



Bring on our own festival

BRISBANE has one. As does the Gold Coast. Now it's time the Sunshine Coast jumped on the two-wheeled bandwagon with its own cycling festival.

The region, internationally regarded by amateur and professional riders alike, as a haven for cycling for its quality roads, minimal traffic and natural beauty will host its first two-day CycleFest event in October.

Early bird entries are

open for the event, to be held on Saturday, October 10, and Sunday, October 11, this year, with hundreds of amateur cyclists already quick to show their interest in the weekend's activities.

Organiser Adam Mathieson said despite the coast's renowned passion for cycling, he was still overwhelmed with the response for the event,

To Page 2

The Coast's Dan Fitter wins the criterium at Tour of Toowoomba.

Photo: Kevin Farmer



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From Page 1

particular this far in advance.

Interest from outside of the Sunshine Coast has also been strong with cyclists from Brisbane, the Gold Coast and Hervey Bay entering events on Saturday and Sunday and planning to make a weekend of the festival.

"Sunshine Coast cyclists are so passionate about the sport, you just need to go out on any weekend and see them in their hundreds on the road or cycle paths. This kind of dedicated festival has long been overdue," Adam said.

"Our goal is to create an iconic event, a legacy for the Sunshine Coast, something cyclists put in their diary each year and can be proud of.

"We have a lot to show off on the Coast, whether it's a ride north or south around the beaches or inland to the hinterland, there's no shortage of amazing routes."

The not-for-profit event includes the highly anticipated King and Queen of the Mountain Challenge – an 8km timed event on closed roads from Palmwoods to Montville.

Riders will also get a chance to test their endurance on Sunday with the marquee event, Elli's Ride for a Reason Gran Fondo.

They can choose to enter the 25km piccolo or 100km Gran Fondo to help raise funds and awareness for Sands QLD, which provides essential support services to those families who experience the death of a baby through



Sunshine Coast CycleFest has generated ample early interest.

Photo: Glenn Bradbury

miscarriage, stillbirth, newborn death or other pregnancy losses.

The event marks the start of the Sunshine Coast Council's annual Bike Week, an awareness campaign for all residents of the region.

Sunshine Coast CycleFest has also received Cycling Queensland and Cycling Australia endorsement and is expected to attract some of the state's most promising junior athletes.

"This event will do many things: promote cycling as a way of life on the Sunshine Coast, highlight its natural beauties and encourage people to be fit and active and get involved," Adam said.

Early bird entries are open online. See the website for more details: www.sccyclefest.com.au.

VITAL STATISTICS

What: Sunshine Coast CycleFest.

When: Saturday, October 10 – Sunday, October 11.

Where: Festival Village, Cotton Tree Park.

Register: www.sccyclefest.com.au.

Schedule of events

October 10

6am-10am: King and Queen of the Mountain Challenge. A closed road, timed event from Palmwoods to Montville over 8km and 400 metres of climbing.

October 10

4.30pm-9pm: Flouro Fun Ride in Movie Night (free). Dress up your bikes, grab the kids and head down to Cotton Tree for the Coast's first Ride In Movie Night at the CycleVillage at Cotton Tree Park with live demonstrations, pop-up shops, food and beverage facilities and of course a massive big screen.

October 11

6am: 'Elli's Ride for a Reason' 100km Gran Fondo (leaving Cotton Tree, beside pool).

8.15am: Piccolo 25km Fondo (depart Andrew Street Park, Point Arkwright).



Team Rogue enters the first checkpoint, led by Liam St Pierre (left), along with Rob Gowland and Dave Schloss.

Page 2 Sunshine Coast Multisport Mecca, July 1, 2015

Alaska adventure begins

FOLLOWING three days of intense training, Expedition Alaska started on Monday.

Among the 20 groups tackling the inaugural event is team "Rogue" which includes Sunshine Coast duo Rob Gowland and Dave Schloss.

After the first day of racing

Rogue was in third position.

The disciplines will include trekking, glacier travel, mountain biking, ocean paddling, pack rafting, trail/mountain running, flatwater paddling, orienteering and coastering over 12 distinct phases.



Intensive camp sharpens skills

ATLAS Multisports Coaching will host an intensive triathlon camp from October 2-4.

Based at Noosa Springs Spa and Golf Resort, the three-day event will assist athletes hone their skills through various training tips and sessions.

The \$549 (per person, quad share) price includes a question

and answer session with a Commonwealth Games athlete, daily buffet breakfasts, swim session with a professional coach, pilates, welcome dinner, and Sunday barbecue lunch.

Atlas Multisports head coach Jason Crowther said Noosa was the ideal location with

ATLAS MULTISPORTS CAMP

Friday, October 2

6-7pm Night trail run (bring head lamp).
7.30pm Dinner, formal intro.

Saturday, October 3

5.55am Pre-ride briefing/split into groups.
6-9pm Ride (varying distances 60km/70km/80km).

10am Pilates.

2pm Run/ocean swim/run.

5-7pm Cooking class and dinner.

7pm Guest speaker.

Sunday, October 4

6-9am ride/run session (Girraween Sport Complex, includes technique tips and drills/run session and stretching).

10-11am Technique based swim session with professional swim coach.

12pm BBQ lunch, tennis and prizes.

sessions to include rides through the hinterland, a bay swim from Noosa Main Beach and a trail run through the national park.

"Groups and distances on the ride will suit varying abilities, with one completing 60km,

another 70km and the third 80km," he said.

"The coached ride and run specific session will be small groups focusing on technique coaching."

For more information visit www.atlasmultisports.com.au.

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The Cowgirls Tri Adventure team of Jan Leverton, Mandy Caldwell, Kelsey Harvey and Linda Thompson.

Photo: Michael Page

Newcomers triumph at GeoQuest

By **GEOFF CROCKETT**

HITTING the finish line on her 10th GeoQuest adventure race, Sunshine Coast athlete Jan Leverton had plenty to smile about.

