

Multisport

Sunshine Coast Daily

Wednesday, October 22

M E C C A

Family ties

The Cason family is primed and prepared for Noosa Triathlon, which takes centre stage on the multisport calendar from October 31. FULL STORY PAGE 2



12 MONTHS INTEREST-FREE FINANCING* AVAILABLE WITH SPECIALIZED

*APPROVED CUSTOMERS ONLY. MINIMUM SPEND \$500. MONTHLY PAYMENTS ARE REQUIRED. CREDIT PROVIDED BY GE CAPITAL FINANCE AUSTRALIA TRADING AS GE MONEY FOR FULL TERMS AND CONDITIONS.



There's no better time to tri

By GRANT EDWARDS

THERE are no excuses in the Cason household.

Setting the example is Mooloolaba mum Cassy, who at the age of 40 is preparing for her first Noosa Triathlon on November 2.

The mother of four has launched herself in the tri-sport over the past year, now training six days a week after she last year completed the women's introductory course run by Atlas Multisports.

Next weekend will be a busy one for Cassy and husband Nigel, with eldest children Byron (9) and Tilly (7) competing in the kids tri on the Saturday, while on Sunday they will be joined by Cohen (5) and Braxx (2) to cheer him on throughout the main race.

Cassy said she had always been interested in the sport but the challenges of four children provided a stumbling block.

But after finding an Atlas brochure in her Sunshine Coast Marathon Festival kit bag last year she made the decision to turn "one day" into now.

With the help of a babysitter Cassy gets out and trains early most mornings before returning to get the kids to school.

"Everyone has thousands of excuses. You make it work," Cassy said.

"I come from a very active family with dad often taking us off to race fun runs every weekend. Mostly playing netball and swimming during my school years.



Cassy Cason of Mooloolaba is ready for next weekend's Noosa Tri with kids Cohen (5), Tilly (7), Braxx (2) and Byron (9).
Photo: Iain Curry

"I always loved running, it was something I enjoyed doing on my own and still do, it's the peace and quiet and getting in a zone where you are unaware of what is going on in the brain and around you."

Cassy grew up in Bourke, NSW, driving countless hours to swim carnivals during her younger years.

Yet it has been triathlon which has injected new enthusiasm into her sporting life.

"I hadn't even considered racing or even owned a bike and riding on the roads that alone terrified me however with the amazing (Atlas) coaches and the group of ladies doing

the course I soon felt very comfortable and safe," she said.

"During the course a few of the ladies discussed doing the Pink Tri at Kawana and before I knew it I was registering and on my way to doing my first triathlon. Race complete, I was hooked I really enjoyed racing, the atmosphere and support was amazing.

"I joined Atlas and saw Jason for a program that didn't interfere with family time. I train early mornings before the kids are up and heading to school and then other sessions whilst they are at school."

Last month Cassy completed Ironman 70.3

Sunshine Coast in 5:18:45, which included a 37:51 swim, 2:43:16 bike and a 1:53:01 run.

Noosa is the next challenge on the list, ahead of Cairns and Mooloolaba 70.3 races next year and Ironman West Australia in Busselton next December.

But for now the focus is on next weekend.

"I'm very excited as I know Noosa's such an amazing race on the triathlon calendar," Cassy said.

"I really hope to have a great race, with my wonderful husband Nigel, children Byron, Tilly, Cohen and Braxx cheering me on when I cross that finish line."



HAPPY TRAILS!

FREE COMMUNITY RUNNING AND NOW MOUNTAIN BIKE GROUP

We run 3 times per week and ride twice. Forget the competitiveness and just enjoy running or mountain biking in a fun and relaxed social setting. We'd love you to join us!

CONTACT MONIQUE OR MATT TO GET RUNNING 0411 891 148



<https://www.facebook.com/pages/Glass-House-Mountains-Running-MTB-Group/189807481179460>



5650546aa

Beginning of long road to Rio

By STEELE TAYLOR

DEFENDING Noosa Triathlon champion Aaron Royle is intent on finishing his season with a confidence-boosting showing at the event, ahead of next year's key qualifying races for the 2016 Rio Olympics.

The 24-year-old and fellow Olympic aspirants will compete at Noosa before readying themselves for a frantic selection window that culminates in July 2015.

"Rio is on not far away (August 2016) so next year will be all about qualifying for that," Royle said.

"We haven't got our criteria yet, but there will be one or two races held which will be automatic qualification races, one in Rio and one probably in Chicago, so that's the main aim."

Royle believes strong showings at next weekend's Nepean Triathlon and next month's Noosa event will stand him in good stead.

"I really want to finish this year off well in these two races," the Wollongong-based athlete said.

"Last year, they gave me momentum leading into this year. They gave me confidence and that's what I'm looking to do again."

The Noosa Triathlon will also provide Royle with a chance to better rivals such as Ryan Bailie and Dan Wilson, who are also targeting Rio.

Little has separated the three this year.



Aaron Royle (centre) on his way to victory at Noosa Triathlon.

Photo: John McCutcheon

Bailie was ranked ninth in the world and finished fifth at the Glasgow Commonwealth Games. Royle was 10th and eighth respectively and Wilson 16th and ninth.

Among other leading Australians, Cameron Good was 31st in the rankings and Brendan Sexton 35th.

Australia will likely send three men to Rio.

"Chuck into the mix Jake Birtwhistle," Royle said of the youngster who broke Australia's medal drought at the junior world championships this year. "He's someone who is up and coming, is definitely dangerous and one to look out for."

Royle won the under-23

world title in 2012 but his 2013 campaign was affected by his hospitalisation with a serious bout of pneumonia.

In February this year he won the Oceania title at Devonport and in April he finished on the podium of a World Triathlon Series event in Auckland, but he was somewhat disappointed by his Glasgow outing.

While many of his rivals will be drained by taxing 2014 campaigns, Royle said he was primed for Noosa.

"It's the end of the season, but I'm actually feeling really pumped and ready to go. I'm motivated at training and motivated for these last couple of races," he said.

NOOSA TRIATHLON

Friday, October 31

7.30am – Fun run start.
1-7pm – Triathlon check-in opens.
4.15pm – Ocean Swim start.

Saturday, November 1

6am – Superkidz Triathlon.
10am-4.30pm – Transition access.
2.30pm – Australian Open Criterium, women race start.
3.20pm – Legends Triathlon start.

4pm – 5km bolt race start.
4.40pm – Australian Open Criterium, men race start.

