



Stars and stripes adventure

By GRANT EDWARDS

LOGGING up to 500km a week and knocking over the Buderim9 hill climb back-to-back, a group of

eight mates are priming their legs for the cycling adventure of a lifetime.

The two teams of four are in the throes of packing for this month's Race Across

America – a 4800km journey from west to east across the United States.

Flying out on June 16, it will be the start of a monumental journey which

will test mind, body and logistical nous.

Once the gun goes it's effectively a non-stop time trial race. In the teams' race

To Page 2

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Coast to coast two-wheel trek

From Page 1

(there are also solo competitors), one rider must be on the road for the group to progress.

Initial planning has the team split into pairs – two riders then take the reins for five hours, swapping every 20 minutes, for about 6.5 days.

Some of the climbs will be raced aggressively, where all four riders will rotate in 800 metre efforts.

The two Cricks Eastham Foundation Australia teams are called Shiv and Venge – led by coaches Jason Crowther and John Carey.

The teams include Sunshine Coast riders John Eastham, Ray and Michael Shadforth, Michael Callow and Leon Harris, along with Alan Bradley, Scott Gilbertson (Sydney) and Adam Carmichael (Townsville).

John Eastham said the teams expect to average about 800km every 24 hours, so each rider will tick over about 200km daily.

Using RVs to transport the crew they'll grab sleep where possible during "off shifts".

Last weekend the riders came together and undertook a 150km loop on the Friday morning, which included Obi Obi... "the steepest climb any of us have ever done".

"We have been averaging around 400km, some weeks are 500, some are 300," John said.

"During training we've been mixing it up. Doing the Buderim9 every three weeks and one day per week we are in the Hub105 cycling studio.

"We are ready to just get it started now.

"It's just nerve-racking thinking about the bits that you can't train for, like waking up for a 3am shift on day five with minimal sleep up to then, and then having to instantly hit time trail intensity and effort for that shift, again and again."

After leaving San Diego riders face a prevailing head



Preparing for the Race Across America are crew (from left back) Neville Martens, Brendan Butler, Bec Edwards, Jason Crowther, Ryan Anderson, Kim Bradley, Dave Darrant, Mark Bray, Grigor Mead, and riders (from left, front) Scott Gilbertson, Leon Harris, Michael Shadforth, John Eastham, Alan Bradley, Adam Carmichael.

Photo: Iain Curry

wind for much of the trek, with the route first tackling the Rockies, then it's the wide open spaces of corn fields and deserts, while the steepest of the climbs come when the riders hit the Appalachians in the east of the country.

That is where the teams will be truly tested.

John said it's the section of the race they fear most, riding at 3500 metres at about day five or six.

The lack of sleep will also challenge the competitors, who are raising money for the Crick Eastham Foundation through this epic challenge.

VITAL STATISTICS

What: Race Across America.

When: Saturday, June 20.

Start: Oceanside, California.

Finish: Annapolis, Maryland.

Route: 4830km, 55,000 metres of elevation. Crosses 12 states, passing through 88 counties and 350 communities.

Team Shiv: John Eastham, Scott Gilbertson, Alan Bradley, Adam Carmichael.

Team Venge: Michael Callow, Leon Harris, Raymond Shadforth, Michael Shadforth.

All money raised will be channelled into Montrose Access and Outrun Cancer. Riders and support crew are

paying their own way to the States with corporate sponsors providing material and logistical support.

Athletes blaze a dusty trail

FAST paced racing through the Sunshine Coast hinterland proved rewarding for local athletes competing in the Queensland Cross Triathlon Championships MultiSport Weekend on May 23 and 24.

Beerwah's Damien Collins was named Dirt Master after finishing fifth in the 1500m swim, 28km mountain bike and 10km trail run on the Saturday morning (2:36:21.43), following up with strong performances in the 8km trail run on that afternoon and then the 50km cross-country mountain bike on Sunday.

Sunshine Coast athlete Brodie Gardner snared third place in the TreX Cross Triathlon (2:34:46.08). That result ensured he claimed second for the whole series.

Organised by In2Adventure and held at the Wildecamp, it was the last event of this season and came less than a week after the announcement Australia had been granted the 2016 ITU Cross Triathlon World Championships, to be held in the Snowy Mountains.

