

Sunshine Coast Daily

# Multisport MECCA

June 21, 2017



## Building initiated

Glenn Petrie and Helen Greenfield win ultimate triathlon competition

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# Athlete construction to begin

PARENTS Helen Greenfield and Glenn Petrie are ready to go back to school.

The pair are winners of Multisport Mecca and the Sunshine Coast Daily's Build an Athlete competition, where they will learn the ropes of long-course triathlon.

Helen, a 36-year-old qualified chef with two children, and Glenn, 40, who owns a lawn mowing business and also has two children, have landed the ultimate long-course triathlon prize.

Over the next five months they will be trained by Atlas Multisports, be provided chiropractic support from Hendrey Chiropractic, gain a state-of-the-art bike fit by Cycle Zone Mooloolaba and receive a complete race kit from Allez sport.

Then in November, they will receive free entry to the Hog's Hervey Bay 100 triathlon.

Helen could hardly contain her excitement when awarded the prize. While working in a health food cafe at Cotton Tree, she is new to the world of fitness.

"Two and a half years ago I was overweight, so initially exercise was just to aid my weight loss but my gosh it's taken hold of me now," she said.

"It's what I do in every moment of spare time I have.

"I wake up motivated and inspired each day and train in some way, shape or form six days a week."

Helen has become a keen runner, tackling distances up to half marathons, and only recently she upgraded her bike to regularly ride the return journey to work from her Nambour home.

For Glenn, he's keen to stretch himself.

A talented tennis player as a junior, Glenn started running more seriously when he turned 30. Running his first marathon at Canberra in a time of 3:04 "really got me excited" Glenn said.

Honing his running skills over the years, Glenn has run sub-17:30 for 5km and less than 1:20:00 for the half marathon. He and son Mitchell are regular Parkrun participants.

But the other two disciplines are a challenge.

During 2013 he learned to swim properly with the idea of becoming a triathlete.

While Glenn has completed



**Nambour mother-of-two Helen Greenfield has become a fitness fanatic in the past two years, and is the winner of the Daily's Build an Athlete competition.** MAIN PHOTO: CONTRIBUTED

Noosa and Mooloolaba triathlons, they have purely been for fun and he's struggled in the swim and the bike.

"I think I have the mental ability, I just haven't had the expertise," Glenn said.

"I would like to see how competitive I could be. I'll train hard and see what happens. I know what goes on in a triathlon but that's about it."

The Build an Athlete attracted strong competition across both female and male entrants.

Multisport Mecca editor Grant Edwards said the calibre of entrants surpassed expectations.

"There were certainly some tough decisions for our panel of judges," Grant said.

"Taking on the Hog's Hervey Bay 100 is no simple feat, especially for rookie triathletes. We were rapt with the support and level of entries we received which made for some long discussions in finding the eventual winners.

"The number of entrants was testament to Multisport Mecca's supporters...to gain the race entry, full coaching support from Jason Crowther at Atlas Multisports, chiropractic from the likes of David Hendrey and Carmen Atkinson at Hendrey Chiropractic, a tri kit from David Chick at Allez Sport and an all-important bike fit from John Carey and the team at Cycle Zone



**Competition winner Glenn Petrie, and below with his son Mitchell.**



Mooloolaba is the perfect start for anyone wanting to get into triathlon.

"We're remarkably fortunate to have people like this on the Coast who are all awesome athletes in their own right willing to invest back in the sport."

## WINNERS

**Who:** Helen Greenfield and Glenn Petrie.

**The challenge:** Novice athletes will be trained for the Hog's Hervey Bay 100 (2km swim, 80km bike, 18km run) on November 19.

**How:** Training program supplied by Atlas Multisports, professional bike fit by Cycle Zone using the state-of-the-art Retül Muve SL Dynamic platform, chiropractic support from Hendrey Chiropractic, race kit from Allez Sport.

We'll follow the progress of Helen and Glenn throughout their triathlon journey to race day.

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# Help Alex's world champ quest

**Grant Edwards**

Grant.Edwards@news.com.au

FROM early days pushing the pedals, Alexandra Martin-Wallace was hooked.

The 17-year-old Sunshine Coast cyclist has grown to become a multi-national champion and an Australian record holder. Alex is now preparing to wear the green and gold at the world track championships in Italy during August.

Despite her stellar junior performances and rising stature in the sport, there is no funding for juniors representing their country.

Alex is in the final 10 of the Colonial First State Sports Boost program where she can be awarded \$20,000 to support her journey if she wins the lion's share of the public vote.

Alex won gold at March's national track championships in Brisbane where she not only won gold in the under-19 pursuit over 2000m but also broke the junior Australian record in the process.

"I always did lots of different sports when I was younger and after trying out cycling I just loved it and was hooked," she said.

"I love the rush when racing as well as how hard and technical it can be."

Alex enjoys riding both road and track races, but is concentrating on velodrome activities for the next two months in between Year 12 studies, which she hopes will lead her to a chemical engineering career.

"Training varies depending on the competition, but normally there would be around 11 sessions a week, with two sessions on the velodrome and the rest riding on the road or in the gym," she said.

"I love to ride in the hinterland or around Buderim because there



**Sunshine Coast 17-year-old Alexandra Martin-Wallace is in the top 10 to receive funding through the Colonial First State Sports boost program, but needs public support.** PHOTO: CONTRIBUTED

are great roads that are hard for training, are quiet and have great views. I also love to ride with fast bunch rides along the Coast."

Alex was born and raised on Hamilton Island where she started racing triathlon.

