

# Multisport

Wednesday, March 11

MSE C CA



Malcolm Coote finishes last year's Mooloolaba Triathlon with his daughter Tahlia.

## Time for family focus

EVOLUTION rather than revolution is required to reinvigorate the Mooloolaba Triathlon Festival.

For the first time in several years individual entries will not be at capacity for the March 15 event.

Organisers are now considering changes, like including sprint distance options to make the festival more family friendly.

Ironman Asia Pacific CEO Geoff Meyer said there would be more emphasis on doing something different in the future to ensure Mooloolaba stays on the "must-do" event calendar list.

"If you look at the endurance market as a whole, running, cycling, they have all come off the boil a bit. You only have to look at Tough Mudder," Geoff said.

To Page 2

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# Intense competition for events

**From Page 1**

"There is a lot of competition out there. It's like everything, you have your huge growth periods and you'll come off the boil and then you'll go up again.

"We are looking to reinvent and tweak a few things to make it more athlete friendly and more exciting and try and generate more athletes. But there is a lot of competition around."

Highlighting the need to keep things fresh, this year's Noosa Triathlon will feature the swim leg in the bay off Main Beach rather than in the canal.

"Triathlon is not growing as fast as it had in the past, but it is still growing," Geoff said.

Mooloolaba has been a leading light on Australia's triathlon calendar for more than two decades.

Last year saw the ITU-sanctioned Olympic distance event dropped in favour of a sprint format.

And this year the Saturday race will again feature the world's top triathlete, Javier Gomez Noya, who will be joined by fellow Spaniard Mario Mola, significantly boosting the event's already glowing reputation.

Geoff said securing an athlete of Gomez Noya's abilities was a further sign of the event's growth.

**TIMETABLE**

**Mooloolaba Triathlon Festival**

**Friday, March 13**

**5.30pm** – 5km twilight sprint race start (elite race).

**6pm** – 5km twilight run.

**Saturday, March 14**

**8am** – Superkidz and special triathlon.

**10am** – Ocean swim race start.

**10am-4.30pm** – Triathlon bike check-in, age group and teams.

**11.45am** – ITU Triathlon race start, elite women.

**1.30pm** – ITU Triathlon race start, elite men.

**3pm** – Men's criterium race start.

**Sunday, March 15**

**5.15-6.20am** – Transition open.

**6.35am** – ITU Triathlon Oceania Cup and age group start.

"Just in terms of profile it is huge because it opens us up to an international audience who pay attention," he said.

"From that point of view it is fantastic and gives the event real credibility.

"Everyone is going to be watching throughout the globe and especially Europe to see how these guys are going.

"We have been trying to twist his arms to get to a few events, but it has been great to get him." Geoff said with Olympic



**Pamela Hudson-Jessop completes her first Olympic-distance event last year at Mooloolaba. PJ will compete again on Sunday, fresh from coming second in the Bribie Island Series women 45-49.**

*Photo: Grant Edwards*

selection for Rio just around the corner, triathletes would be doing all they could to show

their respective countries they deserved a place on the plane to Rio.

**– Grant Edwards**



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# Up for the fundraising challenge

By GRANT EDWARDS

PEDALS will turn furiously on March 26 as fundraising by the Coast's team in the Race Across America hits top gear.

Two four-man crews are currently preparing for June's epic cycling race which is a 4800km journey from west to east across the United States.

The teams include Sunshine Coast riders John Eastham, Ray and Michael Shadforth, Michael Callow and Leon Harris, along with Alan Bradley, Scott Gilbertson (Sydney) and Adam Carmichael (Townsville).

Essentially a non-stop time trial race, the primary rule is that one rider must be on the road to progress.

While all riders and the 28-member crew are paying their own way with support from corporate sponsors, the teams are also raising money for the Crick Eastham Foundation which will then distribute all funds to Montrose Access and Outrun Cancer.

To launch fundraising activities, a 12-hour cycling challenge will be staged at the HUB105 studio on March 26.

Coast radio station MixFM will broadcast from the HUB105 throughout challenge which will be held from 6am-6pm.

Local identities and businesspeople will ride on a



Photo: Contributed

Joining the recent RAAM 300km training day were Luke Gregson (crew), Annalie Houston (nutrition), Bec Edwards (remedial massage therapist), Adam Carmichael (rider), Scott Gilbertson (rider), Michael Shadforth (rider), Brendan Butler (vice captain and mechanic), John Eastham (rider), Leon Harris (rider), Ray Shadforth (rider), Michael Callow (rider), Alan Bradley (ride), Jason Crowther (captain/coach) and Nathan Shearer (crew).

rotational basis over the 12 hours, while on the bike next to them will be one of the five Coast RAAM riders. They too will change throughout the day to share the workload.

"We will treat it like a day in the life of a race," John Eastham said.

"The HUB105 has the ability to provide terrain from anywhere in the world so we might pick a stage of the race. Hopefully we won't get sewn up."

Having researched previous successful teams, the plan is for two teams of four that will split into pairs. The pair will

then undertake a five-hour shift, riding 20 minutes and then swap.

"When I first found the event I thought it would require a low heart rate set, doing two or three hours at a time. It's much more intense," John said.

"It's like doing an Olympic distance triathlon pace...but you have to keep backing up for seven days."

Training has been underway since the beginning of the year, and the riders are now beginning a 16-week sustained training block.

"Team Venge" and "Team Shiv" will all undertake similar

## THE CHALLENGE

**What:** Ride Across America 12-Hour Challenge.

**Where:** HUB105, Brisbane Rd, Mooloolaba.

**When:** Thursday, March 26.

programs and clock up about 400km a week.

That will include a weekly high intensity session in HUB105, three hill rides and a long ride for six hours. Montville will be a popular location for the Coast crew, who will undertake repeats from Palmwoods to the hinterland township in the big chainring and big gears to build strength.



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# Duo primed for Melbourne return

By GRANT EDWARDS

OVER the years there has been some monumental comebacks in Melbourne.

Just this year we saw Nick Kyrgios come from two sets down against Italian Andreas Seppi to reach the Australian Open semi-finals. Then on the hallow MCG turn in 1970, Collingwood turned a 52-points half-time deficit into seven-point win against St Kilda.

And on March 22 there is a pair primed to make returns to form.

Coolum's David Chick and Jason Crowther are poised to line up at Ironman Melbourne, with both having strong preparations in the lead-up to tackling the fast Victorian course.

For David, he's travelling south with a focus on achieving a personal best and grabbing at ticket to the Ironman World Championship in Kona.

