



Support for kids shines

SKIES may have been grey, but the lives of disadvantaged kids looked a little brighter after Saturday morning.

More than \$40,000 was

raised by a group of 50 cyclists taking part in the annual 100km Crick Eastham Charity Bike Ride.

The 100km ride left Tanawha and took the scenic

route north to Noosa Heads, passing through North Arm, Eumundi and Pomona before finishing at Nautilus Noosa.

There were many familiar faces at the annual event,

which was backed by staunch supporters from the business community.

This year's ride raised funds for Coast not-for-profit
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Riders relax at Nautilus Noosa after completing the 100km journey from Tanawha on Saturday.

Photo: Contributed

Riders bank \$41k for SunnyKids

From Page 1

organisation SunnyKids, which will use the funds to sponsor local children in the newly launched Keeping Kids Safe program.

The program works with children at high risk of neglect and abuse and helps homeless children as well as those referred by child protection and education services.

Many of the riders were also philanthropists who support SunnyKids through its P100 club.

SunnyKids business development manager Rachael Witton was “very excited”, she said, because while she had participated in the charity ride for years, this was the first time it would benefit her organisation.

Rachael spoke passionately about the work SunnyKids did for the Coast’s youth.

The organisation worked closely with the family as well as the child, she said.

“We’re getting to the underlying root cause of things, which is where you make lasting change,” she said.

“Otherwise we’re just sticking band aids on things.”

SunnyKids played a connector role, linking all services that can help a child and their family.

“They (families) tell us their story, and they tell it once,” she



SunnyKids chief executive officer Chris Turner (centre) receives the cheque from organising committee members Garry Crick (left) and Michael Shadforth.



said. She agreed SunnyKids cut through bureaucracy with its programs giving vulnerable children and their families the services they needed, when they needed them.

Multisport Mecca editor Grant Edwards joined the ride for the first time this year, and said its success was testament to the Coast business community.

RIDE SUPPORTERS

This year’s charity ride thanks sponsors:

- Crick Eastham Foundation
- STO Law
- Poole General Insurance Brokers
- Hall Contracting
- BOQ Maroochydore
- Ray White Commercial
- Ord Minnett
- Go Transit
- Sports & Spinal
- Atlas Multisports
- SVP Partners
- McDonald’s
- Blackburn Jackson Design
- DBA Property

“Conditions were ordinary early but the skies cleared and we ended up with a stellar day,” he said. “It was brilliant to ride alongside the region’s business leaders who also proved they are pretty handy on two wheels.

“The committee of Travis Schultz, Michael Callow, Rick Chapman, Michael Shadforth and Garry Crick did an outstanding job, as did Jenny Swaine and Debbie Battaglini-Clarke who ensured the day ran like clockwork with the best support I’ve experienced at any ride event.”

Set for a grizzly adventure

BEAR spray is the number one item on David Schloss' packing checklist. Closely followed by thermal underwear.

Together with Kawana Island's Rob Gowland (pictured below), they are about to embark on the inaugural Expedition Alaska where they will cover breathtaking scenery, but must survive the threat of glaciers, hypothermia and grizzly bears.

The restricted field of 100 racers will travel about 660km over one week as part of an epic adventure race.

Competitors will use a map,

compass and their own wits to navigate their way over a (mostly) unmarked route by mountain biking, rafting, paddling, trekking, canyoneering, coasteering, glacier travel, orienteering, trail running, fixed ropes, and a few other surprises through the amazing expanse of Alaska's Kenai peninsula.

David and Rob will join forces with Liam St Piere (Brisbane) and Kathryn Preston (Melbourne) to form team "Rogue" – which will be the first



Wurtulla Adventure racer David Schloss is about to set off for Expedition Alaska.

Photo: GeoQuest

time this group has raced together.

"It's a bucket-list kind of thing," David said.

"This is the first time this one has been held, and for me it was a no-brainer. As soon as it came up I jumped at it.

"Doing stuff that I have never done before was the attraction. When we get there we have two days of training with glacials...how to fall, arrest, getting out of crevasses. It's pretty full-on."

The first leg includes 64km of trekking over three glaciers, while the last leg includes the

Seward Mount Marathon Race...which is only about 5km but includes inclines which start from 30 degrees.

"I have never done anything like this before," David said.

"I'm expecting cold. I'm expecting unbelievable scenery. If the weather is going to be good, it's currently 28 degrees, it's going to be unbelievable. But they are saying water temps of three degrees, you can't prepare for that in Australia.

"A dry suit a mandatory item and we are hiring them over there.

VITAL STATISTICS

What: Expedition Alaska.

When: June 28-July 4.

Details: Over almost seven days, teams will undertake a 660km expedition over beautiful, epic and challenging terrain.

"The weight is our biggest thing...they have said everyone should look at being about 30% slower than normal speed. The packs will be about 10-12kg, usually I carry 5kg maximum."

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Cairns weather tests Coast athletes

MOTHER Nature threw everything she had at competitors in Cairns on Sunday. Rain, gusty winds, sunshine and then more rain...they saw it all in one of the most challenging Ironman days on Australian soil.

