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August 2, 2017

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Lasting legacy

SPORT'S royal family has lost one of its greatest kings.

Garth Prowd OAM passed away on Sunday after a cycling accident while riding in Barcelona on July 22.

Long regarded as the 'Godfather' of Australian triathlon, he is remembered as a remarkable man who made an incredible contribution to Australian sport.

CONTINUED ON PAGE 2

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Paving way to events

FROM PAGE 1

An enthusiastic sportsman himself, Garth revolutionised triathlon, running and cycling events.

He laid the foundation on which the Sunshine Coast's multisport events portfolio is built.

Garth had the perception to recognise that sport could be an industry capable of tapping new boundaries for tourism and business, as well as providing outlets for individuals to pursue their own goals.

He became involved in event management and sports marketing for almost 30 years as managing director of USM Events, one of Australia's largest and most successful event management companies staging some of Australia's largest and best known multisport, triathlon, running and cycling events.

Its events' portfolio also included a selection of music, cultural and business events. After selling the business in 2009 to Ironman he became a highly sought-after consultant in event management, sports marketing, events tourism and media management.

As news of Garth's death broke on Monday tributes quickly flowed from friends, clubs, civic leaders and business and community groups whose activities have benefited from his advice and assistance.

Aged 65, he leaves behind the legacy of having revolutionised triathlon, running and cycling as sporting events, which saw him nominated as Australian of the Year in 2000 and in 2005 being awarded a Medal of the Order of Australia for his services to sport.

Noosa Surf Life Saving Club president Ross Fisher said the club's patron had begun doing patrols in his teens and gone on to become a greatly-respected mentor who was always a happy, approachable person willing to offer advice.

"He was a great bloke," Ross said. "All those years he was tied



Garth Prowd (centre) with former AFL players Scott West (left) and Nathan Brown in 2005.

PHOTO: GEOFF POTTER

up in triathlon with a heavy workload he was always there in the background for the club."

Mate Russell Green said while people would remember a lot of what he did in the events' space, Garth saw his greatest achievement as his marriage to Robyn, their daughters and their grandchildren.

"We are all better people for knowing him," Russell said.

"He carried a humility that left him largely unaware of the global esteem in which he was held."

Alexandra Headland Surf Club general manager Ashley Robinson, who has known Garth since they were kids, said his achievements hadn't changed him a bit.

"Whether it was the Prime Minister or the garbage collector he treated everyone exactly the same," he said.

Following a road bike accident in Barcelona on July 22 during a family holiday, Garth was critically injured and hospitalised. He passed away peacefully surrounded by his greatest love wife Robyn, daughters Sally, Megan and Katie and son-in-laws Matt and Ben.

Earlier this year, Dave Power, the man credited with starting Noosa Triathlon, passed away after a long illness at the age of 85.

Inducted into the Sport Australia Hall of Fame in 1999, Dave was an Olympic bronze and Commonwealth gold medallist in long distance running.

PROWD HISTORY

- The sport of triathlon was unheard of 50 years ago but today the Sunshine Coast boasts two of the largest and most prestigious events in the world: the Noosa Triathlon and the Mooloolaba Triathlon.
- The first Noosa Triathlon was staged in 1983 and won by Michael Harris and Liz Hepple.
- It was initially organised by Dave Power and a committee of local residents led by Joe Gilbert of the Lions Club. It was a 2km swim, 37km cycle and 8km run but later adopted the standard distances of a 1.5km swim, 40km cycle and 10km run.
- Garth Prowd, who raced in the original 1983 event, took over the running of the Noosa Tri. He formed USM Events in the late 1980s and has been involved in and run numerous events, not only on the Sunshine Coast but throughout Australia.
- In 1992, the Noosa Multi-Sport Festival had its beginnings, with both the criterium and 5km Bolt run added.
- The Noosa Triathlon was firmly established by the time the Mooloolaba Triathlon was first staged in 1993 by USM Events with the help of the Mooloolaba Triathlon Organising Committee. It was won by Brad Bevan and Alexandra Laws.
- In 1995 the Mooloolaba Triathlon became one of the national selection races and in 1997 and 1998 was the Australian and ITU Oceania Championships. It gained its current ITU World Cup status in 2005.

"Dave's original idea was for Noosa to have a marathon, but he and others worked on the idea of it becoming a triathlon, and just look how big it's become today," Benny Pike said. "Dave was extremely proud of the event and many others had enormous admiration for him."

Dave represented Australia at the 1956 Melbourne and 1960 Rome Olympic Games, winning bronze in the 10,000m event in Italy.



Garth Prowd (right) accepts the Olympic baton from former councillor Tony Northy.

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Putting triathlon on the map

Grant Edwards
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TRIATHLON in Australia wouldn't exist at the same level if it wasn't for Garth Prowd, according to former professional athlete Toby Coote.

Now the head coach of Sunshine Coast Triathlon Academy, Toby paid tribute to a man "ahead of his time".

"He was humble about the success. He treated everyone the same. No matter if you were elite or an age grouper, they were all part of what he did.

"Working with USM Events, it was a big family...Garth was the dad. He taught everyone so much and he always had bigger and better ideas."

"His professionalism shone. When you went to an event he ran, it was done properly."

Bringing international athletes to the Sunshine Coast paved the way to gaining global notoriety for events such as Noosa Tri.

But above all, Toby remembers a "top bloke".

"He would do anything for anybody. One of those humble guys who always stood in the



Garth Prowd welcomes the first inductees into the Noosa Tri Walk of Fame Craig Walton (left) and Emma Carney in 2012.

PHOTO: DARRYN SMITH

background, the results spoke for him. You wouldn't even know he was at events sometimes," Toby said.

"The one thing that stands out, after every Noosa when it was all done, the staff all went back to Noosa Woods and there would be

pizzas and beers. If you were in his family, and that family was USM, you were pretty lucky."

They were sentiments shared by former USM Events communications manager, Lisa Pringle.

"He taught everyone that

worked for him about events, being creative, to change things up, but most of all just getting things done and having fun while we did," she said.

"Garth was my greatest mentor, and leader I've ever had the privilege to work for."



Former CEO of USM Events and now Ironman executive Geoff Meyer (left) with Garth in 2012.



Garth congratulated by wife Robyn and daughter Katie after being awarded an Order of Australia in 2005.

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Turns ousted for fast course

Grant Edwards
Grant.Edwards@news.com.au

RACE director Jason Crowther said this year's 7 Sunshine Coast Marathon course would be fast. He and the committee have not disappointed.

Only revealed and rubber stamped this week, the new route means less slowing and includes more Maroochy River views as runners travel further along Bradman Avenue.

There is no doubting the competition will be intense. Organisers want the event to become renown as the nation's fastest half marathon, and have put \$25,000 up for grabs to any Aussie who can break the Australian record.

Two-time Olympian Collis Birmingham is shaping as the man who can beat the men's record of 1hr01min11sec set by Pat Carroll in Sydney 23 years ago, while Cassie Fien has signalled her intention to crack the women's mark of 1hr09min established by Lisa Weightman on the Gold Coast in 2010.

