

# Multisport

MECCA

September 27, 2017



## Blackall ready to turn up the heat

■ Grant Edwards

RELENTLESS hills and challenging tracks are the hallmarks of the Blackall 100km and 50km races.

Facing the brutal climbs and undulations doesn't phase Phoebe Nance. It's the heat which generates lingering concerns for the 36-year-old.

Moving to Warana from Bondi six months ago, the ultra runner has quickly found her feet on the Sunshine Coast and is excited ahead of her 50km Blackall debut.

Running since she was about 10 with her parents owning a gym, she would have no trouble knocking out 5km on a treadmill as a youngster. Now a mother of three, Phoebe has chased broader horizons.

"Since I have had children I have looked for something more challenging. In the last four years I have done trail running...I dabbled before kids but my headspace wasn't the same," she said.

CONTINUED ON PAGE 2

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# Record entries for ultra challenge

**FROM PAGE 1**

“The hinterland here is beautiful. It’s brutal though compared to road running.

“The heat got me on the weekend. The heat is what’s going to be tough and it’s going to be harder during the race.”

Loving the sea change, Phoebe has been embraced by the Parklands Goat Tribe and she loves the proximity to access some of the nation’s best trails.

Regularly running at Parklands and Mapleton, the region has unrivalled access compared to living in Sydney. All Phoebe’s training was previously restricted to the road, and races often meant being away from home for three days.

No stranger to ultra events, at this year’s 45km Blue Mountains Six Foot Track Marathon she finished 10th in her age group, completing the course in 4:44:56. Last year she was fourth in her age group in the 50km Ultra-Trail Australia event, with a time of 6:17:33 that also saw her the 11th female overall.

Back in 2015 she completed the gruelling 42km Buffalo Stampede Skyrun in 6:29:16.8.

Her preparations for Blackall have included long weekend runs up to 45km, while each week she does strength training in the gym, a tempo run, fartlek run, easy run, with one or two days off.

Under the guidance of her coach, she manages between 70-90km every week.

The most important part of each week is the logistics, working with partner Blake to look after the kids.

“We split the week up,” the part-time teacher said.

“I get up early to get it done, it’s a constant juggle and you make it work.”

Wary of the heat, Phoebe will also have to keep a close eye on the directions.

“With trail running you know your big climbs as landmarks. When I go I’m just out for a run and I don’t look around. I quite often get lost,” she said.

“The Tribe call me Lost Goat.”

This year’s Blackall events have attracted record entries.

Doubling as the Australian Long Course Trail Championship, it is also a qualifier for the sought-after Western States Endurance Run.



**Warana’s Phoebe Nance is preparing for her Blackall 50km race debut.**

PHOTO: GRANT EDWARDS

More than 420 runners are expected to take part at Blackall, with about 170 intrepid athletes tackling the 100km journey.

Among them will be Mountain Creek’s Elise Van Dorssen who is looking to ring the illustrious 100km finisher bell for the first time. Last year she had to withdraw due to injury at the 62km mark.

“I am feeling really good about it, I have improved my fitness greatly since I could run again earlier this year,” she said.

“I weigh seven kilograms less than I did at Blackall last year, so I’m hoping that makes it a little easier as well. I have been going out to Mapleton often and getting some decent runs in, which is good as I am getting to know that course really well.”

Elise’s training has included short weekday runs of 10-20km, as well as interval training at the gym. On the weekends she has been running at Mapleton for 30-50km.

“It’s really nice out at there, however, the bluff is quite warm if you hit it around lunchtime to early afternoon,” Elise said.

“I have been running out at Mapleton in the warmer parts of the day because I think this years Blackall will be really warm.”

Elise’s partner Paul McDonald, a 2016 Ultraman Australia finisher, will also compete in the 100km epic.



**Elise Van Dorssen of Mountain Creek is primed for the 100km race.** PHOTO: WARREN LYNAM

Three-time 100km race winner Shona Stephenson will be back to defend her title, while in the men’s event Charlie Boyle is shaping as tough to beat after he posted a speedy 2:25:23 at the Gold Coast Marathon in July.

Run Queensland’s Brett Standing said trail running continues to gain momentum and the Blackall 100 has quickly gained a reputation as a Sunshine Coast bucket-list event.

“It’s the test of endurance and

## QUALIFYING RACE

- The Blackall 100 on October 21 is a qualifier for the Western States 100-Mile Endurance Run.
- The only other Australian qualifier is the Ultra-Trail Australia run in the Blue Mountains.
- Runners must complete the Blackall 100 course in less than 18 hours to be eligible.
- Those successful can then have their name placed in a lottery to earn entry.
- Western States is the world’s oldest 100-mile trail race. Starting in Squaw Valley, California near the site of the 1960 Winter Olympics it ends 100.2 miles later in Auburn, California.

the challenge,” he said.

“We get a lot of first timers and a lot of repeat competitions, and some are back for their fourth in a row.

“We have a lot of local groups like the Noosa Ultra Trail Runners (NUTRs) manning the checkpoints, they dress up, and it’s just good fun.”

All the action gets under way from Mapleton at 6am on Saturday, October 21, with the 50km event starting at 7am.

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# Out of the saddle and into the surf

CONQUERING the Coolangatta Gold's 10.5km ski, 2km swim, 5km board and 5.5km run isn't the worry for Samantha Hemsley. It is the conditions which place doubt in the 32-year-old's mind.

A noted cyclist who has also enjoyed success in triathlon, Sammy mothballed the bike six months ago to concentrate on the iconic surf event.

Having dabbled in surf sports over the past five years, taking part in the Gold last year as part of a team inspired her decision to tackle the event solo.

"Coolangatta Gold is one of those things everyone talks about in the surf fraternity," Sammy said.

"The longer distance is more my style having come from the multisport and triathlon background.

"The distance isn't concerning me. You just don't know what the conditions will be like on the day.

"At Mooloolaba you only have that one break to get through. At Coolangatta there could be two or three. It's hard to replicate the conditions."

While missing the bike, Sammy has remained disciplined in surf training.

Being her first attempt she must initially tackle the short course (the long course features a 23km ski, 2.1km run, 3.5km swim, 6.1km board and a 7.1km run), and she has embraced going outside her comfort zone.

"Surf life saving is something people start when they're young," she said.

"For me that didn't happen so I find it challenging but I'm always looking for a challenge so this is the perfect one for me."

Sam was originally a successful



outrigger paddler, and moved to Canberra from Townsville. She was part of a national talent identification squad for flat-water kayaking in the lead-up to the London Olympics and was based on the Sunshine Coast in 2009, before returning to Canberra six months later.

That was when she took up road riding, and transferred from the kayaking squad to the Australian Sports Commission cycling program.

The lure of the Coast saw her return, and in the past five years she has trained ad hoc at Mooloolaba Surf Club.

Yet it has been training with the likes of Matt Stewart, Brett Williams, Jared Pailthorpe and Quentin Poulsen which has ignited a new competitive passion.

"The people I train with are the biggest buzz. We have a really good group training for the Gold. That's what gets me up in the morning," Sammy said.

"Coming into the sport so late



Sammy Hemsley is preparing for the Coolangatta Gold that will be staged on October 7. Top left, completing the Buderim 9 last year.

PHOTO: CONTRIBUTED

so I was definitely on the back foot. I didn't have the technical skills.

"Things like reading the waves and knowing the surf and being able to control your craft in rough conditions.

"I have never felt so nervous on a start line than I do in surf carnivals."

After facing the Gold on October 7 Sammy will return to the bike and prepare for the gruelling Buderim 9.



