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MECCA

September, 2016



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Grant Edwards
Sunshine Coast
Multisport Mecca editor
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GETTING to the Sunshine Coast has been a dream for many.

Qualification to the Ironman 70.3 World Championship has encompassed more than 90 races, where 200,000 athletes have attempted to gain a slot. Now it's down to field of 3000 athletes.

But the Sunshine Coast is not a "once-off" destination.

There is good reason why this region has become home to the likes of Jan Frodeno, Luke McKenzie, Beth Gerdes, Belinda Granger and Pete Jacobs for much for the year.

Home to countless world-class events, there is a range of multisport activities which should be on any athlete's bucket list.

Among the highlights each year is the Noosa Triathlon Multi Sport Festival.

With an amazing atmosphere and stellar field of professional and age group athletes, it ranks



Nicholas Kastelein (left) and Jan Frodeno in training.

PHOTO: GLEN MURRAY, KORUPT VISION

as one of the world's best Olympic distance triathlons. The swim off Noosa Main Beach is spectacular, followed by a brilliant undulating out-and-back bike course and then a flat run encompassing a route past some of the most sought-after real estate in Australia.

Mooloolaba hosts both the

Olympic distance (March) and 70.3 (September) triathlons, while the marathon festival staged every August has begun attracting some of the nation's best runners keen to tackle the picturesque oceanside course.

Another event that has quickly gained momentum is Ultraman Australia. Hosted at Noosa every

May, next year's third instalment of the 10km swim, 421km bike and 84km run event has seen unprecedented interest.

Throw into the mix a massive array of running events, from ultra trail runs in the hinterland to 2km fun runs, the Sunshine Coast is truly Australia's Multisport Mecca.



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Sunshine Coast age group competitors (from left) Damien Collins, Meredith Hill, Nathan Fitzakerley, Malin Olsson and David Chick are all primed for big performances at the 70.3 Ironman World Championship. PHOTO: JOHN MCCUTCHEON

World comes to our door

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THE Sunshine Coast has been at the forefront of Australian multisport for more than three decades.

Back in 1983 the Noosa Triathlon attracted 180 competitors. Evolving into a five-day festival, Noosa has become the world's second largest Olympic-distance triathlon, second only to London.

This year the Mooloolaba triathlon celebrates its 25th anniversary, and it was only fitting that the Sunshine Coast became the first location in the Southern Hemisphere to host the Ironman 70.3 World Championship.

Long-course triathlon only began at Mooloolaba in September 2013, but it has quickly gained an enviable reputation. The postcard-perfect swim off Main Beach, motorway bike course and the two-lap run has seen some fast times.

Among the 800 Australian competitors are a strong contingent of local age group athletes.

Yaroomba's David Chick will be on the 45-49 division start line. A stalwart of the local multisport community, he has been a staunch supporter of countless triathlon, running, cycling and swimming events through his

business Allez Sport.

Chick has twice finished the Hawaii Ironman, the first in 1993 and then again last year, but his recent focus has been on reaching peak fitness for his 70.3 world championship debut.

He qualified at Mooloolaba last year, posting a time of 4:17:02 (29:39, 2:17:10, 1:25:57). After finishing Kona, Chick has battled some niggling injuries but went to Cairns in June where he was again second with a time of 4:28:27 (28:45, 2:22:46, 1:29:50) on a tough day out in tropical north Queensland.

Always a fierce competitor, Chick is expected to be at the pointy end of his age group.

Meredith Hill is not convinced she will push for the podium in her 30-34 division, but her form has taken an upward trajectory since moving to Marcus Beach about two years ago.

Under the guidance of coach Hillary Biscay, the physio finished last year's 70.3 Sunshine Coast in 4:33:56 (29:48 02:29:40 01:29:43), but got her slot at Ballarat during December when she finished third in 4:43:09 (29:07, 2:35:45, 1:34:33).

Training with the likes of Belinda Granger, Luke McKenzie and Beth Gerdes, the change of scenery has taken her performances to the next level.

"Year-round the (Sunshine

Coast) conditions facilitate riding and swimming outside. It doesn't really have an off-season," she said.

"The company you are in...there are endless groups of people to train with of all standards so you are often humbled by the company you are in and it makes you lift your game."

After a second position at Challenge Roth during July, Hill said the 70.3 distance felt more like a sprint following her recent long course experiences but was assured of one thing ahead of worlds: "I'll go and have a good time."

Despite being a relative newcomer to 70.3 racing, Buderim's Malin Olsson has experienced a strong preparation.

Since winning her category at Taupo during December in 5:02:16 (34:38, 2:42:55, 1:39:00), the PhD student who is currently researching new antibiotics to treat drug resistant infections is undertaking more than 20 hours a week of training.

"I don't really know what to expect. It's going to be a big step up," she said.

"The intensity and the volume has increased and I'm just trying to fit it all into the day."

The former Kiwi has posted some solid run form, achieving a personal best half marathon of 1:21 at Noosa during this year's

ultimate festival. "If I can stay around 1:30 during the race I'll be stoked," Olsson said.

Beerwah 26-year-old Damien Collins wants to stamp his authority on the race.

Collins was the fastest age grouper at Mooloolaba last year to earn his spot after finishing just under four hours (28:40, 2:09:13, 1:17:29).

His preparations have been "up and down", but he is hopeful of a big performance ahead of his third appearance at Kona during October and then taking his professional card in 2017.

"Every race you aim to win. We have ridden the course a few times and it's going to knock a few people around," he said.

"The hills are going to string everyone out and wear a few people down for the run. I'll be ready to race and do everything I can to try and win it. The focus is still Kona, but I'm not going to the Sunny Coast to go slow."

