

Multisport MECCA

Sunshine Coast Daily

Wednesday, May 7



Rekindling riding passion

WHAT began as simple ride has delivered what could become one of the most anticipated events on the Sunshine Coast's cycling calendar.

The inaugural TOOMOO 220 has received rave reviews from more than 40 riders who made the trek from Toowoomba to Mooloolaba on Saturday.

They covered 220km, and it attracted riders of all levels.

It has already attracted the attention of riders from Brisbane and Toowoomba, and next year could spawn a

large-scale event for fundraising and more than 100 competitors.

The ride's main focus was to be a test, but fun.

FULL STORY PAGE 2

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Smiling through rewarding trek

IT'S 5am on Saturday, May 3, in Toowoomba. Forty-six intrepid Sunny Coast cyclists shiver together in an old weatherboard hall, outside the wind is a howling 30kph the wind chill factor dropping temps to just above freezing.

A hearty breakfast is some respite before a quick briefing and a deep breath as they nervously mount their bikes to start what for some will be a mammoth personal test – riding Toowoomba to Mooloolaba in a single day, peddling 220km, and climbing 2000 metres of elevation just for the joy of it.

Welcome to the inaugural TOOMOO.

Designed as a ride to put cyclists back in touch with why they love riding their bikes, the TOOMOO was looking like it would do anything but...the unseasonable cold and high winds ensured the daybreak ride out of town cranked up the tension.

Only the spectacular sunrise

provided a glimpse of what was in store.

The overriding objective of the TOOMOO is fun, sure to be a test but ultimately to be fun.

As Dave Fellows, the chief organiser, said "the ride will be a success in my view if at the end of the day, the riders are excited, smiling and oblivious to the distance involved".

The pack weaved east to Hampton in good time assisted by the strong tail wind before diving down a 6km descent into the stunning Ravensbourne National Park.

Climbing out they encountered the first of what would become a series of welcome distractions, nearing the top of the climb just as the legs were screaming, the "Motivational Cows" appeared as if by magic to urge riders on in true Tour de France style, adding power to the legs and energy to the mind; setting the them up perfectly for the 35km descent into Esk.

That was where the



Michelle Singer and Steve Halliday lead the bunch.

"Directional Cows" pointed them toward Somerset Dam for a deserved lunch break.

The Motivational and Directional Cows continued to drive the riders ever homeward through Kilcoy, Woodford, Peachester, Landsborough and finally Mooloolaba Esplanade.

With 220km done in nine hours and it would seem with ease as smiling energised participants high-fived each

other and the war stories began.

"Sure it'll be on next year, there are many who have already committed," Dave said.

"I can't wait, it'll be for a well deserved local charity this time and triple the numbers. Chalk in the first Saturday in May and get out on your bike you are going to have to get some miles in your legs but it'll be worth it."



David Docherty and his wife Tennille. The "Cows" were kept secret from the riders by the wives and girlfriends, and they provided amazing motivation and support.



Fiona Duce.



Ken Altof.

Sams dominate off-road titles

By GRANT EDWARDS

EVERYTHING Sam Hemsley touches turns to gold.

The talented athlete has made a name for herself on the Sunshine Coast as a strong road rider, but in recent times the 29-year-old has dipped her toe in triathlon waters with immediate success.

She took part in the Queensland Cross-Triathlon Championships on April 24-25, where she not only won the triathlon component but also secured the Dirt Mistress title.

Sam won the 1km swim, 30km mountain bike ride and a 10.5km trail run triathlon by 19 seconds from Nina Wright on the opening day, and then undertook the 8km trail run that afternoon, followed by a 50km mountain bike ride the next day. Her cumulative time was more than 40 minutes faster than the nearest female competitor.

It was her first off-road triathlon, but she did compete in the Cairns 70.3 last year along with the past two Mooloolaba triathlons.

"It was nice to get off the road again and play in the dirt. I used to do quite a few marathon-distance mountain bike races down in Canberra," Sam said.

"But since moving to the Sunshine Coast I haven't really done anything like that."

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

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

Sam is highly regarded as one of the region's leading road riders, and is often the only female in the regular training



The SPM team raring to step off-road are Ryan Quade, Sam Stow, Harry Burnett and Samantha Hemsley.

TRAINING WEEK

Here is a general training week for Sam Hemsley.

Monday – Long run.

Tuesday – Ins and outs with the surf club followed by a swim across the bay.

Wednesday – Liv/giant ride, hills session on road bike.

Thursday – Alex bunch ride, average about 55kmh, 50km ride following that.

Friday – Swim across the bay or run.