With most battling to finish, Stephen Gage of Alexandra Headland emerged as one of the star performers. Only one month after finishing second at Ultraman Australia (which included a 10km swim, 420km bike and 84km run), Stephen won his age group after finishing in just over nine and half hours.

But while that earned him a spot at the World Ironman Championship, he declined and is thinking instead about the World Ultraman Championship next year.

Meanwhile, Mooloolaba-based Swiss ace Caroline Steffen says she's ticked off another item on the list, after powering to victory at the Ironman 70.3 Cairns edition. As Caroline prepares for an assault on the gruelling Ironman European Championships in Frankfurt, Germany on July 5, she said she'd managed to settle an outstanding score by adding the Cairns title to her achievements.

"I was very happy with it especially after last year when I had to pull out in the 70.3 in Cairns because of mechanical issues so it was important to me to get back up there and tick that box," Caroline said.

"It was good to get back with a win and it's good preparation for the European Championships, although there are still a few things I'm not 100% happy with that I need to work on."

Coast results were:

Ironman Cairns

Isaac Tonello (North Arm) third 35-39 men 9:30:40 (54:24, 5:06:34, 3:25:12). Stephen Gage (Alexandra Headland) first 45-49 men 9:31:48 (52:36, 5:08:01, 3:27:01). Sean Richardson (Mountain Creek)

seventh 30-34 men 9:41:35 (55:45, 5:09:29, 3:30:28). Paul Williams (Pelican Waters) seventh 35-39 men 9:53:13 (1:03:10, 5:21:20, 3:23:51). David Chick (Yaroomba) 10th 45-49 men 10:17:50 (58:37, 5:31:24, 3:41:57). Robbie Andrews (Kawana Island) 14th 45-49 men 10:32:04 (1:03:42, 5:30:05, 3:53:07). Ron Aimer (Buderim) 12th 40-44 men 10:33:15 (1:10:01, 5:36:38, 3:39:16). David Ogg (Mooloolaba) 19th 35-39 men 10:34:29 (1:03:53, 5:24:25, 3:56:54). Sean Clancy (Sunrise Beach) 13th men 25-29 10:44:26 (53:38, 5:21:16, 4:23:12). Kate Gazzard (Sunshine Coast) second 35-39 female 10:50:59 (1:00:58, 5:55:50, 3:48:27). Tony Bryan (Coolool) 25th 45-49 men 11:10:21 (1:07:32, 5:43:34, 4:12:07). Michael Small (Peregian Springs) 34th 35-39 men 11:12:21 (1:12:13, 5:30:03, 4:18:28). Paul Costa (Bokarina) 33rd 40-44 men 11:13:54 (54:11, 5:34:29, 4:39:27). Gary Brayley (Buderim) 10th 50-54 men 11:18:35 (56:41, 5:20:56, 4:53:10). Paul Marshall (Buderim) 44th 40-44 men 11:25:25 (1:09:10, 5:52:28, 4:06:35). Dylan Murphy (Maroochydore) third 18-24 men 11:29:10 (1:02:07, 5:58:03, 4:22:01). Steven Martin (Glasshouse Mountains) 43rd 35-39 men 11:29:19 (1:25:57, 5:51:41, 3:59:21). Kerri Renshaw (Beerwah) seventh 40-44 female 11:42:21 (55:21, 6:06:36, 4:30:52). Samuel Cooke (Maroochydore) 36th 45-49 men 11:46:13 (1:20:02, 5:51:33, 4:25:13). Shane Costa (Bokarina) 65th 40-44 men 12:14:24 (54:54, 6:04:08, 5:06:10). Chloe Kay (Sunrise Beach) ninth 25-29 female 12:38:19 (1:10:31, 6:55:55, 4:22:34). Tim Rook (Noosaville) 59th 45-49 men 12:50:09 (1:04:22, 6:39:11, 4:50:27). Brad Thompson (Mountain Creek) 73rd 35-39 men 12:51:27 (1:10:50, 6:41:06, 4:47:58). Hannah Richardson (Mountain Creek) 12th 25-29 female 12:57:34 (1:18:07, 6:17:44, 5:11:23). Nathan Glarvey (Cooroy) 79th 35-39 men 13:12:57 (1:09:38, 6:52:23, 5:01:21). Shane Leeming (Buddina) 76th 45-49 men 13:55:41 (1:33:03, 6:28:50, 5:34:49). Andrew Lang (Yaroomba) 45th 50-54 men 14:40:43 (1:02:49, 6:38:35, 6:48:26). Francois Berquin (Sippy Downs) 55-59 men 14:51:33 (1:55:28, 7:04:08, 5:32:48). Wayne Metcalfe (Pomona) men 55-59 (1:41:15, 8:40:37, DNF). Hannah Smith (Noosaville) female



Stephen Gage.

Photo: Barry Alsop/Eyes Wide Open

30-34 (1:31:55, 8:39:18, DNF). Destrly Gourlay (Coolool Beach) 45-49 men (01:03:01, DNF).