Jan's all woman team, Cowgirls Tri Adventure, placed first in the women's division of the Half GeoQuest, held on the Queen's Birthday long weekend, with a time of 26 hours and 51 minutes.

It was great result considering that with the exception of Jan, the team was made up of relative newcomers experiencing this race for the first or second time.

Jan was joined by other Sunshine Coast athletes, Mandy Caldwell, Kelsey Harvey and Linda Thompson, who train with Jan's TriAdventure group (www.triaventure.com.au). Together, they completed a 133km adventure course around Nerong in New South Wales, that included running through rough terrain, mountain biking and ocean kayaking.

Competitors had a maximum

of 48 hours to complete the course, the details of which were only revealed at the start of the race.

The full length GeoQuest course was 240km, with the same 48 hour maximum timeframe. That track extended into Hawks Nest.

The 240km event was won by the Peak Adventure team in a time of 27 hours and 41 minutes. The winning team featured Jarad Kohler, Sam Stedman, Josh Street and Emma Weitnauer.

For Jan, who started adventure racing 10 years ago as a way of doing something a little different to the triathlons she'd previously competed in, the GeoQuest is all about the experience, the challenge, the team, and seeing beautiful parts of the country that very few people will ever get to see.

"It's not as bad as it seems," Jan said.

"You've got to be able to get through one night without sleep. It's not an Ironman, it's a slower pace than that."

A veteran of adventure races varying in distance and time

from two days to five and more, Jan credits Guy Andrews' father Col as being part of the reason she transitioned to adventure racing.

"I was in the triathlon mentality. I did that for 10 years.

"I met up with a few people who were doing this, including Guy Andrew's father Col who was changing over and I started doing a few races with Col.

"I always liked going out and training in the bush."

The change spawned a new business opportunity for Jan too and she joined forces with fellow Coast athlete Kim Beckinsale to coach others for adventure races under the moniker TriAdventure.

Jan says while the exact adventure race courses are never known until the day, you can train for the types of terrain you expect and the extremes of weather depending on the timing of the race.

"You know what you're going to be in for, really hilly, really hot, so you train in harsh conditions to get yourself used to that.

"We get to see beautiful places, so it makes it easier than it seems, and we always find a way to reward ourselves at the end with a nice big meal somewhere."

Jan's next major race will be the 24 hour adventure race Hells Bells to be held on the Sunshine Coast on September 26-27 this year.

Other teams to feature Sunshine Coast athletes in the Half GeoQuest were the Sunshine Coast Unicyles for Better or Worse (Wendy Flanagan, Michele Krome, Greg Krome and Andrew Flanagan) with a time of 27 hours and 2 minutes racing in the mixed division, and Tri Adventure (Dyson Findlay, Gina Dunsdon, Alex Austin and Cass Kimlin) who came third overall in the mixed division with a time of 20 hours and 55 minutes.

For more race results, and to read a great blog about their experience of the event by the Sunshine Coast Unicyles for Better or Worse team, click on the following link: <http://www.geoquest.com.au/results.htm>

Teams power across America

AFTER nearly one week non-stop on the road, five Sunshine Coast riders etched their names in cycling history.

Crick Eastham Group chief executive officer John Eastham helped lead team Shiv (which also included Alan Bradley, Scott Gilbertson of Sydney and Adam Carmichael from Townsville) to third place in the Ride Across America four-man under 50 teams event, finishing more than 4800km in six days, nine hours and 37 minutes.

That earned them the title of fastest Australian team to complete the race.

Taking line honours was an American team which completed the journey in five days and 18 hours, while a German crew was six hours ahead of team Shiv.

The Sunshine Coast team of Ray and Michael Shadforth, Michael Callow and Leon Harris finished in sixth position with a time of six days, 17 hours and 47 minutes.

"All riders and crew agree it's the hardest thing any of us have ever done," John said.

"Our goal was for both teams to be in top six. We did that with a third and a sixth. We now also hold the Australian record.

"Expect a new team from the Sunshine Coast will beat that next year...the team certainly won't involve any of us we are



Crick Eastham Foundation Team Shiv celebrates third place in Race Across America.

done!"

Reaching the podium was a torrid affair for Shiv. At various stages they were one man down.

First they lost Adam for a day through heat exhaustion, then Alan was out after he crashed on a section of road under repair and broke his right collar bone in two places.

Ray also had to get one of his bikes repaired mid-race after it fell off one of the crew vehicles and was run over.

The riders and crew paid for their own expenses, but used support of corporate sponsors to assist while also raising funds for two charities – Montrose Access which helps



John Eastham crosses the Missouri River.

families with disabilities and Outrace Cancer. More than \$100,000 was raised.

The teams were led by

coaches Jason Crowther of Atlas Multisports and Cyclezone Mooloolaba owner John Carey.

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Hydration vital when flying high



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

WHEN traveling interstate and overseas, one of the most common things we hear is to always stay hydrated.

But why is it so important? It's just water. A couple of hours without drinking much isn't going to make that much of a difference surely. Wrong.

Maintaining a healthy fluid balance is probably the most important thing you can do when traveling.

Jet lag is probably the most common ailment when travelling.

Any Google search will give you the best options of avoiding jet lag, the most common being:

1. Get onto the time zone as quickly as possible. Do this by setting your watch to your destination time zone as soon as you take off.
2. Do some very gentle exercise on arrival. It will help refresh your body from the long trip and get a little bit physically tired so to help you sleep later that night.
3. Try to get into new the new sleep pattern. If you take a little bit of time to get used to it and are finding it hard to sleep, try not to worry about it. Getting stressed about not sleeping is not going to help. If you do happen to wake in the middle of the night and cannot get back to sleep, tell yourself you are still getting rest by lying down. Read a book, flip through a magazine, and try not to play with your phone, tablet, or the television. It takes a long time to become properly sleep deprived, and a few days won't make any long term difference to your overall performance.
4. Speak with your doctor whether any prescription may



To avoid the worst of the symptoms associated with travel is to stay hydrated. Steer clear of alcohol, soft, and caffeinated drinks as these have a diuretic effect. *Photo: pojoslaw*

help your body's natural day/night rhythm.

