

Sunshine Coast Daily

# Multisport MECCA

Wednesday, May 4



## Our awesome foursome

Walking over the sand at Noosa Main Beach next Saturday morning will mark the beginning of a monumental three days for more than 40 Ultraman Australia competitors. Among them will be four locals (clockwise from top left), Tim Franklin, Sean Riley, Paul McDonald and David Nathan. We catch up with them ahead of the 10km swim, 421km ride and 84km run.



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# Tim's ready to 'give it a nudge'

**Grant Edwards**  
Grant.Edwards@apn.com.au

PUSHING his body like never before, Tim Franklin is in the midst of an endurance mecca.

Starting his preparation in earnest last year, so far in 2016 he has completed Hell of the West triathlon (2km swim, 80km bike, 20km run) at Goondiwindi, followed by Ironman New Zealand (3.8km, 180km, 42.2km) on March 4, and now it's the Ultraman torture test. Then, next month, it's the six-day 250km Big Red Run across the Simpson Desert.

The 32-year-old said he was feeling confident ahead of next weekend off the back of some long runs of about 80km.

"I have changed how I train. I have focussed on long and slow," he said

"It's all heart rate-based stuff. I have just stayed disciplined and when I have had to push harder it was there. It was really rewarding. It's certainly made me stronger, and especially the mental side of things."

Tim's training regime totals about 30 hours a week.

That includes about 15-20km of swimming, joining two squads back-to-back on two mornings a week. When it comes to be bike, he's been averaging between 400-450km.

His Saturday has him covering about 250km over more than eight hours.

Then came the double runs on Sundays, which added up to 15 hours of running and close to 150km each week.

While the lawyer has shifted

## VITAL STATISTICS

**What:** Ultraman Australia 2016.

**When:** May 14-16.

**Where:** Noosa Heads, each stage starts and finishes at the surf club.

**Details:** Day one - 10km swim (start 6.15am), 140km bike (cut-off 6.15pm). Day two - 281.1km bike (5.30am start, 5.30pm cut-off). Day three - 84.3km run (5.30am start, 5.30pm cut-off).

work, now based in Brisbane with Domino's after departing Jetts Australia, Tim has managed to split his time between the city and the Coast as he approached Ultraman.

Spending many hours on the bike and run course, he's confident of a strong result.

"I want to give it a nudge," Tim said.

"I just want to enjoy it and embrace the experience, but I also want to race it. And have fun with my crew and everyone else who is racing.

"I feel like I have put in all the hard work. I've missed probably two sessions because of work."

Tim's crew will include last year's finisher Callum Lloyd, Andrew Callow, Nush Vanderwilt and Paul Scroggie. While on the run he'll also be supported by Robbie Andrews and Tony Bryan who both completed Ultraman Australia last year.

He has prepared under the guidance of Tri Nation Triathlon Training coach Mark Turner.



Tim Franklin on the home stretch to finishing Ironman New Zealand on the way to Ultraman Australia. PHOTO: BRAD JONES



Tim after his final long run before Ultraman. PHOTO: CONTRIBUTED



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# From wasted life to ultra athlete

FROM the time Paul McDonald could legally drink he smoked, drank and partied.

His ways were routine, until at the age of 34 he realised life was disappearing before his eyes.

"Back in 2011 I found myself somewhat lost in my life. I was a fairly heavy smoker going through a pack of 20s a day, I drank excessively and also smoked marijuana regularly, I really did very little other than work and sleep," he said.

"I arrived at a point where I was extremely unhappy with the direction my life had been headed for some time and couldn't see a future that was in any way exciting to work towards. I realised that I had to make some pretty drastic changes and take back control of my life.

"I realised that life isn't about winning or losing, it's about trying to be a better person than you were the day before.

"I've met some truly amazing and inspiring people through my triathlon and ultra sports activities. Ultraman is part of my journey to continually strive to be a better person physically, mentally and emotionally."

Only five years ago Paul struggled to do anything physically.

He began going for runs and undertaking free weights. But knee pain from a motorcycle accident saw him head down the cycling route for cardio workouts, and Paul still remembers the price shock of what he initially thought would be a \$200 outlay.

"While I was in the throes of deciding whether I should outlay all this money the Noosa Triathlon Festival came around," he said

"I stood there on the bridge for almost the entire duration of the event watching everyone from the



Paul McDonald of Mountain Creek is competing in Ultraman Australia.



PHOTO: CONTRIBUTED

elite athletes to nearly the very last age grouper. I remember watching one of the elite women as she came over the bridge to finish the run staggering and wandering side to side. I distinctly remember thinking that was true commitment.

"I came away from Noosa that day with the determination that I was going to be one of those people crossing that finish line the following year."

He bought the bike, a Jamis Trilogy, and then faced his first swim training session. Paul's 600m session took 35 minutes ... but it was a start.

From there he tested his body in the Gold Coast Luke Harrop Memorial Triathlon, along with the Caloundra Tri Club's short-course events, before conquering Noosa Tri. From that moment Paul was hooked and he's been back every year since.

During 2013, Paul completed both Yeppoon and Sunshine

Coast 70.3 events, as well as the Sunshine Coast Marathon in the space of six weeks.

"I decided to step it up a notch in 2014 and entered both Ironman Cairns and Ironman Busselton, which I once again did with Smiling for Smiddy after having such an enjoyable experience with the charity at Noosa," he said.

Paul has steadily built a strong endurance resumé, which includes the 150km Anzac Ultra and the Island Charity Swim, while he qualified in Malaysia for the 70.3 World Championships to be staged here on the Sunshine Coast in September.

But he knows Ultraman will be a whole new challenge.

"It's funny that I was sweating bullets about swimming 1500m in my first Noosa Triathlon and now I'm extremely relaxed about swimming 10km," he said.

"My thoughts are mostly revolving around the rides and the amount of climbing that is

required. I know that it's going to be tough going, especially with the legs tiring over the duration of the event.

"That's not to take away from the double marathon in any way. A double marathon is hard on any day of the week let alone after having cycled over 400km the two days prior.

"The reward of crossing the finish line on day three I know will be an amazing moment and one that will stick with me forever."

Paul will have his sister Sarah, her husband Owen and his girlfriend Elise in his support crew as he tests an addition "to the idea of testing myself and what I can achieve".

"You don't have to win at these events to really feel that you have achieved something great," he said.

"Just finishing an ultra event of any sort is an amazing achievement and testament to the human spirit."



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# Next chapter in triathlon story

THE pages of Sports Illustrated first inspired David Nathan to embrace triathlon.

Coverage of the original Ironman in Kailua-Kona immediately struck a chord with the now 55-year-old, who at the time was stationed at the famous US Air Force Hospital in Wiesbaden, in the former West Germany.

"The Berlin Wall was still up and at times the hospital compound would be on full alert surrounded by a 10-foot cement and stone wall and gates that would be closed and locked down with armed military police guards. It was an experience I'll never forget," he said.