70.3

Ricky Swindale (Mt Coolool) eighth professional men 4:11:49 (24:36, 2:21:21, 1:21:17). Caroline Steffen (Parrearra) first professional women 4:19:41 (25:45, 2:26:36, 1:23:45). Brad Clark (Peregian Beach) sixth 35-39 men 4:38:36 (32:08, 2:26:38, 1:34:29). Matt Cole (Birtinya) 21st 30-34 men 4:46:51 (30:00, 2:34:41, 1:36:25). Jacqui Waters (Mt Coolool) second 25-29 female 4:43:01 (26:49, 2:40:26, 1:30:32). Dylan Pinkstone (Forest Glen) 10th 25-29 men 4:47:54 (28:00, 2:29:09, 1:44:50). Jason Cheshire (Coolool Beach) 16th 40-44 men 4:54:08 (29:22, 2:31:40, 1:48:00). Brooke Colby (Coolool Beach) second 18-24 female 5:02:50 (29:08, 2:44:31, 1:44:24). Jeremy Scriven (Buderim) second 55-59 men 5:04:33 (33:50, 2:48:09, 1:35:42). Scott Koltermann (Kuluin) 22nd 25-29 men 5:04:13 (32:02, 2:35:15, 1:50:02). Kierra Sansome (Aroona) third 18-24 female 5:06:30 (31:28, 2:46:53, 1:39:18). Mick Farrag (Maroochydore) ninth 50-54 men 5:08:14 (32:46, 2:41:52, 1:47:31). Andrew Holford (Peregian Springs) 27th 25-29 men 5:08:56 (30:56, 2:44:19, 1:47:46). Todd Hoyes (Coolool Beach) 36th 35-39 men 5:11:36 (32:21, 2:34:43, 1:55:43). Joshua Campton (Mount Coolool) 31st 25-29 men 5:12:16 (27:52, 2:54:24, 1:42:07). Michele Purvis (Mooloolaba) second 45-49 female 5:12:33 (32:23, 2:43:54, 1:49:34). Dean Nankivell (Coes Creek) third 55-59 men 5:14:50 (34:25, 2:49:28, 1:38:20). Jenny McAlpin (Coes Creek) seventh

45-49 female 5:29:50 (33:10, 2:57:28, 1:50:01). Rach Engelmann (Mount Coolool) 17th 35-39 female 5:32:01 (33:21, 2:53:32, 1:55:12). Basil Macreadie (Noosaville) 12th 55-59 men 5:32:13 (31:07, 2:55:14, 1:58:03). Tony Black (Noosa Heads) 27th 50-54 men 5:34:06 (33:34, 2:46:26, 2:07:50). Ken Rae (Noosa Heads) fifth 60-64 men 5:36:07 (31:48, 2:55:23, 2:00:47). Jarrod Covey (Buderim) 78th 30-34 men 5:37:17 (31:03, 2:38:09, 2:21:26). Lance Taylor (Twin Waters) 20th 55-59 men 5:57:15 (29:53, 2:52:36, 2:24:31). Hope Elson (Yandina Creek) 23rd 35-39 female 5:41:13 (33:46, 3:00:40, 1:57:44). Winston Hall (Caloundra West) 108th 40-44 men 6:02:40 (35:36, 2:43:40, 2:32:20). Gaye Ottogalli (Shelly Beach) 27th 45-49 female 6:14:22 (35:52, 3:12:58, 2:15:04). Gerard Baarslag (Diddillibah) 68th 45-49 men 6:14:25 (39:18, 2:57:21, 2:28:04). Jacqueline McKenzie (Perigian Springs) 48th 30-34 female 6:19:56 (28:07, 3:01:47, 2:40:01). Andrea Johnson (Pelican Waters) 51st 30-34 female 6:23:36 (40:06, 3:33:09, 2:00:17). Nathan Hunt (Marcoola) 129th 40-44 men 6:24:10 (36:13, 3:12:54, 2:24:51). Megan Evans (Buddina) 41st 45-49 female 6:58:26 (45:01, 3:28:29, 2:30:59). Philadelphia Holmes (Upper Caboolture) 69th 30-34 female 7:03:31 (44:47, 3:36:34, 2:32:12). Nikki Fischer (Cotton Tree) 74th 30-34 female 7:08:38 (39:11, 3:45:20, 2:32:11). Shannon Dodd (Sippy Downs) 23rd 50-54 females 8:21:38 (44:33, 4:01:06, 3:20:00). Ben Hogan (Caloundra) men 165th 40-44 men 9:03:54 (32:33, 4:57:30, 3:18:39). Luke Farrell (Bokarina) 18-24 men (25:03, 2:29:13, DNF).

Teenager powers home

AUSTRALIA'S youngest Commonwealth Games Triathlon squad member, Matthew Hauser, is on the comeback trail ahead of the ITU Junior World Championships in September after winning his first international event at the OUT Oceania Triathlon Sprint Cup in Fiji last weekend.

The 17-year-old from Hervey Bay, who was the youngest in the field, went into the event ranked 11th and was looking for race experience and valuable ITU points.

Matthew said he was happy with his swim, exiting the water in the top three and starting on the bike with the lead pack.

The technical exit and unseasonably hot and humid conditions which saw the mercury rise to 32 degrees

made for tough racing.