However, something that many people may not be aware of is that the symptoms of jet lag pretty much exactly mirror those of dehydration. Fatigue, nausea, reduced concentration, headaches. Everyone will have heard of the importance of staying hydrated when travelling, but not everyone will know why.

Airplane cabins are typically pressurised to the equivalent of being 1800-2000 metres above sea level (think of being at Falls Creek). Now it's not that high, but it is certainly different to us living by the beach at sea level.

Higher altitude means lower air pressure, which results in more rapid evaporation of moisture from your skin surface and lungs (through water vapour).

Humidity levels are also lower at higher altitudes, which

further exacerbates evaporation. That's why your nose and skin feel so dry. As the dehydration progresses, there is a change in the chemical make-up of the blood, as well as a lowering of blood volume.

This drop will reduce the amount of blood and oxygen going to the brain, resulting in the blood vessels dilating to try to correct the low-pressure, but will instead cause swelling that will put a physical pressure against the brain tissues.

This is what causes a headache, and we all know how well we function when we have headaches. We are tired, have trouble concentrating, and feel generally unwell.

So obviously the way to avoid the worst of the symptoms associated with travel is to stay hydrated. Steer clear of alcohol, soft, and caffeinated drinks as these

have a diuretic effect. Make sure you start a few days out from your trip.

Try to add in an electrolyte replacement as well. It can help your tissues absorb the water so it isn't just going straight to your bladder, as well as making sure you aren't just flushing all of the pre-existing minerals from your body.

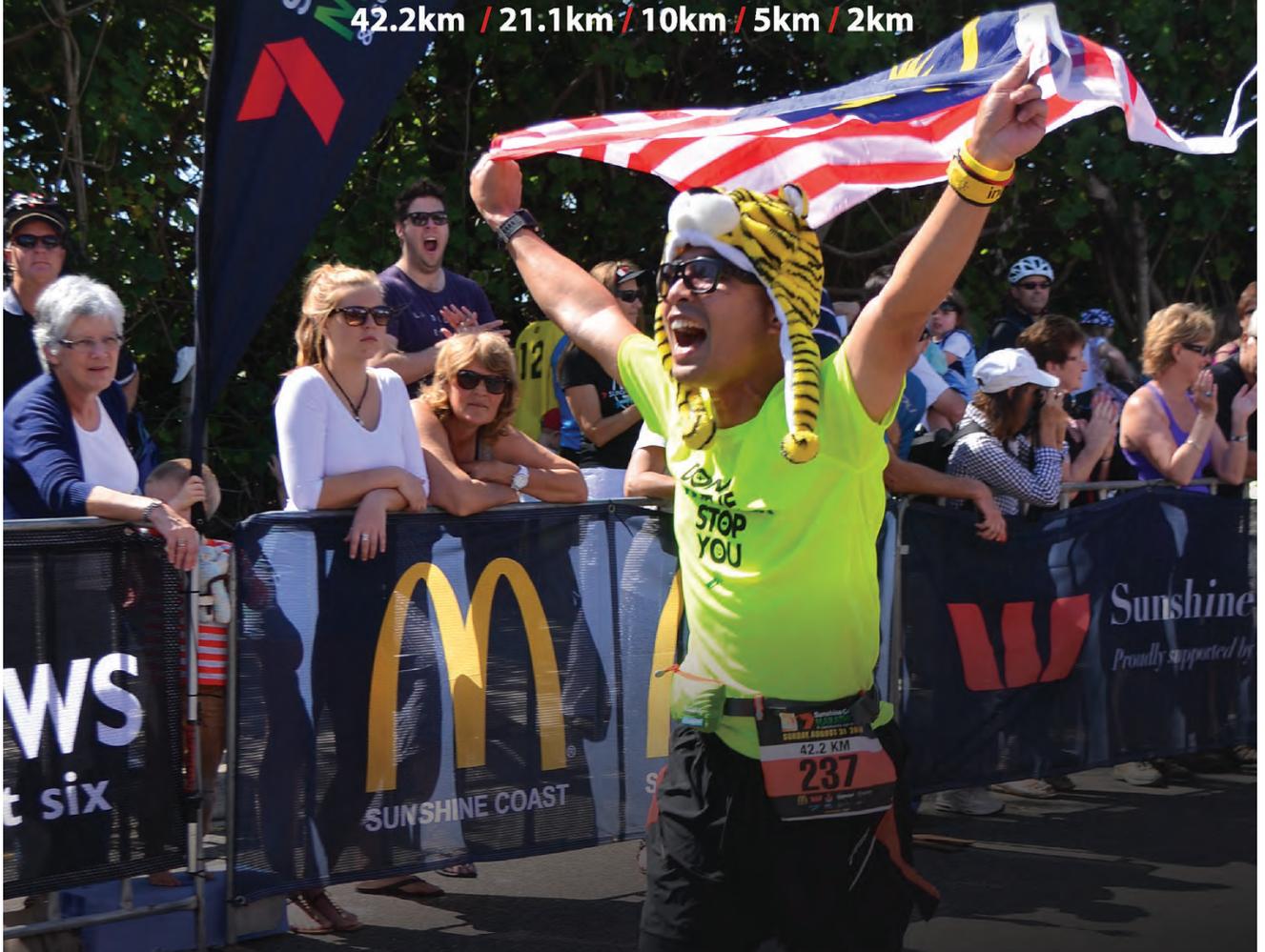
Sachets of electrolyte or dissolvable tabs are easy to use, and are small to pack in your carry on. If you don't feel thirsty, the flavour of these can help encourage drinking, as does eating small amounts of salty food (think nuts and chips).