"The course changes have taken out four u-turns. The pros reckon a u-turns costs them eight to 10 seconds and it would be much more for an amateur runner," Jason said.

"That will mean significant improvement from someone going for an Australian record and for the general runners that are going to run some fast half marathon times.

"We've taken out the small loop at McDonald's Mooloolaba, the loop at Cotton Tree at Fifth Ave and Picnic Point."

Three days were spent having the course certified by the Association of International Marathons and Distance Races (AIMS), which means the Sunshine Coast can be used as a qualifier for popular events such as Boston and New York.

"Runners know they are running a legitimate course," Jason said. "On their Garmin it will say its longer for sure because AIMS measure the shortest possible route.

"This year we had to cap the half marathon at 2000, we are close to 80%. Usually six weeks out we double in numbers. The half will sell out this year.

"We have capped the marathon at 700, that will get close to capacity, which is more than we had last year."

This year's event will attract record numbers from outside of



Queensland.

There are more than 250 interstate runners – mostly from NSW, VIC, SA and Tasmania – and more than 100 visitors from overseas including 70-plus New Zealanders. About 15 runners from the United States and Canada are expected.

Another new innovation this year is Run with the Local Stars. Using a fast and furious 4 x 500m course, six teams will compete for bragging rights in front of a

raucous crowd.

Teams include will include Super Netball champions, the Sunshine Coast Lightning, featuring Diamonds mid-courter Laura Scherian, Stephanie Wood and Cara Koenen.

Crick's Auto Group will also be in action, with Garry Crick, John Eastham, James Welch and Dean Stuart. The stars from Ray White will also be in action, including Dan Sowden, Dan Smith, Brent Higgins and James Goldsworthy.

FESTIVAL

7 Sunshine Coast Marathon and Community Running Festival at Alexandra Headland

August 17: Run Nation Film Festival, Maroochyore Cinemas.

August 18: Running with the Local Stars.

August 19: 42.2km, 21.1km, 10km, 5km and 2km races.

Breakthrough Ironman victory

EMERGING from the shadow of training partner and world champion Jan Frodeno, part-time Noosa resident Nicholas Kastelein claimed a breakthrough victory at Ironman Switzerland on Sunday.

Training with Jan at Noosa for half of the year, Nick was returning from a broken collarbone suffered in a bike crash on his way to finishing second at 70.3 Barcelona.

After a two second deficit in the swim in his comeback race, Nick led on the bike from the 37km mark and was never headed.

He stopped the clock in 8:13:28 (48:18, 4:31:13, 2:50:24), more than seven minutes ahead of Ruedi Wild and 13 minutes better than Jan Van Berkel.

“Winning is unlike any feeling. And especially after working so hard for it,” he said.

“It was made extra special because my dad flew from Australia to help me with the preparation.

“I had a film crew documenting my collarbone recovery as well as all the sponsors working with me all weekend..it's a lot of pressure



Nick Kastelein claims victory at Ironman Switzerland on Sunday.

PHOTO: IRONMAN

but good pressure.

“I'm just glad I could show all the results of all the hard work that everyone put in.”

That books him a spot at the world championship in Kona, where Jan has already set up his back-to-back defence after he clocked the only sub eight-hour time at Ironman Austria last month.

Even though the German had illness before the race, he still raced head-and-shoulders above the field.

Jan was first out of the 3.8km swim leg with a two-minute lead. He grew that gap throughout the challenging 180km bike course to 10 minutes by the time he hit the marathon, then dug in to increase the lead to 17 minutes at one

point. While the chasers clawed back two minutes as they battled for second place, Jan had more than enough time to cross the finish line, collapse in relief, then sit and wave at the crowd.

“Only had one tactical card, go hard on the swim and hope the boys bunch up on the bike and play cat and mouse – I love it when a plan works,” Jan said.

EXPERT WORKSHOPS

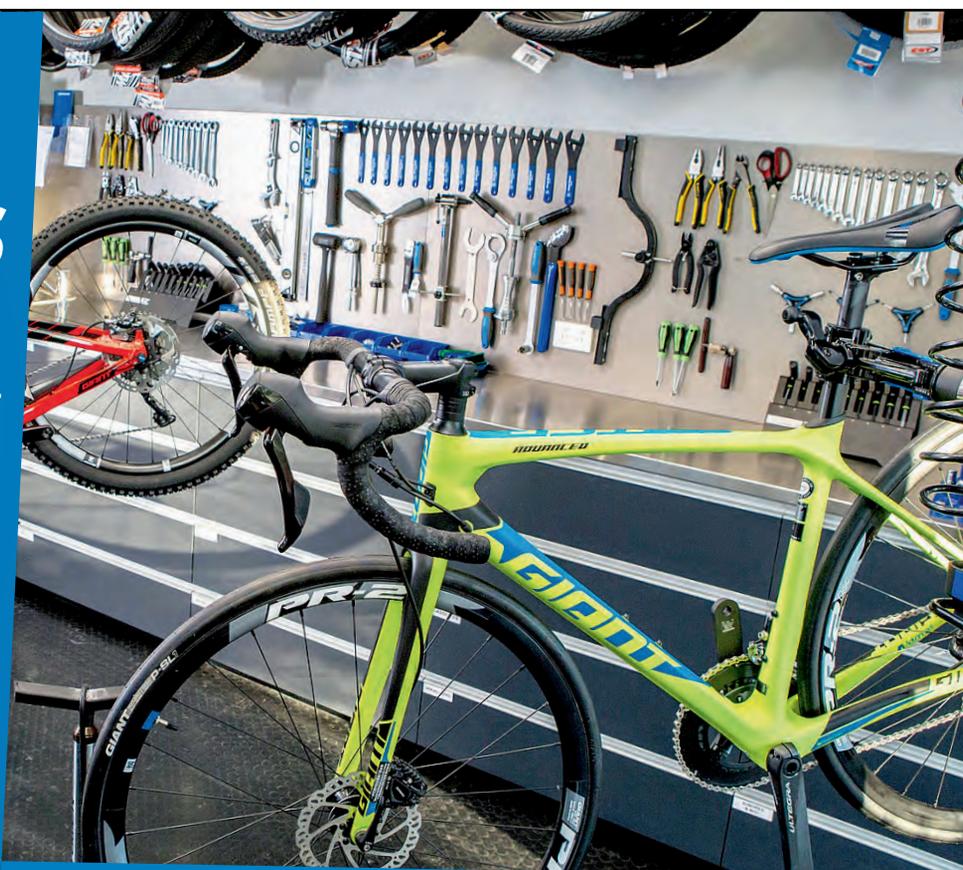
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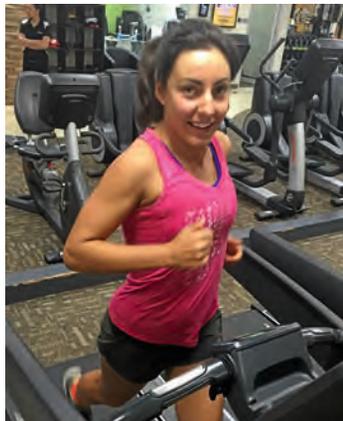
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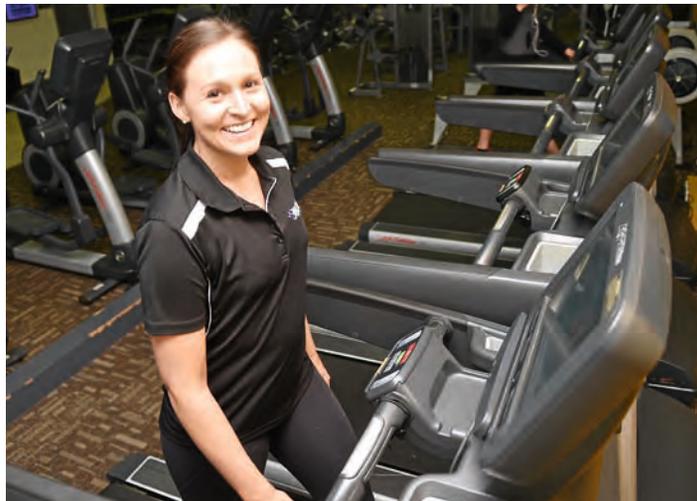
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Challenge raises awareness