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# Triathlete injured in hit-and-run

■ **Chloe Lyons and Grant Edwards**

A MAROOCHYDORE triathlete is counting his lucky stars after he was hit by a car on a 100kmh road on Saturday afternoon.

National cross triathlon champion Brodie Gardner said he was "collected" from behind by the car on Steve Irwin Way, Landsborough, about 3pm while he was riding his bike on the shoulder.

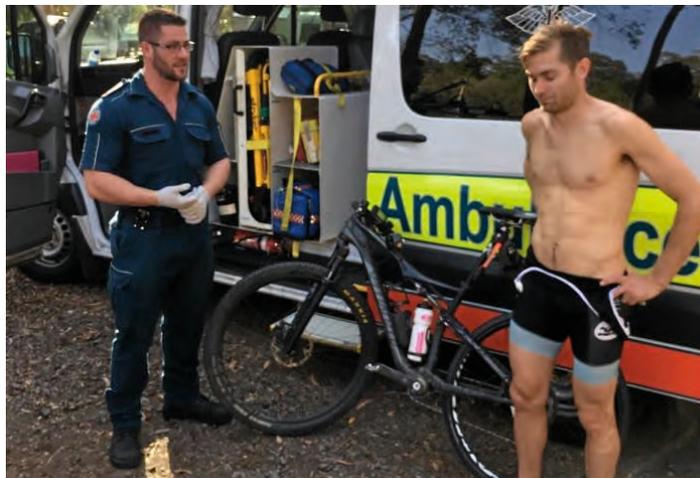
The driver failed to stop, but a good Samaritan followed the car to get the rego while others slowed traffic and tended to Brodie before paramedics arrived.

He was taken to hospital as a precaution.

Police confirmed the incident but are yet to speak to the driver of the 2011 grey Toyota Corolla or lay charges.

"I'm pretty lucky. I just got a bit of skin off on my hip, shoulder and elbow," Brodie said.

"My initial thought was I'd been hit deliberately. I literally wasn't on



**Champion triathlete Brodie Gardner was hit by a car on Steve Irwin Way on Saturday.** PHOTOS: CONTRIBUTED

the road."

Luckily, it appears the car clipped his handlebars and missed Brodie. The Maroochydore triathlete said he'd been in accidents involving cars before, but never like this.

"I've been hit by at least one

other car that I can recall. This one was a little different," Brodie said.

"The other times I've been involved with cars, you can see it happening.

"The guy driving directly behind the woman, he was beeping his horn to warn me. He reckons she



was all over the road.

"I get get beeped at every day and I find you are better off holding your line. I just block it out.

"Out there is notorious for it."

As the cycling adage goes, "a metre matters", Brodie, who's concerned about the frequency of accidents between bikes and cars.

"There's too many cyclists being hit," he said.

"At the end of day, it's someone's life."

The incident cut Brodie's long ride short, but he's hopeful it won't have a detrimental effect on his racing calendar. He's hoping to race the Tre-X cross triathlon at Mt Cotton on October 28 followed by the Bendigo event on November 26.



**Kaden Groves (right) taking selfies with fans in China.**

PHOTO: MICHAEL RYAN

## Coast cycling pair impress at Chinese tour

SELFIES with the locals...Kaden Groves is kind of a big deal in China. The Maroochydore 18-year-old claimed two stage wins as part of the 12-stage Tour of Poyang Lake in China this month.

Providing assistance to Kaden and the St George Continental Cycling Team was fellow Coast rider Michael Ryan.

The 25-year-old intensive care unit nurse at Sunshine Coast Private Hospital was a late inclusion to the team which was his first exposure to international competition.

A member of the Sunshine Coast Cycling Club, Michael is on

the Campos Cycling Team as part of the Queensland Road Team Series.

While a seasoned competitor locally, who won the Charles Coin Memorial mid-year and backed that up with third in the Cunningham Classic, racing in China proved a tough experience as he fulfilled the domestique role.

"It was really tough, solid racing. The GC (general classification) was really competitive this year. More so than the years before apparently," he said.

"It was full gas nearly every day.

"We were chasing stage wins and it was really successful.

"I just helped out in the lead

outs where I could and getting bottles. All the lead outs started 5-6km out and we had to control the race a lot."

The second week proved particularly tough off the back of the hilly stages.

He was ecstatic to be there to see Kaden hit his straps.

"He was very popular. It was cool, the whole city gets behind the race," Michael said.

While currently enjoying a break from riding, Michael will be back in the saddle to continue his QRTS commitments and some open races before parking the bike at the end of the year to live and work in the UK.

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Dr Kate Gazzard (right) with reward for effort.

PHOTO: FACEBOOK

## Unique Hong Kong aquathlon

DOCTOR, triathlete and runner. Kate Gazzard never stands still.

On Sunday in Hong Kong she finished sixth in the open women division at Aqua Terra, which encompassed a 1km swim followed by a 10km trail run with 6000 steps of climbing.

Dr Kate completed the swim in 21:47 and then took 1:43:49 to complete one of the hardest run courses she has ever seen.

She was in Hong Kong on medical duties with Hong Kong Rugby, having also been team doctor for the Canadian and Hong Kong sides at the World Rugby Trophy in Uruguay.

# Elite victory for Jake

Mal Keeble

CYCLIST Jake van der Vliet claimed overall victory at the Battle Recharge event held throughout the weekend.

Jake put in a strong performance in each of the four stages in the Elite Division 1 race to win by more than two minutes.

Jake headed a small Sunshine Coast group of cyclists at Battle Recharge that was held at Tyalgum in northern New South Wales. The event, known as the Battle on the Border, was originally planned for the long weekend in May but had to be rescheduled due to the road damage caused by ex-Cyclone Debbie.

Jake stamped his authority on the race in the stage two criterium, taking the win by 11 seconds. This result was on the back of a second place finish in the stage one time trial.

Jake claimed a second win in the stage three road race to extend his overall lead to more than two minutes and 20 seconds.

The final stage was another



Teenger Jake van der Vliet in action.

PHOTO: FILE, MEL KEEBLE

road race with Jake finishing 14 seconds behind the stage winner in fourth position. This resulted in Jake taking the overall win by two minutes and eight seconds.

Fellow Sunshine Coast rider Elliot McKean finished in sixth place overall. Ryan Cavanagh and Dylan Newberry finished strongly

in the final stage of the National Road Series (NRS) that coincided with the Battle Recharge event. Ryan and Dylan sprinted across the line in second and third position respectively.

Dylan finished the NRS round in seventh position with Ryan one second behind in eighth place.

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- Cyclists must obey the road rules. Those who break the law are now subject to the same penalties as motorists.
- Cyclists must not ride more than two abreast.
  - Cyclists can now take the lane in a single lane roundabout.
  - It's optional to ride in a bicycle lane.
  - Cyclists can ride across zebra crossings, as long as it is safe to do so.

#### Sharing the road with cyclists

- Motorists must now give a minimum of 1m when passing a cyclist in a 60km/h or less speed zone, and 1.5m where the speed limit is over 60km/h.
- In order to pass a cyclist – as long as it is safe to do so – motorists can:
  - drive over centre lines on a two way road.
  - straddle or cross a lane line on a multi-lane road.
  - drive on a painted island.
- Motorists should treat cyclists like any other road user. Give way to them when required and travel at a safe distance.

#### Safer cycling apparel

Council has developed customised cycling apparel, which improves safety by making cyclists more visible on the road. The apparel also shares important road safety messages for both drivers and cyclists. This high quality cycling apparel is now available for purchase. Visit council's website and search for 'safer cycling'.





