to the time you otherwise put in the sport and the pay-off could be significant.

With an objective analysis of your preparation and your race day, you give yourself every opportunity to understand what happened, what needs to change and how not to make the same mistakes again.







SUNSHINE COAST RUN SERIES



Race # 4 Saturday 9th July, 2016 University of the Sunshine Coast | 4.00pm

We are proudly supporting Compass Institute (charity)



6257315









EVENT ORGANISER



How far should we push?



Dr Kate Gazzard
Sports medicine
doctor, physiotherapist

MY JOB largely revolves around treating athletes with injuries and illnesses. Sometimes these are unavoidable injuries due to trauma; falling of a bike, tackling a larger opponent, stepping to change direction awkwardly or even a nasty head clash.

Alarmingly, the number of overuse injuries I see is far greater than I had ever imagined, particularly in age-group endurance triathletes.
Unfortunately it seems that regardless of how we try to spell it out as health professionals, the message just doesn't get through.

The overwhelming majority seem far too concerned about logging more sessions of longer, harder training on Training Peaks or Strava. It's the competition within the competition.

If I had a buck for every time I've heard "but I have to race in two weeks, four weeks, six weeks", "but I have to do a long run this Sunday", "but I have to get through this week then I'll have an easy week".

Here's the rub. You have one body! The best piece of advice I ever received from a genius I had the pleasure of calling coach: "In 10 years time it will mean more to you to have happy relationships, a healthy heart and a well -functioning body than any sub 10-hour Ironman or sub three-hour marathon".

Don't get me wrong, I am all for pushing the envelope. That's why I love sports medicine; tight-roping the fine line between ultimate performance and physical or



Overuse injuries don't just spring from nowhere, they throw us little hints.

PHOTO: DIRIMA

mental breakdown.

How far can we really push? Overuse injuries don't just spring from nowhere. They throw us little hints they are on their way.

Niggles after training, different areas of tension or weakness, taking longer to warm into a session, sitting a little differently at work or in the car, wriggling around unable to get comfortable, loss of range of motion, flexibility, strength, sleep or a recent change in training load, technique or bike position perhaps.

These hints often get filed into the 'I won't let this stop me, I'm tougher than this' box and we push on... until the ugly face of an overuse injury bashes down the door of reality.

The greatest challenge in my role is helping athletes learn the importance of recovery, of slowing down to speed up.

A week or two of backing off is far better than lost months to a tendon injury or a lost season to a stress fracture. Doing your easy sessions easy shows intelligence, not slacking off. And your body will thank you for it.

Recovery is one of the best performance enhancing tools in your kit.

Here's some tips:

- Rest and recovery days don't make you soft, they make you smart.
- Periodise your training get a good coach if you can't.
- Stick to your plan no catch up sessions, no chasing the crowd.
- Tune in to your body. Be present. Notice what is going on and act on it.
- Align yourself with a sports medicine professional that understands the demands of your sport.
- Know there is always another option cross train, strength train or train your mind.
- Healing is a matter of time, but sometimes it is also a matter

CONTACT KATE

Background: Kate has 16 years of sports medicine experience as both a physiotherapist and a doctor. She has worked with international rugby teams, and extensively with ultra runners and triathletes including Brad Kahlefeldt and current world Ironman champion Jan Frodeno, and is also a qualified instructor in Advanced Wilderness Life Support for the Wilderness Medical Society and has completed a Diploma in Mountain Medicine with the US Army.

Website: www.theproclinic.com.au

of opportunity.

If you have and sports medicine issues you'd like to know more about, send an email to drkate@theproclinic.com.au





Page 12. Sunshine Coast Multisport Mecca



GET MORE DONE AND HAVE MORE FUN IN THE LUXURIOUS FORESTER 2.5I-L SPECIAL EDITION.

An SUV that delivers on style, performance and added functionality, this special edition provides a heightened sense of comfort designed to match the Forester's renowned engineering integrity.

A number of additional features set this special edition apart and help to enhance your all-round driving experience, including:

- Leather seats² with perforated inserts
 - Heated front seats
 - Powered driver's seat
 - Push button start
- · Rain sensing front windscreen wipers
 - Dusk sensing headlights
 - Front wiper de-icer
 - Heated door mirrors
 - · High lustre 17" alloy wheels
 - Keyless entry

ALL OF THESE EXTRAS FOR ONLY AN ADDITIONAL \$2,000°

- 1. Vehicle specifications and features are subject to change 2. Some parts of seating are not full leather
- 3. Recommended Driveaway Price (RDP) of Forester 2.5i-L Special Edition is \$2,000 more than the RDP of standard Forester 2.5i-L.