"I was active in the US hostage airlift, after their 444 days of captivity out of Iran in 1980. I shook hands with former President Jimmy Carter after their release and came home some two years later and became active in the sport."

Beginning triathlon in the season of 1981-82, he finished third in his first race and enjoyed the training, racing and competition.

"We had the US Triathlon Series events which were awesome competitive events with a 2k swim, 40k bike, 15k run and were pretty popular, so I did a few of those as well and then went over and did Ironman Hawaii," he said.

"Prior to Ironman Hawaii, which is held in October every year, I moved out to the Big Island, HI, in July, trained out on the Queen K every day, swam in the ocean at Kailua pier and worked to support myself.

"I met one of the locals who was

also a triathlete and invited me to stay with him. The Hawaiian people are some of the nicest people you'll ever meet, true aloha, kokua, ohana. I remember doing this event in Kailua-Kona which was called the Triathlon Tune-Up race and consisted of a one-mile swim, 40-mile bike, nine-mile run...it was about two months or so out from Ironman Kona. I placed third overall in that event, met more great people and my life really changed and revolved around the sport, training, competing, working."

David remembers those days with fond memories, when the sport was at its grassroots.

He loved riding his steel-frame Colnago with Campy Super Record components, and he would later go on to compete as a professional in Olympic distances, half and full ironmans, as well as ocean swimming events, lifeguard competitions, endurance cycling events and duathlons.

Yet Ultraman emerged as the next challenge for the Pelican Waters-based consultant, although his attempt last year was tempered by injury.

"Being unable to start the event, I went into a bit of depression over it," he said.

"But I never gave up, I listened to the advice of many people, watched the event, learnt a lot from it, respected it and the athletes and understand how much goes into the event. The sacrifices made, personally, professionally by all involved and the great support systems that the event undertakes, and to all of our families, relatives, friends, support...it's all amazing physically



David Nathan is looking forward to making it to the Ultraman Australia startline after being sidelined by injury last year.

PHOTO: CONTRIBUTED

and emotionally for everyone involved, it is the embodiment of the human spirit."

David usually trains for more than 20 hours a week, and his preparations have included strength sessions two or three times a week.

"I will always give it my best. I'm not one to make any predictions, I know from experiences that on

any given day, anything is possible," David said.

"I have a lot of respect for the event and for my fellow athletes and competitors."

Testament to David's long history in the sport, former United States Ironman world champion Scott Molina will be in his support team over the three days, along with his wife Kavita.



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# Looking forward to the process

**Grant Edwards**  
Grant.Edwards@scnews.com.au

LONG distance has been the foundation of Sean Riley's triathlon career.

He has done six triathlons – five have been Ironmans.

Sean first started with Ironman Coeur D'alene in 2011, and the following year conquered Melbourne, then in 2013 Cairns, 2014 was Port Macquarie and last year it was back to Couer D'alene where he survived 40-plus degree heat.

"And then to break my perfect record of ironman distance, my wife signed me up for a super sprint, 'Just Tri It' triathlon in Caloundra, which was fun but far too short," he said.

"I finish between 13 and 14 hours for each of my ironmans as I don't take my training seriously enough to get any quicker."

The biology teacher will turn 47 on the opening day of Ultraman, but he knows there will be little time for celebration.

"Ultimately I have no desire to win, get a place or even gain

recognition for this mammoth effort. My goal will be to successfully journey to the start and then hopefully cross the finish line three days later," Sean said.

His peak preparations were hampered due to sickness, although Sean said "I'm not too worried as being sick is good mental training for re-creating how I will ultimately feel during the event".

During the Christmas break Sean began his preparation with some 5km swims, long rides and half marathons up the Palmwoods-Montville hill.

"Unfortunately work and general life balance got in the way and I essentially have maintained a reasonably base level for an okay ironman race but certainly not enough for a comfortable Ultraman race.

"Max week was 16 hours in the first week of January but most other weeks have been around the 10-hour mark. I guess I would be marketed to the general population as the 'if he can do it anyone can' man.

"I just want to simply finish and



Ultraman Australia competitor Sean Riley from Palmwoods.

PHOTO: CONTRIBUTED

enjoy the process. I do not take training seriously enough to stand any chance of winning. Life is a balance and if I threw myself into training then the balance would be out and other aspects of my life

would suffer."

Sean will be supported by his wife Brena Hunter and her close friend Jacque Berry, who are both on their own journey towards ironman events.




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# IMOZ has no sense of occasion

**Grant Edwards**  
Grant.Edwards@apn.com.au

"IRONMAN owes you nothing." Bruce Thiele said it before racing his 20th Ironman Australia on Sunday and that statement rung true in what was supposed to be a triumphant swansong.

But the celebration turned into a "dog of a day" for Bruce, who may now have to put his plans of a hiatus from ironman on hold for another year.

"I'm not sure...ask me in a couple of months," Bruce said from Port Macquaire.

While he got the job done in 11:15:15, it wasn't the day he had envisaged.

After a 58:47 swim, things unravelled with mechanical problems on the bike. Initially having troubles with shifting gears with his Di2, a quick early stop at the first hill rectified things with a wiggle of the rear derailleur cable.

When the Port Macquaire weather turned on the ironman field, so did Bruce's derailleur. For the last 60km he had two small gears to work with, and even a five-minute stop at a Shimano mechanic couldn't fix the issue.

So he essentially spun his way home to transition for a time of 5:52:09.

"I just thought 'oh well, put all the chips on the table' and after 25km of the run I knew that didn't work," he said.

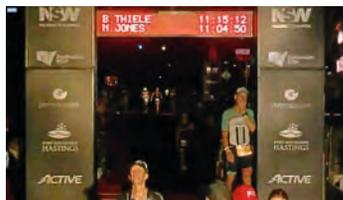
"I had a go. There was was a lot of soaking up the experience.

"It was 20 years since I have tried to run that fast. All that spinning at such a high cadence must have stretched the hip flexors, and after 25km they just locked up and there was nerve issue in my ankle.

"But it was great and really came home to roost that I have



Our previous edition of Multisport Mecca featuring Bruce Thiele on the cover, and (below) crossing the finish on Sunday.



been doing it for 20 years...and the guys I have met over the years, they were all saying 'come on' and 'walk it off'. There was so much encouragement. It was fantastic, I loved it.

"Just cause it's your 20th doesn't guarantee the outcome. It was a surreal day in terms of the start. My heart was pounding, I have never been overcome with emotion like that before the start."

It was the support of his close friends who got him running again after Bruce slowed to a walk. The likes of Matthew Hird, who was on his third lap, got him moving to enable Bruce to run the last 3km.

Waiting at the finish was one of



Kacey Willoughby is all smiles after finishing second in her age group at Ironman Australia on Sunday. PHOTO: IRONMAN

Bruce's closest friends Kacey Willoughby. She was racing to be there for Bruce's 20th, and had offered her bike to him during the bike leg.

But charging on, she got off the bike in 5:35:32 after a 1:01:47 swim, and then delivered a dynamic marathon of 3:30:52 to finish in 10:12:19 and second in her age group.