While completing his last Ironman during 2012 in a time of 9:44 with limited preparation, the Allez Sport owner's previous best was back at Ironman WA in 2010 where he posted a time of 9:15.

Having recovered from torn cartilage and knee surgery in November following a nasty mountain bike crash, David has overcome calf issues to bank some solid training in recent months.

"It's been a really good solid preparation. There are no excuses as far as I'm concerned," he said.

"Kona is the plan. It's hard not want to go back when all your friends are going, and people are coming into the store who keep returning every year.

"I'm keen to go and see if I can outdo what I did last time...20 years on."

His last appearance at Kona saw David post a time of 9:55 as a 24-year-old.

"I'm fast running out of time



David Chick and Jason Crowther are looking forward to next weekend's Ironman Melbourne, and will be a large Coast contingent taking part. Photo: Nicola Brander

to do a PB. I am hoping to go faster than ever," he said.

"The bike course is pretty quick and smooth. The run course I know well because I used to run regularly on the marathon course in Melbourne.

"I used to live about half way along the course. That's good because you know what's coming up."

For Jason, his journey to Ironman Melbourne has an enjoyment focus.

The Atlas Multisports head coach hasn't even considered his chances of making it to Kona – his emphasis is on embracing the Ironman experience.

His one and only Ironman was at Taupo in 2010 as a professional, finishing ninth with a time of 9:26.

"Racing as a pro took away that enjoyment factor because I raced it. This one primarily I want to enjoy it, secondly finish as fast as my body will let me," Jason said.

## IRONMAN MELBOURNE

**When:** Sunday, March 22.

**Details:** One-lap 3.8km swim off Frankston Foreshore, with a rolling swim start. Athletes are set off in roughly five second intervals for the swim start. It will take about 20-25 minutes to get the entire field across the start line. Two 90km laps along the Eastlink Motorway between Frankston and the Springvale Road off ramp. Marathon from Frankston and ending at the St Kilda foreshore.

"I always have a time in mind. I'd be hypocritical if I didn't because I always get my athletes to set a goal time. I'd be happy with anything under nine and a half hours."

Jason raced professionally in Olympic and sprint distance events from 2005-2008, before tackling half-Ironman distance events where he completed about 12 before facing the full distance in New Zealand.

These days he is traditionally in the coaching chair and has mentored more than 100 Ironman finishers.

David and Jason are among a large Sunshine Coast field heading for Melbourne next weekend.

On the Melbourne starting list are: Will Carman (Alexandra Headland), Sean Cary (Sunrise Beach), David Chick (Coolum), Damien Collins (Beerwah), Andrew Crew (Palmwoods), Grant Croghan (Sunrise Beach), Jason Crowther (Coolum Beach), Andrew Davidson (Noosaville), Bruce Duck (Landsborough), Nathan Fitzakerley (Parrearra), Linda Florence (Peregian Beach), Michael Gilby (Buderim), Mel Hauschildt (Noosaville), Peter Hickey (Shelly Beach), Lisa Jones (Woodford), Andrew Lang (Yaroomba), Sean Lever (Moffat Beach), Trevor Mathews (Sunshine Beach), Matthew Montague (Glasshouse Mountains), Casey Munro (Mooloolaba), Lauren Murphy (Maroochy River), Gaye Ottogalli (Shelly Beach), Kerri Renshaw (Beerwah), Samantha Reynolds (Moffat Beach), Dean Saunders (Minyama), Caroline Steffen (Parrearra), Grant Symes (Currimundi), Rob Tappenden (Noosa Heads), Scott Wilson (Noosa Heads), Jordan Wyborn (Kings Beach).

# Chelsea claims four straight



Chelsea Gubecka on her way to winning the 3.8km women's race.  
Photo: Warren Lynam

ABOUT 1000 swimmers converged on Kings Beach on Sunday for the annual Kings of the Coast swim, but the day belonged to teenage Sunshine Coast swimming sensation Chelsea Gubecka.

Chelsea, 16, secured her fourth straight title – a sign she is hitting form at the right time as she continues her outstanding charge towards the 2016 Rio De Janeiro Olympic Games.

The event attracted leading swimmers from across the country who lined up for the Caloundra leg of the Queensland Ocean Swim Series. Chelsea stormed home to beat a hotly-contested race that included noted swimmers Kareena Lee and Kellogg's Nutri-Grain competitor Harriett Brown.

A national open water swimming champion, Chelsea said it was wonderful to give back to the sport while claiming a memorable win at home.

"It is pretty cool to come back," Chelsea said.

"It is special to make it four years in a row now. It is good to keep in touch with the open water scene and race locally. To do well again has made it a pretty memorable win for me."

The event is regarded as one of the best of its kind in Queensland and continues to grow in stature among competitors as its popularity grows.

[CLICK HERE FOR PHOTOS](#)

Top results:

**3.8km**

- Men – 1. George O'Brien 48:40.3, 2. Yasunari Hirai 49:28.2, 3. Dylan Mason 50:12.6, 4. Brenden Hall 50:26.0, 5. Marcus Hall 51:42.8

- Women – 1. Chelsea Gubecka 52:14.7, 2. Kareena Lee 53:02.7, 3. Sarah Thompson 56:02.5, 4. Sarah Windsor 1:01:03.3, 5. Allison Hass 1:02:27.7.

**2km**

- Men – 1. Ben Jimmieson 26:26.9, 2. Duane Cannell 26:37.6, 3. Campbell Oram 26:48.5, 4. Casey Flouch 27:51.5, 5. Darren Carnell 28:02.5.

**Women –**

- 1. Laura Brosnan 28:31.6, 2. Svetlana Sterlin 31:18.2, 3. Nicky McKay 31:56.2, 4. Jane Stevens 32:59.6, 5. Kira Copp 33:33.8.

**1km**

- Men – 1. Dylan Mason 14:28.4, 2. Trent Grimsey 14:59.2, 3. Ben Jimmieson 15:12.4, 4. Duane Cannell 15:35.6, 5. Danny Karlsson 18:10.5.

**Women –**

- 1. Kareena Lee 14:48.1, 2. Harriet Brown 15:25.6, 3. Kayleigh Foster 18:25.3, 4. Shannae Craig 18:34.5, 5. Jessica Foster 18:45.9

**300m kids dash**

- 1. Kayleigh Foster 3:19.9, 2. Jessica Foster 3:31.7, 3. Zane Wolsey 3:31.9, 4. Georgia Harle 3:32.2, 5. Brendon Hoyle 3:46.0, 6. Charlie Punter 4:00.2, 7. Josie Stephenson 4:12.0, 8. Taiyana Lyon 4:21.5, 9. Mark Rove-Robers 4:26.3, 10. James Mason 4:26.5.

