

May 2, 2018



Chasing dreams

■ Iain Curry

NATHAN Glarvey's multisport goals are about as lofty as they come. Ironman World Championships for one, then the small matter of Ultraman here on the Sunshine Coast.

The 40-year-old from Cooroy has every expectation he'll achieve his dreams as he prepares to take the start line for his third Ironman Australia at Port Macquarie on Sunday.

But then over-achieving is Nathan's trait. Living with autism he is classified as having an intellectual disability, but very few events make special dispensation for athletes in his situation.

CONTINUED ON PAGE 2

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Racing with medicinal purpose

FROM PAGE 1

It makes winning an event, or making qualification time for Kona, nigh on impossible.

"There's no disability event in Ironman, so I have to compete with able-bodied," Nathan said.

"In my age group I'm racing against ex-professionals so if there were an AWD (Athletes With Disabilities) event that would be good so I'd have a chance of winning."

For a man who has nearly gone sub-2 hours 30 minutes at the Noosa triathlon, there's no need to doubt his high-calibre credentials.

As a young man Nathan competed in world championship disability athletic events in the T20 classification (intellectual disabilities), competing in Hungary, Tunisia and Germany in events from the 10km up to marathon with plenty of success.

He was on the Australian squad set to compete in the 2008 Beijing Paralympics, but the T20 events were drastically cut in response to the Spanish national team being caught cheating.

"Nathan decided to get into triathlon after the disappointment of not competing in Beijing," his father David said.

"He's always been a good runner, a reasonable swimmer but cycling was the big problem for safety reasons. He can't get a car licence, and with his autism there's a lack of awareness out on the road, so we had to pay people to train with him on the bike."

David and his wife Carol admit that Nathan's sport does worry them at times, especially the solo cycling, not least after he suffered a double compound fracture after being knocked off his bike by a car.

"Nick Croft (Multisport Consultants) is his coach, and he allows him on group rides with other cyclists, which is fantastic."

Nathan's equally appreciative of Nick Croft's coaching methods, saying he sticks rigidly to the training programs he devises.

"This week for example he has me doing a 27km run, a 60km bike ride, a 160km ride with a 3km run off the bike, then I'm swimming Monday, Wednesday and Friday," he said.

David said the discipline needed to stick to a training schedule has been of huge advantage to Nathan.

"One of the things with autism is



READY TO ROLL: Cooroy's Nathan Glarvey will tackle his third Ironman Australia at Port Macquarie on Sunday.

PHOTO: WARREN LYNAM



Flashback...Nathan Glarvey in training back in 2003.

PHOTO: BRETT WORTMAN

being a compulsive obsessive," he said. "If he's got a program Nathan does it to the letter. He'll do the exact distance numbers and with his nutritionist, if it's 150g of some food, it has to be 150g, not 160g."

"The training is like his medication. There's been times when he's slipped and poured the weight on and bad behaviour patterns come back. We can tell when he doesn't train; he becomes more agitated."

Tellingly, David believes his, Carol's and Nathan's life would be a lot worse off without triathlon.

OUR COMPETITORS

Sunshine Coast Ironman Australia competitors:

Andrew Trout (Noosaville), Robbie Andrews (Maroochydore), Stephen Blake (Kings Beach), Aaron Belsham (Mooloolaba), Tony Bryan (Maroochydore), Greg McDougall (Aroona), Kierra Sansome (Aroona), Koppo Kopcikas (Meridan Plains), Matthew Coles (Aroona), Paul Marshall (Buderim), Scott Webster (Buderim), Brad Thompson (Mountain Creek), Ben Murnane (Mooloolaba), Nathan Glarvey (Cooroy), David Jouy (Tewantin), Shaun Richardson (Noosaville), Rob Tappenden (Noosa Heads), Luke McKenzie (Sunshine Beach), Casey Munro (Alexandra Headland), Els Visser (Marcoola), Scotty Farrell (Hunchy), Clayton Fettell (Maroochydore), Nick Vanderpoll (Peregian Beach), Brad Thompson (Mountain Creek).

"It's such a huge plus for Nathan. For him to follow Nick's coaching plan to the letter just fits into his pattern of behaviour and it really helps his lifestyle. I'd tell anyone to get their kids into sport. If they can compete at some level they're accepted more, and it's amazing to see Nathan compete with able bodies athletes."

So driven is Nathan that Kona and Ultraman are now on his radar.

"The Ironman's actually a bit short now," he said. "I'm fine with the longer endurance, and I'm going to see if I can get approved for Ultraman next year. It'd be hard, but fun too. I want to finish it."

Nathan's Ironman PB is just over

12 hours and he hopes to dip under that mark this year, but he said no matter what happens, the happiness he gets from completing a big event and knowing how hard you can push yourself are huge rewards.

The competitive spirit burns strongly in Nathan, and a gold medal win at the Hervey Bay 100 in the AWD class shows his potential should more events have specific categories.

With so few people with intellectual disabilities competing in triathlon - and the seeming power for good the relevant training brings - getting more athletes like Nathan into the sport could be of huge benefit to all.

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Coast elites eye Aussie prize

REIGNING Ironman Australia champion David Dellow is en route to Port Macquarie as he aims to defend his title.

The Sunshine Coast product will need to produce his best to once again top the podium with a hot men's field ready to toe the line.

Fellow Coast professional Luke McKenzie of Sunshine Beach will also be racing, as will Belgian superstar Marino Vanhoenacker who will be making his Ironman Australia debut.

During their careers both McKenzie and Vanhoenacker have held the world's fastest time for an Ironman and are guaranteed to push the pace on a challenging Port Macquarie course.

Dellow's gutsy win last year was against the odds, with shoulder surgery severely restricting his preparation and leaving him under done. But on race day Dellow dug deep and found a way to win. This year he returns, with his focus clearly on going back-to-back.

"Unlike 2017 when I was coming out of surgery, I've had an excellent preparation this year. Port Macquarie will be my first race of the year so I've been able to get in an uninterrupted four-month training block," he said.

"Ironman Australia will kick off my 2018 racing season and there's an Australian championship title up for grabs so I'm very motivated to have a good race.

"I've changed my approach a bit for this year, I'm not thinking long term, just one race at a time. So for now I'm just thinking as far ahead as the sixth of May."

Following an impressive showing at Challenge Melbourne on April 22, Alexandra Headland elite Casey Munro also looks in solid form ahead of his first Ironman in more than three years.

Munro finished fifth in



David Dellow claims victory at 2017 Ironman Australia.

PHOTO: CONTRIBUTED



Casey Munro will undertake his first Ironman in three years on Sunday at Port Macquaire.

PHOTO: WARREN LYNAM

Melbourne with a time of 3:46:44 (23:49 1.9km swim, 2:06:43.9 90km bike, 1:12:48.8 21km run). He was with the lead bunch for most of the race, finishing three minutes behind winner Mike Phillips.

Since moving to Maroochydore to undertake a swim coaching role

with Michael Sage's squad at Kawana, Clayton Fettell has done limited racing, but will also be among the elites this weekend.

In the women's elite event, Maroochydore's Els Visser and Kierra Sansome of Arona will compete in a 10-person field.

AT A GLANCE

What: Ironman Australia.
When: Sunday, May 6.
Details: Established in 1985, it's Australia's iconic Ironman event. The 3.8km swim course is staged in the Hastings River, while the 180km bike course is set alongside the Pacific Ocean, and the 42.2km run course is in the heart of Port Macquarie. The day will also feature 70.3 Port Macquarie. The rolling race start for the 70.3 starts from 6.22am. The elite male Ironman competitors start at 7:10am, with the females setting off one minute later. The age group Ironman rolling start begins at 7:15am.



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Coast experts get Frodo back to best

Grant Edwards
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LOCAL expertise has helped two-time Ironman champion Jan Frodeno rediscover his best form.

German-born Frodeno, who lives and trains at Noosa for about half of his calendar year, trounced key rival Lionel Sanders on his way to claiming victory at 70.3 Oceanside.

Sanders finished second at last year's Ironman World Championship race in Hawaii with Frodeno hamstrung by injury, but in the much-anticipated rematch the German re-stamped his authority on professional long course triathlon with a stellar performance.

Leading out of the 1.9km swim with American athlete Eric Lagerstrom, Frodeno turned the screws and proved 20 seconds faster than Sanders on the bike. Frodeno, who is married to fellow gold-medal-winning Australian athlete Emma Snowsill, then upped the ante in the run where he was

more than a minute quicker than Sanders over the 21.1km journey.

"When some of the best are racing you can just never ease up, especially when Lionel is on the hunt. Sharing the podium with another world champ Tim Reed makes champagne taste like the best drink ever," Frodeno said.

Since his failure at Kona last October, Frodeno has turned to Sunshine Coast experts to regain his Ironman crown.

Frodeno has continued his gymnastics and plyometrics sessions with Jarryd Bates of Noosa-based company Pro Movement, and has also been joining track sessions with run coach Peter Bock at the University of the Sunshine Coast as the talented German wanted to regain some speed from his Olympic-distance days.

"It's been something I haven't done for quite a few years and is proving to be beneficial," he said.

Putting the Kona issue, which saw him prone with hip and back



Jan Frodeno claimed victory at 70.3 Oceanside last month.