After moving to the Sunshine Coast at the age of eight, riding around the Coast (and then eventually on the velodrome), cycling became her first love.

"Alex was always strong in criterium racing which is still her strength today, on and off the road, as well as time trials," her mum Tess said.

"Alex is very easy going and doesn't over analyse anything, so her success has come as a surprise. But she is sensible and grounded, she eats well, sleeps well, trains hard and studies hard

for Year 12. She just has to be very effective with time management."

Tess said they attempt to take her to as many events as possible around Australia, which often means taking time off work, but "some of the pressure has been relieved this year now that she is part of the QAS".

There is no financial support until cyclists turn 19.

"Cycling is different from other sports. If you are the fastest swimmer or runner you move into the Olympic team. The youngest you can be at the Olympics in cycling is 20 because your gears are locked out until you are 19," Tess said.

"So with Alex being 17 and going to the world championships, she has to fund herself. The same applies next year if she makes the

## WORLD QUEST

**Who:** Alexandra Martin-Wallace.

**What:** UCI Junior World Track Cycling Championships, August 23-27.

**Where:** Montichiari, Italy.

**Support:** Alex is in the top 10 of the Colonial First State Sports Boost, vote for her by clicking here <http://bit.ly/2r72tyJ> or to support her via the Go Fund Me page, click here <http://bit.ly/2s72jXq>.

Australian team again."

Support Alex's quest by visiting the Colonial First State Sports Boost, and she also has a Go Fund Me page.

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# From the finale to big dance

**Grant Edwards**  
Grant.Edwards@news.com.au

CAIRNS was supposed to be Tracey Bell's Ironman swansong. "I suppose I'll have to do just one more now," the 50-year-old joked after she finished third in her age group and claimed a spot for the Hawaii Ironman World Championship.

The breakthrough result started with a solid swim in challenging and choppy conditions, followed by a ride where Tracey rode strong yet remained comfortable.

"The bike course is very picturesque, the mix of flats and rolling hills broke up the distance and I felt great throughout the 180 kilometres," she said.

"My coach, Scotty Farrell, had given me some power numbers to work with and I managed to hit those without pushing too hard.

"I got off the bike and was surprised how good my legs felt. I had done Ironman New Zealand in March and my legs had been trashed at the start of the run so to feel so fresh this time put a huge smile on my face."

With plenty of support from the T: Zero training group throughout the course, the registered nurse remained in control throughout the marathon and finished in a total time of 11:30:05.

"With Cairns being a rolling start at no point in the race did I have a clue where I was situated in my age group. But this race was just about having fun and getting to the finish line with a smile on my face for me as it was to be my last Ironman, so to finish third was a pleasant surprise," she said.

"My partner, Jason Reed, had a great race and was waiting at the finish line for me which is really special."

This will be Tracey's first time in Hawaii, and she admitted feeling both excited and daunted by the qualification.

"I'm well aware of what a huge privilege it is to get the opportunity to race there so I am going to absorb every moment," Tracey said.

"As for expectations, personally at the moment I have none other than to cross that finish line. I know I'm in for a tough day no matter what the weather gods bring but nothing will stop me from achieving that."

## Sunshine Coast results Ironman

David Dellow 8:11:33 (Kawana) fifth pro men (49:49, 4:25:51, 2:51:32).  
Callum Millward 8:24:26 (Noosa) 11<sup>th</sup> pro



Tracey Bell having an awesome time competing at Ironman Cairns.

PHOTOS: ANNA MENDES

men (50:08, 4:35:09, 2:54:53).  
Scotty Farrell 9:21:08 (Rosemount) fifth men 35-39 (57:05, 4:57:06, 3:20:52).  
Sean Clancy 9:29:27 (Noosa) 10<sup>th</sup> men 30-34 (56:01, 4:58:57, 3:29:37).  
Scott Koltermann 9:40:55 (Coolum) fourth men 25-29 (01:01:57, 5:02:25, 3:29:07).  
Justin Voss 10:15:48 (Alexandra Headland) 30<sup>th</sup> men 40-44 (1:11:33, 5:16:06, 3:39:29).  
Ryan Rae 10:25:07 (Noosaville) 45<sup>th</sup> men 35-39 (1:00:47, 5:19:41, 3:57:44).  
Jason Reed 10:28:43 (Mountain Creek) 13<sup>th</sup> men 50-54 (1:08:39, 5:22:54, 3:47:59).  
Damon Faint 10:33:40 (Coolum) 43<sup>rd</sup> men 40-44 (53:12, 5:02:36, 4:31:09).  
Ross Cattle 10:31:26 (Mooloolaba) 40<sup>th</sup> men 40-44 (1:09:09, 4:58:38, 4:15:50).  
Paulo Mendes 10:50:21 (Minyama) 52<sup>nd</sup> men 40-44 (68:40, 5:46:34, 3:57:28).  
Mick Farrag 11:16:52 (Maroochydoore) 29<sup>th</sup> men 50-54 (1:08:01, 5:53:35, 4:05:03).  
Tracey Bell 11:30:05 (Mountain Creek) third women 50-54 (1:15:39, 6:03:45, 3:59:53).  
Paul McDonald 11:51:06 (Mountain Creek) 80<sup>th</sup> men 35-39 (1:04:29, 5:50:28, 4:40:53).  
David Anderson 11:51:06 (Noosa) 89<sup>th</sup> men 40-44 (1:04:29, 5:50:28, 4:40:53).  
Nikki Morley 12:01:59 (Sunrise Beach) 19<sup>th</sup> women 35-39 (1:23:07, 6:08:22, 4:19:31).  
Brad Burnett 12:18:11 (Buderim) 101<sup>st</sup> men 30-34 (1:25:15, 5:54:41, 4:45:09).  
Neil Paterson 12:34:18 (Noosa) 31<sup>st</sup> men 55-59 (1:13:22, 6:12:44, 4:56:22).  
Sarah Pye 13:16:34 (Noosa Heads) 24<sup>th</sup> women 35-39 (1:26:43, 6:58:25, 4:39:15).  
Aaron Belsham 13:33:55 (Mooloolaba) 68<sup>th</sup> men 30-34 (1:14:05, 6:26:10, 5:36:14).  
Michael Besser 15:22:16 (Noosa) third men 70-74 (1:34:38, 7:37:13, 5:51:18).