We are made up of 80% water. If there is even a miniscule change in this level our capacity to function and well-being will be affected. So make sure you are sensible and prepare appropriately, just as you do with your training.



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EVENT ORGANISER 

Roth becomes family reunion

By ANTHONY BRAND

THE close bond among Mooloolaba's Will Carman and his brothers will see the three siblings contest one of the biggest triathlons in the world by honouring a pact they made five years ago.

Challenge Roth in Germany is widely ranked second to the Kona World Ironman Championship in terms of stature and the Carman brothers are determined to overcome its obstacles, together.

The 13-year age gap between the three, nor the 3000km distance that separates their homes from Airlie Beach to Adelaide has weakened the fondness the brothers have for one another.

And their bond will surely grow when they stumble cross the finish line exhausted on July 12 after completing the arduous race.

"It is not very often that you get to do a sport with your brothers especially when one is 13 years older than you, unless so it is pretty cool in that sense," 22-year-old Will said.

"We are close and it is interesting because my oldest brother (James, 35) moved away when he was about 18 and it was the same with my middle brother (Matt, 30) so we have never spent a lot of time



Will Carman is about to take on Challenge Roth in Germany.

Photo: Che Chapman

together. But we still have a very strong friendship and a strong bond together and catch up for races three or four times a year.

"They are very good role models in life and in business."

The three were at a race in 2010 when they agreed to head to the Challenge Roth this year, which, to Will's surprise, they have managed to stick to.

"With these open-ended deals you would think no one would ever really go through with it but we have found all of us doing it," he said.

"We agreed to race together

no matter where we were."

None of the siblings rate themselves as world-beaters, and instead are involved in the sport through a mutual love of triathlon.

"We are not looking to be the best and we just want to go out there and do our best," Will said.

"We have always done it recreationally and to keep fit."

The three brothers and their partners leave for Germany on Sunday and will spend a week preparing for the race.

They will then spend a month travelling around Europe.

VITAL STATISTICS

What: Challenge Roth, 3.8km swim, 180km ride, 42km run.

When: Sunday, July 12.

Participants: About 3400 individuals and 650 relay teams.

Nations: Athletes from 61 countries.

Other Sunshine Coast athletes competing in the race include Michael Farrag, Jenny McAlpin, Dean Nankivell and Will's partner Bonnie Atherton.

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Kick-start improved body position



By **GARY DONOVAN & GLEN MAHONEY**
SubLX swim coaches,
specialising in triathlon and open water athletes



TRIATHLETES and other coaches talk down the importance of kicking in their swimming.

This stems from a general misunderstanding as to what the kick sets out to achieve for their particular event in the first place.

When it comes to swimming, elite pool swimmers may utilise a type of kick that can generate some propulsion – but it's not a massive amount. Depending upon what you read, it has been "measured" at between 5%-15% of their forward motion. Not a great deal and as stated, this is for the elite pool swimmer.

The issue with the type of kick that generates that amount of propulsion is that it relies on some of the biggest muscles in the body to work solidly; and of course, to feed those big muscles requires big oxygen – and that oxygen has to come from somewhere. The oxygen and can end up being 'robbed' from the arm/shoulder/pec muscles where real propulsion can be generated.

So is this best use of that valuable oxygen? Probably not in a triathlete's case, especially when they have to exit the water and instantly transfer power to the legs for the transition and then the bike leg.

Also, often, the demand on these muscles is also far shorter due to the length of the event in the pool by contrast to that which would normally be found in open water or triathlon races.

So is there any value in developing a good, efficient leg

kick for a triathlete? Absolutely there is!

The idea of a balanced kick for triathlete's is not only for propulsion but also for body positioning and balance. The last thing you want is your legs to drag behind you like an anchor. Try swimming with a band and you'll soon see how much your legs are used for swimming.

Therefore, a good pattern for the leg kick is very important to develop and maintain. This will bring the lower torso up more, thus creating far less resistance and allowing you to swim faster with less effort. Exactly what SubLX is all about.

Moreover, if timed correctly then the kick will also help drive the rotation of the upper torso, and we all know how important that is because without proper rotation of the trunk and shoulders, maximum power simply cannot be achieved.

It is also important to acknowledge that when you're wanting that change of speed for overtaking, turning buoys or finishing, the leg kick and work you've done to build a good, strong leg kick comes into play.

So how do you kick 'properly' and at what rate?

Kick from the hip

This is an issue for triathletes, especially since cycling and running develops power using the knees. However, this is something to avoid when swimming.

As soon as you bend the knee, you present a 'blunt'

surface to the water; thus instantly increasing resistance. It will also automatically make them sink lower than we would want them to. This creates that anchor effect. If you practice kicking with a straight leg you'll find the perfect knee bend will occur naturally anyway so you'll end up with the correct level of flex in the knee automatically.

Always kick with your toes pointed

In effect, the toes should always be pointing back to the wall/area from which you have just swum. Be mindful to remember to relax the ankles.

Never swim rigid or stiff.

Not pointing your toes will result in you pushing the water forward (counter-productive), rather than achieving the rear-end lift you should be after. In addition it is also important to improve ankle flexibility to assist your kick as this will allow the toes to point backwards.

Should I use a two, four or six beat kick?

Well we've established the amount of energy it takes for a high rate kick versus the amount of propulsion you get is probably not worth it in triathlon terms so we end to advocate the lower paced kick.

Often a kick pattern is set early on and as long as it's not too draining or impacting on the stroke then it might be something to continue with as long as the above caveats are adhered to.

Develop a flutter kick

We see a lot of triathletes

Click here to visit Gary and Glen's website



subLX

kicking far too deeply, i.e. making the gap between the ankles on each downward sweep far too big.