Buderim triathlete Annelise Jefferies on the treadmill.
PHOTO: CONTRIBUTED



Maroochydore Anytime Fitness's Emma Brownrigg on the treadmill as part of the 24-hour challenge.
PHOTO: GRANT EDWARDS

ANYTIME Fitness gyms banded together last Friday night to show support for Suicide Prevention Australia.

Suicide is the leading cause of death for Australians aged 15-44.

To raise the plight, a 24-hour treadmill challenge was staged throughout the country.

Maroochydore's Anytime Fitness took part in the challenge, led by manager Emma Brownrigg.

The concept started with Ben

Higgs who lost two of his friends to suicide within as many years.

The 38-year-old father-of-two has experienced his own struggles with depression and wanted the cycle to stop.

The Plebs, Pros and Personalities 24-hour treadmill challenge was born five years ago after a discussion with Ben's mates around beers while grieving

the loss of their friends.

Initially just in one location, then a handful around the country, last Friday from 6pm 280 Anytime Fitness gyms in all states and territories hosted the PPP4SPA 24-hour treadmill challenge to raise awareness and funds for Suicide Prevention Australia.

About \$100,000 was raised collectively.



Disc brakes get green light

BIKES with disc brakes can be used at cycling road races across Australia.

Cycling Australia has given the green light to the new brakes, which have rapidly become commonplace on the latest road bikes.

Racing events include club, state and non-UCI national championship level road races.

The new stance is hoped to encourage and allow more people to get involved in racing, particularly at the local club level.

"With the continued uptake of road bikes with disc brakes by our members, it's important that Cycling Australia keeps up with industry's progress and support those at the grassroots," said technical commission chairman Peter Tomlinson.

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Young riders are in the Zone

Who: Jacob Cross, 27, Buderim; Jonah Dunne, 18, Nambour; Nik Barber, 16, Peregian Springs.

Occupations: Jacob – mechanic for Cycle Zone Mooloolaba; Jonah – apprentice plumber; Nik – Year 12 at school.

Team name: Cycle Zone Gravity Team.

Favourite food: Everyone in the team lives on Hungry Jack's.

Favourite drink: Jacob's is Red Bull, can't live with out it. Nik is anything in a milkshake. Jonah is a lemon lime Powerade.

Sport: Downhill mountain biking.

How did you get involved in downhill:

Jacob – I got into downhill after finishing my AFL career having too many injuries so I was looking for some adrenaline and happened to walk into, well crash into, downhill.

Nik – I watched my brother Simon do a couple of races and thought it was sick so started racing on hard tail and progressed from there.

Jonah – I started riding bikes when I was about 13 years old and a few mates and I would always ride Ruff End at the Big Pineapple and we all thought it was the craziest track.

Favourite ride location: Jacob – Cunungra downhill track because it's the most technical challenging track in Queensland.

Nik – Thredbo because it has the most crazy downhill run in Australia.

Jonah – Mt Joyce because I love the way the track goes from step to off camber.

Best or most memorable event:

Jacob – most memorable was riding with some of my favourite pro riders at the Cannonball Festival at Thredbo.

Nik – most memorable was doing a backflip over the whip wars jump at Cannonball and



Downhill riders Nik Barber and Jonah Dunne, and coach Jacob Cross.



PHOTOS: CONTRIBUTED

landing it and the only one to land it in front of more than 700 people.

Jonah – My first win and standing on the podium with my mates, can't beat that feeling.

Bucket-list event:

Jacob – Crankworx Whistler, British Columbia.

Nik – To race in any world cup as a pro junior.

Jonah – Crankworx Whistler.

Favourite race: Jacob – Thredbo MTB festival because it's a five day weekend of smashing runs out with your mates and pros.

Nik – Awaba just because it was the most insane track with huge rocks step.

Jonah – Awaba, I have never been so scared to ride my bike that fast down a insane track before.

What's your favourite part of racing and training:

Jacob – my favourite part is

getting to hang out with mates and just have good times

Nik – hanging out with mates and just getting loose on the bike.

Jonah – has to be hanging out with mates and going as big as I can on the bike.

How do you train and what does a week look like in terms of time on the pedals:

Jacob – Mostly weekends I train at practice days and open days are the best time to learn new skills and lines for future races.

Nik – riding my dirt jumper at the skate park and riding my downhill bike on weekends at open days just learning new skills that I can transfer over to racing.

Jonah – very little to none in fact, ha ha, but when I do train it's at open days and races.

What is next on your racing agenda:

Jacob – to qualify for a pro

world cup race, its not an easy road but I reckon I can get there.

Nik – going over to Whistler to race and compete at Crankworx.

Jonah – hopefully take out the overall this year as its my last season as a junior, off to the big boy category next year.

Best movie:

Jacob – Super Troopers (say shenanigans again I'll pistol whip you).

Nik – The Grimsby Brothers.

Jonah – Shooter with Mark Wahlberg.

Current car:

Jacob – Mitsubishi Triton 4x4.

Nik – Toyota HiLux rust bucket.

Jonah – BMW E30.

Dream car:

Jacob – Datsun 240Z custom built with a LS3.

Nik – A new HiLux

Jonah – Ferrari 458.

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Aching joints and the athlete

Looking at platelet-rich plasma therapy ... what when and why



Kate Gazzard
Sports medicine
doctor, physiotherapist
and athlete

OSTEOARTHRITIS is a common chronic joint disease, causing large amounts of disability and pain.

There are a number of risk factors for osteoarthritis including joint injury, genetics, excess weight, repetitive kneeling or squatting and repetitive heavy lifting.

Platelet-rich plasma therapy, sometimes called PRP therapy, attempts to take advantage of the blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

Although not considered standard practice, a growing number of patients are turning to PRP injections to treat an expanding list of orthopedic and sports medicine conditions, including osteoarthritis and tendinopathy.