PHOTO: MARK J. TERRILL

soreness early in the marathon last year, down to a GPS transponder chip worn in his suit that was rubbing on his sacroiliac (SI) joint, Frodeno has also altered his bike position.

With assistance from John Carey from Cyclezone Mooloolaba, the alterations have paid immediate dividends.

"John had been bugging me for over a year saying 'your position looks fast but it doesn't look right' and we had a go at tweaking a few things and it seems to have done a world of wonder for my muscle activation in general," Frodeno said ahead of the Oceanside race.

"I feel a lot stronger and I'm

getting a lot better numbers in terms of wattage in relation to heart rate."

Admitting "losing sucks" post Hawaii, he has turned the clock back and regained his hunger for victory.

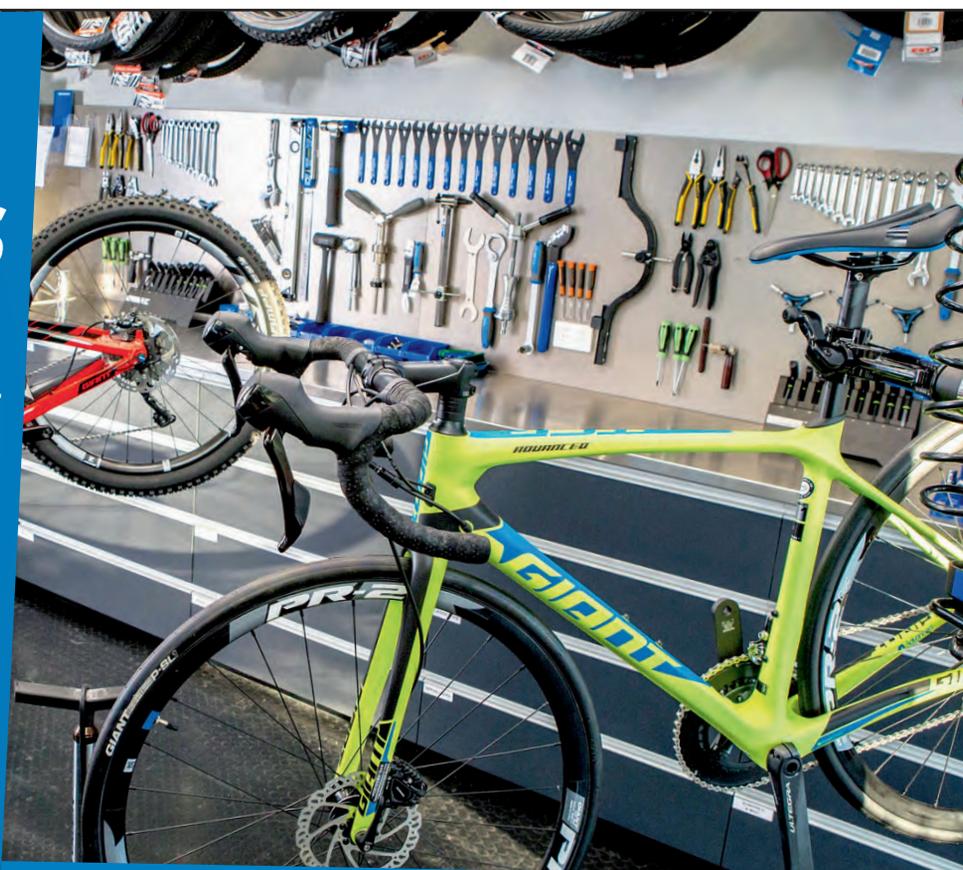
Training for about 35 hours each week, Frodeno will clock up 25-30km of swimming, 600km on the bike and 100km of running.

Oceanside was the beginning of his campaign, and will then race another 70.3 in Taiwan later this month. May will be a foundation month ahead of another half-full distance race in Germany, followed by Luxenberg and then a full Ironman at Challenge Roth.

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Hit-out before ramping up for world champs

Full name: Kenneth Rae.
Nickname: Kenny.
Birthplace: Newcastle Upon Tyne, England.
Current residential suburb: Noosa Heads.
Occupation: Business owner.
Age and marital status: 66, married 45 years, three grown up children and eight grandchildren.
Club/coach: Noosa Tri Club, coach is Nick Croft.
Favourite food: Salmon.
Favourite drink: Black tea.
Pet hates: Getting a rear wheel puncture in the middle of nowhere.
Sport: Triathlon and Ironman.
How did you get involved in Ironman: Through my son Ryan.
Favourite swim location: Noosa Main Beach, a beautiful and safe place to swim.
What are your favourite goggles and togs: Zoggs Predator Flex/Speedo.
Favourite riding location: Noosa to Twin Waters along David Low Way; safe wide bike lanes and great scenery.
What bike do you ride: Giant Trinity.
Favourite run location: Noosa National Park and Noosa River for the beautiful scenery.
What shoes do you run in: Hoka.
Best or most memorable event: 70.3 Xiamen (my first 70.3 win and qualification for Kona).
Bucket list event: Complete Ironman Kona in one piece, Challenge Roth and another 70.3 World Championship.
Favourite race: Noosa Triathlon.
What's your favourite part of

racing and training: The atmosphere, camaraderie and finish line.
What does a training week look like for you: At the moment about 14.5 hours which will increase closer to Kona. Bike up to eight hours, swim up to four hours, run two to three hours (I've had a knee injury). I'm also doing deep water running and gym twice a week and stretch class weekly.
What is the most dreaded session: Bike indoors on the Kickr or on the road in wet and windy conditions.
How are you feeling ahead of 70.3 Port Macquarie: Quietly confident.
What is on your racing agenda this year: I've done 70.3 Lake Taupo in March, then 70.3 Port Mac, 70.3 Cairns, 70.3 Sunshine Coast, Ironman World Championship and Noosa Tri.
How do you manage to fit in training with work and life commitments: As I am semi-retired I manage to fit it in with the support of family.
If you could have a celebrity live with you, who would it be and why: Muhammad Ali (the best boxer and entertainer); Mo Farrah (greatest runner) and Chris McCormack (great triathlete - love to get his inside knowledge).
When you were little what job did you want to do: Play soccer in the English Premier League.
Best movie: American Graffiti and Rocky.
Current car: BMW M3.
Dream car: Lamborghini.



Ken Rae competing at the 70.3 Ironman World Championships in Zell Am See Austria...he will next be on the world stage at Hawaii in October. PHOTO: CONTRIBUTED



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Ticka excited in bid to break Port Mac duck

Full name: Luke Jarrod McKenzie.
Nickname: Ticka.

Birthplace: Taree, NSW.

Current residential suburb: Sunshine Beach.

Occupation: Professional triathlete and business owner.

Age and marital status: 36, married, two kids.

Coach: Self-coached.

Favourite food: Any Asian fusion.
Favourite drink: Love a good cab sav.

Pet hates: Being told to "Get off the road" or threatened in some way by a motorist for simply riding within the laws of the road. It really is unnecessary and unfortunate this is becoming commonplace and I hope we can change the mentality through mutual respect on both sides.

Sport: Triathlon and Ironman.

How did you get involved in Ironman: My family and I would go out to Ironman Australia in Forster and volunteer at the aid stations each year when I was young. When I was 13 I did my first triathlon and found I made a better triathlete than a swimmer so I switched focus and ultimately made a career out of it.

Favourite swim location: Highbourne Cay, Bahamas. Warm, crystal clear turquoise waters.

What are your favourite goggles and togs: Roka R1 and Roka drag shorts.

Favourite riding location and why: Marin County, California. Amazing scenic roads just a short ride across the Golden Gate Bridge

from my favourite city in the USA, San Francisco.

What bike do you ride: Scott Plasma 5, Scott Addict Premium, Scott FOIL.

Favourite run location: Bend, Oregon, USA. Some of the best trails and scenery I have experienced while running.

What shoes do you run in: Nike Zoom Fly and Nike 4%.

Best or most memorable event: Finishing second at the Hawaii Ironman 2013.

Bucket list event: Ironman Nice.

Favourite race: Challenge Roth.

What's your favourite part of racing and training: The places I get to visit and the people I have met all around the world.