In2Adventure put on a spectacular weekend that saw Max Neumann and Renata Bucher (SUI) take out the final round, while Neumann and Queensland Louise Betts claimed the overall series crown.

Bucher, who took a

VITAL STATISTICS

Dirt Mistress

1. Renata Bucher ...5:52:09.33
2. Cathy Milgate.....7:17:00.26
3. Michele Krome ...7:57:16.36

Dirt Master

1. Damien Collins....5:16:16.03
2. George Tamblyn...5:27:07.17
3. Simon Nendick...5:52:48.32
4. Joost van Vliet6:21:07.93
5. John Searston.....6:31:07

30-second lead in the swim over Betts, led from start to finish.

"It was a beautiful event and a race for the heart," said Bucher, who now returns to her home in Switzerland to prepare for the world championships in Sardinia, Italy in October.

Like Bucher, Neumann led the entire race. The 19-year-old crossed the line (2:24:22), well ahead of state rivals George Tamblyn (2:33:00) and Gardner (2:34:46). Neumann's win secured him the overall title ahead of Gardner and Tamblyn, who finished second and third respectively in the series.

Betts, 27, finished second on the day (2:57:18), but was able to hang on to the overall series lead over race winner Bucher and Queensland Connie Silvestri, who finished third on the day (3:03:43).

Bucher added to her triumphant weekend by being named Dirt Mistress after her races on the Sunday.



Beerwah's Damien Collins tore up the track to be named Dirt Master at the Queensland Championships.

Photo: In2Adventure



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Scotty Farrell climbs high in the Blue Mountains as part of the North Face 100.

Photo: Aurora Images

Tackling epic Blue Mountains trek

Palmwoods athlete **Scotty Farrell** ventured south for the North Face 100 trail race...

THE journey there:

After a lengthy car trip down, complete with family of four, I arrived from the west to some of the most beautiful glowing cliff faces I had ever seen. Complete with blue haze, the dying sun was boosting the golden cliff faces off the mountains, making for some jaw dropping scenery and giving us one hell of a welcome. We had arrived in the Blue Mountains where we would be staying and partaking in the famous The North Face 100 trail race. The race would start and finish in the main town and tourist hub of Katoomba on Saturday, May 16. We stayed about a 15min drive west in the small town of Blackheath which was quiet, with loads of nice holiday rentals available at slightly cheaper rates than the main towns of Katoomba and

Leura. Next time, I'd recommend booking accommodation a bit earlier and getting a house in Katoomba, closer to the action and that awesome pancake house on the main drag the best recovery running ever. Race day...

Before I knew it I was standing on the start line surrounded by eccentric ultra-running diehards, ready to roll in a balmy 6 degrees – an almost perfect running temp. That didn't stop this skinny Sunny Coaster from rugging up in a beanie, gloves and long sleeve merino... brrrrr. However, the extras were short lived as things heated up pretty quickly with a fiery start up the road and back for a couple of kms before we headed into the bush.

The beginning of the course

headed down some of the steepest 'stairs' I have ever climbed, they were more like ladders as you pretty well had to use the railing either side to negotiate them.

Despite the terrain, the pace was on early and I tried my best to calm the nerves and get my heart rate under control, which is hard when you're skipping, climbing, ducking and weaving along the side of a cliff face!

Before long we popped out along a ridgeline which provided some of the best views of the day of the surrounding mountains, valleys and golden cliff faces.

The end of the ridge brought us to the famous Tarros ladders where we had to scale down two fully erect ladders professionally fixed to the side of the cliffs.

This was a lot of fun and

caused a solid adrenaline injection but was over with way too fast.

The rest of the course, to the first checkpoint where our support crews were allowed at the 47km mark, checkpoint 3, was a mixture of loads of ups and downs through single trail, valley dirt roads and random tracks through private farms.

By checkpoint 3 I was feeling pretty empty, tired and ready to see some loved ones to restock the fuel and have a recharge hug. Checkpoints 3, 4 and 5 we were allowed support crew, which was welcome after being at it for hours and hours and in a world of hurt. After checkpoint 5 (approximately 80km) we had what seemed like the biggest downhill of the day which left my knee absolutely shattered, I thought

To Page 5

Half a day of pain and gain

From Page 4

it might be the uphill that got me, but I can assure you, the downhill was the winner on the day.