Another ready to give the top place-getters a shake is Nathan Fitzakerley.

The Parrearra athlete qualified at the Sunshine Coast with an effort of 4:11:26 which was good enough for a third placing (25:40 02:16:41 01:26:01).

Fitzakerley has also qualified for Kona, but has been honing his speed since winning his age group at Ironman Cairns.

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Scenic journeys from coast

FLAT or hills? Ocean or hinterland? Road riders are spoilt for choice on the Sunshine Coast.

With Noosa and Sunshine Coast councils improving cycling infrastructure, dedicated lanes and better facilities are becoming commonplace.

While new laws came into effect this year requiring vehicles to provide a cyclist passing distance of 1.5m above 60kmh and 1m below, there are still some parts where it is best to ride single file and offer courtesy to drivers.

But there are certainly countless great places to ride, and we've compiled a list of the best locations.

Them thar hills

For those seeking repeat sets, there are two hills which are highly regarded: Palmwoods Montville Rd at Palmwoods and Gyndier Dr, Tewantin.

Both have been used for successful Everest expeditions (where riders repeatedly climb for nearly 9000m).

The Palmwoods Montville Rd climb is about 6km and has an average gradient of just below 6%. Quiet and with limited traffic, it's also used as a timed stage of Sunshine Coast Cyclefest to find the king of the mountain.

Palmwoods is easily accessed from Maroochydore via the dual carriageway on Maroochydore Rd, or from Mooloolaba via Tanawha Tourist Drive (take Karawatha Dr, Ballinger Rd, left onto Stringybark and shortcut across via Jorl Crt).

The climb starts about 4km out of Palmwoods and has a 307m elevation gain.

At Noosa's end of the coast, Gyndier Dr is a closed road offering 2.8km of smooth bitumen with an average gradient of 3.5%. It's used as part of the Noosa Tri



Riders enjoy some spectacular views from the Mary Valley into Kenilworth during Ultraman Australia.
PHOTO: BARRY ALSOP, EYES WIDE OPEN

course, and being a closed road riders need to be aware of debris and skateboarders who also like to use the hill.

Coastal outlook

The best oceanside ride comes via David Low Way. Stretching from Pacific Paradise in the south to Noosa in the north, it offers excellent bike lanes on both sides.

Predominantly flat, there are some small lumps around Peregrin, Marcus Beach and one at Coolum.

Easily accessed via Noosa Heads at the northern end, from the south David Low Way can be found via Bradman Ave and then the cycle path which goes across the river and links at Pacific Paradise. Locals usually take the Ocean Dr loop at Twin Waters to

avoid traffic lights through Pacific Paradise.

Criterion tracks

There are two closed road loops available, one at Noosa Heads and the other at Landsborough.

Purpose-built, the Girraween Criterion Cycling Track on Eenie Creek Rd at Noosa is about 900m long and includes a short climb to test the legs.

Skippy Park is 2km south of Landsborough on Old Landsborough Road. The 2.2km track is flat and wide, perfect for riders of all abilities.

Hinterland journeys

If you ask Greg Ball of Le CycloSportif, the best hinterland riding is "north of Noosa".

"The Noosa 100km course they used for the gran fondo is perfect.

It takes places such as Kin Kin, Cooran and the Mary Valley," he said. "You have climbs but they are more like hills than mountains and the roads are pretty quiet and the scenery is good."

For those in Noosa, the journey from Tinbeerwah to Eumundi using Sunrise Rd and into Eumundi Range Rd is popular with some some testing hills and fast flats.

Entering the hinterland from Maroochydore and Caloundra is equally rewarding.

From Landsborough there is a long climb up to Maleny but the journey is certainly worth it as you take in some amazing views of the Glass House Mountains. There is a good shoulder on the ascent to stay away from the traffic, but if it

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South-easterly winds prevail for much of the year, making Mooloolaba and Noosa perfect for swimming.

PHOTO: GRANT EDWARDS

Few troubles in calm waters

OPEN water swimming doesn't get much better than Noosa or Mooloolaba.

The two main beaches offer protection from the elements and spectacular environments to hit the water.

Northerly winds can make conditions choppy, but south-easterly winds prevail for much of the year. Many swimmers opt for the wetsuit from about May to September with water temperatures averaging about 20 degrees, but rise to 24 in November and up to 27 in February.

Duane Cannell is one of the region's leading age-group competitors. He also coaches at Makin' Waves Mobile Swim School, and he rates the Coast as one of the best places to swim.

"You couldn't go past Mooloolaba as the best," he said. "I'm biased because it's my local beach, but the calm waters with hardly any northerlies mean it is perfect conditions, a bit cold, but there are crystal clear blue waters.

"Noosa is beautiful too, but Mooloolaba is really safe and protected.

"At Mooloolaba main beach you do have to be careful of the big swell. What I do for my swimmers just starting out, I go all the way down to the Spit end and we do some swims there. That is more protected and calm.



Duane Cannell at Mooloolaba.
PHOTO: CHE CHAPMAN

"You also get the odd rip, but mostly you can put your head down and travel toward the Spit where it is almost like a lake."

At open beaches, it's always best to swim between the flags.

For those keen to hone their skills in the pool rather than open water, the Coast has a range of pools scattered in various areas.

There are six 50m pools at Noosa, Nambour, Cotton Tree, Kawana, Sippy Downs and Caloundra.

The northern end of Kings

SUNSHINE COAST POOLS

Noosa: Heated 50m, 25m. Entry \$5.40, concession \$4.60. 6 Girraween Ct, Sunshine Beach.