## 70.3

Jarrold Harvey 4:17:55 (Coolum) third men 25-29 (25:34, 2:17:55, 1:28:18).  
Ty Harding 4:32:33 (Woombye) fifth men 40-44 (27:51, 2:24:20, 1:33:40).

Dominic Toole 4:48:16 (Mooloolaba) sixth men 50-54 (28:59, 2:27:28, 1:42:46).  
David Ford 4:48:49 (Maroochydoore) seventh men 50-54 (31:20, 2:33:37, 1:34:51).  
Lucy Bowden 4:49:57 (Sunshine Coast) fourth women 25-29 (28:02, 2:33:34, 1:41:19).  
Ashleigh Hunter 4:45:47 (Beerwah) third women 25-29 (30:55, 2:24:07, 1:43:00).  
Chris Pye 4:57:10 (Noosa Heads) 28<sup>th</sup> men 30-34 (29:42, 2:29:26, 1:49:53).  
Paul Wheat 5:12:52 (Warana) 40<sup>th</sup> men 40-44 (28:33, 2:35:31, 1:58:21).  
David Stallan 5:13:02 (Twin Waters) 42<sup>nd</sup> men 35-39 (30:48, 2:26:21, 2:06:05).  
Norm Marsh 5:14:41 (Moffat Beach) 18<sup>th</sup> men 50-54 (32:17, 2:40:43, 1:51:22).  
Kevin Hammond 5:18:20 (Burnside) 49<sup>th</sup> men 35-39 (32:05, 2:36:34, 1:54:56).  
Jenna Bugeja 5:21:17 (Sunshine Coast) seventh women 18-24 (30:01, 2:55:00, 1:45:47).  
Chloe Kay 5:26:39 (Sunrise Beach) 13<sup>th</sup> women 30-34 (30:07, 2:52:27, 1:55:10).  
Nigel Riseley 5:31:12 (Dicky Beach) 32<sup>nd</sup> men 50-54 (33:08, 2:50:57, 1:57:11).  
Dean Nankivell 5:32:06 (Coes Creek) 17<sup>th</sup> men 55-59 (34:56, 2:46:29, 1:51:12).  
Inna Atkinson 5:35:15 (Buderim) 10<sup>th</sup> women 45-49 (36:06, 2:57:08, 1:52:46).  
Lance Taylor 5:35:46 (Twin Waters) 21<sup>st</sup> men 55-59 (31:24, 2:50:19, 2:01:23).  
Kate Coles 5:38:35 (Sunshine Coast) 19<sup>th</sup> women 35-39 (29:13, 2:51:02, 2:08:35).  
Matthew Coles 5:40:36 (Sunshine Coast) 74<sup>th</sup> men (33:32, 2:45:49, 2:10:30).  
Anna Matthews 5:41:04 (Maroochydoore) 21<sup>st</sup> women 35-39 (35:38, 2:54:22, 1:59:01).  
Natarsha Jazepczyk 5:48:19 (Little Mountain) 19<sup>th</sup> women 40-44 (37:34, 2:57:50).  
Michael Woodruff 5:53:26 (Peregian Beach) 84<sup>th</sup> men 40-44 (33:30, 2:57:33, 2:09:48).



Scotty Farrell finished fifth in the men 35-39 division, but decided not to take his slot to Hawaii.

Vanessa Ng 6:04:44 (Birtinya) 25<sup>th</sup> women 40-44 (34:44, 3:05:51).  
Melinda Rashleigh 6:09:39 (Brightwater) 35<sup>th</sup> women 35-39 (41:01, 3:11:11, 6:09:39).  
Michael Doyle 6:35:38 (Pelican Waters) 68<sup>th</sup> men 50-54 (44:15, 3:25:53).  
Rene Grenfell 6:42:19 (Sunshine Coast) 41<sup>st</sup> women 40-44 (38:51, 3:20:44, 6:42:19).  
Marion Brown 6:49:19 (Sunrise Beach) women 50-54 (34:29, 3:27:25).

# Taking on the world

■ Grant Edwards

NOW is as good a time as any for the Ultraman World Championship according to Sam Cooke.

The Maroochydore firefighter will head for the Hawaii event during the last weekend in November after earning qualification at Ultraman Australia last month. Since finishing 10th overall and first in the defence/emergency services category in the 10km swim, 421km bike and 84km run torture test, there has been little rest for the 48-year-old.

This month he completed the Alice Springs to Darwin ride of about 1450km over eight days, and he's now preparing for the prestigious Challenge Roth full distance triathlon in Germany which encompasses an 3.8km swim, 180km ride and 42km run.

Sam hosted two German athletes while they were on the Coast competing at the Ironman 70.3 World Championship. Those athletes host a training group, and when one of their athletes withdrew, Sam managed to snare a spot in the prestigious event.