At around 80km into it, it's your mind more than anything that's the ticket home, give in to those negative thoughts and she's all over red rover, you may as well curl up next to the heater at checkpoint 5 and throw the towel in.

Not finishing is not really an option for me, there's always someone out there doing it more tough, so I always remind myself to suck it up and get it done... everyone's hurting!

The final climb of the day was back up where we started,

up the famous Fuber steps, and I swear if they didn't have rails, I wouldn't have made it up.

I rounded out the day, in pain, like everyone else, but never more full of life, in a time of 12 hours 48 mins, a couple of hours short of where I wanted to be, but stoked nevertheless and hungry to go back and do it again.

Looking back on the race, I can honestly say it was the hardest race I have ever had the pleasure of completing and one of the most unreal, beautiful experiences I have ever had also. If it's not on there already, chuck it on your list of must-do's now.



Scotty Farrell tackling The North Face 100, 2015.

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Sunshine Coast business leaders Michael Callow, Michael Shadforth, Garry Crick and Travis Schultz, will don their lycra and join hundreds of enthusiasts to ride for a reason on June 13 as part of the Crick Eastham Charity Ride. *Photo: Contributed*

Ride hard for the SunnyKids

MORE than 50 local business leaders will ride 100km on the fifth annual 'Crick Eastham Charity Ride' to raise much needed funds and awareness for Sunshine Coast Children's Charity SunnyKids on June 13.

The ride has raised close to \$200,000 over the past four years donating all proceeds to various charities including Cystic Fibrosis Qld, Montrose Access, Hear & Say and Frankee-Lee & Lucy who were two Sunshine Coast based little girls requiring ear operations.

The 6hr ride which was the brainchild of Travis Schultz and Michael Callow, from Schultz Toomey O'Brien Lawyers, starts at Tanawha and meanders to Noosa via one of the Coast's most scenic routes and concludes with a dinner at Zachary's in Noosa.

"Each rider must raise a minimum of \$500 to participate and every year we have an outstanding contribution and

swell of support from a broad cross section of the Sunshine Coast business community," Mr Schultz said.

"I am always overwhelmed with how much this community continues to give and this charity ride is no exception," he said.

This year's proceeds will be used to sponsor up to 100 local children in the newly launched SunnyKids 'Keeping Kids Safe programme' which works with children at high risk of neglect and abuse across homelessness, child protection and education referral points.

The programme aims to break cycles of intergenerational poverty and disadvantage through strategic case management that equips kids and families to secure economic stability, achieve success in education, deliver safe and nurturing parenting and access appropriate health care.

FUNDRAISING RIDE

SunnyKids believes everyone deserves a fair go; therefore we work tirelessly to break intergenerational cycles of poverty and disadvantage. Too many kids today simply aren't getting a realistic chance to be the best that they can be. The Sunshine Coast community alone identifies 5000 at risk children every year. In response SunnyKids provides over 10,000 nights of emergency accommodation, partnering with health, education and child protection agencies to keep these kids safe.

Their vision is: "A society in which everyone feels safe, belongs and has a chance to reach their full potential." They aim to: "To work with children, families and communities to help everyone take responsibility for the future".

Leading local business participants include Garry Crick's John Eastham and Garry Crick, Ray White Commercial director Michael Shadforth, Pelican Waters Golf Club general manager Tim Gall, Sean Evans from Evans Built, Andrew Kingsley from Stockland, Go Transit Media Group's Rick Chapman and

Mark Davidson from Ord Minnett to name just a few.

Also among the riders will be Multisport Mecca editor Grant Edwards, along with Sunshine Coast Daily photojournalist and motoring writer Iain Curry.

Donations can be made via: <https://give.everydayhero.com/au/crick-eastham-charity-ride-raising-money-for-sunnykids>

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Fleet of foot fly at Noosa half

By STEELE TAYLOR

IT SEEMS fatherhood hasn't slowed Jackson Elliott.

In fact, the 33-year-old appears faster than ever with two young daughters keeping him on his toes.

