

Multisport MECCA

Sunshine Coast Daily

Wednesday, September 9



Born again athlete

HAVING stared death in the eye, Mick Blinkhoff wanted to make the most of his second chance.

Lucky to survive a car crash after hitting a culvert at more than 100kmh he wanted to achieve more with his life.

That led to a new relationship with triathlon and the 34-year-old has cast aside his life of smoking and heavy drinking. On Sunday he will undertake his first long distance event at Ironman 70.3 Sunshine Coast.

"Triathlon has completely changed my life physically and mentally," Mick said. To Page 2

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Complete lifestyle turnaround

From Page 1

"Physically, I'm in much better shape. I have dropped about 25-30 kilos, but your outlook on life...you are very positive, you are a go-getter. My work has improved and I'm one of the top (sales) reps in the country and that has all come from attitude.

"I am far more positive being a triathlon person. Everyone else you meet in the sport is exactly the same.

"It really helps to change your life. You start eating better, feeling better and start thinking better and that all filters down to your professional and personal life."

The life changing moment occurred between Emerald and Longreach in June, 2013. Mick doesn't remember full details, but he could have had a microsleep, and the vehicle he was driving left the road, hit a culvert, then rolled several times for about 200m.

Yet he managed to walk away with just superficial cuts, abrasions and whiplash.

"I remember being in the car and coming off and then it being in the air and I just closed my eyes and gave up. I figured that was it," Mick said.

"It probably took another couple of months to realise the importance of what I had been through."

Mick attended counselling sessions to address nightmares, and it was there he found new inspiration.

"I felt a bit guilty that I had perhaps wasted a portion of my life and hadn't really achieved much," he said.

"Being involved in a near death experience put things in perspective for me. I came to the realisation that if I'm not dead I better start living my life otherwise I might as well have died in the crash."

Mick had played casual cricket for years leading up to the accident, but two minor knee operations saw his activity levels dwindle.



Alexandra Headland's Mick 'Blinky' Blinkhoff will compete in his first Ironman 70.3 Sunshine Coast this Sunday.
Photo: Greg Miller

He was encouraged to attempt triathlon by his brother at his mum's birthday party, and he began training the next day for a QTS enticer event.

Losing about 5-10kg within six weeks, he got through the 200m swim, 5km bike and 2km run, but felt "guilty" he hadn't done a proper triathlon.

That led to the Olympic-distance event at Noosa last year (2:47:22), which was followed by Mooloolaba (2:54:07). Now, 70.3 is the next challenge.

His preparation for the 70.3 event has been interrupted though, and filled with sadness. Mick's mother passed away three weeks ago after a long battle with cancer.

"With the death of my mother is has been really hard to commit to doing all the training. But I made up my mind that mum wouldn't want me to stop doing anything and she would be really proud if I did do it," he said.

"I'm not going to do a good time, and I'm not going to

70.3 SUNSHINE COAST

Friday, September 11

3-7pm: Merchandise and expo open on Beach Tce.

4-7pm: Competitor check in, Beach Tce.

Saturday, September 12

6.30-7.30am: Ironkids check in at Charles Clarke Park

8am: Ironkids races start.

10.30am-4pm: Ironman bike racking, transition area, Brisbane Rd.

11am-4pm: Competitor check in, Beach Tce.

Sunday, September 13

4.45am-5.40am: Transition open.

5.55am: 70.3 race start.

6.05am: Age group race start.

2pm: Presentations and roll down ceremony at Mooloolaba Surf Club.

Swim start: Age group athletes to self-seed themselves into start zones prior to the race start. Each zone will align to a different expected swim time located on the beach. There will be four different zones: under 30min, 30-35min, 35-45min and 45min-1hr.

achieve the results I set out to achieve, but I'm going to finish it. More than anything it will be for mum."

Mick's training includes about nine sessions a week.

Using a Brad Beven

program, he tries to get in about 15 hours a week. His total volume in a week would see him chalk up about 10-15km in the pool and ocean swims, 300km on the bike and run around 40km.

Primed for title defence

MOOLOOLABA'S Caroline Steffen has enjoyed a stellar year in international triathlon and hopes to keep her good form rolling ahead of Sunday's Ironman 70.3 Sunshine Coast, as she attempts to defend her title on home soil.

The race will be the two-time ITU long distance triathlon world champion's last hit out before the Ironman World Championships in Hawaii.

You had a bad crash in the Philippines last month which had stopped you from training. How is your recovery? (Caroline collided with a spectator who ran onto the course during the bike leg. Caroline hurt her ribs went on to win the race while the spectator was taken to hospital).

"Yes, I am back on the road

and pretty much pain-free and almost at 100%. I am feeling okay and am getting back into it which is good for me. It was hard after I crashed but I should be fine (for Ironman 70.3 Sunshine Coast)."

How important is it for you to successfully defend your title here?

"It is really important to me to win again, especially being my home town. I really want to defend my title and go well. It is a big mark on my calendar."

How do you rate the field of the elite athletes?

"There are definitely some really big names in the 25 girls of the elites. There are a lot of great competitors including Annabel Luxford who has been getting a lot of points at the moment. We had a good race in Cairns and I managed to get

that one so she will look to get one back on me. Rebecca Keys is another Aussie who is going very well as well as Beth Walsh, who is now based at Noosa. She has also qualified for Kona.

Speaking of Kona, how important is this weekend's race ahead of the world championships in October?

"It is so important. It is really the last chance you have to see how your body is going before the big race in Kona. It allows you to see how your body handles the speed, even though it is a half Ironman. There is only four weeks to Kona."

You have earned runner-up honours at Kona twice. What do you think you have to do to go one better and be crowned world champion?



Caroline Steffen wins in 2014. Photo: Warren Lynam

"I am not sure, other than that you have to have the perfect race. You have to make sure your preparation is 100%. So many things can go wrong and if you are off it can really hurt you. You just have to see how the race unfolds and hope that everything plays into your cards. If that happens then you can grab that win."