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# Kiwis awash with Noosaites

NOOSA dominated in New Zealand at the weekend.

There was a strong Coast contingent at the Motatapu Off-Road Sporting Event, held annually in Queenstown and Wanaka. Known as bucket-list off-road event for both elite athletes and weekend warriors, this year's event attracted a record breaking field of 4567 competitors across five events.

A group of Noosa Tri Club competitors all finished on the podium in the main Xterra event, while Jo Stewart won the women's 50-plus mountain bike race.

Xterra UDC Finance Triathlon results:

Dyson Findlay 5:39:20 (Noosa Heads) second 45-49 men (swim 42:02, bike 3:08:29, run 1:48:48).

Greg Ball 5:56:28 (Noosa) second 50-54 men (swim 39:23, bike 3:06:26, run 2:10:38).

Kim Beckinsale 5:56:30 (Noosa Heads) third professional female (swim 39:18, bike 3:21:12, run 1:55:59).

Michaela Trigg 7:06:24 (Sunshine Coast) first 45-49 female (swim 44:50, bike 3:35:08, run 2:46:25).

Jan Leverton 8:23:23 (Noosa Heads) first 55-59 female (swim 57:27, bike 4:42:52, run 2:43:03).

Shan McGrath 8:29:49 (Noosa Heads) second 50-54 female (swim 53:47, bike 5:05:15, run 2:30:46).

Steve Wise 8:43:45 (Noosa Heads) third 55-59 men (swim 53:45, bike 5:06:47, run 2:43:12).



Greg Ball in action last year.

Photo: Elliott Duncanson

## In brief...



### Fit and firing

HAVING worked with the likes of ETTIX-Quickstep rider Mark Cavendish, the Astana professional cycling team, Tour de France winner; Vincenzo Nibali, London Olympics triathlon silver medallist Lisa Norden, Australian triathlete Ryan Bailie, bike fit genius Stewart Morton (pictured) is about to share his expertise on the Coast. The Body Geometry fit instructor from Specialized Australia will be at Cyclezone Mooloolaba on Thursday, March 12, from 6.30-7.30pm. It's perfect for cyclists of all levels, especially for those keen to take their riding to the next level or those who regularly suffer some discomfort. Email sales@cyclezone.com.au for more information or to book your spot.

### Sixth title

MARGIE Atthow showed her strength after a long weekend of track competition taking home her sixth Queensland state championship in the 1500m in a time of 4:46.91, while she also won bronze in the 800m in 2:10.39.

### First race success

SUNSHINE Coast massage therapist Lauren Grey impressed in her first iron-distance triathlon at Challenge Wanaka. She finished second in her category. Coast results were: Lauren Gray (Currumbundi) 11:35:25 second women 30-39 (swim 1:17:51, bike 6:04:49, run 4:04:00), Brendan Smith (Kings Beach) 12:09:50 sixth men 20-29 (swim 1:05:51, bike 6:19:55, run 4:32:46), Mick Farrag (Buderim) 14:57:32 13th men 50-59 (swim 1:12:29, bike 7:24:57, run 5:44:22), Lake Wanaka Half: Basil Macreadie (Noosaville) 5:56:35 sixth men 50-54 (swim 33:33, bike 3:03:50, run 2:08:04).

## They're gems...officially

FOLLOWING outstanding fundraising efforts as part of the 7 Sunshine Coast Marathon Festival, Kassandra and Noah Reynolds have been honoured.

Kassandra Reynolds, a Year 4 teacher at Caloundra City Private School, and Noah, QLD/ACT manager for Solargain, attended the annual Royal Brisbane and Women's Hospital's Foundation Research Grant Awards.

The Reynolds' were inducted as a Sapphire Gem, honorary members of the Royal Family. This achievement is a result of their 2014 fundraising efforts. They raised \$5216 for the neonatal special care and ICU while training for, and

completing, the Sunshine Coast marathon.

This was a cause close to their heart. Their daughter, Delilah, was transferred to and cared for in ICU soon after birth.

Kassandra and Noah left the RBWH with a healthy baby but wanted to do something to make a difference for those who were not so lucky. They thank their family, as well as the Caloundra City Private School families and the community members who supported their fundraising goals.

Contributions to the RBWH Foundation provide financial support and encouragement for the researchers, doctors



Kassandra and Noah Reynolds.

Photo: R.POTTER-RBWH

and nurses working as part of a community, with the same drive and commitment towards a healthy future.



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# Up to the challenge

FACING 235km and two-hour climbs with 4000m of vertical travel, they weren't the only challenges facing riders in this year's Peaks Challenge at Falls Creek.

With the temperature down to about zero overnight, the Sunshine Coast troupe had to rug-up in their wintry finest just to survive the initial stages of Sunday's "Three Peaks" event.

"It was bloody cold...it was freezing in the morning when you leave Falls Creek because it takes about 45 minutes to get down and through Mt Beauty," Coolool's Tony Bryan said.

From there the riders face the first incline, a 876m climb up Tawonga Gap. That is followed by a 1825m journey up Mt Hotham, with the final 1720m climb back to Falls Creek.

"It's a great ride with unreal scenery and solid climbing. There isn't any places on the Sunshine Coast you can climb for two hours," Tony said.

Tony was in a group which included fellow Ultraman Australia competitors Stephen Gage and Robbie Andrews, along with Stephen's wife Danielle.

After stopping mid-way up the last climb for a caffeine and sugar hit, Danielle had a close eye on the time in the latter stages and attempted to finish



**Tony Bryan, Danielle Gage and Paul Moore before the Peaks Challenge.**  
Photo: Contributed

just under the 10-hour mark but missed by just over three minutes.

The Ultraman boys were easy to find, they were the only ones on time-trial bikes. Before the event they were told no-one rides a TT bike for the gruelling event but the trio were using it as a training event to help build strength for the 420km cycling segment of the May event.

Coast results:  
Craig Stanghon (Noosa) 9h34:51  
Nicholas Tompkins (Mudjimba)

9h45:05  
Danielle Gage (Buderim) 10h03:23  
Stephen Gage (Buderim) 10h04:49  
Robbie Andrews (Kawana)  
10h04:48  
Tony Bryan (Coolool) 10h04:50  
Anthony Dean (Bokarina) 10h19:11  
Rodney Cornick (Maroochydore)  
10h38:08  
Armando Serafin (Mooloolaba)  
10h51:27  
Mark Skeates (Wurtulla) 10h54:13  
Iain Stewart (Buderim) 11h41:40  
Andrew Paszkowski (Buddina)  
11h41:41  
Michele Purvis (Coolool) 12h17:29  
David Alderton (Palmwoods)  
12h57:07

## Coffs triumph against the odds

RACHAEL Paxton has the perfect excuse for being unfit – she has been battling thyroid cancer the past 18 months.