"The first lap of the bike was good, the second lap the wind picked up and it poured rain and it was cold," she said.

"It's all part and parcel.

"I was stoked with the run."

But when it came to the presentation, Kacey turned down

her opportunity to return to Kona for the world championship. Instead she will concentrate on preparations for the Ironman 70.3 World Championship on the Sunshine Coast in September.

Delivering one of the fastest Coast age-group times of the day was Mountain Creek's Sean Richardson. His impressive effort of 9:29:02 (55:55, 5:13:12, 3:14:13) earned him fourth place in the men 30-34 category and earned him a slot to Hawaii.

Aroona's Kierra Sansome is also on her way to the Big Island after finishing first in the women's 18-24 age group with a time of 10:50:26 (1:00:37, 6:16:28, 3:28:12).

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# Neverest tame the Tigers

ONLY 22 seconds separated the first two teams at the finish of Saturday's 18-hour Dark Side adventure race.

Entering the final transition together, it came down to the final run leg where Neverest RoadPro featuring Kirk Jackson (Buderim), Todd Vallance (Brisbane), Gary Palmer (Currimundi) and Danielle Evans (Alexandra Headland) got the win from Rogue Tigers, which included Brisbane's Liam St Pierre, Jodie Willett and Ray Deetlefs and Wurtulla athlete Dave Schloss.

With only two checkpoints remaining around the lake at Woodford, the Tigers went one way and Neverest went the other.

Liam was hurting on the Tigers team due to a gruelling home and work schedule, and David had him on the tow rope during the latter stages. Gary was also battling fatigue in team Neverest.

But in the end it was the line-up of Kirk, Todd, Gary and Danielle that got home first in 13:16:35.

Third was team Mountain Designs, which included Kim Beckinsale, Cass Kimlin, Michaela

Trigg and Alex Austin. The team competed in the Premier Mixed division (as usual), but unlike most other mixed teams had three women and one male (instead of three males and one female).

It was a tough start, with competitors running for the first three hours before the first paddle. For Dan, it was two years since her last adventure race but was suited to the longer run segments.

"My heart rate was pretty high earlier. The first run was about three hours and then we had a nice paddle in Coochin Creek with fish jumping around," Dan said.

"We were neck and neck most of the time.

"We had one guy that was toast and they had one guy. Kirk was towing Gary and Slosly was towing Liam. I thought they were going to beat us for sure."

In the 12-hour Dawn Attack, Noosa's Jan Leverton and Gina Dundson of Sunrise Beach won the women's division in 6:39:05. In the men's section, Jake Bowles of Little Mountain and Mitchell Connaughton from Pacific Paradise were second (8:08:44).



On the Dark Side podium were (from left) Dave Schloss, Todd Vallance, Kirk Jackson, Danielle Evans, Gary Palmer, Cass Kimlin and Kim Beckinsale. PHOTO: IN2ADVENTURE



Ride captains Julie Uebel and Troy Spann lead the TooMoo peloton into Mooloolaba. PHOTO: CONTRIBUTED

# SunnyKids to get moo-ving

Grant Edwards  
Grant.Edwards@apn.com.au

RIDERS were rapt, and SunnyKids were "wrapped" with their new Mitsubishi Mirage from Cricks Auto Group.

The pint-size car was donated to the Sunshine Coast charity after the third successful TooMoo 220 event at the weekend. The Mirage came complete with a TooMoo wrap, which pays tribute to the annual ride that has quickly become a must-do event on the local riding calendar.

Nearly 100 cyclists made the 220km journey from Toowoomba to Mooloolaba on Saturday.

Organiser Dave Fellows said the ride had quickly evolved from an idea for him and his mates.

The first year saw 44 riders undertake the journey, followed by 68 last year...and with this year's



This Mitsubishi Mirage has been donated to SunnyKids.

numbers it delivered 50% growth in participation.

Dave said despite the persistent rain on the Coast, riders this year enjoyed good conditions.

"We had a bit of rain at the end but it was more of a cleansing shower for everyone," he said.

"There was a warm morning in Toowoomba, about 15 degrees, but very foggy, and it wasn't until Peachester that we got rain."

Already planning is under way for next year, with the ride set to be staged on April 29.



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# criteriums start fitness campaign

**Full name:** Jed Pay.  
**Birthplace:** Adelaide.  
**Occupation:** Shopfitter.  
**Age and marital status:** 26 and getting married on the 30th of April. I have one daughter (Imogen, 6).  
**Sport:** Cycling.  
**Club:** Sunshine Coast Cycling Club, Noosa Trailblazers.  
**Favourite food:** Anything from a bakery.  
**Favourite drink:** A good craft beer (eg Stone & Wood).  
**Pet hates:** Laziness? (Don't really have any.)  
**How did you get into cycling:** My dad did/does a bit of mountain biking and he got me into it. Joining Team Farrago got me into racing.  
**Favourite ride location:** On the road, Montville/Maleny - awesome scenery that you don't really notice as much in a car. When it comes to the mountain bike, Wooroi has awesome flowy trails.  
**Bucket-list event:** Road, it's the Tour Down Under. Off-road, the Cape to Cape stage race.  
**Current bike:** Roadie is a Specialized Venge, mountain bike is Specialized S-Works Epic.

**Dream bike:** Trek Madone, Team edition.  
**Favourite race:** So far... Sizzling Summer Series  
**What's your favourite part of racing:** I love the atmosphere, and racing as part of a team definitely adds to that.  
**Who do you enjoy cycling with:** Anyone and everyone. I love that it is a very social sport. I do love a hard Team Farrago roll though.  
**You have quickly emerged as a strong cyclist, how did you get there and what does a training week look like for you:** I bought myself a road bike to improve my mountain biking fitness and started riding with a few guys who got me into crit racing.  
 I absolutely loved it and was determined to get better. I started eating healthier and riding six days a week when I could. I lost 22kg in the last year.  
 With early starts at work, it means really early starts on the bike for me. I leave my house in Peregian at 4am to be on the bike at 4.35 most mornings.  
**If you could have a celebrity live with you, who would it be**



Sunshine Coast cyclist Jed Pay.

PHOTO: GRANT EDWARDS

**and why:** Mark Cavendish, so he can teach me to sprint.  
**Current car, and dream car:** Ford Laser. Anything but the Ford Laser haha.

**When you were little what job did you want to do:** A mechanic because my dad loved cars.  
**Best movie:** Braveheart.

## Golden success for Sunshine Coast cyclists

SUNSHINE Coast Cycling Club claimed both the elite men's and women's titles at the Anzac 25 event with Ryan Cavanagh and Kristina Clonan claiming victory in windy conditions at Lakeside Raceway.  
 Elite B was another victory by Luke van Maanenbergh, while Lucy Parkin took the title in

under-17 girls and Allistair Mackellar triumphed in under-15 boys. For Allistair, the win came off the back of success at the Cycling Australia Junior Mountain Climb Championship where he took the title for the individual time trial, road race and general classification.  
 In another impressive

performance, Mandy Newman won the women's B-grade Tyalgum Cup.  
 Kaden Groves was named under-19 men's state criterium champion, while Kristina Clonan took top spot on the podium for the women.  
 Kristina is in good form ahead of representing Australia in the

Junior U19 Cycling Track Team at this year's world championships. The championships will be held in Switzerland from July 20-24.  
 Jonathon Noble was second in under-23s, while Jeff Liddell and Mick Patton were named champions of their respective Masters divisions at the state criterium champs.