Sunday, November 2

4.45am – Transition opens.
6.15am – Race start.
4pm – Presentation at Noosa Woods.



Perfect launch pad for apparel

By **GRANT EDWARDS**

WHEN searching for a base for his new multisport apparel venture, John Ferguson found no better location than the Sunshine Coast.

While well established in Europe, Fusion Multisport is now seeking a foothold in Australia. John, through Fusion Multisport, is heading that way as the Australian distributor and is living at Peregian as he starts spreading the word.

Specialising in high quality race and training clothing for triathletes, cyclists and runners, the Fusion gear will go on show at Noosa triathlon next weekend at the expo.

Fusion is a Danish brand which has had triathlon as its core focus since it was founded 15 years ago. It uses high quality manufacturing and technical fabrics with particular attention paid to research and development. All products are made in Europe.

John has been working this year to finalise back of house arrangements, the Australian website and online store.

"The feedback on the product is really good once athletes see it, touch it and wear it," John said.

"That's the reason I got into it. I saw an opportunity with a really good quality product at a fair and reasonable price. We are keeping local pricing in line with Fusion European pricing. Additionally through having stock here on the ground and offering free shipping and returns we want to give athletes comfort, re-sizing, exchanges, etc. and getting it right."

"Fusion is not widely known because they don't throw buckets of money at marketing. These guys are all about the product and investing in the product and growing organically. Letting the quality and performance of the kit talk for itself."

There are some different



Peregian's John Ferguson.
Photo: Contributed

colour mixes, including base colours such as black, red, blue, orange and green along with some contrasting fluoro hues.

Among Fusion's innovative range is the Speed Top, Ice Vest and Speed Suit.

The Speed Top looks like an aerodynamic sleeved cycling top but actually cools when wet. It was initially designed for athletes from cooler climates racing in hot conditions, including the Europeans heading to places such as Kona. Providing performance but also sun and heat protection, the breathable fabric has superior moisture transfer, which when wet and combined with air flow facilitates the body's natural cooling mechanism - evaporative cooling.

The Ice Vest uses similar technology, while the new Speed Suit is aimed at delivering performance, comfort and protection across the three triathlon legs. The Speed Suit has been used by a number of pros this year, including Tim Don who finished third at the recent Ironman 70.3 World Championships.

You can see the quality in the materials, and the attention to detail (such as the mesh internal pockets in the Ice Vest to keep the athlete cool) is evident.

John practices what he



Professional athlete Tim Don wears the Fusion Multisport Speed Suit.
Photo: Contributed

preaches. It was in Europe that he was first exposed to Fusion as an age group competitor.

While growing up in Victoria and doing the rounds as a triathlon weekend warrior back in the 80's and 90's, the accountant by trade moved to the United Kingdom for work and despite the dreary conditions was inspired to rediscover his fitness and passion for triathlon. Cycling and running to work virtually daily ultimately built into getting back into triathlon and a move into long course racing.

This was where he began testing and trialling products, and Fusion stood out from the pack.

John has literally hit the ground running on the Sunshine Coast, having been out on the trails with the Noosa Ultra and Trail Runners (NUTRs) and recently joined Noosa Tri Club. Currently he's preparing for the gruelling Blackall 100 - a hinterland run of 100km which is scheduled for mid-November. After that he is looking forward to a return to triathlon. Last year he competed at the Ironman World Championships in Kona.

Fusion Multisport will be showcasing the range at the Noosa Triathlon expo which opens next Friday. Alternatively, visit the product's website at www.fusionmultisport.com.au.

TRIATHLON TRAINING SQUAD



CATERING FOR BEGINNER TO ADVANCED



**ATLAS
MULTISPORTS**
EVENTS : COACHING

www.atlasmultisports.com.au

3676245ad



Getting together for a pre-race swim are Scotty Farrell, Jason Cheshire, Brett Dunstan, Damien Collins, Robbie Andrews, Belinda Granger and Kacey Willoughby.

Photo: Glen Mahoney

Kona throws everything at world's best

RENOWNED for being the toughest day on triathlon's calendar, the Big Island delivered this year.

Hot and gusty weather presented typically challenging conditions for those at the Ironman World Championship on October 11.

Yet the Sunshine Coast athletes battled and survived the annual torture test.

Beerwah's Damien Collins was the region's fastest age group athlete, finishing fourth in his category on his first journey to Kona.

While unhappy with his individual times, he was pleased with the overall result. "As a complete race result I'm happy. I knew at the turn around coming down from Hawi that it wasn't going to be my day. I just didn't have the legs and felt horrible," he said.

"There and then was a mental blow knowing my race plan had gone out the window. I wasn't running great off the bike but I know Ironmans are long days.

"I basically hung in there all

day and gave as good a result that I was capable of on the day. I really appreciate what it takes to pull off an amazing race in Kona now. It's not just given to you. There are so many variables, what I really take away from the race is the fact I still managed to put down a solid time even though I wasn't having a great day, so I'm still really hungry for that amazing race."

Damien said it was a great learning curve coming up against the world's best.

He survived the notoriously crowded swim but then found new challenges.

"Trying to stay out of trouble and away from drafting penalties on the bike is tricky, and the run's the run at the end of all that," Damien said

"The people who can piece all the above together, get their training right and get it right on the day deserve to win this race."

He is hoping to return next year.

Damien now plans to "go back to the drawing board".



Damien Collins finishes the Ironman World Championship race in Kona.
Photo: Contributed

"There's a few things I want to add and change in my training. I've also wound work down big time to commit more time to the sport," he said.

"Reality is you can't be successful if you're working full time. I'm keen to get back on the mountain bike and start racing it again. Then come end of year, commit a solid block for Ironman Melbourne next year. I now move up an age group to 25-29, and typically I'll need an 8:40ish to win. So that's what I'll be going there to do."

Among the women, Kacey Willoughby was our quickest local performer.

After qualifying in Melbourne this year, Kacey said she wanted the toughest Kona could throw at her after a subdued weather influence in 2013.

"Madam Pele sure did deliver on race day. It was the complete opposite to last year. I had wanted to experience the winds and the heat so when that was exactly how it was on race day I was prepared for it," she said.

"About 40k into the bike the winds started, there were bikes on a full lean and the speed of us all was like hitting a wall. I

To Page 8



SWIM. CYCLE. RUN.
 And drive away happy.

