

Sunshine Coast Daily

# Multisport MECCA

April 12, 2017



## Family cross countries

SMILES and camaraderie at the Sunshine Coast Cross Country Series proved too enticing for Jen Shults.

Her daughters Kaya and Jazzy had loved last year's events, so when round one arrived on April 2, Jen toed the

line as did her husband Scott. "I'm not a big running fan, but it looked like so much fun," she said.

While still recovering from bronchitis, Jen enjoyed her first outing with Kaya running  
CONTINUED ON PAGE 2

PHOTO: WARREN LYNAM

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The Shults family of (from left) Scott, Jen, Jazzy and Kaya are keen participants in the Sunshine Cross Country Series – which will host the Queensland championship in July this year. PHOTO: WARREN LYNAM

# Shults crew embrace series

**FROM PAGE 1**

alongside her for the 10km journey as a birthday present in 56:51. Scott ran a swift time of 43:55, while in the 3km Jazzy crossed the finish line in 12:20.

Jen is looking forward to taking part in the series, although they will miss the May 7 event as she and Scott are racing at Ironman 70.3 Port Macquarie.

They have become a triathlon family after mum first became involved with the tri-sport several years back.

Originally from California, the Shults' moved from Cairns about one year ago. Kaya and Jazzy now train with Tony Doherty's TsquaD as well as Toby Cote's Sunshine Coast Tri Academy.

Both will head for Penrith and compete at the Australian Schools Triathlon Festival on April 20, and will take part full of confidence after both won their age groups at the Gold Coast Enticer (300m,

10km bike, 2.5km run) on Sunday.

Kaya was first in the under-16 age group (4:14 swim, 17:33 bike, 10:24 run), while Jazzy secured the victory in under-14 (4:58, 18:30, 10:20).

"We love it here. It's been a really good move," Jen said.

"I was involved in triathlon, I didn't realise they would take to it so well. They absolutely love it. Kaya loves the bike and Jazzy loves the run.

"The cross country puts so much strength in your legs and we'll do the whole series as a family. They have picked some great places (for the courses).

"Maleny is the most incredible course."

It's the Maleny course which will take centre stage on July 29 when it's the host site for the state championship.

A strong contingent is expected, with runners aged six and over of all abilities encouraged

to compete. There are no qualifying times required, but it is the final selection trial for the Queensland Heat Cross Country Team (under-14 to open and para).

Distances will include 10km, 6km, 4km, 3km, 2km and 1km.

"We used Maleny for a number of years before we talked Queensland Athletics to come and have a look. The course is really demanding," Sunshine Coast Cross Country series organiser Andrew Bock said.

"It's the best viewing cross country course in Queensland, if not Australia, because you can see it all from the one area. It rewards the good runners.

"We could make the hill 1500m, but we use about 800m and the 10km runners will do that four times."

About 400 runners are expected to compete in the event. Entrants just need to be QA or cross country series members.

## QLD CHAMPS

**What:** Queensland Cross Country Championships  
**When:** Saturday, July 29.

**Where:** Maleny Golf Club.

**Details:** All runners aged six and up, of all abilities, are encouraged to compete. There are no qualifying standards and everyone is welcome. Gold, silver and bronze medals will be awarded to the first three individual place-getters in each age group.

**Age groups:** Under-8, under-10, under-12, under-14, under-16, under-18, under-20, open, masters. Masters will compete in 10-year age groups based on the athlete's age on the day:  
35-44/45-54/55-64/65+.  
Junior age is calculated at December 31, 2016.

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# ‘Bosom Buddies’ get active

**Steele Taylor**  
steele.taylor@scnews.com.au

FOR Trish Farrow and her friends, there were plenty of reasons to join the masses at Sippy Downs for Triathlon Pink Sunshine Coast.

The event, which attracted about 700 participants to the University of the Sunshine Coast, was a significant fund raiser for the National Breast Cancer Foundation.

“We decided to do it for a bit of fun. We saw it online and I conned the rest of my friends into coming,” Trish said.

“It was our first tri and we raised some money for breast cancer (awareness and research). We know lots of people who have dealt with it (breast cancer).

“This was a chance for us to support women and hopefully we can find some sort of a cure soon enough.”

But the event also allowed the 42-year-old and her team-mates some respite from a torrid few days in Rockhampton, where many of their town-folk were anxiously waiting for a flood, following ex-Tropical Cyclone Debbie.

“It was nice to get away,” she said.

The ‘Bosom Buddies’ handled their first triathlon experience - a 300m swim, 8km ride and 3km run - with relative ease.

“It was a lot of fun and the volunteers out on the course were so encouraging,” Trish said.

“We didn’t do too badly. We might do another one of these, not a serious one.”

There were six distances on offer at the University of the Sunshine Coast as well as a Fun Run Pink event which boasted three distances.

The Tri Pink Ultra was the



**Julie Lucht de Freibruch and Erinna Maricich.**

PHOTO: IAIN CURRY



**Keiko Kabasawa of Alexandra Headland.**

PHOTO: IAIN CURRY

longest and bragging rights were claimed by Toowoomba’s Kylie McNulty, who covered the 600m swim, 16km ride, 6km run in 1hr04min26sec.

Triathlon Pink Sunshine Coast is one of seven events on the Triathlon Pink season schedule.



**Out for the run are team members of Bosom Buddies, Kate Brosnan, Amy Foster, Marie Grund and Trish Farrow.**

PHOTO: PATRICK WOODS



**Sophie Thompson and Jodie Riley.**

PHOTO: PATRICK WOODS



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# Loving triathlon return for 'fun'

**Grant Edwards**  
Grant.Edwards@newsregionalmedia.com.au

OFTEN pushing his body to the limit, Dmitri Simons was tired off the back of the 2012 Auckland triathlon age group world championship.

Making a committed return this year after a difficult race at Noosa last October, the 45-year-old from Peregian Beach stormed back into the tri-sport and secured countless podium finishes along the journey.

"This is the first season in a while that I put in a solid block of training and had fun. I'm not doing full-on lactic threshold sessions, and I'm training just to keep fit and really loving it," he said.

"I've been doing one swim set a week and I give it the best I can. It's always a strength set, and it has been good for developing strength and built my speed up.

"I love my bike and get out as much as I can. I try and do two bunchies a week, Thursday and Saturday mornings. During summer I was getting some longies in too of about 100km."

While his primary job is project management, the former weightlifter and martial arts expert (who is proficient in about 12 disciplines) is also a personal trainer.

"I have also been doing some spin stuff with clients. Then sometimes I would do some spin classes...doing high-end rpm," he said.

"I have just got smarter. Like if I was doing a spin class I would go in 45 minutes before and get in three quarters of an hour before the class then do a run off or row off the bike to try and simulate race situations."

With five daughters in the house, Dmitri has to be committed. Making the most of his early morning training windows is pivotal, which has led to his swag of podium performances.

This year he secured the seven-race Gatorade Tri Series in the men's 45-50 category, as well as second at the state aquathlon event, bronze in the national sprint champs at Robina and second at the national Olympic champs at Mooloolaba. The two latter performances earning him eligibility for the world championship at Rotterdam in September.

But one of his most rewarding results arrived at the weekend's Gold Coast Triathlon. While he came third in his personal sprint



event, Dmitri was also the guide for blind triathlete and former Paralympic runner Gerrard Gosens.

They snared bronze in the sprint-distance race (750m swim 13:27, 20km bike 29:53, 5km run 20:31).

Dmitri was asked to guide Gerrard by long-time friend Mark Turner, after he improved rapidly since taking up the sport 18 months ago.

"Mark rang me up and said 'Gerrard just keeps getting faster and stronger'. I was about the right height so I said I'd give it a crack," Dmitri said.

"It was his first time representing Australia in triathlon and he beat his PB by five minutes. I certainly enjoyed the experience, and it's something I wanted to do for years. I enjoy helping someone achieve and compete as a triathlete, but this was something special because it was helping an athlete at a high-level performance."

It was only their third race together, but the process has been a steep learning curve.

Dmitri essentially becomes Gerrard's guide dog for the race.