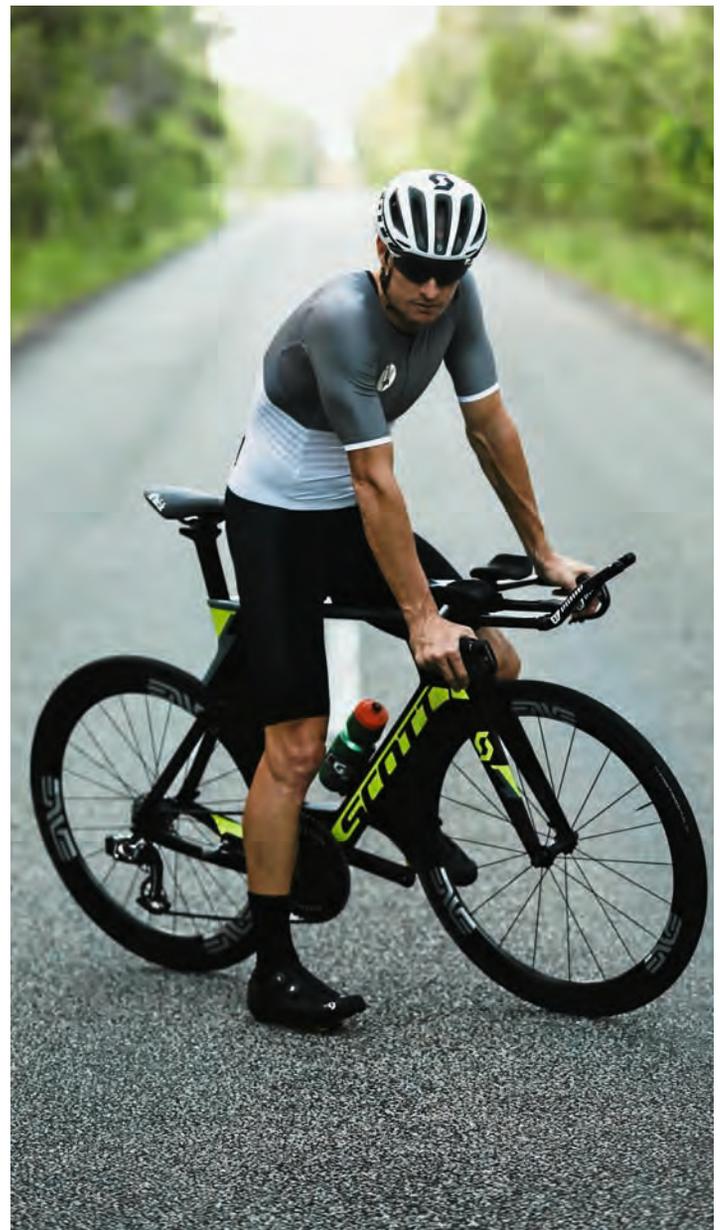
What does a training week look like for you: Generally 25-30 hours per week of volume with the odd 35-hour week. Usually 20-25km of swimming, 500-700km on the bike and 80-100km running with two gym/strength sessions per week.

What is the most dreaded session: 20x100m best effort in the pool.

How are you feeling ahead of Ironman Australia: I am excited to race Ironman Australia for the first time since 2008. It's the one Ironman event in Australia I haven't won which gives me a big incentive leading into this year's race.

What is on your racing agenda this year: Ironman Australia, Ironman Cairns, Ironman Hawaii.

How do you manage to fit in training with work and life



Professional triathlete Luke McKenzie will race Ironman Australia on Sunday for the first time since 2008.

PHOTO: TALBOT COX

commitments: I would like to say good time management, but the honest answer is a lot of help from my parents and our au pair helping with our two girls.

Best movie: Legends of the Fall.

Current car: Mercedes-Benz Viano.

Dream car: Mercedes-Benz AMG C63 Coupe.



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Perfect Sunny Coast preparation

Full name: Els Visser.
Birthplace: Haren, The Netherlands.
Current residential suburb: Marcoola.
Occupation: Doctor, PhD Surgery.
Age and marital status: 28, Single.
Club/coach: Trisutto, Robbie Haywood and Susie Langley.
Favourite food: Chocolate.
Favourite drink: Water.
Pet hates: Cats.
Sport: Triathlon.
How did you get involved in this sport: My friends entered a sprint triathlon in August 2016 and asked me to join. I signed up and enjoyed it so much that I continued training and racing in this sport.
Favourite swim location: All the outdoor pools in Australia! It's great to swim outside and the best is that you almost have your own lane to swim in. Much better than back home where we swim inside and have to share a lane with 10-15 people.
What are your favourite goggles and togs: Funkita togs and goggles.
Favourite riding location: I love riding here at the Sunshine Coast because of the beautiful coastline, the hilly tracks and the nice countryside. My favorite loop is Marcoola - Noosa - Boreen Point - Pomona - Cooroy - Eumundi - Yandina - Nambour - Bli Bli - Midjumba - Marcoola.
What bike do you ride: Liv, on a Trinity frameset.
Favourite run location: Nothing better than having an early start of the day, have an easy run in the Noosa National Park and have a refreshing swim and a coffee afterwards! But I also like running on track, including a hard session in which I am suffering but feeling great when the work is done!

What shoes do you run in: On Running shoes.
Best or most memorable event: Ironman Switzerland July 2017, my first Ironman where I won as an age-grouper and the fourth woman overall.
Bucket list event: Ironman World Championships Hawaii.
Favourite race: All races where my family and friends turn up to support me and cheering at me.
What's your favourite part of racing and training: In my training, I love having the feeling that I notice that I am improving, because then I realise what I work so hard for day in and day out.
 During races I always enjoy it when you can catch another athlete and know that you are



Marcoola athlete Els Visser is preparing for Ironman Australia.

PHOTO: CONTRIBUTED

stronger and faster. And of course it's great to have a race that your mind and body are so strong and do what they have to do.

What does a training week look like for you: I am happy that I have great coaches who make sure that I do what I have to do. We have swim days, bike days or run days.

On a bike day I mostly have a long ride or two shorter rides and a swim, on a run day I have two or three runs and a swim, and on a swim day I have a major swim with a smaller run or ride. So most of the days we have three sessions a day; in the early morning, late morning and afternoon.

What is your most dreaded session: The most difficult sessions are the one when I feel really tired but still have to find the energy to make the best of it and have to push myself. Or making motivation after a hard day of training for the last session of the

day while I prefer to have a nice dinner and rest.

How are you feeling ahead of Ironman Australia: I haven't raced for a while due to some pains, so I am really happy to be back on track and excited to race. I look forward to the Ironman Australia and all the spectators cheering at us along the course!

What is on your racing agenda this year: My races have to be scheduled. After the Ironman Australia I will go back home to the Netherlands. So my races will be mainly in the Netherlands and Europe, and will probably include the Ironman Maastricht in The Netherlands

How do you manage to fit in training with work and life commitments: Last year was pretty tough when I had my full-time job as doctor in the hospital and I was training for my first Ironman. It was a matter of planning and more planning to fit

in the trainings with my work and social life. This year was a lot easier since I could focus fully on training here in Australia without the distraction of work and social life. We will see what it will look like next year, but I believe when you want something, you can always make time for it.

If you could have a celebrity live with you, who would it be and why: Roger Federer by far! He is a great role model for sport and the greatest tennis player of all time. Next to that he seems to be a fine man, the way he treats everybody else and he talks to media. He is just a human being like us all.

When you were little what job did you want to do: Become a doctor and so I am!

Best movie: Cast Away.
Current car: I don't have a car, I am Dutch so we do everything on our city bike.

Dream car: Range Rover.



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Bruce Thiele
20-time Ironman Australia
finisher

ANY Ironman course, given the right weather conditions, can be the hardest or the easiest in the world.

The difficulty with Ironman Australia at Port Macquarie is there seldom is an "easy year". Conditions that favour the cycle leg will cause difficulties on the run leg, and vice-versa.

The following overview of the course comes with a considerable caveat, a competitor needs to be flexible and adapt to whatever the day delivers, after all the thing an athlete can control is how they choose to respond to any particular adversity.

Having said that, the layout of the course in a multi-loop, figure-of-eight format makes Port Macquarie spectator-friendly. It has engendered a real spirit of inter-club rivalry, if not on course, definitely among the spectators with "The Observatory Hill" taking on some of the qualities of the famous hill climbs of European Spring cycling classics.

The start compound for the race is competitor/spectator friendly with athletes corralled into a large carpark area surrounded by simple barriers that make it easy to interact with love ones before you line up. It adds to the "journey" of the day before a stroke, pedal or stride in anger has even been taken.

THE SWIM

The swim leg at Port Macquarie requires planning. Tide times and directions can play an important part in determining how long you may be wet.

Taking competitors upstream from a quiet harbour area, the course turns left at a 90-degree angle and heads into a residential canal. What is unique for most Ironman (and indeed triathlon) swims is that in this canal section you will have to scale some stairs installed for the event to cross over a weir. You also do this on the return leg via another set of stairs.

Highlights: Often the water clarity and relative shallowness of the swim leg make this part of the course quite enjoyable to swim, particularly in the days leading up to the event. Don't be surprised to share this part of the course with pods of local dolphins and other non-threatening aquatic life...just watch out for boats (moving and stationary) and other competitors.



PICTURE-PERFECT: There is seldom an 'easy' year at Port Macquarie.

PHOTO: EMILY DIMOZANTOS

Tips: The rolling swim start has eased the pressure but be realistic with where you place yourself. It is worthwhile understanding what tide you will be swimming in and out upon and therefore what part of the river you should head toward - deep water moves faster than shallow water.

Sighting the weir crossing can be a challenge, especially when swimming back as it is sometimes directly into the sun. It's not a good idea to dive head first off the stairs. You could hit the bottom of the stairs but, worse, water will rush into your suit from the neck, filling it with water.

THE RIDE

The cycle leg is probably the most under-estimated part of the entire course and also possibly the most understated part of the race. Hugging the coastline, the cycle leg takes competitors along the tourist areas of Flynn's Beach and Lighthouse Beach before tracking due south to Lake Cathie. In recent years the cycle leg has then continued along the coastal areas of Bonny Hills and North Haven before making a detour into an obscure in-and-out section through Laurieton, Dunbogan and Camden Haven.

It is at this southern-most point of the course that the real party atmosphere of the race starts to get underway as each village has music playing, commentators calling out competitors' names and generally a great vibe is felt rejuvenating the body for the return trip to Port Macquarie. Don't be disappointed too much as the second lap usually has more spectators cheering, even during rain.