But there was no need for excuses on Sunday when the Sunshine Coast athlete bolted to an inspirational victory at the Coffs Triathlon.

Rachael overcame a tumultuous preparation, which included periodic bouts of radioactive iodine treatment and thyroid removal in December.

"It is just this rollercoaster of getting fit and then going to hospital for a week and being unable to do anything for a month or two," the 30-year-old said.

"Everything you build up, you just lose from pure inactivity from lying in a hospital bed for a week feeling very sick."

She said she did not expect to be racing so soon after having her thyroid removed and decided to enter the Coffs Harbour event on a spur-of-the-moment decision.

Rachael finished the Olympic-distance event (1.5km swim, 40km cycle, 10km run) in 2:13:59, after a 21:03 swim, 1:09:13 ride and a 43:42 run.



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# Protecting yourself with strength



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

MUSCLE strength is the ability of the muscle to exert force. Strength training can be used to enhance athletic performance, improve musculoskeletal health and correct muscle imbalances.

It is typically used in rehabilitation post-injury, but it can also be used to great benefit in your everyday routine to help improve your overall health and fitness.

There are five main biochemical and physiological changes that happen through strength training (source: Brukner & Khan, 2013):

1. Increased neuromuscular facilitation and recruitment of neighbouring motor units.
2. Increased number of myofibrils.
3. Increased vascularisation (i.e. number of blood vessels to help oxygen delivery).
4. Biochemical changes affecting the enzymes of energy metabolism.
5. Increased glycogen and protein storage in muscle.

Now by doing strength training, we are enhancing our ability to produce force over a sustained period of time because of the improved nerve function. It is this neuromuscular facilitation that starts the process of building muscle size, stored energy and improved vascular supply.

We want to build this capability because it is when our neural system fatigues that our muscles cannot respond to the signals being sent to them as rapidly as they did when they were fresh.

It is why we generally feel so good early on in the training session or race, but then tend to get a bit untidy later on. It is at this fatigued point that the

## GETTING STRONG

Make sure when you are doing strength based exercise that you:

1. Warm up appropriately.
2. Perform good quality, controlled movements.
3. Use slow controlled movements with little or no resistance to develop a good base for nerve patterning to occur.
4. Are pain free throughout the exercise.
5. Use the muscle through its full range.
6. Ideally have someone experienced who can watch your technique and make sure you are doing it properly.

muscles become vulnerable to strain or injury, as they are unable to deal with the load being placed upon them appropriately.

This can then place the joints or discs at risk because the shock absorbing and supportive role the muscles typically play is not occurring.

It is why we also need to include adequate recovery sessions into our training week so that our nervous system can freshen up, which will then keep the muscles almost literally "firing on all cylinders".

Another element that we don't often consider as healthy athletes is bone density.

It has been well-documented the benefits of weight-bearing and resistance training in preventing osteopenia and osteoporosis in older populations, but it should definitely be implemented in the younger age groups, not just for performance-enhancement, but for their future health and well-being.

Bone density correlates directly with the load that the bone must bear. Load comes from impact being placed through the limbs (i.e. running/jumping, hitting sports such as tennis/hockey, paddling-based activities) and resisted muscle contractions.

As the muscle contracts, it



Bridges or lunges help build strength. Photo: Kaitlyn Gutzke

puts a traction force through the tendon as it attaches on the bone, creating almost a bend in the bone (think of bending a green piece of wood).

This triggers the body to lay down more bone cells at the site of load, causing an increase in bone mass and therefore making it stronger.

This will help lay down a literal base for your body, and if you continue to load the tissues throughout life the rate of deterioration as you age will be limited.

It is never too late to improve your bone density. Another element is if worse comes to worse and you have a fall or an accident with your bike, the added bone density could protect you from worse injuries.

Incorporating 2-3 strength sessions per week will result in significant gains for your health and fitness.

The sessions certainly don't

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need to be long, 20-30 minutes is all that is needed, and you don't need fancy equipment to complete them.

Just doing bridges or lunges with your body weight, step ups, lifting cans of baked beans or bottles filled with water are all good options.

Make sure if you are unsure about what you are meant to do, seek experienced advice, and make you have someone watching your technique to ensure it is spot on.

# Age group grants

By **TRIATHLON QUEENSLAND**

TWO Sunshine Coast triathlon clubs have been awarded grants by Triathlon Queensland to deliver initiatives to age group athletes.

Caloundra Triathlon Club and Noosa Triathlon club have been the lucky recipients for 2015, being awarded varying amounts up to \$1000.

Caloundra has teamed with experienced performance coach, Toby Coote, to deliver training programs for age group (i.e. 18-plus) triathletes with an eye on the following events: Mooloolaba Triathlon (March 15), Fraser Coast Triathlon (May 17), Sunshine Coast 70.3 (September 13), Hervey Bay 100 (November) and Cairns IM and 70.3 (June 2016).

CTC treasurer Paul Gleeson backs the initiative: "Where possible we are running these sessions and training program at no cost to TA members (except for swim squad and Wednesday morning run session for non CTC members).

"It is a great opportunity for those that know what event they want to do but are not sure how to get prepared to race."

For more information visit [www.caloundratriathlonclub.com.au/training/](http://www.caloundratriathlonclub.com.au/training/)

Noosa is offering something different for those looking to escape the concrete jungle.

The club has enlisted the help of Kim Beckinsale and Jan Leverton to deliver a cross triathlon clinic on March 14-15 in addition to some further



**Jan Leverton and Kim Beckinsale will help triathletes hone their mountain biking skills.**  
*Photo: Contributed.*

mountain biking skills sessions post-clinic.

It is a great opportunity to get away from usual training regimes and experience something new.

It is \$150 for NTC members and \$200 for general TA members.

For more information and on how to register go to [www.noosatriclub.com/cross-tri-skills-clinic/](http://www.noosatriclub.com/cross-tri-skills-clinic/)

For more information on the TQ age group development grant winners go to <http://www.triathlonqld.com.au/Athletes.aspx>

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5928903ae

# Doing specific hard yards in training



By **GARY DONOVAN & GLEN MAHONEY**  
SubLX swim coaches, specialising in long distance triathlon athletes

IMPROVING your swimming can be difficult, especially without assistance or coaching.