CRICKS 
Drive away happy



www.cricks.com.au

Race pushes body to the limit

From Page 6

just smiled and yelled 'this is Kona baby!' It was definitely the toughest race I've done, both mentally and physically. I think my day would've panned out differently had I not been so prepared for the worst. I loved every minute of it."

Yet Kacey had a battle early in her race. A slow swim time had her cranky.

"It took me a good 45-60 minutes to calm myself down and get my head back in the game. The next tough part was I'd say the first 90k of the bike, with the winds the way they were I found it really hard to get nutrition in," Kacey said.

"I was worried about how it would affect the back end of my bike and my run. I just didn't want to get blown off my bike.

"Then there was the run, so many demons and bad thoughts entered my head during this time which is normal. But the part that stands out the most, I had reached the top of Palani and I just wanted to stop, close my

eyes and sleep. I was tired, real tired and I had to again convince myself to get out of that rut."

Kacey said this year's event took all her energy, and she hasn't committed to her next Kona return just yet...it could be next year or five years.

For now it's all about rest and recovery.

"I have never felt empty like this after a race so I think its going to take me a little while for the body to feel itself again."

"I'm going to enjoy time with friends and family who haven't seen much of me during this prep, I'm going to enjoy my red wine again and 5k runs that take two hours. Then... It's back to training. I am racing Ironman Australia in May, just one more."

Results:

Damien Collins (Beerwah) fourth in men 19-24 in 9:38:57 (1:06:44 swim, 5:08:22 ride, 3:18:47 run).

Isaac Tonello (Bli Bli) 68th in men 35-39 in 9:52:50 (1:07:12 swim, 5:09:44 ride, 3:27:16 run).

Robbie Andrews (Kawana) 48th



Kacey Willoughby on her way to riding a 5:44:48 in Kona.

in men 45-49 in 10:12:04 (1:08:51 swim, 5:23:21 ride, 3:32:16 run).

Kacey Willoughby (Mooloolaba) 11th in women 30-34 in 10:36:07 (1:12:18 swim, 5:44:48 ride, 3:33:53 run).

Jason Cheshire (Mt Coolum) 173rd in men 40-44 in 10:50:35 (1:04:55 swim, 5:27:13 ride,

4:09:08 run).

Scott Farrell (Palmwoods) 139th in men 30-34 in 11:24:54 (1:00:48 swim, 5:20:14 ride, 4:56:36 run).

Joanna Carman (Alexandra Headland) 34th in women 30-34 in 11:27:21 (1:08:23, 6:05:01 ride, 4:07:39 run).



Mirinda Carfrae wins her third world crown.

Photo: Dely Carr/AAP

Triple success for Queensland star

THE Sunshine Coast once again proved it was one of the world's top triathlon training grounds as competitors tackled the daunting Ironman World Championship course in Hawaii earlier this month.

Mirinda Carfrae, who trains at Noosa in the summer, claimed historic back-to-back titles and collected her third Kona crown when she came back from a 14-minute deficit in the run leg to cross the finish line in nine hours and 55 seconds. "I knew it would be a battle to the finish line and I'm just absolutely shocked I was able to get it done today," Mirinda said.

The Brisbane endurance sensation is part of a group of triathletes who flock to the region each year to join

permanently based Coast competitors in perfect training conditions.

Mirinda finished 12 minutes ahead of Swiss-born star Caroline Steffen, who crossed the line fifth for the second consecutive year.

It was the fifth top-five finish in five attempts by Caroline, who lives in Mooloolaba and was runner-up at the Kona in 2010 and 2012.

In the men's pro field Jan Frodeno, who owns a house near Noosa, finished third, while Luke McKenzie, who spends half the year at Sunshine Beach came 15th.

Germany's Sebastian Kienle won the men's race.

Noosa-based 2012 world champion Pete Jacobs added to his frustrating year when he

failed to finish the course for the second consecutive time.

The 32-year-old, who posted a series of uncharacteristically poor results amid an ongoing battle with fatigue, posted an explanation on Twitter after withdrawing at the end of the bike leg.

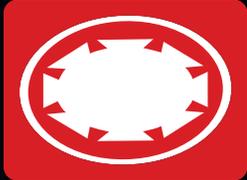
"For my physical and mental health, my future, my income, I couldn't run/walk today when not 100%," he posted.

"Doing that twice this year was enough."

A week before the race Jacobs wrote he did irreversible damage to his body earlier this year by pushing himself too hard while battling fatigue at Ironman Zurich, where he walked the final 12km because he had to finish to qualify for Kona.



FUSION



TECHNICAL PERFORMANCE WEAR

ONE OF EUROPE'S MOST POPULAR

NOW AVAILABLE IN AUSTRALIA

FUSION is a specialist in the design and production of high quality technical triathlon, cycling and running apparel. Over the past 15 years FUSION has built a reputation for quality based on design and performance, the use of leading technical fabrics and manufacturing excellence. Made in Europe.



Available exclusively online from Fusion Multisport.
To see the full range visit:

Noosa
Tri Expo
Stand 58

FUSIONMULTISPORT.COM.AU

Recovery after endurance events



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

HAVING finished my first marathon on the weekend it has given me new insight into post-event soreness.

I have certainly had my fair share of hard lactic or plyometric sessions that leave you hobbling the next day but there is nothing quite like that deep muscle fatigue that often comes with racing events more than two hours.

The soreness that requires this strange crab-like gait to get up and down stairs while hanging on to the handrail for dear life; getting on and off the toilet is accompanied with a series of groans that may disturb those outside; and the soreness that makes you look at something that you have dropped and stand thinking deeply as to whether it is actually that important for that article to be picked up.

The best ways I have found to get over this soreness as soon as possible are:

Hot/cold shower. Flushing your legs with alternate hot/cold for 10 minutes helps stimulate the circulation so to remove the build-up of damaged muscle cells. In and out of a spa and pool has a similar effect. A straight ice bath is a popular method but don't just sit in there - get in and out.

The cold doesn't actually get deep enough to affect the circulation and therefore won't really minimise any swelling, but by getting in and out, the rewarming in-between stints in the ice will help stimulate the circulation.

Compression. Leggings or socks. Apart from the feeling that they are the only things actually holding you upright,



Matthew Montague finishes this year's Sunshine Coast Marathon with daughter Dekota (left) by his side.
Photo: Warren Lynam

wearing compression garments helps with proprioception, allowing you to move more normally, restoring the normal function back to your muscles sooner.

Movement. Even though all you want to do is lie down, try and walk around gently, or go float in a pool. Try and walk as normally as possible, taking smaller and slower steps.