On May 23, he won the Noosa Half-Marathon (21.2km) in 1hr 7min 19sec, an effort which was more than two minutes better than his triumph in 2013.

The Gold Coaster finished almost five minutes ahead of runner-up Patrick Nispel.

"I felt really good, to be honest," he said. "I thought if I ran about 67min it would be on par with how training has been going, so I'm really happy with that. It's a good indication of where things are at."

Elliott hopes to qualify for next year's Olympics in Brazil, in the 3000m steeplechase.

The five-time Queensland 5km champion has showed plenty of potential in the unique event. He's only raced it twice but snared second spot at the national championships in Brisbane in March.

He recently won the state short course cross country title as well.

And even he admits he is somewhat surprised, after welcoming Charlotte into the world earlier this year.

"I never thought I'd be able



Jackson Elliott leads the pack at the Noosa Ultimate Sports Festival.

Photo: Barry Alsop, Eyes Wide Open

to continue running as well as I am with two kids (Harper, 3, and Charlotte, 4 months)," he said.

"I'm really happy we're able to work it all out....I'm fortunate to have a really supportive wife (Alisa) to make it work."

Next on the agenda are the Mackay Half-Marathon this Sunday and a 10km race at Launceston.

Meanwhile, Cassie Fien won the women's half-marathon at Noosa in 1:13.23, almost three minutes ahead of Clare Geraghty. Fien is a physical training instructor in the Royal Australian Air Force.

Meanwhile, Jonathan Peters won the men's 10km in 30:18, while Abigail Bayley won the women's 10km in 36:01.

Droves competed in the 5km

run/walk event.

And keen cyclists took on Cycle Noosa's 160km and 85km rides, which were also part of the Noosa Ultimate Sports Festival.

Simon Oliver was first man to finish in 4:18.24, while Liz Fancutt and Coast-based two-time world half ironman champ Melissa Hauschildt hit the line in 4:19.24.

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Part two: Your heart rate and training



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

IN MY last article I spoke about the importance of knowing how hard you are training.

This is where we sometimes need an objective measure to help us train at the most appropriate level to help us achieve our fitness goals without running ourselves into the ground, and losing enjoyment in our chosen sport.

Athletes in general are terrible at accurately gauging how hard they are working. I don't know if it is a throwback to the "no pain, no gain" philosophy but typically we only feel we are gaining fitness by feeling decidedly uncomfortable during training sessions.

I can certainly appreciate that if we are time poor, we want to get the most out of that 20 minute window we have to exercise each day. But sometimes the best thing for our fitness, particularly on those sorts of days where we are bit more stressed, is to just go for an easy cruise.

Now because our perception of effort can be skewed, with most athletes not being aware that their "easy" sessions are not actually easy we need an objective measure to keep us honest. We do this by working out our heart rate training zones.

To get a gauge of where your training zones are, you will need to work out your heart rate values.

Now this is where a little bit of maths comes in. Don't worry, I hate maths with the best of them, but these figures are actually useful, and it's quite fun having an objective target to aim for.

To work out the training zones, you will need to follow

	TRAINING ZONE	Heart Rates <i>Example: 30 year old with a resting heart rate of 43bpm</i>	Training Zones <i>(lower limit calculated by adding '1' to the figure in the previous zone)</i>
(a)	Resting HR	43	-
(b)	Very Easy Training HR (Upper Limit)	115	<115
(c)	Easy Training HR (Upper Limit)	131	116-131
(d)	Moderate Training HR (Upper Limit)	147	132-147
(e)	Hard Training HR (Upper Limit) (Predicted AT)	164	148-164
(f)	Very Hard Training HR (Upper Limit)	176	165-176
(g)	Very Very Hard Training (Upper Limit) (Max HR)	186	177-186

the following steps. Just be aware these are predicted values only. By following these heart rate values it will give you a good idea of training levels that will prevent you from training too hard.

Maximum Heart Rate

To work out your maximum heart rate, the old 220-age is not exactly accurate. A much more relevant formula is $208 - (0.7 \times \text{your age})$.