It comes as no surprise athletes who use generic, repetitive sessions designed for the masses found on the internet see little, if any, improvement.

That's why it's beneficial to have a program specific to the individual and tailored to their exact requirements to ensure they maximise their gains in the water.

Squad sessions are still a great way of improving your times, but they should be undertaken with specific goals in mind.

Motivation to hit the pool is always difficult if sessions are boring or repetitive.

The sessions we set are based upon raw data we interpret and then use our experience and knowledge to create the sessions that will take the athlete forward.

A session would normally incorporate a warm-up followed by some drills that were specific to that individual and the event they have chosen to focus on.

These two items would cover about 1-1.5km in total before moving on to the main set. After the main set a warm down would be done of between 200-400m making the total distance covered about 7-7.5km.

The main set (above right) is from one of our European-based triathletes who is focusing on Lanzarote Ironman in May, so about six weeks into his 20-week program with us. This means



Charge into your next long distance swim with some solid groundwork in training.

he has already completed the majority of his base work and we are transitioning from base-building to a strength and conditioning phase. He came to us with a personal best of 1.06 and has turned into an able swimmer and eventually we calculate he will swim sub-54 depending upon the conditions.

The basic idea behind this type of set is to start the swimmer off at a pace that is manageable and is within them so maybe a rate of perceived exertion (RPE) of about "five" for the first set of 100s and 200s.

The screw is slowly tightened over the next set of 400s and 800s and at this point the RPE would be up at about six-seven.

The rest intervals would be consistent and the recovery equally so.

The heart rate will be consistently high and creeping to the upper echelons of their aerobic level.

## SAMPLE SET

An Ironman training set from SubLX.

- 8x100m off 1.45, TT (target time) < 1.30 per 100m
  - 4x200m off 3.30, TT < 3.00
  - 2x400 off 6.30, TT < 6.00
  - 1x800 off 13.00, TT < 12.00
  - 2x400m off 6.30, TT < 5.50
  - 4x200m off 3.30, TT < 2.55
  - 8x100m off 1.45, TT < 1.25
- Equals: 5600m main set

It'd be at this point that local muscular condition would start to fail and the ability to feel "comfortable" in the water leaves the swimmer gradually – so the pressure is applied a little more, reducing the rest intervals and target times accordingly and really "pushing the envelope" both physically and mentally.

As the descent begins to 400s and then 200s, the effort has to increase to match the off times and target times so the RPE rises to eight-plus and the latter third of the set becomes a real test. The arms and

**Click here to visit Gary and Glen's website**



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*Supercharge your next Ironman Swim*

shoulders ache, the breathing is harder to manage and the mind starts to scream for a rest – but not yet! The borders between aerobic and anaerobic thresholds are reached and this needs to be "trained" so it can remain within tolerances so it can cope come race day.

The set finishes with an RPE of nine-plus so now the move from aerobic to anaerobic begins and the struggle to finish within the off times while still hitting the target times begins. And then it's over.

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# Best family and bike carrier by far

By GRANT EDWARDS

LIfe with children can be a whirlwind. Often when you have a brood, it can feel cyclonic.

It was perhaps appropriate that Cyclone Marcia had arrived with full force to welcome Kia's all-new eight-seat Carnival.

There was nothing easy about this launch. And just like new parents, the people-mover was given no respite – a baptism of teeming rain.

No longer in the bargain basement with a starting price of \$41,490, the Carnival is still available with a choice of diesel and petrol engines across four trim levels, but has lost the "Grand" from its name and also abandoned its gawky looks.

But it remains the best bike and extended family carrier in this genre.

Having travelled regularly to events with four adults, two kids, accompanying luggage and a bike, the Carnival proved more comfortable and flexible with seating than the Mercedes-Benz Viano and Hyundai iMax.

The good news is boot space is even bigger, with 960 litres behind the third row (an improvement of 77). That third row can also fold flat into the floor by the pull of a strap and handle. The area then grows to 2220 litres behind the second row and 4022 litres when all rear passenger seats are stowed.

Little has changed in the space department – despite being slightly shorter and lower



than the old model.

The wheelbase has been lengthened (40mm), and you still get impressive head, leg, knee and shoulder room across all three rows. Actually, the head room has improved for those in the last pew.

This is a genuine eight-seater, and even the third row isn't restricted to kids. Fitting three adults across the second and third rows would require hip bumping but it's not unachievable.

Getting into the back seat is easier, with wider door openings and improved movement of the second row that also has a flip function where the seat base rolls forward and the seat "stands up".

Base models come with stain-resistant cloth trim, although we spent all our time in up-spec SLi, which gets leather and a two-tone grey cabin colour palette.

Buttons are well labelled and easy to find, and there are plentiful storage options and 10 cup holders along with door bottle accommodation big enough to handle wine (always handy for parents at day's end).

Tried and tested powerplants are at the heart of the Carnival: a 3.3-litre V6 petrol and a 2.2-litre four-cylinder turbo diesel. Both are serviceable units, getting the job done without fanfare. The bent six is smoother at idle and low speeds, but we especially liked the diesel for its mid-range torque.

Steering is light and sometimes lifeless at highway speeds, despite the carnival having hydraulics instead of the electric system most often used nowadays. But that should actually be appreciated by Carnival buyers – it's easy to manoeuvre despite being more than five metres long.

All models get a colour

## VITAL STATISTICS

**Model:** Kia Carnival.

**Details:** Five-door eight-seat front-wheel drive people-mover.

**Engines:** 3.3-litre V6 petrol generating maximum power of 206kW at 6000rpm and peak torque of 336Nm @ 5200rpm; 2.2-litre turbo diesel 147kW @ 3800rpm and 440Nm @ 1750-2750rpm.

**Transmission:** Six-speed automatic with manual mode.

**Consumption:** Petrol - 11.6 litres/100km (combined average). Diesel - 7.7L/100km.

**Bottom line:** Petrol - S \$41,490, Si \$45,490, SLi \$49,990 Platinum \$57,490. Diesel - S \$43,990, Si \$47,990, SLi \$52,490, Platinum \$59,990.

[www.cricksnosakia.com.au](http://www.cricksnosakia.com.au)

touch-screen, rear parking sensors and camera, cruise control, CD stereo with Bluetooth phone connectivity and air-con.



## Supercar acceleration for your feet

YOU may not be able to achieve 0-100kmh in less than four seconds, but at least you'll look fast in these new Lamborghini running shoes.