Coolum-Peregian: Heated 25m. Entry \$5.20, concession \$4.30. 1930 David Low Way, Coolum Beach.

Cotton Tree: Heated 50m, 25m. Entry \$5.50, concession \$4.60. Cotton Tree Parade, Cotton Tree.

Maroochydhore: Heated 25m. Entry \$5. Star Swim School. 5/81 Wises Rd, Maroochydhore.

Sippy Downs: Heated 50m. Entry \$5, concession \$3.50. At the university campus, adjacent to athletics track, Sippy Downs Dr, Sippy Downs.

Mountain Creek: Heated 25m. Entry \$4, concession \$3. Lady Musgrave Dr, Mountain Creek.

Kawana: Heated 50m, 25m. Entry \$5.40, concession \$4.50. 801 Sportsmans Parade, Birtinya.

Caloundra: Heated 50m, 25m. Entry \$5.50, concession \$4.60. 1 Central Park Rd, Caloundra.

Kings Beach: Saltwater, 25m. Free. Kings Beach foreshore.

Nambour: Heated 50m, 25m. Entry \$5.50, concession \$4.60. Petrie Park Rd, Nambour.

Palmwoods: Heated 25m. Entry \$4.90, concession \$4.10. 101 Palmwoods Montville Rd, Palmwoods.

Beach also has a free 25m sea-water lap pool.

Group ocean swims

Mooloolaba, Fridays, 6.30am: Meet at the lifeguard tower.

Athletes of all levels swim across the bay, which is about a 2km round trip. Some get out and walk back, or get in at the Spit and swim back.

Mooloolaba, weekdays, 6.30am: Small group for short swim from Main Beach.

Kings Beach, weekdays about 6.30am: The Stunned Mullets catch some waves and undertake a short swim, no wetsuits with this crew.

Noosa, Sunday, 3pm in winter and 4pm in summer: Meet in front of the surf club, 2km open water swim. Everyone welcome.

Coolum, daily, 7-7.30am: Small group leaves from in front of the clubhouse.



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Jez Peterson in action at Garapine, near Gympie. PHOTO: JAMES RAY

Take the road less travelled

TAKING the road less travelled is gaining momentum like never before.

While there is a strong surge toward road riding and triathlon, mountain biking is also being embraced by people of all ages on the Sunshine Coast.

John Searston is a veteran of off-road riding and now runs Have Fun Tours on the Coast.

He said the sport is flourishing, with the Sunshine Coast's popularity bolstered by having some of the state's best locations such as Parklands near Bli Bli and Wooroi at Noosa.

"It's not a sport for a certain period while you are in a specific fitness zone," Mr Searston said.

"We have people riding of all ages. The best thing about it is you don't have to go fast to have fun."

Mr Searston said there has been a noticeable increase of older riders keen to have a go.

"A lot of people get put off by mountain biking because they get the picture of careering down a hill. They think it is going to be dangerous," he said.

"Think of it more as forest riding. Most people have a pretty good self-preservation streak so not many people fall over."

Among the benefits of mountain biking is safety. You only need to worry about the track ahead, with no cars, trucks or buses.

It's also a great family activity, and people of all fitness and skill levels can participate.

Where to MTB ride

Venture Cycles owner and off-road guru Jez Peterson said the Coast is home to some of the state's

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Venture Cycles, Noosaville:

Hard tail with hydraulic disc brakes (\$45 a day), and dual suspension bikes available (\$70 a day). Visit www.venturecycles.com.au or phone 5455 6655.

Cycle Zone Moolooloba: New stock has just arrived. Hard tail (\$45) and dual suspension (\$80 a day). Phone 5478 1001.

Have Fun Tours, Mooloolaba: Up to 65 bikes available.

Standard bike prices start from \$30 each day, \$40 for two days, \$50 for three days or \$100 for a week. The 29er dual suspension options are \$65 per day. Visit www.havefuntours.com.au or phone 0419 795 586.

Bike On, Noosa: Full range of Treks in a range of sizes, hardtail and dual suspension. Phone 5474 3322 or visit www.bikeon.com.au.

best off-road riding.

"Up the road from us at Noosaville has some of the best single track in Wooroi," he said.

"If they want to stretch their legs they can head out on the Noosa Trail Network for a bit more fire road towards Cooroy, Pomona and can loop around to Kin Kin for longer rides in the vicinity of 70-100km."

Best beginner trails

Ewen Maddock Dam: There are several options at Ewen Maddock. There is a great Ferny Forest 10km loop available from the car park

CONTINUED ON PAGE 11

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Nathan Beckingham takes on the trails of Parklands.

PHOTO: GRANT EDWARDS

FROM PAGE 10

across the road from the Big Kart Track. You can also enter on the other side off Mooloolah Connection Road where there are wide flat trails with the option of

tackling various hills. Enter at the Maddock Park Recreation area, 177 Connection Rd, Mooloolah.

Cooroy: Take an easy, flat trail which has good signage. Park and enter via the Noosa Showground

at Exhibition St, Pomona, or at the southern end in Apex Park, Maple St, Cooroy.

Dularcha National Park: Follow the old Brisbane-Cairns rail line between Landsborough and

Mooloolah. Park at the corner of Pagent St and Dorson Dr at Mooloolah Valley, or south at the corner of Cunningham Av and Beech Rd, Landsborough.

Best intermediate trails

Woori: Some impressive flowing single track which starts midway up the climb and winds its way to the bottom. There are 10 tracks on offer, from 850m to 1.7km. Park at the day use area across from Carramar Noosa Homes, 186 Cooroy Noosa Rd at Tewantin, or at the base of Gyndier Dr.