Staying out of trouble on the bike, which saw one accident bring down about three riders, Matthew said he felt good and was able to react comfortably to any breaks on the bike.

"I didn't want to have to rely on my run to chase them down as I wasn't too confident in my form considering I was just in an aerobic base training phase at the time," he said.

Matthew, who's known for his speed in T2, lead out onto the run, which included undulating surfaces, grass sections and gravel.

Despite being overtaken and not feeling great in the legs, Matthew said he maintained his composure, stayed positive and was able to bridge the gap to Victorian Institute of Sport athlete Matthew Baker, before

overtaking him to win by 10 seconds.

"I probably did a little too much work on the bike and although I felt strong at the time I may have to adjust my strategy so I can comfortably run a low 15-minute 5km off the bike," Matthew said.

Matthew, whose profile and fan base has grown over the past 12 months to include major sponsors such as Allez Sport Mooloolaba and Giant, will be training on the Gold Coast this month ahead of his next Continental Cup race in Osaka Japan.

He's also a finalist in this month's Colonial First State Sports Boost, which is open for voting until June 30.

The link can be found on the Allez Sport Mooloolaba Facebook page.



Matthew Hauser claims victory in Fiji.

Photo: Grant Edwards

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Juniors shine at border battle

By DYLAN DE JONG

A GROUP of Sunshine Coast cyclists toughed it out at the Battle on the Border Cycling Festival (BotBCF) last month in northern New South Wales.

Under-17 competitors Matthew Graham and Claire Winterbourne stood out with exceptional performances in the general classification (GC).

Matthew earned second overall and Claire first in under-17s in Murwillumbah.

The three stages for under-17s included a 75km road race, 9.9km time trial and a technical hilly street circuit.

Sunshine Coast girls took away the top three places with Claire in first, Alex Wallace-Martin in second and Lucy Parkin in third.

Matthew, 15, tailed closely behind first place competitor Sebastian Berwick. He was 1min17secs behind the winner's GC time of 2h45:42 but came away with the win in the stage two time trial.

He said he was excited to come away with second place with such untiring competition. "I'm actually really stoked with the result," he said.

"My goal was to kind of podium on the GC.

"We've got quite a big rivalry just because we like the same disciplines and we don't like coming second to each other."

He said he is training hard between his school work and aspires to continue cycling as a professional athlete so he can represent Australia internationally.

BotBCF reached 700 participants making it the biggest festival since it's opening in 2010.

Competitors came from all over the country, as far afield as Perth and some from New Zealand.

The Battle on the Border race director Michael Crawley said he is surprised with the overall turn out of the event.

"It was bigger than ever in



Sunshine Coast girls celebrate their success at Battle on the Border with (from left) Claire Winterbourne in first, Alex Wallace-Martin in second and Lucy Parkin third.

Photos: Contributed



Claire Winterbourne on the charge.



Matthew Graham finished second in the under-17s at Matthew Graham.

terms of the races it grew...it was surprisingly a lot bigger," Mr Crawley said.

The event is run over 600km of roadway and different grades are being run on different courses over the three days.

Mr Crawley said road safety is one of the highest priorities for the event.

"Our priority was to improve road safety and the courses were designed this year to be a bit more tough...and I believe we achieved both our goals.

"We certainly improved

safety considerably and I think there was some great racing on some great courses," Mr Crawley said.

About 17 people from the Sunshine Coast took part in the event all achieving outstanding results.

Close behind Matthew was another Sunshine Coast boy, Ocker Henning with a GC putting him in 6th position.

Other strong performances from Coast competitors included Sutton Henning (U17), Kristana Clonan in women's

National Road Series at +3:54 and in the men's was Dylan Newberry who won stage two and Jono Noble.

In the masters division one saw Kent Carpenter placed 19th with a GC of +5:43, Tom Donald was at +6:02 and Jason Ford at +9:07.

Masters division two had Michael Riley with a GC of +10:36 and division four had Rob Thompson at +14:44.

Overall the weekend saw a lot of Sunshine Coast success and participation.

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Success when hope looked lost

By KASSANDRA REYNOLDS

"IF YOUR goals don't scare you, they aren't big enough!" – anonymous. This quote was the motivation for planning my 2015 run calendar.

This was the quote responsible for my motivation to become an ultramarathon runner and more...I had completed my first marathon last year and I had set, trained with and finished my 16-week Nike Running Coach marathon program this year, feeling strong.

The PBs had been flying for me at Parkrun and at the local Sunshine Coast run series and I was prepared.

The Gold Coast 100 Supermarathon encompasses many 25km lap-based events from Burleigh Heads to North Kirra and return.

There were 100km, 50 mile, 50km, 25km and 10km options available. It is also a qualifying race for IAU 100km World Cup. During the taper weeks, I had experienced some hamstring issues, that turned into calf issues.

Thank goodness for Scott Baker at Children's Sunshine Chiropractic. I saw him three times in the week leading up to this event and he had released my hamstring through massage and manipulated the



problem muscles before there was a major problem. Even the day before this event, my leg was tender and I had the nervous butterflies in my stomach.