Another more practical way of finding out your maximum heart rate is by doing a steady 15min warm up, then do a five minute run where you gradually build speed so that you hit the 4-5 minute mark at full pace. Hold it for another 10-20 seconds then stop.

Check your heart rate before you keel over.

(Note: Please use common sense and only do this test if you are already reasonably fit. If there are any concerns about your cardiac health check with your doctor first).

Resting heart rate is best taken first thing in the morning. Record what the average is over three consecutive days.

Heart rate reserve (HRR) is maximum heart rate minus resting heart rate.

We need this number to dictate what our training intensities are.

● Predicted Anaerobic Threshold = $\text{HRR} \times 0.85 + \text{resting heart rate}$

● Very easy training heart rate = $\text{maximum HR} + \text{resting HR} / 2$

● Third = Predicted anaerobic threshold – very easy training / 3

● Easy training heart rate = $\text{very easy training} + \text{third}$

● Moderate training HR = $\text{easy training} + \text{Third}$

● Very hard training HR = $\text{maximum heart rate} + \text{predicted anaerobic threshold} / 2$

With these numbers you can plan your heart rate zones so that you can train your body efficiently and effectively without having to go any harder than you need to.

Set up a table like the example I have done above and have it stuck to your fridge or in your training diary so that you can be sure you keep to the appropriate heart rate levels so to get the most out of your training.

The most useful zone to be training in to develop aerobic fitness is somewhere between the easy training and moderate training.

You aim for this when doing your steady-state "bread and butter" sessions. This is where your body becomes more efficient at pumping blood,

transporting it and oxygen around the body, as well as converting energy stores into fuel.

Hard sessions should only be done 2-3 times a week in the higher training zones, followed by a recovery session which must be done below the upper limit of the easy training zone for it to actually count as "easy".

By using a heart rate monitor, you can have a good idea of what your training intensity is. Most importantly, it will take into account when you're stressed, dehydrated, or fatigued.

As humans we are extremely good at denial, and will never think that the past three days where you have only gotten five hours sleep each night with a sick child, moved house, and had a deadline at work will impact on your training.

Your heart rate doesn't lie. So if your heart rate is showing on the monitor you are in the hard training zone when you know you are actually only going really slow, it could be indicating you are in the early stages of illness, or haven't eaten or drunk enough that day, and therefore you should possibly consider having a rest day or two.

This is where knowing your

To Page 11

Race to your own best beat

From Page 10

resting heart rate is also useful, as if you wake up one morning and it is registering 8 beats higher per minute than normal, consider easing up on training until it normalises again.

Finally, just as a side note, now that I have said how important it is to train at certain heart rate values, still make sure there are some sessions you go "nude" for.

Don't wear a watch, or a heart rate monitor, just run to feel. It is still very important to have a good idea of what your body is telling you by listening to your breathing, feeling how hard your heart is beating, and

feeling what your rhythm is like.

You never know when your heart rate monitor may have a conniption and you have to judge your speed off feel to make sure you get to the finish line in one piece.

Postscript: By the time you read this article I will be away on a six month holiday, training and racing overseas in New Zealand, USA, and Canada.

If you have any questions about travelling for competitions, altitude training, etc., please send them to multisportmecca@apn.com.au and I will be happy to answer them and potentially use them to base future articles on. Happy training!



WATCHING BRIEF: Justin Hunter checks out his heart rate during the Sunshine Coast Marathon 2014.

Photo: Ritchie Duce

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Embrace change big and small



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

FOLLOWING on from our last article on breathing and the importance of expelling every last bit of breath before the head comes out to breathe, we thought it only natural to continue with discussing the head position whilst taking a breath.

Always remembering that the discussions here are merely about concepts and there is no perfect stroke, be mindful that any improvement is challenging, yet very rewarding considering the gains that can be made for less effort in the water.

Here we have one of our athletes we've been working with who "over rotates" his shoulders to take a breath. notice in picture number 1 how his elbow is pointing directly to the sky.

Again, emphasising the concept here, ideally we'd like that shoulder angle to be around the 30-50 degree mark in comparison to the water line. The athlete here is probably somewhere closer to a right angle. Notice how the athlete appears to be "staring at the sun". Over-rotating leads to the opposite arm crossing over the centreline and guiding water across the body and in some severe cases, up! This is because the shoulder is facing directly towards the bottom of the pool and therefore the arm must push the water in accordance to that shoulder angle (biomechanics).