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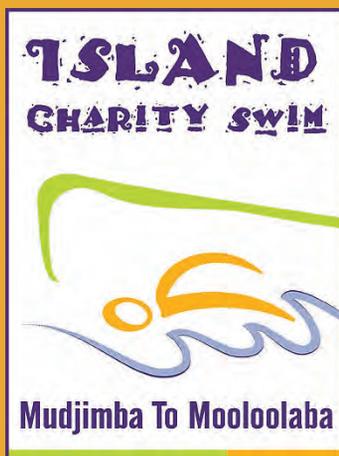
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# Importance of proper breathing



**Margie Atthow**  
Physiotherapist and elite middle-distance runner

DO YOU ever find yourself yawning even when you aren't necessarily tired? Sighing a lot, even though you're not bored? Feeling tense around the shoulders and neck? These are all indications your breathing pattern might not be as good as it could be.

Because of a multitude of reasons, our breathing pattern can sometimes change.

As with all bad habits, they form insidiously.

Most commonly, an abnormal breathing pattern forms when the body has been subjected to a constant stress for a period of time.

This doesn't have to be a dramatic event like jumping out of an aeroplane when you have a fear of heights, but a combination of low-grade stresses like work deadlines, training, and family.

Breathing typically becomes more shallow, only taking air into the uppermost part of the lungs. Because not as much air is able to be absorbed in this smaller section of the lung, we then start to breathe through the mouth rather than the nose to try to get more air, but inversely, actually breathe in 10% less.

To try then to compensate for this reduced volume, we breathe more rapidly, working the muscles around our neck harder to try and pull the upper ribs open so to get more air in. But because this isn't their primary role, they fatigue, causing tension around the neck and throat, prompting headaches and neck pain.



Issues such as stress can cause us to breathe more rapidly, ultimately causing tension around the neck and throat, prompting headaches and neck pain. PHOTO: CONTRIBUTED

If this patterning has been going on for as little as 10 days, it becomes a habit, causing the body to remain in a constant stress mode.

This increases the levels of cortisol and adrenaline released into the system, causing the heart and respiratory rates to increase, as well as our blood pressure, which puts strain onto the cardiovascular system. It can also cause other symptoms such as:

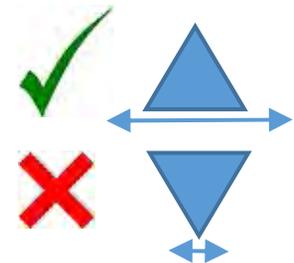
- Dizziness and confusion because of the reduced oxygen to the brain
- Fatigue
- Nausea
- Cold hands and feet

because of poor circulation

- Muscle aches and pains because of the increased lactic acid.

Because our body is now working harder to try to draw in oxygen so to contend with all of these biochemical changes, it only gets stuck in a vicious cycle of hyperventilation.

A good breathing pattern mimics the image of an upright triangle. There is more room down the bottom so to get more air in, as well as being where the diaphragm (the key breathing muscle) is orientated so to maximise the efficacy of opening the chest cavity.



When we don't engage in the correct breathing patterning, the effects it has on this essential element of our lives can be profound. Whether you are eight or 80, elite athlete or couch potato, seek advice if you are concerned about your breathing pattern.

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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.

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# Are you good enough to go pro?



**T:Zero Multisport co-head Coach Richard Thompson won his age group at the Hawaiian Ironman World Championships in 2008. Six months later, he accepted his pro licence and raced both domestically and internationally for three years. In this column, Richard provides his thoughts on top end age groupers pondering if and when they should attempt to race professionally.**

MANY long course age-groupers who are on top of their game ask this simple question, but coming up with a definitive answer is a little more challenging – is going pro possible?

If you ever looked through race results of any Australian 70.3 or Ironman, you would see incredible depth of the age-group athletes (last weekend at Port Macquarie being a classic example).

While the sport is still growing in this country, it remains the hardest place in the world to qualify for the big dance in Hawaii each year. And to be in with a shot of qualifying for the Sunshine Coast 70.3 World Championships, you almost have to work part-time and train full-time. Once you have done the race of your life, you turn up to the roll down ceremony and chew your fingernails off, with stories of world champ spots failing to roll down becoming a familiar story.

While this ‘problem’ can only mean good things for the sport’s future in Australia, the question remains for the top end age grouper – when is the best time to make the step up to the professional category?

For many, the thought of doing this sport for a living is extremely appealing. There is no doubt that travelling all over the world racing and training in places you never knew existed is an incredible experience. Triathlon provides an amazing lifestyle, and not having

to worry about your studies or desk job so you can pursue the sport full-time is a dream for many.

However, no matter how successful you have been as an age-grouper, the realities of racing in the professional division are daunting.

When race morning arrives and an ‘X’ or ‘Y’ is marked on your leg, it means you are fair game. Age does not matter anymore, and you are racing men and women who have been in the sport longer than you, who have achieved far more than you would ever dream – all wanting the same outcome.

As a result, what were your strengths last season now need considerable improvement and your weaknesses magnify by a thousand per cent. If you are an ‘ok’ swimmer, for example, this means you could find yourself at the back of the field before you jump on the bike, about to embark on one solo ride.

Although weaknesses will temporarily restrict your ability to cross the line first, acknowledging them and actively working on them early is an important step in having a well balanced arsenal on race day.

Undoubtedly, getting on the age group podium in any race is a great feeling. You have trained hard and raced well and what’s more, you walk up on the stage and accept your award. This keeps your supporters and (if you are lucky enough) sponsors thrilled



**Most athletes would love to race for a living. PHOTO: CHE CHAPMAN**

because you have achieved your race goal with some exposure.

However, once you make the switch to racing professional, you hope they understand that busting your boiler to come top 10 or even 20 is a fantastic result. Is it possible to keep everyone happy throughout the early days of pro racing? Hopefully. But it is necessary that all involved need to see the long-term goal over the short-term gains.

To ultimately get to the point where every professional long course athlete desires, requires some serious training in the early years. Unless you have had the benefit of a short course career with a state or national program, these are an important couple of years to show consistency and patience. The old saying of “without patience you will never conquer endurance” rings true over this time.

This sort of transitional period is vital for the development and ultimate success of an age-grouper wanting to make long course racing as their profession.

Financially, this transitional period is tough. You can only really get the most out of your body if your time isn’t consumed by too many hours behind the desk.

However, you are nowhere near fast enough to earn consistent prize money and it is difficult to sign a big ‘pro-deal’ with a sponsor without the results.

A real ‘chicken or the egg’ kind of problem.