"There is a lot of pressure, not only to be the fastest you can be for him so you are not holding him back and make sure his safety is a priority," he said

"The first race I did with Gerard I fractured his wrist. Because we were running outside the cones officials told us to move inside and I failed to tell him there was cone in front and he ended up falling.

"I have to take complete responsibility for that. Like on the bike, something as simple as a speed bump or a change in surface, you have to call it so he



**Peregian Beach athlete Dmitri Simons (left) partnered Gerrard Gosens at the Gold Coast Triathlon on Saturday.**

PHOTOS: CONTRIBUTED

can hang on tighter. If he doesn't expect it then the trust goes."

While Gerrard's category is not part of the Commonwealth Games, there is a chance that he could participate in an exhibition

race as part of next year's event on the Gold Coast.

Dmitri said the talented athlete has room for improvement and is confident they can go quicker next race.

# Half distance added to adventure

WANNA get dirty? Momentum is building for Tough Mudder's return to the region next month.

The 18-20km mud and obstacle challenge is designed to test the toughest of Aussies while encouraging teamwork and camaraderie.

Tough Mudder made its Queensland debut at Caloundra in 2013. It was, at the time, Tough Mudder's most successful event in Australia with more than 24,000 participants taking part. In 2014 those numbers nearly halved, and the adventure challenge was staged at the Gold Coast for the past two years.

Now it's back, and organisers say 2017 is set to be the muddiest and toughest year yet.

This year will also see the introduction of Tough Mudder Half. The new distance offers all the muddy fun and plenty of signature Tough Mudder obstacles to participants, but on a 10km course. It's an accessible, yet rewarding challenge that requires less training and excludes the extreme obstacle elements you'll find on the full Tough Mudder

## TOUGH MUDDER

**Where:** 87 Woodrow Rd, Woodford.

**When:** May 20-21.

**Entry:** Half - \$119 Saturday or Sunday. Full - \$199 for Saturday and \$189 for Sunday. Prices increase \$10 leading up to the event and include ticket, headband, Merrell Performance finisher tee and finisher drink.

course, like ice and electricity.

This year's event will also introduce a range of new and upgraded Tough Mudder obstacles that are guaranteed to challenge the most hardy.

New obstacles include:

- Augustus Gloop – Participants enter into a chest-deep pit of water before climbing up a vertical tube. As they attempt to ascend through the confined tube, they'll be fighting off a waterfall as it gushes from above.

- Funky Monkey – The Revolution – A literal "spin" on the



**Tough Mudder returns to the region on May 20 and 21 at Woodford.**

PHOTO: BRYN SCOTT

Funky Monkey obstacle.

Participants test their upper body strength to complete this challenge while transitioning from monkey bars to a series of revolving wheels – all while dangling over a pit of water.

- Arctic Enema – The Rebirth – Slide down a confined, dark tube, head-first into an icy pool of water.

If that's not enough to get out of the frigid skip, participants must submerge themselves yet again under a wall into the icy water before escaping.

- The Reach Around – Over six metres high, this takes participants beyond vertical to climb one of the most challenging obstacles on the course.

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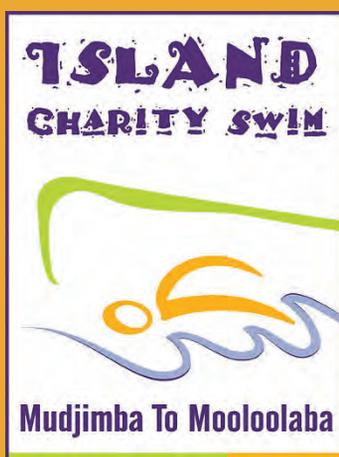
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# Island Charity Swim

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# From stroke to six-day, 250km run

**Tessa Mapstone**

tessa.mapstone@scnews.com.au

RUNNING 250km through the desert in six days is not a prospect that would appeal to most people, but Neil Collie can't wait to get started.

The Glass House Mountains man will celebrate his 49th birthday the day before setting out into the Simpson Desert from Birdsville, in Queensland's west, on the Big Red Run.

The course will take him around sand dunes, gibber plains, clay flats, salt lakes and station tracks, and he will be running about the distance of a marathon every day for the first four days of the race, then on day five he will run the equivalent of two marathons. The run will finish with an easy 8km back to Birdsville on day six, where Neil hopes a cold beer will be waiting for him.

As if the run itself did not set a gruelling enough task, Neil – and everyone else taking part – must pay a \$3000 entry fee and raise more than \$1000 for the Juvenile Diabetes Research Foundation.

Runners also face a weight restriction of 14kg on the gear they can take to Birdsville, which must include all their meals for the week. Nothing about this event was designed to be easy, and that was what attracted Neil to it.

"I had a stroke six to seven years ago and I wanted to prove to myself and other that yes, some of the cards given to us can be pretty hard sometimes, but if you

## BIG RED RUN

**When:** June 24-29.

**Day 1:** 42.195km Birdsville Marathon.

**Day 2:** 42.195km Adria Downs Marathon.

**Day 3:** 42.195km Arpilindika Marathon.

**Day 4:** 31km Sprigg Sprint.

**Day 5:** 84.39km Mohan Marathon & Roseberth Marathon.

**Day 6:** 8km Birdsville or Bust.

sit on your butt all the time you'll never change anything," he said.

"I did 100km back in October last year (in the Blackall 100) and I thought 'how can I top that?'

"Someone said there's a 250km one in the desert."

With help and inspiration from his personal trainer – and ultra-marathon runner in his own right – Jamie Milne, Neil said he had learned to believe he could do anything he set his mind to.

"He's got the left-hand side of my body strong after the stroke," he said.

"I've got a really positive feel where as before I was quite unsure if 100km was possible. He's changed my whole concept of body and thoughts."

In preparation for June's outback ultra marathon, Neil runs four times a week for up to three hours, hits the gym three times a week, and trains at a brisk walk twice a week, and practices meditation while he's at it to



**Neil Collie runs trails around the scenic Glass House Mountains area in preparation for the 250km Big Red Run. PHOTO: CONTRIBUTED**

bolster his mental strength.

And if by challenging himself Neil could help other people appreciate what they have, so much the better, he said.

"I love just being alive," he said.

"I love being around awesome people if I can make a difference in someone's life just by making

them see they can run a 5km run, I've won."

Sunshine Coast doctor Kate Gazzard and her husband pilot Tim Jarrold will also run, as will former Coast lawyer and last year's second placegetter at Ultraman Australia, Tim Franklin.

The run starts on June 24.



**Maroochydore mountain biker Peter Bigaila. PHOTO: CONTRIBUTED**

## Silver success at Hidden Vale

TRAINING for the defence of his world title is on track after Peter Bigaila finished second at the 24-hour mountain bike race at Hidden Vale over the weekend.

The 59-year-old was just one lap behind Jason English, finishing with 23 laps from more than 24 hours of non-stop racing.

Peter is currently preparing for the mountain bike enduro world championship which will be staged at Finale Ligure, which is in the centre of the Italian Riviera (between the green of the

mountains and the blue of the Mediterranean Sea), from June 2-3.

Other Coast competitors in the 24-hour event included Dyson Findlay (11 laps, 13th in men 40-54) and Jason Cheshire (10 laps, 17th in 40-54 men).

While still recovering from her win with Anne Alford at the Otway 300, Amanda Reddy competed in the four-hour race (four laps, fourth women 40+), as did Gina Dunsdon (five laps, second 40+ women).

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# Return to club race pedigree



**Michael Johns**  
Bushrangers MTB  
Club secretary

BACK in the '90s when the Bushrangers MTB club formed, some of Australia's biggest mountain bike races were held in the Sunshine Coast.

There were cross-country (XC) races and downhill events from Mapleton to Kenilworth to Noosa. But as the years progressed and committees came and went the club's priorities changed and the races were forgotten.

The club's current committee wants to reinstate the club's racing pedigree and bring more racing to the Sunshine Coast.

In addition to breeding a new crop of racing talent, it also gets other riders travelling to us, experiencing our awesome trails then spreading the word.

Through a successful grant application the club purchased the items required for running professional races such as state-of-the-art timing equipment, race cards and signage.