Saturday – The Grind bunch ride, extra kilometres afterwards if there is an event close.

Sunday – Head for Ewan Maddock, for a ride, run or both.

bunch rides. Despite ample success, the lure of triathlon piqued her interest with so many local events.

"I am terrible at sticking to one thing so I thought why not give triathlon a go," she said. "I have got a lot of friends in that circle so it's as much a social thing as it is competitive."

"It (the off-road event) definitely gave me a taste to do a bit more."

Sam is booked into the Sunshine Coast 70.3, and having attracted the eye of national off-road selectors could consider making the Australian team next year for the world championships.

The Coast and the "Sams" dominated the podium at the off-road event.

Sam Stow's return to off-road triathlon racing reaped immediate rewards, after he won the Dirt Master title.

Following a close first day, his riding prowess came to the fore on the second day's 50km mountain bike ride where he managed to put time into second-place finisher Taylor Charlton.

"It was heaps of fun. I got a new mountain bike from Warren (McDonald) of Finn and Dash at Cotton Tree and it went really well," he said.

Sam said the most testing time came in Saturday afternoon's 8km trail run when he had Taylor hot on his heels.

"It was a really hard run...it nearly destroyed me," he said. "I'm impressed I survived the

VITAL STATISTICS

Queensland Off-road Triathlon Championships Dirt Master

Sam Stow5:00:22

Taylor Charlton5:08:40

Josh White5:24:47

Dirt Mistress

Sam Hemsley5:48:43

Linda Thompson6:29:09

Mini Dirt Master

Dean Cane1:59:01

Chris Moore2:11:05

David McGrory2:14:56

Mini Dirt Mistress

Emma Perske2:29:47

Brooke Sues2:34:48

Emily King2:51:40

weekend."

Sam said he had now entered the Melbourne marathon which will be held in October, while he also plans to undertake the 30km race as part of the Cook's Tour Glasshouse Trail Runs series this month.

Meanwhile, Ryan Quade said before the 50km mountain bike race it would be a good indicator of his form, and it seems he is set for a big year.

He finished the seven-lap course in just over two hours, about seven minutes ahead of SPM team-mate Sam Stow.

Come on Kona, bring your best

By **GRANT EDWARDS**

THERE is unfinished business in Kona for Kacey Willoughby.

While she finished 22nd in her category after posting a time of 10:25:47 at last year's Ironman World Championships in Hawaii, the Mooloolaba athlete was not satisfied.

It was one of Kona's more "placid" days. But she wants a date with the "real Kona". "The moment I finished Kona I wanted to go back for a second time," Kacey said.

"We had the Kona gods on our side last year.

"The main reason I want to go back is that I want to fight, I want those winds, I want that heat... those challenging conditions that test the body even more.

"I am mentally prepared for that. It's what I have heard of – you can go from a 10 hour day to a 14 hour day."

Kacey now has that opportunity after an outstanding result at Ironman Melbourne.

Heading south with the intention of breaking 10 hours and gaining a Kona slot, she hammered the Victorian course to finished second in her age group with a 9:42:40 finishing time.

Pivotal to her day was a lightning-quick bike leg, where she smashed the 180km EastLink highway course in just under five hours – going from 27th in her age group to first.

She then finished off with a 3:31 marathon.

Yet her race got off to a poor start.

For some reason Kacey felt more nerves than she can remember before a race, and things didn't improve once the gun went off.

"It was a horrible swim. I couldn't find my own water," she said.

"I just panicked. At one stage a guy put his hands around my waist and dragged me back and a couple of times I was in



Kacey Willoughby is returning to Kona this year after qualifying at Melbourne.

tears. Whenever I put my head up there were people everywhere, I couldn't find clear water."

The swim took Kacey 1hr 11mins, which was not how she wanted to attack the race.

"I was really pissed off," Kacey said.

"I got into the change rooms, grabbed shoes and helmet and took off... I punished myself by not wearing arm warmers or a vest."

She posted a time of 2:27 on her first lap, and thought to herself "see if you can hold on and deal with the wall when it comes".

That wall didn't arrive until about 28km on the run when the Victorian chill started to take its toll.

But Kacey was a few minutes clear of third place, and she was able to hold on to post an outstanding time and claim her return ticket to the Big Island.

Under the guidance of coach Bruce Thiele she is expecting a similar build-up to Kona as last year, and will run the Sunshine

FACT FILE

Who: Kacey Willoughby.

Birthplace: Inverell, NSW.

Occupation: Primary school teacher.

What did you want to be when you were a child: Either a teacher or a police officer.