I had decided that I would start the race and reassess after one of the 25km laps if I would continue. This was hard to explain to my Year 4 class at Caloundra City Private School as they are great supporters of mine.

As I left work on the Friday before, one of the boys said, "I know you can do it Mrs Reynolds."

This definitely stuck in my head.

My awesome husband Noah (who was supposed to do the 10km but injured himself the day before), brother-in-law Rob (50km), sister Charmaine (25km) and I picked up our race bibs and turned up to the race start as ready as we could

be. Rob and I ended up running together from the start aiming for about a 6min/km pace. We went out a little faster than that and hit half way in 2hrs 25mins together and felt strong. My legs felt okay.

It was at this point that everything had opened up and the little "niggles" had disappeared. Maybe that's because everything was starting to hurt!

At 42.2km, I gazed at my watch (4hrs 19mins) and was happy to have taken 7mins off last year's marathon time. With three kilometres to go, I went from plodding along to feeling strong. I rounded that last bend to see Charmaine beside me and my husband standing at the finish line.

I ran into his arms, so proud of my achievements.

I finished my 50km in 5hrs 24min. Under the original 5.5hr goal! I even placed 6th female! I



Kassandra Reynolds on her way to finishing her first 50km race.

Photo: SOK images

cannot fully describe the amazing feeling that I had after this event. I can't say that I'll ever do an ultramarathon again but this has been ticked off my list and I still have two marathons, including the Sunshine Coast marathon, and a host of other smaller events to compete this year as part of my "scary" goals.



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Best suited to need for speed

By GRANT EDWARDS

RACING has never been so comfortable. European manufacturer Fusion has raised the bar in triathlon apparel with its new Speed Suit.

It feels fast, boasts the latest technology in fabrics and most importantly helps the athlete reach the finish without gear impediments.

And one of the key advantages Fusion has is the ability to produce one-off garments featuring names, slogans or logos without the need for minimum orders.

Praise comes for the Speed Suit after various tests, including sprint and long course triathlons, as well as a 40km run as part of Ultraman Australia crew duties.

One of the most notable differences with the Speed Suit is the sleeves. This makes getting into the race apparel a minor challenge, and it feels tight too on first introductions.

But having raced previously in compression gear, the tight fit is nothing new and only takes a short time to become accustomed.

Surprisingly there are no impediments around the shoulders and swimming feels uncompromised. During a longer race in dense Fijian saltwater there was some rubbing under one arm although that caused minimal discomfort even later during the run.

But it's once on land that the Fusion one-piece really excels.

The sleeves offer additional sun protection which is brilliant for long course racers – especially when reapplying sunscreen is virtually impossible.

The marketing spiel trumpets the fact Fusion designs and materials about optimising performance...and they have a right to brag.

Out of the swim and the suit dries quickly. The saltwater is quickly wicked away and the

THE LOWDOWN

What: Fusion Speed Suit.

Pros: Quality fit and feel, additional sun protection, brilliant chamois, ability to feature logos in one-off designs, local service.

Cons: Sleeves breach some racing rules in non-wetsuit swims, vinyl lettering comes off quickly.

Bottom line: \$299.

chamois offers the best support we've experienced in a tri-suit. While it doesn't rival a good set of knicks, yet neither do you feel like you're in budgie smugglers.

Outstanding comfort is extended on the run.

During an oppressive run in 32 degrees and humidity surpassing 80% the Speed Suit helped maintain a lower body temperature by maintaining moisture using ice. Somehow the suit gets rid of the water when you don't need it but assists cool the body when you do.

Large pockets on the quadriceps make it easy to store gels and other nutrition which is easier to access than in back pockets.

Although it's not all good news.

One issue we've found is the vinyl "Fusion" lettering on the black bottom section of the garment doesn't last long. Two washes and they started to disappear, and the manufacturer says this is related to technical properties of the fabric.

Fusion is in the process of moving away from using vinyl. New tri shorts with sublimated bands instead of vinyl have just been released so we can expect to see that feature roll out across the range.

Ensuring the suit maintains its colours, the first wash should include a cup of vinegar.

There are also some restrictions on the use of



The Fusion Speed Suit can be customised with logos and names, with easy access via Australian distributor John Ferguson who lives on the Sunshine Coast.

sleeved race suits.

Some athletes have been disqualified in races due to wearing them in non-wetsuit swims – former world Ironman champion Craig Alexander being one of the most high-profile for wearing a similar style.

While Triathlon Australia rules allow the use of sleeved suits, World Triathlon Corporation (Ironman) follows International Triathlon Union which doesn't. The issue is the ITU rule doesn't allow anything below the shoulder so the solution, including professionals at Kona, is to fold down the top of the Speed Suit (unzip top and fold down top half to waist) and use a swim skin on over the top. At T1 swim skin comes off as usual, arms straight into Speed Suit, zip up and you're off.

But it's time the ITU gets up to speed with modern expectations, realises this kind of apparel offers no athlete gains, is more sun responsible and makes it legal to race no matter whether it's a wetsuit swim or not.

This technology does come at a cost, with the bottom line \$299 which is down from \$320 when first launched here.

That makes the Fusion Speed Suit extremely competitive in this market, and you can invest with the knowledge you'll be in the Rolls Royce of racing apparel.