Our first race of the year is a short but intense hill climb up the Bottle and Glass Road near Cooloolabin Dam (behind Yandina). This race will be a toe in the water for us and will be used for testing of our systems and procedures.

Bottle and Glass Road is only 4km long but is particularly nasty with minimal "good" lines to choose from and steep sections of loose rocks, ruts and wash outs.

Riders will not only need speed and stamina but also need to be

## HILL CLIMB

**What:** Bottle and Glass Hill Climb.

**Where:** Browns Creek Road, Cooloolabin.

**Categories:** Depends on numbers but probably A, B and C.

**Race format:** Point to point hill climb – wave start.

**Who can ride:** Open invite to anyone.

**Cost:** Free (but donations to trail-care are always appreciated).

**Distance:** 4km with 330m elevation (small but nasty).

**Strava KOM:** 15min 17sec (male), 24min 53sec (female).

**Website:** [www.bushrangers.org](http://www.bushrangers.org)



Bushrangers MTB Club president Ben Johns. PHOTO: CONTRIBUTED



strategic and prepared to take risk.

The race format is simple in that each category is started in a wave at the bottom of the hill and the finish line is at the top.

Riders must race to get the better line or take the risk that they will have the stamina and skill (and grip) to overtake on the loose rocks.

Spectators are welcome and

they will get good views at the intersections and the finish line without impeding the riders, but get into your spot before the race starts.

The race is on Easter Monday, April 17, and will start at 8am. For more information go to the Bushrangers MTB Club website at [www.bushrangers.org](http://www.bushrangers.org).

Registrations close on Friday, April 14, at 10pm.



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# Tragedy on tour home stretch

news.com.au

THE cycling world is mourning the death of British ultra-distance star Mike Hall who was struck and killed by a car while competing in a race across Australia.

Organisers of the inaugural Indian Pacific Wheel Race – which covers 5500 kilometres from Perth to Sydney – cancelled the event on March 31 after Mike was killed on the outskirts of Canberra.

Hall died at the scene following a collision with a car on the Monaro Highway before 6.30am.

The 35-year-old was in second place at the time.

“Mike revelled in the spirit and adventure of ultra-endurance cycling events,” race organisers said in a statement.

“Mike’s efforts in both raising money and the spirits of others were tremendous and he leaves an incredible legacy.” The organisers say they’ll co-operate fully with official investigations and “intend to undertake a detailed investigation of our own”.

Mike revealed he was having problems with his vision in a recent video posted from the race route.

“It gets dark and all the glare of the light hitting the signage and road furniture just swirls around and blurs,” he said on the race’s Facebook page on Thursday.

“I’ve been thinking that I can’t stay awake because I’m just really tired. But it’s just the fact I can’t see in the dark properly – my eyes are nailed.”

The race started on March 18 in Fremantle and the leading rider, Belgium’s Kristoff Allegaert, had been expected to reach the finish line at the Sydney Opera House on Friday.

About 70 riders started the race with Mike and Kristoff the favourites. Hall was one of the best ultra-distance riders in the world, having previously won the Trans Am Bike Race across the US and the Tour Divide traversing the Rocky Mountains from Canada to Mexico.



Cyclist Mike Hall was killed after being struck by a car in the Indian Pacific Wheel Race. PHOTO:CONTRIBUTED

The British rider organised the Transcontinental race across Europe which Kristoff has won three times.

The Indian Pacific Wheel Race, organised by Australia’s 2015 Trans Am winner Jesse Carlsson, was the first time Mike and Kristoff had gone head-to-head. The showdown was being closely followed by fans across the world as the leaders approached Sydney. They had been racing with little sleep.

Well-known Australian cycling commentator Matthew Keenan on Friday tweeted: “Heartbreaking. #rip” Sydney Lord Mayor Clover Moore said her thoughts were with Mike’s family and friends and the entire Indy Pac community.

The driver of the car involved is assisting ACT Police with their inquiries. Crash investigators will piece together the circumstances surrounding the collision and prepare a report for the coroner.

“I can suggest, given the nature of the collision, an investigation into the circumstances would suggest the rider of the push bike died at the scene,” ACT Sergeant Chris Meagher said.

“The driver is in shock and will be spoken to later. There is no suggestion of speed or alcohol at this stage.”

Another cyclist in the race, Eoin Marshall, was injured after colliding with a vehicle on the outskirts of Tarlee, north of Adelaide, last Monday morning. He was treated in hospital for a head wound and a fractured rib.

The Indian Pacific Wheel Race was inspired by the other grand tours of bikepacking: the Tour Divide, the Trans Am Bike Race and the Transcontinental.

Similar to these races, the rules for the Indian Pacific Wheel Race are simple and largely self-policed. The rules attempt to embody the spirit of self-support and fairness for all riders.

The race is a personal challenge against the clock. Riders are responsible for finding food, water, accommodation, laundry, bike store services and anything else they may need along the way. Any service utilised must be available to all riders.

Friends and family are welcome to visit riders during the race to offer encouragement but they

## GRAND TOUR

**What:** Indian Pacific Wheel Race.

**Details:** It is a solo, single-stage, unsupported, 5500km road cycling race ocean-to-ocean across Australia. The course is 100% sealed. The race started on March 18 in Fremantle, Western Australia, and finishes at the Sydney Opera House whenever riders get there. The clock does not stop. There is no prize money. There are no time cuts.

**Tradition:** Riders are encouraged to dip their rear wheel in the Indian Ocean, as tradition dictates, the day before the race starts. Riders are encouraged to continue riding to Bondi Beach to dip their front wheel in the Pacific Ocean to end their ocean-to-ocean Indian Pacific Wheel Race adventure.

must not offer any material support of any kind. Entry is \$40, which covers administration costs.

## Rider safety was number one concern for Race Across America

NO STRANGER to long distance events, John Eastham said the Indian Pacific Wheel Race was a whole new level of dedication and commitment.

John, who was among the 2015 Team Australia at Race Across America, was in a four-man group who took turns when riding

4830km non-stop across America.

That event has seen deaths too, but one of the key differentials in RAAM is there is constant support for those on the road – even for solo riders.

“We had their goals, and the first one was safety. You just have

to get to the other side,” John said.

“Our team captains, they were drilled their first priority was safety, and if ever there was a decision to be made about whether we push through or do we not...we’re not professional athletes we just wanted to survive.

“The stretches where there are no shoulders and trucks, they were the scary bits.

“Some of the country roads, a lot of them were great, but some you just know if two trucks are going past each other and it just happens to be where you are, there is not enough room.”



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# Limited spots still available

IN LESS than three weeks a group of dedicated cyclists will ride from Toowoomba to Mooloolaba in the annual TOOMOO raising funds for the STEPS Pathways College in Caloundra.

The ride will take place on April 29 and there are still a limited amount of spots to be filled.

Participating in his second TOOMOO, Angus Rolle said he's been busy getting some training miles in with other TOOMOO riders in preparation for the big day.

While 220 kilometres in one day seems like a feat to the average rider, Angus says it's one of most well supported rides in which he has participated.

"The TOOMOO last year was the longest ride I'd ever done and I had only been cycling for about a year. But it was fantastic," he said.

"Everyone finished and I think that is a testament to how well managed and well paced the ride is – even for newer riders."

Angus also has some advice for any cyclists preparing for or considering the ride.

"Enjoy it. But definitely be prepared. You do need to train. Generally speaking, if you've done a few 100 to 150 kilometre rides recently it should be pretty straight forward. I'm really looking forward

to this year and just enjoying the experience without the trepidation of a first timer."

Angus is thrilled to once again be supporting a great cause.

"Last year when we stopped for lunch they brought out the car that we'd raised funds for, it made everything so tangible," he said.

"I thought to myself we've done this, it was a fantastic feeling and I can't wait to have that again this year."