Best advanced trails

Parklands: The unofficial centre for serious mountain bikers. This is where you will find the best technical trails on the Coast. Choose from four loops, with some big climbs and single track through the rainforest. Take the Parklands exit off the Bruce Hwy, and use the car park at the junction of Rocky Creek Rd and Radar Hill Rd, Kulangoor.

Caloundra: Sugar Bag Rd, near Caloundra, as a set of tight technical loops with lots of features such as bridges, see-saws, log rollovers, ramps and various jumps. Park at Ben Bennet Park, off Queen St.



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Options to stretch the legs

OCEANSIDE offers some spectacular running on the Sunshine Coast.

From Noosa to Caloundra, there are some outstanding destinations to stretch the legs with paths that link the entire coastline.

Those in Mooloolaba don't have far to travel to access wide paths for training. Water is available at various points, while there are also kilometre markers on the concrete.

One of the most popular routes encompasses the run over the boardwalk out to the Spit.

Heading north, and once over Alexandra Headland the journey is flat and smooth throughout Cotton Tree and into Maroochydore.

Those seeking more undulations can head south across the river. La Balsa Park offers ample parking which is about 1.5km to Point Cartwright – an excellent location for hill repeats on grass.

The path runs parallel with the beach with some challenging undulations along Pacific Blvd.

Travel north of Mooloolaba and there is ample flat terrain and high-quality paths. Good running treks start at Twin Waters to Coolum Beach, with an awesome natural canopy at the Boardwalk.

But one of the most revered spots on the Sunshine Coast is Noosa National Park.

Every day there are a steady stream of runners and walkers, keen to conquer the gravel tracks and take in the rocky coastline and sheltered coves.

Access is via Hastings Street, follow Park Rd around Laguna Bay headland to the car park entrance.

There are five varied tracks from the 1km Palm Grove Circuit, Tanglewood Track to reach Hell's



Alexandra Headland offers ocean views and wide paths.

PHOTO: BRETT WORTMAN

Gates (6.9km), the 3.4km Noosa Hill Track or the 10.8km Coastal track.

Nicola Warman-Flood opened Noosa Running Tours two years ago to help visitors find their way.

A keen bushwalker and runner, she said she was often stopped by visiting walkers who would ask directions and for suggestions about good tracks to explore.

"I knew the park really well and people who came up and wanted to get off the main track, Hell's Gate and return," she said.

"The park's a lot bigger than what people think."

She said friends who came to visit loved joining her jogs and walks, and she realised there might be a market for taking guided runs and walks.

"It's just about seeing Noosa in a different way, but it's not intimidating. It's just a way to explore a bit and get some exercise."

For those looking for a walk or recovery, there are some other picturesque options.

Kondalilla National Park

Named after the magnificent Kondalilla Falls, where Skene Creek drops 90m into a rainforest valley, this park is a cool mountain retreat and an important refuge for many native animals and plants.

Enjoy a picnic at Kondalilla Falls day-use area. Walkers can choose the easy 2.4km Picnic Creek Circuit, the moderate 3.2km Rock Pools Walk or the more challenging 4.6km Kondalilla Falls Circuit.

Mount Coolum

Nothing is better than the view from the top of Mount Coolum on a clear day. The 208m mountain makes for a challenging trek, best done early morning or late afternoon.

The average person can complete the climb in just over half an hour, while the fitter climbers

race to the top like it's nothing.

An estimated 50,000 people climb the mountain each year and it's easy to see why. The view at the top is amazing with 360 degree views of the coastal area, including Point Cartwright and the Glass House Mountains to the south, the Blackall Range to the west, and Noosa Heads to the north.

There's no toilet facilities at the park.

Coastal Pathway

Caloundra's Coastal Pathway is a breathtaking nine-kilometre stretch of paths, meandering along Caloundra's beaches from Bells Creek in the south to Point Cartwright in the north.

With sights such as a lighthouse, lakes, creeks and surf beaches cropping up along the Coastal Pathway, this scenic trail is a great reason to get out and about and explore Caloundra's natural beauty.

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Coast boxes you have to tick



1 Noosa hosts the world's second-largest triathlon. It has an amazing atmosphere, with the big crowd cheering on professional and amateurs alike.



2 It's quickly become a hallmark event at Noosa. Ultraman Australia is the ultimate challenge, a 10km swim, 421km bike and 84km run over three days. If you can't compete, support. PHOTO: BARRY ALSOP



3 The 7 Sunshine Coast Marathon and Running Festival has something for everyone during August. PHOTO: CHE CHAPMAN



4 The Island Charity swim is an 11km journey from Mudjimba to Mooloolaba. PHOTO: JOHN MCCUTCHEON



5 Every December before Christmas is the Buderim 9 - make 75km and nine hills of Buderim within three hours.

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Bean there with fresh and

CAFE culture has taken hold.

Throughout the region are some outstanding options for a caffeine hit.

Boyd Cahill, owner of Noosaville cafe Sandbar Associates, said the local cafe scene was raw with customers having high expectations of their baristas.

"Australians have developed a palate for coffee that speaks beautifully for itself without need or want for enhancement," he said.

"We want a well-textured flat white with well-extracted espresso delivering complexity and discernible characteristics of the beans' origin.

"Also, we prefer our cafes born of our individual community with whom we feel connected and welcome."

Sunshine Coast personal trainer, triathlete and chef Dmitri Simons has a passion for good food.

He knows more than anyone "you can't outrun a bad diet", and these are his top foodie picks.

■ **Raw Energy Noosa** –

Thursdays after a solid Boreen bike for coffee, yogi bear recovery smoothie and fresh-baked muffin. 1/231 Gympie Terrace, Noosaville.