Favourite food: During training steak or salmon with roasted beetroot and steamed broccolini and brown rice. Off season, lasagne, chips and garlic bread with a glass (or bottle of red wine) and Nutella, can't beat Nutella.

Favourite drink: During training I tend to mix my training drinks throughout my program. I swap between Infinit, Hammer Perpetuem and Dextro Isotonic sports drink (I tend to get bored with the same flavour hence why I swap it around). I always finish my sessions with a Dextro After Sport.

Off training, red wine- Pepperjack merlot is my fav.

Favourite movie: Hangover and Man On Fire.

Favourite training pals: Cath Thiele, Cameron Hutchins and Belinda Seccombe. I could keep going. I love training with all my fellow Ferrosapien athletes, they are a great bunch of people.

Best nickname you'd had: Swiper, because I like to collect things.

Dream partner: 6ft, handsome, fit, great personality and washing my race gear when I'm done. Pretty lucky I've got one of those.

Dream car: Black Holden Maloo.

Dream bike: Already have it - my Giant Trinity SL 0.

Best thing you've seen while racing: My dad jumping up and down waving his hands cheering in the middle of the road as I was running down Ali'i Drive in Kona last year. I remember thinking that he better move because I can't change direction and I'll just run straight into him.

Coast half marathon and tackle the Gold Coast Challenge as part of her Hawaii lead-up.

Kacey is also hoping to

improve her swim time, and will work with technique specialist Glen Mahoney in the coming months.

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Unforgettable Easter journey

By **SCOTT PENNY**
of Get Biking tours

SOUTH West province of Yunnan and its capital, Kunming, was our Easter holiday destination.

Just a small city, by China standards of six million people, it has doubled its population in the past 10 years. Judging by the extensive road works, cranes and apartment buildings going up, it will likely grow by the same in the next 10.

So what's the attraction?

Well, we did have a mutual cycling friend who lives and studies Chinese there to help, and without him things would have been a damn sight trickier.

We were almost the only tourists in town, and with Sean "Yak" Lever standing about 6-foot-4 and a little on the hairy side, and me around 6-1 we certainly stood out.

Our friend did entice us with, "this region has the best cycling I have ever done, anywhere". Now that is a big wrap from someone who has cycled all over the world.

Did it meet expectations?

No, it exceeded them.

What a truly unique experience.

To experience the growth of this country from an isolated and non-tourist location was amazing.

To see the emerging affluence of this country and its people was mind blowing.

To be treated to the incredible hospitality and friendliness of the locals was special.

The food, well, you woke up each day hoping to be hungry so you could experiment further.

These people simply love to eat and to provide.

The highlight being invited to share a banquet with a family in their restaurant, (after we had already eaten dinner of course) experiencing all types of delicacies, washed down by some local beers and



Scott "Aardvark" Penny and Sean "Yak" Lever visited Kunming in China over Easter.



spirits...and all for no charge, naturally.

And what of the cycling? Very special indeed!

We were based in the middle of the city so each day and night brought its unique adventure of mixing with the traffic, on their grand network of bike lanes, full of quiet electric scooters and local bikes going the opposite way.

Not one accident did we see. Not one fit of anger or aggression. Now we could learn an awful lot from China about how to get along peacefully.

All of this mixed with BMWs, Porsche Cayennes and Mercs.

Kunming is situated in a valley 1700m above sea level. It is warm and dry every day with perfect night time temps around 15 degrees.

Once you make it to the edge of the city it is climbing time, on or off road, take your pick. There are hills all around and they vary from long and gradual to very nasty.

There is a burgeoning local cycle scene with just as many girls as boys.

They are always smiling and waving and dress usually in



winter gear, long pants, jackets and balaclavas. Bizarro! It seems nobody likes getting sunburnt here.

Once you turned off the bitumen, the off-road world is your oyster. Spectacular single tracks alongside cliffs, wild downhill sections for over an hour at a time and seemingly endless options.

One day we rode with about 40 locals. At lunchtime we stopped at a little village in the hills and were treated to a banquet of epic proportions, couple of soothing ales

naturally and all for the measly sum of 25 RMB each (less than \$5 each). In one week the two of us spent less than \$500 AUD each. And let's say we were not sitting home in the evening watching CNN.

Would I recommend a visit to this region? Absolutely.

Will I be returning?

Definitely. In fact, plans are underway for a return in April 2015, venturing further west to the enchanting cities of Dali and Lijiang, starting and finishing with some of our Kunming adventures.

Focus on world Ironman crown

By JOE FLYNN

NOOSA'S Melissa Hauschildt could emerge as a shock world championship contender at Kona after winning Ironman Australia in her first race at the distance.