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# Iconic mountain-top half marathon

**Jessica Bahr**  
Jessica.Bahr@scnews.com.au

ELITE athletes, new runners and all those in between are lacing up their shoes and preparing for the sixth annual Maleny Blackall Range Lions Mountainview Challenge.

The run will be held on October 15 and is designed to cater for all ages and abilities and offers a 21.1km half marathon, 10km, 5km and 3km runs, and a 3km walk.

Club director and event co-ordinator Phil Holmes said the event would be raising funds to aid childhood cancer research.

“That’s where all of our fundraising goes to and every little bit helps,” he said.

“As people register for the event online they can make donations; we’ve picked up a few nice donations already which is much appreciated.

“The event covers both top end athletes right down to primary school children ... it’s gradually increasing and getting a lot more exposure and repeat athletes coming through, which is always

## THE CHALLENGE

**What:** Mountain View Challenge.

**When:** October 15.

**Where:** Maleny Showgrounds.

**Details:** Events include 21.1km, 10km, 5km and 3km.

Registration online or on the day from 6am. Half marathon to start at 7am, 10km at 7.30am, 5km at 8am and 3km at 8.30am.

good. We’ve spent more time and money on promotion and we are hopeful that that will help with getting additional numbers.”

Last year’s event attracted more than 220 runners, and organisers are aiming to double that figure this year. For more information or to sign up for the 2017 Mountain View Challenge, visit [malenyblackallrange.qld.lions.org.au/projectsmvc](http://malenyblackallrange.qld.lions.org.au/projectsmvc) or call 5478 6262.

The run will be held at the Maleny Showgrounds from 6.30am–10am with gates open for registration at 6am.



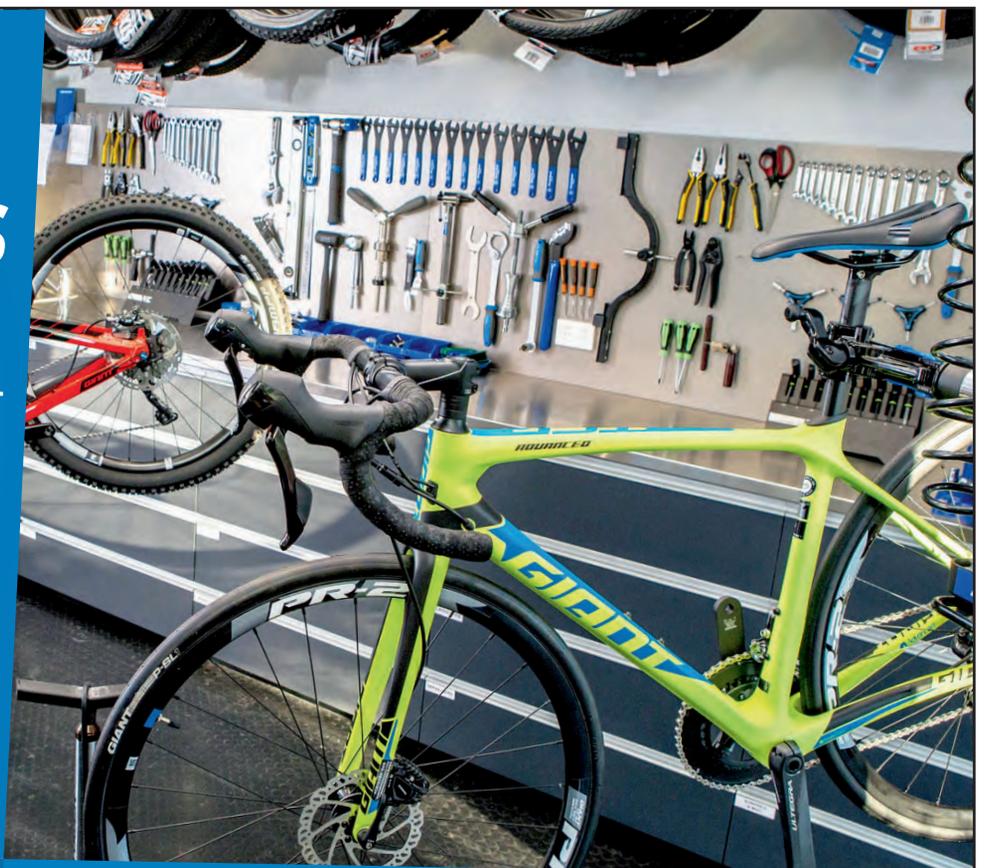
Teresa Schmidt says the Lions Mountain View Challenge is her favourite event on the running calendar.

PHOTO: CONTRIBUTED

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# Dad's epic 2000km run

**Francesca McMackin**  
Francesca.McMackin@snews.com.au

A FORMER boxer is embarking on a 2000km ultramarathon in the hope that it will help make a safer world for his children.

Billy Tindall left Melbourne on Saturday on his 35-day run, reaching the finish line on the Sunshine Coast on Day for Daniel, Friday, October 27.

The 27-year-old Caboolture man and five-times Golden Gloves boxing champion will make the solo run in support of the Daniel Morcombe Foundation, travelling 50-60km every day.

He plans to run about 30km between 4am-7am, then again at 4pm-7pm.

Billy's son will turn two years old while he is on the road, and his wife is pregnant with their second child.

"As a father, child safety is something which I feel very passionate about," he said.

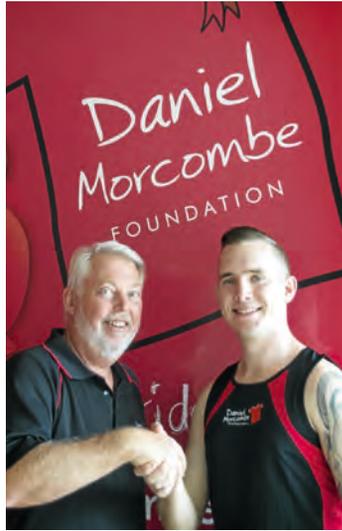
"I believe all children should be safe and feel safe, and the work the Daniel Morcombe Foundation is doing is helping to make that possible.

"I wanted to do this run to be able to do my part and contribute."

Billy will arrive in Woombye in time for the 13th annual Walk for Daniel on the Daniel Morcombe Foundation's National Day of Action on Child Safety, also known as Day for Daniel.

Bruce and Denise Morcombe were in Melbourne to see off Billy and cheer him on.

"A run of this magnitude is hard to comprehend," Bruce said. "We wish Billy and his support crew the



**Billy Tindall (right), with Bruce Morcombe, is running from Melbourne to the Sunshine Coast to raise money for the Daniel Morcombe Foundation.**

PHOTO: CONTRIBUTED

very best of luck.

"Protecting children is everyone's business."

Gary Parsons, world record holder for the longest continuous run of 274 days, is among the support crew.

Things got off to a wet start, but the cool conditions are making running easier.

Conditions will get tougher as he heads north, especially when getting towards Goondiwindi on October 18.

While Billy hopes to raise awareness about child safety and the Day for Daniel, he also aims to raise \$100,000 for the Daniel Morcombe Foundation.

Donate at [danielmorcombe.com.au](http://danielmorcombe.com.au).



**Former boxer Billy Tindall has started running from Melbourne to the Sunshine Coast.**

PHOTO: TONY LIV

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# Fun run for great cause

A SIMPLE fun run has gone a long way to help fight against domestic violence, with thousands raised for a good cause.