This will slow the rate of kick but more importantly increase the amount of effort required by the quads on the downward sweep and the subsequent upward sweep using the hamstrings – energy that could be better utilised elsewhere.

We recommend keeping the kick to more of a 'flutter' kick so the gap is narrow between the ankles on each sweep of the legs and maybe picking up the pace of the kick. A short sharp kick mentally repeating "1,2, 1,2" would be better than "1...2...1...2" etc.

So how do you actually improve this? Well we recommend kicking drills both with and without a kickboard utilising all the tips above all of the time. This will not only improve your technique but also assist with the conditioning process of the muscles. We always include kicking drills in programs we set for athletes.

Lucy going strong

MOUNTAIN Creek cyclist Lucy Coldwell is making an impact on the women's tour in Europe.

At last week's British Cycling National Time Trial Championships she finished fourth at Cadwell Park with a time of 53:37:14 over 33.6km.

After that effort Lucy followed up with an eighth in the road race. "It was a tough day out there," she said.

"Awesome crowd support, loved the experience.

She is now in Germany for a training camp where Lucy will rejoin her Maxx Solar team-mates.



Lucy Coldwell warms up in Britain.

Photo: Contributed

Worlds success

THREE Coast athletes completed the Long Course Age Group World Championship in Motala, Sweden, at the weekend. The course incorporated at 1.5km swim, 120km bike and 30km run. Results were: Dominic Toole (Mooloolaba) 51st 45-49 men 6:34:33 (25:56, 3:25:01, 2:33:57). Rowland Cook (Cotton Tree) ninth 60-64 men 7:06:47 (26:49, 3:38:20, 2:54:20). Joanne Taylor (Cotton Tree) 43rd 45-49 women 9:22:59 (36:52, 4:38:08, 3:54:28).

Dates finalised

THE Mooloolaba Triathlon Festival will be held from March 11-13. Online registrations will open at 11am on Tuesday, August 18 for TA members and 11am on Thursday, August 20 for individual, team and festival event entries.

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One of the best when hauling gear

Grant Edwards and **Vani Naidoo** put their families through the new-look people-mover...

MALIGNED with a lifeless stigma, the people-mover is regarded as a curse by many.

Some say it's a sign the owners have given up on life and resigned themselves to the routine of soccer training, regular supermarket sojourns and decades of sticky fingers showing no respect for vehicle interiors.

But the new Kia Carnival has a swagger that aims to break the nexus.

Grant: The redesigned front end is a hint there is something different about the new Carnival. The SUV-like styling gives a bold new look, and it's actually not a bad thing to look at, considering its ability to haul a netball team and its coach.

Vani: Kia has done well to pep up the exterior of this Carnival, and the new grille and bolder new lines are obviously in keeping with the rest of the range. In the end, it is still quite van-like, but do the people who need a vehicle of this size really care? Doubt it. When you have to carry four kids and their friends, just getting them all in is a victory. And so glad they have stuck with the sliding doors – it makes getting the kids in and out a breeze, especially in tight car spaces. The Carnival's strength has always been practicality and this one is no different.

G: Electric sliding doors are a boon for easy access and the Carnival remains the segment leader for seating flexibility. We regularly travel with a bike, four adults and two kids, along with associated suitcases, and it has proven the practicality winner for the ease with which the seats drop into the floor for an excellent load space.

V: The interior space is truly incredible. We moved a couple of bulky armchairs during our week in the Carnival and it gobbled them up effortlessly. I

VITAL STATISTICS

Model: Kia Carnival SLI diesel.

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

Engine: 2.2-litre turbo diesel generating maximum power of 147kW @ 3800rpm and peak torque of 440Nm @ 1750-2750rpm.

Transmission: Six-speed automatic with manual mode.

Consumption: 7.7L/100km (combined average).

CO2: 199g/km.

Bottom line plus on-roads: \$52,490.

like how easy it is to raise and lower the seats, too. There have been noticeable changes to the interior, especially up front, and with great storage ideas and 10 cup holders no one is going to go thirsty.

G: Through the console there are some brilliant storage options, including a deep centre console, and plugging your phone or MP3 player into the USB or 12-volt port is easy just below the stereo.

Everything works cohesively, the central touch-screen is within easy reach and the driver has nice, crisp displays. The leather seat trim is great, too.

V: It certainly has all the niceties drivers seem to expect these days and our top-of-the-range model was brimming with features including power adjustable, heated and ventilated seats; tri-zone climate control; sat nav; HID headlights and adaptive cruise control. The sunshades on the second and



third row are a nice touch. **G:** The greatest omission is a five-star safety rating. ANCAP gave the Carnival only four after the head-on test found there was the potential of serious injury to the legs and feet of the driver – even though the North American Highway Safety Institute gave it full marks.

V: And despite the car offering other safety features such as blind-spot monitoring, adaptive cruise control and lane departure warning (in the Platinum model), four stars instead of five will be a consideration for buyers.

G: Powered by a 2.2-litre diesel, this model gets along swiftly. It's remarkably quiet, too, although the steering can be vague at times – probably not the greatest concern for drivers who are hardly likely to be punting it into a bend with enthusiasm.

V: The handling is pretty predictable but it feels fairly balanced and does well with

bumps and irregularities on what are not the best roads in the world. It can be heavy around corners, especially the really tight ones when the back end takes a moment to get around, but it is enthusiastic under acceleration

G: Not glossing over the safety aspect, I still rate the Carnival higher than the key competition, including the new Honda Odyssey VTi-L (\$46,040), Toyota Tarago GLX V6 (\$57,490), Volkswagen Multivan TDI400 (\$56,990) and the Hyundai iMax SLX CRDi (\$41,490).