The more you practise walking normally, the sooner your muscles and joints will do it automatically again for you. If flying home from an event, book your seats in the last few rows, and always the aisle seat so that you can get up and move without disturbing other passengers.

Eat and drink. Make sure you eat something real as soon as you can after finishing. Over the previous couple of hours all your body has had is some gels and electrolyte drink.

You won't feel like it, but eat something with protein to help repair the damaged muscles. Pancakes with ricotta and

Nutella were my first pick!

Massage. Don't book a massage for the day after an event.

This is often where the worst soreness hits, and there is no way you will be able to tolerate anyone touching you and it will be a waste of time and money.

Aim for 2-3 days afterwards when you are able to tolerate some pressure on your tired muscles. This will help circulation and flexibility, making it easier to move.

Analgesic tablets. If there are no contraindications take some pain-relief before bed. This will help you sleep and limit that deep ache that can make finding a comfortable position difficult.

Paracetamol is preferable rather than anti-inflammatories but your doctor will be able to advise you what is best for you.

Don't be tempted to get back into training too soon after a major event.

Even if you are feeling really good and still have the post-event endorphins, the last



thing you want to do is to rip back into hard sessions.

Your body is still recovering. Your immune system is down, the muscles still repairing, the electrolyte balance is still being restored.

Enjoy a week off, just do some gentle active recovery (walking, yoga, pilates, gentle cycling or swimming).

But most importantly, make sure you take the time to look back over your race and acknowledge all the hard work you have done. It is an incredible thing that you have just achieved.

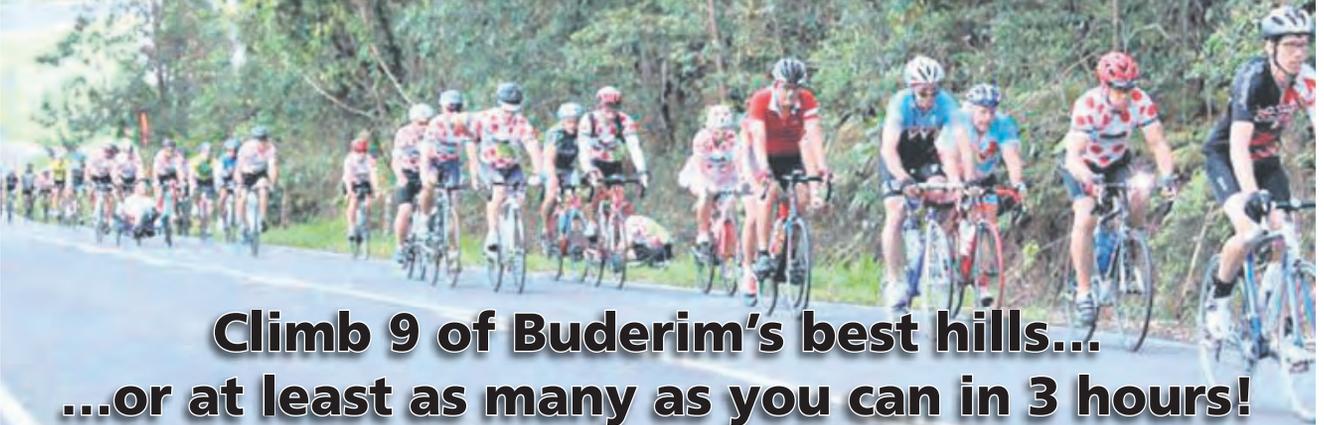
BUDERIM

CHALLENGE CHARITY HILL RIDE

argon law

Sunday 21st December 2014

Turn up at Lions Park for registration at
4.00am for a 5.00 am ride start.



**Climb 9 of Buderim's best hills...
...or at least as many as you can in 3 hours!**

Make it a personal challenge

REGISTER Now! >>

All proceeds go to the Cerebral Palsy League

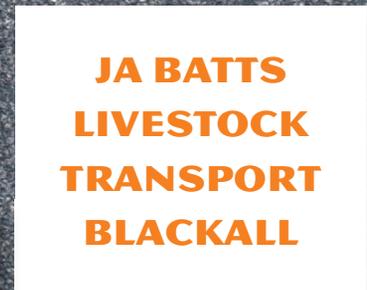
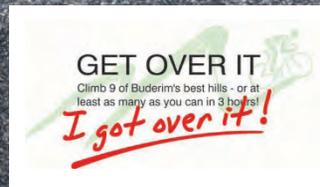
www.buderim9.com.au



cerebral palsy
league

5936696.aa

Buderim9 would like to thank the support of their sponsors





Marathon festival Mitsubishi Mirage winner Meg Lyons (left) celebrates her win with marathon event organiser Jason Crowther and Kara Woods from Cricks Mitsubishi.

Photo: Iain Curry

Marathon effort earns car

THERE are even more reasons to celebrate half marathon success for Meg Lyons.

She was the lucky winner of a 2014 Mitsubishi Mirage compact hatch valued at \$12,999 as part of the Sunshine Coast Marathon and Community Fun Run.

Anyone who entered one of the five distances was in the running to win the Mirage.

Meg completed the half

marathon in a time of 2:11:48.

The 26-year-old school teacher from Caloundra was overwhelmed when she received the call from commentator Mark Laforest on the day of the marathon festival.

"I jokingly posted on Facebook earlier that day that I had won the car and when I got the call I couldn't believe it," she said.

Event organiser Jason Crowther from Atlas Multisports said this year's festival was another huge success with more than 6400 competitors – an increase of over 10% from 2013.

"This is the first year that Mitsubishi has sponsored the event and to have a car sponsor in our third year shows how successful the event has become," he said.

Ambassadors are seeing red

RED is the fastest colour in the palette, and the Sunshine Coast Multisport Mecca team has quickly been turning heads in recent weeks.

The Multisport Mecca cycling kit has hit the streets with a group of ambassadors proudly showing off the new gear.

Keep an eye out for the likes of Tony Bryan, Jason Crowther, Anna Mendes, Mark Darling, David Chick, Brett Graham, John Eastham, Garry Crick, Steve Halliday, John Carey and Paul Davies in the slick kit.



Showing off the Multisport Mecca kit are (from left) Steve Halliday, Grant Edwards, David Chick and Brett Graham.

In brief...