Cricks Subaru Maroochydore 88 Sugar Rd, Maroochydore Phone: 5450 3300 www.cricksmaroochydoresubaru.com.au

Cricks Subaru

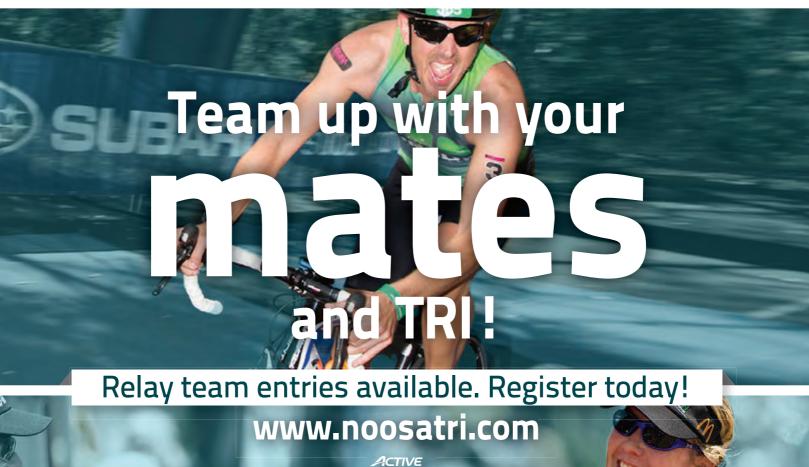


>Fully transferable 6 year/200,000km warranty provided by Garry Crick Auto Group. Vehicle must be serviced at any Garry Crick Service Centre in accordance with manufacturer's handbook for warranty to remain valid.



26 - 30 OCTOBER 2016















Tough conditions for Cairns

Sunshine Coast results.

David Chick 4:28:27 (Yaroomba) second 45-49 men (28:45, 2:22:46, 1:29:50) Matthew Wolstencroft 4:31:20 (Wurtulla) third 45-49 men (28:45, 2:22:20, 1:33:12). Bonnie Atherton 4:46:34 (Mooloolaba) first 18-24 women (29:15, 2:32:14, 1:36:59) Ben Schodel 4:48:58 (Cotton Tree) 11th 35-39 men (29:55, 2:29:44, 1:41:11). Shane Johnston 4:53:01 (Little Mountain) 16th 25-29 men (38:21 2:33:49 1:31:39) Peter Capps 4:55:19 (Pelican Waters) 17th 25-29 men (30:44 2:25:44 1:51:08) Grant Edwards 4:57:35 (Buderim 20th) 35-39 men (36:09, 2:31:37, 1:41:46). Michael Hooper 4:59:00 (Wurtulla) seventh 18-24 men (27:34, 2:24:16, 2:00:05). Kevin Hammond 5:02:59 (Burnside) 26th 35-39 men (32:58, 2:29:31, 1:51:51). Kate Gazzard 5:12:32 (Sunshine Coast) fifth 35-39 women (33:52, 2:43:57, 1:45:28).

Geoff van Wachem 5:13:20 (Noosa Heads) sixth 55-59 men (34:05, 2:38:39, 1:48:33). Lene Knudsen 5:16:24 (Beerwah) sixth 35-39 women (31:38, 2:44:04, 1:51:29). Carmen Atkinson 5:16:44 (Buddina) fifth 40-44 women (37:11, 2:45:19, 1:44:33). Anthony Caiafa 5:26:52 (Sunshine Beach) fourth 60-64 men (40:31, 2:38:21, 1:57:45).

Scott Shults 5:29:04 (Maroochydore) 46th 40-44 men (35:39, 2:43:17, 2:01:12). Justin Sims 5:29:25 (Caldoundra) 52nd 45-49 men (43:47, 2:37:28, 1:57:44). Nicholas Love 5:32:15 (Currimundi) 21st 50-54 men (32:17, 2:45:26, 2:00:52). Michele Purvis 5:39:13 (Mooloolaba) fourth 50-54 women (36:42, 2:48:20, 2:05:02). Jenny Hurley 5:44:25 (Noosa Heads) third 55-59 women (41:28, 2:50:23, 2:02:58). Graham Murphy 5:45:18 (Maroochy River) 63rd 40-44 men (35:39, 2:41:14, 2:16:39). Anna Matthews 5:45:47 (Maroochydore) 15th 35-39 women (44:09, 3:01:46, 1:50:47).

Dean Nankivell 5:46:11 (Coes Creek) 14th 55-59 men (40:38, 2:58:49, 1:51:19). Indiana Voss 5:51:10 (Mooloolaba) eighth 18-24 women (35:15, 3:08:26, 1:58:22). Erin Reid 5:55:32 (Diamond Valley) 31st 40-44 women (42:16, 3:02:31, 1:58:57). Sam Cooke 5:56:09 (Maroochydore) 77th 45-49 men (52:09, 2:59:04, 1:49:36). Jenifer Breen 5:56:22 (Alexandra Headland) 18th 45-49 women (44:07, 2:52:32, 2:08:02).

lan Spence 6:01:59 (Coolum Beach) 84th 30-34 men (40:44, 2:58:40, 2:09:23). John Miller 6:03:16 (Noosaville) eighth 60-64 men (39:31, 3:08:55, 2:03:28) Leanne McClure 6:04:50 (Buddina) 39th 40-44 women (41:42, 2:58:38, 2:10:22). Robyn Lever 6:05:35 (Moffat Beach) 10th 50-54 women (39:48, 3:02:02, 2:09:59). Adam Daniec 6:09:33 (Shelly Beach) 41st 50-54 men (53:05, 3:02:48, 1:58:46) Lance Taylor 6:15:14 (Twin Waters) 22nd 55-59 men (35:36, 3:01:10, 2:26:10) Jen Shults 6:20:59 (Maroochydore) 49th 40-44 women (43:09, 2:58:04, 2:27:50). Sue Hancock 6:28:03 (Noosa Heads) 16th 50-54 women (43:07, 3:14:16, 2:19:59). Karon Handy 6:32:53 (Coolum Beach) 36th 45-49 women (46:56, 3:11:23, 2:22:36)

Michael O'Gorman 6:36:26 (Peregian Springs) 59th 50-54 men (1:04:34, 3:13:06, 2:06:03).