The Fusion Speed Suit has been a brilliant addition to my racing arsenal.

Great for its sun smarts, both in coverage and the reflective white top section, Fusion has lived up to its performance ethos.

Dealing with the post-race blues



By **JAY BECKLEY**
MEdPsych (Hons)
mental skills coach
and triathlete for 25 years

RECENTLY I saw a question on social media asking if it is common to experience mood changes or feelings of being lost at the end of the triathlon season.

The short answer is yes, it is, and I'll explain what it is, why it could happen, and what can be done about it.

Usually triathletes race their "A" race at the end of the season and the onset of what is known as the post race blues or even post race depression can occur sometime after that,

and oddly enough, it can occur after one of your most proudest achievements.

The reason why the post-race blues affects some people and not others is not entirely clear.

There are a number of factors that could contribute to the post race blues including personality, biological and genetic factors.

This is a phenomenon not just related to sport.

It appears that any event that has required a lot of planning, a lot of hard work and a lot of emotional investment is susceptible to the post race blues.

There has been a considerable amount of research carried out on this topic that has included child birth, weddings, holidays, even

surgery. I recall personally that over the two years it took me to complete my Masters research, the hardest part occurred after I submitted it.

The post-race blues usually pass quite quickly, but it can also last for as long as you let it. You control your thoughts which in turn affects your mood and behaviour. If you experience the post-race blues, there are some things that you can do to help manage it:

- Talk to your coach, training partners, friends or family about what you are experiencing, sometimes that makes all the difference.
- Pay attention to your mood. If your mood starts to interfere with other daily activities or is having an impact on relationships, seek professional support.

Click here to visit Jay's website

TOP TWO INCHES
Mental Skills Development For Athletes

- Acknowledge negative thinking, but never own it. It's just a thought, it's not you.
- Start setting more goals that excite you. Ideally before your season ends.
- Accept that you have to have an off season. You have to regress in order to rebuild.

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Dedicated to sport's development

Triathlon Queensland presents the first profile in a series of Coast clubs

SINCE its inception in 2002, Sunshine Coast Triathlon Academy's (SCTA) Coach and Founder Toby Coote has been guiding triathletes of all fitness levels to achieve outstanding progress, improvement and results.

With his extraordinary depth of experience, Toby is committed to providing individual training programs and advice to help athletes meet their specific training needs.

Already based on the Sunshine Coast, Toby formed SCTA to address the lack of available, quality training and triathlon coaching, and has now evolved into a fully integrated, multi-disciplined coaching service dedicated to the sport of triathlon.

As a Triathlon Australia (TA) recognised Level 2 performance triathlon coach, TryStars accredited coach and former TA National Talent Identification and Development Program regional coach, Toby's sporting and coaching background can only be described as impressive.

In 1995, he reached the highest level any triathlete had achieved on the Sunshine Coast being named in the Australian junior elite team for the world championship to be held in Mexico.

Progressing to the next level, he relocated to the Gold Coast to train and learn under master triathlon coach, Col Stewart, where he went on to race for six years as a professional triathlete.

His philosophy now is not about competing for himself, but rather, developing and nurturing athletes on the beautiful Sunshine Coast and providing hands on coaching as well as written programs to cater for athletes of all health and fitness levels.

Who do you cater for?

SCTA cater for a wide range of abilities and ages covering all distances from Supa Kids/ Super Sprint/sprint/Olympic/ 70.3/Ironman /ITU youth and sprint draft legal athletes.

With up to 16 hands-on coaching sessions to choose from per week.

Do you run any events?

SCTA run school holiday programs for junior's age 5-12 years including the nationally accredited Triathlon Australia TryStars Program.

Who are your club coaches?

Toby Coote – head coach - Level 2/performance coach/ TryStars accredited.

Maureen Cummings – Level 2/performance coach/TryStars accredited

Former professional triathlete and Tooheys Blue/F1 competitor with numerous world championship medals. Maureen still competes in all levels of triathlon and is the head of PE at Sunshine Coast Grammar School.

Coaching roles

2013 – Head coach - Team ITU Camp Youth Olympics - Sydney.

2011 – Head coach - ATU U/23 and Junior Development Camp - Maputo, Mozambique.

2008-2010 – National Talent Identification and Development "Hot Spot" regional coach – Sunshine Coast.

2009 – Head swim coach - ITU U/23 and Junior Development Camp - Gold Coast.

2009 – Assistant coach - Young Guns Tour of Japan.

2008-2009 – TA National Junior Camp.

2007-2008 – TQ JETS coach.

Claim to fame

SCTA highly regarded junior program is one of the best in Queensland if not Australia, with a strong representation in



Toby Coote is the man behind Sunshine Coast Triathlon Academy.
Photo: Patrick Woods

the ITU Youth and Junior Categories. The SCTA/Hybrid Concepts Australia Junior scholarship program has been very successful and has some amazing sponsors on board to help with the running of this program. Last year two recipients received \$7000 of Coaching and equipment throughout the year. SCTA Coaches have worked with numerous International Athletes over the years both Professional and Age Group level

Why should someone join your club?