The answer – you need to find a compromise that works for you.

Finding the right work-to-sport ratio to develop the necessary abilities to make it professionally is difficult to achieve. Having enough recovery time is the key to improvement, yet earning enough coin to pay your bills is equally important. An understanding employer allowing a flexible working environment can make the jump to pro racing all the more possible.

So to answer the question initially posed – when to turn pro? The timing is different for every athlete. But whenever you do make the jump, make sure you have your support team ready, and your drive, patience and consistency are unwavering to give yourself the best chance possible.

You only get to live this life once and if your dream is to race professional in this awesome sport, then live your potential and make it happen.

## LOOKING TO GET THE MOST OUT OF YOURSELF?

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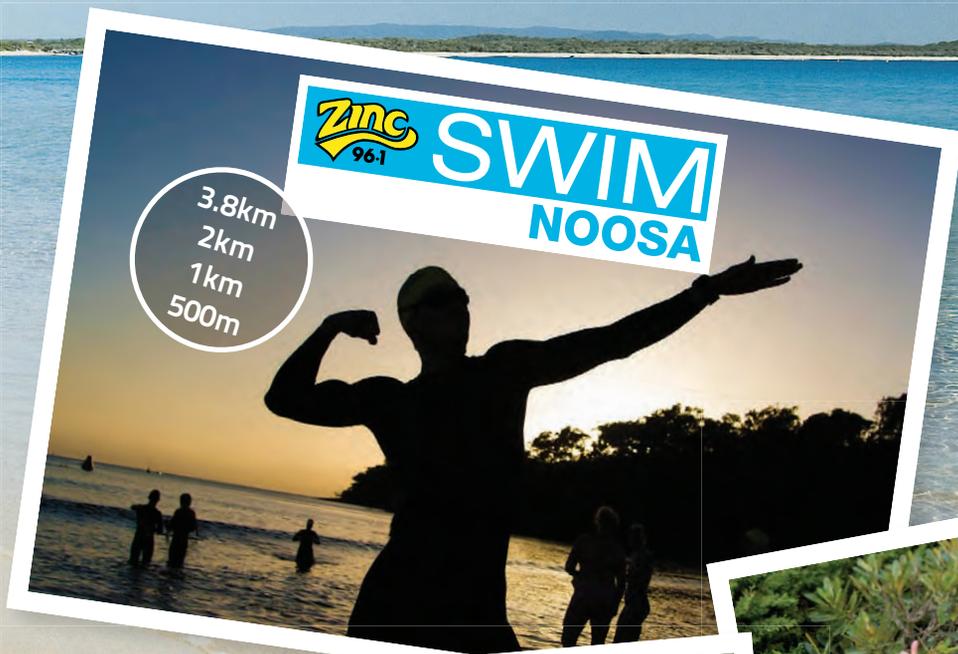
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# Segment's best value offering

**Grant Edwards**

Grant.Edwards@apn.com.au

THIN Lizzy were on to something back in the '70s.

The hard rockers belted out the Freedom Song where they proclaimed "Long live liberty" and it was appropriate that this came on to the radio when climbing aboard our latest test machine from Subaru.

Early last year the Liberty strutted back into the mid-size spotlight with aggressive pricing and a swag of new features.

The Premium derivative remains arguably the best value offering in this segment at \$35,990.

High riding wagons are the key stumbling block for this market, and passenger cars look like being overshadowed by sports utility vehicles this year.

But there is good reason to reconsider the sedan segment, as our experience revealed.

## Comfort

Standards rose in leaps and bounds when this new variant was first launched, gaining an edge of luxury rather than pure clinical design.

It verges on European quality in terms of look, finish, feel and ride.

Updates to the MY16 line-up enhanced the performance on coarse chip surfaces for less harshness on bumps with fine-tuning of the shock absorbers ... but to be truthful we found it pretty good on first initiations.

Interior space is outstanding for families and for adults. Head, leg and knee room is sizable both front and back.

Fitting child seats is simple via the parcel shelf tether points, and an adult can fit between two boosters if required with ample hip space. Those in the middle do need to straddle the transmission tunnel.

## On the road

While there is the option of a 3.6-litre six-cylinder for an extra \$7000, there really is little reason to look past this hard-working four-potter.

Many scoff at continuously variable automatic transmissions, but the Subaru version is a cracker. It performs extremely well under load, and whereas many self-shifters of this ilk rev hard for no response, this partners with near perfection.

Steering wheel-mounted shifters are available, but we suspect most won't need them or make use of them after the initial novelty wears off.

Acceleration times won't have



you preparing for the quarter mile, although the powertrain does the job adequately whether in traffic, on the highway or on the winding open road.

Those enthusiastic drivers may find the Liberty pitches and dives a little too much for their tastes despite the reasonably weighted steering, but there's a fair chance they will be shopping for a WRX rather than this mid-size sedan.

Various driving aids are useful, especially the blind spot warnings which let you know when a vehicle can't be seen. Although the beeping can become annoying, especially the lane keep assist ... you just have to always maintain concentration to stay within the lines and indicate well before changing lanes.

## What do you get?

Pricing rose by \$500 earlier this year, but it's a small price to pay for some outstanding equipment – features usually found on circa-\$100K European models.

One of the key standard includes is the EyeSight technology which incorporates blind spot monitoring and lane change assist, and auto dimming rear view mirror, automatic high beam, radar cruise control and an alert which detects passing vehicles when reversing from parking spaces.

Other complimentary kit incorporates leather trim, sunroof, keyless entry with push button start, sat nav, six-speaker CD stereo with auxiliary/USB compatibility and colour touch-screen, dual zone climate control air con, electric park brake, multifunction leather trimmed steering wheel with paddle shifters, 18-inch alloys.

## Other options

The giant killer in this segment is the Toyota Camry Atara SL (\$37,440) courtesy of hefty fleet sales, while there is also the Skoda Octavia 162TSI RS (\$37,590), Mazda6 Touring (\$37,290), Hyundai Sonata Elite (\$36,990) and Kia Optima Si (\$34,490).

## Running costs

Fuel consumption was about eight litres for every 100km, which is about what you would expect for a mid-size sedan.

Subarus are renowned for longevity and reliability, and while there is capped price servicing the intervals are every six months. Getting back to the dealer twice a year can be a painful exercise.

Sat nav map upgrades are also complimentary for three years.

## Practicality

It has the same size boot as a VF Commodore at just under 500 litres, but the Subaru has a 60-40

## VITAL STATISTICS

**Model:** MY16 Subaru Liberty 2.5i Premium.

**Details:** Five-seat all-wheel drive mid-size sedan.

**Transmissions:** Continuously variable automatic.

**Engine:** 2.5-litre four-cylinder boxer petrol generating maximum power of 129kW @ 5800rpm and peak torque of 235Nm @ 4000rpm.

**Consumption:** 7.3 litres/100km (combined average).

**CO2:** 167g/km.

**Bottom line:** 2.5i Premium \$35,990.

split folding rear pew which can be dropped via handles in the luggage area and there is also another button on the seat-tops.