Charlotte Furmston 6:37:26 (Birtinya) 42nd 45-49 women (53:19, 3:36:20, 1:54:21). Angelika Hannon 6:40:21 (Little Cove) 10TH 55-59 women (43:46, 3:03:46, 2:39:02).

Carrie Fettes 6:42:04 (Buderim) 49th 25-29 women (34:23, 3:26:21, 2:28:33). Brittany Cook 6:49:27 (Sippy Downs) 14th 18-24 women (42:44, 3:23:03, 2:30:25). Brena Hunter 6:57:26 (Palmwoods) 50th 30-34 women (50:41, 3:15:20, 2:36:25).



Paul Foster was all smiles on his way to finishing Ironman Cairns.

PHOTO: GRANT EDWARDS

Julie Rogers 7:02:14 (Currimundi) 52nd 45-49 women (46:02, 3:20:45, 2:25:01) Doug McClure 7:07:39 (Buddina) 119th 40-44 men (49:13, 3:17:06, 2:42:04). Ben Hogan 7:13:03 (Caloundra) 121st 40-44 men (35:38, 3:32:25, 2:49:23) lan King 7:31:12 (Sunshine Coast) fourth 70-74 men (46:59, 3:38:32, 2:52:05) Jason Cremor 7:57:18 (Bli Bli) 102nd 30-34 men (57:34, 3:38:41, 3:06:29). Jo Fahey 7:59:56 (Sunrise Beach) 38th 50-54 women (44:25, 3:48:34, 3:11:37). Philip Scott 8:09:55 (Noosa Heads) first 80-84 men (45:22, 3:51:26, 3:06:41). Scott MacKenzie 5:24:10 (North Shore) 47th 30-34 men (38:37, 2:38:31, 1:58:32). **Ironman Cairns**

David Dellow 8:19:13 (Peregian Springs) second professional man (46:34, 4:37:59,

Pete Jacobs 8:28:28 (Noosa Heads) third professional men (46:32, 4:35:11, 3:02:14). Jarmo Hast 8:58:24 (Alexandra Headland) 10th professional men (51:21, 4:51:14, 3:09:53).

Damien Collins 9:06:11 (Beerwah) second 25-29 men (59:47, 4:52:31, 3:07:34). Nathan Fitzakerley 9:29:00 (Parrearra) first 40-44 men (52:18, 5:04:26, 3:26:51). Andrew Crew 10:07:34 (Palmwoods) 24th 35-39 men (1:02:51, 5:08:45, 3:44:53). Robbie Andrews 10:13:53 (Maroochydore) fifth 50-54 men (1:01:18 5:12:59 3:53:21) Seano Clancy 10:20:49 (Sunrise Beach) 12th 25-29 men (53:47, 5:30:17, 3:51:15) Justin Voss 10:29:49 (Mooloolaba) 18th 45-49 men (1:06:40, 5:18:02, 3:53:39) Tony Bryan 10:45:47 (Coolum) 20th 50-55 men (1:09:40, 5:24:33, 4:05:26). Rick Shambrook 10:53:38 (Caloundra) 34th 45-49 men (1:08:24, 5:31:34, 4:04:52).

Paul Gléeson 11:05:41 (Golden Beach) 54th 40-44 men (56:46, 5:48:13, 4:10:18) Destry Gourlay 11:09:03 (Coolum Beach) 44th 45-49 men (1:04:58, 5:31:53, 4:19:29).

David Jouy 11:18:04 (Noosa Heads)56th 30-34 men (1:12:57, 5:36:22, 4:14:25). Jason Brown 11:25:21 (Pelican Waters) 69th 40-44men (1:13:36, 5:24:01, 4:38:45).

Kerri Renshaw 11:34:43 (Sunshine Beach) ninth 40-44 women (57:23, 6:07:12, 4:20:43).

Peter Fry 11:34:55 (Noosa Heads) 18th 55-59 men (1:06:04, 5:41:25, 4:34:42).



Caloundra's Rick Shambrook finished the Ironman in 10:53:38. PHOTO: GRANT EDWARDS

Lawrence Clark 11:41:27 (Golden Beach) 83rd 40-44 men (1:05:25, 5:34:46, 4:49:30).

Tim Rook 11:43:15 (Noosaville) 60th 45-49 men (1:07:11, 5:41:27, 4:42:18). Sean Lever 11:50:59 (Moffat Beach) 50th 50-54 men (1:02:14, 5:38:06, 5:00:50). Paul Costa 11:59:29 (Bokarina) 99th men 40-44 men (55:21, 5:42:51, 5:12:14). Chloe Kay 11:59:35 (Noosa) eigth 25-29 women (1:05:02, 6:19:43, 4:27:54). Pete Schultz 12:21:22 (Moffat Beach) 63rd 50-54 men (56:49, 5:49:20, 5:20:57). Peter Howden 12:31:15 (Kawana Island) 32nd 55-59 men (1:04:27, 5:49:05, 5:21:37).

Mark Adamson 12:36:40 (Golden Beach) 128th 40-44 men (1:16:47, 5:56:48, 5:11:21).

Nigel Riseley 12:42:45 (Dicky Beach) 77th 50-54 men (1:16:37, 6:20:10, 4:45:15).