"After Challenge Roth I'll have a

couple of quiet weeks," he said. "I'll enjoy it and then come back and start my build for Hawaii and see how that goes."

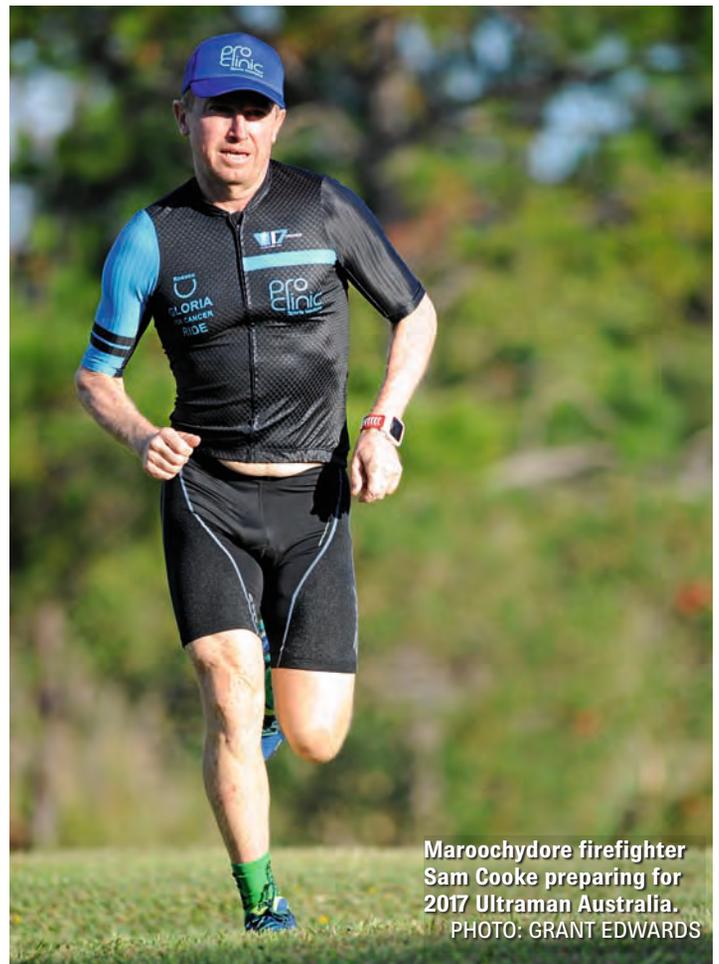
It's been a monumental year for the triathlete. Last July he rode more than 2000km in honour of his mum, Gloria, who passed away after a long battle with cancer.

He then competed at the Hawaii Ironman before driving America's Route 66 in three weeks. That led him to the New York marathon, and he then cycled Cuba. Returning to Australia and undertaking the Christmas training block with Atlas Multisports, Sam did the 700km New Zealand Smiling for Smiddy ride before tackling Ultraman in May.

Coach Nick Croft was even questioning his massive program.

"I dunno what keeps me going. I have a bucket list and I'm just ticking them off," Sam said.

"Really, I'm not the best trainer. You just have to want to do it and have the mindset for it...I just love doing stuff, I love riding and doing stuff with friends that enjoy doing the same thing and meeting new people along the way."



Maroochydore firefighter Sam Cooke preparing for 2017 Ultraman Australia.  
PHOTO: GRANT EDWARDS

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# Trekkers rally for good cause

**Bill Hoffman**  
bill.hoffman@scnews.com.au

GABI Hollows is simply "gobsmacked" at the momentum still being gathered by the organisation formed to carry on her late husband's work.

The Fred Hollows Foundation is much-loved by Sunshine Coast philanthropists large and small who collectively gifted it more than \$600,000 during the past financial year.

Ms Hollows, who was on the Sunshine Coast recently to promote the region's first Coastrek fundraiser for the Foundation, said it had started with a desire to give doctors in poor communities the tools of the trade they needed to restore eyesight.

The Coast event has already raised \$280,000 towards the \$1.7 million goal.

There are currently 32.4 million people globally who are blind. Tragically many of them don't need to be.

The July 28 Sunshine Coast Coastrek has already attracted 1500 walkers who will work in

## TREK SUCCESS

**What:** Sunshine Coastrek.

**When:** July 28.

**Details:** Trek 30km or 60km from Twin Waters or Caloundra to Noosa.

teams of four to cover courses of 60km and 30km in distance.

The 60km field, which covers a course from Dicky Beach to Noosa Woods and includes a Mooloolah River ferry crossing, sold out more than a month ago with 100 teams - all of whom pay an entry fee and are required to reach a \$2000 fundraising threshold.

The 30km course from Twin Waters to Noosa Woods still had vacancies before online entries closed last Friday.

Fred Hollow's vision, that everyone no matter whether rich or poor, should have the right to high quality and affordable eye care, is being fulfilled with the Foundation now working in 25 countries in which sight has been restored to more than two million



**Gabi Hollows, Mindy Belcher, Shannon Harth, Lisa Marshall and Lucy Harth, 3, ready for the big walk.**  
PHOTO: WARREN LYNAM

people. Ms Hollows said Dr Sunduk Ruit of Nepal who was among the first to receive equipment and specialised training from Fred before he died of cancer, has gone on to perform more than 160,000 successful operations.

The Sunshine Coast Coastrek

has attracted entries from Perth, Melbourne, Sydney, Brisbane and this region. Coastrek, run by Wild Women On Top, started in Sydney in 2010 and Melbourne in 2015. Since then more than 22,000 people have taken part.