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Are you 'positioned' for a good swim?



By **GARY DONOVAN**
& **GLEN MAHONEY**



SubLX swim coaches,
specialising in triathlon and open water athletes

OFTEN overlooked is your personal start position before the race commences.

Most triathletes just swing their arms, get the blood pumping, adjust their goggles and then get caught in the melee of bodies. We're sure that even if this isn't your first half Ironman distance, the nerves will be there and the last thing you want to do is contemplate where you should start.

Well why add fuel to the fire and give yourself even more potential stress caused by being right amongst a big group, swimming aimlessly forward?

By observing and studying the swim course beforehand, it could give you the upper hand in being away from the big groups, allow some stress to subdue somewhat, and possibly relax you a little if you're not a strong swimmer or detest the swim start altogether.

Sure, you could sit back and let the crowds go ahead of you. That is very wise. However, for those who would rather be in the mix for the bike leg, positioning yourself correctly could save you valuable time...

Take the swim course here – locals will know it well, yet who has actually thought about where to start?

Moreover, those who are not familiar to the area, would probably know little about the course. Let's discuss a few issues that could impact you on race day. Additionally, be mindful that these issues could impact on any race at any location.

Sunrise: This will probably



be around 6am and will rise roughly to the left of Point Cartwright.

The sun will be of little issue once you turn the third (maybe the second) buoy and are heading for home; however, if you're swimming directly into a blistering sun, it could be an issue.

Sure, you could follow those in front. Nonetheless, are you sure those in front are on the correct line? You need to be in control of your race and be prepared if something arises outside of your control.

A way to help you when the sun is in your eyes is to use other markers that are not in front of you. Alternatively, you could sight more often than usual. However, this can be difficult if you're not used to sighting – such as giving you a very sore neck. You also have the possibility of more irritation from the wetsuit. This could lead to you feeling very uncomfortable on the other two legs if chafing occurs.

Before the start, note buildings, trees, buoys on the opposite side of the course, boats (as long as they're anchored!) or the shoreline as a reference. These could also be used if the sea is so rough that you cannot look forward at all. In addition, use these (if they

have lights) if you're starting a race in the dark, just before sunrise.

Goggles: Do you have a dedicated pair for racing? Are they clear or tinted? Tinted will no doubt give you slightly better vision if you're staring directly at the sun.

Breathing. For this particular course, I doubt it will be an issue. However, places where the sun rises directly to the left or the right of the swim course could impact on you breathing. If you breathe unilaterally to the right and the sun is on your right (major issue if the race is a straight, ironman distance), it can cause you to lose rhythm, concentration, direction and time. We would advise against bilateral breathing; although this may be your only choice. We prefer you to breathe to your non-racing side. Hence, this should be practiced long in advance to any race.

Start line positioning:

Where is the first buoy? Dog left or dog right? Straight ahead for a while or more or less on top of you immediately?

Wherever it is, ensure you're directly in line with it if you're a strong swimmer, or as far away from it if you're not a strong swimmer. Chances are, if you're a strong swimmer you'll be in the front pack even with

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the rolling swim start.

If not, you should think about being far away from that pack. For example, if most swimmers are positioning themselves to the left of the start line, position yourself to the right. You'd be amazed at how many athletes magnetise towards each other at the start line. The four-zoned rolling swim start will assist avoiding large packs and ease congestion.

Furthermore, if you're a strong swimmer and think you'll be in the front pack, you really want to know where your competition is...therefore, if you breathe to your left, start right. You'll get a good look without sighting as to where your opposition are. And vice versa. You'll also be surprised how much clean water you'll have to yourself at the start line.

Wireless could be game-changer

By GRANT EDWARDS

THE revolution has arrived. Wireless shifting has become a reality, with SRAM unveiling its eTap system.

Forecast to arrive early in 2016, the state-of-the-art system is expected to cost about \$4000 – but that will be dependent on the Australian dollar value.

Electronic systems aren't new in the shifting world. The game-changer is wireless functionality which SRAM brings to the table.

Bike builders and riders who travel regularly with their machines will rejoice at a more simplistic system which means no technical and complex internal cabling.

The key changes come in operation. Using what SRAM calls "advanced shift logic", the right lever makes it harder, the left lever makes it easier, while tapping both levers to changes the front ring.

Simplicity is at the system's heart. There are four components: left shifter, right shifter, front derailleur and rear derailleur.

While the four mechanisms communicate, they operate independently.

Providing power to the derailleurs are rechargeable lithium ion batteries which pop in and out. They can be

VITAL STATISTICS

Batteries: Literally a snap to remove and charge. Just flip the tool-free battery latch up and slide the battery up and out of the derailleur. Then snap the battery into the USB powered charger and connect the charger to any USB power source or A/C USB adaptor. A full charge takes 45 minutes to complete.

Weight: Rear derailleur 239g, front derailleur 187g.

Bottom line: Expect about \$4000 for road and slightly more for aero groupsets.

recharged within about 45 minutes using a USB charger and are good for more than 1000km.

The levers use 2032 coin cell batteries which are expected to last for two years.

When not in use the components go to sleep to save power, and are only at-the-ready when woken by accelerometers.

Brian Jordan from the SRAM Advanced Development Team said they analysed what's currently available, primarily Shimano Di2, but they purely reflected the same functionality as mechanical systems.



SRAM wanted to use electronics to make shifting easier.

"Having one control per hand was the simplest, most intuitive, most direct, fastest way to shift," he said.

"Initially, we weren't sure how we were going to shift the front. Then the idea came to us what if we just tap them together.

That was the event that made this all possible."

The developers investigated all options, including Bluetooth, ANT+, but nothing ticked all the boxes in terms of security and fast shifting.

They wanted two radios to sending a signal at the same time which is part of the reason for this revolutionary development.