The underestimated part of this course is due largely to the road surface, predominantly a coarse

grey-metal construction with little hot-mix to be seen. While also reasonably flat, the route is also book-ended by decent rolling hills at the start of the leg and through Bonny Hills.

As you can also expect, with a course hugging the coastline in a predominantly north-south direction, any sea wind will be an added component of difficulty. Don't be surprised if that subtle southerly in the early morning becomes a raging northerly by mid-morning.

The understated part of the course is due to what was described above. Those at the front end of the field find themselves locked into the time-trail position focused on that small patch of tarmac two-metres in front of them. The rolling hilly coastline with vistas to the ocean, especially at Bonny Hills are incredible...if it weren't for the small matter of 200-plus kilometres of racing still in front of you.

Highlights: Definitely the crowds at The Observatory Hill (in Port Macquarie) and at Dunbogan are truly in the nature of a party atmosphere. If you aren't hell bent on squeezing out every second of time, have a look at the scenery when you can but don't forget to keep an eye on the road.

Tips: The descents on this course require your respect. You will be warned repeatedly about the treachery of Matthew Finders Drive.

Not a year goes by without someone not heeding this warning and learnt painfully that gravity is an unforgiving teacher. Don't overlook your gearing at the start or end of the course.

You have a small chainring, use it. Make sure you have changed

into your low gear well before the Matthew Flinders Drive climb to avoid the embarrassment of having to do the walk of shame.

Think also about rim depth choice (if you have choices available to you). On days where there is likely to be strong easterly winds the time-trial position will be ill-advised especially along the Flynn's Beach and North Haven sections of the course.

The aid station at Dunbogan is also poorly placed in my view as it is on a flat and fast section around a bend in the road.

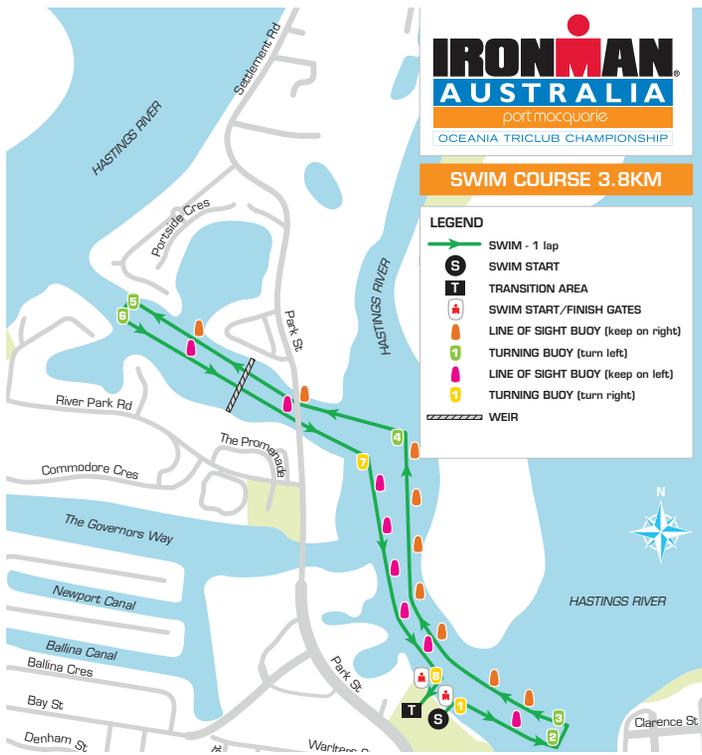
THE RUN

Multi-loop run legs run the risk of being tedious and overcrowded. The Port Macquarie course suffers somewhat from the later but the degree of crowd interaction overcomes any likelihood of boredom.

From the transition adjacent the river, you will notice Hastings River is next to you for most of the run leg. Most years the run leg temperature often climbs to near 30 degrees but being next to the river there is ordinarily a fresh breeze (which you have probably cursed for the previous 45 kilometres on the cycle leg) keeping you cool. That and the regular aid stations with wonderful volunteers offering ice and other cool goodies should avoid any overheating issues.

Each 10km loop follows roughly a figure-of-eight pattern which means that you can expect to see your family supporters at least twice each lap. Each loop is also dead flat except for the one hill up to Observatory Hill. On the upside, this is also where most of the bigger club groups have now congregated, many having imbibed social lubricant for several hours.

CONTINUED ON PAGE 13



Insider's guide to the course

FROM PAGE 12

Keep an eye out for funny costumes, or just plain funny scenes among this eclectic bunch of people.

The descent from the hill brings you back to the river to run back along the famous Hastings River Rockwall. Again, this is usually lined with spectators who have spilled out from the caravan park or the odd dolphin poking its head up from the river, probably wondering what strange ritual is occurring.

The run leg is where the pace (of everyone) slows down sufficiently to take in your surrounds. Especially if your day extends beyond 10 hours the sunsets over parts of the course are opportunities to take your mind off the task at hand.

Highlights: Being able to draw upon your supporters at regular intervals due to the looped course is definitely a bonus. The finishing chute which starts at the western end of the Town Green is overflowing with screaming spectators making Port Macquarie one of the most spine-tingling and awe-inspiring finishes on the Ironman circuit.

Tips: Give some love to the locals during the week leading up to the event and supporters and spectators on race day.

You will find that irrespective of what club is cheering from the

sidelines, if you acknowledge their presence, give a wave or high-five or a simple thanks, it will be remembered on your next lap and the support will be returned tenfold.

Look out for Team PIS in their striped red and white gear who are some of the most supportive and vocally cheerful spectators around.

In terms of course crowding, the worst area is behind the Coastguard building which is a reasonably narrow footpath where runners will be going in opposite directions depending on whether heading out to the western run around or coming back. If you are a slow runner or walking please be courteous to your fellow competitors and move to the side and avoid walking two abreast.

That sums up the Port Macquarie Ironman course except for one final piece of advice. Your entry fee entitles you to nothing more than the right to rack your gear and start the event.

Your entry fee does not entitle you to ponce around town like you are something special and should have every proprietor of local commercial outlets bend to your every whim. It does not entitle you to ride your bicycle two abreast on narrow roads during main peak periods for business traffic.

Finally, your entry fee does not entitle you to any specific outcome



or any particular experience. You will only get out of your day what you put in but you are also part of the journey of two thousand other

competitors. If you start with a mindset that this is primarily for fun then everything else will be a bonus.

The road back from tragedy

■ Dave McLenaghan

WHEN Sunshine Coast man Ken Altoft was hit and killed by a car while working on the Bruce Highway in November last year, close friend and fellow cyclist Dave Fellows struggled to come to terms with the tragedy.

The death had a profound effect on him. Infinite grief ensued. The two men shared similar beliefs, lifestyles and family environments.

"He was one of those guys who everyone liked. He was positive. You'd struggle to find anyone who had something negative to say about Ken," Dave said.

"A lot of self-assessment has gone on by a lot of people because of his passing. With that has come a lot of goodwill which has risen and emerged, and wrapped itself around everybody."

Ken, Dave and a handful of others regularly traversed the Sunshine Coast on bikes. That has since stopped. By his own admission, Dave now rides solo a lot more and uses that time to reflect.

A pragmatic man, Dave wanted something positive to come from the heartache. He established The Good Wheel Foundation, a unique charity based on what it means to be "a good wheel".

Riders are often referred to by the quality of the wheel they present to those behind. There are bad wheels, average wheels and good wheels. A good wheel is easy to follow – consistent and reliable. A good wheel holds a steady course and a predictable pace and a good wheel sets an example for all cyclists to aspire to. By any measure, to his family, his mates and to all who knew him, Ken was "a bloody good wheel" according to Dave.

It is by this measure The Good Wheel is working to advance the reputation of cyclists as caring, compassionate individuals prepared to contribute to the broader community in a meaningful and tangible manner, something about which Dave feels strongly.

"Cyclists are very generous people. We do a lot of rides for a lot of charitable things but we don't have a charity that is necessarily our own. I thought it was an opportunity to create a charity which speaks for all cyclists. It's not a charity for cyclists, it's a charity by cyclists," Dave said.

"I hope it will break down some of the barriers that exist between motorists and cyclists through acts

CELEBRATION

To celebrate the ride and welcome the cyclists at the finish line, head to The Esplanade, Mooloolaba, about 4pm. Mix FM will broadcast the group's arrival and TOOMOO's Facebook page will have regular updates to keep you www.Facebook.com/TOOMOO220



Troy Span and David Frith leading the group into Mooloolaba.

of goodwill – no aggro, no agenda and eventually people may think that cyclists aren't too bad."

Five years ago, Dave established a 220km bike ride from Toowoomba to Mooloolaba known as TOOMOO. On Saturday, 120 cycling enthusiasts will rise, fuel their bodies, pull on some lycra and spend 10 or so hours in the saddle testing their fortitude in the name of charity. That charity is The Good Wheel.

Ken was involved in the first ever TOOMOO and Dave expects he'll be with him during this year's ride.

He says while this instalment of TOOMOO won't necessarily be dedicated to Ken, it'll have a Ken component. Sponsors have even come on board because of their interaction with him.

"By having a charitable banner to ride under, it gives us a way to point to the sign and show others we are doing good work in the name of all cyclists – that's the ambition and the feedback has been overwhelming," Dave said.