V: Have to agree with that and fuel economy, especially in the diesel, is more than reputable for a vehicle of this size. We did a litre more than Kia's figures of 7.7 litres/100km, but it's hard to complain about that. This Carnival may have dropped Grand from its name, but it has lost nothing in terms of practicality.

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Setting the multisport pace

By GRANT EDWARDS

FOR those serious about triathlon, watches come no better than the Garmin Forerunner 920XT.

Released last year just ahead of the Ironman World Championship, this new multisport watch picks up everything which made the 910 so popular – and makes it better.

Thinner with two colour configurations it fixes the key bugbears with its predecessor and further enhances Garmin as the leader in multisport watches.

While the competition such as Suunto and TomTom are closing the gap, the 920XT is number one for its ease of use, accuracy and comprehensive feedback.

Multisport athletes traditionally love data, and there is no shortage of information available through the various modes.

Whether running, riding, swimming or trekking the 920XT offers a range of metrics which go far beyond just heart rate and time. Now with a colour screen accessing the various training modes is easier, and vitally it's also simpler for training indoors.

Users don't need to be supremely tech-savvy to find their way around with side-mounted buttons enabling you to scroll through the various options – and if you get lost just hit the "back" button.

The move toward a specialist "triathlon" function is awesome. There is no need to delve into the menus to find it, with the mode among the standard options such as cycling, running and swimming.

Particularly impressive was the immediate feedback post session.

When the timer stops it provides several screens of information depending on the sport undertaken, including breakdowns of speed, average

VITAL STATISTICS

Model: Garmin Forerunner 920XT.

Display: 2.9cm x 2.1cm (205 x 148 pixels).

History: 100 hours of activity data.

Weight: 61 grams.

Battery: Up to 40 hours in UltraTrac mode; up to 24 hours in training mode; up to four months in watch mode.

Pros: Wi-Fi and Bluetooth functionality, easier access to various training and racing modes, looks better, charging simpler.

Cons: Still expensive, heart rate monitors have experienced reliability issues in the past.

Bottom line: \$549, \$599 plus HRM-Run.

heart rate along with personal records over set distances – such as fastest 40km on the bike or 10km on the run.

Much of this information was available in the old model but took some time to find the data. Now it's more readily available and whereas many would have simply not been bothered, this makes it more useful in the real-world.

All the various training modes have customisable screens. Garmin has mastered this functionality and enables the user to have all the vital information on one screen.

Now with Wi-Fi and Bluetooth functionality, it's also still ANT+ compatible for devices such as cadence sensors, foot or pedal pods, cameras and third-party power meters. The Wi-Fi and Bluetooth makes it easier to upload your data, linking to the likes of Live Track (so friends and family know where you are while racing and training), Garmin Connect or Strava, and it can also pair with your



The Garmin 920XT (left) is a far smaller, lighter and more attractive looking unit than the 910 it replaces.

smartphone to upload maps for navigation as well as letting you know about messages or notifications if the phone is with you.

While having a time function on a watch is traditionally a given, it wasn't with the 910XT. But thankfully this model has a time screen easily accessible which doesn't rapidly drain the battery.

The power source is reliable and good for a day in full training mode. Recharging is more efficient with the watch snapping into a mount rather than the previous dual prong clip set-up.

Garmin has experienced some issues with the reliability of its heart rate monitors, but they seem to have got on top of that issue.

Now available is the HRM-Run monitor which essentially means you don't need a foot pod. It analyses torso movement to provide data on running cadence (steps per minute), vertical oscillation (bounce in centimetres) and ground contact time (time speed on the ground measured in milliseconds).

Swimming functionality has

been given a major boost, and those kicking sets now count. The 920XT still monitors distance, pace, stroke count, stroke rate and swolf score (sum of the time for a pool length combined with stroke number).

There are also rest timers which ensure you are pushing off the wall on time, and alerts can help you hold your pace, or distance alerts to let you know when a set is over which is handy for those training in open water.

Alerts can also be set up for calories and stroke rate.

This watch brings together the best of what's on offer in the Garmin health and fitness stable.

Vital improvements have come via the triathlon and time functions, better charging, display colour schemes and external aesthetics.

Cyclists would still be better off opting for the specialist computer products, but no multisport athlete will be disappointed with the performance, feedback or usability of the 920XT.

NEXT EDITION: We review the new Garmin Vivoactive.

Areo has a new name...

SPECIALIZED has stolen the pre-Tour de France spotlight in revealing the all-new S-Works Venge ViAS Di2 – claimed to be the fastest bike in the world.

Highlights include fully internal cable routing, a carbon fork designed to drastically reduce aerodynamic drag while still providing incredible stiffness and steering response, as well as a braking system which creates zero additional drag.

It's coupled with the CLX 64 wheelset, which is tubeless-ready and features a 21mm internal rim width for enhanced traction, minimal rolling resistance and improved aerodynamics.

Limited availability of the new Venge will arrive here in September.

The Venge, together with the Evade GC Skinsuit and SW



The S-Works Evade GC Skinsuit



ABOVE: The all-new S-Works Venge ViAS Di2 endured more than 1000 hours of "Win Tunnel" testing.



The S-Works 6 (left), lace-up S-Works Sub6 (centre) and women's S-Works 6.

6/Sub 6 shoes and Evade helmet. Specialized claim the aerodynamic combination can save five minutes over a 40km time trial.

BOTTOM LINE

SW Venge Vias Di2	\$15,999
Venge Pro Vias	\$10,999
SW 6 shoe	\$550
SW Sub6 shoe	\$500
SW Evade GC Skin Suit	\$600
CLX64 wheel system.....	\$4000

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The latest and greatest...



The new season Hoka One One range has arrived at Allez Sport Mooloolaba in a range of upgraded colours and styles for men and women. Among the range are new colours in the Bondi 4 and Stinson Lite for your plush, cushioned and road running needs. The foolproof Valor style, in solid black, is also available for men and women offering superior comfort and a lycra upper for a firm fit. The Challenger ATR for men and women (pictured above) has also arrived, a lightweight, aggressive style shoe for off-road adventures, offering the comfort of a road shoe but additional support and unprecedented grip. All styles are available at Allez Sport Mooloolaba now. Prices range from \$150-\$250.