Lamborghini and Japanese sports brand Mizuno announced a five-year partnership at the Geneva

motor show last week, and revealed the new co-branded running shoe (the raging bull emblem is on the tongue), called the Wave Tenjin.

Prices have not been revealed, but the similar-looking Mizuno Wave Prophecy retails for about \$300.

# Chain of events

ACCORDING to the Shimano Dura Ace instruction manual, the chain has an expected life of 1200km.

Many riders would have that knocked over within weeks.

Chain wear is one of the most overlooked aspects by cyclists who often stretch the time between maintenance.

According to Cyclezone Mooloolaba mechanic Dan Evans, who has been wrenching at the Ironman World Championship for the best part of a decade, said most standard chains should last about 3000km before needing close inspection.

“Chain wear is dependent on how they put the power through the chain. If the rider is high revs, low torque you don’t see as much short-term chain wear,” he said.

“If they are a grinder you tend

to see the chain stretch out quickly.”

Over the life of a chain, they can stretch between 12-15mm. That can have a major impact on the sprockets and the cassette.

An easy way to tell (apart from a chain checker tool) is if the chain “lifts” in sections on the big chainring. The chain then skips, and starts to shave the chainring teeth to look like shark fins.

Quite often the cassette and chain require simultaneous replacement as many riders don’t get a service until there is a problem. But regular chain maintenance and replacement, including using the correct oil and not other lubricants, can extend the cassette’s life.

The condition of the bike’s running gear is often dependent on the terrain. You



Check if your chain lifts easily on the big chainring.

don’t need to be on a mountain bike in the bush to be in debilitating conditions.

Every time you ride the chain picks up dirt, grit and sand...especially if you get out in the rain.

Rough roads can cause bolts to loosen, and it’s always worthwhile doing a torque check.

Another thing to keep an eye on is cables, check out the entry and exit points for any fraying.

## TOP TIPS

- Don’t get your bike serviced with little time before racing, have a few rides before the event to ensure cables and groupset settle...sometimes you are better leaving the bike if you’re cutting things too fine.
- Using proper chain oils can improve the life of your groupset and chain.
- Keep an eye on rim brake pads, check the indicator to see if they need replacement.
- Don’t wait until your groupset starts making noises before a service. Regular maintenance and new chains can ultimately save you money.

Then there is the brakes. Rim brake pads have wear indicators so keep a close eye on them every week. When the pads are new they have several grooves which help channel water away from the rim on wet rides. When these grooves disappear, it’s time for replacement.



## BODY GEOMETRY

ARE YOU PASSIONATE ABOUT RIDING YOUR BIKE? ARE YOU NEW TO RIDING AND WOULD LIKE TO UNDERSTAND MORE ABOUT RIDING FASTER, WITH MORE COMFORT AND INCREASED POWER?

Please join us for this special event held at Cyclezone Mooloolaba with Body Geometry fit instructor Stewart Morton of Specialized Australia. Stewart will be sharing his experiences in working with athletes from all over the globe from ETTIX-Quickstep rider Mark Cavendish to Australian triathlete Ryan Ballie.

Whether you’re training to win the mooloolaba triathlon or simply new to cycling, please join Cyclezone Mooloolaba for an information night about the benefits of bike fit.

### INFO

WHEN: Thursday 12th March, 2015  
 TIME: 6.30pm - 7.30pm  
 WHERE: Cyclezone Mooloolaba  
 Shop 7/105 Brisbane Road  
 Mooloolaba, QLD 4557

RSVP: Please email by the 9th March 2015 to  
 Phone: (07) 5478 1001  
 Email: sales@cyclezone.com.au

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# Latest and greatest stuff...

Brooks' best-selling lightweight racing flat, the Racer ST5 (RRP \$169.95) is back at Allez Sport Mooloolaba in a new season fluoro. An updated version, it has an open mesh upper for quick drying breathability, contoured heel cup for added comfort with or without socks and a heel loop for faster transitions. Ideal for those who pronate.



The Garmin Fenix 3 is designed to support a full range of multisport activities, from advanced fitness training, alpine skiing, hiking, climbing and trail running. Fenix 3 comes in three variations: silver, grey, and the premium sapphire. It features stainless steel bezel and sunlight-readable high-resolution colour display. When paired with a heart rate monitor it can estimate VO2 max, while swimming it can track distance, pace and stroke count and it also has full navigation functionality. Check them out at Cyclezone Mooloolaba, prices start from \$669, while the sapphire is \$799.



Love the comfort, lightness and speed of your Hoka Clifton? Now you can get all that and more in Hoka's Challenger ATR, which combines the best features of the award-winning Hoka Clifton with a more aggressive outer sole for the perfect trail running shoe. Now available at Allez Sport Mooloolaba. Women's version coming soon. Retail price \$189.95.



Make friends with your roller and avoid overuse injuries and muscle soreness. The Pro-Tech Athletics Foam roller is a must-have for any endurance athlete's kit bag and is the perfect companion when watching TV. Use it for stretching, increasing your flexibility and muscle release or to alleviate soft tissue tightness in the upper and lower back, IT band, hamstring adductors and glutes. Back in stock at Allez Sport Mooloolaba for \$35.



Venture Cycles at Noosaville continues to have great deals on Trek. The Émonda SL 5 roadie is down to \$2399 (was \$3000), and includes carbon frame, Emonda full carbon fork, Bontrager Race Tubeless Ready wheelset, Bontrager Paradigm 3 saddle w/chromoly rails and Shimano 105. For mountain bikers, there is the full suspension Trek Fuel EX 9.8 29 which has CLV Mountain Carbon frame and



seatstay, Bontrager Team Issue tyres, Bontrager Race X Lite Carbon handlebar and X Lite stem, along with Bontrager Evoke 3 saddle w/Ti rails, down to \$4799 (from \$6000).

The dual suspension Norco Sight A 7.1 has been ultra popular, with the carbon version selling out in a flash. This aluminium version starts from \$3699, and includes Shimano hydraulic brakes, Rockshox front and rear shocks, Shimano Deore front derailleur and crank along with Shimano XT rear derailleur. Check it out at Bicycle Centre Maroochydore, at the Sunshine Homemaker Centre.