Riders' entry fees will go to The Good Wheel. It's expected this



Ken Altoft was a TOOMOO supporter from day one.

week's trek will include 50 first-timers, with 30 per cent of the entire field female.

That's something Event Director Rachael Witton is proud of.

"It's an inclusive ride. People are well informed, they're supported in the lead-up to the day, they're supported throughout the day, and there's a constant ground swell of people around who want to see you achieve something really cool," Rachael said.

"They're very generous souls. A lot of people will get online and say cyclists are the most self-absorbed people in society but it's just not the case. It's not my experience anyway."

In her own words, Rachael doesn't identify as a cyclist but rather "a chick who owns a bike and rides". What is identifiable, however, is her passion for this pastime.

"I love the energy of cyclists and what they can achieve, especially in groups. In that group environment, something changes. The dynamic is unique. I can't really explain it," she said.

In fact, it was in one of Witton's

first group rides that a casual conversation with a stranger eventually led to new friends, a new job and a new outlook on the sport.

One such friendship forged through cycling was with Dave, who convinced her to volunteer at TOOMOO.

"With this event, you can be a part of it even if you're not riding. The cyclists comment that the volunteers' input is what brings everyone home, so you feel like you've ridden it even if you don't own a bike. It's unique," Rachael said.

The pair's working relationship has blossomed since her first volunteering role with TOOMOO where Dave told her she'd be wearing a cow suit to keep riders' spirits up. Rachael took it in her stride and was hooked from that point on.

Now directing the event, Rachael's made sure there'll be an armada of support vehicles helping the "super humans" who'll head north-east with purpose, bound for golden shores and adoring fans.

CONTINUED ON PAGE 15

Encouraging and fun day out

FROM PAGE 14

Safety is paramount and TOOMOO has a proud track record of incident-free rides. Sponsor Traffex has come on board to provide safe and efficient traffic management solutions which will help in keeping everyone out of harm's way.

Further help comes in the form of "ride leaders" who are tasked with keeping an eye on individuals, particularly first-timers.

Mountain Creek's Stuart Christie is embarking on his fourth TOOMOO and is a ride leader.

"The challenge is what most people sign up for. Normally you may ride 50-100kms but this is much further," Stuart said.

"I'll try and ensure cyclists don't go too fast too early. It's important to encourage them and make sure they ride safely.

"You hear so many bad stories on the Coast so it's nice to be involved in a positive story. People want to help each other but sometimes they don't know how to. This ride helps people focus on a common goal."

Another ride leader, Angus Rolle, is particularly stringent on the safety front after a daunting experience of his own.



Rachael Witton and Dave Fellows.

PHOTO: JOHN MCCUTCHEON

Angus was struck on the arm by a passing truck while riding his bike. He's all too aware that the margin for error in such circumstances is slim and the consequences can be dire.

"Safety is a hot topic now. You see idiots on both sides, cyclist and motorists. There are narrow roads and you need to use good judgement. Most riders and drivers do the right thing," Angus said.

"I've never had an incident on



GET MOVING: Participants and supporters are primed for TOOMOO 2018.

PHOTO: IAIN CURRY

any of the TOOMOO rides I've done which is great. Riding here, locally, is a different story."

For many taking the plunge on May 5 it'll be the longest ride they'll ever do but it's far from doom and gloom, according to Dave.

"I know it has changed some people's lives. It's changed their confidence levels. They never

thought they could ride that far but they've trained, become stronger and then they enter the event and it lifts them," he said.

"Everyone knows to look after those who are struggling. It's not a race, it's a scenic ride with good banter. It's structured to keep it enjoyable and it's for a charitable cause."

Veteran and rookie ready for the ride

THERE will be a special guest in the TOOMOO peloton this year. Dave Fellows.

Despite being the organiser, it'll be the first time Dave has ridden TOOMOO.

Alongside him will be Mooloolaba's Helen Chorley.

She's been riding with Dave since moving to the Coast four years ago.

"My arm's been twisted and I'm donning the suit to do the full 220 kilometres," she said.

"I've never done that sort of distance before, so it's something new for me entirely.

"I'm looking forward to being part of the group, it's such a fun event and the spectacle of seeing such a large group riding together is fantastic."

While it will be Helen's first TOOMOO, Steve "Brasso" Brassington of Bli Bli will be undertaking his fifth - four times as competitor and another as a marshal after sickness resigned him to other duties.



Participants and Steve Brassington of Bli Bli and Helen Chorley of Mooloolaba.

PHOTO: IAIN CURRY

"I'd recommend anyone who's got an interest in cycling and wants to contribute to a worthwhile charity like STEPS to get involved because it's not that hard. The riders will take care of you and there's plenty of support," he said. "There's a wide spread of riders

of ages and abilities. Some people have turned up with no training and still completed the 200km. Ages range from 18 years old to over 60 years. Riders with average fitness can do it.

"Highlights of the route would be the area when you come down

off the Range between Hampton and Esk, it's about 55km of descent. You're on the brakes the whole way down nearly, and the scenery is simply stunning. Riding through rainforest, farmland, it's a very wide spread of different environments."



Allez Sport

Cross Country Series 2018

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: Sunday April 22nd

Corbould Park Racecourse
Pierce Avenue, Caloundra **COMPLETED**

Race 2: Sunday April 29th

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

Race 3: Sunday May 13th

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

Race 4: Sunday May 27th

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

Race 5: Sunday June 3rd

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

Race 6: Sunday June 10th

Sunshine Coast University
Next to Athletics track, Sippy Downs

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; u30; 30-39; 40+; 50+; 60+; (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: 0412 145 106
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

NB. Ages at 31st December 2018

Marathon a day to save kids

■ Scott Sawyer

IT'S a travel schedule that rivals Bronwyn Bishop's but this one's all for an honourable cause.

Buderim father-of-three Wade Dixon is preparing to run seven marathons in seven days across seven different states and territories Australia wide.

For the University of the Sunshine Coast HR worker it's a massive challenge physically, mentally and financially.

The financial hurdle is the \$10,000 fundraising target he needs to hit before the challenge begins on June 25.

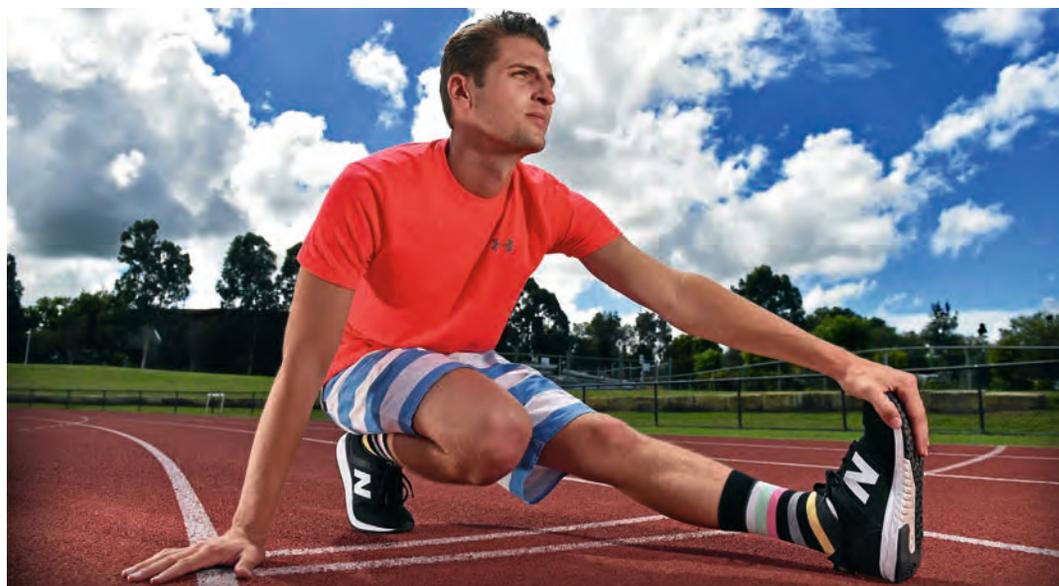
Physically, Mr Dixon has been training for the past six weeks and over the next couple of months will increase his sessions to three hours of continuous running, as he prepares to cover the 42.2km marathon distance every day for a week.

"It actually is (a massive mental challenge)," the 29-year-old said.

Dixon was drawn to the cause through the experience of a family member who was abused as a child.

He said Bravehearts offered incredible support to victims and their families, but were also extremely proactive in working with schools to educate youngsters of the warning signs, to try and prevent others becoming victims of child sexual abuse.

He said the experiences of his own family were driving him



MASSIVE CHALLENGE: Wade Dixon is fundraising for Bravehearts and preparing to run seven marathons in seven days in seven states.
PHOTO: PATRICK WOODS

through the pain barriers.

"A week of pain is worth it if I can help even one kid not have to go through this," Dixon said.

He said a half marathon he completed recently, his first one, had proven a test for the final four kilometres.

"It was just all a mental game," Dixon said.

To-date he's raised \$4310 and had been overwhelmed by the support, including that of four work colleagues who have pledged to run with him in the Gold Coast Marathon on July 1, the final leg of the gruelling challenge.

"It blows me away when I see people contribute even \$100," he said.

He said Bravehearts had partnered with a range of companies to cover the logistics and transport, and he hoped a physio as part of the support team.