■ **Krung Thep Thai Restaurant** – Authentic Thai with great service, spicy authentic fresh and aromatic flavours with punchy herbs and chilli. Peanut satay sauce is unbelievable. 239 Gympie Terrace, Noosaville.

■ **Sushi Yah-Man** – Fresh Japanese food, great place to take the kids with something on the menu for everyone, sushi train and takeaway. Awesome sashimi, fresh hand-made gyoza and agedashi. 7 Sunshine Beach Rd, Noosa Heads.

■ **Fisheries on the Spit** – Fresh caught seafood for home or cooked right in front of you – seafood basket a family favourite with sensational calamari. Eat it there or take it across the road to the beach. 21 Parkyn Parade, Mooloolaba.

■ **Baked Poetry Cafe** – Authentic European delights and reminds me of Holland and

Germany – cakes, breads, fresh salad stacks and deli – great food and great coffee. 218 David Low Way, Peregrine Beach.

Here's our other top locations for good food and coffee:

■ **Mooloolaba The Pallett Espresso Bar** – With beans from the Mambo Coffee Company, barista Johnny Stark knows his stuff. Recycled timber furniture, easy parking, it's away from the hustle and bustle of the esplanade, and ample room to park the bikes. Shop 2, 161 Brisbane Rd.

■ **Black Market** – The Campos beans deliver coffee that is flavoursome and balanced. Just a short walk from the esplanade down towards the wharf. 11/34 River Esplanade

■ **The Columbian Coffee Co** – This is the number one pick for local triathlete Ross Cattle. The speciality coffee is roasted on site, and owner Daniel Mejia bases the business on family values – hard work, fair trade and strong



community bonds. Lot 4/20 Brisbane Rd.

■ **CK Coffee Bar and Wholefoods** – Known as the local health food capital and popular with Coast athletes, they use local growers and farmers to offer fresh and organic produce. 17 Brisbane Rd.
■ **Envy** – Experienced long-distance triathlete Tony Bryan is an

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2 Venture Drive, Noosaville. Ph: 5455 6655 | www.venturecycles.com.au

6256914ag

local produce



advocate for Envy. “Good healthy food there always. The bircher muesli is a winner.” They have been providing a “healthy alternative” for a decade with dairy free, paleo, gluten free and vegetarian options. At Cotton Tree and Sunshine Beach. 3/26 Brisbane Rd.

Alexandra Headland

Francis Bean – With a true sense of community, the cafe owned by Tamara Farrel uses Campos beans. There is also a range of healthy food options. 3 Mari St.

Cotton Tree

Silva Spoon – Premium tea and coffee. South American coffee beans from Costa Rica, Panama and Brazil. Their coffee beans are freshly roasted twice a week.

Black teas, selectively sourced green tea, white tea and Oolong teas. Shop 1, 27 Cotton Tree Pde.

Glass – Sit back, relax, and enjoy fresh coffee in a funky atmosphere. 80-82 Sixth Ave.

Oh Darling – Great setting with impressive coffee and a host of homemade goodies. 15 The Esplanade.

Harvest Cafe – With a focus on raw, natural ingredients, producing breads, jams, condiments and mueslis that are bursting with flavour. 1/13 The Esplanade.

Forest Glen

Kunara Organic Marketplace – The largest organic supermarket on the Sunshine Coast. It's truly a one-stop-shop, with more than 18,000 natural and organic products including fruit and vegetables, naturopathic services, natural beauty therapists, organic and gluten-free specialty food from the cafe. There is also an organic butcher. 330 Mons Rd.

Palmwoods

Home Grown Cafe – A hidden gem, you'll find a fine brew not far from the Palmwoods main road to Montville. Using The Tin Shed Coffee, the ingredients for meals are all seasonal and sourced from local producers. 4/6 Main St.

Buddina

Little Miss Saine – Boasting a delicious blend, the owners say it was “founded on a celebration of all things food and coffee, Little Miss Saine offers a fixed menu of



Francis Bean at Alexandra Headland. PHOTO: JOHN MCCUTCHEON

the healthiest and tastiest meals, plus delicious ‘naughty’ treats, which are actually good for you”. 26 Parkana Cres.

Caloundra

Lamkin Lane – Highly regarded and always a leader with coffee snobs, the team uses Tim Adams Specialty Coffee for refinement in a cup. 34 Lamkin Lane.

Peregian Beach

Hand of Fatima – Dutch owner Carlos can be a pretty direct character, but he knocks out an impressive coffee using Allpress beans. 2/4 Kingfisher Dr.

Coolum

Raw Energy – There are several Raw franchises throughout the Coast, each has a similar philosophy for fresh and healthy produce. In Coolum there are some impressive organic options, along with an awesome veggie omelette. 1776 David Low Way.

Canteen Kitchen + Bar – Among the best coffee you will find on the the Coolum esplanade, with an emphasis on fresh local sustainable produce with water views. 1748 David Low Way.

Compound – Featuring a cruisy atmosphere with Padre Coffee. 15 Heathfield Rd.

Sunshine Beach

Costa Noosa – This passionate bunch roasts and blends A-grade Arabica high-altitude beans from

speciality estates across the world to produce the exceptional flavour notes and taste profiles. 26 Duke St, Sunshine Beach.

Noosaville

Clandestino Roasters – Based inside Belmondo's, at the Noosa industrial estate, coffee doesn't come much better. For the hardcore caffeine lovers. Dmitri Simons said “simply stunning coffee and you can buy your organic fruit veg, bread and meats on the way out”. 59 Rene St.