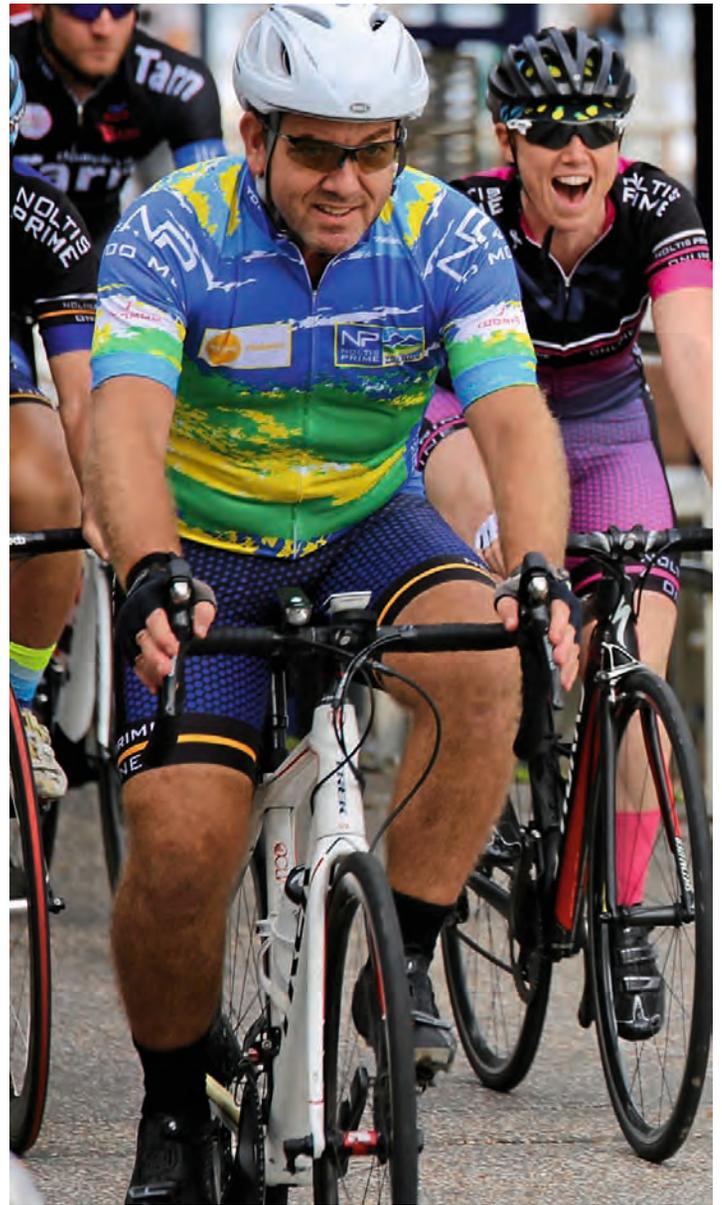
Founder of TOOMOO and avid cyclist Dave Fellows said he's excited for yet another successful year.

"From what started out as a simple idea to challenge myself to a long distance ride has really turned into something quite special. I'm looking forward to another great event and welcoming new riders to share in our passion for empowerment."

Money raised from the ride will assist in funding the ongoing needs of STEPS Pathways College, an Australian first paving the way to independent living for young adults with a disability.

For more information or to register visit [www.toomoo.com.au](http://www.toomoo.com.au)

**Angus Rolle has been getting in some training miles ahead of TOOMOO. PHOTO: CONTRIBUTED**



## Weather turns on Victoria

CHALLENGE Melbourne was exactly that on Sunday, with wet and windy weather wreaking havoc.

Casey Munro of Buderim was impressive in the elites finishing sixth in the elites with a time of 3:58:09 (25:40 swim, 2:09:23 bike, 1:19:20 run).

Mooloolaba's Inna Atkinson (pictured) was ninth in women 45-49 with 5:45:29.7 (43:01, 3:10:00, 1:44:58).



**Christie McKay won the 15km Sunshine Coast Run Series. PHOTO: MJ WAMSTEEKER PHOTOGRAPHY**

## Series finishes for another year

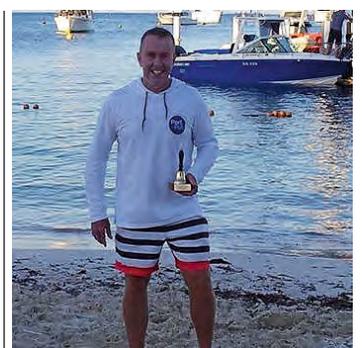
RUNNERS capped another successful race series at Buddina on Sunday.

The three-race Sunshine Coast Run Series attracted competitors across 2km, 5km, 10km and 15km at venues including Noosa Springs, the university and Point Cartwright.

Now turning his organisational attention to the Sunshine Coast Marathon, Atlas Multisports' Jason Crowther said the series is expected to return next year where they will retain the focus on it being a family event.

"We know its a great series and we know people love it," he said.

"There is just so much on at the moment its a time of year when people can commit and it's priced well enough so people can use it as training runs for their major running events."



## English Channel attempt on target

PLANS to tackle the English Channel are on target for Caloundra's Peter Schultz (pictured).

The Qantas pilot completed the West Australian 25km Port to Pub swim in 8:41:16 on March 27, which saw him finish fourth in the veterans category.

Peter is booked to face the Channel swim in August.



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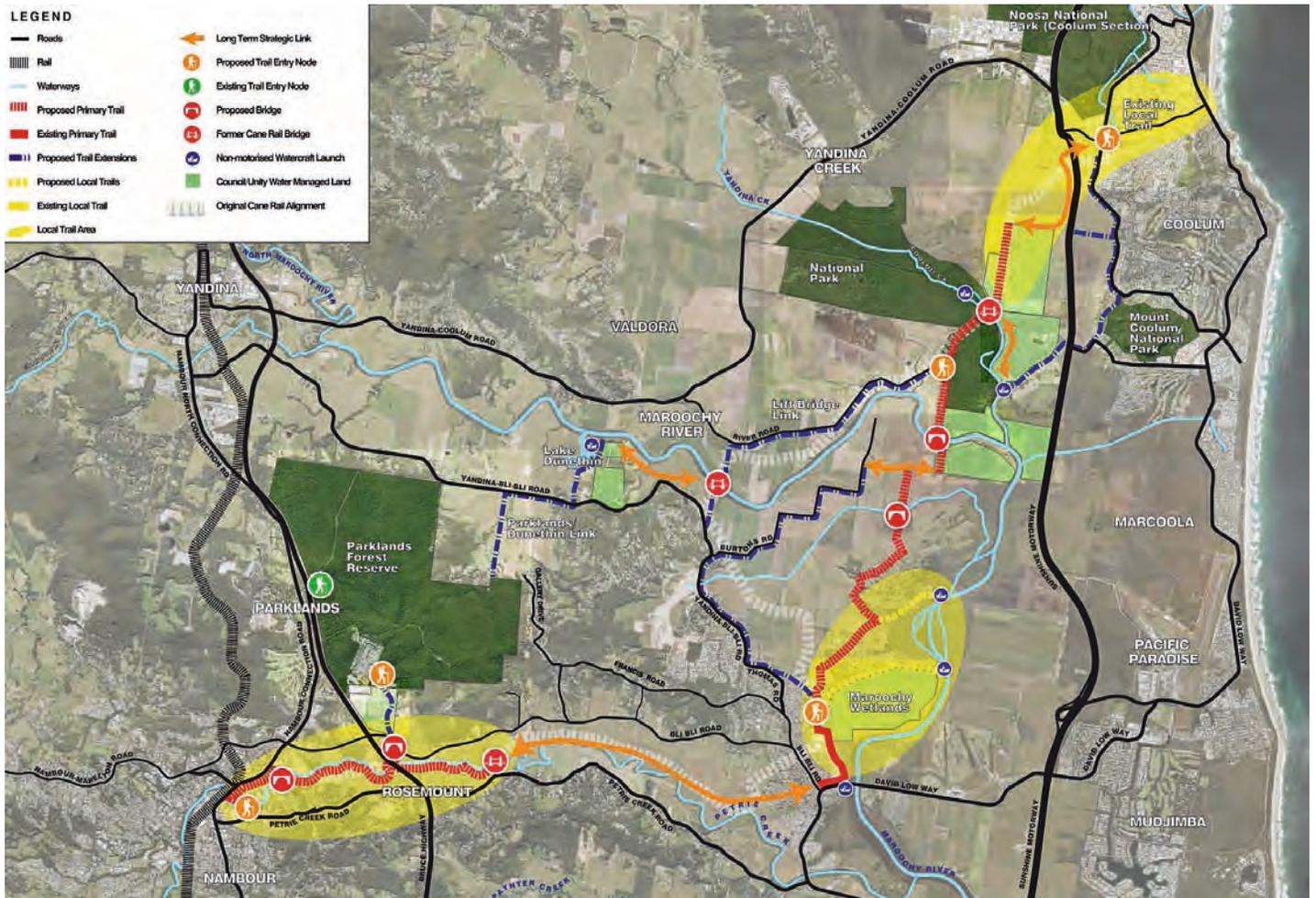
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The draft plan for the Nambour to Coolum trail shows the route from hinterland to coast.