Bonnie Atherton of Mooloolaba on her way to first in the 18-24 women. PHOTO: CONTRIBUTED

Paul Foster 12:45:33 (Golden Beach) 140th 40-44 men (1:37:01, 5:10:55, 5:42:02). Grant Cunning 12:51:28 (Parrearra) 92nd 30-34 men (1:03:59, 5:52:20, 5:42:31). Andrew Saw 12:52:14 (Yaroomba) 111th 45-49 men (1:06:57, 6:25:20, 5:00:08). Julienne Drysdale 12:58:36 (Noosa Heads) seventh 55-59 women (1:07:50, 6:15:13, 5:25:16).

Isaac Tonello 13:24:22 (North Arm) 137th 35-39 men (58:37, 6:00:53, 6:14:34). Jodie Clark 13:50:58 (Golden Beach) 32nd 40-44 men (1:21:49, 6:25:51, 5:43:58). Pam Hodgson 14:45:12 (Pelican Waters) 23rd 50-054 women (1:20:17, 7:12:51, 5:53:05).

Peter Hickey 16:10:43 (Shelly Beach) 185th 45-49 men (1:29:23, 7:18:41, 6:54:21). Paul Wheat (Warana) 70th 40-44 men (59:43, 5:32:08, 4:40:16, 11:25:42).

Wagon with true sporting ability

Iain Curry

BEING a young free and single car enthusiast was great, wasn't it?

You had your Friday and Saturday night parties, minimal responsibilities, endless disposable income and a shiny blue Subaru WRX STI on the driveway for your driving thrills.

But uh-oh. You got married, bought a house, had kids. The Rex is long gone isn't it, never to return.

Hang on though. Help is at hand in the shape of a brand new Subaru offering. Its name may sound like a planet from Star Wars - Levorg - but this sports wagon could help you rediscover your rally hero aspirations with all-wheel-drive and an eager turbo boxer motor, all the while carting the kids around in comfort and safety with room to spare.

Levorg taps the spirit of the 1990s Liberty RS Turbo and fourth-gen Liberty GT wagon, but is very much a modern WRX-based versatile wagon aimed at the active family.

A reborn sports wagon then for the SUV rejectors. Buyers want fun, a sharp ride and great handling, and the WRX's 2.0-litre turbo and chassis meet that brief. It's priced in mid-size SUV territory (from \$42,990), is practical without being huge, strong on active safety gear and Subaru says ride comfort is more Liberty than WRX.

So how do you like your Levorg? There are three options all with the same engine and CVT gearbox: GT, GT-S with Bilstein suspension for a firmer ride, and GT-S Spec B loaded with local fit STI goodies for the more Bad Dad style.

Comfort

The Levorg's cabin will be familiar to WRX drivers, with soft plastics where it counts and a semi-premium fit and finish. Seats are sink-into comfy but you sit very high in the cabin (which doesn't give a feel of sportiness), while the steering wheel is D-shaped and chunky with decent feel. Said wheel is busy - too busy - with buttons and switches, but it means the centre console is clean with a 15.7cm touch-screen for the base GT and better 17.7cm screen and sat nav for the GT-S and Spec B.

Cloth seats in the base GT are a tad ordinary so you need the GT-S cars for leather with sporty blue stitching. The latter are also heated with power adjustment for the driver.



The new Subaru Levorg model has a funny name but neatly blends the comfy family car/performance car challenge. PHOTOS:CONTRIBUTED



On the road

If the plan was a balance of performance and comfort Subaru has come up trumps.

The WRX-sourced turbo 2.0-litre boxer engine is a talented thing that comes alive in the mid-range with wonderful pull. The Levorg isn't a truly fast car - it hits 100kmh in 6.6-seconds - but play in the higher rev range through some twisties and the four-cylinder is brilliantly responsive for great driving thrills, matched to a CVT auto which, while I'd prefer a stock auto or (heaven forbid) a manual, is smooth and among the finest CVTs I've used.

The chassis too delivers poise, balance and great grip with decent feedback to the driver. It feels playful rather than all-out sharp courtesy of a softer suspension tune to hit the family car remit. The GT-S models' Bilstein suspension means a crashier ride over poor surfaces, but the GT is talented enough so take your pick for what suits your preference.

I'd be keen on more bark from the exhaust and a lower driving position, and while cruising is a comfy delight, tyre noise is a bit invasive.

What do you get?

Entry level Levorgs score a 15.7cm touch-screen, bluetooth,

VITAL STATISTICS

Model: Subaru Levorg 2.0GT, 2.0GT-S and 2.0GT-S Spec B.

Details: Five-door, all-wheel-drive performance wagon.

Engine: 2.0-litre turbocharged four-cylinder boxer generating maximum power of 197kW @ 5600rpm and peak torque of 350Nm from 2400rpm.

 $\textbf{Transmission:} \ \textbf{Sport Lineartronic CVT auto with paddle shifters}.$

Consumption: 8.7-litres/100km (combined average).

Towing capacity: 1200kg (braked). Performance 0-100kmh: 6.6-seconds.

Bottom line plus on-roads: \$42,990 (2.0GT); \$48,890 (2.0GT-S);

\$52,890 (2.0GT-S Spec B).

Website: www.cricksmaroochydoresubaru.com.au



dual zone climate, cruise control, reverse camera, smart key, push button start, 18-inch alloys and advanced third-gen EyeSight driver assist system.