Little Cove Coffee – This is where you'll find smooth, strong and full-bodied caffeine hits.

Fair-trade South American and African beans. 4/205 Weyba Rd

Noosa Heads

Bean Peddlin' – Part of Trilogy Cycles, they make cycling even better with coffee! Shop 9/14 Sunshine Beach Rd.

Rosemount

Guru Life – Featuring a cool blend of Columbian, Kenyan, Ethiopian and Indian beans. 522 Petrie Creek Rd.

Marcoola

Little Boat Espresso – Good food and coffee is the ethos, with organic, seasonal, local and gluten free (where possible). 3 Lorraine Ave.

Cuba St – The line ups on weekends tell the tale. 970 David Low Way.

Order your safer cycling gear now!

Promote safer cycling on the Sunshine Coast



Tops \$79.95 including GST and delivery (RRP \$115 + delivery).
Bottoms \$84.95 including GST and delivery (RRP \$125 + delivery).
Bib and brace available on request.

Council has developed customised cycling apparel, which improves safety by making cyclists more visible on the road.

The apparel also shares important road safety messages for both drivers and cyclists.

How to order

- Email travelsmart@sunshinecoast.qld.gov.au for ordering information
- Visit www.sunshinecoast.qld.gov.au and search for 'safer cycling'

Sunshine Coast Bike Week

Council is also hosting a week of free cycling activities from 24 September - 2 October.

Search 'Bike Week' on council's website for details. www.sunshinecoast.qld.gov.au

Hit reset and get race ready



Dr Kate Gazzard
Sports medicine
doctor, physiotherapist

FOR those of you travelling from far and wide, a hearty Australian welcome to paradise and congratulations on qualifying for the 70.3 Ironman World Championship.

Aptly named, the Sunshine Coast experiences one of the most ideal climates and highest sunshine levels in the world.

In September on the "Sunny Coast" (if you haven't figured it out by now, we Aussies like to abbreviate everything: G'day, have some brekkie and a cuppa and we'll hit the beach this arvo then whack some prawns on the barbie), you can expect daily temperatures from 13 degrees Celsius in the morning to a sensational 24 degrees during the day (for our American friends that's 55 – 75 degrees Fahrenheit; aka perfect).

If you aren't used to the Australian sunshine, even in spring, she sure packs a punch Down Under. Don't forget to slip, slop, slap (slip on a shirt, slop on sunscreen and slap on a hat).

September is also, thankfully, one of the driest months of the year so here's hoping for a picture perfect race day.

You will be swimming in the ocean which means there can be a rolling swell, a breeze and some waves – great for body surfing. If you're unfamiliar with Australian surf beaches, make sure you check out the conditions prior to race day and, apart from the

CONTACT KATE

Background: Kate has 16 years of sports medicine experience as both a physiotherapist and a doctor. She has worked with international rugby teams, and extensively with ultra runners and triathletes including Brad Kahlefeldt and current world Ironman champion Jan Frodeno, and is also a qualified instructor in Advanced Wilderness Life Support for the Wilderness Medical Society and has completed a Diploma in Mountain Medicine with the US Army.



Website:
www.theproclinic.com.au

actual race, keep our lifeguards happy and always swim between the red and yellow flags.

If you've joined us from abroad, chances are you're feeling a little jet-lagged after leaping through multiple time zones. Even if you haven't crossed many time zones, you may just be feeling the effects of travel fatigue.

Cramming in training sessions around last-minute work commitments, rushing around to pack the bike, race kit, Go-pro, passport... it can leave you feeling exhausted. Be kind to yourself and take a few days to recover. You've done the hard work.

Your body will thank you for a few light training sessions and plenty of light exposure, especially in the morning, to help adjust your sleeping rhythms.



PHOTO: WARREN LYNAM

Pack some protein into your breakfast to get you going for the day and a few more carbs at night can help reset your sleep cycle. If you are still having trouble sleeping, make sure you stay away from bright screen exposure for at least an hour before bed. Put the iPhone down.

Perhaps even try listening to a mindfulness podcast to help calm your busy mind. My Meditation Station, Smiling Mind, UCLA Meditations, Tara Brach and Insight Timer are some of my favourites.

It goes without saying that race week anywhere in the world is not the best time to try new food, new routines or new equipment, so stick with what you know and save the adventures for after you cross that finish line.

There will be plenty of temptation at the expo and by all means go crazy with the bargain hunting...but perhaps save the new toys as a motivation to get back into training next season.

No doubt there will be plenty of banter amongst athletes about who does what, when and with what bike/nutrition/watch/wetsuit etc. Trust in what you've done to get this far.

Training, travelling and a hectic work/life schedule can leave your immune system vulnerable to infection so this is the time to take extra care of your health.

Wash your hands, stay away from crowded areas and shopping centres, get plenty of sleep, ample doses of sunshine and lots of fresh fruit and vegies.

If you are feeling unwell don't forget to use your head. If the symptoms are confined to your head (runny nose, sore throat) you should be okay to train. Any symptoms below your head (chesty cough, body aches, fevers) is a sign to take the pedal off the metal and rest.

If you do need any medical assistance during your stay on the Sunshine Coast there are several options. For emergencies – the number to call is 000 and there are two major hospitals in the area with emergency departments – Nambour and Caloundra.

There are also many general practice medical clinics around Mooloolaba, Alexandra Headland and Maroochydore where you can call ahead to make an appointment.

With so many elite athletes calling the Sunshine Coast home, we are fortunate to be surrounded by a multitude of fantastic sports physiotherapists and massage therapists for any last-minute niggles that need ironing out.