You get a pair of cup holders front and back (in the fold-down armrest), along with bottle holders in each door. Storage spots are well looked after, with a large centre console, as well as a spot for phones in front of the shifter which is close to a pair of USB slots, auxiliary port and 12-volt plug.

## Funky factor

Well, the old-man beige on our test offering wasn't setting hearts aflutter. Still, the Liberty cuts an executive figure.

## The lowdown

Experiencing monumental growth in a shrinking segment, buyers are seeing great value in the Liberty.

The features list alone at this price point justifies the growing popularity.

Subaru's Eyesight technology is outstanding, and life saving. This really is the complete package for those chasing value and comfort.

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## 4 DECEMBER 2016



Venturing out on my first Ironman as a nervous, naive, 22-year-old I could not have felt more at home with the support and guidance received from Tri Travel that extended well beyond the provision of transport and local course and race knowledge.

The Tri Travel experience allowed for peace of mind with the essential logistics being taken care of so we could totally soak up the incredible race atmosphere and local surroundings leading in to and after the event.

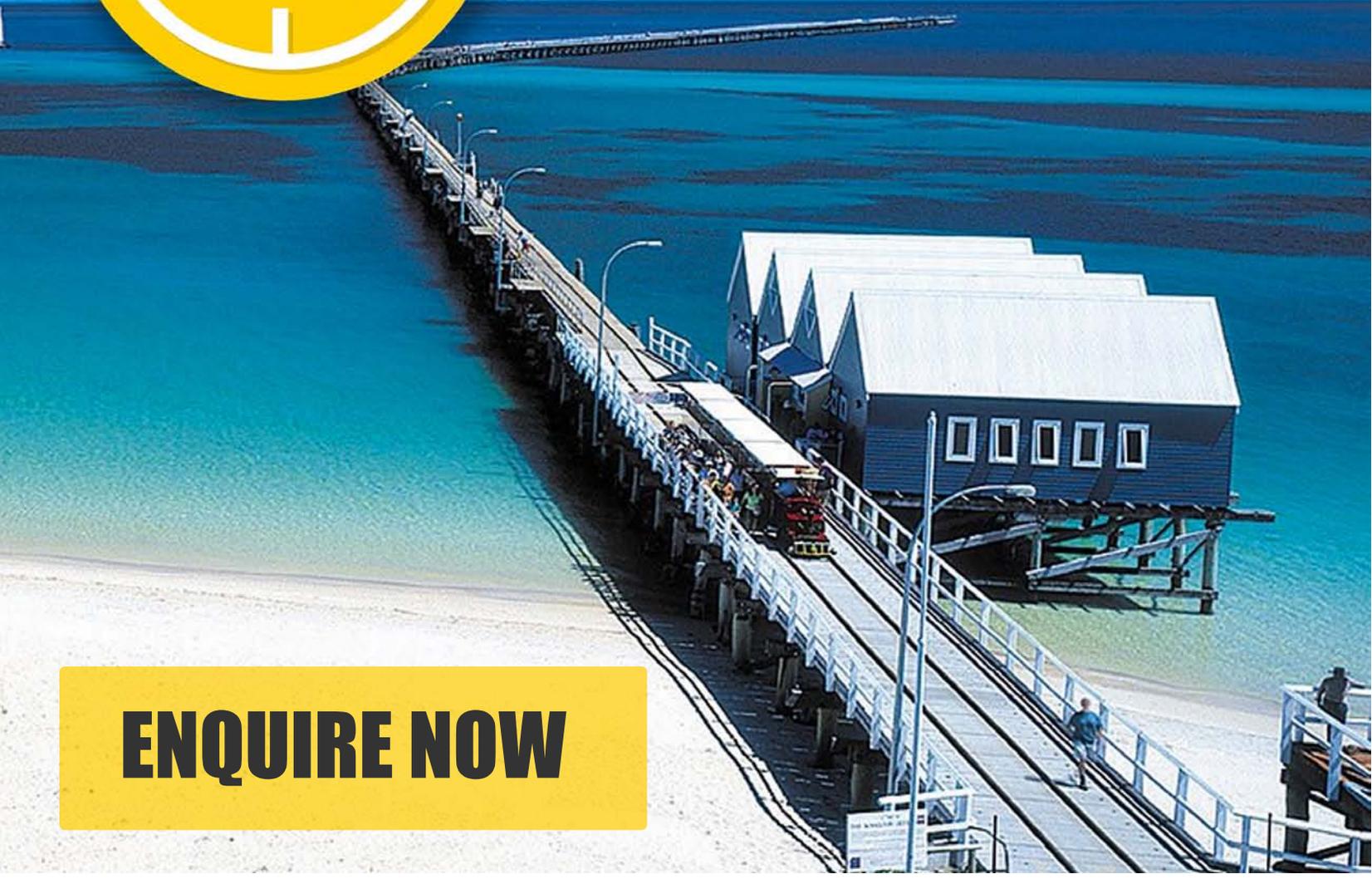
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# Peaceful treetop retreat

IT'S rare to find such a stylish and comfortable home packed with so many features in this price range.

Located at the end of a quiet cul-de-sac, the home embraces the peaceful leafy setting and takes full advantage of its elevated position to capture the panoramic views and ocean glimpses.

It will appeal to cross-trainers, being handy to the David Low Way, the beaches and Mt Coolum.

With verandas and decks on both levels as well as being nicely finished under house, there is good flexibility of outdoor living areas.

Additional features include well equipped family sized kitchen with 900mm gas cooktop, electric oven and dishwasher.

There is polished hardwood flooring throughout, 5kw solar panels and slow combustion fire place as well as 1000ltr water tank plumbed into laundry, toilets and garden tap.

As well as off-street parking for boat or trailer there is under-house storage and workshop.

Sitting on a fully fenced 417sq m block with low maintenance, established garden, the house is 2km from the beach with local shops nearby.

Immaculately presented throughout and exuding classic beach-cottage charm, this property is what affordable coastal living is all about.



## COOLUM BEACH

**12 Sammi Court**  
**3 Bed, 1 Bath, 2 Car**

**What:** Stylish open plan living with panoramic views.

**Features:** Immaculately presented throughout, 2km to beach, 5kw solar, fireplace, rainwater plumbed into laundry, toilets, garden.