The eTap groupset uses a 128-bit encryption, using wireless protocol known as "AIREA", and each time a groupset is paired, a new encryption code is generated and assigned to the



components in this group to "ensure shifting security".

Firmware updates can be done using the included USB stick, while SRAM worked with Garmin throughout the development process to develop communication capability between eTap and Garmin GPS devices.

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Festival atmosphere ramps up

COURSE improvements and a new expo environment helped deliver a memorable Seven Sunshine Coast Marathon and Community Run Festival last week.

While participant numbers were down slightly on last year, more than 5700 toed the line across various distances.

With the Bridge to Brisbane staged on the same day, it saw numbers down in both the 10km and 5km events but the marathon and half-marathon saw entries increase.

Race director Jason Crowther of Atlas Multisports said the new expo precinct and the various family activities, including a jumping castle and pony rides, helped deliver a carnival-like atmosphere.

"We have had the most positive feedback from any event yet," he said.

"There were a lot more people at the precinct and this was due to the larger expo and the family fun day. I'd like to thank Alex SLSC for organising and sponsoring the family entertainment."

Next year's event will be staged on August 21, and Jason said further improvements will ensure it "will be bigger and better again".

"As the event numbers grow so will the course. More on course entertainment will be added for runners and the



The Rockers for Knockers team saw more than 270 runners take part, raising more than \$20,000 for the Cindy Mackenzie Beast Cancer Foundation. Team leader and breast cancer survivor Ruth D'Hennin finished the 10km in 1:21:32.

Photo: Che Chapman

entertainment precinct will now see an addition of family fun on the Saturday afternoon and night for runners and the community," he said.

This year's marathon saw Ethiopian Samuel Woldeamanuel shave two minutes off the record with a time of 2:18:30, Victorian Dion Finocchiaro finished second in 2:29:01 while the pre-race favourite Kenyan Andrew Kimanthy finished third in 2:30:21.

Woldeamanuel is seven years Kimanthy's senior but it didn't show as he burst out of the blocks to take a massive early lead.

The word in the crowd was that he had gone out too fast too early, but there was no

stopping the 34-year-old.

In the women's marathon, Fiona Kupresanin won in 3:00:59, ahead of Sally Matsubara 3:02:37 and Kerri Hodge 3:03:27.

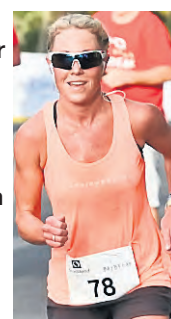
Meanwhile in the half-marathon, Alastair Stevenson made the trip up from Brisbane to post a new course record of 1:09:06.

The women's half saw Malin Olsson victorious with a time of 1:23:57, closely followed by Sharon Ryder 1:24:15.

Peter Run was quickest in the 10km with 33:31, and in the women it was the Sunshine Coast's own Kirra Seidel crossing the tape first with an effort of 36:38 ahead of her return to triathlon this Sunday in the Ironman 70.3 Sunshine

Last week's 10km winner Kirra Seidel has completed a two-year triathlon ban for elevated levels of testosterone. She said back in 2013 she was innocent and denied taking any illegal substances but was unable to get the sanction overturned.

Photo: Alistair Brightman



Coast. In the 5km event, Liam Woollett (15:36) and Romy Wolstencroft (18:37) were victorious.

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Position your body for speed



By **BRAD BEER**
Physio,
triathlete, media
commentator
and author

WHEN a runner over-strides their foot lands out in front of their body. On impact, the body's resultant position is one that is leaning backwards.

The leg on impact is extended straight and the runner's torso, from the waist up, is on a backwards lean.

One obvious problem with leaning backwards is that the runner is leaning away from the direction they need to go.

In contrast, leaning 'into' your run (i.e. leaning forward from the ankles) allows gravity to pull you forwards, reducing the workload of the legs. It makes sense to move from point A to point B by allowing gravity to 'pull' you there, as opposed to 'pushing' yourself there.

Forward lean is similar to the accelerator in your car; if you want to go faster, lean in more – put your foot on the accelerator. If you want to run slower, simply lean back and take your foot off the accelerator.

In addition to slower running speeds, the other problem with a backwards body lean is that the body must deal with the injury-creating braking forces that are encountered with foot strike impact. These forces are the same braking forces that the over-striding runner encounters.

A good body position for a runner is characterised by the following:

- Forward lean that occurs from the ankles (not the waist). The angle of forwards lean is approximately 10 to 15 degs. The head is looking ahead at the horizon and not down.

Looking down tends to make the runner bend at the waist and 'fold' into the ground.

- The chest is projecting forwards and upwards from the sternum. This creates a 'lift' effect for the runner's torso and hips.

- The runner's bottom is 'tucked under'. Many runners run like they are sitting in a chair with the bottom in effect 'sticking out'. This is often due to tight hip flexors and quadriceps, which can be the result of prolonged sitting. Simply tucking the bottom or tail bone 'under' while running can create a taller runner with better technique and, therefore,



Action from last week's Sunshine Coast Marathon and Community Run Festival.

Photo: Che Chapman

efficiency. Stretching the hip flexors and quadriceps is also useful.

In order to optimise your body position, try the following when running:

- Project your body upwards – don't look down to the ground. If you look down to the ground, your body will follow your head position. Instead, look straight ahead and project your sternum (breastbone) upwards on an angle of about 45 degrees to the ground. If you feel confident when you run, you will look confident, and a confident runner is a fast runner.

Another key is to use your arms. The arms play an important role in setting a good rhythm and leg cadence and propulsion.

You can ensure that your arms are contributing toward running with good technique in several key ways. They are:

- Keep your shoulders relaxed and away from your

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Brad's
full blog



POGO

ears. I often joke with runners to not let their 'shoulders eat their ears'.

- Minimise excessive movements of the arms.

- Keep the angle at your forearm to upper arm close to 90 degrees.

- Don't let your hands cross the midline of your body.