The 2.0GT-S adds safety kit like blind spot detection, lane change assist and rear cross traffic alert, while you score sportier Bilstein suspension, leather trim, sunroof, 17.7cm touch-screen, sat nav and Siri + Pandora, but no Apple CarPlay or Android Auto. The Spec B for a further \$4k has local fit STI goodies like front, side, roof and rear spoilers, black alloys, shift knob, front tower bar and red start button.

Practicality

Wagons often trump SUVs for load space and the Levorg gives

522-litres seats up...more than Subaru's own Outback large SUV. That said Skoda, the masters of boot space, give 588-litres in its Octavia RS rival.

Rear seating space is family friendly for a couple of child seats, three older kids or small adults with good head room and fine leg room.

The lowdown

Subaru isn't expecting huge Levorg sales, but it's an appealing offering for SUV avoiders with all the space, comfort and safety an active family could want.

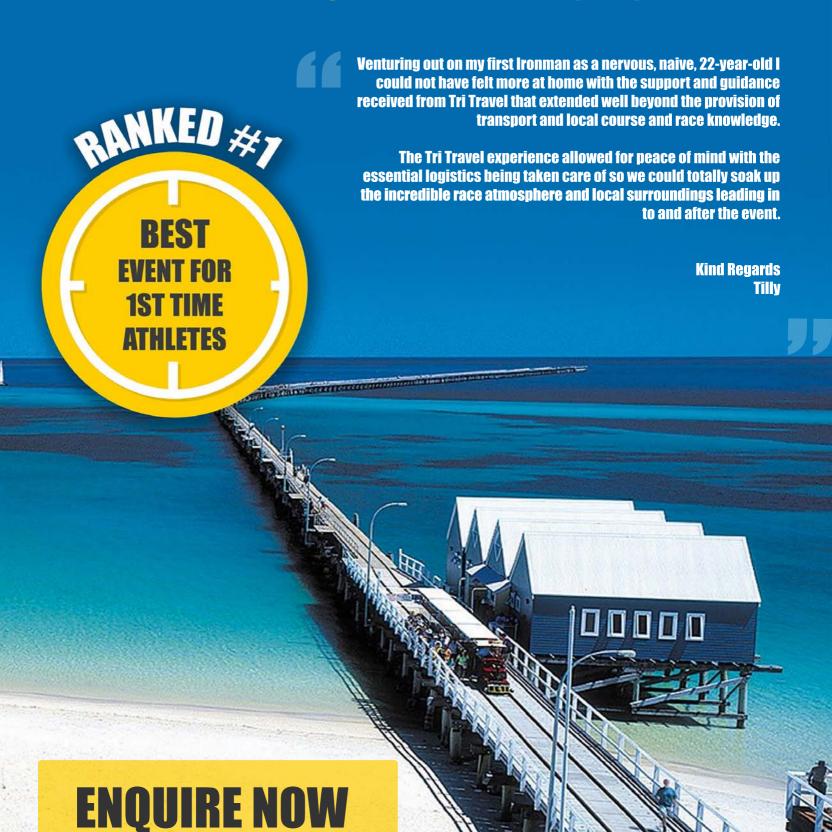
With the WRX's superb engine and chassis there for playtime it is as sporting as it looks, but is up against some quality rivals at this price point.

TriTravel.

1800 225 022 res@tritravel.com.au tritravel.com.au



4 DECEMBER 2016





Stunning signature style

HERE you are within the epicentre of multisport.

So close to the Noosa Tri bike course via Sunrise Rd, or the mountain bike trails of Tewantin National Park...or hill repeats on Gyndier Dr.

This home blends the lush verdant surrounds while capturing views of the Noosa Valley Golf Course from its elevated position, this inspiring property is set on 1.3 acres of magnificent land.

The home showcases the signature style of renowned architect Gabriel Pool and has been cleverly designed so that each room enjoys an inherent connection to the beautiful outdoor landscape.

Exuding a wonderful sense of calm and tranquillity, a series of free-flowing living spaces combines with extensive glazing, soaring cathedral-style ceilings and warm earthy timbers for stunning effect.



It is a home that invites relaxation and entertaining. There are wide decked verandas extending from both the living/dining and kitchen spaces, while a secluded paved garden area is the ideal spot for a winter fire pit.

Perfect for families, there are

three bedrooms, a study and large rumpus with the luxurious master retreat adding to the wow-factor of this inviting sanctuary.

There is also the potential to build an additional dwelling (up to 90sq m subject to approval), which would be ideal for extra accommodation, home business

DOONAN

50 Valley Dr

3 Bed, 2 Bath, 2 Car

Features: Showcase Gabriel Poole-designed home, study, rumpus room, private master wing with walk-in robe, deck and spa ensuite
Price: Auction on site
Saturday, July 9, at noon
Agent: Liam Anlezark at Ray White Noosa Heads
Contact: 0409 759 320
Inspection: Saturday
12–12.30pm and Wednesday
4.30–5pm

or air-BnB type income.

With complete privacy this unique property is in one of Doonan's most sought-after pockets.





Page 18. Sunshine Coast Multisport Mecca



The latest and greatest...



The newly updated women's Wave Inspire 12 has just arrived at Allez Sport Mooloolaba. The Inspire offers the kind of lightweight support that will keep you running longer. The shoe will cradle your feet and provide a balance of flexibility and cushion. This women's running shoe provides stability, durability and comfort. RRP \$220.