It is most commonly used for knee osteoarthritis but may be used on other joints such as the hip. It may also be used for long-standing tendon degeneration that has not responded to other intervention.

The thoughts currently on PRP are that it may help to:

- Reduce pain
- Improve joint function
- Possibly slow, halt, or even



Platelet-rich plasma therapy may be a beneficial adjunct to a comprehensive plan from your sports medicine team. PHOTO: BLYJAK

repair damage to cartilage

So, what is it?

Basically, we take a sample of your own blood and spin it down to extract the platelet rich plasma – the liquid component of blood. It is made up of mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

Platelets alone do not have any restorative or healing properties; rather, they secrete substances called 'growth factors' and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

The research

Several good quality trials are emerging showing a trend with patients undergoing PRP injections for knee osteoarthritis having reduced pain at three, six

and 12 months post injection when compared with placebo or other therapies.

Some MRI studies have even shown a halt in the progression of further cartilage.

In the clinic

While there is no silver bullet therapy that works for every joint or tendon problem, increasingly we are seeing the benefits of PRP for arthritic hip and knee patients who want to remain active.

Last week I received an email and phone call from a 55-year-old avid tennis player with hip arthritis who was so thrilled he wanted to shout from the rooftops after his PRP. He was completely pain free and back playing tennis and golf. His story is becoming increasingly common.

With tendinopathies, however,

CONTACT KATE

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

Website:
www.theproclinic.com.au

the mainstay of treatment revolves around load management (reducing training load), increasing tendon strength and shockwave therapy. I will consider PRP when other methods have failed in longstanding tendon problems.

Staying active as we age is critically important, not just for cardiovascular well-being, but for bone health, joint health and mental health. PRP may be a beneficial adjunct to a comprehensive plan from your sports medicine team including strength training, activity modification, medication and rehabilitation to keep you active and achieving your goals.



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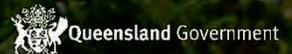
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Anthony Fong will ride his bike from Melbourne to Mooloolaba in support of Destiny Rescue.

PHOTO: CONTRIBUTED

Helping was his 'Destiny'

Grant Edwards

Grant.Edwards@news.com.au

STARING death in the eye inspired a new life for Brisbane's Anthony Fong.

While in Thailand during 2008, a truck collided with a tuk-tuk in which Anthony was travelling.

Left with multiple screws and plates in his left eye socket, Anthony returned to Australia with a new outlook.

"It was a sign to wake up and there was more to life than drugs and partying," he said.

"It was a fake world.

"I got back and spoke to one of my mates. I distanced myself from a lot of my friends, then met my wife and she put me on the straight and narrow as well."

That was the beginning of a selfless existence which has turned full circle.

Currently preparing for a fundraising ride from Melbourne to Mooloolaba this month, Anthony is making the journey to support 'Destiny Rescue' – an organisation dedicated to saving children from sexual exploitation and slavery.

Only six weeks ago Anthony joined a rescue in Thailand where he went into "the belly of the

beast" to help rescue children.

"It was an emotional roller-coaster," he said.

"Until you are there on the doorstep of what's going on ... it was a big awakening to life in a way. Here in Australia we are so lucky, and you head over there and it's just the way of world.

"In a way it's normality whereas we look at it as 'how can that ever happen'.

"The hardest thing is coming back to Australia. Working in the hospitality industry, you always see people being rude or asking for something in a rude manner. You just think 'you have nothing to be rude about'."

Given Australia helps fuel the exploitation of children, with men heading overseas to visit brothels with young girls, Anthony believes the ride is a great vehicle to spread his message.

"It's a scourge on modern society. Millions of children around the world are trafficked or trapped in sexual exploitation with little hope for freedom. We bring freedom. We shine a light in the darkness," he said.

Anthony is hoping to make the ride an annual event, where participants can undertake the

ROAD TO HAPPINESS

Melbourne to Sydney

Day 1: Sunday 13/8/17 - 106km, Melbourne Central to Seymour.

Day 2: Monday 14/8/17 - 97km, Seymour to Benalla.

Day 3: Tuesday 15/8/17 - 116km Benalla to Albury.

Day 4: Wednesday 16/8/17 - Day off.

Day 5: Thursday 17/8/17 - 63km Albury to Holbrook.

Day 6: Friday 18/8/17 - 116km Holbrook to Gundagai.

Day 7: Saturday 19/8/17 - 100km Gundagai to Yass.

Day 8: Sunday 20/8/17 - 88km Yass to Goulburn.

Day 9: Monday 21/8/17 - 78km Goulburn to Bowral.

Day 10: Tuesday 22/8/17 - 114km Bowral to Sydney.

Day 11: Wednesday 23/8/17 - Day off.

Sydney to Mooloolaba

Day 12: Thursday 24/8/17 - 157km Sydney to Newcastle.

Day 13: Friday 25/8/17 - 155km Newcastle to Foster.

Day 14: Saturday 26/8/17 - Day off.

Day 15: Sunday 27/8/17 - 132km Foster to Port Macquarie.

Day 16: Monday 28/8/17 - 51km Port Macquarie to Kempsey.

Day 17: Tuesday 29/8/17 - 111km Kempsey to Coffs Harbour.

Day 18: Wednesday 30/8/17 - 139km Coffs Harbour to Mororo.

Day 19: Thursday 31/8/17 - 103km Mororo to Byron Bay.

Day 20: Friday 1/9/17 - 66km Byron Bay to Tweed Heads.

Day 21: Saturday 2/9/17 - 112km Tweed Heads to Southbank.

Day 22: Sunday 3/9/17 - 102km Southbank to Mooloolaba.

whole journey, or join the Melbourne to Sydney or Sydney to Mooloolaba sections.

This year's Road to Happiness ride will set the foundation for the future.

"I'm not an endurance athlete. I never was, I was always at the gym and people used to give me grief that I had no engine," Anthony said. "I thought 'what could I do to challenge myself and make an impact'. The first time on a long ride I cramped on my calves and quads. Random

cyclists were rubbing my legs.

"Second time the same thing. I was thinking this cycling game is not for me. Then I started smaller.

"I started with 30km, 40km and then bigger kilometres."

He's been training for months, and will have a ceremonial departure from the Melbourne Storm home game against the Sydney Roosters on August 12.

Cycle Zone Mooloolaba is providing assistance for the journey, supplying equipment and mechanical supplies.

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THE DIVERGE COMP HAS BEEN DESIGNED FROM THE BOTTOM-UP TO BE A FULLY-FLEDGED EXPLORATION MACHINE. BUT NOW, IT'S ALSO EQUALLY ADEPT AT CRUSHING DIRT CLIMBS AS IT IS TO CRUISING TO THE COFFEE SHOP OR HOPPING INTO A LOCAL GROUP RIDE



SPECIALIZED ROUBAIX ELITE \$3800
THE SUPER-LIGHT FRAME HAS BEEN CONSTRUCTED FROM OUR FACT 10R CARBON FIBRE. ITS STIFFNESS LEVELS ARE ALSO OFF THE CHARTS, AND COMPARED TO THE SL4 ITERATION OF YESTERYEAR, YOU'LL EXPERIENCE A WHOLE NEW, FASTER, AND MORE EFFICIENT GEOMETRY.