The reigning Ironman 70.3 world champion delivered a thunderous statement at Port Macquarie on Sunday (May 4), coming from behind to beat Sydney's Lisa Marangon and claim the national title in 9:28:43 (50:46, 5:19:57, 3:13:57).

"I decided to do this only three weeks ago and had two weeks off before that," Hauschildt said.

"It felt amazing. Crossing that line, that was the toughest thing I've ever done. It just goes on and on, it was not fun at all."

Hauschildt is yet to commit to this year's event in Kona but the win at Port Macquarie gave her the qualification points to validate a potential start.

She may still defend her Ironman 70.3 crown on September 7 in Canada but Sunday's performance showed she would not look out of place on the sport's most famous course.

Robbie Andrews was the Coast's fastest age grouper and finished third in the men's 45-49 division.

He described the race as one of his toughest, with Mother Nature throwing everything at the competitors.

"It was an honest race, it was a pure time trial on the bike with no one around," he said.

"Often there are groups around, but there was no one.

"That wind that picked up in the second lap, it was Kona-like. The dead road is hard too, you really earn your medal."

Robbie said he loved the rolling swim start which provided good water and contributed to his fast swim, and he felt good on the bike until starting to cramp on the



Two time Ironman 70.3 World Champion Melissa Hauschildt claims victory on debut at Ironman Australia at Port Macquarie.

Photo: Delly Carr



Robbie Andrews said it was one of his toughest races, but did enough to claim a Kona slot.

way back into town.

Bruce Thiele rolled up along side close to T2 and gave him some salt tablets which helped get Robbie through.

Feeling "really good" on the first two laps, Robbie said the gusting winds made things challenging but he managed to hang on as best he could on the final two run loops.

VITAL STATISTICS

Sunshine Coast results:

Robbie Andrews (Kawana Island) third in category 9:41:39 (56:16, 5:13:59, 3:26:00).
 Bruce Thiele (Mooloolaba) ninth in category 9:51:04 (56:14, 5:14:13, 3:36:00).
 Rob Tappenden (Noosa Heads) 17th in category 10:02:38 (54:11, 5:29:14, 3:33:29).
 Grant Callaghan (Aroona) 49th in category 10:36:29 (1:02:45, 5:40:53, 3:46:03).
 Jessie Slade (Kings Beach) sixth in category 10:40:38 (1:01:59, 5:51:39, 3:40:09).
 Justin Hunter (Pacific Paradise) 62nd in category 10:43:15 (1:00:48, 6:00:18, 3:34:18).
 Peter Schultz (Moffat Beach) 34th in category 10:45:48 (51:48, 5:44:51, 4:02:32).
 Rick Shambrook (Caloundra) 68th in category 10:46:24 (1:04:50, 5:44:25, 3:49:45).
 Tony Bryan (Coolumb Beach) 35th in category 10:47:23 (1:01:36, 5:41:46, 3:57:57).
 BelindaSecombe (Aroona) fourth in category 10:51:22 (1:04:24, 5:42:00, 4:00:54).
 Olivia Latimer (Bokarina) third in category 10:52:32 (1:09:16, 5:55:38, 3:38:42).
 Gary Snelling (Pelican Waters) 80th in category 10:53:13 (1:02:16, 5:50:47, 3:54:10).
 Marty Shepherd (Kings Beach) 85th in category 11:50:59 (1:06:49, 6:17:54, 4:17:55).
 Geoff McKeachie (Currimundi) 99th in category 12:03:42 (1:04:18, 6:10:30, 4:33:38).
 Thomas Robertson (Shelly Beach) 42nd in category 12:15:10 (1:13:24, 7:01:12, 3:51:41).
 Jodie Clark (Golden Beach) 34th in category 13:48:39 (1:14:32, 6:43:33, 5:32:48).
 Amanda Ahrens (Maroochydore) 30th in category 14:04:01 (1:33:37, 7:52:48, 4:23:39).
 Tanya Bradshaw (Caloundra) 44th in category 14:57:22 (1:19:07, 7:31:44, 5:57:14).
 Andrew Roberts (Caboolture) 262 in category 15:19:39 (1:09:24, 7:54:16, 6:01:07).
 Fiona Langfeldt (Caboolture) 49th in category 15:45:39 (1:35:42, 7:11:06, 6:41:28).
 Bryan Langler (Caloundra) 33rd in category 16:19:16 (1:19:04, 7:57:12, 6:36:20).
 Denise Marriner (Caloundra) 13th in category 16:50:33 (1:26:15, 8:50:22, 6:17:22).

Ensure you don't got out with a bang

HAVE you enjoyed a puncture-free run for a while?