The picturesque Parklakes 2 residential community was home to the inaugural Bli Bli Unite Fun Run Walk, with runners, walkers and everyone in between proudly participating to do their part in ending domestic violence.

Despite the event being the first organiser Edith Blanck has co-ordinated, she said it was a huge success with 350 entrants into the fun run and \$7000 raised for the White Ribbon Campaign.

The White Ribbon Campaign works to prevent and advocate against domestic violence as well as engage with men to encourage them to speak out against violence.

"It was a thrill to do because of the complexity," she said.

The event was managed by Jason Crowther, from Atlas Multisports, one of the region's leading sports event management companies.

Edith said she "without a shadow of a doubt" would work to



**Violet Hanley, with the Carson family, Steve, Willow, 7, Smith, 3, and Pippa, 5, plus and the team from Yandina Dental.**

PHOTO: PATRICK WOODS

run the event again next year after being overwhelmed with the positive reaction.

"Having gotten over the first one which was beyond my expectations and to have the support from the community, the council and from QPS was unbelievable," she said.

A massive raffle at the event

sold \$1000 worth of tickets in a few hours with the major prize a diamond and gold ring valued at \$2900 courtesy of Sunstate Jewellery.

Sunshine Coast police district officer Superintendent Darryl Johnson and Division 9 councillor Steve Robinson also addressed the crowd at the event.

## Super suffer fest

SUFFERING from gastro after being in Beijing, Coolum's Ben Shaw struggled at the Super League triathlon events at Jersey in the UK over the weekend.

Norwegian Kristian Blummenfelt claimed the overall title ahead of Great Britain's Jonny Brownlee and South Africa's Richard Murray. Former Fraser Coast athlete Matt Hauser shined to finish as the top Australian ahead of compatriots Jake Birtwhistle and Aaron Royle (tied 6th), Ryan Fisher (12th) and Ryan Bailie (tied 14th) on the overall standings. US athlete Katie Zaferes won the women's event ahead of Swiss athlete Nicola Spirig and fellow American Summer Cook.

## Tough break

AFTER her China 70.3 race was postponed, Beerwah's Ash Hunter suffered a bike crash and broke her collarbone at Ironman 70.3 Superfrog in the US on Sunday.

## Entires to open

GET set for two iconic Coast cycling events. Entries will open for the Buderim 9 tomorrow, while they have already opened for next year's Velothon Sunshine Coast with prices from \$475.20 for three days and \$145.80 for one day (\$91.80 for 90km option).

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# BIKE WEEK 2017

## Sunshine Coast

### 7 to 15 October 2017

Register for a free event to enter the draw for 1 of 4 **\$500 bike shop vouchers!**

#### Register now for free events and workshops

Sunshine Coast Council is coordinating events across the region. There's something for everyone with a range of workshops and bike rides. Contact the organiser listed on the program of events for each individual workshop or event to register.

#### Free Cycling workshops

##### Start Cycling Stay Cycling

Council hosts a wide range of cycling workshops to suit the entire family, year round. These workshops are run by accredited instructors to cater for all abilities. Brush up on your bike skills and pathway etiquette while having fun and getting fit!

- Basic Skills for Females
- Sunday Social Pathway Rides
- Basic skills for females and senior's rides

Visit council's website to register.

#### Bike Week events and details

Saturday 7 October			
7.30am	<b>CycleFest</b> Coast Life Homes Mountain Challenge	Palmwoods to Montville	info@scyclefest.com.au register online www.scyclefest.com.au
8-10am	<b>Introductory Mountain Bike Ride - kids/adults</b> Caloundra Off Road Cycling Association - CORCA	Ben Bennett Car Park, Queen St, Caloundra	Wally T 0410 571270 Steve T 0403 878555
Sunday 8 October			
6.15am	<b>CycleFest</b> Gran Fondo 110km	Kingsford Smith Pde Cotton Tree	www.scyclefest.com.au
7.15am	<b>CycleFest</b> Coast Life Homes 55km Classic	North Arm School	www.scyclefest.com.au
8.30am	<b>CycleFest</b> Maroochy RSL 25km Family Fondo	Mudjimba SLSC	www.scyclefest.com.au
8.30am	<b>CycleFest</b> Free Kids cycle skills and ride 1.4km	Maroochydore RSL	www.scyclefest.com.au
7.15-9.15am	<b>Mountain Bike Ride - Easy</b> Bushrangers Mountain Bike Club	Radar Hill Car Park Bli Bli	Ben Johns, T 0414 250990 E info@bushrangers.org
9-11am	<b>Basic Skills for Females</b> TravelSmart Sunshine Coast Council	Sunshine Coast Stadium	www.sunshinecoast.qld.gov.au
10-2pm	<b>Come and Try Day</b> Sunshine Coast BMX Club	Yandina Sports Ground	James Foster T 0407 740167
Tuesday 10 October			
10-11.30am	<b>Come and test ride an Electric Bike</b> 99 Bikes Kawana	Captial Place, Birtinya	99 Bikes T 5314 2500
5-6pm	<b>Bicycle Maintenance Workshop</b> Bicycle Centre Caloundra	Bicycle Centre Caloundra	Annie Hoskin T 5499 6511
Wednesday 11 October			
6-7am	<b>Shop Road Ride - intermediate</b> Giant Sunshine Coast	Giant Sunshine Coast Brisbane Rd	Louise Vant T 5444 3811
10-11.30am	<b>Seniors Bike Ride</b> TravelSmart Sunshine Coast Council	Dicky Beach	www.sunshinecoast.qld.gov.au
7-9pm	<b>MOVIE NITE - All For One</b> The first five years of the greenedge journey	Majestic Cinemas and Event Centre Nambour	T 5441 2954 www.majesticcinemas.com.au
Thursday 12 October			
10-11.30am	<b>Seniors Bike Ride</b> TravelSmart Sunshine Coast	Cotton Tree Park	www.sunshinecoast.qld.gov.au
Friday 13 October			
6-7am	<b>Beginners Road Ride</b> Bicycle Centre Caloundra	Bicycle Centre Caloundra	Annie Hoskin T 5499 6511
Saturday 14 October			
6-8am	<b>Ladies Only Social Road Ride</b> Giant Sunshine Coast	Giant Sunshine Coast Brisbane Rd	Louise Vant T 5444 3811
Sunday 15 October			
9-11am	<b>Sunday Social Pathway Ride</b> TravelSmart Sunshine Coast Council	Port Artkwright Headlands Park, Yaroomba	www.sunshinecoast.qld.gov.au

6676 40aa

□ Free events    ■ Paid events

[www.sunshinecoast.qld.gov.au](http://www.sunshinecoast.qld.gov.au)

# Cut through the hyperbole

■ Peta Bee

I AM running on a treadmill at a predetermined pace while an expert assesses every aspect of my technique. There are cameras positioned to catch my footfall and to monitor my stride length and cadence (steps per minute), the drop of my hips and the line of my shoulders.

When I step off I am shown video images of my technique from every angle, told I might need to work on the flexibility of my left ankle and to do more core work to prevent the slightly uneven tilt of my right hip from deteriorating.

You may think I am taking part in some elaborate study in an exercise science laboratory. Actually, I am in a running shop and all I am after is a new pair of trainers.

It's not the first time I have undergone such painstaking analysis when shopping for sports shoes, and neither, I suspect, is it new to you. If you have bought running shoes in the past few years, you will likely have been through at least some level of biomechanical assessment. From running over a force plate in a shop, to heading outside for a jog with sensors stuck to your skin that feed back to a computer, to 3D "foot mapping" that uses lasers and cameras to check your arch height and the alignment of your achilles tendon, there is an ever more bewildering array of technological tests that precede the purchase of a pair of shoes. How did it become so complicated?