- Move your arms faster if you want your legs to follow.

- Make sure your hands come back as far as your hip. Imagine you are 'elbowing' someone behind you with the tip of your elbow.

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Caveman diet not for athletes



By **JESSICA DEKKER**
Dietician with
Atlas Multisports

CAVEMEN may have hunted and gathered, but they never had to swim, ride or run for extensive periods of time.

Athletes considering the Paleo diet may need to think again. Channel Seven's Mike Willesee put the controversial diet to the test with success, but for someone surviving on high doses of Coke and ice-cream, we would expect similar effects from any change to a balanced diet.

The diet first came about in 1985 based on the theory that current day chronic diseases are a result of the human body being unable to adapt from Paleolithic times.

Despite the fact that this has been disproven on multiple occasions (most cultures have adapted to be able to digest starch and dairy), the Paleo diet has a strong following in Australia.

While the type of foods included in the Paleolithic era depended on what was available in the area, the general diet consisted primarily of vegetables, fruits, nuts, insects, roots and meat.

The carbohydrate content of the diet was dependent on the availability of fruits and vegetables but was not necessarily low.

The diet tended to be higher in protein, lower in fat with a focus on essential fatty acids, lower in sodium content and higher in fibre.

Note that no one who lived in the Paleolithic era would have consumed coconut oil or other fat spreads as they had no way of extracting and refining it.

Despite this, proponents of the Paleo diet recommend regular use of butter and coconut oil, which are high in



Celebrity chef Pete Evans is an advocate for the Paleo way.

saturated fats and may be problematic for those with an increased risk of heart disease.

It's no surprise that sugar and alcohol are excluded from the diet as they are both nutrient-deficient sources of energy and their consumption is not promoted by any health organisation within Australia.

Unfortunately, that hasn't made much of a difference to the large proportion that these foods take up in many people's diets (how many cans of Coke did Mike Willesee say he drinks in a day?).

However, the Paleo diet also recommends excluding dairy, grains and legumes from the diet.

These food groups have been proven to show health benefits and contribute to a balanced diet according to the Australian Dietary Guidelines (which are backed by over 55,000 studies) so let's take a closer look at the reasoning behind their exclusion.

According to Pete Evans, dairy, grains and legumes are excluded for the following reasons:

- Dairy causes inflammation within the body. A recently published study has disproven this theory once and for all! Excluding cases of lactose

intolerance and milk protein allergies, dairy does not cause inflammation.

- Legumes create gas in the digestive tract. The gas associated with legumes can generally be alleviated by longer cooking times and gradually building up a tolerance in the digestive system. Although it does not cause any long-term damage, people suffering FODMAP intolerance or gastric upset from legumes may prefer to exclude these from the diet for their own comfort.

- Grains are an unnecessary "filler" contributing to weight gain. Aside from the fact that they are a great source of fibre, the extra carbohydrate provided by grains in the diet is needed by most athletes for fuel and recovery during intensive exercise. It can be difficult for athletes to meet their carbohydrate needs without grains.

When exploring the affordability of the Paleo diet on a US model, one study concluded that a 9.3% increase in income is needed to achieve nutrient targets.

This study also reported a large drop-out rate from participants, suggesting that the diet is difficult to stick to.

Click here
to visit
Jessica's
website



However, depending on the current dietary habits of the individual, adapting some trends from the Paleo diet may be beneficial.

Protein sources

Grass-fed, lean meat is a great source of protein and other micronutrients to assist in muscle recovery.

However, most Australians already meet their protein requirements and then some. Excessive meat intake, particularly if it includes grain-fed and fatty cuts of meat, can contribute to cardiovascular issues and cancer.

In addition, the environmental impact of growing animals over growing plant crops raises sustainability issues if everyone increased their meat intake.

Dairy is another great source

To Page 11

Some Paleo traits beneficial

From Page 10

of protein and other micronutrients, including calcium. Most Australians struggle to meet their calcium requirements when dairy is included in the diet, let alone without it. Assisting with bone development and strength, calcium is a particularly important nutrient for athletes. Thus, in the absence of lactose intolerance or milk protein allergies, the exclusion of dairy from the diet is not recommended.

Carbohydrate sources

Emphasising intake of fresh fruit and vegetables as carbohydrate sources is currently recommended by the Australian Dietary Guidelines as a great way to simultaneously meet micronutrient requirements. However, it can

be difficult and time-consuming to meet carbohydrate requirements through fruit and vegetables alone on days involving intensive exercise sessions.

As carbohydrate is the body's preferred energy source, limiting its intake can lead to poor performance and inefficient recovery.

On top of this, removing caffeine from the diet may hinder performance if it is normally part of your routine.

Aside from being excellent sources of carbohydrate, the inclusion of grains and legumes in the diet has several benefits.

These foods contain fibre and pre-biotics which are important in increasing the good bacteria in the gut, maintaining a healthy digestive tract, promoting satiety and



Photo: Kevin Farmer

reducing risk of diseases such as bowel cancer. Some Paleo athletes put their diet on hold to consume grains and sports gels before, during and after training sessions and endurance events.

Alternatively, you could remove the Paleo label from your lifestyle and simply follow a balanced diet that includes all of the food groups.

If you still want to restrict your diet to follow the Paleo trend as much as possible, it is recommended to have a break from the diet during extended training sessions and events to meet carbohydrate needs. Consult with your GP and accredited practising dietician to ensure you are achieving macro- and micro-nutrient requirements.

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Helping athletes comes naturally

Fresh from the launch of his his Natural Athlete website, Multisport Mecca caught up with **Scott Farrell**

AFTER being in the sport of triathlon for a couple of years and moving up to iron-distance racing, Palmwoods resident Scott Farrell discovered a passion for nutrition.

From his perspective, it's one of the most under utilised areas of the sport.

"I wanted to know more to be able to get the best performance from myself and the athletes I coach," he said.