The logistics are eye-watering.

Dixon said they fly out to Perth on June 24 and then run the first marathon the next morning.

Competitors have 6.5 hours to finish the marathon before they are driven to the airport and flown to the next destination where they try to eat and sleep before getting up

777 MARATHON

What: Bravehearts' 777 Marathon, seven marathons in seven states in seven days.

When: June 25-July 1.

Details: Perth, Adelaide, Canberra, Melbourne, Hobart, Sydney and Gold Coast as part of the marathon festival.

and running again.

To donate search 'Marathon Dad Raising Money to Protect Kids' on Facebook.

Tough triathlon legend hosts camp in honour of Aardvark

RENOWNED no-nonsense triathlon coach Brett Sutton will host a sold-out camp at the Sunshine Coast next week in honour of Scott 'Aardvark' Penny.

The former owner of Bicycle Centre Caloundra and founder of the Caloundra Tri Club, Penny lost his battle with stomach cancer after a short illness last year.

"In 2007 we spent three months in Thailand working with Brett when he was involved with Team TBB," Colleen Penny said.

"They instantly struck up a great friendship due to their shared coaching beliefs. We have always remained in touch with Brett and he called Scott several time during his illness."

Now based in Switzerland, Sutton has more than four decades of coaching under his belt



Triathlon coach Brett Sutton is hosting a camp at Caloundra.
PHOTO: FACEBOOK

in triathlon and swimming.

Athletes which have been under his guidance include Olympic-distance star Nicola Spirig, current Ironman World Champion and record holder Daniela Ryf, along with four-time



LOCAL LEGEND: Scott 'Aardvark' Penny had a similar coaching philosophy to Brett Sutton.
PHOTO: GRANT EDWARDS

Hawaii Ironman winner Chrissie Wellington.

The camp for about 30 athletes sold out in two days, but there will be an evening seminar on May 11 where Sutton will answer "What is triathlon, really?" - explaining helping athletes of all levels achieve their best.

The presentation will be staged at the Caloundra Scout Hall on Arthur Street, from 6pm. Entry is \$40 for those not participating in the camp.

Sutton will be supported by fellow coaches Susie Langley and Robbie Haywood at the camp from May 11-13.

Hey bud, they're wireless for running

■ Grant Edwards

ANNOYING wires and constant earphone readjustment often means silence for runners.

New technology waterproof wireless earbuds from Padmate could quickly change perspectives - and for the initial bargain price of less than \$50 delivered.

The Chinese company has developed PaMu, a pair of earbuds which can automatically connect to a device via bluetooth, and be used to play music or make phone calls through your smartphone.

Using a design which features wingtips that spreads contact around the inside of your ear, it means the "never fall out" claims are more than marketing hyperbole.

Yet it's first vital to select the size for your ear. Using one of the silicone tips which was too large meant the earbud was ejected from the ear... but after going for a smaller size the snug fit ensured it stayed in place even when the pace increased and during vigorous lateral movement.

Also giving the PaMu earbuds the thumbs up was fitness guru Amanda Wilson, who is the owner of Maroochydore's Crossfit Contessa.

Running regularly, she was surprised with the fit and quality.

"They didn't fall out - which is part of the reason why I stopped using earbuds," she said.

"I thought the sound quality was much better than the headphones I currently wear."

Pairing the earbuds to a device is fast and simple. They charge via a small circular pod through a USB port and the battery capacity can be seen via blue lights on the side.

Once removed from the pod you can find the device in the bluetooth list on your smart device, they then automatically reconnect every time they come out of the

MATTER OF FACT

What: PaMu stereo wireless waterproof earbuds from Padmate.

Features: Range of about 10m from device, hands-free phone calls with inbuilt microphone, wingtip helps keep earbud in place, noise cancelling, 10mm dynamic audio driver.

Compatibility: Android and iOS devices, Windows computers, macOS computers, VR headsets and Bluetooth car audio.

How much: Currently \$37, plus \$11 shipping. Rising to \$137 post introduction phase.

Website: <http://bit.ly/2FHQkTY>



cradle. The left earbud becomes the menu, with one tap pausing music or answering a call, while a double tap will phone the last caller.

One full charge takes two hours and will last for about 3.5 hours of play time.

Available in black or white, the oval part of the unit is 25.9mm so it does protrude from your ear, but they weigh only six grams and are surprisingly comfortable.

PadMate has benchmarked itself against some of the world's best, including Apple, Samsung and Bose, and over the past 17 years has worked with companies including Monster, Intel, Huawei, and Xiaomi.



Amanda Wilson with PaMu wireless earbuds. PHOTO: WARREN LYNAM

"Our product engineers have more than 10 years developing Bluetooth hardware, and have worked in Qualcomm as a product development manager," a PadMate spokesman said.

"Our audio tuner has more than 20 years in tuning experience. He is a master tuner and tunes audio devices and entertainment venues, with experience in quality testing and debugging. Our design team has won many awards and has provided many headphone designs

for big buyers, like Brookstone."

Discounts are being offered to help launch the product worldwide. Initially available for \$37, plus \$11 shipping, the price will rise to \$137 once the early bird phase finishes.

Padmate is based in Xiamen, China, and they also have an office in San Francisco, US. PaMu earphones are all fabricated in Xiamen, China

To buy, visit the website <http://bit.ly/2FHQkTY>.



QUALIFIED: Rob Dawson. PHOTO: MAL KEEBLE

Awesome foursome earn Italian gran fondo final spots

FOUR Sunshine Coast riders have qualified for the UCI World Gran Fondo Finals in Italy after impressive performances last month.

Noosa Heads couple Greg Ball and Jo Stewart (pictured right) claimed second in their respective age divisions, while Sue Dingas of Noosaville and Rob Dawson of Castaways Beach stood atop the podium at the Forrest Grape Ride in New Zealand to claim qualification for the UCI world title



decider.

Ball was second in the 55-59 years category, covering the 101km journey in 2:36:25. That time was also good enough for 23rd overall from more than 900 riders.

Stewart was second in the women's 55-59 division, finishing in 2:57:03.

One minute behind was Dingas (right), but her effort was quickest in the 50-54 years age group.



Dawson was the stand-out performer with an effort of 2:52:43 in the 70-74 age group, nearly eight minutes ahead of second place.

The latest and greatest...



New season 2XU triathlon range has just arrived at Allez Sport Mooloolaba. The renowned brand has some new stylish additions. The new women's perform tri short has a wide band for comfort as well as performance. RRP \$115. The great addition to the men's range has been the men's perform black sleeved triathlon suit, with Ice X treatment. RRP \$200. While 2XU increased the range, they have not committed to bringing multiple deliveries into Australia, so get in while it's available as key styles and sizes are sure to be scarce pretty quickly.



Allez Sport's most popular energy gel for runners, High 5 IsoGel, is now in stock in all four flavours. With water already incorporated into the gel, it is ideal for runners in particular, but also great for the run leg of triathlon. Two of the flavours also come with 30-50mg of caffeine, which is generally considered to help energy levels and concentration towards the back end of endurance events. The additional water in the gel gives a hydration benefit as well as helping get the gel down.



Some cool new Cep sock colours have arrived at Allez Sport, Mooloolaba, with more to follow this week. This quality German-made compression running sock has become the Allez Customer favourite and when they are running the two pairs for \$40 special, even on the new colours, well it's not hard to see why.



TYR's Hurricane 1 and Hurricane 3 have arrived at Allez Sport Mooloolaba. The Hurricane 1, with a RRP of \$299, is constructed with Slick Skin Neoprene, making it the perfect wetsuit for aspiring triathletes and competitors, since it boasts minimal drag and maximum speed and durability in its class. The Hurricane 3 (RRP \$749) allows the swimmer to achieve a long reach without placing strain on the shoulder, while formfitting wrist cuffs keep water from entering the suit. This suit has been engineered for triathletes, with quick-release ankle cuffs in preparation for transition.



When Specialized developed the new S-Works Tarmac Disc, they didn't just want it to be fast. They wanted it to be fast everywhere - long climbs, windy flats, Grand Tour stages, and local fondos. Now with disc brakes, they've managed to make it, well, even more complete. It's running Roval CLX 50 carbon clinchers, S-Works Power Cranks with dual-sided power measurement along with Shimano Dura-Ace Di2. It can be all yours for \$13,000 from Cycle Zone Mooloolaba.



An absolute masterpiece, this cage screams style. The Fly Cage Carbon's clean lines and hand-painted edges really stand out. No cage outperforms the Fly Cage Carbon with it's lock tight yet accessible wings. Available from Cycle Zone Mooloolaba, RRP \$79.



Specialized says this is the fastest road helmet out there. The Evade saves 50 seconds over 40km versus a traditional road helmet and roughly six seconds over the prior iteration of Evade. On sale for \$329 at Cycle Zone Mooloolaba.