Visit the event website at [www.sunshinecoastrek.com.au](http://www.sunshinecoastrek.com.au).

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# Women tame wild Geo weather

WILD weather saw competitors pushed to their limits at Mountain Designs GeoQuest adventure race on the Coffs Coast of New South Wales earlier this month.

A strong contingent of Sunshine Coast athletes raced, with the Mountain Designs Wild Women team of Kim Beckinsale, Cass Kimlin, Gina Dunsdon and Alina McMaster the first female team and 12th overall with a time of 23 hours 42 minutes.

Noosa's Alex Austin joined Ali Wright, Liam St Pierre and Paul Elby in team Rogue and they placed sixth overall in 18:33:34.

The Wild & Co line-up of Lukas Cann, Chris Dixon and Lucy Coldwell were 23rd after finishing in 29:14:42.

In the half course, team Cowgirls Tri Adventure with Jan Leverton, Shan McGrath, Abbey Anderson and Kelly-Anne Speight were the first female team and 15th overall with an effort of 18:49:19.

The Noosa Collective team of Sam Blackadder, Patrick Sherwood, Jason Hicks and Dianne Brown were 17th overall in 18:53:45.

An east coast low approaching Sawtell ahead of the start meant the full course was modified and two river paddles were cancelled along with the connecting MTB leg due to potential flood risk.

Hefty swell and bucketing rain made for challenging conditions in the initial surf paddle, with some teams having to abandon the first section due to it being too dangerous.

The event was a massive learning curve for Lucy Coldwell, a former cyclist who has turned her hand to various multisport activities. In her first adventure race they faced many challenges – including missing the first



The Cowgirls Tri Adventure team of Abbey Anderson, Kelly-Anne Speight, Shan McGrath and Jan Leverton. PHOTO: GEOQUEST



Female winners Cass Kimlin, Gina Dunsdon, Kim Beckinsale and Alina McMaster.

PHOTO: MICHAEL PAGE



Chris Dixon, Matthew Gilliman, Lucy Coldwell and Lukas Cann. PHOTO: CONTRIBUTED

checkpoint which meant having to turn around and trek back 10km to avoid a penalty. The constant rain meant it was near impossible to stay dry on the muddy tracks.

"It was gruelling but also so beautiful," she said. "We watched the moon blast out of the sky in

front of us, and as the light appeared through the trees at dawn, steam rising off the leaves in the trees, there certainly was a feeling of peace and contentment.

"We did it, super happy and having had an absolute blast, pushing limits of fear going down

crazy slippery mountain bike tracks, exertion just pushing on for hours and having belly laughs at some funny situations. I felt exhausted but very much alive and ready for more...of course after a warm shower and some hot food."



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# When accidents happen: Top tips for managing the aftermath

**Amber Wang, Senior Associate, Maurice Blackburn Lawyers**

FACED with the reality of a cycling crash or when it's you that's at the wrong end of an incident, would you know what to do at the scene of an accident? Use these tips to ensure you'll know what to do if faced with an accident on Queensland roads.

## Who has to stop and assist after an accident?

If an accident results in injury, damage to any property or worse, road users including cyclists must stay at or near the scene of the accident. Penalties, including imprisonment, can apply if you do not remain at the scene. If you feel threatened and need to leave the accident scene, advise the police of your reason for leaving and new location as soon as possible.

All road users are required to immediately assist an injured person, and make reasonable efforts to obtain medical assistance from emergency services.

## Should I call the police to the scene?

All road users (including passengers, cyclists and pedestrians) can report a crash to Queensland Police Service (QPS). This must be done within 24 hours of the accident if it involves:

- Injury requiring medical attention or worse; or
- A vehicle which is not drivable and is towed away.

You may also call QPS on non-emergency contact lines (see below) to request their attendance if you:

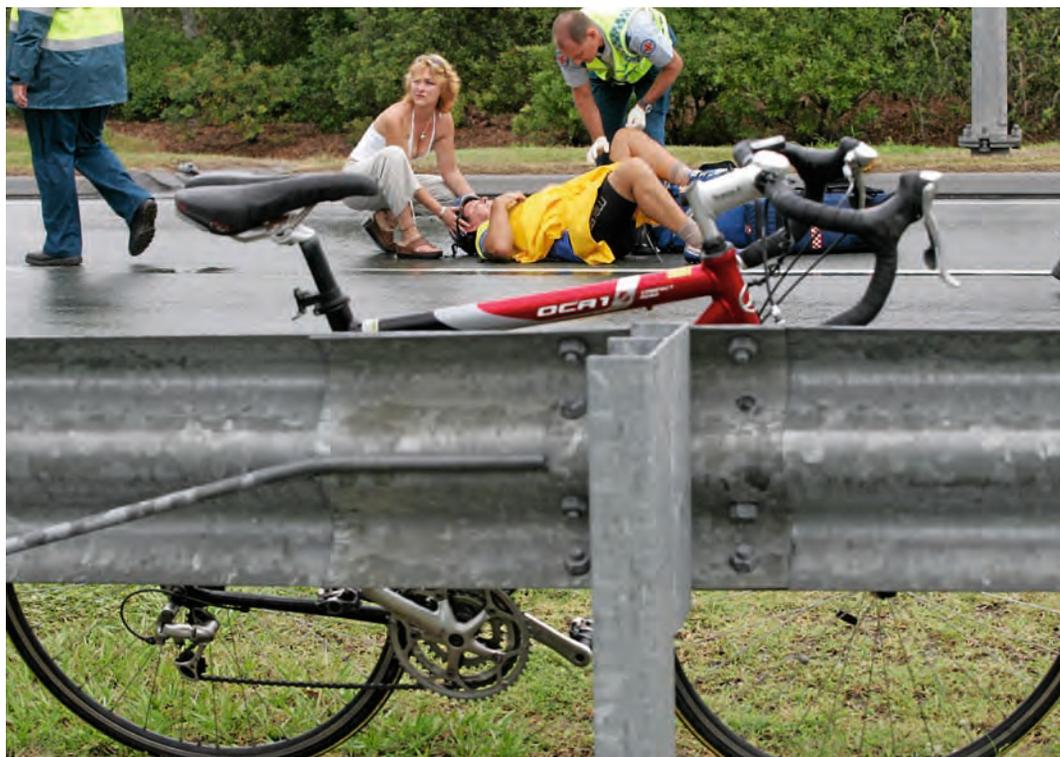
- Cannot organise for the driver to provide the required identification details;
- Suspect the driver: was affected by drugs or alcohol; was unlicensed; has provided false details; and/or suspect the vehicle was unregistered or there are suspicious circumstances around the accident.