The 3T Revo Team Stealth Aerobar is the first-ever aerobar to attach the basebar wing to the front of the grips instead of the back, literally changing aerobar design 180 degrees. Until now, aerobars follow 3T's 'bullhorn' design – originally made for Francesco Moser's 1984 world hour record. By flipping this around, Revo makes it impossible for the rider's hands to slide forwards off the grips, so it's safer and easier to use at all times; gives better grip and handling in deep descents, rough surfaces, sketchy turns, and sprinting. They retail at Cycle Zone Mooloolaba for \$899, but mention Stu-dawg's name and Mecca riders will get 10% off.



With the onset of winter, it's timely the Tineli Rainman has arrived at Allez Sport. The semi-transparent, lightweight and highly functional rain jacket has a sealed full length zip, mesh underarm panels and, as a safety feature, has reflective piping along the back seams. It also folds down into the back pocket of a jersey. RRP \$129.



The 2010 Zipp Vuma Chrono Crankset was thought to be extinct, but the team from Cycle Zone Mooloolaba searched far and wide, high and low, north to south and east to west. They believe they have monopolised the remaining stock. Crank lengths in 170mm, 172.5mm, 177.5mm and 180mm. They used to retail for \$1399 but now at a sale price of \$899.









Put some great colour and fun in your workout. The Funkita capri tight is made with breathable moisture-wicking Italian fabric and a double-layered waistband for a more comfy fit and a back zip pocket for that coffee money or keys. Perfect to go with the singlet or crop top with two-way stretch mesh lining and removable padding. On sale starting from \$29.95. Visit www.ezisports.com.au



Allez Sport at
Mooloolaba has the
new Hoka One One
Clifton 3 in stock with
a RRP of \$219.95. They
are available in two
colours for men and
women, and come with
a new 1.5mm wider toe
box and new upper
material.



650ml drink bottle and the LAS

Or there's the Felt ZW3D (right) with

Ultegra with the same retail pack,

Istrion helmet all for \$4299.

with an RRP of \$4640.



Date	Event	Distance	Location	Website
July 3	Sunshine Coast Cycling Club crit championship	Sunshine Coast Cycling Club criterium championships, all grades.	Skippy Park	www.scccracing.wix.com/sccc
July 3	Wide Bay Mountain Bike Series	Round two of the three-hour cross-country enduro MTB Series. The three race series will feature a race hosted by each club and is designed to encourage new riders to the sport and also cater for the more experienced rider. There are also junior races and a shorter 1.5 hour ride for those starting out at mountain biking.	Fraser Coast	www.facebook.com/frasercoastmtb club
July 9	Sunshine Coast Run Series race four	Twilight run at the University of the Sunshine Coast. Run options include 2km, 5km or 10km. The flat, fast course has resulted in plenty of personal best results in previous years. All events finish with a 300m lap of the world class standard athletics track.	Sippy Downs	www.atlasmultisports.com.au
June 26	Interclub cycling race two	Interclub racing between HWCC, Uni and Sunshine Coast Cycling Club.	Nundah	www.scccracing.wix.com/sccc
July 24	Pomona King of the Mountain	The King of the Mountain Festival in Pomona, Queensland is an all-day event for the whole family, climaxing with the Bendigo Bank International Mountain Challenge where competitors run up the face of Mount Cooroora for the 4.2km round trip. Also 3km family fun run, 2.8km dash and kids 4x700m.	Pomona	www.kingofthemountain.com.au
July 24	Flinders Tour	The Flinders Tour is a 12.5km (10am), 26km (9am) and 52km (7am) trail runs in the Glasshouse Mountains. Cut off time for all events is 2pm.	Beerburrum	www.glasshousetrailseries.com
July 24	Sunshine Coast Cycling Club road race	Road race featuring all grades for Sunshine Coast Cycling Club.	Rosemount	www.scccracing.wix.com/sccc
June 31	Interclub cycling race three	Between Hamilton Wheelers Cycling Club, Uni and Sunshine Coast Cycling Club. Men's A 68km (5 laps) 7am, Men's B 68km (5 laps) 7.02am, Men's C 55km (4 laps) 7.04am, Women's A/B 55km (4 laps), 7.06am, Women's C/D 41km (3 laps) 7.08am, Men's D 41km (3 laps) 7.10am.	Glasshouse Mountains	www.scccracing.wix.com/sccc
August 13-14	Mountain Bike Orienteering State Series	Saturday will feature the Queensland sprint and middle distance championships, as well as round six and seven of the state series. On the Sunday is the long course championship. Mountain bike orienteering combines trail riding and navigation.	Sunshine Coast	www.sunshineorienteers.com.au
August 13-14	Noosa Strade Bianche	Take a weekend off-road with the 33km Piccolo Fondo for those wanting an introduction to the 'strade bianche', or gravel roads. On Sunday there are two course options: the 133km gran fondo, or the 89km medio fondo.	Noosa	www.noosa-stradebianche.com.au
August 14	Maroochy River Paddle	A marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the out-going tide to finish 17km later in Eudlo Creek at the Sunshine Coast Paddlesports Club. Open to racing kayaks, sea kayaks and fishing kayaks; dragon boats and outrigger canoes; surf spec skis and ocean racing skis; stand-up paddle boards; Canadian canoe, plastic sit-on-top and anything else you might wish to paddle.	Maroochy River	www.maroochyriverpaddle.com.au
August 14	Rainbow Beach Trail Running Festival	The Rainbow Beach Trail Running Festival has 43km, 25km and 10km running events.	Rainbow Beach	www.runqueensland.com
August 14	Sunshine Coast Cycling Club road race champs	Road race featuring all grades for Sunshine Coast Cycling Club.	North Arm	www.scccracing.wix.com/sccc
August 19	Cricks Fun Run	Kick off the 7 Sunshine Coast Marathon and Community Run Festival with a 1km run on the esplanade. Numbers capped at 200.	Mooloolaba	www.sunshinecoastmarathon.com.au