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
May 5	TOOMOO 220	The TOOMOO 220 is not an event and certainly not a race, at 220km with 2000m of elevation gain, the TOOMOO is recognised as a well-supported group ride designed to take you out of your comfort zone, test and reward you like never before.	Toowoomba to Mooloolaba	www.toomoo.com.au
May 5-6	Relay for Life	Fun and moving overnight experience that raises vital funds for the Cancer Council's research, prevention, information and support services. Held at the University of the Sunshine Coast Athletics Track.	Sippy Downs	www.fundraising.cancer.org.au
May 6	Bargara Triathlon Club Triathlons	Bargara hosts three events, a standard distance (1500m swim, 40km cycle, 10km run), Give It a Tri for 13-year-olds and over (375m swim, 14km cycle, 2.5km run), and Turtles (100m swim, 2km bike, 500m run).	Bargara	www.bargaratri.org.au
May 11	Kingaroy Sprint	Come and try orienteering at Kingaroy State High School from 4-5pm. Parking in Markwell St. Go around in a group or on your own. Just bring a waterbottle, hat and sturdy shoes. \$5 individual or \$15 for a family.	Kingaroy	www.oq.asn.au
May 12	Island Charity Swim	Fundraising swim of 11km from Mudjimba Beach around Mudjimba Island (Old Woman Island) to Mooloolaba Beach.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au
May 12	WWI Queensland Challenge	A 100km trek from The Gap to Woodford to coincide with the centenary of our ANZACS, 2014 - 2018.	The Gap to Woodford	www.ww1queenslanderchallenge.com.au
May 12-14	Ultraman Australia	A three-day, 515 km annual endurance divided into three stages over three days. Day one - 10km swim and 140km bike. Day two - 281.1km bike. Day three - 84.3km run.	Noosa Heads	www.ultramanoz.com.au
May 13	Sunshine Coast Cross Country race three	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Third race at Maleny Golf Club.	Maleny	www.sccrosscountry.com.au
May 13	The Glasshouse Trail Series - Cook's Tour	The Glasshouse 50 or Cook's Tour - based at Woodford is held on the Sunday closest May 17. Captain Cook named the mountains on this day during his voyage up the east coast of Australia in 1770. The 50 mile starts at 3am with a 12-hour cut off. The standard 50km, 33km and 12km events remain for those not quite ready for 50 miles.	Woodford	www.glasshousetrailseries.com
May 13	Lesley Thompson Memorial Crit	Annual Sunshine Coast Cycling Club criterium at Skippy Park, Landsborough.	Landsborough	www.scccrcing.wixsite.com
May 17	MAB Six Mountains in One Day	About 6am-4pm, this adventure is not for the faint hearted. Climb six mountains in one day. Ventures will allow adequate time for decent to incorporate all six mountains. Whatever fitness level Experientia guarantees at the very least three summits that capture the glorious scenery of the prestigious Glass House mountains and Sunshine Coast hinterland. Drive from Caloundra, the group will tackle Wild Horse Mountain, Mount Beerburum, Mount Ngungun, Mount Cooroora, Mount Ninderry and then Mount Coolum.	Caloundra	www.mabpersonaltraining.com.au
May 18	Aussie Aito	One day of long distance ocean paddling in a single rudderless outrigger canoe, the V1. Categories include U12 2km and U14 4km (boys and girls), U16 6km, U19 and women long course 12km, men and women short course and adaptive 6km, as well as the men long course 18km.	Mooloolaba	www.aocra.com.au
May 19-20	AOCRA National Marathon Titles 2018	Two days of OC6 ocean marathons racing where Australian paddling clubs fight it out for the national titles.	Mooloolaba	www.aocra.com.au
May 19-20	Tough Mudder	The 2018 Tough Mudder season will kick off at the home of the Woodford Folk Festival (Woodfordia) where there is rolling hills, epic valleys and thick back-forests all lined up ready for our Mudders. Experience the rush of Tough Mudder's new 2018 course which will be a total change up on 2017 with two distances: more than 20 obstacles over 16km or more than 13 obstacles over 9km. Also includes the Toughest Mudder, an eight-hour race over the same course where competitors see how many laps they can do in the allotted time.	Woodfordia	www.toughmudder.com.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
May 26	Runaway Noosa Marathon	The inaugural event will feature five distances, 42.2km, 31.6km, 21.1km, 10km and 5km. The marathon can be run as an individual, or a two or four-person relay. The multi-lap course will start and finish in the heart of Noosa.	Noosa Heads	www.runawaynoosamarathon.com.au
May 26	Wild Horse at Night	A night trail run near Beerburrum with 25km, 16.5km and 10km options. All events start and finish at Wildhorse Mountain car park with 10km runners following an out and back course. The 16.5km course follows the same out and back, adding a loop at the turn around point. The 25km course follows the 16.5km course, adding another separate loop.	Wildhorse Mountain	www.aaracing.com.au
May 27	Swim Noosa	Previously part of the Noosa Ultimate Festival, Swim Noosa is now staged on the Sunday featuring 3.8km, 2km, 1km and 500m swims.	Noosa Heads	www.ap.ironman.com
May 27	Sunshine Coast Cross Country race four	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Fourth race at Ewen Maddock Dam.	Glenview	www.sccrosscountry.com.au
May 27	Sunshine Coast Cycling Club ITT	Race one of the individual time trial series up Gyndier Drive.	Noosa	www.scccycling.wixsite.com
June 1-3	Ride for Russ	Annual cycling event, covering 350km over two days. The event will provide a challenge of endurance both physically and mentally for participants, and aims to honour Russell Sheehan and Tony Pattemore whilst raising awareness and funds for Blue Hope. Three ride options, full 350km event, day two of Rainbow Beach to Noosa 170km, or 40km from Noosa to Alexandra Headland.	Woodgate to Maroochydhore	www.atlasmultisports.com.au
June 3	Sunshine Coast Cross Country race five	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Fifth race at Ben Bennett Park.	Caloundra	www.sccrosscountry.com.au
June 3	Sunshine Coast Cycling Club ITT	Race two of the individual time trial series.	Glass House	www.scccycling.wixsite.com
June 3	World Bicycle Day	A day dedicated to "recognising the need to strengthen and coordinate efforts to promote sustainable transportation and healthy human development."	Events worldwide	www.undocs.org/A/72/L.43
June 10	Sunshine Coast Cross Country race six	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Sixth race at the University of the Sunshine Coast.	Sippy Downs	www.sccrosscountry.com.au
June 10	Sunshine Coast Cycling Club ITT	Race three of the individual time trial series and championship decider	North Arm	www.scccycling.wixsite.com
June 16	Wildhorse at Night	Night trail run near Beerburrum, Queensland on Saturday, 16 June 2018 with 25km, 16.5km and 10km options, covering some of the Glasshouse 100 course. This event is part of the Runaway Marathon Series (which includes Hawkes Bay International Marathon, Queenstown Marathon and Runaway Barossa Marathon).	Beerburrum	www.runqueensland.com.au
June 17	Caloundra Foreshore Fun Run	One of most scenic running events on the Coast. The 10km Foreshore Run, which hugs the tranquil Pumicestone Passage from Golden to Bulcock beaches, takes entrants through the spectacular scenery at Kings and Shelly beaches before climbing over the Moffat Headland to the finish line. There is also a testing 3km Fun Run for those who prefer a shorter distance. For families the 3km Family Walk over Moffat Headland is a great way to start a Sunday Morning. All funds raised from the event benefit the Our Lady of the Rosary local primary school.	Caloundra	www.caloundrafunrun.com
June 24	Memory Walk & Jog	Register for the 2.5km walk, 5km walk or 9km run to help those impacted by dementia by joining the race against dementia. All funds raised increase Dementia Australia's ability to provide vital support services.	Kawana	www.memorywalk.com.au/events

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Date	Event	Distance	Location	Website
June 30	Kruising Around Kingaham 6/12hr Rogaine	Staged at LandCruiser Mountain Park, there are six and 12-hour foot rogaine events available. The six-hour event is great for families and beginner rogainers, getting back to the Hash House before dark to enjoy dinner by the campfire. The 12hr event is always popular, since it lets you prove your skills in both day and night and also allows you to get a meal at the end and a well-deserved sleep.	LandCruiser Mountain Park	www.qldrogaine.asn.au
July 13-15	Velothon Sunshine Coast	The ultimate winter cycling escape to the sun, bringing together a stunning riding location, dream race set-up and a world class rider experience on and off the bike. Choose from a three-day ride of 361km and 5340m of climbing, or a one-day ride with 155km or 95km options.	Cotton Tree	www.velothonsunshinecoast.com
July 15	Sunshine Coast Cycling road race	Race one of the Sunshine Coast Cycling Club road race series.	Rosemount	www.scccrcing.wixsite.com
July 21	Prince and Princess of the Mountain	Held the day before the King of the Mountain Festival in Pomona, the 3.4km track from the Lions Den on Mountain St to the base of the mountain is designed for 9-13 year olds as a lead-up race for children interested in the King of the Mountain challenge.	Pomona	www.kingofthemountain.com.au
July 22	Rainbow Beach Trail Running Festival	Trail running events including a marathon, half marathon and 11km running events.	Rainbow Beach	www.runqueensland.com.au
July 22	Pomona King of the Mountain	The Pomona King of the Mountain Festival is an all-day fun filled event for the whole family where in the main race competitors run up the face of Mount Cooroora. The program includes a 3km fun run, but the Bendigo Bank International Mountain Challenge, is a steep, almost vertical climb up the mountain, 4.2km race to the top of the mountain and back.	Pomona	www.kingofthemountain.com.au
July 22	Sunshine Coast Cycling road race	Race two of the Sunshine Coast Cycling Club road race series.	North Arm	www.scccrcing.wixsite.com
July 27	Sunshine Coastrek	The second annual event run by Wild Women On Top, with 30km or 60km treks, to raise funds for the Fred Hollows Foundation. The event is open to both men and women, but teams of four must have at least 50% women. Competitors must start and finish with the same four trekkers, no relays.	Sunshine Coast	www.sunshine.coastrek.com.au
July 29	Glasshouse Trail Series - Flinders Tour	Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburrum) on July 26, 1798. Flinders' Tour is based at Beerburrum State School. Distances include 52km, 26km, and 12.5km.	Beerburrum	www.glasshousetrailseries.com
August 4	Queensland Cross Country Championships	All runners aged six and up, of all abilities, are encouraged to compete. There are no qualifying standards – everyone is welcome. Gold, silver and bronze medals will be awarded to the first three individual place-getters in each age group. Age groups include under-7, under-8, under-9, under-10, under-11, under-12, under-13, under-14, under-15, under-16, under-17, under-18, under-20, open, masters 35-44, masters 45-54, masters 55-64, masters 65+.	Maleny	www.qldathletics.org.au
August 9	Sunshine Coast Cycling winter crit	First race of the winters crits organised by Sunshine Coast Cycling Club.	Caloundra	www.scccrcing.wixsite.com
August 11-12	Hells Bells and Fairy Bells	Teams of two (four-person for A1 registered teams) 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. Team categories for all male, female and mixed. Fairy Bells about half the distance. Each year a new and exciting course is developed.	Sunshine Coast	www.wldnco.com
August 11-12	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 Mini Fondo, and a swap meet. On the Sunday there is a 82km Medio Fondo, 137km Gran Fondo and a 162km Imperial Century.	Noosa	www.noosa-stradebianche.com.au