SPECIALIZED TARMAC EXPERT SL6 \$5000
FURTHER IMPROVED OUR RIDER-FIRST ENGINEERED™ TECHNOLOGY TO ENSURE THAT THE NEW TARMAC IS STIFF AND COMPLIANT IN EXACTLY THE RIGHT PLACES. WITH THIS REVAMP, WE ALSO UPDATED THE GEOMETRY, BASING IT ON COUNTLESS RETUL DATA POINTS AND PROFESSIONAL RIDER INPUT.



SPECIALIZED FUSE 650B+/29ER \$1400
WE LIKE TO CALL IT THE ULTIMATE TRAIL HARDTAIL, AND WITH OUR 6FATTIE WHEEL/TYRE SYSTEM, THIS BECOMES MORE THAN JUST TALK. ITS 650Bx3.0" TYRES PUT OUT MORE TRACTION, MORE FLOTATION, AND BETTER HANDLING WITHOUT SACRIFICING ANYTHING TO EFFICIENCY ON CLIMBS. THE FRAME ALLOWS TO SWITCH BETWEEN 650B AND 29ER WHEELSETS



SPECIALIZED CHISEL EXPERT X1 \$2600
GIVEN ITS LIGHTWEIGHT AND ULTRA-STIFF CHARACTERISTICS, M5 ALUMINIUM WAS THE NATURAL CHOICE FOR THE FRAME'S CONSTRUCTION. AND WHEN COMPLEMENTED WITH OUR SPEED-FOCUSED XC 29 GEOMETRY, D'ALUISIO SMART-WELD TECHNOLOGY, AND INTERNAL CABLE ROUTING, YOU GET A BIKE THAT COMPROMISES NOTHING.



SPECIALIZED EPIC COMP CARBON \$5200
THE NEW EPIC ALSO GETS A SERIOUS UPGRADE IN THE STIFFNESS DEPARTMENT. THE RIDER-FIRST ENGINEERED™ TUBES PLACE COMPLEX CARBON PIECES IN ALL THE RIGHT PLACES, WHICH GREATLY INCREASES STIFFNESS IN THE FRONT END FOR A VAST IMPROVEMENT IN RIDE QUALITY AND CONTROL.



NEW!! CYCLEZONE PURIST BIDONS



SPECIALIZED STUMPJUMPER COMP CARBON 29/6FATTIE \$5200
RIDING TRAIL REQUIRES A BIKE THAT CAN DO IT ALL WITH EASE, TAKE SOME HITS, AND BE READY TO COME BACK FOR MORE. AND WHEN IT COMES TO THIS, NOTHING OUTPERFORMS OUR STUMPJUMPER COMP CARBON 29/6-FATTIE. AGGRESSIVE GEOMETRY TO COMPLEMENT THE 29-INCH WHEELS THAT FEATURES RIDICULOUSLY SHORT CHAINSTAYS, A ROOMY TOP TUBE, A LOW BOTTOM BRACKET, AND A SLACKED OUT FRONT END.

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Endurance race proves popular

RIDERS enjoyed an action-packed morning at the Bushrangers Mountain Bike Club's three-hour cross country enduro at Dulong on Sunday.

Hosted on private property, the event saw New England MTB Club's Ben Harris secure overall honours with 24 laps in the allotted time. Fraser Coast rider Todd Anderson was about five minutes behind.

The event saw the Bushrangers put their new timing and PA equipment to the test, attracting more than 20 competitors in A, B and C-grade.

The success of the weekend's event will lay the foundation for future races.



Cyrus Kimball gets some frequent flyer points.

PHOTOS: DAVID HARBUTT AND ROB MACDONALD



Peter Brown.



Makybe Gates in action during Sunday's endurance race.



Kate Lehmann.

FINISHERS

Bushrangers 3HR Endurance

- Ben Harris Male 40-44 24
- Todd Anderson Male 25-29 24
- Rowan Green Male 30-34 23
- Andrew Head Male 45-49 23
- Royce Vandeleur Male 25-29 22
- Antony Boyd Male 40-44 21
- John Russell Male 50-54 20
- William Newton Male 35-39 18
- Robert Bell Male 30-34 18
- Paul Holmberg Male 35-39 18
- Shane Miles Male 45-49 18
- Craig Pearson Male 30-34 18
- Damian Parker Male 45-49 18
- Kate Lehmann Female 40-44 17
- Miles Thomas Male 35-39 17
- Geoffrey West Male 35-39 16
- Cyrus Kimball Male 15-19 16
- Jens Clemmensen Male 50-54 15
- Jo Brooker-Clark Female 40-44 15
- Kyle Kimball Male 45-49 14
- Paul Nogueira Male 40-44 14
- Lloyd Gray Male 45-49 12
- Ian Brooker-Clark Male 40-44 12
- Nick Gates Male 50-54 10
- Makybe Gates Female 10-14 10
- Tyler Brown Male 20-24 8
- 11:39:20.39
- Christopher Hay Male 20-24 6
- Peter Brown Male 45-49 3



LEFT: Royce Vandeleur.

RIGHT: A-grade winners Todd Anderson (left) and Ben Harris.





Setting off from Mudjimba Beach on Friday are the The Moffat Mums of Jane Chapman, Anna Clarke, Beth McKeown and Carlie Mullar completed the 30km course in 5:47:51. PHOTOS: PATRICK WOODS

Coast walk raises \$960,000

THEY started early, some before dawn.

There were those who didn't finish until after dark.

It was a long hard day for more than 1600 trekkers who walked between 30km and 60km along our fabulous coastline but it proved worthwhile raising more than \$960,000 for the Fred Hollows Foundation.

The inaugural Wild Women On Top Sunshine Coastrek held last Friday delivered for an organisation that restores sight to the world's poorest people to end avoidable blindness.

Trekkers, including Olympic gold medallist Libby Trickett, made up teams of four, each raising at least \$2000.

They left either from Dicky Beach at 6am or Mudjimba from 8am to cover 60km or 30km walks to the Noosa Woods finish line.

The fastest 60km team was Kristin Esler, Bec Tweedy, Ann Karyn Fraser and Lucy Reid, who made it to the finish in 8:49:57.

About five minutes behind the victors were Amelia Robinson, Andrea Markey, Alison Walsh and Cathy Hoy, while the third place team of Sue Havers, Gail Murphy,

Julia Matthews and Loretta Smith were a further hour behind.

The mixed team featuring Kara Chudleigh, Craig Chudleigh, Karen Boorer and Andrew Boorer were fastest in the 30km event, crossing the finish after 3:28:35.

Finishing second were the Brisbane crew of Vanessa O'Sullivan, Rachel Wilkinson, Angela Richardson and Belinda Rennick, while the Sunny Coast Trail Chix of Tracey Devenish-Meaures, Lauren Dawson, Alyson Webster and Tina Houtsma were third.

Established by the late Professor Fred Hollows and Gabi Hollows in 1992, the foundation has already restored sight to more than two million people.