Here at SubLX we provide drills to correct strokes that are inefficient.

Notice on picture number 2 that this drill we gave the



Picture 1 (above) - over-rotating while breathing, with the elbow to the sky, can be inefficient.

Picture 2 (middle) - is a drill to correct shoulder position and reduce over-rotation.

Picture 3 (bottom) - shows the 30-50 degree shoulder angle and one goggle in position.



athlete is trying to minimise the over rotation and give us a more ideal angle. Note however, that the shoulder angle is never flat. This would be under rotating and has it's own separate issues.

In addition, we also worked on how much the mouth needs to come out of the water. Ideally, and as the athlete has perfectly shown in the same picture, all we need is the

mouth to "see" air to breathe. We also have, or try to have, only one goggle out of the water. Finally, the athlete is just looking back (discussed later in this column).

Therefore, if we try and put all this together, we should end up with the shoulder being around that 30-50 degree mark, one goggle in the water with one out, looking back through the 'triangle' that the

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breathing arm makes (this also ensures a high elbow recovery) concluding in less energy expended. See picture number 3. Of course, we need to get to a stage where we're never too pedantic on changing our stroke, as there is inevitably an opportunity cost derived from the time factor in trying to alter the stroke. Therefore, any improvement, be it great or small, is an improvement! We're merely pointing out that there must come a time where one needs to embrace any change, again whether it great or small, and get fully immersed in the program.




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The best baby SUV for bikes

By **GRANT EDWARDS**

THE hottest of property is found in Australia's sports utility vehicle segment.

Sedans and hatches of all sizes are falling out of favour, yet the SUVs are proving to be the new black.

Fuelling the fire is the rapidly expanding sub-compact division – which are also known as crossovers. While not passenger cars or full-blown off-roaders, they are essentially high-riding wagons.

The Honda HR-V was a timely arrival for the Japanese marque which has battled through everything from natural disasters to financial woes and criticism for being boring. This offering, which starts from \$24,990, has breathed new life into the marque.

Exceeding expectations is a specialty for the HR-V. While it sits in the sub-compact department, it has internal sizing closer to a mid-size SUV. Four adults can find reasonable accommodation as long as those up front don't slide too far back – allowing ample knee and leg room for those in the rear seats. Combine that with generous boot space and it's a useful family chariot.

The interior is relatively bland, and typically conservative Japanese. A long dash air vent for the front passenger and very few buttons make for straightforward operations.

Raising the tone is the colour touch-screen for stereo and phone controls, which also has the ability to play MP4 movie files (when stationary).

The VTi comes with the most basic of trims, and it proved hardy when doing family duties while the seats were supportive enough in all the right spots.

Paired exclusively to a 1.8-litre four-cylinder petrol engine, the little SUV cut a swathe through metropolitan, highway and rural travels. It may not be a sports car, but the HR-V never disappointed



when it came to daily driving duties on suburban roads. When pressed, the continually variable transmission showed some signs of flaring (when the engine revs hard under acceleration with little result) but via steady use of the throttle had no trouble with steep inclines or pulling away from the lights with vigour.

The entry-level model comes with cruise control, full Bluetooth connectivity, CD stereo with 17.7cm colour touch-screen and HDMI/USB/auxiliary jacks, reversing camera, 16-inch alloys, climate controlled air con, six airbags (including full length curtain) and a full technological safety suite with the likes of stability control and anti-lock brakes.

When it comes to the running costs, some highway travels helped the HR-V deliver just over seven litres for every 100km, which is pretty close to the official figure. Honda has strong resale value and an enviable reputation for reliability. Capped price servicing is available if you return to the dealer for maintenance and with prices below \$300 it's mid-scale in terms of costs.

The little SUV offers a practical solution on the storage front. At the heart of its

VITAL STATISTICS

Model: Honda HR-V VTi

Details: Five-door front-wheel drive sub-compact sports utility vehicle.

Engine: 1.8-litre four-cylinder petrol generating maximum power of 105kW @ 6500rpm and peak torque of 172Nm @ 4300rpm.