Whether it's been through dodging glass and other nasties via bike handling brilliance or by sheer luck, it's important to consider when the inner tube was last changed.

Cyclezone Mooloolaba's Dan Evans had that thought only last week.

Not long after he was faced with an exploding front tyre which nearly brought him undone and almost saw him get up close and personal with the bitumen.

"It's like a shot gun and it's an instant flat. There is no warning," Dan said.

"It frightens you because at first you aren't aware of where the noise comes from.

"Once it pops there is nothing you can do."

Dan's situation saw the tube

and tyre come off the rim. That required some quick thinking as he battled to get on the brakes and pull over before losing grip or being tossed over the handlebars once the tyre and tube wrapped around the wheel hub.

"That is actually a benefit of a tubular tyre, if it is glued on properly it should stay on," he said.

There is no used-by date on tubes so if it has been some time since your last change, it's worthwhile installing a new tube for preventative measures.

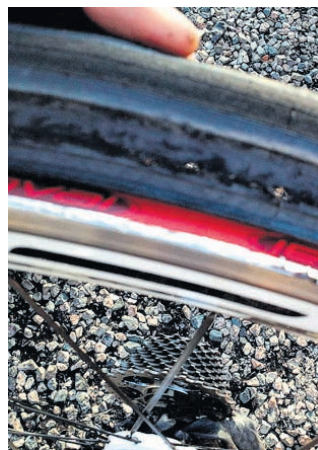
New tubes are about \$9, often less if you buy them in bulk.

There are essentially two types of rubber inner tubes, butyl or latex.

Butyl is the most common as it's cheap, durable and has good air retention. Latex is



After a blow-out this tube got caught between the cassette and spokes. It happened to Dan Evans a few years ago at speed coming down a cheese-grated hill in Townsville.



usually more expensive and requires more regular pressure checks, but it has higher elasticity, is lighter and good resistance to flats.

No matter which tube you choose, it's best to maintain the pressure of about 100-110psi for optimal performance and puncture resistance.

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Nutrition plan to aid healing



By **LORNA GARDEN**
Accredited sports dietitian

UNABLE to train because of injury or illness?

Speed your healing and stay in shape with good nutrition strategies.

There is little more frustrating for an athlete than being unable to train. Injury, surgery, and illness can lay low even the most dedicated sportsperson, and speeding up recovery time and "getting back on the bike" is always a priority.

In addition to rest, making an effort to eat "clean" with an emphasis on healing foods will support the body's ability to repair and recover.

Diet is an incredibly effective tool in the whole recovery process.

So, while you have enforced time off with your feet up, consider some of these healing nutrition strategies.

Go for quality

When you are not training your energy (kJ) requirements will be lower, and you may need to eat smaller quantities than usual, however this is not the time to go on a rigid diet.

Your body needs adequate energy to repair tissues, build immunity and will need extra kilojoules if you have had trauma or surgery.

Use your appetite as a guide to how much to eat, and use "fresh, unprocessed and colourful" as a guide to what you should eat. Choose nutrient dense foods like fruit, vegetables, nuts, seeds, wholegrains, legumes and dairy/alternatives, emphasising the amount of vitamins, minerals and antioxidants you can pack in each bite. It is important to include a variety of foods from different food groups as many interact synergistically, enhancing



Use "fresh, unprocessed and colourful" as a guide to what you should eat.

nutrient uptake and effectiveness.

Eat clean

Choose foods that have less processing and therefore more nutrient retention. Foods with lower "food miles" will be fresher and more nutritious, and those produced biodynamically or organically will have less pesticides and other sprays that your body has to work harder to remove. To get over missing your long run or ride on Sunday morning, head to the local farmers' markets and find locally grown fresh fruit and vegetables, spray free nuts, smoked fish, fresh herbs, fermented breads, raw cakes and desserts and other culinary delights.

Eat lean

If you are susceptible to gaining the odd kilo or two of unwanted body fat when you stop training, you may need to be aware of reducing your kilojoule intake in line with your reduced energy output. As mentioned earlier, this means sacrificing quantity for quality, helping ensure you include all the nutrients your body needs for healing.

Reducing excess fat intake from cakes, pastries,



ice-cream, processed meats and other packaged foods and substituting with fresh fruit, raw nuts, wholegrain breads and cereals, fish and yoghurt is a good start. Reduce (not eliminate) your carbohydrate serve sizes at meals and ensure you have wholegrain options wherever possible, e.g. brown rice, wholemeal pasta, quinoa, buckwheat, sweetcorn.

Cutting out too many carbs can result in your body using protein as a fuel source, when it is required for healing.