•	0			
Date	Event	Distance	Location	Website
August 20-21	Rainbow Beach Double Triathlon	The race gives participants have the opportunity to race an Olympic distance triathlon by completing two 'sprint distance' events, consisting of 750m swim/20km ride/5km run, over two consecutive days. Also Active Kids Triathlon (race run in age groups) and Active First Timers Triathlon.	Rainbow Beach	www.rainbowbeachtriathlon.com.au
August 21	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
August 21	Wide Bay Mountain Bike Series	Round three of the three-hour cross-country enduro MTB Series. The three race series will feature a race hosted by each club and is designed to encourage new riders to the sport and also cater for the more experienced rider. There are also junior races and a shorter 1.5 hour ride for those starting out at mountain biking.	Gympie	www.facebook.com/gympiebikes
August 21	Tri Fraser Coast	Olympic distance triathlon takes place around the Urangan end of Hervey Bay featuring a 1.5km swim starting on the beach at Urangan, 40km cycle consisting of a two lap course around Hervey Bay and a 10km single lap run.	Hervey Bay	www.trifrasercoast.com
September 3	Sunshine Coast Cycling Club road race	Road race featuring all grades for Sunshine Coast Cycling Club.	Eudlo	www.scccracing.wix.com/sccc
September 3-11	Cycle Queensland 2016 Adventure Tour	The ride starts in Woodford and ends in the spectacular Hervey Bay. Staged on quiet country roads, the ride will travel through Maleny, Kenilworth, Gympie, Rainbow Beach, Maryborough and Burrum Heads before finishing in Hervey Bay.	Woodford	www.cycleqld.bq.org.au
September 4	Ironman 70.3 World Championship	The world's best age group and professional triathletes will converge for the Ironman 70.3 World Championship. More than 3000 athletes will compete over a 1.9km swim, 90km bike and 21.1km run course.	Mooloolaba	www.ironman.com
September 10- 11	Glasshouse Trail Series - Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 50km, 34km and 11.3km trail run in the Glasshouse Mountains, Beerburrum, Queensland.	Beerburrum	www.glasshousetrailseries.com
September 11	12-Hour MS Swimathon	Cotton Tree Aquatic Centre on the Sunshine Coast will host its inaugural MS Swimathon event to raise vital funds to help people living with multiple sclerosis (MS).	Cotton Tree	www.msswimathon.com.au
September 18	The Mt Cooroora Endurance Challenge	A 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Each lap takes you up a 1.2km, 280m ascent, before descending along the same route. Also a fundraiser for the Children's Hospital Foundation and the Humpty Dumpty Foundation	Pomona	www.mtcoorooraendurancechallenge.
September 24- 25	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon there will be a street criterium at Cotton Tree with six events. On the Sunday. There is the 100km (with 1000m of elevation) grand fondo from Cotton Tree riders will travel through Alexandra Headland, Buderim, Bli Bli, Yandina, Eumundi, Verridale, Peregian Beach, Coolum Beach, Marcoola, Mudjimba, Twin Waters, Bli Bli and Maroochydore. There will also be a 25km ride from Port Arkwright to Cotton Tree.	Cotton Tree	www.sccyclefest.com.au
September 24- October 2	Sunshine Coast Bike Week	A nine-day celebration of cycling on the Sunshine Coast. Bike Week encourages people of all ages, sizes and cycling abilities to get into the saddle by offering a packed schedule of events during the week.	Sunshine Coast	www.sunshinecoast.qld.gov.au