"There will be plenty of people with sore legs, but I hope they will wear any aches and pains with pride because every step they've taken today has helped change lives by giving back sight," Gabi said.

"In some countries the foundation can restore sight for as little as \$25, so imagine the impact more than \$900,000 can make."

You can still support this year's Sunshine Coastrek teams at www.sunshine.coastrek.com.au.



Coastrek wild women on top raise money for the Fred Hollows Foundation at Mudjimba Beach.



Helen Vaccaneo (centre) leads her team at the start.

Athletes get into early training

FOUNDATIONS are being laid for two wannabe long-distance triathletes.

The two winners of Multisport Mecca's Build an Athlete competition, Helen Greenfield and Glenn Petrie, have started training for November's Hog's Hervey Bay 100. That event will see the rookies tackle a 2km swim, 80km cycle and an 18km run.

Teaming with coach Jason Crowther from Atlas Multisports, the pair have undertaken their first sessions and are already on a training program.

Both have also been properly fitted to their road bikes by John Carey of Cycle Zone Mooloolaba – with Helen riding in bike shoes for the first time.

Currently nursing a grazed knee after falling off, Helen said her confidence is building.

"I'm getting there. The initial part is getting my head around the shoes and clipping in...I am definitely feeling better in them."

With a program including training six days a week, Helen has undertaken an 80km ride with the Atlas crew – her longest ride to date.

She has also started undertaking a long run each week of about 20km, aided by a new pair of Hoka One One Claytons through David Chick at Allez Sport.

"I thought I was training hard doing an hour a day. Now I have really taken it up a notch," Helen said.

"I feel surprisingly good. The only thing suffering is my housework and keeping up with the washing."

For Glenn, the major challenges have come in the pool.

A strong runner, he has made early gains on the bike. He too has



Atlas Multisports' Lisa Crowther (centre front) and Casey Munro (back) with Build an Athlete competition winners Glenn Petrie and Helen Greenfield. RIGHT: John Carey fits Helen with her new shoes.

undertaken a fit with Cycle Zone, and recorded a personal best recently of posting an average speed of 30kmh over 40km.

But he is training hard to overcome his struggles in the pool, working closely with swim coach Casey Munro.

"I'm a lot fitter and I have lost 5.5kg since June," he said.

"Training has just become a part of my day."



Preparations begin for sixth annual Mountain View Challenge

LIONS Club of Maleny Blackall Range Mountain View Challenge is on again for its sixth year.

The annual event has attracted runners from all over south-east Queensland as well as schools entering teams of pupils and parents.

Last year more than 220 runners, from the experienced athletes competing in the half marathon to primary school students entering the 3km run.

The event raises funds for Childhood Cancer Research, a disease close to the heart of many families throughout Australia.

Research is ongoing and needs support to battle a cure for this dreadful disease.

The Mountain View Challenge is being held on Sunday, October 15, at the Maleny Showgrounds. There is a half marathon (21.1km), a 10km, 5km and 3km runs and a 3km family walk.

Half marathon, 10km and 5km routes follow the edge of the Blackall Range overlooking the magnificent Glass House Mountains. Past participants have marvelled at the picturesque route and have acknowledged it as the best in south-east Queensland.

The 21.1km event has challenged athletes who say its undulating route is the best they have run and the most competitive.

The shorter events have attracted both seasoned athletes as well as school pupils from as far afield as Caloundra.

The 3km event last year saw the Caloundra City Private School winning the schools participation trophy with 14 students competing. They will again be back to defend the title this year.

There is prize money for the half marathon, 10km and 5km runs

with the main focus of the 3km event being for primary schools to put in a team to compete for the participation trophy for their school.

The school with the most participants wins the trophy for their cabinet for the year.

There is also a teams trophy and prize money for the 10km event with the team with the lowest aggregate times for the first three runners across the line.

Full details and online registration are available at malenyblackallrange.qld.lions.org.au/projects/mvc

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Scaling new Pomona records

■ Steele Taylor

RUBY Muir had never set foot on the upper slopes of Mt Cooroora before last month but that didn't stop her from smashing the women's record in winning the iconic Queen of the Mountain race.

The 26-year-old from Wellington covered the 4.2km course in 27min49sec, to beat Ashild Hrige (29.29) and local schoolteacher Leslie Saunders (32.33), who was attempting to snare her third title in as many years.

"It was my first time up there so it was all a bit of surprise," Ruby said of the steep and rocky route.

"We only saw it on Saturday (when) I kind of walked up the base but I hadn't seen the top half."

The renowned trail and mountain runner was impressed by the 446m peak at Pomona and the test it posed.

"Once you reach the top you've got pretty bad jelly legs so the first part of the descent felt a bit dodgy but I got my rhythm after a little while.

"I love these kind of races where it's really rough. It's great that there's runs up mountains like this and so many people want to do it."

She bettered the seven-year mark of Maree Stephenson's by 28 seconds to snare the fastest time by a female on corrected time – there have been changes to the course during the event's 29-year history.

Ruby has one eye on the New Zealand 10km national championships later this year.

Leslie would have like to have stopped the clock earlier.

"Ruby is just all class ... I was third and I am quite happy with that, I just wish I had a better



Pomona King of the Mountain winners Mark Bourne and Ruby Muir.

PHOTOS: WARREN LYNAM



And they're off in the race up the mountain.



Leslie Saunders.

time," she said.

Meanwhile, Canberra's Mark Bourne defended his King of the Mountain title.

The 33-year-old won in 24min37sec, ahead of Ben Duffus (24.50) and Daniel Jones (25.22).

"This is such a unique challenge

here. The Pomona King of the Mountain Festival has a great atmosphere," he said.

"There are very few races like this where you are able to finish off with such a big crowd cheering you on."

Mark will now turn his attention

back to the Vertical World Circuit, after winning series races in Seoul and Taipei.

The next event is at the Sydney Tower.

He's eager to race again in Pomona next year.



Ultra runner Jamie Milne.

PHOTO: JOHN MCCUTCHEON

Jamie makes 165km journey for dementia

JAMIE Milne pulled up short of his goal to run 200km around the Sunshine Coast without a break on the weekend – but not by much.

By the time his body had had enough after completing a "fun run" with members of his Warana gym, he had already covered 165km after he started at 6am the previous day.

Jamie said he had eventually been worn down by niggling aches and pains that he didn't want to further aggravate ahead of a planned 1800km run through

Western Australia in September.

The ultra marathon man had been on his feet for more than 24 hours when he pulled out at the 165km mark after running from Warana to Mooloolaba, Alexandra Headland, Maroochydore, Bli Bli, Nambour, Mapleton, Kenilworth, Conondale, Maleny, Landsborough and back to Warana on the crazy challenge.

"I'm a bit broken and have definitely been spat out the back," Milne said as he headed for bed.

"I ran four-and-a-bit marathons and did my best. "The hills into

Maleny took a few casualties.

"A few of the support runners (and nearly me) were dropping like flies.

"It was character building."