PHOTO: CONTRIBUTED

# Links two decades in the making

**Tessa Mapstone**  
tessa.mapstone@scnews.com.au

ANYONE who has climbed Mount Coolum, visited Ewen Maddock Dam or ridden Parklands during recent years would know just how popular walking trails and tracks are becoming with Sunshine Coast locals.

Now a draft plan for the creation of an extensive network of trails linking Coolum and Nambour has been approved, proposing to deliver 48km of new walking, running and cycling terrain.

The proposed trail would wind through Rosemount to Bli Bli, through the Maroochy Wetlands then onto Coolum, passing through national park land west of the Sunshine Mwy.

A Sunshine Coast Council spokeswoman said the long-term project would be delivered in stages, and could take more than 20 years to secure and connect the whole network.

Detailed planning of on-ground alignment and design elements will start this year and it's expected Local Area Trails in Nambour (from Quota Park to Saltwater Bridge),

Coolum (depot to Twin Bridges) and Bli Bli (town centre to Maroochy Wetlands and Stoney Wharf Boat Ramp) would be the part of the first phase.

Division 9 councillor Steve Robinson said the trail would create a wonderful opportunity to combine nature-based walks and activities with community-led experiences to attract visitors to the region.

"I'm sure it will encourage local residents to enjoy and explore the Sunshine Coast's spectacular natural environment and will contribute to our vision of being Australia's most sustainable region – healthy, smart, creative," Cr Robinson said.

And for Nambour, Division 10 councillor Greg Rogerson said the trail would mark the start of an exciting new chapter.

"We received fantastic feedback during the community consultation last year with great support for the trail and the multiple user experiences it would be able to offer," he said.

"Some alternative alignments were recommended with strong support by local residents and



The plan to build a trail from Nambour to Coolum has met with support from recreational groups.

potential trail users, including an upgrade to the bicycle lane and footpath along Petrie Creek Rd as a key strategic connection.

"The council will continue to engage with the community and respect the views of all private

landholders as the draft trail is developed."

The trail will be formed mostly on public land, and is expected to offer greater accessibility to waterways in the Maroochy River catchment.



# Be active in hidden paradise

YOU will be surprised by this property – so private and peaceful yet close to town and handy to transport.

In an elevated part of Rosemount, about five minutes drive to the south east of Nambour, this comfortable 1980s brick home is nestled on 7152sq m of level and useable land that is fully fenced.

The property slopes to the north with a timbered backdrop. A paved driveway leads down to a detached double garage with home office at the back. Dry rock walls are along the drive and to provide terracing for the front garden.

Inside, there is parquetry flooring and a brick fireplace in the lounge and dining room of this immaculately kept house. Double doors open to the good-sized kitchen and casual dining or family area.

Rosewood cabinetry is a feature of the kitchen that looks out to the pool and spa, as well as the studio and tennis court.

The kitchen is fitted with a Fisher & Paykel, 900mm induction cooktop, Westinghouse stainless steel wall oven and space for a double-door fridge. There is more



to this property than you expect.

Three bedrooms are along the hallway, then the laundry opposite, a fourth bedroom and main bathroom, again with rosewood vanity plus a separate powder room.

In the west wing is the main bedroom with good-sized windows to the garden one way,

and with the walk-in robe and ensuite the other way. Ducted air-conditioning has been installed.

A covered entertaining area is beside the solar-heated in-ground swimming pool as well as gas heated spa.

A stunning Bali bungalow with a unique domed light overlooks the pool area as well as the full-size

## ROSEMOUNT

7 Ellora Court

5 Bed, 2 Bath, 4 Car, Pool, Tennis court

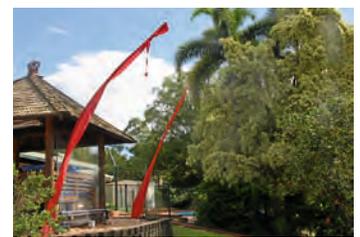
**Features:** Comfortable air conditioned home with pool and tennis court on 7152sq m, separate studio, detached double garage with home office

**Price:** Auction on site Saturday, April 22, at 11am  
**Agent:** Vicki Stewart and Stephanie Tyson at Stewart Property  
**Contact:** 0412 713 041, 0427 002 615

tennis court with lights.

If you love this home in the daylight hours, you will never want to leave if you see it after sunset. The large separate studio would suit an office, work room, play room or home theatre.

The double lock up garage comes with a work room and office/wine cellar at the rear, which is also air conditioned. And there is heaps of room on the property for the caravan and boat.



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# Riding high in stylish sensation

■ Grant Edwards

THERE is one burning question when it comes to new car shopping: can I fit my bike?

For those in the multisport fraternity it's a similar scenario – you need to carry the kids and your gear.

In the case of the Mercedes-Benz GLC Coupe you can do both, but ooze quality and opulence in the process.

Despite the steeply raked roof it easily handled a bike...without removing a wheel with both seats folded.

## Value

Can you put a dollar figure on style? Well, in the case of coupe versus standard five-door SUV, it's just over \$11,000.

That's the premium you pay for a sleek rear end and more sporty credentials over the basic GLC.

At just over \$80,000, this four-cylinder pairing is identically equipped, with diesel or petrol preference the decisive factor.

Mercedes has thrown an impressive line-up of kit at these variants, starting with the stellar safety pack that includes radar cruise control to keep you a safe distance from the vehicle in front, blind-spot warnings and lane-keeping functionality to ensure the vehicle stays central in the lane, along with automated braking if a frontal crash is detected.

## Comfort

Despite its steeply raked rear the GLC Coupe maintains reasonable adult-friendly confines. Three across the bench is a squeeze, unless it's just the kids, but two mature passengers will appreciate dropping the armrest, where a pair of cup holders are housed, for a refined limousine experience.

Like the C-Class sedan we've lauded since launch, the interior styling is modern minimalism combined with chic precision.

There are nice flowing lines across the dash, a seven-inch colour display, leather trim, sporty three-spoke steering wheel, dual-zone climate control and the basics we've come to expect like easy access to USB ports in the console and dual cup holders.

But you do need to dig deeper into the wallet to get the Vision package that incorporates the sunroof and head-up display, as well as the slick Burmester surround sound system, which looks particularly spectacular via the chrome speakers in the doors.

The environs live up to premium



Mercedes-Benz has released the GLC Coupe, which blends sports car with SUV. PHOTO: MARK BRAMLEY



expectations and for those minding pennies then you don't have to option to the hilt to achieve a quality cabin.

## Driving

Torque levels are the pivotal difference.

Those who like the burly shove and miserly fuel consumption will appreciate the diesel, which climbs hills with ease and is more robust at low revs.

Both have a tendency to duck and dive under brakes, but you can opt for sport or sport+ driving modes to drop the ride height and firm up the suspension.

Neither engine will have you shouting about its sporty characteristics. Those wanting extra punch will have to spend an extra \$25k for the AMG version.

## Safety

When it comes to quality, technical safety kit, Mercedes, BMW and Audi are among the front runners.

The ease of use makes the Mercedes a favourite, and with functions such as radar cruise control and lane-keeping assist it makes traffic snarls more friendly.

Drivers can rely on the sensors and technology to maintain a safe distance from the vehicle in front and remain within the lane without drive input ... it does remind you to put your hands back on the wheel after about 20 seconds.