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Date	Event	Distance	Location	Website
August 12	Maroochy River Paddle	The Maroochy River Paddle is a marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the outgoing tide to finish 17km later in Eudlo Creek at the Sunshine Coast Paddlesports Club. Racing craft include kayaks, sea kayaks and fishing kayaks; dragon boats and outrigger canoes; surf spec skis and ocean racing skis; stand-up paddle boards; Canadian canoe, plastic sit-on-top and anything else you might wish to paddle.	Maroochy River	www.maroochyriverpaddle.com.au
August 19	7 Sunshine Coast Marathon and Community Running Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydhore. This year's half marathon will again have a one-loop course.	Alexandra Headland	www.sunshinecoastmarathon.com.au
August 9	Sunshine Coast Cycling winter crit	Second race of the winters crits organised by Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wixsite.com
August 25	Australian Cross Country Championships	National championships featuring 10km, 8km, 6km, 4km and 3km events in age groups from under-14 to open men and women.	Maleny	www.athletics.com.au
August 25-26	Sun SEQer Rogaine	The 2018 Australian Rogaining Championships. The event will be held in the vicinity of the Manumbar locality, in the Gympie region.	Gympie	www.qldrogaine.asn.au
August 26	Australian Winter Race Walking Championships	Athletics Australia will offer events for all ages at the 'Winter Walks' with entry details to be provided as they come to hand. Distances from 1km-20km.	Maleny	www.athletics.com.au
August 26	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 Maroochydhore.	Mooloolaba	www.ironman.com
August 26	Noosa Classic	Make your choice from three courses: The Maxi Classic, is a challenging 160km ride through some of the most breathtaking scenery you can experience on two wheels. There's also The Challenge Classic; a 120km option for those with less time on their hands, or distance in their legs. For a more cruisy and casual experience, The Social Classic is a 45km ride through the most stunning areas of the Noosa region.	Noosa	www.noosaclassic.com.au
September 2	Sunshine Coast Cycling road race	Race two of the Sunshine Coast Cycling Club road race series.	Glass House	www.scccracing.wixsite.com
September 8-9	The Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 54km, 33km and 11km trail run in the Glasshouse Mountain. The terrain varies from easy gravel road to rough, steep singletrack. There are beautiful views throughout the course, particularly from the top of Mt Beerburum and Wildhorse Mountain.	Beerburum	www.glasshousetrailseries.com
September 9	Sunshine Coast Cycling road race	Race three of the Sunshine Coast Cycling Club road race series.	Rosemount	www.scccracing.wixsite.com
September 16	Mt Cooroora Endurance Challenge	The challenge is a four-hour or eight-hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Spend a day on this magic mountain testing your fitness and endurance, with all money raised to the Children's Hospital Foundation, Humpty Dumpty Foundation and HeartKids through the 1200kms for kids charity team.	Pomona	www.mtcoorooraendurancechallenge.com
September 23	Bli Bli Unite Fun Run and Walk	The untimed 4km Bli Bli Unite Fun Run & Walk is a family friendly event which will help to raise funds for victims of domestic violence.	Bli Bli	www.atlasmultisports.com.au
September 30	Sunshine Coast Cycling road race	Race four of the Sunshine Coast Cycling Club road race series, as well as club championships.	North Arm	www.scccracing.wixsite.com
October 6-7	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon a street criterium at Cotton Tree with six events. On the Sunday, there is the 110km Gran Fondo, new 55km Classic and a family ride near Cotton Tree.	Cotton Tree	www.sccyclefest.com.au

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Date	Event	Distance	Location	Website
October 14	Maleny Lions Mountain View Challenge	The Maleny Blackall Range Lions stage this event in spring each year in order to raise funds for medical research and to provide keen runners the opportunity to compete on a challenging but scenic circuit. Distances include 3km run/walk, 5km, 10km and 21km.	Maleny	www.malenyblackallrange.qld.lions.org.au
October 14	Sunshine Coast Cycling road race	Race five of the Sunshine Coast Cycling Club road race series.	Cootharaba	www.scccrcing.wixsite.com
October 20-21	Blackall 100	The Blackall 100 is on trails traversing the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event.	Montville	www.runqld.com.au
October 25	Sunshine Coast Cycling sprint	Race one of the Sunshine Coast Cycling Club sprint race series.	Caloundra	www.scccrcing.wixsite.com
October 31	Noosa Run Swim Run Aquathlon	Run along Noosa Main Beach and swim in Laguna Bay at Noosa Main Beach. 8-13 years- 500m run/200m swim/ 500m run. 14 years and over 1.5km run/750m swim/1.5km run.	Noosa Heads	www.noosatri.com.au
November 2	Noosa Breakfast Fun Run	Raising money for breast cancer research, the run features a 5km one lap course starting from Noosa Woods. The run takes you up Hastings Street to Park Road and then back down Main beach to Noosa Spit where you will then return to Noosa Woods.	Noosa Heads	www.noosatri.com.au
November 2	Noosa 1000 ocean swim	1km M-shaped ocean swim off Noosa Main Beach. Minimum age 10. Age as at event day.	Noosa Heads	www.noosatri.com.au
November 2	Sunshine Coast Cycling sprint	Race two of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccrcing.wixsite.com
November 3	Noosa Tri Superkids Triathlon and Noosa Special Triathlon	The kids only version of the famous Noosa Triathlon. Short achievable distances for kids aged 7-13 years based on participation and fun. 1-13 years - 200m swim/5km cycle/900m run. 7-10 years - 100m swim/3km cycle/500m run. The Noosa Special Triathlon is the only triathlon specifically held for people with special needs, 100m swim/3km cycle/500m run.	Noosa Heads	www.noosatri.com.au
November 3	Australian Criterium, Asics 5km Bolt and legends triathlon	Women's open cycling criterium, and then the legends of all sports undertake a relay triathlon at Noosa Parade in a battle to find the best team. Followed by the 5km Asics Bolt run. Afternoon finishes with open men's cycling criterium.	Noosa Heads	www.noosatri.com.au
November 4	Noosa Triathlon	The world's biggest Olympic-distance triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	www.ap.ironman.com
November 8	Sunshine Coast Cycling enduro crit	Race one of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	www.scccrcing.wixsite.com
November 10	Trachyte Tour Duathlon	A new event for 2018, consisting of multiple run and MTB legs. Distances and events include: Run-bike: 15/20km (approx), Run-bike-run-bike: 30km (approx), Run-bike-run-bike-run-bike: 45km (approx).	Woodford, Beerwah, Beerburrum	www.aaaracing.com.au
November 16	Sunshine Coast Cycling sprint	Race three of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccrcing.wixsite.com
November 17-18	Hervey Bay 100	Annual long-distance triathlon, including a 2km swim, 80km ride and 18km run. On the Saturday is a kids and beginners event of a 200m swim, 8km ride and 2km run, as well as a 2km Barge2Beach swim.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 22	Sunshine Coast Cycling enduro crit	Race two of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	www.scccrcing.wixsite.com
November 30	Sunshine Coast Cycling sprint	Race four of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccrcing.wixsite.com
December 1-2	Noosa Cycling Open	Sunshine Coast Cycling Club's Noosa Open with the prologue at Gyndier Drive and the crit at Girraween on the Saturday, followed by the road race at Pomona (Old Bruce Highway).	Noosa	www.scccrcing.wixsite.com/sccc
December 9	Beerwah at Daybreak	Staged at the base of Mt Beerwah at the end of Mount Beerwah Road in the Glass House Mountains National Park. There are four events: the 42km marathon; 21km half marathon; 10km; and marathon relay for teams of two.	Beerwah	www.runqld.com.au