Perhaps it is because running's popularity is on the rise. With such growth, the market is ever more competitive and manufacturers vie to gain a winning margin over their rivals. Technical claims about a trainer's heel drop, stability, cushioning and forefoot or rearfoot striking can be baffling but, in short, the promise is that if you choose the right shoes you will run more efficiently and avoid sore knees and tight tendons. However, is that the case?

John Brewer, a professor of applied sports science at St Mary's University, near London, believes much of what we are told when taking up running is unnecessary.

"Running is one of the simplest of all sports and we are all designed to run," says Brewer, the author of *Run Smart: Using Science to Improve Performance and Expose Marathon Running's*



Greatest Myths.

"All too often runners become victims of marketing and pseudoscience, which is used by manufacturers very carefully to stimulate consumer demand."

When choosing a shoe, he says, the only thing you should consider is comfort. "Some support and cushioning are important but if a shoe doesn't feel good, it's quite likely that you will be getting abrasions and blisters before long, regardless of how much they cost," Brewer says.

Paul Freary, whose social media handle is "the running shoe guru", has tested thousands of trainers for the magazine *Athletics Weekly*, yet agrees that science should not be a deciding factor. "The most important thing to look for in new running shoes is comfort," Freary says. "More than anything else the shoes should feel like they are ready to run in as soon as you put them on."

He has a point. Two years ago a review of decades' worth of research into running shoes and their link with injuries came up with the most unlikely conclusion. Publishing findings in the *British Journal of Sports Medicine*, Benno Nigg, an emeritus professor of kinesiology at the University of Calgary in Canada, and his colleagues discovered that there is scant evidence that any trainers are helpful — or necessary — in preventing many of the problems they purport to correct.

Overpronation, where feet roll inward, is considered a red flag for runners and shoes designed to correct it are big sellers. Yet Nigg and his team found that overpronation was not a problem that needed ironing out, that runners with normal gait were just as likely to get injured and "that a pronated foot position is, if

anything, an advantage with respect to running injuries". They also found little evidence that changing your running shoes alters the shock that naturally reverberates through the body when you run. What did matter, they decided, was simply that a shoe felt good when you put it on.

What of the suggestion that a shoe has an impact on your running style and that, by addressing your gait — or the way you run — you will find the experience more enjoyable, not to mention less stressful on your joints? Brewer is sceptical.

"I'm always a bit concerned when I see people plonked on treadmills in stores as a means of analysing their gait and choosing a shoe," he says. "Treadmills create a different running gait to outdoor conditions."

There is, he insists, no need to make drastic changes to even the most unusual running style. By adulthood most of us have adopted a technique that best suits our bodies. Yes, we can make tweaks that enhance our movement patterns but generally we become more efficient at running just by doing more of it.

"Trying to make major changes to your running style can often cause problems, reduce running efficiency and may even increase the risk of injury," Brewer says. "Just because a style may not look good does not mean that it doesn't work for a particular runner, and changing it for aesthetic reasons, or because of a certain shoe, does not necessarily mean better running."

In a recent trial at Brigham Young University in Utah a team of sports scientists recruited a group that included experienced runners and beginners and asked them to perform treadmill tests in their

performance laboratories.

In the first part of the trial they were asked to run at their preferred pace while the scientists kept a tally of their strides and worked out their stride length. On their second visit the runners repeated the test but were asked to wear masks that measured their oxygen uptake and to run at their same preferred pace, but in time with a metronome that, unbeknown to the volunteers, meant that their stride length was altered.

Their results, published in the *International Journal of Exercise Science*, showed that shortening or lengthening their natural stride not only made running feel more arduous for the volunteers but also rendered their technique less economical. It suggests that we have a "built-in" running stride that is perfect for us, says Iain Hunter, the professor of exercise science who led the study and who is an adviser to the US track and field team.

"Don't worry about changing your stride length," Hunter says. "You should just leave it alone or you're going to use more energy in the end. Your body is your best coach for stride length."

There are things you can change for the better.

"Overstriding is one of the most common errors and can cause knee, hip and back discomfort over time," says personal trainer Matt Roberts. "Ideally you want a relatively short stride with high cadence and good engagement of your core muscles."

Strengthening your buttock muscles and stretching your hip flexors (inner hip muscles) will reduce the need to overstride, Roberts says. However, if it's not broken, don't try to fix it, the experts say.

—THE TIMES

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# When position is paramount

FIND the money from somewhere. As strong as this comment sounds, if you're looking to buy a property you need to find all the money you can afford and buy this one.

For the locals who know the area, all we need to say is the block is 764sq m and it's on Maroubra Street.

For those who aren't from the area and you're simply looking at a special spot, this property is only 350m from the beach and it boasts a flat, easy walk to the border of the Alex and Maroochy beaches.

Multisport sport athletes, that also means a short walk or bike ride from Cotton Tree pool. It's also just metres from the run courses of both Ironman 70.3 and the Sunshine Coast Marathon.

Close to Aerodrome Rd, it's an easy ride in bike lanes before heading into the hinterland or staying coastside along David Low Way.

It's also primed to take full advantage of the CBD development which is within easy reach. Once you have lived on this street, locals will tell you, it's hard to leave.

The home itself can best be described as retro. It's the first time this iconic Maroubra Street home has been offered to the market after being owned by a gentleman neighbours referred to as, The Mayor of Maroubra Street.

A classic gentleman who loved the area as much as he loved his spot along Maroubra Street and was often known for helping the



## MAROOCHYDORE

36 Maroubra St

4 Bed, 1 Bath, 1 Car

**Features:** Original Maroochyde beachside house on 764sq m with big back yard, garden shed  
**Price:** Auction on site Saturday, September 30, at 10am

**Agent:** Dan Sowden and Jason Mills at Ray White Maroochyde  
**Contact:** 0412 201 914, 0417 343 289



nearby older folk with their lawns.

While it's obvious you would want to make changes to the home, it's also worth noting you could move in today and make your changes later. In fact, it would resemble the modern hipster cafes which are very much in vogue.

Three generous bedrooms plus an office, or fourth bedroom, are classically laid out. The sunroom at the front of the home is where the Mayor of Maroubra told his

stories. Sitting at the front of the home, enjoying the ocean breezes and telling stories of yesteryear, this was arguably his favourite spot of the home.

One large open plan kitchen and dining area and lounge area could easily accommodate a rather large family.

This may be the only opportunity you will have to own such a prime piece of real estate in this sought-after beachside location.

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# Ride2Work Day

Wednesday  
18 October 2017

Register to  
**WIN a \$1000**  
bike shop  
voucher

Celebratory breakfast locations at  
Birtinya, Caloundra, Cotton Tree and Nambour.

Gain valuable tips and confidence by joining a  
**FREE cycling workshop** before Ride2Work Day.  
Visit council's website to register for these workshops.

[www.sunshinecoast.qld.gov.au](http://www.sunshinecoast.qld.gov.au)

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Register for a  
free event to enter  
the draw for 1 of 4  
**\$500 bike shop  
vouchers!**



# BIKE WEEK 2017

## Sunshine Coast 7 to 15 October 2017

**Dedicated road cyclist** CycleFest

**Recreational rider** Sunday social rides

**Learning to ride again**

Basic skills for females and senior's rides

**And lot's more...**

Sunshine Coast Council is coordinating events across the region. There's something for everyone with a range of workshops and bike rides. Contact the organiser listed on the program of events for each individual workshop or event to register. Visit council's website for more cycling information.