There are nine airbags too, so it's fully kitted out. The only omission is the head-up display that projects speed and other info on to the windscreen (part of the \$3590 Vision pack that includes

## VITAL STATISTICS

### Mercedes-Benz GLC Coupe 250 and 250d

**Price:** 250 – \$80,100; 250d – \$82,100

**Engines:** 250 – 2.0-litre turbocharged four-cylinder 155kW/350Nm; 250d – 2.1-litre turbo diesel 150kW/500Nm

**Transmission:** Nine-speed automatic

**Safety:** Nine airbags, five star

**Thirst:** 250 – 7.4L/100km; 250d – 5.8L/100km.

the runroof) and really should be standard.

Go for the upgraded sound system and that costs an additional \$2990, while opting for the tougher 20-inch AMG alloys as part of the Night Package is \$490.

## Alternatives

The key rival in this unique genre is the BMW X4, which starts from \$71,900 for the petrol and \$75,900 for the diesel.

## Verdict

Sporty credentials may have been the marketing spiel, but the GLC Coupe has more style than driving superlatives.

Boot space is long and deep, good enough for an adult-size bike without removing a wheel, all made easier by the electronic 40-20-40 split-folding rear seat, and the primary trade-off compared to the five-door GLC is obscured rear vision via a smaller window.

Traditionalists will continue to debate the "coupe" name despite being a four-door five-seater. But this is another addition to the growing SUV realm and a funky premium offshoot that blends style and practicality.



# Allez Sport Cross Country Series 2017

Runners and Joggers; Competitive and Recreational; All Ages.

Be part of this successful series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club.

### Race 1:



### Race 2: Sunday April 23rd

Ben Bennett Park  
Next to Caloundra High School, Queen St.  
(Continuation of Sugar Bag Road)

### Race 3: Sunday May 7th

Maleny Golf Club  
Porters Lane (off Obi Lane), Maleny

### Race 4: Sunday May 21st

Maddock Park, Ewen Maddock Dam,  
Mooloolah Connection Rd., Glenview

### Race 5: Sunday June 4th

Sunshine Coast University  
Next to Athletics track, Sippy Downs

### Race 6: Sunday June 11th

Elizabeth Daniels Park (Cricket Pavilion)  
Syd Lingard Drive, Buderim

Just keeps getting bigger and better!

### Registration Fee

Once only fee to cover all races in series

\*QA, QMA, QLA

Registered members - Nil

\*Non Members - \$15 per runner

### Race Fees (payable each race day)

\*Maroochy senior & LA Members /

\*USCAC senior Members:

u8 free

u10 to u18 \$5

18+ \$8

Family (parents and children) \$15

\*All other runners:

u8 free

u10 to u18 \$10

18+ \$14

Family (parents and children) \$30

### Race Day Program

Entries taken on race days.

#### 8:00am - 10km

Male & Female  
Open; u40; 40-49; 50+



#### 8:00am - 6km

Male - Open; u18; u40; 40+; 50+; 60+; 70+  
Female - Open; u40; 40+; 50+; 60+; 70+

#### 9:00am - 3km & 4km

3km - Open; u14; u40; 40+; 50+; 60+; 70+; (M+F)  
4km - u18 girls; u16 boys and girls

#### 9:25am - 2km Boys and Girls under 12

#### 9:40am - 1km Boys and Girls under 10

#### 9:50am - 500m Boys and Girls under 8

Please register 30 minutes prior to race start;  
Open 10km runners eligible for prizes.



Races run in rain, mud, frost & sunshine!

Contact: Andrew Bock Ph: 5444 8458 a/h  
abock@bigpond.net.au

### Point Score (each age category)

Runners must complete 4 out of 6 races to be eligible for series trophies

1st - 10 points; 2nd - 8 points;

3rd - 6 points; 4th - 4 points;

5th - 3 points; 6th - 2 points;

7th onward - 1 point.

Results and more

[www.sccrosscountry.com.au](http://www.sccrosscountry.com.au)

NB. Ages at 31st December 2017

# The latest and greatest...



These slick Ultimate Direction running vests are available in male and female versions from Allez Sport Mooloolaba. For the men, Anton Krupicka's new Mountain Vest is lighter than the previous generation. It has sliding rail sternum straps, bottle holsters tighten to carry phone or camera, iPhone compatible pocket, on-the-go trekking pole holders, double ice axe loops, soft and flexible 150g mono-mesh, external stretch pocket for organisation and secure lateral pockets. The women's version has holsters for the Body Bottle 500, extensive front storage holds phone, fuel, and valuables, sliding rail sternum straps and an emergency whistle. RRP from \$189.95.



Cycle Zone Mooloolaba has some great deals on the Specialized Tarmac Sport. It has all of the performance hallmarks of its more expensive brethren. It's drivetrain includes Shimano 105, with Tiagra brakes, while rolling on Axis Elite wheels. Was \$2400, now \$2000.



Who needs rich data like running dynamics, wrist-based heart rate, training status and VO2 max that Forerunner 935 offers? A dedicated athlete like you who's ready to beat yesterday. This premium GPS running/triathlon watch helps you fine-tune your training and recovery to be a better athlete. For the competitor in you, it features Strava LiveSegments so you can turn every run or ride into a virtual competition. Check them out now at Cycle Zone Mooloolaba, from \$699.



Featues has developed a wide range of products to suit your individual needs. All products have a lifetime guarantee. The range includes the original with power bands of Lycra, so the sock hugs the entire foot in a comfortable, supportive way. Then there's long sock option which features 15-20 mmHg of compression. Check them out at Allez Sport Mooloolaba, from \$29.95.



The new Roubaix Comp frame is the lightest Specialized has ever made, and it's been constructed from FACT 10r carbon fibre. Its stiffness levels are also off the charts, and compared to the SL4 iteration of yesteryear, you'll experience a whole new, faster, and more efficient geometry. It is armed with Ultegra/105 11-speed shifting, hydraulic disc brakes, and ultra-tough DT R460 Disc wheels. In blue only, check it out now at Cycle Zone Mooloolaba, was \$4100 now \$3700.

Nike Pro HyperCool Women's Training Shorts are made with stretchy, sweat-wicking fabric and mesh panels for mobility and ventilation during your workout. Check out the range at Allez Sport Mooloolaba, RRP from \$40.



# Upcoming Sunshine Coast events

Send us your events:  
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
April 14	Good Friday Crit	Sunshine Coast Cycling Club criterium at Girraween Sports Complex. Registration 3.30pm, racing 4pm. A-grade 40 minutes + 2 laps, B-grade 35 minutes + 2 laps, C-grade 30 minutes + 2 laps, D-grade 20 minutes + 2 laps.	Noosa Heads	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
April 16	Wild Horse Criterium	The 2017 course will be run around a 11.5km lap, changing direction on completion of each lap (for those competing in distances beyond one lap). 1 loop (11km), 2 loops (22km), 3 loops (33km), 5 loops (55km), 7 loops (50 mile - 80km).	Wild Horse Mountain	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
April 16	Easter Time Trial	Sunshine Coast Cycling Club time trial at North Arm State School, 7- 9am.	Yandina	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
April 16	Bushrangers MTB Club Pomona to Cooran Ride	Meet Reserve Street Park, Pomona, at 6.45am for 7am ride off. Grade two.	Pomona	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
April 19	Bushrangers MTB Club Parklands Night ride	Arrive at Radar Hill Rd, Kulangoor, 6pm meet for 6pm-8pm ride. Grade three. Riding the novice track with a few others in the mix.	Parklands	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
April 22	Rogue Adventuregain	Teams of two compete to collect as many checkpoints as possible over a 24 hour time period. The Rogue involves multiple stages of the traditional adventure racing disciplines of trekking, mountain biking and kayaking where teams must navigate through the course using a map and compass on a route of their own choice. Each stage is effectively its own small rogain where competitors may attempt to collect as many or as few checkpoints as they wish. Strategy, precise navigation and perseverance will play just as a significant role as raw fitness. 24-hour and six-hour course options with teams of two competitors.	Lake Wivenhoe	<a href="http://www.rogueadventure.com">www.rogueadventure.com</a>
April 23	Bargara Triathlon	Bargara Triathlon Club event featuring an Olympic-distance 1.5km/40km/10km, give it a try 750m/14km/4km and 7-12 year olds 100m/2km/500m.	Bargara	<a href="http://www.bargaratri.org.au">www.bargaratri.org.au</a>
April 23	Allez Sport Cross Country Series	Second of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Ben Bennett Park.	Caloundra	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
April 23	Bushrangers MTB Club Mapleton Ride	Arrive at Delicia Road, Mapleton, opposite Lilleyponds at 6.45am for a 7-10.30am ride. Split into two groups, grade two and grade three.	Mapleton	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
April 29	TooMoo 220	Supported ride from Toowoomba to Mooloolaba which raises money for STEPS Charity. Riders travel to Toowoomba by bus on the Friday, and then make the 220km ride back to the Coast achieving a 2000m elevation gain at the same time.	Toowoomba to Mooloolaba	<a href="http://www.toomoo220.com.au">www.toomoo220.com.au</a>
April 30	Bushrangers MTB Club Glasshouse to Peachester Ride	Arrive 6.45am for 7-10.30am ride at Glass House Mountains Lookout, Glass House Mountains. Grade two.	Glass House Mountains	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
May 7	Rosemount Road Race	Sunshine Coast Cycling Club road race, 7-9am. Meet at Paynters Creek Road.	Rosemount	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
May 7	Allez Sport Cross Country Series	Third of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Maleny Golf Club.	Maleny	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
May 7	Wide Bay Mountain Bike Series	Four-round cross-country mountain bike series. Race two features three-four laps of cross country riding.	Fraser Coast	<a href="http://www.facebook.com/WideBayMTB">www.facebook.com/WideBayMTB</a>
May 12-13	LunarC MTB Enduro	The LunarC is back after a two-year hiatus, and is an eight-hour night riding enduro starting a 10pm Friday – available for solo and teams competitors. The first round of the three-race Moreton Bay MTB Series.	Petrie	<a href="http://www.in2adventure.com.au">www.in2adventure.com.au</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