## What information should I collect?

If you've been in an accident it's important you obtain the contact details from the driver of the vehicle that struck you, if it's safe to do so.

The driver is required to provide you with the following information:

- Their full legal name and address;
- The name and address of the



All road users are required to immediately assist an injured person.

PHOTO: FILE

owner of the vehicle;

- The vehicle registration number; and
- Any other information necessary to identify the vehicle.

If the driver won't provide the above information, you should call Policelink and the QPS will decide if they need to attend.

You should also try and obtain (although they are not legally required to provide) the following information:

- (a) Their telephone number and driver's licence number.
- (b) The make, model, colour and registration number of the vehicle.
- (c) The telephone number of the owner of the motor vehicle – as the owner of the vehicle may be liable for the driver's negligence.

**TIP:** If the vehicle's registration papers are in the car, the driver can show you the vehicle's registration details. It is also very useful to:

Take photographs of any injuries, damage, skid marks, car parts and scene of accident.

If you can't take photographs at the scene of the accident, take photographs as soon as possible afterwards.

Remember, bruising and swelling usually become apparent in the days afterwards – ensure you photograph this too.

## Record:

- Names, addresses and telephone numbers of any witnesses.

■ Time and date of the accident.

■ Details such as the speed limit, number of lanes, weather and road conditions.

**TIP:** Download the 'My Crash' Policelink Application for smart phones and tablets.

The application allows you to record details, map the exact location, and take photos of the accident. If you are seriously injured, do not be afraid to ask for help from bystanders. You may be surprised at how many people will help when asked.

## What do I need to do after an accident?

After an accident, monitor your body and emotions, as not all injuries are apparent within the first 48 hours after an accident - adrenaline and shock often masks injuries.

See a doctor or visit the emergency department to ensure all symptoms are checked or emerging injuries medically documented.

If you haven't already reported the accident, do so. Minor accidents can be reported online, by phone or in person at your local police station. If you later discover

that you sustained an injury, you may have to report the accident in person.

## Key contacts

1. QPS website: [www.police.qld.gov.au](http://www.police.qld.gov.au).
2. In the event of an emergency: 000.
3. In the event of a non-emergency: QPS PoliceLink 131 444.

## Thanks, but that won't happen to me!

Many bicycle riders think they'll never be in an accident. As one of the most vulnerable road users, cyclists need to be prepared for the possibility that they may be involved in a crash or witness one. Knowing what to do in the event of an incident is everyone's responsibility when riding and driving on Queensland roads.

## Did you know?

Bicycles are considered vehicles under Queensland law, and are therefore subject to the same alcohol laws. Drinking and riding increases your risk of an accident – don't assume it will be okay to cycle home after an event.

On average the most dangerous day of week to be on the roads is on a Saturday (Monday usually reports the least accidents), and the most common time for accidents involving road users is about 3pm.

# CYCLEZONE

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# The latest and greatest...



For runners who want soft comfort and cushioning that dynamically adapts to your every step, the Brooks Ghost 10 gets everything right for a smooth run. It dampens impact, aligns with your body's gait and surrounds your foot with a plush and adaptable fit. The 10th edition of this favourite features a new mid-sole construction and crash pad that adapts to each footfall. RRP \$219.95 at Allez Sport, Mooloolaba.



While the fun really starts where the sealed road ends, you still need a bike that'll get you there - a bike that excels on gravel and dirt, while easily ticking off those road kilometres with equal expertise. Specialized created one bike that makes no compromises between the two. The all-new Specialized Diverge redefines the possibilities and is truly the one bike that does it all. It has a "progressive spring" handlebar that soaks up the bumps, an ability to carry up to three water bottles and gender specific frame geometry (men's pictured above, women's below). Available to order now at Cycle Zone Mooloolaba, Diverge Comp carbon from \$4000, and Diverge Comp alloy from \$2400.



Allez Sport has the Tineli premium shorts in stock. Both have gender specific fit and chamois, Pro WaistBand with broad non-elasticated front band for additional comfort as well as a 6cm anti-sausage legband. They have supportive 240gsm lycra construction and low-contrast flatloc stitching. RRP\$109.95.



Got a teenager looking to learn some mountain bike skills? Have Fun Tours is hosting four separate full days of riding tracks and trails during the school holidays. Bikes, helmets and lunch provided and included. Must be able to ride footpaths minimum standard. Teenagers can bring their own bike. But a safety check clearance from a bike shop will be needed prior. They will ride Ferny Forest MTB trail and Ewen Maddock Dam trails on June 27, June 29, July 4 and July 6. Participants will be picked up from Cotton Tree, Mooloolaba, Kawana and Caloundra. Cost is \$75 each day, email [info@havefuntours.com.au](mailto:info@havefuntours.com.au) or phone 0419 795 586.