"There is plenty of information on the internet in regards to sports nutrition, however, it's often information overload and I found it conflicting and therefore confusing to know how I should be fueling myself as an endurance athlete."

So, Scott signed up to a Bachelor of Nutrition at the University of Sunshine Coast to learn the ins-and-outs of how food interacts within the human body and how this applies to sport.

His hobby quickly became his passion and his passion eventually became his career.

What was the most important step in starting out?

The biggest step was quitting my secure, full-time job as a teacher and going back to university as a mature-aged student with my first child on the way while buying our first home and training for my first Ironman. I'm still not entirely sure how we survived those years.

We decided as a family that we were better off being poor for a few years and working towards doing something that I loved, than hating my job for the next 30 years.



Scott Farrell is the man behind the Natural Athlete website.

Photo: Contributed

It was a big leap of faith but something I'm very glad I did.

Why do I need an endurance sports nutritionist/how can you help me?

How much money did you spend on your bike, your tri-suit, your race entry, travel, accommodation, time off, your coach etc to get to your big race day?

And yet your nutrition can make or break you on the day.

So many of us fall for the mass marketed 'sports' products because we don't know any better. Or use a product simply because a friend recommended it. Or are unsure if they're getting enough carbs. And then we wonder why we 'bonked' or didn't go as well as well as we would have liked. That's where I can help.

You might be looking to move up some places in your age group, searching for a big PB or looking to qualify for the world championship. You may have had trouble with bloating, nausea, stomach cramps, sluggishness or bonking in previous races.

It's my passion and I truly love seeing fellow athletes achieve their sporting goals.

What is your nutrition philosophy?

I believe nutrition plays a key

role in helping people to make gains in performance they might be missing out on.

Nutrition doesn't need to be confusing and involve following a strict meal plan that leaves you hating food and the whole process of preparing and eating meals.

I feel it should be something that both advances your performance and is enjoyable at the same time.

Eating in a long-term, sustainable way is crucial - if you can't see yourself eating the way you are now in a few years down the track, then you're not on the right path.

What separates you from other sports nutritionists?

Endurance sport is my life. I live and breathe it every day. If I'm not training myself, I'm creating nutrition plans or training plans for my athletes in a myriad of disciplines.

I aim to fuel myself (and my athletes if they choose) as naturally as possible and am genuinely concerned about where my athletes will be with their nutrition five and 10 years down the track.

I've also tried my hand at most events and distances and have trialled my fair share of products and plans. I believe these experiences are invaluable as a nutritionist and coach.

NUTRITION EXPERTISE

Scott's website www.naturalathlete.com.au is there as a platform for people to get in touch, to get nutrition tips and tricks through his blog and to be inspired with natural recipes for race-day, training and recovery. Jump on the website and get in touch for a free 15 minute consultation to see how Natural Athlete can take you to the next level.

This is my niche, I know it in and out. I'm a teacher at heart and truly love to see my 'students' succeed.

What are your goals for Natural Athlete?

My goals are to work with endurance athletes to educate and boost their performance, whilst designing a nutrition plan (for race-day, training and/or recovery) that is both enjoyable and sustainable to follow.

My job is to empower the individual with the skills needed to create a performance-based mode of eating.

I want to see people enjoying their training and racing, not worrying about what to eat at any stage of the game.

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Bargain buy of micro segment

By **GRANT EDWARDS**

MALIGNED for their fiscal ways, our world's tight-arses are often the butt of discounting jokes (see what I did there?)

Yet those fiscally responsible have the luxury of possessing a pot of gold for whenever they need it... and for those who can't see the point of investing heavily on motorised transport and would much rather see a new bike in their garage, the chances of buying a new car are scant.

Although the Suzuki Celerio may change minds. This year it topped the RACQ and NRMA cheapest car to run survey.

That's not some Mickey Mouse accolade either. The motoring clubs do their sums across depreciation, fuel consumption, registration, insurance and servicing.

Their calculations revealed the Celerio weekly ownership cost is less than \$100.

Although, even though the manual sits at \$12,990 drive-away, it's not all about being cheap. Our test has revealed the Celerio is one of the surprise packets of 2015, for not only its frugal ways but also driving aptitude.

Filing into the micro machine segment, the Celerio won't fill the people-mover void but is aimed at the second family car or young person's first purchase.

Four adults can find enough space within the compact cabin, which features wide use of hard plastics – standard fare for this genre.

There's nothing too high-tech that will have you getting lost via the various dash buttons, and even linking your phone via Bluetooth is fast and simple. The audio quality is good and we had some highway conversations without any



issue... we can't say the same about some other budget models due to the road noise and feedback issues from the microphone/speakers.

Seats are flat but soft and spongy, and we had no issue finding a comfortable driving position, even though the steering wheel only adjusts vertically and can't be pulled closer to the driver.

Figures etched on paper sound underwhelming to motoring aficionados.

Powered by a 1.0-litre three-cylinder generating just 50Nm and 90Nm, about half that of your run-of-the-mill Corolla or Mazda3, the pint-sized Celerio punches well above its weight.

In fact, it's that weight which plays a pivotal role in the Celerio's fleet-footed ability. Tipping the scales at just 830kg, it gets along nicely.

Land speed records won't be broken, yet we still found the three-potter partnered with the five-speed manual responsive and good for wide-ranging metro and rural conditions.

Sitting on 110kmh just above 3500rpm the Celerio feels comfortable. Only when you



VITAL STATISTICS

Model: Suzuki Celerio.

Details: Four-seat front-wheel drive micro-size hatchback.

Engine: 1.0-litre three-cylinder generating maximum power of 50kW @ 6000rpm and peak torque of 90Nm @ 3500rpm.

Transmission: Five-speed manual.

Consumption: 4.7 litres/100km (combined average).

CO2: 108g/km.

Bottom line: \$12,990 drive-away.