Duck for cover

WHILE magpie season is close to ending, there are still some causing issues. Peter Duff reports "a persistent one who has been there for a number of years and even started swooping in July this year at Nambour Connection Road, Woombye just west of the Kiel Mountain Rd overpass". He says to take the Palmwoods Rd, Pine Grove Rd to Blackall St diversion around Woombye Primary School both ways "to avoid the terror". Dr Paul Sargeant said there is another on Dixon Rd, Buderim, as you ride up just after the bike symbol on the steep second rise – and also "just a swooper not a pecker on the corner of Point Cartright Drive and Pacific Boulevard, Buddina".

Wedded bliss

KNOWN for speed in adventure racing, cycling, triathlons and paddling, Dave Schloss and Lea Curtis (pictured) are also quick when it comes to organising a wedding.



The pair disappeared to Hamilton Island earlier this month and tied the knot. Lea grew up on the island so it was a homecoming for nuptials with Slosy. While pretty handy at finding his way in an adventure race, Slosy reports navigating the wedding bills will be a different story!

Port success

MOOLOOLABA'S Casey Munro finished fifth at Sunday's Ironman 70.3 Port Macquarie in a time of 4:01:08 (21:34, 2:19:26, 1:17:55). In the women's event, Noosa's Jess Fleming also raced in the professional field to finish fifth in 4:40:05 (27:02, 2:38:00, 1:32:25).

GET READY FOR THE NOOSA TRIATHLON NOW

2015 ASICS gel
kayano 21 now
in store in great
new men's and
women's colours

Specialising in triathlon and
running gear, AllezSport is
the only place a triathlete or
runner needs to visit.



OPEN SEVEN DAYS
34 Brisbane Rd | 5477 5246
www.allezsport.com.au



Cutting Edge cycling technology

By GRANT EDWARDS

LIES, damned lies, and statistics. That may be the old adage, but there's no hiding behind the figures with a Garmin Edge 1000 on board.

This is the latest addition to the Edge range, upping the ante on the 510 and 810 derivatives to deliver improved satellite navigation, more information and greater functionality than you dreamed possible.

And it's addictive.

Slightly smaller than an iPhone5, the colour touch-screen is about 7.5cm on the diagonal. Flicking through the various pages and functions is a swipe process and even worked during chilly winter rides with full finger gloves – although the fingerless options are more accurate.

Accessing satellites was done outstandingly quickly. While the 910XT watch can take a minute or two in finding satellite access, the Edge managed the task in seconds.

Getting it all set up is equally simple, even for those not tech-savvy. In the box (with the bundle which also includes a heart rate monitor) are cadence and speed sensors.

The speed device can be attached to either your front or rear hub, choosing the latter is a good option as it then makes the Garmin useful on the indoor trainer. Like most other units the cadence sensor is applied to one of the crank arms. Both have stretchy elastic-style attachment ties which take little time to set-up with no magnets required.

This also makes it easy to switch bikes quickly and take the unit with you.

There are a few mounting options for the actual Edge 1000 unit, one can fit around the head stem using the supplied rubber bands or you can use the "out in front" system which is good for time trial bikes but does require a



screwdriver for attachment.

When it's time to hit the road you power up the unit and it does the hard work for you. Automatically locating any ANT+ devices within range, like heart rate monitor, the aforementioned cadence sensor or power meter.

The rider then chooses between race and train modes, while the desired screen can also be set up to deliver the information you want at a quick glance.

While riding you can swipe between screens with horizontal movements, flicking between maps, altitude information, or the customisable data screens. The best usage during our test was the latter, configuring a screen to feature speed, wattage (having also paired Garmin's Vector power meter), cadence and speed. You just need to hold your finger on the section of screen you want to change to customise your data.

For the uninitiated all that information may sound like a gimmick, but it's amazing how it can improve your riding by keeping a close eye on the likes of cadence and power output on various terrain.

Those with Shimano electric gear shifting will be impressed by the live readout showing which cog you're using.

It's also compatible with an ANT+ capable trainers, with devices such as Wahoo KIKR and CycleOps PowerBeam Pro able to be paired as power meters.



The Garmin Edge 1000 is easy to install and swap between bikes. Top left: The unit versus an iPhone 5. Below left: The speed sensor.

Photos: Grant Edwards

When you don't know where you're going, or if you want to trial a new route, they don't come much better than the Edge 1000. It has preloaded content which includes routable road and bike paths with elevation data, points of interest, and like a GPS in your car, you can input and address search.

Operationally it's all straight forward, and you won't need a degree to get things set up quickly.

One cool function is its ability to connect with your smartphone. With the phone tucked away in your back pocket, it can show incoming texts and calls (iPhone 4s and later).

And like other Garmin products, there is an ability to pace yourself against a virtual racer, whether that be setting targets or trying to beat your own time over the same course.

Personal bests are also

VITAL STATISTICS

Unit: Garmin Edge 1000.

Key feature: Preloaded maps and points of interest, including parks and trails with bike-specific information.

Weight: 114.5g.

Battery life: Up to 15 hours.

Size: 5.8 x 11.2 x 2.0cm.

Price: \$699 and \$799 for the bundle including heart rate monitor and speed/cadence sensors.

Rating: ★★★★★

stored and when you top your previous best over a set distance, it lets you know at the end of the ride.

It's also water proof...you can't go swimming with it, but rain is no worries.

The Edge 1000 takes the best of what we've seen from Garmin previously, and makes it better. With a bigger screen, improved graphics, outstanding functionality and ease of use, it's hard not to be tempted to upgrade despite the price tag.

Perfect for bikes and family

By GRANT EDWARDS

LAID back and a destination where the cosmopolitan stand alongside tree-hugging hippies, Byron Bay isn't typically a place to go hardcore.

Hyundai's new Santa Fe SR managed to look the goods when unveiled last week in the pristine coastal township.

This is the first SUV to wear Hyundai's fledgling SR badge, following in the tyre prints of the Veloster, i30 and Accent models.

Changes are primarily skin deep, although product planner Andrew Tuitahi points out that the changes mean the "Santa Fe SR looks, corners and stops harder".

Prices are yet to be announced before its arrival early next year, but the SR will be the hero of the MY15 range which has just been released. The line-up has been tweaked with revised pricing, which has seen the base model stay at \$38,490 while mid- and top-spec variants have risen slightly.

The MY15 Santa Fe has received a "rolling technical change" rather than a mid-life facelift, and only Hyundai trainspotters will pick the difference.

Three trim levels – Active, Elite and Highlander – have been retained. We spent our time in the top-shelf Highlander variant, which accounts for nearly half of all Santa Fe sales.