Transmission: Continuously variable automatic.

Consumption: 6.6 litres/100km (combined average).

CO2: 155g/km.

Bottom line plus on-roads: \$24,990.

Website: www.crickshondasunshinecoast.com.au

appeal is the "magic seats" made famous in the Jazz hatch. There are up to 18 different seating configurations for accommodating various cargo items, and when you drop the rear seatbacks via the 60-40 split they fold flat and low. Getting stuff into that boot is made easier with an 1180mm opening, and we know of one cyclist who made the HR-V purchase for its ability to easily swallow two adult bikes with the front wheel removed.

The dual cup holder up front survived the toughest of tests. A take-away coffee without a lid remained steadfast courtesy of the brilliant design. A small arm hugs the cup in place, while the base can be lowered

and raised depending on cup size. Larger drink bottles can fit in each door, and there's a useful centre console along with a space near the 12-volt plug, HDMI and USB ports.

Sales of SUVs are the driving force behind a growing market, picking up the losses from traditional hatches and sedans. The HR-V has emerged as one of the best buys.

While it doesn't have the looks of the new Mazda CX-3, or a turbo powerplant like the Holden Trax, it does offer unrivalled internal flexibility in the sub-compact SUV segment. Entry level pricing is higher than most of the competition, although the Honda brand cachet may be strong enough to sway buyers.

Tri nations of tri in Cairns

WITH two gun Kiwis, a superstar Aussie and a rising South African, Cairns Airport Ironman Cairns is taking on a 'rugby tri nations' look.

Australia's Luke McKenzie, the 2013 champion, will go head to head with last year's winner, evergreen New Zealander Cameron Brown.

The pair will face challenges from South Africa's James Cunnamo who is fresh off a win at last month's, Ironman 70.3 Vietnam and New Zealander Dylan McNeice (second place 2015 Ironman New Zealand).

In the women's race Australia's Liz Blatchford is looking to complete a

three-peat of victories in Cairns, with her main threat likely to again come from across the ditch.

In 2013 she defeated New Zealand's Gina Crawford, last year it was fellow Kiwi Melanie Burke.

This year Crawford is again back to see if she can get the win.

The Cairns Airport Ironman Cairns event will be held on June 14.

Bli Bli athlete Isaac Tonello will be at the Ironman Cairns start line.

Photo: Contributed



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The latest and greatest...

The Blue Seventy Core short is the perfect alternative to a wetsuit or pool buoy. Constructed with the same meticulous detail as the award-winning Blue Seventy wetsuits, the shorts are durable and suitable for both pool and ocean swimming. Guaranteed to improve your distance per stroke, speed and lift your body position without additional bulk or drag. Constructed from thick Yamamoto AeroDome rubber on the front and high quality neoprene in the back the shorts are designed to life your core. Easy to get on and off the shorts are also designed to encourage proper hip rotation while maintaining your body position and buoyancy. See in store at Allez Sport Mooloolaba for further details. RRP \$149.95.



The Tineli Whiteout cycling vest gives you an extra windproof layer and aids roadside visibility without making you look like a construction worker. The lightweight fabric on the front blocks the wind and elements while the back of the vest is mesh for complete breathability. It's also compact enough to fit neatly into your jersey pocket. Available at Allez Sport Mooloolaba. RRP \$79.95.



Bicycle Centre Maroochydore has the Lapierre XR 729ei down to \$5499 (was \$6799). The full-suspension bike has a RockShox Monarch shock absorber and features a SRAM X01 carbon 11-speed drivetrain.



Designed to offer the most natural running experience to date, the newly arrived Nike Free 3.0 Flyknit running shoe for men and women offers an ultra-low-profile midsole and lightweight sock-like supportive Flyknit upper. Similar to the Free range the hexagonal flex is flexible and lets the foot move naturally with the rounded heel designed to promote a natural footstrike. The upper has a slightly looser weave without compromising on the support, which is strong, snug and comfortable. The Flywire is integrated with the laces for a moulded sockliner adaptive fit. Plus they'll give you some serious street cred. Available in Allez Sport Mooloolaba now. RRP \$200.