SCTA offers a professional

CONTACT DETAILS

Sunshine Coast Tri Academy

Mobile: 0414765861

Email: toby@scta.com.au

Web: www.scta.com.au

coaching schedule that is run by a Full time hands on Coach that will be there with you all the way. A strong influence on development and technique, SCTA will be able to cater for your needs and goals. With coaches that between them have over 60 years of experience in triathlon.

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New Hoka footwear models and colours in store next week.

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Stunning prestige practicality

By IAIN CURRY

ADMIT it, you're looking and you like it.

It's Mercedes' new CLA Shooting Brake (old-school speak for wagon), and its edgy good looks and unique lines can't help but draw the eye.

An exercise in form over function, the long-tailed CLA eschews conventional wagon dimensions to retain the Benz CLA's four-door coupe styling, but with a bigger bum it brings more practicality and arguably even more style.

The Shooting Brake is now the fifth member to join Merc's compact car family; a hugely successful exercise that has seen the premium car maker score big sales and reach out to a much younger market than would typically consider a Benz.

Built on the same platform as its A-Class, B-Class, CLA and GLA stablemates, the Shooting Brake comes in four variants: the 200 115kW 1.6-litre four-cylinder petrol; 200 CDI 100kW 2.1-litre four-cylinder diesel; 250 Sport 155kW 2.0-litre four-cylinder petrol; and performance beastie 45 AMG with 265kW 2.0-litre four-cylinder.

All are turbocharged, all feature a seven-speed automatic and while the 200 and 200 CDI have power delivered to the front wheels, the performance offerings feature Merc's 4MATIC all-wheel drive.

Starting at \$52,400 the CLA Shooting Brake isn't cheap, but is nearly \$10,000 less than the sublime C-Class from Merc's stable.

The result is a cabin that is not the last word in luxury – the CLA does feature a few hard plastics that would lead to grumbles from traditional Benz buyers – but is beautifully laid out, has enough soft touch finishes to satisfy and has an overall youthful, sporty feel.

Front sport seats are



wonderfully supportive, but again, this is no C-Class and they are certainly on the firm side.

All CLA grades receive electric lumbar support, while the Sport and AMG get the full electric seat adjustment.

A sweeping silver chrome or aluminium dash panel and turbine-esque air vents make for a pleasing design, while the centre-mounted 8-inch infotainment tablet (think iPad) is of ideal size and level, but personally, I'd prefer if it were touch screen.

Tick one of the exclusive package option boxes (\$1490) and the 200 and 200 CDI get the full leather treatment with desirable contrasting colour stitching – something as standard for Sport and AMG cars.

Buyers of the top two grades – which Mercedes believes will make up the greater volume of sales – also enjoy a flat-bottomed steering wheel.

With four different models you do get very different drive experiences, but there are some shared features.

Our test route was a bit short of variation and open stretches to truly test the performance models, but both the Sport and AMG cars have entertainingly quick powerplants – the AMG an animal – and both with a delicious exhaust bark when

VITAL STATISTICS

Model: Mercedes-Benz CLA-Class Shooting Brake.

Details: Five-door front-wheel drive or all-wheel drive compact executive wagons.

Engines: 1.6-litre four-cylinder turbo petrol generating 115kW @ 5300rpm and 250Nm @ 1250rpm (CLA 200); 2.1-litre four-cylinder turbo diesel with 100kW @ 3200rpm and 300Nm @ 1400rpm (CLA 200 CDI); 2.0-litre four-cylinder turbo petrol with 155kW @ 5500rpm and 350Nm @ 1200rpm (CLA 250 Sport); 2.0-litre four-cylinder turbo petrol with 265kW @ 6000rpm and 450Nm @ 2250rpm (CLA 45 AMG).

Transmissions: 7G-DCT 7-speed automatic or AMG Speedshift DCT 7-speed (CLA 45 AMG only).

Consumption: 5.7 litres/100km (CLA 200); 4.3l/100km (CLA 200 CDI); 6.9l/100km (CLA 250 Sport); 7.2l/100km (CLA 45 AMG).

CO2: 134g/km (CLA 200); 114g/km (CLA 200 CDI); 160g/km (CLA 250 Sport); 168g/km (CLA 45 AMG).

Bottom line (before on-roads): \$52,400 (CLA 200); \$52,900 (CLA 200 CDI); \$66,400 (CLA 250 Sport); \$89,900 (CLA 45 AMG).

playing in the high rev ranges.

The 250 Sport with 155kW and 350Nm of twist is the best all-rounder for the price (the AMG is \$90,000 before on-roads), and as a package is the one buyers should aim for with its sublime engine, all-wheel drive and heaps of standard inclusions.

The 200 petrol and diesels are the frugal and less inspiring drive offerings, but will prove attractive to those more keen on the Shooting Brake's style.

The CLA in its four-door sedan-that-wants-to-be-a-coupe guise is easy enough on the eye, but in Shooting Brake form it's even more compelling.

At just \$1500 more for the wagon, the extra practicality on offer should make it a no-brainer: go the extra space.

It is a funny old shape though, and adding cargo into the rear will be awkward considering the design of the encroaching rear lights.