It's spacious, with seven seats, and offers excellent head, leg and shoulder room in the front two rows. Like the majority of seven-seaters, the rear two pews are best left to kids due to confined leg room and the nimble body required when climbing into the back (but they do get their own air vents).

The colour 17.7cm touch-screen deserves plaudits for ease of use, and the Santa Fe's operations are simple and straightforward.



Hyundai will release a SR version of its Santa Fe large SUV next year.

Highlander models have electric seat adjustment, while the driver has tilt and reach adjustment of the steering wheel.

Hard wearing areas have plastic finishes, which is actually handy for families due to its ease of cleanliness, as are the leather-clad pews.

When it comes to on-road, not much was wrong with the Santa Fe previously, but Hyundai tweaks its models for Australian conditions and MY15 variants have new front wheel bearings, redesigned front knuckles, and changes to various suspension bushes. The electric power steering also has a faster 32-bit processor.

Would most drivers notice the difference? Probably not. It's stiffer than the old model, more responsive when you rip into a corner and less prone to understeer, which is handy information at the family barbecue but most would never get close to testing the SUV's boundaries. Still, that makes it a safer car and it feels confident on gravel and bitumen.

We only drove the diesel variant, but it's the obvious choice with its burly and near instant throttle response.

In the case of the SR,

engineers overhauled the Santa Fe brakes to feature Brembo four-piston monobloc front callipers and two-piston rears. They pull the anchors on matte-black 19-inch alloys shod with Michelin Latitude Tour tyres.

Combined with H&R performance springs, it results in stopping distance reduced by 8% from 60kmh, and an SUV which corners harder and feels remarkably more nimble.

There are no diesel engine enhancements, and it won't get a dual exhaust system (which we saw this week) because it means dropping the full-size spare, but that won't worry the target audience – which is mums and dads who primarily want the faster looks.

Standard kit across the line-up is still seven airbags, stability control and a host of associated safety technology, hill descent and ascent control, full-size spare, 10.9cm touch-screen, cruise control, auto lights, 17-inch alloys, Bluetooth connectivity with audio streaming and a reversing camera with parking sensors.

Elites now get an automatic tailgate, while the Highlanders have lane departure warning system and automatic parallel

parking functionality added to the previous complimentary kit of 19-inch alloys, a panoramic glass roof, Xenon headlights, LED rear lights, auto-dimming side mirrors, electric adjustment for the front seats, and heated front and second-row seats.

The SR will get a sports body kit, Brembo brakes, H&R performance springs and Oz Racing wheels with Michelin tyres.

Hauling the family is a pleasure in the Santa Fe. There is a great nook in front of the gear shifter, perfect for phones and other gear, which is close to a USB port and auxiliary jack, along with two 12 volt plugs.

Other storage boons are a deep centre console, pockets in the doors able to cope with bottles, a sunglasses holder, a pair of cup holders in the console, along with another two which pop out from the fold down arm rest in the rear.

Dropping the rear seats is easy, with a handle in the back, and the middle row also has a 40/20/40 folding function.

With all seven seats upright there is minimal boot space, but there is ample flexibility for a range of equipment, bikes or furniture.

CYCLEZONE

MOOLOOLABA



TORQ GELS
RESEARCH-PROVEN 2:1
MALTODEXTRIN:FRUCTOSE
FORMULATION FOR 40% GREATER
CARBOHYDRATE DELIVERY



AUSSIE BUTT CREAM
FOR COMFORT DOWN UNDER
TRY THE BEST ANTI-FRICTION
CREAM RUNNING AND CYCLING



XLAB TORPEDO SYSTEMS
ARE THE CUTTING-EDGE OF AERODYNAMICS,
COMBINED WITH ULTRALIGHT DESIGN AND
STATE-OF-THE-ART ERGONOMICS...
YOUR NEXT HYDRATION SYSTEM IS HERE



SPECIALIZED RESERVE RACK
THE AERODYNAMIC WAY TO CARRY
WATER AND INFLATION. HOLDS ONE WATER
BOTTLE BEHIND THE SADDLE IN AN
AERODYNAMIC POSITION. CAN BE USED
WITH WING FOR CARRYING INFLATION.
WING WILL HOLD MINI ROAD PUMP AND
TWO CO2 CANISTERS OR A CAN OF
AEROSOL TIRE SEALANTZ



PROFILE DESIGN AERO HC SYSTEMS
AERODYNAMIC, RE-FILLABLE FRONT MOUNTED
BOTTLE STRATEGICALLY POSITIONS HYDRATION
BETWEEN THE RIDER'S ARMS FOR A HIDDEN,
SLEEK AERODYNAMIC PROFILE.



3T ACCELERO 60 TEAM WHEELSET
ACCELERO 60 TEAM IS OUR DEEPEST-RIMMED
WHEEL FOR RIDERS WHO WANT TOP AERO
PERFORMANCE WITH THE CONVENIENCE OF
CLINCHER TIRES. ITS AERODYNAMIC PROPERTIES
ARE VERY CLOSE TO THOSE OF THE
RANGE-TOPPING MERCURIO TUBULAR WHEEL,
WITH STABILITY AND VERY LOW DRAG
EVEN IN BLUSTERY WINDS



ZIPP BTA AERO MOUNT
HORIZONTALLY MOUNTED BTA (BETWEEN THE
ARMS) HYDRATION SYSTEMS ARE AERO-
DYNAMICALLY FASTER, PERIOD. TRIATHLETES
WHO ARE CONSTANTLY IN PURSUIT OF FASTER
AND MORE EFFICIENT SYSTEMS HAVE KNOWN
THIS FOR A WHILE NOW. QUICKVIEW QUARTER
TURN MOUNT ONLY ACCEPTS GARMIN EDGE
SERIES HEAD UNITS, AND OFFERS MULTIPLE
POSITIONS FOR PLACEMENT AND VISIBILITY.



SKRATCH LAB HYDRATION
THIS IS AN ALL NATURAL SPORTS DRINK.
IT REPLACES BOTH THE FLUID AND
ELECTROLYTES YOU LOSE IN YOUR SWEAT
WHILE PROVIDING JUST ENOUGH CALORIES
TO HELP FUEL YOUR WORKING MUSCLES.
FLAVORED WITH ONLY REAL FRUIT AND
CONTAINING NO ARTIFICIAL COLORS OR
PRESERVATIVES, OUR DRINK MIX WON'T
UPSET YOUR STOMACH, LEAVE A BAD
TASTE IN YOUR MOUTH, OR CHALLENGE
YOUR IQ WITH TONGUE TWISTING CHEM-
LAB INGREDIENTS.