The biggest improvement to the Hoka range is the upgraded Clifton 2 – an improvement on the 2014 sellout and original version of the Clifton. This is a neutral shoe runners dream and suitable for athletes of all abilities. It's a great option for racing and distance runners alike offering unprecedented support and comfort. The updated version offers an even better fit and feel with an improved upper, softer and lightly padded tongue and a more durable rubber sole. The shoe still offers the same ultra-cushioned Hoka feel as its original and the Meta-Rocker geometry for its signature efficient Hoka ride. They retail for \$189.95 at Allez Sport Mooloolaba.



Norco Sight C7.2 (Killer B) is a 27.5 (or 650B) dual-suspension mountain bike with carbon frame. The Sight's all mountain-tuned A.R.T. suspension system powers riders to the top of the steepest climbs and delivers grin-inducing playfulness and confidence-inspiring capability on the downs. It runs a SRAM X1 11-speed drivetrain. Check them at at Bicycle Centre Maroochydore, from \$6199, but the end of financial year sale is continuing so speak with the team for a great deal.

It's been chilly and wet, but Le CycloSportif at Noosa Junction has the perfect cycling top for such occasions. The Castelli Gabba jersey can be worn with just an undershirt in our coldest conditions. It's aerodynamic, and made from 'Windstopper X-Fast' fabric, which utilises both wind resistant and water repellent properties. Retail price is \$199.



The Specialized Fuse has arrived at Cyclezone Mooloolaba, with 650b x 3-inch tyres, finished in gloss candy red. A whole lot of fun to be had! The Fuse Comp 6Fattie starts from \$2199.



The limited edition range of 7 Sunshine Coast Marathon Compressport pro racing socks will provide you with all day comfort and optimal blood circulation. A range of sizes are available in black or white from Allez Sport Mooloolaba. RRP \$26.95

Upcoming Coast events

REGISTER YOUR EVENT
 multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
July 4	Sunshine Coast Cycling Club criterium	Skippy Park crit, depending on the number of riders racing on the day, some grades may race at the same time.	Landsborough	www.scccracing.wix.com
July 11	Wild Women Adventure Race – round two	Women’s only adventure race, a multi-discipline sport involving orienteering or navigation, cross-country running, mountain biking, paddling in teams of two taking up to six hours.	Sunshine Coast	www.dareyouadventure.com.au
July 11	Allez Sport Sunshine Coast Run Series – race four	The Twilight Neon Run is a late afternoon event which allows runners to finish with glow sticks for extra visibility while a post-series party will commence at 6pm with food, drinks and entertainment for the whole family. Runs of 10km, 5km and 2km at the University of Sunshine Coast.	Sippy Downs	www.atlasmultisports.com.au
July 18-19	Sunshine Coast Junior Cycling Carnival	Carnival starts with a road race (under-15 and under-17) at North Arm and hill climb (all ages) up Gyndier Dr, Tinbeerwah, on the Saturday, followed by a criterium (all ages) on the Sunday at Girraween Sports Complex.	Tinbeerwah, North Arm, Noosa	www.scccracing.wix.com
July 26	Flinders Tour Trail Run	Based at Beerburum on the Sunday closest to the 26th July. Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburum) on this date in 1798. Options include 10km, 25km and 50km.	Beerburum	www.glasshousetrails.com.au
July 26	Rapha Women’s Ride	Join thousands of women around the world to ride 100km. A global event, ride on your own or join one of the organised rides. Rides will be taking place everywhere, including several led by Rapha. Over 8,000 women took part in 2014 — this year organisers are aiming to double that number.	Everywhere	www.pages.rapha.cc/womens100
July 26	King of the Mountain	Tackle the 4.2km mountain run, 3km family fun run, 2.8km dash or kids 4x700m.	Pomona	www.kingofthemountain.com.au
July 26	Sunshine Coast Cycling Club Glasshouse Handicap	The Glasshouse Handicap starts from Glass House Mountains State School.	Glass House Mountains	www.scccracing.wix.com
August 2	Queensland Enduro Series – round four	Downhill mountain bike enduro, five descending stages, linked together by untimed liaison stages.	Garapine, near Gympie	www.gravityenduro.com.au
August 7-8	Caboolture 48-hour race	The race at the Caboolture Historical Village in Caboolture, Queensland has 48 hour, 24 hour, 12 hour, 6, 3 and 1.5 hour races. See how far you can run or walk in the given timeframe on an officially measured 500 metre decomposed granite loop.	Caboolture	www.geoffsrns.com
August 8-9	Noosa Strade Bianche	A ‘gravel’ fondo in the vein of the famed L’eroica in Italy for vintage steel framed cycles, with options for 133km, 89km and 33km loops. Also features a swap meet.	Noosa Marina	www.noosa-stradebianche.com.au
August 9	Miss Muddy obstacle course race	Miss Muddy is a women’s only 4-6km obstacle and mud festival for women over 18. It includes colour, mud, climbing, crawling, slipping and sliding and lots and lots of laughter.	The Big Pineapple	www.missmuddy.com.au
August 9	Rainbow Beach trail run	Runs of 10km, 25km and 43km at Rainbow Beach/Cooloola National Park.	Rainbow Beach	www.runqueensland.com