**For sale:** \$549,000.

**Agent:** Steve Lane at Coolum Beach Real Estate.

**Contact:** 04 1234 6333.

**Inspection:** Saturday, May 7, 11.30am.

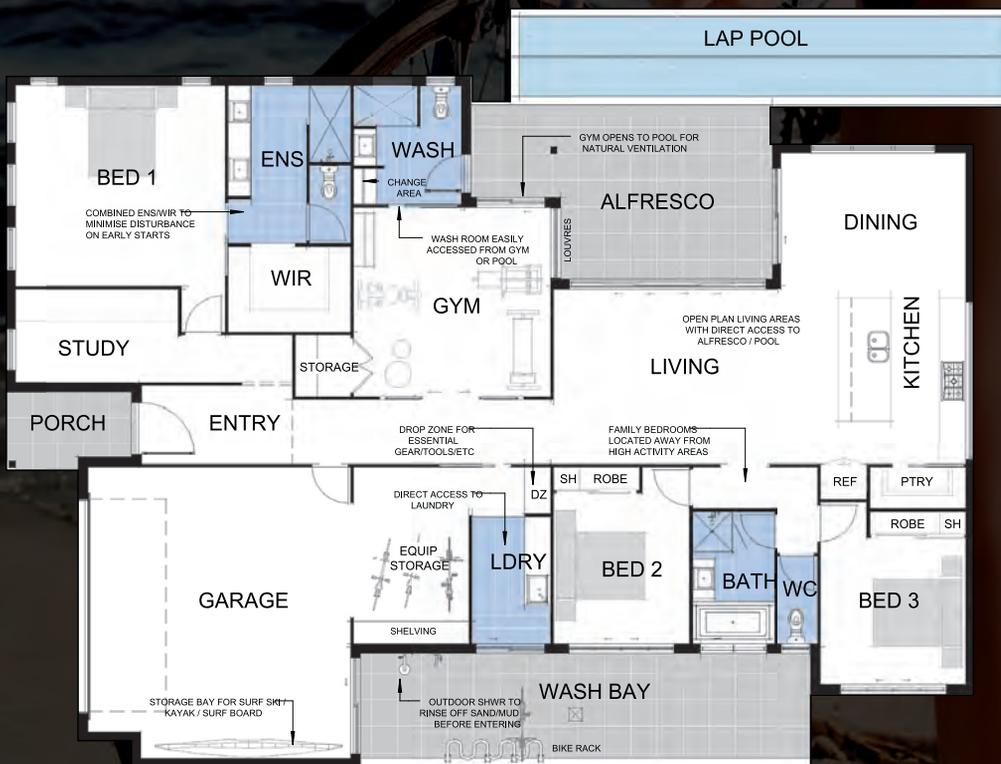


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# The latest and greatest...



Orca S6 Triathlon wetsuits are the perfect entry-level open water swimming wetsuit that offer great flexibility and buoyancy for a low price. With less panels on the legs and arms, comfort has been increased. The addition of a 5mm lower back panel now provides maximum buoyancy and freedom of movement in the water. The S6 is perfect for triathlons and open water swimming to take the chill off in winter. Both men's and ladies – sleeved and sleeveless. From \$289 at Ezi Sports. [www.ezisports.com.au/S6](http://www.ezisports.com.au/S6)



The Specialized Tarmac Ultegra Di2 is a superb upgrade for any cyclist looking to take their riding to the next level. With its FACT 9r carbon frame that delivers ample responsiveness and performance, it was \$4599 but is on sale now for \$3499. See the team at Cycle Zone Mooloolaba.



Here's a bargain, the Specialized S-Works Stumpjumper 6Fattie was \$10,999 but is now in stock and available at Cycle Zone Mooloolaba for \$7999. It features FACT 9m carbon fibre for the bulk of the construction to provide an ultra-lightweight, strong and stiff frame. The carbon molding process also allows you carry your trail essentials with the all-new SWAT Door found at the down tube.



New to Allez Sport at Mooloolaba, the latest Nike Free RN are a comfortable, lightweight, flexible longer-mileage trainer for the natural runner. The upper is made with Nike Flyknit technology and reinforced with lightweight synthetic material. Dynamic flywire provide support and stability in key training zones while the outsole features minimal rubber pods for durability and traction. RRP \$180.



Le CycloSportif at Noosa Heads has taken delivery of a comprehensive range of Fulcrum road wheels, including the Racing 7, 5, 3, Zero, Nite and the Quattro Carbon (pictured). The Fulcrum Racing Quattro Carbon wheelset is the carbon companion for all your rides, whether you're racing, training or both and start from \$1749. There are prices to suit all budgets, with the Racing 7 clincher starting from \$370 - get Italian prestige in a budget package.



Engineered from Yamamoto neoprene, the 2XU A:1 is designed for optimal flotation and flexibility. Features include water entrapment zones, rollbar for enhanced positioning, floating zip panel and front buoyancy panel. Check them out at Allez Sport, Mooloolaba, RRP \$500.