GARMIN FORERUNNER 920XT
FROM THE COMPANY THAT LAUNCHED THE
WORLD'S FIRST GPS MULTISPORT DEVICES
COMES A WATCH THAT'S QUALIFIED TO GUIDE
THE TRAINING OF ELITE AND
AMATEUR ATHLETES ALIKE.
WITH ADVANCED FEATURES INCLUDING
RUNNING DYNAMICS, VO2 MAX ESTIMATE,
LIVE TRACKING AND SMART
NOTIFICATIONS, THE 920XT IS COMPATIBLE
WITH SENSORS SUCH AS SPEED, CADENCE
AND HEART RATE TO PROVIDE ADVANCED
TRAINING CAPABILITIES FOR YOUR CYCLING
WORKOUTS. IT CAN ALSO DISPLAY POWER
METRICS WHEN PAIRED WITH ANT+ POWER
METERS, INCLUDING THE VECTOR LINE OF
SINGLE- AND DUAL-SENSING
PEDAL OPTIONS.



SHOP 7/105 BRISBANE RD MOOLOOLABA
SALES@CYCLEZONE.COM.AU
PH.07 5478 1001

TRI THESE!

The latest and greatest...



Compressports has released several new lines in its Fluo range including the Fluo Arm Force range of armsleeves (\$44.95) for graduated compression from the wrist to the biceps. The armsleeves help regulate the temperature of your arms, bloodflow and recovery during endurance events and can be worn daily for UV protection. Other new lines include the Fluo wrist band – with 53 ultra absorbent 3D dots that wipe away sweat and dry super quick (\$14.95) and the pro racing crew socks. Preventing runners from overheating, blisters and foot infections the socks have an ergonomic arch support. Socks come in a range of sizes and colours for \$26.95. See them at Allez Sport, Mooloolaba.



Two unique and innovative products from Fusion which are focused on providing performance, comfort and protection in warm conditions. UV protection, highly breathable, white to reflect heat and actively cooling when wet.

The **Speed Top** is an aerodynamic tight fitting 3/4 sleeve cycling top for triathlon. Lightweight and with a cycling customised compression fit, combined with ICE-PWR technical fabric delivering extensive sun protection and helping keep you cool. It can also be used as a second layer providing protection from the wind and the cold while not negatively impacting aerodynamics.

The **Tri Top Ice Pocket** is a triathlon top specifically designed to aid cooling when racing in warm conditions. It is lightweight and with a customised compression fit but also includes two 'Ice Pockets' for cooling. These are specially designed mesh pockets on the inside of the front and back collars for placing ice into at regular intervals. Speed Top \$169 and Ice Tri Top \$155, check out www.fusionmultisport.com.au for more info or see them at the Noosa Tri expo.

Want aero performance with the convenience of clincher tyres? Check out these gems from Cyclezone Mooloolaba, the 3T Accelero 60 Team Wheelset clincher suitable for 10 or 11 speed with Sram or Shimano are now \$1350.



Nike Lunar Racer +3 for men and women have been released in new colours for Spring/Summer. The lightweight sneaker has an engineered mesh upper with Flywire cables atop the popular lunarlon sole for a plush ride or racing flat. Available in a hot pink for women and grey/lime green for men at Allez Sport, \$180.

Upcoming events...

Click on the links for more information
 Got an event? Email us at: multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
October 26	TreX Cross Triathlon Series: Qld Enduro	Long course: 350m swim, 10km MTB, 4km trail run, 350m swim, 10km MTB, 4km trail run. Sprint course: 350m swim, 10km MTB, 4km trail run. Teaser and junior course: 150m swim, 4km MTB, 1km trail run	Petrie	www.tre-x.com.au
October 31	Friday Night Summer Crit Series	A, B, C and D grades criterium cycling. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Girraween, Noosa	www.scccrcing.com.au
October 31- November 2	Noosa Triathlon and Multi Sport Festival	Olympic distance triathlon, as well as a 1km ocean swim, and a run/swim/run event.	Noosa	www.usmevents.com.au
November 7	Friday Night Summer Crit Series	A, B, C and D grades criterium cycling. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Caloundra	www.scccrcing.com.au
November 8	Specialized Test The Best	Sample some of Specialized best bikes, 10am - 3pm at Tinbeerwah Hall, Gyndier Drive (road and mountain bikes). Take driver's licence, credit card, helmet and riding pedals/shoes. No bookings required.	Tinbeerwah	www.specialized.com
November 8-9	The Blackall 100	The inaugural Blackall 100 will be on trails traversing the Blackall Range, taking in the Sunshine Coast Great Walk, 100km and 50km events for runners, walkers and hikers.	Blackall Range	www.blackall100.com.au
November 9	Queensland Enduro MTB State Championships	The weekend will start with a prologue stage on Saturday afternoon. This will be used to determine start order the following day. On Sunday morning riders will complete four stages, including a revised blue trail and a whole new trail that will be built for this event.	Garapine, near Gympie	www.emsaustralia.net.au
November 9	Queensland All Schools Triathlon	Ages 7-19: Senior 750m/20km/5km, Intermediate 600m/16km/4km, Junior 400m/12km/3km, Primary Qualifier Aquathlon 1km/200m/1km, Kids Aquathlon 500m/100m/500m.	Lake Kawana	www.triathlonqld.com.au
November 14	ARA 18hr Dark Side Championships	Starting at midnight on Friday and finishes at 6pm on Saturday. Adrenalin pumping action in a true adventure race format including navigation, mountain biking, trail running, kayaking and adventure challenges covering up to 120km cross country.	Sunshine Coast	www.in2adventure.com.au
November 15	Mountain Designs ARA 12hr Dawn Attack	Designed for novices, newcomers and those who prefer their adventure in the light to come along and take on an event of up to 70km with up to 12 hours to finish the distance.	Sunshine Coast	www.in2adventure.com.au
November 15	Sunshine Coast Track Cycling Carnival	All divisions at Caboolture velodrome.	Caboolture	www.sunshinecoastcycling.com.au
November 15	HUUB open water swim	500m "Enticer" option, 1500m competitive (three laps). Wetsuits will be allowed.	Kawana	www.qldtriserries.com.au
November 16	Queensland Tri Series round two	Three triathlon races. QTS - 400m swim, 15km cycle, 4km run. Enticer - 200m swim, 7.5km cycle, 2km run. Kool Kids - 100m swim, 2km cycle, 400m run.	Kawana	www.qldtriserries.com.au
November 16	Rainbow Beach Trail Runs	Run over 43km, 25km and 11km. All events finish at the Sports Club.	Rainbow Beach	www.traq.org.au
November 21	Friday Night Summer Crit Series	A, B, C and D grades criterium cycling. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Girraween, Noosa	www.scccrcing.com.au

Continued next page

Upcoming events...