The marathon run has helped raise awareness of dementia and funds for research through his Many Miles for Mary charity.

Milne had labelled it the Me Against Me Non Stop Run for dementia awareness but he was helped during his long hours on the road by teams of runners who kept him company during different stages.

The latest and greatest...



For the higher mileage runner looking for structured cushioning and support, the Asics GT-2000 5 shoe features a FluidRide Midsole for exceptional bounce-back and cushioning. An added stitch-down toe cap enhances durability and forefoot support. Available now at Allez Sport Mooloolaba, RRP \$199.95.

It only takes one bike ride to realise saddle discomfort is unwanted. Soreness, chafing and pain are undesired side-effects of frequently riding a bicycle, but they don't have to be. The Assos Women's Chamois Creme has been formulated specifically to soothe women's sensitive skin. Available now at Cycle Zone Mooloolaba, RRP \$20.



Cycle Zone Mooloolaba currently has 25% off all tubular Zipp wheels. Catch up with the team in store for full details.

New in store at Allez Sport: Engineered for maximum efficiency and energy return, meet Brooks' lightest and fastest road shoe, the Hyperion. The racing flat for a neutral runner, the Hyperion is packed full of features such as the forefoot propulsion pods to maximise every effort and BioMoGo DNA midsole for a cushioned ride all race long. RRP\$199.95.



With Dynamic Fit technology and ultra-lightweight mesh, the Nike Zoom Rival S 8 Unisex Sprint Spike is ideal for short distances, hurdles and jumping events. A soft sockliner contours to the shape of your foot for ultimate comfort, while a rigid Pebax plate and seven strategic spike receptacles provide custom traction. Allez Sport has them in stock, RRP \$100.



The Specialized Diverge Comp has been designed from the bottom-up to be a fully-fledged exploration machine. But now, it's also equally adept at crushing dirt climbs as it is to cruising to the coffee shop or hopping into a local group ride. And while it might sound cliché in a landscape of bike claims chocked full with hyperbole, the Diverge Comp truly is one bike that does it all. With a completely redesigned frame, the new Diverge is more capable than ever. And with the constant goal to best meet your needs, Specialized took your number one request into account — tyre clearance. Check out the Comp version at Cycle Zone Mooloolaba, priced from \$4000.

Anyone keen for the inaugural Frog Challenge on Saturday? The swimrun format is coming to the Sunshine Coast and organisers are offering a 15% discount to Mecca readers. Just use "FROG" at the checkout to receive the discount.



Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
August 5	Frog Challenge	Swimrun comes to the Sunshine Coast. Swim legs 10, run legs nine, longest run 3km, longest swim 500m, total swimming - 3km, total running - 16km, total distance about 19km.	Mooloolaba	www.frogchallenge.com
August 4-6	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	https://www.eventbrite.com.au/e/hells-bells-adventure-race-2017-tickets-32493123808?aff=es2
August 6	Cycling Interclub Series round three	Sunshine Coast up against Hamilton Wheelers Cycling Club and University of Queensland Cycling Club in a three-race series. Men's A-grade 60min, men's B-grade 50min, women's A/B-grade 45min, men's C-grade 40min, women's C/D-grade 35min, men's D-grade 30min. Race staged at Skippy Park.	Landsborough	www.scccracing.wixsite.com/sccc
August 6	Bushrangers MTB Club Sugar Bag Community Ride	Monthly community ride that welcomes and introduces new riders to the club. All riders must have insurance coverage. If you do not have insurance then you may sign up to the MTBA free 8-week trial membership. From 7.30-11am at Sugar Bag Rd, meet at the car park at the Caloundra Aquatic & Lifestyle Centre Grade 3.	Caloundra	www.bushrangers.org
August 12	Adventure racing skills clinic	Get the lowdown on navigation and gear, paddling, mountain biking and trail running. BYO all your adventure gear (including mini first aid kit), mountain bike equipment, compass (map-board would be beneficial if you have one), backpack sufficient to carry shoes for foot nav and food/drink during sessions, hydration/nutrition for all sessions. Paddle craft and equipment will be provided. Book triadventure@optusnet.com.au .	Noosa	www.triadventure.com.au
August 12-13	Noosa Strade Bianche	The Noosa Strade Bianche pays homage to the 'golden age' of cycling. In the vein of the famed L'Eroica in Italy, Noosa Strade Bianche is strictly for steel framed cycles with downtube shifters (or bar-end shifters). As a celebration of the steel framed cycle, there is no restriction on age of the frame set. The Saturday includes a 33km Piccolo Fondo and a swap meet, while on the Sunday there are 162km Imperial Century with about 2400m of climbing, 137km Gran Fondo and 82km Medio Fondo options.	Noosa	www.noosa-stradebianche.com.au
August 13	Wide Bay Mountain Bike Series	Four-round cross-country mountain bike series. Race three features three-hour race of cross country riding.	Fraser Coast	www.facebook.com/WideBayMTB
August 13	Bushrangers MTB Club Parklands Ride	Starting from the Bruce Highway side/Radar Hill Road car park. Split up into two groups, grade two ride and grade three ride. Ride from 7.30-11am.	Bli Bli	www.bushrangers.org
August 13	Twin Waters Urban Adventure	Second race of the three-race series, which includes two urban adventure races, and one urban/street rogaine. Expect to paddle 1-2 km (on stable sit-on kayaks; lakes/canals and rivers). Ride 20-25 km (on mostly flat bike paths, with off-road options). Run 8-10 km (flat running, with trail options). How far you paddle, ride or run will depend on how you plan to attack the checkpoints. Registration 7am, race from 8am.	Twin Waters	www.xciteadventureracing.com.au
August 13	LifeFlight Tour de Rescue	Ambassador Robbie McEwen will ride with participants departing from North Brisbane to Maroochydore. The 155km route winds its way through the northern outskirts of northern Brisbane and making its way past the Glasshouse Mountains then onto the Blackall Range, Montville and Mapleton, before descending to the LifeFlight base at Maroochydore, not far from the foreshore of the pristine coastal village of Mudjimba.	Brisbane to Maroochydore	www.tinyurl.com/LFTDRregio