Website: www.cricksmaroochydoresuzuki.com.au

are sandwiched between trucks do you feel the cute dimensions, but the little Suzi has nicely weighted steering and feels confident courtesy of a wheelbase (distance between the centres of the front and rear wheels) that has grown 65mm compared to the old Alto.

In fact, the impressive highway ability of the Celerio highlights the need for cruise control. It's not available, but it can certainly handle longer travels and its super frugal on the flats.

Bargain basement motoring means you go without some niceties, but it does have a CD stereo with MP3 capability with USB input, full Bluetooth connectivity with steering wheel mounted controls, air-conditioning, central locking and power windows all around.

The ANCAP safety rating is four stars because the Celerio doesn't have the minimum safety assist technologies (like autonomous emergency braking, lane departure warning and fatigue detection), but it does have six airbags, along with anti-lock brakes and traction/stability control.

Also worth a look are the Mitsubishi Mirage (\$11,990), Holden Barina Spark (\$12,890) and Nissan Mira ST (\$13,490).

Combining some city and highway travel, we squeezed 4.5 litres for every 100km out of the Celerio. That's lower than the official figure.

Capped price servicing is available, but the intervals are at six months/10,000km, whereas most vehicles nowadays are annual or 10,000km.

For such a small car the 254-litre boot is generous, plus the seats split-fold 60–40 which is great for oversized cargo.

Up front there are two cup holders, which accommodate larger drink bottles (which can also fit in the doors), and another one in the back.

Storage includes a good nook next to the USB plug which is perfect for phones, but you go without a console bin due to the tight dimensions.

Finding value nowadays seems to be a constant battle. For those wanting reliable, cheap transport, then the Celerio fits the bill.

Raising the bar

THE wheel-maker regarded as the benchmark of dynamics and speed is about to deliver a host of upgrades across its rim brake Firecrest range, an improved aluminium offering along with even faster new wider rubber.

Available this month, and at lower prices, Zipp's Firecrest line-up and the 202 tubular wheelsets feature new hubs that are designed to be low maintenance and durable.

Claimed to raise the bar even higher, the new 77/177 hub boasts improved bearing protection with no need for pre-load adjustment. They also come with new-look skewers that have a wider handle.

The Tangente "wide" clincher tyre range has also been improved. There are two training options, the Course

R28 and R30, while the latest addition is the Speed R28.

With disc brakes rapidly growing in popularity, riders will be able to run tyres larger than 25mm widths to which many bikes are currently limited.

The Course R28 weighs 260 grams while the R30 is 43 grams heavier, although both offer rolling resistance of 33.15 watts at 40kmh.

But the R28 Speed weighs just 216 grams and has only 21.97 watts of rolling resistance at 40kmh.

And with the growing popularity of cyclocross, Zipp has upgraded its 30 Course aluminium rim-brake wheelset.

Available as both a clincher and a tubular the 30 Course has a 25mm external rim width and a 21mm internal rim width.

The wider rim platform allows



Tangente Course R28

Tangente Course R30

Tangente Speed R28



for increased air volume which is designed to improve cornering grip and increase comfort.

This wheelset features the

same hub as the Firecrest range, and the clincher is also tubeless-ready.

Expect it to be available from October.

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The latest and greatest...

Optimise torso and hip alignment during your next triathlon in the 2XU Men's LD Core Support Trisuit. Engineered using compression fabric panels zoned to the core and legs, this trisuit stabilises muscles to enhance endurance and power as well as optimises circulation for fatigue resistance and faster recovery. Available from Allez Sport Mooloolaba for this weekend's 70.3. RRP \$280.



Just when you think they can't get any better the Asics Gel-Kayano 22 Lite-Show raises the bar of the already wow-worthy Kayano shoe. Offering mild to moderate pronation control, reflectivity, comfort and support with a mesh upper for breathability, you'll be running in more comfort than ever. Men (below) and women's (above) models are in store at Allez Sport Mooloolaba now. RRP \$249.95.



The Lapierre Sensium 500 is a carbon fibre road bike designed for females looking for comfort and performance with a longer wheel base and shorter top tube than some more race-oriented geometries. It retails for \$3200, but it is currently on sale for \$3000 at Bicycle Centre Maroochydore (which is now on Wisers Road).



Tried, tested and approved by top-10 Kona triathletes are the Compressport ProRacing Socks Ultralight 12G Run. The new model offers maximum freshness with their ultra-mesh ventilation and extreme lightness in the ultra-fine fabric. Easy to put on and pleasant to wear, you will forget that you are wearing them. Available from Allez Sport Mooloolaba in all colours of the rainbow. RRP \$29.95.



The KASK Bambino TT looks slippery...it's a helmet developed for extreme road, triathlon, and track cycling performance. The high performing shell is aerodynamic in all head positions. Wind-tunnel test data shows an outstanding CX rate at any YAW angle. Ventilation is via six micro air intakes on the front and four exhaust vents in the rear, connected via an internal air duct system. The visor is integrated with the helmet using a magnetic system. Retail price for the helmet is \$509 and \$109 for the visor, but check out the Cyclezone Mooloolaba stand at Ironman 70.3 this weekend for a great deal.



When it comes to MTB protection, the team at Venture Cycles has it covered. Catch up with Jez and the crew at the Noosaville store for all the big brands such as Fox, Troy Lee, Bell and Five Ten.