Dare2Tri offers a great versatile and comfortable wetsuit for an introduction to wetsuit swimming. This wetsuit is perfect for the first-timer or the experienced swimmer for warmth, comfort and flexibility with no restriction. After many panel alternations Dare2Tri delivered this unique wetsuit. An RRP of \$249.95 at Allez Sport makes it near unbeatable on price. Available for males and females, the slightly thinner neoprene offers greater flexible and ease of getting on and off.



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North Brisbane to Sunshine Coast

**13th AUGUST 2017**

# Upcoming Sunshine Coast events

Send us your events:  
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Date	Event	Distance	Location	Website
June 24	Sunshine Coast Cycling Crit Champs	Sunshine Coast Cycling Club Criterium Championships, 7-10am, at Skippy Park. Registration from 7am, start times: C/D grade - 7.30am, B grade - 8.10am, A grade - 8.55am. Distances: A grade - 45mins + 2 laps, B grade - 40mins + 2 laps, C grade - 35mins + 2 laps, D grade - 30mins + 2 laps.	Landsborough	<a href="http://www.scccrcing.wixsite.com">www.scccrcing.wixsite.com</a>
June 25	Bushrangers MTB Club Coolum to Tewantin ride	Ride from 7.30-11am from John Allden Memorial Park. Meet 7.15am, grade 2-3.	Coolum	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
July 2	Bushrangers MTB Club Ewen Maddock Dam Community Ride	Ride 7.30-11am. Meet at Ewen Maddock Dam, Maddock Park, Mooloolah Connection Road at 7.15am, grade 2. Children welcome, but under 16 must be accompanied by an adult on the ride. Bring money for coffee stop mid-ride. Monthly community ride that welcomes and introduces new riders to the club.	Glenview	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
July 8	Cycling Interclub Series round one	Sunshine Coast up against Hamilton Wheelers Cycling Club and University of Queensland Cycling Club in a three-race series. Session 1: 6:45am start A-grade 50mins + 2 laps, C-grade 40mins + 2 laps. Session 2: 7:50am start, A/B women 30mins + 2 laps, C/D women 30mins + 2 laps. Session 3: 8:30am start B-grade 45mins + 2 laps and D-grade 40mins + 2 laps. First race at Albert Bishop Park Crit Circuit.	Nundah	<a href="http://www.scccrcing.wixsite.com/sccc">www.scccrcing.wixsite.com/sccc</a>
July 14-16	Velothon Sunshine Coast	The inaugural event will offer a three day or one day road cycling event and include: 3-day Velo ride from Friday to Sunday with each day being between 90km and 155km. 1 Day Velo ride on the Sunday with two distance options from 95km and 155km. Participants can also enter as a team of four, in the three day ride, with the three best times combining for their stage finish time. Velo Clubhouse event hub on the waterfront providing highlights of the Tour de France.	Mooloolaba	<a href="http://www.velothonsunshinecoast.com">www.velothonsunshinecoast.com</a>
July 21-23	Caboolture 48 Hour Race	The race at the Caboolture Historical Village in Caboolture, Queensland has 48 hour, 24 hour, 12 hour, 6, 3 and 1.5 hour races. See how far you can run or walk in the given timeframe on an officially measured 500 metre decomposed granite loop.	Caboolture	<a href="http://www.geoffsrns.com">www.geoffsrns.com</a>
July 22-23	Wide Bay MTB Series – Back Stage Triple	Tackle three diverse: Stage one 4.5km time trial (Saturday AM) will start and finish at race HQ. Stage two (Saturday PM) sees riders tackling an all new course across a 7.5km lap. Riders have three opportunities in three separate races to record the fastest lap time with the two best times counting towards riders overall time for this stage. The final stage is an action-packed 30km race with riders completing three laps of the 10km course.	Petrie	<a href="http://www.in2adventure.com.au">www.in2adventure.com.au</a>
July 23	Pomona King of the Mountain	The King of the Mountain Festival in Pomona features a run up the face of Mount Cooroora for the 4.2km round trip. Also 3km family fun run, 2.8km dash and kids 4x700m.	Pomona	<a href="http://www.kingofthemountain.com.au">www.kingofthemountain.com.au</a>
July 28	Sunshine Coastrek	Trek 30km or 60km from Twin Waters or Caloundra to Noosa. Teams of four, with at least 50% women, you have between 9-18 hours to complete the challenge while raising money for the Fred Hollows Foundation.	Sunshine Coast	<a href="http://www.sunshine.coastrek.com.au">www.sunshine.coastrek.com.au</a>
July 29	Cycling Interclub Series round two	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 at Lakeside Park.	Lakeside	<a href="http://www.scccrcing.wixsite.com/sccc">www.scccrcing.wixsite.com/sccc</a>

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# Upcoming Sunshine Coast events