Choose nutritious protein rich foods like fish, lean meat, eggs, nuts, dairy, fish and legumes as the amino acids in protein are essential for muscle and tissue healing, particularly after physical therapy.

Be aware of boredom eating – find non food activities to

NUTRITION TIPS

Keys to healing and recovery

- Eat nutrient rich, high quality, fresh foods.
- Listen to your appetite and eat accordingly.
- Include a variety of foods
- Eat clean – less processed, packaged foods and more fresh options.
- Reduce overall kilojoule intake by cutting back on high fat, high sugar processed foods.
- Include nutritious carbohydrate rich and protein rich foods.
- Eat more anti-inflammatory foods like fresh, colourful fruit and vegetables, fish and seafood, nuts and wholegrains, olives, flaxseed, garlic, ginger, turmeric, cocoa and green tea.
- Include iron and zinc rich foods each day.
- Drink enough water.

amuse and entertain you if you are housebound for long periods.

Eat more anti-inflammatory foods

A number of foods and food components have been shown to help reduce inflammation, helping the body recover more

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‘Clean’ eating helps recovery

From Page 10
rapidly, naturally.

Fruits and vegetables have powerful antioxidants that reduce inflammation, for example blueberries, strawberries, carrots, sweet potato, broccoli, spinach and pineapple, as well as cherries, pomegranate and grapes.

Add fresh and canned fish to boost your omega-3 fatty acid intake – these are also strong anti inflammatory compounds, as are the fats in nuts, and nut butters olives and olive oil, ground flaxseeds, avocado and canola oil. On the other hand, excessive omega-6 fats, particularly hydrogenated varieties found in processed foods (e.g. corn, sunflower, safflower, soy) can have an inflammatory effect on the body, so keep the proportions of these low.

There are a number of herbs and spices that contain strong anti inflammatory compounds as well, including turmeric, ginger and garlic, and cocoa and green tea have also been shown to provide potent

antioxidants with anti inflammatory properties.

So ... eat more curries, vegetable stir fries, green smoothies with turmeric, cocoa power balls (see my website and blog for recipe), and substitute the sports drink for green tea.

Meet your mineral needs

Many athletes run low on iron stores due to the demands of training and inadequate intakes, and iron deficiency can reduce immunity and impair the ability to heal.

If you think you may be low, ask your doctor for a blood test, looking at iron levels and iron stores (ferritin). To boost your intake, include lean red meat, poultry, green leafy vegetables, fortified cereals, dried fruit and foods rich in vitamin C to enhance absorption.

The mineral zinc is also really important for repair and growth in the body, and an increased intake may be useful during the recovery phase. Oysters and other seafood as well as lean meats are good sources of



Oysters and other seafood as well as lean meats are good sources of zinc.

zinc, and it is also found in wholegrains, legumes, nuts and seeds.

Stay hydrated

It's a lot trickier to remember to drink enough water when you're not sweating for hours each day.

However, while your fluid

needs will be reduced when you are inactive, you still require a good water intake each day to flush toxins including medication by products and other wastes from the body. Try fresh lemon or lime in your water, and keep a water bottle with you throughout the day.

Learn to swim chlorine free!

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The 'Rex' has its mojo back

By GRANT EDWARDS

REMEMBER when the "Rex" became a household name back in the '90s?

The raw driving experience, outstanding grip and turbocharged power captured the attention of purists around the nation.

Subaru's WRX was the performance pin-up, but in recent times it's come under criticism for going soft – both in appearance and ability.

Yet the fourth generation has arrived with a much tougher outlook, with the Rex leader starting from a super sharp \$49,990. That's a 10-grand reduction on the previous retail price – not that many WRX STI buyers would have been paying that in recent times, many dealers have been heavily discounting ahead of this model's arrival.

The STI is the hero of the WRX family, and it has just touched down a few weeks after the stock-standard range arrived.

It's available in two trims, base STI and STI Premium which starts at \$54,990.

With carbon-look inlays around the shifter, stereo and above the glovebox, the STI looks and feels more upmarket inside.

It retains its sporty virtues, with the bucket seats and flat-bottom steering wheel, along with the racy red backlighting of the gauges.

Sitting on a larger wheelbase and shifting the A-pillar forward 200mm has created more cabin space and the driver has a higher hip point. With the wing mirrors mounted on the front door panels, lower dashboard and window sills, along with a new quarter window, it makes for an improved outlook and vastly reduced blind spot.

Even with taller front passengers there is reasonable rear seat accommodation for two adults. Three can be



achieved although there is the transmission tunnel which impedes legroom for the centre pew.