[www.sunshinecoast.qld.gov.au](http://www.sunshinecoast.qld.gov.au)

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# Beauty deeper than the metal

■ Grant Edwards

PERFORMANCE matches the looks. Slick and sharp, the Stinger is the best performer ever to wear the Kia badge.

Quick off the mark with strong cornering capabilities it possesses all the hallmarks of a fun rear-wheel drive offering, combined with the comfort of a true grand tourer.

Much of that is courtesy of former BMW M division legend Albert Biermann, who is now on the Kia payroll.

The two engine options offer vastly different personalities. Opt for the V6, which about 75% of owners are expected to do, and you get a hairy-chested brute. More linear and lighter, the 2.0-litre turbo is still swift (it takes just over a second longer to reach 100kmh), yet manages the task with less fanfare.

Pure muscle motivates the V6, whereas the little sibling has finesse.

The V6 variants get some vital mechanical upgrades including Brembo brakes with the stand-out red calipers, a limited slip differential which delivers torque to both wheels equally for better traction when driving quickly, while variable gear steering ratio enables improved feedback for keen steerers.

Range-topping GTs also have dynamic dampers, which alter the suspension feel when changing between sport, comfort and other drive modes that also change the acceleration and steering response. They felt a little busier and flustered in some circumstances than the standard car, which has remarkable grip and bite when you really want to push the limits.

Both engines are partnered to an eight-speed transmission which does a stellar job of finding the right cog for every occasion. While there are paddle shifters, rarely do you need them...and there is no way of permanently engaging manual mode, it shifts back to auto if you don't pull a paddle after about 30 seconds.

Those wanting more can look forward to an even hotter Stinger.

Under development is a leaner and meaner derivative which will go harder and rival some of the best in the business. Kia Australia doesn't have any details yet, but the engineers say Stinger has a whole lot more to give.

## Comfort

Falling just shy of European



The Kia Stinger will arrive in Australian showrooms from October 1.

PHOTOS: WARREN KIRBY



standards, the interior remains worthy of comparison with Mercedes-Benz, Audi and BMW.

The horizontal lines, circular turbine-looking air vents, concave surfaces and on the range-topping GT aluminium finish across the dash along with matching Harman-Kardon speakers, Stinger reeks of something more expensive. Sporting seats up front hug the occupants into place with cushy lateral support.

Accommodation best suits four adults. Getting three across the back seat can be done but the centre pew is firm and the footwell is compromised due to the transmission tunnel.

The centre console has some good storage spots close to the USB and 12-volt ports, and there are two cup holders in the console and rear fold-down arm rest. Each door also has space for a bottle, albeit only 375ml containers.

Boot space is just over 400 litres (more than a 120 smaller than a Falcon) which is enough for a couple of large suitcases. The cargo area is elongated due to the shapely rear, but the rear seats drop in a 60-40 configuration to aid flexibility.

It could fit a bike with the handlebars at the driver's end.

## Alternatives

Competition will soon not exist.

Production of the Australian-made Commodore is

ending next month, and while you could get an SV6 for \$40,490, to match the performance you'd have to shell out at least \$47,490 for the 6.2-litre V8-powered SS.

Next year the Commodore nameplate will be on European-sourced vehicles which offer impressive dynamics, but only in front-wheel drive and all-wheel drive configurations.

Those chasing pure performance could downsize to the all-wheel drive VW Golf R (\$52,990) or the Subaru WRX STI Spec R (\$57,690), but there's a compromise in size and you'll have to contend with a much firmer ride.

When chasing like-for-like comparisons, you really must head toward the Europeans where you'll also need to take your bank manager.

Prices nearly double the Stinger when trying to match space and performance...think the Audi S5 Sportback (\$105,511), BMW 540i (\$138,610), Jaguar XF 35t S (\$124,450). Match that Stinger V6 power and torque and you'd be looking more at a Mercedes-AMG C43 (\$105,112)...heck it's got the same amount of power as a Porsche Carrera 911 (\$220,900) and it's only 0.3 seconds slower in the sprint from 0-100kmh.

## Verdict

Charging in the Australian market, Kia has become the nation's

## AT A GLANCE

### 2018 KIA STINGER

**PRICES** 200S \$45,990, 200Si \$52,990, GT-Line \$55,990; 330S \$48,990, 330Si \$55,990, GT \$59,990.

**ENGINES** 2.0-litre turbocharged four-cylinder petrol 182kW/353Nm; 3.3-litre bi-turbo V6 petrol 272kW/510Nm.

**TRANSMISSION** Eight-speed automatic.

**0-100KM/H** 6.0 seconds; 4.9 seconds (with launch control).

**SAFETY** Not tested, seven airbags.

**THIRST** 8.8litres/100km (combined average); 10.2L/100km.

fastest growing mainstream brand through strong value and great looking passenger cars and SUVs.

Surprisingly, it also makes an impressive grand tourer with a sporting bent. Don't expect raw edge-of-your-seat performance.

It's certainly quick and adept, which will allow the driver to have an enjoyable squirt when the going gets twisty, yet then do the school and grocery run without passengers needing a kidney belt. We'd go for the mid-spec Si for the ride and value proposition.

Looks, fun and value.

You really can have it all.

# The latest and greatest...

Upgraded with greater SBR POWER lower body support, 2XU's X-Vent women front zip trisuit delivers outstanding durability and performance. According to 2XU, it features cooling ICE X for ventilation and moisture control, the wearer remains comfortable cooling and dry, while SBR Power technology stabilises muscles and enhances endurance with focus on the lower legs. Complete with LD Chamois for extra support on the bike and run, plus flatlock stitching for serious comfort. Available now at Allez Sport, Mooloolaba, RRP \$200.



Langma Advanced Pro 1 Disc 2018 is impeccably hand crafted for the toughest climbers, passionate cyclists and fierce competitors. A super-lightweight Advanced Composite frame is hand crafted in-house to provide optimally tuned stiffness and compliance for female riders. The Langma features aero-inspired tubing and flat mount disc brake integration for superior control and aesthetics. Available through Giant Sunshine Coast and Giant Noosa. RRP \$4699.



You just gave it all in that race, now your feet need some TLC fast. Enter Hoka's Recovery Flip. They feature Hoka's oversized midsole and Meta-Rocker into a Flip Flop and you'll really love the result. Comfort and support when you need them. Your tired feet just got rescued, and your recovery powers just hired a personal assistant. Check them out at Allez Sport, Mooloolaba, RRP \$99.95.



Looking for a super-comfortable, stylish riding kit? The latest Cuore of Switzerland #RIDENOOSA kit is now available at Giant Noosa (RRP \$330). Featuring the finest of cycling chamois this Cuore custom kit is sure to keep you comfy...even during a long day in the saddle.



Vision's Metron 55 is the one wheel you'll ride once and won't want to ride without again. This Metron 55 sits comfortably in the mid-range of Vision's Metron rim depths, and offers the most versatility in the line up. This wheel climbs, descends, corners, and accelerates with the best of them. Vision's complete wheel system has a 24mm rim width, direct pull bladed spokes, ABS brass nipples, 2 to 1 lacing, wind tunnel proven aerodynamics, and 100+ pro-podiums over the past few seasons. These wheels are living proof that Vision wheels are among the best in the business. In stock now at Cycle Zone Mooloolaba, RRP \$1999.