Specialized continues the legend with the new Stumpjumper FSR. The Comp starts from \$3999 in both 650b and 29 sizes, the 6Fattie is \$4499, Expert from \$7999 or the S Works from \$11,999. Check them out at Cyclezone Mooloolaba.



Venture Cycles at Noosaville has dropped the price of this Trek Fuel EX 2.9 29 down to \$8999 (was \$12,059). With a Fox Factory Series Float shock, SRAM XX1 groupset and DT Swiss wheelset this is one slick off-roader.

Upcoming Coast events

REGISTER YOUR EVENT
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
June 13	Crick Eastham Charity Ride	Now entering its fifth year this annual charity ride extends from Tanawha to Noosa, covering 100km via a scenic route. This year the ride is raising money for SunnyKids.	Tanawha	www.crickeasthamfoundation.org.au
June 14	Bloomhill Buderim Burn	The inaugural Bloomhill Buderim Burn is a 700m road race up the steep and challenging Ballinger Road in Buderim. The steep incline tests even the toughest of competitors while providing a challenging and fun event for families and weekend warriors alike.	Buderim	www.bloomhill.com.au/burn
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

CONTINUED NEXT PAGE

Upcoming Coast events

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Date	Event	Distance	Location	Website
August 8-9	Noosa Strade Bianche	A 'gravel' fondo in the vein of the famed L'eroica in Italy for vintage steel framed cycles, with options for 133km, 89km and 33km loops. Also features a swap meet.	Noosa Marina	www.noosa-stradebianche.com.au
August 9	Miss Muddy obstacle course race	Miss Muddy is a women's only 4-6km obstacle and mud festival for women over 18. It includes colour, mud, climbing, crawling, slipping and sliding and lots and lots of laughter.	The Big Pineapple	www.missmuddy.com.au
August 9	Rainbow Beach trail run	Runs of 10km, 25km and 43km at Rainbow Beach/Cooloolo National Park.	Rainbow Beach	www.runqueensland.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 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 our 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

CONTINUED NEXT PAGE

Upcoming Coast events

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Date	Event	Distance	Location	Website
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
September 13	Ironman 70.3 Sunshine Coast	Long distance triathlon, 1.9km swim across Mooloolaba bay, 90km ride along the Sunshine Motorway (two laps) and 21km run from Mooloolaba to Cotton Tree (two laps).	Mooloolaba	www.ironman.com
September 20	Mountain bike orienteering – State Series, round nine	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburum	www.sunshineorienteers.com.au
September 26-27	Hells Bells and Fairy Bells adventures races	Hells Bells is a non-stop 24hr adventure race involving trekking, mountain biking, kayaking and other adventure disciplines. Mixed, male or female teams of three must navigate their way unsupported through an arduous 100+km course that is only revealed to them hours before the race. Fairy Bells is held simultaneously with three team members, but only two team members can be on course.	South-east Queensland	www.dareyouadventure.com.au
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 Sunshine Coast Trail Running Series is a new series by Those Guys Events. Details to be announced.	TBC	www.sctrailrunningseries.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.	Quad Park, Kawana	www.thecolorrun.com.au
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
November 1	Noosa Triathlon and Multisport Festival	Olympic distance triathlon (1500m swim, 40km ride, 10km run), as well as a 1km ocean swim, and a run/swim/run event.	Noosa	www.ap.ironman.com
November 15	Queensland Tri Series – round three	Three triathlon races. QTS - 400m swim, 15km cycle, 4km run. Enticer - 200m swim, 7.5km cycle, 2km run. Kool Kids - 100m swim, 2km cycle, 400m run.	Kawana Waters	www.qldtrseries.com.au

CONTINUED NEXT PAGE

Upcoming Coast events

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Date	Event	Distance	Location	Website
November 21-22	Hundy - Hervey Bay 100	Triathlon featuring a 2km swim, 80km cycle and 18km run.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 29	Sunshine Coast Trail Running Series	The Sunshine Coast Trail Running Series is a new series by Those Guys Events. Details to be announced.	TBC	www.sctrailrunningseries.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.bribietri.com
December 20	Buderim9	Climb nine Buderim hills, covering 75km, within three hours.	Buderim	www.buderim9.com.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.bribietri.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
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.bribietri.com

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