Driver gauges are easily legible, but the digital speedo is extremely useful given how quickly the STI can rip to the speed limit.

The Harman Kardon stereo is a nice step up, as we've found Subaru systems fiddly and time-consuming to navigate in the past.

But when it comes to the Rex, it's all about the drive. More control has been the focus, rather than pure speed.

With a more rigid platform and stiffer suspension, along with remarkably sharper turn-in, Subaru has resurrected the Rex essence.

The carryover 2.5-litre turbocharged boxer engine which produces 221 kilowatts of power and 407 Newton metres of torque sits beneath the skin, partnered only to a quick shifting six-speed manual with very short throws between cogs.

It delivers a wonderful whoosh of power above 3500rpm and keeps pulling to the redline...but you have to keep it spinning hard to maintain it in the sweet spot.

With that speed at your disposal you need confidence when heading into a bend, and it's aided by the centre differential which continually monitors the drive between axles to maximise cornering

ability. It can be set to auto or you can select the ratio most suited to your driving style.

We had to head to the track, Wakefield Park near Goulburn, to actually challenge the WRX STI in a corner. Subaru says its figures show Porsche-like cornering performance, and it is mighty impressive.

Yet it does it all with relatively limited fanfare with a subdued exhaust soundtrack.

For a performance car the suspension soaks up bumps and lumps pretty well, although there is some tyre noise at highway speeds.

The standard features include Bluetooth audio streaming, dual zone climate control air conditioning, cruise control, Harman Kardon stereo with eight speakers, sub-woofer and amplifier, sat nav, D-shaped leather trimmed sports steering with red stitching and audio controls, push button start with smart key, colour display, daytime running lights, sports kit and a rear limited slip differential.

Premium adds BBS 18-inch alloy wheels (exactly the same size tyres), electric sunroof, heated front seats, heated door mirrors, wiper de-icer, leather trim and an eight-way adjustable power driver's seat.

There are two cup holders in the console while each door is capable of holding a bottle.

Just in front of the shifter is a handy slot for phones, MP3 players and keys, just next to a

VITAL STATISTICS

Model: Subaru WRX STI.

Details: All-wheel drive performance sedan.

Engine: 2.5-litre turbocharged horizontally opposed boxer engine generating maximum power of 221kW @ 6000rpm and peak torque of 407Nm @ 4000rpm.

Transmission: Six-speed manual.

Consumption: 10.4 litres/100km.

CO2: 242g/km

Bottom line plus on-roads: WRX STI \$49,990; WRX STI Premium \$54,990.

12 volt plug. There is another 12v socket in the console, also with a USB port.

Back seats fold 60-40 so you can get a bike in the back, and there is easy access to the child seat anchorage points on the parcel shelf.

Front and rear door openings are enlarged, for improved entry and exit.

Looking much meaner, this is the appearance which Rex owners love.

It has a wide and low stance, improved snout, along with the sports body kit and 18-inch alloys.

The big rear wing can be removed without cost...although we're not sure if an STI buyer would dare.

Our choice would be the Premium model with the BBS alloys, but it could look even better with 19-inch alloys to fill out the arches.

Machine which beat northern hell

WITH 6km to go, Niki Terpstra of Omega Pharma – Quick-Step Pro Cycling made a rock solid move to capture cycling's most precious stone.

The Dutchman surged away from his – and his team's – most dangerous rivals to take a hard-earned victory in the most monumental of cycling monuments, Paris-Roubaix.

Terpstra went solo from a group of 11 that included favorites Fabian Cancellara, Peter Sagan and Sep Vanmarcke as well as OPQS teammates Tom Boonen and Zdenek Stybar. The course of cycling's most storied race once again pushed the world's best to their limits with 28 cobbled sectors totaling 51.1km.

The solo victory was the climax of a brilliant team effort from Omega Pharma – Quick-Step Pro Cycling, which relies on Sram Red 22 componentry. For the 112th edition of Paris-Roubaix, OPQS's lineup of Niki Terpstra, Boonen, Stybar, Iljo Keisse, Stijn Vandenbergh, Matteo Trentin, Nikolas Maes and Guillaume Van keirsbulck animated the race and made decisive attacks, reducing the pack of potential winners.

In the final 10km, OPQS' strategy paid off as the team placed three in the final group. As soon as Niki Terpstra got the green light to attack he was gone, holding off the chase to cross the finish arms aloft at the famous velodrome in Roubaix.

And while Boonen remains the leader of OPQS' Classics team, Terpstra's victory was not a surprise. This season he has taken victories at Tour of Qatar and Dwars door Vlaanderen. The Dutch rider also has been through the Hell of the North before – it was his seventh participation – including a fifth place in 2012 and third last year.