Send us your events:  
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Date	Event	Distance	Location	Website
July 29	Queensland Cross Country Championships	All runners aged six and up, of all abilities, are encouraged to compete at the championships. Age groups: Under-8, under-10, under-12, under-14, under-16, under-18, under-20, open, masters. Masters will compete in 10-year age groups based on the athlete's age on the day: 35-44/45-54/55-64/65+. Junior age is calculated at December 31.	Maleny	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
July 30	Glasshouse Trail Series- Flinders Tour	The Flinders Tour is a 12.5km, 26km and 52km trail run at Beerburrum. Flinder's Tour is based at Beerburrum State School, and pays tribute to Matthew Flinders who was the first European to climb one of the Glasshouse Mountains (Beerburrum) on this date in 1798.	Beerburrum	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
July 30	Rainbow Beach Marathon Festival	Trail runs through Rainbow Beach/Cooloola National Park, distances of 11km, half marathon and full marathon.	Rainbow Beach	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
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	<a href="http://www.frogchallenge.com">www.frogchallenge.com</a>
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. Courses are normally linear with teams often transported to the start line and finishing back at race HQ.	Sunshine Coast	<a href="https://www.eventbrite.com.au/e/hells-bells-adventure-race-2017-tickets-32493123808?aff=es2">https://www.eventbrite.com.au/e/hells-bells-adventure-race-2017-tickets-32493123808?aff=es2</a>
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	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
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 <a href="mailto:triadventure@optusnet.com.au">triadventure@optusnet.com.au</a> .	Noosa	<a href="http://www.triadventure.com.au">www.triadventure.com.au</a>
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	<a href="http://www.noosa-stradebianche.com.au">www.noosa-stradebianche.com.au</a>
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	<a href="http://www.facebook.com/WideBayMTB">www.facebook.com/WideBayMTB</a>
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	<a href="http://www.xciteadventureracing.com.au">www.xciteadventureracing.com.au</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
August 13	LifeFlight Tour de Rescue	Ambassador Robbie McEwen will ride with our participants with a police escort departing from North Brisbane to Maroochydore. The 155km route winds its way through the rolling hills lying within 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. LifeFlight provides a critical care medical rescue helicopter service to Queensland.	Brisbane to Maroochydore	<a href="http://www.tinyurl.com/LFTDRrego">www.tinyurl.com/LFTDRrego</a>
August 18	Cricks Onesie Fun Run	Held on the Friday evening before the 7 Sunshine Coast Marathon and Community Run Festival and takes "competitors" through the event precinct and expo at dusk for two laps of mayhem and fun.	Mooloolaba	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
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 will include a one-loop course.	Alexandra Headland	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
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	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
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	<a href="http://www.rainbowbeachtriathlon.com.au">www.rainbowbeachtriathlon.com.au</a>
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 <a href="mailto:triadventure@optusnet.com.au">triadventure@optusnet.com.au</a> .	Noosa	<a href="http://www.triadventure.com.au">www.triadventure.com.au</a>
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	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
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	<a href="http://www.ironman.com">www.ironman.com</a>
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	<a href="http://www.mtcoorooraendurancechallenge.com">www.mtcoorooraendurancechallenge.com</a>
September 24	Skippy Park Criterium	Sunshine Coast Cycling Club criterium racing at Skippy Park.	Landsborough	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
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	<a href="http://www.mtbo.com.au">www.mtbo.com.au</a>
September 24	Coolum Triathlon	New triathlon event at Coolum's industrial estate. <b>Sprint Distance Triathlon:</b> 750m swim, rectangle course. 20km bike course 4x5km laps on bike leg. 5km run; 2.5km out and back course on run. <b>Enticer distance:</b> 400m swim. Rectangle course. One lap. 15km bike course; 3x5km laps. 2.5km run, one lap. <b>Kids:</b> 200m swim, rectangle course, one lap. 5km bike course, one lap. 500m run.	Coolum	<a href="http://www.triathlon.org.au">www.triathlon.org.au</a>

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# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
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	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.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	Metrogaine	Queensland Rogaine Association hosts Metrogaine 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 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 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 30 km of mountain biking, 8 to 15 km trail running/trekking and 1-3 km of kayaking/swimming/paddling (water discipline). There may be multiple legs of each discipline.	Sunshine Coast	<a href="http://www.triadventure.com.au">www.triadventure.com.au</a>
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.	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>
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	<a href="http://www.blackall100.com">www.blackall100.com</a>
October 22	Kunda Cup Criterium	Sunshine Coast Cycling Club criterium racing at Skippy Park.	Landsborough	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
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	<a href="http://www.emsaustralia.net.au">www.emsaustralia.net.au</a>
September 24	Giraween Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
November 3	Noosa Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>

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# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
<b>November 4</b>	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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<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>	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 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 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 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 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 17</b>	Buderim 9	Rated as one of the toughest rides on the Sunshine Coast, cover the nine hills of Buderim within three hours, covering nearly 75km and raising money for the Cerebral Palsy League.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>
<b>December 31</b>	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>
<b>February 3-4, 2018</b>	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>

# Looking for something for teenage kids to do these school holidays?



**June 27, June 29, July 4 and July 6**

Our experienced mountain bike instructors will supervise and guide them safely for the day. We will develop their riding by teaching skills and techniques along the way with the emphasis on safety and fun. Bikes, helmets and lunch provided and included.

Must be able to ride footpaths min standard.

Teenagers can bring their own bike. But a safety check clearance from a bike shop will be needed prior.

We pick up from Finn and Dash Bicycles in Cotton Tree, 8AM. Cycle Zone Mooloolaba and Giant Sunshine Coast, Brisbane Rd, Mooloolaba, 8.15AM. The Bike Doctor, Lutana St, Kawana, 8.30AM. Crankworks Caloundra and Caloundra Bicycle Centre, Bowman Rd Caloundra, 8.45AM.

Ferny Forrest, Ewen Maddock Dam and Sugarbag trails.

Bookings essential, email [info@havefuntours.com.au](mailto:info@havefuntours.com.au) or phone 0419 795 586.