# Upcoming Coast events

Send us your events:  
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
May 8	Sunshine Coast Cross Country Series round three	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Glenview	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
May 14	The Island Charity Swim	Every year swimmers gather to help the Nambour and Currimundi Special Schools. They swim about 11km from Mudjimba Beach, out around Old Woman Island to Mooloolaba.	Mudjimba to Mooloolaba	<a href="http://www.islandcharityswim.com.au">www.islandcharityswim.com.au</a>
May 14-16	Ultraman Australia	Ultraman Australia is a three-day, 515km annual endurance triathlon. Day 1: Swim 10km and 140km cycle leg. Day 2: 281.1km cycle leg. Day 3: Run 84.3km.	Noosa	<a href="http://www.ultramanoz.com.au">www.ultramanoz.com.au</a>
May 15	Glasshouse Trail Series - Cook's Tour	The Glasshouse 50 Cook's Tour is an off-road trail run in Woodford, Queensland with 6.5km, 12km, 31km and 51km running events. The course covers forest trails and dirt roads with views of several volcanic mountain plugs.	Woodford	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
May 15	Sunshine Coast Cycling Club crit	Criterium racing with Sunshine Coast Cycling Club, all grades.	Skippy Park	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
May 15	Council basic cycling skills workshop	This course aims to build confidence and safety for females aged 18 years and over who haven't ridden in a while and need a refresher. It is run by accredited instructors and covers bicycle handling and technique including gearing, cornering, road rules and etiquette.	Meridan Plains	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
May 19	Sunshine Coast Cycling Club crit	Criterium racing with Sunshine Coast Cycling Club, all grades.	Giraween	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
May 22	Sunshine Coast Cross Country Series round four	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Maleny	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
May 22	Tri Fraser Coast	Olympic distance (1.5km swim, 40km bike, 10km run) triathlon. Active Kids and the Active First Timers Aquathons: 7-9 years: 500m run/100m swim/500m run. 10-13 years: 1km run/300m swim/1km run. 13 years+ / adults: 1km run/300m swim/1km run.	Urangan	<a href="http://www.trifrasercoast.com">www.trifrasercoast.com</a>
May 22	Sunshine Coast Cycling Club Age Champs	Age group championships with Sunshine Coast Cycling Club. Also a fundraiser for Kristina Clonan who has qualified for the world championships.	Eumundi	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
May 28-29	Noosa Ultimate Sports Festival	Starting with an ocean swim off Main Beach, with 3.8km, 2km, 1km and 500m options. Then on the Sunday, Cycle Noosa with 160km and 85km events. There is also Run Noosa, with 21.1km, 10km or 5km races.	Noosa Heads	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
May 28	Council pathway ride	Easy pathway ride, taking in some of the best views the coast has on offer. Learn pathway etiquette and meet new people while learning new routes.	Cotton Tree	<a href="http://www.sunshinecoast.qld.gov.a">www.sunshinecoast.qld.gov.a</a>
May 29	Weet-Bix TRYathlon	Open to kids aged 7-1, TRYathletes start the swim in the Olympic-sized pool at Kawana Aquatic Centre before cycling along Sportsmans Parade and running through the grounds of Sunshine Coast Stadium. Approximate distances are swim 75m, cycle 3km, run 500m for ages 7-10, and swim 150m, cycle 6km, run 1km for ages 11-15.	Kawana Waters	<a href="http://www.try.weetbix.com.au/events/sunshine-coast">www.try.weetbix.com.au/events/sunshine-coast</a>
May 29	Sunshine Coast Run Series race three	Fun runs of 10km, 5km and 2km, starting from La Balsa Park the 10km and 5km events take in Pt Cartwright and the foreshore at Buddina.	Buddina	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
May 29	Wide Bay Mountain Bike Series	Round one 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.	Bundaberg	<a href="http://www.facebook.com/bundabergmtbclub">www.facebook.com/bundabergmtbclub</a>
June 5	Sunshine Coast Cross Country Series round five	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	University of Sunshine Coast	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
June 12	Sunshine Coast Cross Country Series round six	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Buderim	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
June 12	Mountain Bike Orienteering State Series	Round four of the State Series. Mountain bike orienteering combines trail riding and navigation. Using specially prepared maps, riders navigate along a network of tracks to checkpoints (controls). Course lengths vary from around 5-40km. Each event will have a number of courses.	Beerburrum	<a href="http://www.sunshineorienteers.com.au">www.sunshineorienteers.com.au</a>
June 12	Sunshine Coast Cycling Club TT	Sunshine Coast Cycling Club time trial championships, all grades.	North Arm	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
June 18	Wild Horse at Night Trail Run	The Wild Horse at Night trail run is a 25km, 16.5km or 10km trail run through the Glasshouse Mountains at night. This is a fun, participation-based run aimed at raising funds for charity. All runs start at 6pm, entry fees are: 10km \$30, 16.5km \$37.50, 25km \$45.	Wild Horse Mountain	<a href="http://www.runqueensland.com/">www.runqueensland.com/</a>
June 19	Caloundra Foreshore Fun Run	Foreshore fun runs including 10km and 3km. The 10km starts at Golden Beach and finishes at Moffat Headland.	Caloundra	<a href="http://www.caloundrafunrun.com">www.caloundrafunrun.com</a>
June 26	SRAM Enduro Series – round four	Part of the five-round MTB gravity enduro series. There are a number of categories available to suit all levels of experience. Riders will have a non-competitive liaison stage between each of the timed sections. Results will be based on the total cumulative time across the stages. The lowest time in each category will be the winner.	Garapine	<a href="http://www.qldmtb.com.au">www.qldmtb.com.au</a>
June 26	Interclub cycling race one	Hosted by Hamilton Wheelers Cycling Club, between HWCC, Uni and Sunshine Coast Cycling Club.	Lakeside	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
July 3	Sunshine Coast Cycling Club crit championship	Sunshine Coast Cycling Club criterium championships, all grades.	Skippy Park	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
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	<a href="http://www.facebook.com/frasercoastmtbclub">www.facebook.com/frasercoastmtbclub</a>
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 and a chance for new runners to test themselves in a safe and unique environment. All events finish with a 300m lap of the world class standard athletics track.	Sippy Downs	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
June 26	Interclub cycling race two	Interclub racing between HWCC, Uni and Sunshine Coast Cycling Club.	Nundah	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
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	<a href="http://www.kingofthemountain.com.au">www.kingofthemountain.com.au</a>
July 24	Flinders Tour	The Flinders Tour is a 10km, 26km and 52km trail run in the Glasshouse Mountains. The 52km is still two laps, one clockwise and the other anti-clockwise direction. The rough Twins section is gone, mainly due to trail bike damage and a bushfire the week after the GH100 last September. Distances are 52km, 26km and 10km. Early start for walkers in the 26km	Beerburrum	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
July 24	Sunshine Coast Cycling Club road race	Road race featuring all grades for Sunshine Coast Cycling Club.	Rosemount	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
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	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
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	<a href="http://www.sunshineorienteeers.com.au">www.sunshineorienteeers.com.au</a>
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	<a href="http://www.noosa-stradebianche.com.au">www.noosa-stradebianche.com.au</a>
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	<a href="http://www.maroochyriverpaddle.com.au">www.maroochyriverpaddle.com.au</a>
August 14	Rainbow Beach Trail Running Festival	The Rainbow Beach Trail Running Festival has 43km, 25km and 10km running events.	Rainbow Beach	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
August 14	Sunshine Coast Cycling Club road race champs	Road race featuring all grades for Sunshine Coast Cycling Club.	North Arm	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
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	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
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	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
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	<a href="http://www.facebook.com/gympiebikes">www.facebook.com/gympiebikes</a>
September 3	Sunshine Coast Cycling Club road race	Road race featuring all grades for Sunshine Coast Cycling Club.	Rosemount	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
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	<a href="http://www.cycleqld.bq.org.au">www.cycleqld.bq.org.au</a>
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	<a href="http://www.ironman.com">www.ironman.com</a>
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, Beerburum, Queensland.	Beerburum	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>

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Date	Event	Distance	Location	Website
<b>September 18</b>	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. Test your fitness and endurance on while also raising money for chronically sick kids and their families, through the Children's Hospital Foundation, Humpty Dumpty Foundation and HeartKids through the 1200kms for kids charity team.	Pomona	<a href="http://www.mtcoorooraendurancechallenge.com">www.mtcoorooraendurancechallenge.com</a>
<b>September 24-25</b>	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday, followed by 100km and 25km rides on the Sunday.	Sunshine Coast	<a href="http://www.sccyclefest.com.au">www.sccyclefest.com.au</a>
<b>September 24-October 2</b>	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, most of which are free and provided by community clubs/groups and locally owned industry related businesses.	Sunshine Coast	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
<b>October 1</b>	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	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>October 12</b>	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	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
<b>October 16</b>	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	<a href="http://www.malenyblackallrange.qld.lions.org.au/projectsmvc">www.malenyblackallrange.qld.lions.org.au/projectsmvc</a>
<b>October 22</b>	Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
<b>October 26</b>	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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>October 28</b>	Noosa Breakfast Fun Run	Come dressed 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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>October 28</b>	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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>October 29</b>	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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>October 30</b>	Noosa Triathlon	Olympic distance triathlon (1500m swim, 40km ride, 10km run).	Noosa	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>November 26</b>	Atlas Multisports Freestyle Clinic	The last of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>December</b>	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	<a href="http://www.msswimathon.com.au">www.msswimathon.com.au</a>
<b>December 18</b>	Buderim 9	Climb nine Buderim hills, covering 75km, within three hours in one of the Coast's most challenging cycling events. Participants also raise money for the Cerebral Palsy League.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>