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
August 16	Bushrangers MTB Club Parklands Night Ride	Riding the Parklands novice track with a few others in the mix. Ride from 6-8pm. Meet at Radar Hill Road, Kulangoor, grade three.	Kulangoor,	www.bushrangers.org
August 17	Run Nation Running Film Festival	Australia's "Running focused" film festival is coming to a city near you. In conjunction with 7 Sunshine Coast Marathon the line-up features two hours of captivating, fast-moving and emotive short films, many of them never been seen before. The contents are carefully curated with mesmerising cinematography and thought-provoking storylines, featuring heart-pounding races from the point of view of the elite through to the "back of the pack" runners.	Birch Carroll and Coyle, Sunshine Plaza	www.runnation.com.au
August 18	Running with the Stars	An inaugural event not to be missed. Teams of four Sunshine Coast celebrities will battle it out at the Alexandra Headland Surf Club for the honour of being named the inaugural 7SCM Star Runners. Join the crowd and cheer on your favourite team as they complete a 4x500m course. Stick around for post-race selfies and signatures from all your favourite runners including our Super Netball 2017 champions, the girls from the Sunshine Coast Lightning.	Alexandra Headland	www.sunshinecoastmarathon.com.au
August 20	7 Sunshine Coast Marathon and Community Running Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore. This year's half marathon has a one-loop course.	Alexandra Headland	www.sunshinecoastmarathon.com.au
August 20	Rainbow Beach Trail Run	Trail runs through Rainbow Beach/Cooloola National Park with distances of 11km, 21.1km and 42.2km starting at Phil Rodgers Park.	Rainbow Beach	www.runqueensland.com
September – whole month	Love to Ride	Love to Ride is all about showing more people how easy and enjoyable cycling is. If you love to ride, then let's spread the love. The challenge is back to get more people riding on the Sunshine Coast, and the competition is returning this September with more prizes and more friendly competition, and a new challenge format. Earn points for every person you encourage to ride and for every ride you log.	Sunshine Coast	www.lovetoride.net
September 2-3	Rainbow Beach Double Triathlon	Two triathlons in two days. On the Saturday is active kids from 2pm, and then the active first timers at 2.30pm. Race one (750m swim/20km bike/5km run) starts 3.30pm. On the Sunday, the race starts at 7.30am (750m swim/20km bike/5km run). The two events are combined to give an 'Olympic' distance time. Competitors can do one or both races.	Rainbow Beach	www.rainbowbeachtriathlon.com.au
September 2	Adventure racing skills clinic	Get the lowdown on navigation and gear, paddling, mountain biking and trail running. BYO all your adventure gear (including mini first aid kit), mountain bike equipment, compass (map-board would be beneficial if you have one), backpack sufficient to carry shoes for foot nav and food/drink during sessions, hydration/nutrition for all sessions. Paddle craft and paddling equipment will be provided. Bookings essential, email triadventure@optusnet.com.au .	Noosa	www.triadventure.com.au
September 3	Maroochy River Paddle	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. Paddlers use any craft including: racing 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

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
September 9-10	Glasshouse Trail Series – Glasshouse 100	Options include 100 mile, 100km, 50km, 30km and 11km trail run in the Glasshouse Mountains. The terrain varies from easy gravel road to rough, steep singletrack.	Beerburrum	www.glasshousetrailseries.com
September 10	Ironman 70.3 Sunshine Coast	Half-Ironman distance triathlon, featuring a 1.9km swim off Mooloolaba Main Beach, two-lap 90km bike route along the Motorway and also some hinterland aspects, and two-lap 21.1km run course from Mooloolaba to Maroochydore.	Mooloolaba	www.ironman.com
September 17	Mt Cooroora Endurance Challenge	The Mt Cooroora Endurance Challenge is a 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples.	Pomona	www.mtcoorooraendurancechallenge.com
September 24	Skippy Park Criterium	Sunshine Coast Cycling Club criterium racing at Skippy Park.	Landsborough	www.scccracing.wixsite.com/sccc
September 24	Mountain Bike Orienteers State Series	Round nine of the State Series. Using specially produced maps, riders navigate their way along roads, tracks and trails to control markers (checkpoints). Course lengths vary from 5km to over 40km.	Beerburrum	www.mtbo.com.au
September 24	Coolum Triathlon	New triathlon event at Coolum’s industrial estate. Sprint Distance Triathlon: 750m swim, rectangle course. 20km bike course 4x5km laps on bike leg. 5km run; 2.5km out and back course on run. Enticer distance: 400m swim. Rectangle course. One lap. 15km bike course; 3x5km laps. 2.5km run, one lap. Kids: 200m swim, rectangle course, one lap. 5km bike course, one lap. 500m run.	Coolum	www.triathlon.org.au
October 7-15	Sunshine Coast Bike Week	Celebration of riding, with a range of events for participants of all ages and abilities staged by Sunshine Coast Council.	Sunshine Coast	www.sunshinecoast.qld.gov.au
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	www.sccyclefest.com.au
October 8	Metrogaine	Queensland Rogaine Association hosts Metrogaine at Caloundra. Instead of getting checkpoints, answer questions about the area’s key landmarks.	Caloundra	www.qldrogaine.asn.au
October 12	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
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	www.malenyblackallrange.qld.lions.org.au/projectsmvc
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 30 km of mountain biking, 8 to 15 km trail running/trekking and 1-3 km of kayaking/swimming/paddling (water discipline). There may be multiple legs of each discipline.	Sunshine Coast	www.triadventure.com.au
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	www.msswimathon.com.au
October 18	Ride2Work Day	Ride2Work Day is an annual national event that promotes cycling to and from work.	Sunshine Coast	www.sunshinecoast.qld.gov.au
October 19	Thursday Night Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race one.	Caloundra	www.scccracing.wixsite.com/sccc
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

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Upcoming Sunshine Coast events

Send us your events:
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Date	Event	Distance	Location	Website
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	There are a number of categories available to suit all levels of experience. Riders will have a noncompetitive liaison stage between each of the timed sections. Results will be based on the total cumulative time across the stages. The lowest time in each category will be the winner. Practice available on the Saturday, February 25.	Garapine	www.emsaustralia.net.au
September 24	Giraween Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	www.scccracing.wixsite.com/sccc
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
November 4	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	www.noosatri.com.au
November 5	Noosa Triathlon	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	www.ap.ironman.com
November 9	Thursday Night Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race two.	Caloundra	www.scccracing.wixsite.com/sccc
November 11	Urban Street Rogaine	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 Maroochydhore 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 Maroochydhore	www.xciteadventureracing.com.au
November 18	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	www.worldserieswims.com.au
November 18	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	www.qldtriseriess.com.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
November 18	Barge2Beach	The inaugural Kingfisher Bay Resort Barge2Beach is an open water swim. Up to 200 swimmers will take a barge to a location 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, when swimmers work their way back to the shore.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 18-19	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	www.hb100.herveybaytriclub.org.au
November 19	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	www.qldtriseries.com.au
November 30	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
December 3	Sunday Morning Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
December 14	Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race three.	Caloundra	www.scccracing.wixsite.com/sccc
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	www.buderim9.com.au
December 31	New Year's Eve Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	www.scccracing.wixsite.com/sccc
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	www.worldserieswims.com.au
February 10, 2018	Caloundra Open Water Swim	Staged ahead of the Queensland Tri Series, the swim options are 500m, 1000m and 1500m.	Caloundra	www.qldtriseries.com.au
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	www.qldtriseries.com.au
February 24-25, 2018	Mooloolaba Mile Ocean Swim	In 2018, the program of events will expand with some new distances, held over two days at Mooloolaba Beach. One Mile (1.6km) is the most popular open water distance around the globe for a reason - it's well within reach for beginners and a great time trial for experienced swimmers. The program now includes a 3km course. Package entries are available to swim both. Also half mile (800m), as well as junior 300m and 800m races.	Mooloolaba	www.worldserieswims.com.au
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	www.ap.ironman
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	www.ap.ironman.com
April 28-29, 2018	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	www.trextriathlon.com.au