If you have any sports medicine questions or are looking for some advice regarding injury or illness, send an email via the website at www.theproclinic.com.au

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Upcoming Sunshine Coast events

Send us your events:
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Date	Event	Distance	Location	Website
September 10-11	Glasshouse Trail Series - Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 50km, 34km and 11.3km trail run in the Glasshouse Mountains, Beerburrum, Queensland.	Beerburrum	www.glasshousetrailseries.com
September 18	The Mt Cooroora Endurance Challenge	A 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Each lap takes you up a 1.2km, 280m ascent, before descending along the same route. Also a fundraiser for the Children's Hospital Foundation and the Humpty Dumpty Foundation.	Pomona	www.mtcoorooraendurancechallenge.com
September 24-25	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon there will be a street criterium at Cotton Tree with six events. On the Sunday. There is the 100km (with 1000m of elevation) grand fondo from Cotton Tree riders will travel through Alexandra Headland, Buderim, Bli Bli, Yandina, Eumundi, Verridale, Peregian Beach, Coolum Beach, Maroolia, Mudjimba, Twin Waters, Bli Bli and Maroochydhore. There will also be a 25km ride from Port Arkwright to Cotton Tree.	Cotton Tree	www.sccyclefest.com.au
October 12	Ride2Work Day	Ditch the car and ride to work. This Sunshine Coast Council initiative include a community breakfast in three locations plus but in the chance to win a \$1000 bike shop voucher for anyone that registers.	Sunshine Coast	www.sunshinecoast.qld.gov.au
October 15	Wild Women Adventure Race	An all-women adventure race in teams of two. Competitors can expect between 20 to 30 km of mountain biking, 8 to 15 km trail running/trekking and 1-3 km of kayaking/swimming/paddling (water discipline). There may be multiple legs of each discipline.	Noosa Hinterland	www.triadventure.com.au
October 16	Maleny Lions Mountain View Challenge	The event has a 21km half marathon, 10km and 5km fun runs, and a 3km fun run and walk. The Maleny Blackall Range Lions stage this event to raise funds for the Lions Medical Research Foundation.	Maleny	www.malenyblackallrange.qld.lions.org.au/projectsmvc
October 22	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 22-23	Bribie Island Tri Series round one	Four-triathlon series. Points scored from all four triathlon. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.bribietri.com
October 23	Spring Swim Sunshine Coast	From kids and beginners through to competitive swimmers and triathletes in training. Distances include 3.8km, 2km, 1km as well as junior giants 300m (8-16 years) and 1km (10-16 years).	Mooloolaba	www.worldserieswims.com.au
October 26	Endura Run Swim Run	In 2016 the Endura Noosa Run Swim Run will include the Schools Aquathlon Challenge. 8-13 years- 500m run/200m swim/ 500 run. 14 years and over - 1.5km run/750m swim/1.5km run.	Noosa	www.ap.ironman.com
October 28	Arena Noosa 1000 Ocean Swim	Get involved in one of Australia's premier ocean swims on one of Australia's best known beaches. All ages and abilities are encouraged to enter.	Noosa	www.ap.ironman.com
October 29	Noosa Multisport Festival	Noosa Parade comes alive for the ASICS Bolt, Australia's premier 5km road race, as well as a criterium cycling race.	Noosa	www.ap.ironman.com
October 30	Noosa Triathlon	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa	www.ap.ironman.com
November 6	All Schools Triathlon	This event is used for selection for SEQ regional teams for the Queensland School State Triathlon Championships to be held in February 2017. The event caters from ages 7-18 and has distances for all. Enter via the registration link online and nominate your region and school you will be competing for in 2017.	Lake Kawana	www.triathlonqld.com.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
November 12	Kawana Aquathlon	Full distance include 2.5km run/1000m swim/2.5km run; Enticer 300m swim/2km run; Junior 10-11 years 200m swim/1km run and Mini (7-9 years) 100m swim/500m run.	Kawana	www.qldtriserries.com.au
November 12-13	Hervey Bay 100	Sunday features a national long course qualifying race with a 2km swim, 80km ride and 18km run. Saturday includes a mini aquathlon (entrants born 2006-2008) of 500m/50m/500m and a junior aquathlon (entrants born 2004-2005) 1km/200m/1km. Also a junior triathlon (entrants born 2002-2003) 400m/12km/3km, intermediate triathlon (entrants born 2000-2001) 600m/16km/4km and senior triathlon (entrants born 1997-1999) 600m/16km/4km as well as a Have a Crack tri (open to those above 15 years) swim 200m/bike 8km/run 2km.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 12	Open water swim	Organised as part of the Queensland Tri Series, the open water swim events will be staged over 500m, 1000m and 1500m.	Kawana	www.qldtriserries.com.au
November 13	South East Queensland Trail Running Series	Round three of the eight-race series staged in Brisbane, Gold Coast and Sunshine Coast. Features 7.1km and 13.1km trail run races.	Pomona	www.seqtrailrunningseries.com.au
November 13	Queensland Tri Series	Round four of the seven-round triathlon series. Distances include QTS 400m swim/15km bike/4km run; Enticer 200m swim/7.5km bike/2km run and Kool Kids 100m swim/2km bike/500m run.	Kawana	www.qldtriserries.com.au
December 10-11	Bribie Island Tri Series round two	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.briebietri.com
December 18	Buderim 9	Climb nine Buderim hills, covering 75km, within three hours. Participants also raise money for the Cerebral Palsy League.	Buderim	www.buderim9.com.au
January 10, 2017	Hares and Hounds trail run	The distances this year are 52km, 10km and 5km solo runs and a 52km relay for 2, 3 or 4 person teams. A 10km walk has also been added.	Woodford	www.glasshousetrailseries.com
February 5, 2017	Queensland Tri Series	Round six of the seven-round triathlon series. Distances include QTS Sprint 750m swim/20km bike/5km run; Super Sprint 400m swim/15km bike/4km run; Enticer 200m swim/5km bike/2km run and Kool Kids 100m swim/2km bike/500m run.	Caloundra	www.qldtriserries.com.au
February 11-12, 2017	Noosa Summer Swim	In 2017, the event expands to a full weekend program. It offers a range of distances for every ability, from junior events to marathon distances where seasoned swimmers can push their limits. Distances include 3km, 2km, 1km, and juniors 1km and 300m.	Noosa Heads	www.worldserieswims.com.au
February 11-12, 2017	Bribie Island Tri Series round three	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.briebietri.com
February 26, 2017	South East Queensland Trail Running Series	Round seven of the eight-race series staged in Brisbane, Gold Coast and Sunshine Coast. Features 8.3km and 14.8km trail run races.	Ewen Maddock Dam	www.seqtrailrunningseries.com.au
March 4-5, 2017	Bribie Island Tri Series round four	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Series entries receive a discount to all four triathlons and series gift. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.briebietri.com