Lean and mean lightweights

CHECK out this pair.

These two Trek Emonda SLR 10s recently rolled out of the Venture Cycles showroom.

For your hard-earned you get the world's lightest production road bike.

"These bikes weigh 4.65kg out of the box, although we have customised them with a different groupset they still roll out the door under 5kg," Venture Cycles' Jeremy Peterson said.

"To our knowledge there have been six sold Australia wide, giving us 33% of the market."

They come in a carbon vapor coat/viper red colour scheme and the frame is an ultralight 700 Series OCLV carbon.

It's typically comes with SRAM Red drivetrain but this duo had a Campolongo



These two Trek Emonda SLR 10s were recently sold by Venture Cycles.

electronic groupset.

The saddle is Tune Komm-Vor Plus with carbon

rails and carbon body, Émonda full carbon forks, while the seatpost and handlebars are

Bontrager. Anchors come courtesy of Bontrager Speed Stops.

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The latest and greatest...



Venture Cycles at Noosaville has this dynamic duo on the way. Fat bikes and 29+ are the new way to put a capital "F" in to FUN on your mountain bike rides. Go some new places, find some different thrills, have FUN. Farley (above) and Stache (below) start from \$2199



Le CycloSportif at Noosa Junction is having an end of financial year sale, with great deals on all Focus road and mountain bikes. Among the bargain buys is this Focus Chrono Max 3.0 (in medium, large or extra-large sizes) which is 20% off at \$3200 with a 22-speed Shimano 105 groupset and Fulcrum wheelset.



Pamper your feet post-ride, or up the fashion ante at the coffee shop with these stunning slippers from Assos. They're \$25 a pair from Cyclezone Mooloolaba, but will be priceless during winter.

The all new Brooks Glycerin 13 for men and women is plushiest of rides yet. A more secure fit and updated wrap around collar is the perfect blend of fit and comfort. The mid-sole has been upgraded to deliver 25% more cushion and pressure zones evenly distribute weight from heel to forefoot to keep your body properly aligned. Available at Allez Sport Mooloolaba now. RRP \$259.95.



Race into Allez Sport Mooloolaba for the latest Nike men's and women's running apparel – including the new range of Dri-FIT motion singlets, tees, long-sleeve running shirts and shorts. Best sellers include the Nike Racing tank (pictured far right) which delivers sweat management and a super soft feel and the Dri-FIT short-sleeve running shirts (RRP \$80), which is available in three colours. Prices range from \$45 to \$120.

Upcoming Coast events

REGISTER YOUR EVENT
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
June 21	Allez Sport Cross Country Series race six	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m at Elizabeth Daniels Park.	Buderim	www.sccrosscountry.org
June 21	Caloundra Foreshore Fun Run	Foreshore fun runs including 10km and 3km. The 10km starts at Golden Beach and finishes at Moffat Headland.	Caloundra	www.caloundrafunrun.com
June 26	Become a better road cyclist workshop	Become a better cyclist and learn more about road safety. Designed for intermediate cyclists aged 18 years and over who would like to increase their confidence on the road. The course covers bicycle handling, hand signals, intersections and roundabouts, changing lanes, cornering and road rules.	Birtinya	www.sunshinecoast.qld.gov.au
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 26	Flinders Tour Trail Run	Based at Beerburrum on the Sunday closest to the 26th July. Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburrum) on this date in 1798. Options include 10km, 25km and 50km.	Beerburrum	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
August 2	Queensland Enduro Series – round four	Downhill mountain bike endure, 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

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Upcoming Coast events

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Date	Event	Distance	Location	Website
August 9	Rainbow Beach trail run	Runs of 10km, 25km and 43km at Rainbow Beach/Cooloolo National Park.	Rainbow Beach	www.runqueensland.com
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 21	Sunshine Coast Marathon Onesie Run	Kick off the 7 Sunshine Coast Marathon and Community Run Festival with a 1km run on the esplanade in a onesie.	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 Stampede, 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.	Beerburum	www.glasshousetrails.com.au

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Upcoming Coast events

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Date	Event	Distance	Location	Website
September 13	Ironman 70.3 Sunshine Coast	Long distance triathlon, 1.9km swim across Mooloolaba bay, 90km ride along the Sunshine Motorway (two laps) and 21km run from Mooloolaba to Cotton Tree (two laps).	Mooloolaba	www.ironman.com
September 20	Mountain bike orienteering – State Series, round nine	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	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 10-17	Sunshine Coast Cycle Fest 2015	New annual cycling event to feature a hill climb, road race, criterium and a gran fondo. Designed for riders of all ages and abilities. Staged as part of cycling celebrations in conjunction with Sunshine Coast Council.	Sunshine Coast	www.facebook.com/scyclefest2015
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.briebietri.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

CONTINUED NEXT PAGE

Upcoming Coast events

 REGISTER YOUR EVENT
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Date	Event	Distance	Location	Website
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
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.briebietri.com
December 20	Buderim9	Climb nine Buderim hills, covering 75km, within three hours.	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.briebietri.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.briebietri.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 this year, with full details to be released.	Mooloolaba	www.ironman.com