# Upcoming Coast events

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

Date	Event	Distance	Location	Website
March 12-13	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>
March 14-15	Mooloolaba Triathlon Festival	Friday night: 5km run. Saturday: Ocean swim, Superkiz Triathlon and Mooloolaba Special Triathlon. Sunday: Olympic-distance triathlon.	Mooloolaba	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
March 14	Wild Horse at Night trail run	Trail runs starting from 6pm, with distances of 10km, 16.5km and 25km.	Wild Horse Mountain	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
March 15	Telstra Summer Crit Series - race five	A, B, C and D grades criterium plus bonus point, prologue race hosted by Sunshine Coast Cycling Club. Registration from 7am, first races from 7.30am. Visitors welcome.	Weyba	<a href="http://www.scccrcing.com.au">www.scccrcing.com.au</a>
March 21	Paddy Pallin Adventure Series	Short, fast and fun, designed for teams of two, the races are fun, fast and furious with teams having to change between three core disciplines several times during the event...mountain biking, running/trekking, and kayaking. These non-stop events will take between two to six hours. The courses consist of 15-25km of mountain biking, 5-10km of trail running/trekking and 2-4km of kayaking. There are multiple legs of each discipline, which add up to the distances quoted.	Sunshine Coast	<a href="http://www.paddypallinadventure.com.au">www.paddypallinadventure.com.au</a>
March 22	Bendigo Bank Just Tri It	Triathlon short: 300m swim/10km ride /3km run. Triathlon long: 600m swim/20km ride/6km run.	Caloundra	<a href="http://www.caloundratriclub.org.au">www.caloundratriclub.org.au</a>
March 27	LuncarC 8Hr MTB Enduro	10pm Friday night to 6am Saturday morning. Solo, or teams of two or three. Ride the night and chase the moon.	Petrie	<a href="http://www.in2adventure.com.au">www.in2adventure.com.au</a>
March 29	Allez Sport Cross Country Series race one	Cross country run over 12km, 6km, 4km, 3km, kids 2km,1km and 500m at Elizabeth Daniels Park.	Buderim	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
April 5	Wild Horse Criterium trail run	Trail runs of 11km, 22km, 33km, 55km and 50 mile.	Wild Horse Mountain	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
April 11	Stockland Bay Break	Set on the beach, 10km, 5km and 2km Esplanade runs and 5km and 2.5km beach walks.	Hervey Bay	<a href="http://www.herveybaybreak.com.au">www.herveybaybreak.com.au</a>
April 12	Allez Sport Cross Country Series race two	Cross country run over 12km, 6km, 4km, 3km, kids 2km,1km and 500m at Ben Bennett Park.	Caloundra	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
April 18	Wild Women Adventure Race – round one	Women’s only adventure race, a multi-discipline sport involving orienteering or navigation, cross-country running, mountain biking, paddling in teams of two taking up to six hours.	Sunshine Coast	<a href="http://www.dareyouadventure.com.au">www.dareyouadventure.com.au</a>
April 19	Bendigo Bank Just Tri It	Triathlon short: 300m swim/10km ride /3km run. Triathlon long: 600m swim/20km ride/6km run.	Caloundra	<a href="http://www.caloundratriclub.org.au">www.caloundratriclub.org.au</a>
April 19	Queensland Enduro Series – round two	Downhill mountain bike endure, Five descending stages, linked together by untimed liaison stages.	Garapine, near Gympie	<a href="http://www.gravityenduro.com.au">www.gravityenduro.com.au</a>
April 26	Mooloolaba Mile ocean swim	Round four in the Queensland Milk & Co Queensland Ocean Swim Series. Includes the mile (1.6km) course, long with half mile (800m) and 300m kids’ dash.	Mooloolaba	<a href="http://www.iconevents.com.au">www.iconevents.com.au</a>
April 26	Allez Sport Cross Country Series race three	Cross country run over 12km, 6km, 4km, 3km, kids 2km,1km and 500m at Maleny Golf Club.	Maleny	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>

CONTINUED NEXT PAGE

# Upcoming Coast events

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Date	Event	Distance	Location	Website
April 26	Mt Beerwah Daybreak Run	10km, 20km, 30km and 50km race in the Glasshouse Mountains. All events start early in the morning (staggered from 4am).	Mt Beerwah	www.runqueensland.com
May 2	TooMoo 2015	Fully supported one day ride from Toowoomba to Mooloolaba, 220km with 2000 metres of elevation.	Toowoomba to Mooloolaba	www.toomoo220.com
May 2-3	The Queensland Cross-Triathlon Championships MultiSport Weekend	<b>Long:</b> 1000m swim - 28km mountain bike - 10.5km run. <b>Short:</b> 350m swim - 10km MTB - 3.5km run. <b>Teaser:</b> 150m swim - 4km MTB - 1km trail run. <b>Dirt Kids:</b> 50m swim - 3km MTB - 500m trail run. Also 8km trail run and 50km MTB events.	Ewen Maddock Dam	www.tre-x.com.au
May 9-11	Ultraman Australia	Inaugural event, competitors swim 10km, bike 420.2km, run 84.3km over three days.	Noosa	www.ultramanoz.com
May 10	Allez Sport Sunshine Coast Run Series – race three	One of the most spectacular courses on the Sunshine Coast, with runs of 10km, 5km and 2km.	Buddina	www.atlasmultisports.com.au
May 17	Allez Sport Cross Country Series race four	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m at Maddock Park, Glenview.	Ewan Maddock Dam	www.sccrosscountry.org
May 17	Tri Fraser Coast	Olympic distance triathlon, 1.5km swim, 40km bike and 10km run.	Hervey Bay	www.trifrasercoast.com
May 17	Glasshouse 50 of Cook's Tour trail runs	Based at Woodford on the Sunday closest to May 17, Captain Cook named the mountains on 17th May during his voyage up the east coast of Australia in 1770. Options: include 80km, 50km, 30km, 11km.	Woodford	www.glasshousetrails.com.au
May 23-24	Noosa Ultimate Sports Fest	Swim Noosa will start the festival with 3.8km, 2km, 1km and 500m options on the Saturday. Then on the Sunday, there is Cycle Noosa with 160km and 85km options. Run Noosa over 21.1km, 10km or 5km.	Noosa Heads	www.ironman.com
May 24	Weet-Bix Kids Tryathlon	TRYathletes will start the swim in an Olympic-sized pool at Kawana Aquatic Centre before cycling and running around the specially designed Weet-Bix Kids TRYathlon Course in Stockland Park. Distances are 7-10 years 75m swim, 3km ride, 500m swim and 11-15 years 150m, 6km, 1km.	Kawana	www.try.weetbix.com.au
May 24	Mountain bike orienteering – State Series, round three	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburum	www.sunshineorienteers.com.au
May 31	Allez Sport Cross Country Series race five	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m at Ben Bennett Park.	Caloundra	www.sccrosscountry.org
June 21	Allez Sport Cross Country Series race six	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m at Elizabeth Daniels Park.	Buderim	www.sccrosscountry.org
June 21	Caloundra Foreshore Fun Run	Foreshore fun runs including 10km and 3km. The 10km starts at Golden Beach and finishes at Moffat Headland.	Caloundra	www.caloundrafunrun.com
July 11	Wild Women Adventure Race – round two	Women's only adventure race, a multi-discipline sport involving orienteering or navigation, cross-country running, mountain biking, paddling in teams of two taking up to six hours.	Sunshine Coast	www.dareyouadventure.com.au