Upcoming Coast events

REGISTER YOUR EVENT
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
September 12-13	Glasshouse 100 Trail Run	Run options include 100mile (160km), 100km, 50km, 30km and 10km. The 100 mile course consists of two loops - the western section of about 110km and the eastern section approximately 50km. The terrain varies from easy gravel road to rough, steep single track.	Beerburum	www.glasshousetrails.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
September 20	Mountain bike orienteering – State Series, round nine	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburum	www.sunshineorienteers.com.au
September 26-27	Hells Bells and Fairy Bells adventures races	Hells Bells is a non-stop 24hr adventure race involving trekking, mountain biking, kayaking and other adventure disciplines. Mixed, male or female teams of three must navigate their way unsupported through an arduous 100+km course that is only revealed to them hours before the race. Fairy Bells is held simultaneously with three team members, but only two team members can be on course.	South-east Queensland	www.dareyouadventure.com.au
October 2-4	Atlas Multisports Training Camp	Two days dedicated to triathlon training at Noosa for athletes of all levels and distances. Activities include endurance training, swim and run skills and drills, pilates, nutrition information and transition technique.	Noosa Springs	www.atlasmultisports.com.au
October 4	Black Mountain Trail Race	45km ultra marathon and 21km half marathon following the original Black Mountain Road called the Twin Bridges Track.	Black Mountain	www.dynamicrunning.com.au
October 4	Sunshine Coast Trail Running Series	The South East Queensland Trail Running Series has evolved from four events on the Gold Coast in 2013, to eight events across the GC and Brisbane in 2014, to now include 10 events across the Gold Coast, Brisbane and Sunshine Coast regions. There will be 7.1 or 13.1km options, running in Tuchekei National Park.	Pomona	www.seqtrailrunningseries.com.au
October 10	Sunshine Coast Cycle Fest 2015 King and Queen of the Mountain	New annual cycling event to feature king and queen of the mountain in a timed event from Palmwoods to Montville - a scenic 8km 400m climb. That night followed by a Flouro Fun Ride in Movie Night.	Palmwoods, Montville and Cotton Tree	www.sccyclefest.com.au
October 11	Sunshine Coast Cycle Fest 2015 Gran Fondo	elli's Ride for a Reason' Fondo events, including a 100km Gran Fondo (6am start Cotton Tree Park Cycle Village) and a 25km Piccolo Fondo (8.15am start Andrew Street Park, Point Arkwright).	Cotton Tree and Port Arkwright	www.sccyclefest.com.au
October 11	Color Run Sunshine Coast	Also known as the happiest 5km on the planet, is a unique paint race that celebrates healthiness, happiness and individuality.	Sunshine Coast Stadium	www.thecolorrun.com.au
October 11	Maleny Lions Mountain View Challenge	The event includes a half marathon, a 10km run and a 3km fun run and walk. The Maleny Blackall Range Lions stage this event each year in order to raise funds for the Lions Medical Research Foundation.	Maleny	www.malenyblackallrange.qld.lions.org.au/projects/mvc
October 17-18	Bribie Tri race one	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 1.5km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	www.briebietri.com.au

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Upcoming Coast events

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Date	Event	Distance	Location	Website
October 24	The Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	www.runqueensland.com
October 26	Swim Queensland – World Swim Series	Swim Queensland is a new event and will launch the World Series Swims. Every year, the event will travel to a different Queensland beach. Events include marathon distance (3.8km), long course (2km), short course (1km) and junior (300m 8-16 years and 1km 10-16 years).	Mooloolaba	www.worldserieswims.com.au
October 30	Noosa Breakfast Fun Run	Get firing into the Noosa Triathlon and Multisport Festival with a 5km fun run.	Noosa	www.ap.ironman.com
November 1	Noosa Triathlon and Multisport Festival	Olympic distance triathlon (1500m swim, 40km ride, 10km run), as well as a 1km ocean swim, and a run/swim/run event.	Noosa	www.ap.ironman.com
November 8	Triathlon Queensland All Schools Championships	Queensland School Sport selection races. Senior Triathlon - 750m/20km/5km (birth years 1997-1999). Intermediate Triathlon - 600m/16km/4km (birth years 2000-2001). Junior Triathlon - 400m/12km/3km (birth years) 2002-2003. Primary Qualifier Aquathlon - 1km/200m/1km (birth years 2004-2005). Kids Aquathlon - 500m/100m/500m (birth years 2006-2008).	Lake Kawana	www.triathlonqld.com.au
November 8	Beach Bash	Beach Bash is the craziest and sandiest obstacle challenge in Australia. The course is about 4km with up to 26 exciting obstacles designed to challenge you. The kids' event is for 5-10 years and the course ranges from 1-2km.	Maroochydore	www.beachbash.com.au
November 14	Kawana Aquathon	Incorporating the Triathlon Queensland State Aquathlon Championships and Triathlon Australia National Selection Event. Full distance - 2.5km run/1000m swim/2.5km run. Enticer - 300m/2km. Junior (10-11 years) - 200m/1km. Mini aquathon - 100m/500m	Lake Kawana	www.qldtriseriess.com.au
November 15	Queensland Tri Series – round three	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 Waters	www.qldtriseriess.com.au
November 21-22	Hundy - Hervey Bay 100	Saturday features aquathlon events for kids born 2004 to 2008. Mini Aquathlon – 500m/50m/500m (2006 to 2008). Junior Aquathlon – 1km/200m/1km (2004/2005). Triathlon events for kids born 1997 to 2003: Junior Triathlon – 400m/12km/3km (2002/2003). Intermediate Triathlon – 600m/16km/4km (2000/2001). Senior Triathlon – 600m/16km/4km (1997 to 1999). Have a Crack Triathlon – 200m/8km/2km (15 years and above). Main event is the Sunday triathlon featuring a 2km swim, 80km cycle and 18km run.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 28-29	Bribie Tri 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, 30km cycle, 8km run.	Bribie Island	www.bribietri.com
November 29	Sunshine Coast Trail Running Series	There will be 14.7km and 8.3km options at Ewen Maddock Dam (Mooloolah Connection Rd). The South East Queensland Trail Running Series has evolved from four events on the Gold Coast, to now include 10 events across the Gold Coast, Brisbane and Sunshine Coast.	Glenview	www.seqtrailrunningseries.com.au