CONTINUED NEXT PAGE

Upcoming Coast events

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Date	Event	Distance	Location	Website
August 9	Mt Cooroora Endurance Challenge	The Mt Cooroora Endurance Challenge is a four hour or eight hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples.	Pomona	www.mtcoorooraendurancechallenge.com
August 15	Island Charity Swim	Swimmers leave Mudjimba Beach, journey around Old Woman Island and all the way to Mooloolaba for about 11km. Fundraiser for Nambour and Currimundi Special Schools.	Mudjimba	www.islandcharityswim.com.au
August 22	Bike maintenance workshop	Participants will learn valuable tips about bike maintenance including and how to clean your bike, repair punctures, adjust your brakes and maintain your chain. The workshop is designed for beginners of all ages, as well as family groups.	Nambour Library	www.sunshinecoast.qld.gov.au
August 22-23	Mountain bike orienteering – national and state series	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Tewantin and Kenilworth	www.sunshineorienteers.com.au
August 22-23	Rainbow Beach Double Tri	Olympic distance triathlon over two days, 750m swim, 20km cycle, 5km run on both days. Also Active Kids Triathlon (race run in age groups) and Active First Timers Triathlon.	Rainbow Beach	www.rainbowbeachtriathlon.com.au
August 28	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 29	Bike maintenance workshop	Participants will learn valuable tips about bike maintenance including and how to clean your bike, repair punctures, adjust your brakes and maintain your chain. The workshop is designed for beginners of all ages, as well as family groups.	Beerwah Library	www.sunshinecoast.qld.gov.au
August 30	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
September 5	The Stampede obstacle course race	Run wild through an epic 5km or 10km obstacle course. Inch your way through thick mud, climb cargo nets, speed down the mega slip and slide and dash through live wires charged with 10,000 volts before washing it all down with a cold beer. Junior Stampeders, aged 5-11 years, take on a 2km course.	Woodford	www.thestampede.com.au
September 5	Bike maintenance workshop	The workshop is designed for beginners of all ages, as well as family groups.	Maroochydore Library	www.sunshinecoast.qld.gov.au
September 8	Bike maintenance workshop	The workshop is designed for beginners of all ages, as well as family groups.	Coolum Library	www.sunshinecoast.qld.gov.au
September 10	Bike maintenance workshop	The workshop is designed for beginners of all ages, as well as family groups.	Kawana Library	www.sunshinecoast.qld.gov.au
September 8	Bike maintenance workshop	The workshop is designed for beginners of all ages, as well as family groups.	Caloundra Library	www.sunshinecoast.qld.gov.au
September 12-13	Glasshouse 100 Trail Run	Run options include 100mile (160km), 100km, 50km, 30km, 10km. The 100 mile course consists of two loops - the western section of about 110k and the eastern section approximately 50k. The terrain varies from easy gravel road to rough, steep single track.	Beerburrum	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

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Upcoming Coast events

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Date	Event	Distance	Location	Website
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.	Beerburrum	www.sunshineorienteers.com.au
September 26-27	Hells Bells and Fairy Bells adventures races	Hells Bells is a non-stop 24hr adventure race involving trekking, mountain biking, kayaking and other adventure disciplines. Mixed, male or female teams of three must navigate their way unsupported through an arduous 100+km course that is only revealed to them hours before the race. Fairy Bells is held simultaneously with three team members, but only two team members can be on course.	South-east Queensland	www.dareyouadventure.com.au
September 26-27	Atlas Multisports Training Camp	Two days dedicated to triathlon training at Noosa for athletes of all levels and distances. Activities include endurance training, swim and run skills and drills, pilates, nutrition information and transition technique.	Noosa	www.atlasmultisports.com.au
October 4	Black Mountain Trail Race	45km ultra marathon and 21km half marathon following the original Black Mountain Road called the Twin Bridges Track.	Black Mountain	www.dynamicrunning.com.au
October 4	Sunshine Coast Trail Running Series	The South East Queensland Trail Running Series has evolved from 4 events on the Gold Coast in 2013, to 8 events across the GC and Brisbane in 2014, to now include 10 events across the Gold Coast, Brisbane and Sunshine Coast regions.	TBC	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	Ellie'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 in winter each year in order to raise funds for the Lions Medical Research Foundation.	Maleny	www.malenyblackallrange.qld.lions.org.au/projectsmvc
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 25-26	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 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	www.bribietri.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 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.qldtriseries.com.au

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Upcoming Coast events

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Date	Event	Distance	Location	Website
November 21-22	Hundy - Hervey Bay 100	Triathlon featuring a 2km swim, 80km cycle and 18km run.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 29	Sunshine Coast Trail Running Series	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 regions.	TBC	www.seqtrailrunningseries.com.au
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 to raise funds for charities who provide breast cancer support, education, research and advocacy.	Sunshine Coast Stadium	www.triathlonpink.com.au
December 6-7	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.briobietri.com
December 20	Buderim9	Climb nine Buderim hills, covering 75km, within three hours in one of the Coast's most challenging cycling events.	Buderim	www.buderim9.com.au
January 10	Hares and Hounds Trail Run	The Hares and Hounds Trail Run at Woodford Pool is a 55km trail race which can be run solo (the hares) or in a relay team of 2 to 4 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
January 31-February 1	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 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long - 1000m swim, 30km cycle, 8km run.	Bribie Island	www.briobietri.com
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.qldtriseries.com.au
February 14	Sunshine Coast Trail Running Series	The South East Queensland Trail Running Series has evolved from 4 events on the Gold Coast in 2013, to 8 events across the GC and Brisbane in 2014, to now include 10 events across the Gold Coast, Brisbane and Sunshine Coast regions.	TBC	www.seqtrailrunningseries.com.au
March 7-8	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 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long - 1000m swim, 30km cycle, 8km run.	Bribie Island	www.briobietri.com
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 11-13	Mooloolaba Triathlon Festival	Mooloolaba Triathlon Festival has been a feature event on the Australian Triathlon Calendar for over 22 years. The event starts with a 5km run on the Friday, with the centerpiece the Olympic distance triathlon on the Sunday. Major changes are expected next year, with full details to be released.	Mooloolaba	www.ironman.com