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
March 5, 2017	Mooloolaba Mile Ocean Swim	The Mooloolaba Mile is a feature on Queensland's ocean swimming calendar and continues to attract swimmers from all over Australia. The main event, a one mile (1.6km) course is well within reach for beginners and novice ocean swimmers. There is also a 3km, 800m, as well as junior giants of 300m and 800m.	Mooloolaba	www.worldserieswims.com.au
March 10-11, 2017	Mooloolaba Triathlon Festival	ASICS Mooloolaba Twilight 5km run, 1k Ocean Swim, Superkidz Triathlon and the Special Tri. The event also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	www.ap.ironman.com
March 12, 2017	Mooloolaba Triathlon	The iconic event of the festival, the Olympic-distance triathlon featuring a 1.5km swim in the Mooloolaba bay, one-lap 40km bike course on the Sunshine Motorway, and two-lap 10km run course from Mooloolaba through Alexandra Headland.	Mooloolaba	www.ap.ironman.com
March 18, 2017	March 19 Paddy Pallin Adventure Series	Designed for teams of two, the races are fun, fast and furious with three core disciplines...mountain biking, running / trekking, and kayaking. These non-stop events will take between two to six hours to complete. The courses consist of 15-25km of mountain biking, 5-10km of trail running/trekking and 2-4km of kayaking.	Wild Horse Mountain	www.paddypallinadventure.com.au
April 2, 2017	Triathlon Pink	All-female triathlon, with short 100m/4km/1km, medium 200m/6km/2km, long 300m/8km/3km, ultra 600m/16km/6km, kids 7-9 50m/2km/500m and kids 10-13 100m/4km/1km. Also a fun run of 1km, 7 Yrs + 3km and 12 Yrs + 6km.	Sunshine Coast	www.triathlonpink.com.au
April, 2017	Qld X-Tri Championships and Multisport Weekend	Saturday am: QLD Cross Tri Champs: 1500m swim/30km bike/10km run. Sprint Cross Triathlon: 400m/7.5km/3.3km. Junior Cross Triathlon: 150m/5.5km/1km. Dirt Kids Cross Triathlon: 50m/2km/500m. Saturday pm: Mud Rats Kids Adventure Run, 8km trail run, 4km fun run. Sunday am: 45km XC MTB, 22km XCMTB, Mud Rats Dirt Bike. Times from tri champs, 9km trail run and 5km MTB combine for Dirt Master and Dirt Mistress.	Landsborough	www.tre-x.com.au
April 30, 2017	TooMoo 220	Supported ride from Toowoomba to Mooloolaba which raises money for charity. Riders travel to Toowoomba by bus on the Friday, and then ride back to the Coast achieving a 2000m elevation gain at the same time.	Toowoomba to Mooloolaba	www.toomoo220.com.au
May 13, 2017	Island Charity Swim	Every year swimmers gather to help the Nambour and Currimundi Special Schools. They swim about 11km from Mudjimba Beach, out around Old Woman Island to Mooloolaba.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au
May 20-21, 2017	Tough Mudder	Tough Mudder has a new course and new challenges in 2017 at the home of the Woodford Folk Festival - Woodfordia. There will be rolling hills, epic valleys and thick back-forests all lined up ready for Mudders. Experience the rush of Tough Mudder's amazing new 2017 course with thousands of first-timers and legionnaires alike.	Woodford	www.toughmudder.com.au
May 27-28, 2017	Noosa Ultimate Sports Festival	Starting with an ocean swim off Main Beach, with 3.8km, 2km, 1km and 500m options on the Saturday. Then on the Sunday, Cycle Noosa with 160km and 85km events. There is also Run Noosa, with 21.1km, 10km or 5km races.	Noosa	www.ap.ironman.com
July 23, 2017	Pomona King of the Mountain	The King of the Mountain Festival in Pomona, is an all-day event for the whole family, climaxing with the Bendigo Bank International Mountain Challenge where competitors run up the face of Mount Cooroora for the 4.2km round trip. Also 3km family fun run, 2.8km dash and kids 4x700m.	Pomona	www.kingofthemountain.com.au
August 20, 2017	7 Sunshine Coast Marathon and Community Running Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydhore.	Alexandra Headland	www.sunshinecoastmarathon.com.au

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1. Some parts of the seating are not full natural leather. G.I. JOE © 2016 HASBRO All Rights Reserved. Rights acquisition by Born Licensing.

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