Click on the links for more information
Got an event? Email us at: multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
November 22-23	Hervey Bay 100 triathlon	Saturday events: Mini aquathlon 500m/50m/500m. Junior aquathlon 1km/200m/1km. Junior triathlon – 400m/12km/3km. Intermediate triathlon – 600m/16km/4km. Senior triathlon – 600m/16km/4km. Have a Crack Triathlon – 200m/8km/2km. Sunday event: 2km swim, 80km ride, 18km run.	Hervey Bay	www.hb100.com.au
November 28	Friday Night Summer Crit Series	A, B, C and D grades criterium cycling. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Caloundra	www.scccrcing.com.au
November 28	A Glow Stick Run	8km, 6km and 4km run through winding flat even trails by the glow of glow sticks at Novotel resort.	Twin Waters	www.glowstickrun.com
November 30	Triathlon Pink – women's only event	Ultra: 600m swim, 18km ride and 6km run (2x300m swim, 6 lap bike, 6 lap run). Long: 300m swim, 8km ride, 3km run (4 lap bike, 1 lap run). Medium: 200m swim, 6km ride, 2km run (3 lap bike, 1 lap run). Short: 100m swim, 4km ride, 1km run (2 lap bike, 1 lap run). Kids triathlon: 50m swim, 1.5km ride, 500m run (1 lap bike, 1 lap run).	Kawana	www.triathlonpink.com.au
December 5	Friday Night Summer Crit Series	A, B, C and D grades criterium cycling. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Girraween, Noosa	www.scccrcing.com.au
December 6-7	Bribie Island Series race two	Saturday: Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 1000m swim, 29km cycle, 8km run.	Bribie Island	www.briebietri.com
December 7	Beerwah 5000	Fundraising 5km and 2km runs. Inaugural event organised by the Glass House Mountains Running and MTB Group.	Beerwah	www.active.com
December 21	Buderim9 cycling challenge	Climb nine Buderim hills, covering more than 70km, within three hours.	Buderim	www.buderim9.com.au
December 21	Xtreme OCR Christmas Special	Obstacle course racing, there will be the 5km, 10km and 15km courses.	Even Maddock Dam	www.xocr.com.au
January 24	BW@N - Beerwah at Night	Queensland's only 50km night time trail run - 50, 30 and 10km options.	Mt Beerwah	www.runqueensland.com
January 31	Noosa Summer Swim	First event in the Queensland Milk & Co Queensland Ocean Swim Series. The event includes a range of popular ocean swimming distances, 2km & 1km, along with a 300m Nippers Surf Dash.	Noosa	www.iconevents.com.au
January 31 – February 1	Tre-X Off Road Triathlon Series	Long: 500m swim - 15km MTB - 6km trail run. Short: 350m swim - 10km MTB - 4km trail run. Teaser: 150m swim - 5km MTB - 1km trail run.	Twin Waters	www.tre-x.com.au
January 31- February 1	Bribie Island Series race three	Saturday: Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 1000m swim, 29km cycle, 8km run.	Bribie Island	www.briebietri.com
February 8	Queensland Tri Series round five	Three triathlon races. QTS - 400m swim, 15km cycle, 4km run. Enticer - 200m swim, 7.5km cycle, 2km run. Kool Kids - 100m swim, 2km cycle, 400m run.	Caloundra	www.qldtriserries.com.au
February 21	Mooloolaba Mile	Round two in the Queensland Milk & Co Queensland Ocean Swim Series. Includes the mile (1.6km) course, along with half mile (800m) and 300m kids dash.	Mooloolaba	www.iconevents.com.au

Continued next page

Upcoming events

Click on the links for more information
 Got an event? Email us at: multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
March 7-8	Bribie Island Series race four	Saturday: Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	www.briebietri.com
March 8	Bendigo Bank Just Tri It	Triathlon short: 300m swim/10km ride /3km run. Triathlon long: 600m swim/20km ride/6km run.	Caloundra	www.caloundratriclub.org.au
March 8	Kings of the Coast	Your chance to conquer one of four open water distances – 3.8km, 2km, 1km or a free 300m Kids Dash.	Kings Beach	www.iconevents.com.au
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	www.triathlon.org.au
March 14-15	Mooloolaba Triathlon Festival	Friday night: 5km run. Saturday: Ocean swim, Superkiz Triathlon and Mooloolaba Special Triathlon. Sunday: Olympic-distance triathlon.	Mooloolaba	www.usmevents.com.au
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	www.in2adventure.com.au
March 29	Bendigo Bank Just Tri It	Triathlon short: 300m swim/10km ride /3km run. Triathlon long: 600m swim/20km ride/6km run.	Caloundra	www.caloundratriclub.org.au
May 2	TooMoo 2015	Fully supported one day ride from Toowoomba to Mooloolaba, 220km.	Toowoomba to Mooloolaba	www.toomoo220.com
May 2-3	The Queensland Cross-Triathlon Championships MultiSport Weekend	Long: 1000m swim - 28km mountain bike - 10.5km run. Short: 350m swim - 10km MTB - 3.5km run. Teaser: 150m swim - 4km MTB - 1km trail run. Dirt Kids: 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	Swim 10km, bike 20.2km, run 84.3km.	Noosa	www.ultramanoz.com
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
August 30	Sunshine Coast Marathon and Community Festival	2km, 5km, 10km, 21.1km and 42.2km runs.	Alexandra Headland	www.sunshinecoastmarathon.com.au
September 13	Ironman 70.3 Sunshine Coast	Long distance triathlon, 1.9km swim across Mooloolaba bay, 90km ride along the Sunshine Motorway (two laps) and 21km run from Mooloolaba to Cotton Tree (two laps).	Mooloolaba	www.ironman.com

THE SUNSHINE COAST'S BEST AND ONLY TRUE MULTISPORT PUBLICATION

Multisport MECCA

Editor: Grant Edwards - grant.edwards@apn.com.au
 Manager: Geoff Crockett - geoff.crockett@apn.com.au

To subscribe, email us your details to multisportmecca@apn.com.au