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Upcoming Coast events

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Date	Event	Distance	Location	Website
November 29	Triathlon Pink and Brooks Fun Run Pink	An all-female triathlon with varying distances: Short - 100m/4km/1km. Medium - 200m/6km/2km. Long - 300m/8km/3km. Ultra - 600m/16km/6km. Kids 7-9 - 50m/2km/500m. Kids 10-13 - 100m/4km/1km. And a 5km and 2.5km fun run and walk for adults and kids 1km run.	Sunshine Coast Stadium	www.triathlonpink.com.au
December 20	Buderim9	Climb nine Buderim hills, covering 75km, within three hours in one of the Coast's most challenging cycling events. Participants also raise money for the Cerebral Palsy League.	Buderim	www.buderim9.com.au
January 10	Hares and Hounds Trail Run	The Hares and Hounds Trail Run is a 55km trail race which can be run solo (the hares) or in a relay team of two to four members (the hounds). The hounds start an hour after the hares and try to chase them down. There are also 10km and 5km events on trails close to the pool; the relay/ultra goes from Woodford to Beerburum and return.	Woodford	www.traq.org.au
February 6	Noosa Summer Swim – World Swim Series	Ocean swim events include marathon distance (3km), long course (2km), short course (1km) and junior (300m 8-16 years and 1km 10-16 years).	Noosa Heads	www.worldserieswims.com.au
February 7	Queensland Tri Series – round six	Three triathlon races. QTS - 400m swim, 15km cycle, 4km run. Enticer - 200m swim, 7.5km cycle, 2km run. Kool Kids - 100m swim, 2km cycle, 400m run.	Caloundra	www.qldtriseriess.com.au
February 13-14	Bribie Tri 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 1.5km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 1km swim, 30km cycle, 8km run.	Bribie Island	www.briebietri.com
February 14	Sunshine Coast Trail Running Series	Two distances, 15.5km and 8.9km at Mapleton National Park. The South East Queensland Trail Running Series includes 10 events across the Gold Coast, Brisbane and Sunshine Coast regions.	Mapleton	www.seqtrailrunningseries.com.au
March 6	Mooloolaba Mile – World Swim Series	Events include marathon distance (3km), long course (2km), short course (1km) and junior (300m 8-16 years and 1km 10-16 years).	Mooloolaba	www.worldserieswims.com.au
March 10-11	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 11	Mooloolaba Twilight Run	Start the Mooloolaba Triathlon Festival with a 5km run from the Esplanade and part-way up Alex hill.	Mooloolaba	www.ap.ironman.com
March 12	Mooloolaba Superkidz & Special Triathlon	For all children aged 7-13 years. Distances include: 7-10 years 100m - swim/1km cycle/500m run. 11-13 years - 200m swim/3km cycle /1km run. (Age as at event day)	Mooloolaba	www.ap.ironman.com
March 12-13	Mooloolaba Triathlon Festival	Mooloolaba Triathlon Festival features the professional ITU sprint event on the Saturday, elite cycling criterium, with the centerpiece the Olympic distance (1.5km swim, 40km ride, 10km run) triathlon on the Sunday.	Mooloolaba	www.ap.ironman.com
March 19-20	Bribie Tri 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 1.5km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	www.briebietri.com

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Upcoming Coast events

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Date	Event	Distance	Location	Website
April 16-17	Qld X-Tri Championships and Multisport Weekend	Saturday am: QLD Cross Tri Champs: 1500m swim/30km bike/10km run. Sprint Cross Triathlon: 400m/7.5km/3.3km. Junior Cross Triathlon: 150m/5.5km/1km. Dirt Kids Cross Triathlon: 50m/2km/500m. Saturday pm: Mud Rats Kids Adventure Run, 8km trail run, 4km fun run. Sunday am: 45km XC MTB, 22km XC MTB, Mud Rats Dirt Bike. Times from tri champs, 9km trail run and 5km MTB combine for Dirt Master and Dirt Mistress titles.	Landsborough	www.tre-x.com.au
April 29-30	18hr Dark Side Champs and 12hr Dawn Attack	Two adventure races for all skill levels. The 18hr Dark Side four-person course includes: Up to 70km mountain biking, up to 40km trail running/trekking, up to 15km paddling adventure legs, intermediate navigation. 12 Hour Dawn Attack two-person course will complete: up to 40km mountain biking, up to 20km trail running/trekking, up to 10km paddling, adventure legs, basic navigation.	Sunshine Coast	www.adventureraceaustralia.com.au
August 19	Cricky's Onesie Run	Kick off the 7 Sunshine Coast Marathon and Community Run Festival with a 1km run on the esplanade in a onesie. Numbers capped at 100.	Mooloolaba	www.sunshinecoastmarathon.com.au
August 21	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
September 4	Ironman 70.3 World Championship	The world's best age group and professional triathletes will converge on the Sunshine Coast for the Ironman 70.3 World Championship. More than 3000 athletes will compete over a 1.9km swim, 90km bike and 21.1km run course.	Mooloolaba	www.ironman.com

Marathon festival in pictures...



Tracie Smythe on her way to running a 4:03:00 marathon.



Jenny McAlpin paced for the half marathon, and gave more than a helping hand to Al McLean.



Photos: Che Chapman



Gary Snelling, Lance Rule and Craig Rule finish the half-marathon in just over 2:06:00.



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ENTER ONLINE: www.sccyclefest.com.au

RIDE

Are you ready for a new challenge? Test your legs and endurance in the King & Queen of the Mountain Challenge from Palmwoods to Montville or round up your friends and family to enter the 25km or 100km Fondo events.

SUPPORT

By entering you are helping raise vital funds for SANDS Qld, a not-for-profit charity supporting families who have suffered pregnancy loss and stillbirth.

ENJOY

Cheer on the riders by lining the roads and encouraging them as they take on a new challenge. Bring the family to the **FREE** CycleVillage events at **Cotton Tree Park** including Queensland's only **Ride-In** movie night.

WIN

By entering any of the events you receive a limited edition Cycology T-shirt and automatically go in the draw to WIN 1 of 2 brand new GIANT bikes.

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