The advantages of the next generation S-Works 6 shoes can be summed up in two simple phrases: explosive speed and superior comfort. The speed comes as a direct result of an incredible fit and better connection, delivering more efficiency and power to the pedals. Meanwhile, the new PadLock heel, combined with some outright revolutionarily strong and lightweight materials in the upper, creates a snug fit that's incredibly secure. The result? You have a shoe that helps transfer more of your energy into the pedals when you crank up the watts. Available at Cycle Zone Mooloolaba, RRP \$499.

# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
October 7	Bike Week introductory MTB ride	Learn the basics of off-road mountain bike riding with the Caloundra Off Road Cycling Association. Meet at Ben Bennett car park, 8-10am.	Caloundra	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
October 7	Glow Hard Fun Run	Twilight start with dancing and music then walk, run, dance or stroll your way around the (approximate) 5km showground track among glowing colour. Cross the finish line and join in with dancing, music and glowing fun. Fun for all ages and all fitness levels.	Nambour	<a href="http://www.dyehardfunrun.com.au">www.dyehardfunrun.com.au</a>
October 7-8	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 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>
October 8	Sunny Coast Scramble	Queensland Rogaine Association hosts Metrogainie at Caloundra. Instead of getting checkpoints, answer questions about the area's key landmarks.	Caloundra	<a href="http://www.qldrogaine.asn.au">www.qldrogaine.asn.au</a>
October 8	Bike Week Bushrangers MTB Club ride	Learn the basics of off-road mountain bike riding with the Bushrangers. Meet at radar Hill car park, 7.15-9.15am.	Bli Bli	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
October 10	Bike Week Test Ride an Electric Bike	Electric assist bikes are all the rage...check them out at 99 Bikes from 10-11.30am.	Kawana	Email: <a href="mailto:kawana@99bikes.com.au">kawana@99bikes.com.au</a>
October 10	Bike Week Bike Maintenance Workshop	Learn the basics of maintaining your bike with the team from Bicycle Centre Caloundra.	Caloundra	Email: <a href="mailto:bicyclecentrecaloundra@gmail.com">bicyclecentrecaloundra@gmail.com</a>
October 11	Bike Week Giant Sunshine Coast Shop Ride	No matter what bike you ride, all are welcome at the weekly Giant Sunshine Coast shop ride. Easy spin from 6-7am.	Mooloolaba	<a href="http://www.giantsunshinecoast.com.au">www.giantsunshinecoast.com.au</a> .
October 11	Bike Week Movie Night	Catch <i>All for One</i> , a movie dedicated to the first five years of the GreenEdge cycling team at Majestic Cinemas and Event Centre.	Nambour	<a href="http://www.majesticcinemas.com.au">www.majesticcinemas.com.au</a>
October 12	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
October 13	Bike Week Beginners Road Ride	New to riding on the road? Bicycle Centre Caloundra is hosting a group ride just from you, from 6-7am.	Caloundra	Email: <a href="mailto:bicyclecentrecaloundra@gmail.com">bicyclecentrecaloundra@gmail.com</a>
October 14	Bike Week Ladies Only Social Road Ride	Louise Vant is hosting the regular women's only road ride from Giant Sunshine Coast at Mooloolaba, from 6-8am.	Mooloolaba	<a href="http://www.giantsunshinecoast.com.au">www.giantsunshinecoast.com.au</a>
October 15	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>
October 15	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 30km of mountain biking, 8 to 15km trail running/trekking and 1-3km 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>
October 15	12-Hour MS Swimathon	Nambour Aquatic Centre will host its MS Swimathon fundraiser. Teams of at least six people are sponsored by friends, family and work colleagues to swim in a 12-hour relay.	Nambour	<a href="http://www.msswimathon.com.au">www.msswimathon.com.au</a>
October 18	Ride2Work Day	Ride2Work Day is an annual national event that promotes cycling to and from work. Four community breakfasts, Nambour, Cotton Tree, Caloundra, Birtinya. Go in the draw for \$1000 bike shop voucher.	Sunshine Coast	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
October 19	Thursday Night Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race one.	Caloundra	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
October 21-22	Bribie Tri Series race one	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.briebietri.com
October 21	Color Run	It's called a run, but more like a dance, walk shuffle. Hosted at Sunshine Coast Stadium, it claims to be the original happiest 5k on the planet. Enter a cloud of colour, swim through an ocean of dreamy foam and party the day away with giant unicorns and more music than ever before.	Kawana	www.thecolorrun.com.au
October 21-22	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	www.blackall100.com
October 22	Caloundra Mountain Bike Expo	A mountain bike expo held in October to celebrate 50 years of cycling on the Sunshine Coast. Caloundra Off Road Cycling Association Inc will showcase mountain biking with a range of stalls, displays, activities, guided rides, skills instruction and other aspects designed to attract new riders into the sport. Staged at Caloundra Rugby Union Grounds and Club, 9am-3pm.	Caloundra	www.corca.com.au
October 22	Kunda Cup Criterium	Sunshine Coast Cycling Club criterium racing at Skippy Park.	Landsborough	www.scccracing.wixsite.com/sccc
October 29	Shimano MTB Enduro Series championship	Results will be based on the total cumulative time across the stages. The lowest time in each category will be the winner.	Garapine	www.emsaustralia.net.au
October 29	All Schools Triathlon	All Schools Triathlon is a selection race for the Queensland School State Triathlon Championships. All races are selection races except the Kids Aquathlon (7-9 years). Kids Aquathlon for ages 7-9 (DOB 2010-2008): 500m run, 100m swim, 500m run. Primary Aquathlon for ages 10-11 (DOB 2007-2006): 1km run, 200m swim, 1km run. Junior Triathlon for ages 12-13 (DOB 2004-2005): 400m swim, 12km cycle, 3km run. Intermediate Triathlon for ages 14-15 (DOB 2003-2002): 600m swim, 16km cycle, 4km run. Senior Triathlon for ages 16-18 (DOB 2001-1999): 750m swim - 20km cycle - 5km run.	Bokarina	www.triathlon.org.au
November 1	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 3	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 3	Noosa Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	www.scccracing.wixsite.com/sccc
November 3	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 4	Noosa Tri Superkids Triathlon and Tingirana 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 Tingirana 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