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# Upcoming Coast events

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Date	Event	Distance	Location	Website
July 11	Allez Sport Sunshine Coast Run Series – race four	The Twilight Neon Run is a late afternoon event which allows runners to finish with glow sticks for extra visibility while a post-series party will commence at 6pm with food, drinks and entertainment for the whole family. Runs of 10km, 5km and 2km at the University of Sunshine Coast.	Sippy Downs	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
July 24-25	Caboolture 48 Hour Race	The race at the Caboolture Historical Village 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>
July 26	Flinders Tour Trail Run	Based at Beerburrum on the Sunday closest to the 26th July. Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburrum) on this date in 1798. Options include 10km, 25km and 50km.	Beerburrum	<a href="http://www.glasshousetrails.com.au">www.glasshousetrails.com.au</a>
July 26	King of the Mountain	Tackle the 4.2km mountain run, 3km family fun run, 2.8km dash or kids 4x700m.	Pomona	<a href="http://www.kingofthemountain.com.au">www.kingofthemountain.com.au</a>
August 2	Queensland Enduro Series – round four	Downhill mountain bike endure, Five descending stages, linked together by untimed liaison stages.	Garapine, near Gympie	<a href="http://www.gravityenduro.com.au">www.gravityenduro.com.au</a>
August 8-9	Noosa Strade Bianche	A ‘gravel’ fondo in the vein of the famed L’eroica in Italy for vintage steel framed cycles, with options for 133km, 89km and 33km loops. Also features a swap meet.	Noosa Marina	<a href="http://www.noosa-stradebianche.com.au">www.noosa-stradebianche.com.au</a>
August 9	Miss Muddy obstacle course race	Miss Muddy is a women’s only 4-6km obstacle and mud festival for women over 18. It includes colour, mud, climbing, crawling, slipping and sliding and lots and lots of laughter.	The Big Pineapple	<a href="http://www.missmuddy.com.au">www.missmuddy.com.au</a>
August 9	Rainbow Beach trail run	Runs of 10km, 25km and 43km at Rainbow Beach/Cooloolaba National Park.	Rainbow Beach	<a href="http://www.runqueensland.com">www.runqueensland.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 Currimundi Special Schools.	Mudjimba	<a href="http://www.islandcharityswim.com.au">www.islandcharityswim.com.au</a>
August 22-23	Mountain bike orienteering – national and state series	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Tewantin and Kenilworth	<a href="http://www.sunshineorienteers.com.au">www.sunshineorienteers.com.au</a>
August 22-23	Rainbow Beach Double Tri	Olympic distance triathlon over two days, 750m swim, 20km cycle, 5km run on both days. Also Active Kids Triathlon (race run in age groups) and Active First Timers Triathlon.	Rainbow Beach	<a href="http://www.rainbowbeachtriathlon.com.au">www.rainbowbeachtriathlon.com.au</a>
August 30	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
September 12	The Stampede obstacle course race	Run wild through an epic 5km or 10km obstacle course. Inch your way through thick mud, climb cargo nets, speed down our mega slip and slide and dash through live wires charged with 10,000 volts before washing it all down with a cold beer. Junior Stampeders, aged 5-11 years, take on a 2km course.	Woodford	<a href="http://www.thestampede.com.au">www.thestampede.com.au</a>
September 12-13	Glasshouse 100 Trail Run	Run options include 100mile (160km), 100km, 50km, 30km, 10km. The 100 mile course consists of two loops - the western section of about 110k and the eastern section approximately 50k. The terrain varies from easy gravel road to rough, steep single track.	Beerburrum	<a href="http://www.glasshousetrails.com.au">www.glasshousetrails.com.au</a>

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# Upcoming Coast events

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 multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
September 13	Ironman 70.3 Sunshine Coast	Long distance triathlon, 1.9km swim across Mooloolaba bay, 90km ride along the Sunshine Motorway (two laps) and 21km run from Mooloolaba to Cotton Tree (two laps).	Mooloolaba	www.ironman.com
September 20	Mountain bike orienteering – State Series, round nine	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburum	www.sunshineorienteers.com.au
September 26-27	Hells Bells and Fairy Bells adventures races	Hells Bells is a non-stop 24hr adventure race involving trekking, mountain biking, kayaking and other adventure disciplines. Mixed, male or female teams of three must navigate their way unsupported through an arduous 100+km course that is only revealed to them hours before the race. Fairy Bells is held simultaneously with three team members, but only two team members can be on course.	South-east Queensland	www.dareyouadventure.com.au
September 26-27	Atlas Multisports Training Camp	Two days dedicated to triathlon training at Noosa for athletes of all levels and distances. Activities include endurance training, swim and run skills and drills, pilates, nutrition information and transition technique.	Noosa	www.atlasmultisports.com.au
October 4	Black Mountain Trail Race	45km ultra marathon and 21km half marathon following the original Black Mountain Road called the Twin Bridges Track.	Black Mountain	www.dynamicrunning.com.au
October 10-17	Sunshine Coast Cycle Fest 2015	New annual cycling event to feature a hill climb, road race, criterium and a gran fondo. Designed for riders of all ages and abilities. Staged as part of cycling celebrations in conjunction with Sunshine Coast Council.	Sunshine Coast	www.facebook.com/sccyclefest2015
October 11	Color Run Sunshine Coast	Also known as the happiest 5km on the planet, is a unique paint race that celebrates healthiness, happiness and individuality.	Quad Park, Kawana	www.thecolorrun.com.au.
October 17-18	Bribie Tri race one	<b>Saturday:</b> Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. <b>Sunday:</b> Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	www.bribietri.com.au
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
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 21-22	Hundy - Hervey Bay 100	Triathlon featuring a 2km swim, 80km cycle and 18km run.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 28-29	Bribie Tri race two	<b>Saturday:</b> Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. <b>Sunday:</b> Short - 300m swim/10km cycle/3km run or Long – 1000m swim, 30km cycle, 8km run.	Bribie Island	www.bribietri.com
December 20	Buderim9	Climb nine Buderim hills, covering 75km, within three hours.	Buderim	www.buderim9.com.au