Send us your events:  
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
May 13	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	<a href="http://www.islandcharityswim.com.au">www.islandcharityswim.com.au</a>
May 13-15	Ultraman Australia	Ultra triathlon staged over three days, featuring a 10km swim and 145km bike on day one, day two is a 274km bike (421.1km total) and 84.3km run on day three.	Noosa Heads	<a href="http://www.ultramanoz.com.au">www.ultramanoz.com.au</a>
May 14	Glasshouse Trail Series – Cook's Tour	The Glasshouse 50 Cook's Tour is an off-road trail run with 12km, 33km, 50km and 50 mile running events. This is an annual event on the Sunday closest to the 17th of May because Captain Cook named the mountains on May 17 during his voyage up the east coast of Australia in 1770.	Woodford	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
May 20-21	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.	Woodford	<a href="http://www.toughmudder.com.au">www.toughmudder.com.au</a>
May 21	Mooloolaba Ocean Enduro	No entry fees, no official organiser, participants must provide their own safety, a real old school event, just like the first Hawaii Ironman: 3.5km swim, 1km run, 20km surf ski, 7km board paddle, 9km run. Teams and individuals, and category for swimmers only for the initial swim leg only (called the shark bait category).	Mooloolaba Spit	<a href="https://www.facebook.com/MOEDISTANCE/?ref=ts">www.facebook.com/MOEDISTANCE/?ref=ts</a>
May 21	Allez Sport Cross Country Series	Fourth of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Ewen Maddock Dam.	Glenview	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
May 26	Giraween Crit	Sunshine Coast Cycling Club criterium racing, 6-8pm at Girraween Sports Complex.	Noosa Heads	<a href="http://www.scccrcing.wixsite.com">www.scccrcing.wixsite.com</a>
May 27-28	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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
May 28	Mountain Bike Orienteers State Series	Round three of the State Series. Using specially produced maps, riders navigate their way along roads, tracks and trails to control markers (checkpoints) placed at specific locations. Course lengths vary from 5km to over 40km, in terrain from flat coastal pine plantations to undulating native bush forests. Courses are available to suit riders of all abilities, from social to competitive.	Beerburum	<a href="http://www.mtbo.com.au">www.mtbo.com.au</a>
June 4	Allez Sport Cross Country Series	Fifth of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Sunshine Coast University.	Sippy Downs	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
June 10-11	Moreton Bay MTB Series – Back 2 Back	Here's your chance to enjoy a weekend of riding without any long laborious hours on the bike at Murrenbong Scout Camp. Competitors take part in three 20km races hosted across two days and winners are determined by the best cumulative time across all three races. Races will take place on Saturday morning, noon Saturday and Sunday morning with each race being run in a different direction on the course. Race one clockwise, race two anti-clockwise and race three clockwise.	Petrie	<a href="http://www.in2adventure.com.au">www.in2adventure.com.au</a>
June 11	Wide Bay Mountain Bike Series	Four-round cross-country mountain bike series. Race three features three-four laps of cross country riding.	Bundaberg	<a href="https://www.facebook.com/WideBayMTB">www.facebook.com/WideBayMTB</a>
June 11	Allez Sport Cross Country Series	Final event of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Elizabeth Daniels Park.	Buderim	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

Send us your events:  
[multisportmecca@apn.com.au](mailto:multisportmecca@apn.com.au)

Date	Event	Distance	Location	Website
June 17	Wild Horse @ Night	The night trail runs start from 6pm at the Wild Horse Mountain car park with 10km, 16.5km and 25km distances. Course marking will consist of flagging tape, painted arrows on the ground, arrows on trees, signage where necessary and red, flashing LED lights mounted on posts at key points.	Wild Horse Mountain	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
June 18	Sunshine Coast Memory Walk & Jog	Inaugural event at Kawana Surf Club to help raise vital funds and awareness for dementia. Course includes stunning ocean views as you make your way towards Point Cartwright Lighthouse and back, either 2.5km or 5km.	Buddina	<a href="http://www.memorywalk.com.au">www.memorywalk.com.au</a>
June 18	Caloundra Foreshore Fun Run	The 10km run hugs the Pumicestone Passage from Golden to Bulcock beaches. Runners travel through Kings and Shelly beaches before climbing over Moffat Headland to the finish. There is also a 3km option. All money raised supports Our Lady of the Rosary primary school.	Caloundra	<a href="http://www.caloundrafunrun.com">www.caloundrafunrun.com</a>
June 24	Sunshine Coast Cycling Crit Champs	Sunshine Coast Cycling Club Criterium Championships, 7-10am, at Skippy Park.	Landsborough	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
July 14-16	Velothon Sunshine Coast	The inaugural event will offer a three day or one day road cycling event and include: 3-day Velo ride from Friday to Sunday with each day being between 90km and 155km. 1 Day Velo ride on the Sunday with two distance options from 95km and 155km. Participants can also enter as a team of four, in the three day ride, with the three best times combining for their stage finish time. Velo Clubhouse event hub on the Mooloolaba waterfront providing highlights of the Tour. A cycling sports expo will be staged at Mooloolaba.	Mooloolaba	<a href="http://www.velothonsunshinecoast.com">www.velothonsunshinecoast.com</a>
July 22-23	Wide Bay MTB Series – Back Stage Triple	Tackle three diverse stages across two days in the aim to record the shortest cumulative time across all three stages. Stage one 4.5km time trial (Saturday AM) will start and finish at race HQ. Stage two (Saturday PM) sees riders tackling an all new course across a 7.5km lap. Starting in category wave starts, riders have three opportunities in three separate races to record the fastest lap time with the two best times counting towards riders overall time for this stage. The final stage is an action-packed 30km race with riders completing three laps of the 10km course.	Petrie	<a href="http://www.in2adventure.com.au">www.in2adventure.com.au</a>
July 23	Pomona King of the Mountain	The King of the Mountain Festival in Pomona features a 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	<a href="http://www.kingofthemountain.com.au">www.kingofthemountain.com.au</a>
July 28	Sunshine Coastrek	Trekking the thrilling 30km or super 60km from Twin Waters or Caloundra to Noosa. Teams of four, with at least 50% women, you have between 9 to 18 hours to complete the challenge, getting fit while raising money to transform lives through the work of The Fred Hollows Foundation.	Sunshine Coast	<a href="http://www.sunshine.coastrek.com.au">www.sunshine.coastrek.com.au</a>
July 30	Glasshouse Trail Series- Flinders Tour	The Flinders Tour is a 12.5km, 26km and 52km trail run at Beerburrum. Flinder's Tour is based at Beerburrum State School, and pays tribute to Matthew Flinders who was the first European to climb one of the Glasshouse Mountains (Beerburrum) on this date in 1798.	Beerburrum	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
August 4-6	Hells Bells and Fairy Bells	Teams of two will navigate their way through a course of about 120km with disciplines including kayaking, trekking and mountain biking that is only revealed to them hours before race start. Fairy Bells about half the distance.	Sunshine Coast	<a href="http://www.dareyouadventure.com.au">www.dareyouadventure.com.au</a>