CONTINUED NEXT PAGE

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Date	Event	Distance	Location	Website
<b>November 4</b>	Australian criterium, Asics 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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 5</b>	Noosa Triathlon	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>November 9</b>	Thursday Night Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race two.	Caloundra	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
<b>November 11</b>	MooMar Urban Race	Third race of the series, involves trekking/running/walking to checkpoints which will comprise a series of multiple choice questions relating to landmarks, street signs, and other particular points of interest. You will have to navigate yourself around the coastline hills of Mooloolaba and Maroochydore within the three-hour race duration. This race will be held in the evening at 6pm, so you will have to bring a torch.	Mooloolaba and Maroochydore	<a href="http://www.xciteadventureracing.com.au">www.xciteadventureracing.com.au</a>
<b>November 12</b>	South East Qld Trail Running Series	Round three of the series with headquarters at Cooroy/Pomona Lions Club Hall. Racing starts at 6.30am with distances of 13.1km and 7.1km.	Pomona	<a href="http://www.seqtrailrunningseries.com.au">www.seqtrailrunningseries.com.au</a>
<b>November 18</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 18</b>	Kawana Aquathlon and Open Water Swim	Ahead of the Queensland Tri Series is the aquathlon, a Triathlon Queensland State Championship sanctioned event. The events include full distance – 2.5km run/1km swim/2.5km run, enticer – 300m swim/2km run, kool kids (10-11 years) 200m swim/1km run and kool kids (7-9 years) 100m swim/500m run. The open water swim distances include 500m, 1000m and 1500m.	Kawana	<a href="http://www.qldtriseries.com.au">www.qldtriseries.com.au</a>
<b>November 18</b>	Barge2Beach	The inaugural Kingfisher Bay Resort Barge2Beach open water swim. Up to 200 swimmers will take a barge 2km off shore from the race precinct located near Enzo's At The Beach. The drop of a drawbridge will signify the start of the race.	Hervey Bay	<a href="http://www.hb100.herveybaytriclub.org.au">www.hb100.herveybaytriclub.org.au</a>
<b>November 18-19</b>	Hog's 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 (200m swim, 8km bike, 2km run).	Hervey Bay	<a href="http://www.hb100.herveybaytriclub.org.au">www.hb100.herveybaytriclub.org.au</a>
<b>November 19</b>	Queensland Tri Series round three	Round three of the Queensland Tri Series at Kawana. Events include sprint (15 years+) - 750m swim/20km bike/5km run, enticer (12 years+) - 200m swim/5km bike/2km run, kool kids (7-14 years) – 100m swim/2km bike/500m run.	Kawana	<a href="http://www.qldtriseries.com.au">www.qldtriseries.com.au</a>
<b>November 25-26</b>	Bribie Tri Series race three	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	<a href="http://www.bribietri.com">www.bribietri.com</a>
<b>November 30</b>	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
<b>December 3</b>	Sunday Morning Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
<b>December 14</b>	Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race three.	Caloundra	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
<b>December 16</b>	Beerwah at Daybreak	It's back! The Mt Beerwah Daybreak Run is a 10km, 21km and 42km races in the Glasshouse Mountains. Marathon starts at 4am. Half at 6am.	Mt Beerwah	<a href="http://www.runqueensland.com.au">www.runqueensland.com.au</a>

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
December 17	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.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>
December 31	New Year's Eve Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
January 27, 2018	AusTRAILia Day Marathon	AusTRAILia Day marathon of 42km, or 21km and 10km options. Formerly known as Beerwah @ Night) was first held in 2015 as an introduction for those wanting to have an opportunity to run at night in a safe, well managed event. 2016 saw the event change name to the AusTRAILia Day marathon. The event is staged at Mt Beerwah on the Saturday night closest to Australia Day. AusTRAILia Day marathon is the first event in the Run Queensland Day/Night series.	Beerwah	<a href="http://www.runqueensland.com.au">www.runqueensland.com.au</a>
February 3-4, 2018	Noosa Summer Swim	The Noosa Summer Swim, presented by Milk & Co, is over a full weekend program offering a range of distances for every ability, from junior events to a new 5.0km marathon distance where seasoned swimmers can push their limits. Distances include 300m, 1km, 2km, 3km on the Saturday, and then a 5km and 1.5km option on the Sunday.	Noosa Heads	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
February 10, 2018	Caloundra Open Water Swim	Staged ahead of the Queensland Tri Series, the swim options are 500m, 1000m and 1500m.	Caloundra	<a href="http://www.qldtriseries.com.au">www.qldtriseries.com.au</a>
February 11, 2018	Queensland Tri Series round six	Round six of the Queensland Tri Series at Caloundra. Events include sprint (15 years+) - 750m swim/20km bike/5km run, enticer (12 years+) - 200m swim/5km bike/2km run, kool kids (7-14 years) - 100m swim/2km bike/500m run.	Caloundra	<a href="http://www.qldtriseries.com.au">www.qldtriseries.com.au</a>
February 17-18, 2018	Mooloolaba Beach Festival	In 2018, celebration of sand, surf and beach culture on the Sunshine Coast. Saturday to feature beach yoga sessions, 2.5km Alex Headland to Mooloolaba Ocean Swim, 5km Mooloolaba Grand Prix Ocean Swim, 5km Paddle Race (paddle board and SUP). Sunday to include beach yoga sessions, 300m and 800m Junior Ocean Swim, 800m Mooloolaba Half Mile and the headline 1.6km Mooloolaba Mile event.	Mooloolaba	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
February 24-25, 2018	Bribie Tri Series race three	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course - 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
February 25, 2018	South East Qld Trail Running Series	Round seven of the series at Ewen Maddock Dam, with headquarters at 164 Connection Rd. Racing starts at 6.30am with distances of 14.7km and 8.3km.	Ewen Maddock Dam	<a href="http://www.seqtrailrunningseries.com.au">www.seqtrailrunningseries.com.au</a>
March 4, 2018	Bendigo Bank Just Tri it Series Race One	A two-race triathlon series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	<a href="http://www.caloundratriathlonclub.com.au">www.caloundratriathlonclub.com.au</a>
March 9-10, 2018	Mooloolaba Triathlon Festival	Mooloolaba Twilight 5km run on the Friday night, then on the Saturday a 1km Ocean Swim, Superkidz Triathlon and the Special Tri. Also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	<a href="http://www.ap.ironman">www.ap.ironman</a>
March 11, 2018	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>

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Date	Event	Distance	Location	Website
<b>March 17, 2018</b>	Paddy Pallin Adventure Series	Teams have to change between three core disciplines several times during the event: mountain biking, running/trekking and kayaking.	Wild Horse Mountain	<a href="http://www.paddypallinadventure.com.au">www.paddypallinadventure.com.au</a>
<b>March 24-25, 2018</b>	Bribie Tri Series race four	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
<b>April 1, 2018</b>	Wild Horse Criterium	Trail running event is staged at night, beginning from 6pm, and includes distances of 25km, 16.5km and 10km.	Wild Horse Mountain	<a href="http://www.runqueensland.com.au">www.runqueensland.com.au</a>
<b>April 22, 2018</b>	Bendigo Bank Just Tri it Series Race Two	Second race of the series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	<a href="http://www.caloundratriathlonclub.com.au">www.caloundratriathlonclub.com.au</a>
<b>April 28-29, 2018</b>	TreX Cross Triathlon 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.trextriathlon.com.au">www.trextriathlon.com.au</a>
<b>April 29, 2018</b>	Triathlon Pink	Triathlon open and available to children aged 7-14 and ladies of all ages. Short – 100m swim, 4km cycle, 1km run. Medium – 200m, 6km, 2km. Long – 300m, 8km, 3km. Ultra – 600m, 16km, 6km. Runs: kids – 1km, 7+ 3km, 12+ 6km.	Sippy Downs	<a href="http://www.triathlonpink.com.au">www.triathlonpink.com.au</a>
<b>May 12, 2018</b>	Island Charity Swim	Fundraising swim of 11km from Mudjimba Beach around Mudjimba Island (Old Woman Island) to Mooloolaba Beach.	Mudjimba to Mooloolaba	<a href="http://www.islandcharityswim.com.au">www.islandcharityswim.com.au</a>
<b>May 12-14, 2018</b>	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	<a href="http://www.ultramanoz.com.au">www.ultramanoz.com.au</a>
<b>May 19-20, 2018</b>	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 distance: more than 20 obstacles over 16km or more than 13 obstacles over 9km.	Woodfordia	<a href="http://www.toughmudder.com.au">www.toughmudder.com.au</a>
<b>July 13-15, 2018</b>	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	<a href="http://www.velothonsunshinecoast.com">www.velothonsunshinecoast.com</a>
<b>August 11-12, 2018</b>	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	<a href="http://www.wldnco.com">www.wldnco.com</a>
<b>August 19, 2018</b>	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. This year's half marathon has a one-loop course.	Alexandra Headland	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>