Date	Event	Distance	Location	Website
October 1	Atlas Multisports Freestyle Clinic	The third of four freestyle clinics with Duane Cannell of Makin' Waves Swim School. This is a freestyle clinic that will improve your technique and increase your swim speed. Ideal for triathletes and open water swimmers. This clinic is structured for swimmers of all levels and abilities.	Buderim	www.atlasmultisports.com.au
October 2	Sunshine Coast Cycling Club King Kunda	Criterium race featuring all grades for Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wix.com/sccc
October 6	Sunshine Coast Cycling Club crit	Thursday night criterium racing featuring all grades for Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wix.com/sccc
October 12	Ride2Work Day	Ditch the car and ride to work. This Sunshine Coast Council initiative include a community breakfast in three locations plus but in the chance to win a \$1000 bike shop voucher for anyone that registers.	Sunshine Coast	www.sunshinecoast.qld.gov.au
October 16	Maleny Lions Mountain View Challenge	The event has a 21km half marathon, 10km and 5km fun runs, and a 3km fun run and walk. The Maleny Blackall Range Lions stage this event to raise funds for the Lions Medical Research Foundation.	Maleny	www.malenyblackallrange.qld.lions.org. au/projectsmvc
October 22	Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	www.runqueensland.com
October 22-23	Bribie Island Tri Series round one	Four-triathlon series. Points scored from all four triathlon. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.bribietri.com
October 23	Spring Swim Sunshine Coast	From kids and beginners through to competitive swimmers and triathletes in training. Distances include 3.8km, 2km, 1km as well as junior giants 300m (8-16 years) and 1km (10-16 years).	Mooloolaba	www.worldseriesswims.com.au
October 26	Endura Run Swim Run	In 2016 the Endura Noosa Run Swim Run will include the Schools Aquathlon Challenge. 8-13 years- 500m run/200m swim/ 500 run. 14 years and over - 1.5km run/750m swim/1.5km run.	Noosa	www.ap.ironman.com
October 28	Noosa Breakfast Fun Run	Dress in pink and join some of Australia's premier runner's to run 5km and raise awareness and funds for the National Breast Cancer Foundation.	Noosa	www.ap.ironman.com
October 28	Arena Noosa 1000 Ocean Swim	Get involved in one of Australia's premier ocean swims on one of Australia's best known beaches. All ages and abilities are encouraged to enter.	Noosa	www.ap.ironman.com
October 29	Noosa Multisport Festival	Noosa Parade comes alive for the ASICS Bolt, Australia's premier 5km road race, as well as a criterium cycling race.	Noosa	www.ap.ironman.com
October 30	Noosa Triathlon	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa	www.ap.ironman.com
November 12	Kawana Aquathlon	Still to be confirmed by Triathlon Queensland, the aquathlon proved popular last year. Full distance include 2.5km run/1000m swim/2.5km run; Enticer 300m swim/2km run; Junior 10-11 years 200m swim/1km run and Mini (7-9 years) 100m swim/500m run.	Kawana	www.qldtriseries.com.au
November 12-13	Hervey Bay 100	Sunday features a national long course qualifying race with a 2km swim, 80km ride and 18km run. Saturday includes a mini aquathlon (entrants born 2006-2008) of 500m/50m/500m and a junior aquathlon (entrants born 2004-2005) 1km/200m/1km. Also a junior triathlon (entrants born 2002-2003) 400m/12km/3km, intermediate triathlon (entrants born 2000-2001) 600m/16km/4km and senior triathlon (entrants born 1997-1999) 600m/16km/4km as well as a Have a Crack tri (open to those above 15 years) swim 200m/bike 8km/run 2km.	Hervey Bay	www.hb100.herveybaytriclub.org.au



-	•			
Date	Event	Distance	Location	Website
November 12	Open water swim	Organised as part of the Queensland Tri Series, the open water swim events will be staged over 500m, 1000m and 1500m.	Kawana	www.qldtriseries.com.au
November 13	Queensland Tri Series	Round four of the seven-round triathlon series. Distances include QTS 400m swim/15km bike/4km run; Enticer 200m swim/7.5km bike/2km run and Kool Kids 100m swim/2km bike/500m run.	Kawana	www.qldtriseries.com.au
November 26	Atlas Multisports Freestyle Clinic	The last of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	www.atlasmultisports.com.au
December 10-11	Bribie Island Tri Series round two	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.bribietri.com
December 18	Buderim 9	Climb nine Buderim hills, covering 75km, within three hours. Participants also raise money for the Cerebral Palsy League.	Buderim	www.buderim9.com.au
December 28-31	Atlas Multisports Christmas Training Block	Kick-start the year with an intensive triathlon training block, with options for advanced (four days), intermediate (three days) and beginner (two days). Endurance training, swim and run skills and drills, pilates, nutrition and transition technique.	Sunshine Coast	www.atlasmultisports.com.au
January 10, 2017	Hares and Hounds trail run	The distances this year are 52km, 10km and 5km solo runs and a 52km relay for 2, 3 or 4 person teams. A 10km walk has also been added.	Woodford	www.glasshousetrailseries.com
February 5, 2017	Queensland Tri Series	Round six of the seven-round triathlon series. Distances include QTS Sprint 750m swim/20km bike/5km run; Super Sprint 400m swim/15km bike/4km run; Enticer 200m swim/5km bike/2km run and Kool Kids 100m swim/2km bike/500m run.	Caloundra	www.qldtriseries.com.au
February 11-12, 2017	Noosa Summer Swim	In 2017, the event expands to a full weekend program. It offers a range of distances for every ability, from junior events to marathon distances where seasoned swimmers can push their limits. Distances include 3km, 2km, 1km, and juniors 1km and 300m.	Noosa Heads	www.worldseriesswims.com.au
February 11-12, 2017	Bribie Island Tri Series round three	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.bribietri.com
March 5, 2017	Mooloolaba Mile Ocean Swim	The Mooloolaba Mile is a feature on Queensland's ocean swimming calendar and continues to attract swimmers from all over Australia. The main event, a one mile (1.6km) course is well within reach for beginners and novice ocean swimmers. There is also a 3km, 800m, as well as junior giants of 300m and 800m.	Mooloolaba	www.worldseriesswims.com.au
March 11-12, 2017	Bribie Island Tri Series round four	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Series entries receive a discount to all four triathlons and series gift. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.bribietri.com
April 2, 2017	Triathlon Pink	All-female triathlon, with short 100m/4km/1km, medium 200m/6km/2km, long 300m/8km/3km, ultra 600m/16km/6km, kids 7-9 50m/2km/500m and kids 10-13 100m/4km/1km. Also a fun run of 1km, 7 Yrs + 3km and 12 Yrs + 6km.	Sunshine Coast	www.triathlonpink.com.au
April 30, 2017	TooMoo 220	Supported ride from Toowoomba to Mooloolaba which raises money for charity.	Toowoomba to Mooloolaba	www.toomoo220.com