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# Upcoming Sunshine Coast events

Send us your events:  
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
August 5	Wild Women adventure racing skills clinic	Get the lowdown on navigation and gear, paddling, mountain biking and trail running. BYO all your adventure gear (including mini first aid kit), mountain bike equipment, compass (map-board would be beneficial if you have one), backpack sufficient to carry shoes for foot nav and food/drink during sessions, hydration/nutrition for all sessions. Paddle craft and paddling equipment will be provided. Bookings essential, triadventure@optusnet.com.au.	Noosa	www.triadventure.com.au
August 12-13	Noosa Strade Bianche	The Noosa Strade Bianche pays homage to the 'golden age' of cycling. In the vein of the famed L'EROICA in Italy, Noosa Strade Bianche is strictly for steel framed cycles with downtube shifters (or bar-end shifters). As a celebration of the steel framed cycle, there is no restriction on age of the frame set. The Saturday includes a 33km Piccolo Fondo and a swap meet, while on the Sunday there are 162km Imperial Century with about 2400m of climbing, 137km Gran Fondo and 82km Medio Fondo options.	Noosa	www.noosa-stradebianche.com.au
August 13	Wide Bay Mountain Bike Series	Four-round cross-country mountain bike series. Race three features three-hour race of cross country riding.	Fraser Coast	www.facebook.com/WideBayMTB
August 18	Cricks Onesie Fun Run	The Cricks Onesie Fun Run is held on the Friday evening before the 7 Sunshine Coast Marathon and Community Run Festival and takes "competitors" through the event precinct and expo at dusk for two laps of mayhem and fun.	Mooloolaba	www.sunshinecoastmarathon.com.au
August 20	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 Maroochydore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
August 20	Rainbow Beach Trail Run	Trail runs through Rainbow Beach/Cooloola National Park with distances of 11km, 21.1km and 42.2km starting at Phil Rodgers Park.	Rainbow Beach	www.runqueensland.com
September 2	Wild Women adventure racing skills clinic	Get the lowdown on navigation and gear, paddling, mountain biking and trail running. BYO all your adventure gear (including mini first aid kit), mountain bike equipment, compass (map-board would be beneficial if you have one), backpack sufficient to carry shoes for foot nav and food/drink during sessions, hydration/nutrition for all sessions. Paddle craft and paddling equipment will be provided. Bookings essential, triadventure@optusnet.com.au.	Noosa	www.triadventure.com.au
September 9-10	Glasshouse Trail Series – Glasshouse 100	Options include 100 mile, 100km, 50km, 30km and 11km trail run in the Glasshouse Mountains. The terrain varies from easy gravel road to rough, steep singletrack.	Beerburum	www.glasshousetrailseries.com
September 10	Ironman 70.3 Sunshine Coast	Half-Ironman distance triathlon, featuring a 1.9km swim off Mooloolaba Main Beach, two-lap 90km bike route along the Motorway and also some hinterland aspects, and two-lap 21.1km run course from Mooloolaba to Maroochydore.	Mooloolaba	www.ironman.com
September TBC	12-Hour MS Swimathon	Cotton Tree Aquatic Centre will host its MS Swimathon event to raise funds to help people living with multiple sclerosis (MS).	Cotton Tree	www.msswimathon.com.au
September 17	Mt Cooroora Endurance Challenge	The Mt Cooroora Endurance Challenge is a 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples.	Pomona	www.mtcoorooraendurancechallenge.com
September 24	Mountain Bike Orienteers State Series	Round nine of the State Series. Using specially produced maps, riders navigate their way along roads, tracks and trails to control markers (checkpoints). Course lengths vary from 5km to over 40km. Courses are available to suit riders of all abilities, from social to competitive.	Beerburum	www.mtbo.com.au

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
<b>October 7-8</b>	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 110km Gran Fondo, new 55km Mid Fondo and a 25km Family Fondo from Port Arkwright to Cotton Tree.	Cotton Tree	<a href="http://www.sccyclefest.com.au">www.sccyclefest.com.au</a>
<b>October 15</b>	Mountain View Challenge	Lions Club of Maleny stage this event to raise funds for medical research and to provide keen runners the opportunity to compete on a challenging but scenic circuit. Events include 21.1km, 10km, 5km and 3km runs.	Maleny	<a href="http://www.malenyblackallrange.qld.lions.org.au/projectsmvc">www.malenyblackallrange.qld.lions.org.au/projectsmvc</a>
<b>October 15</b>	Wild Women Adventure Race	All you really need is a basic level of fitness, a female friend and a willingness to try something a little different. 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.	Sunshine Coast	<a href="http://www.triadventure.com.au">www.triadventure.com.au</a>
<b>October 21</b>	Blackall 100	Two trail runs, featuring 100km and 50km events. The 100km starts at 6am with the 50km starting an hour later at 7am. Cut-off for the 100km is 10am Sunday morning (28 hours) and 9am for the 50 km (25 hours).	Mapleton	<a href="http://www.blackall100.com">www.blackall100.com</a>
<b>October 29</b>	Shimano MTB Enduro Series championship	There are a number of categories available to suit all levels of experience. Riders will have a noncompetitive liaison stage between each of the timed sections. Results will be based on the total cumulative time across the stages. The lowest time in each category will be the winner. Practice available on the Saturday, February 25.	Garapine	<a href="http://www.emsaustralia.net.au">www.emsaustralia.net.au</a>
<b>November 1-5</b>	Noosa Triathlon Festival	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run on the Sunday, November 5. The festival includes a swim/run, fun run, 1000m swim, along with elite 5km Bolt and criterium racing.	Noosa	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>November TBC</b>	Sunshine Coast Spring Swim	The Sunshine Coast Spring Swim offers distances for every ability (5km, 2.5km, 1.25km, and juniors 300m and 1.25km), a simple course layout for kids and beginners and longer events for competitive swimmers and triathletes in training.	Mooloolaba	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
<b>November 19</b>	Hervey Bay 100	Main event is a 2km swim, 80km ride and 18km run. Saturday includes a mini aquathlon, junior triathlon and Have a Crack tri.	Hervey Bay	<a href="http://www.hb100.herveybaytriclub.org.au">www.hb100.herveybaytriclub.org.au</a>
<b>December 17</b>	Buderim 9	Rated as one of the toughest rides on the Sunshine Coast, cover the nine hills of Buderim within three hours, covering nearly 75km and raising money for the Cerebral Palsy League in the process.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>
<b>March 9-10, 2018</b>	Mooloolaba Triathlon Festival	Mooloolaba Twilight 5km run, 1km Ocean Swim, Superkidz Triathlon and the Special Tri. The event also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	<a href="http://www.ap.ironman">www.ap.ironman</a>
<b>March 11, 2018</b>	Mooloolaba Triathlon	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 through Alex Headland.	Mooloolaba	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>April 28-29, 2018</b>	TreX Championships	Seven-race off-road triathlon series culminates at Ewen Maddock Dam. Events include standard course: 1500m swim, 30km bike, 10.5km run. Sprint course: 400m swim, 10km bike, 3.5km run. Junior and teaser: 150m swim, 4km bike, 1km run. Dirt Kids 50m swim, 1.5bike, 500m run. Aquabike (swim and bike): Standard and sprint distance.	Landsborough	<a href="http://www.tretriathlon.com.au">www.tretriathlon.com.au</a>