The "Hell of the North" became Niki Terpstra's "Heaven".



Niki Terpstra's Specialized S-Works Roubaix which he rode to the Paris-Roubaix title.



VITAL STAISTICS

Frame: Specialized S-Works Roubaix – 58cm.

Groupset: Sram Red 22.

Shifters: Sram Red 22. DoubleTap with Reach adjust.

Crankset: Specialized (175mm crank arm length) with Sram Red 22 chainrings – 53x46.

Front derailleur: Sram Red 22 Yaw with chain spotter.

Rear derailleur: Sram Red 22 – Short cage.

Cassette: Sram PG1170 11-26.

Brakes: Sram Red Aerolink.

Chain: Sram Red 22.

Wheels: Zipp 303 Firecrest Tubular.

Stem: Zipp Service Course SL – 120mm.

Bar: Zipp Service Course SL-88 – 40cm (c-c).

Seat post: Zipp Service Course SL 27.2mm 0mm Setback.



When you have a need for speed

By GRANT EDWARDS

TAKE a look around on race day and there are some spectacular rides hitting the road.

When it comes to wheels, they don't come much better than Zipp.

There is good reason why the brand is used and coveted by so many – they're fast.

And now they're more reliable.

We sampled Zipp's most versatile wheelset, the 404, which has a rim depth of 58mm and suits triathlon and road racing on everything from criteriums to mountain climbs.

Zipp honed the 404 Firecrest Carbon Clincher over two years of testing to improve stiffness, reduce weight and improve its longevity. Mark Cavendish from the Omega Pharma – Quick-Step cycling team played a major role in its development by trialling prototypes over thousands of racing kilometres, while Ironman world champions Pete Jacobs and Mirinda Carrae have them in their kit.

This wheelset has been designed to offer the benefits of tubular rims without the drawbacks. And for those of us who don't regularly ride on tubulars, it's additional peace of mind on race day to know you can easily fix punctures without having to worry about glue or carrying a bulky spare tyre.

New heat-resistant resin material has been used in the wheelset which is designed to

disseminate high temperatures quickly under braking.

But the biggest news is improved 188/V9 hub. It has Swiss steel bearings, along with what Zipp calls "virtual three cross" lacing on both sides of the rear wheel.

This new pattern and spoke geometry combined to deliver greater stiffness, which translates to improved torsional rigidity and allows for better power transfer to the rear wheel.

No matter whether you get out of the saddle for a climb or sprint, or drop down into the aero bars to lay down the

wattage, they feel quick.

When under pressure there is no flex or compromise.

In fact, they feel fast in all conditions.

During a long ride along David Low Way and to Cooroy via Garmin Hill, they delivered a quicker average speed.

One of the most impressive aspects of the 404s was the compliance.

Despite all that improved stiffness the carbon wheels still managed to soak up the bumps and lumps. Bracing for road imperfections on many occasions the 404s surprisingly ironed out the thuds better than



VITAL STATISTICS

What: Zipp 404 Firecrest Carbon Clincher.

Set weight: 1620g, front 725g, rear 895g.

Spoke count: 18 front, 24 rear.

Rim depth: 58mm.

Maximum pressure: 125psi.

Colour: Black with matte white or matte black rim decals.

Bottom line: \$3469.

aluminium training wheels even with tyre pressure of 120psi.

The 404 is a wide rim and will require brake adjustment when swapping from your training wheelset.

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Editor: Grant Edwards - grant.edwards@apn.com.au

Manager: Geoff Crockett - geoff.crockett@apn.com.au

Advertising manager: Donna Wallace - donna.wallace@snews.com.au

To subscribe, email us your details to
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The latest and greatest...



Want exclusivity? Cyclezone Mooloolaba is one of only four Queensland stores to stock the Cavendish range. This special limited edition S-Works Venge under the CVNDSH brand retails for \$4500 (frame only), and can be built to customer demand. There are also matching clothes, including the SL Pro bib shorts \$229, SL Pro shirt \$169, Flight Aero gloves \$59, S-Works shoes \$449 and the Evade helmet \$299.



The second range of Brooks Transcend running shoes for men and women follows the brand new model's sellout on debut. The Transcend is now the brand's premium running shoe and suits moderate to severe overpronators looking for plush cushioning and a super comfortable ride. The Transcend uses "guide rails" instead of the traditional medial post, which provides superior stability without adding any weight. Available now from Allez Sport. RRP \$279.95.



The Hoka Bondi 3 is the most cushioned running shoe on the market – it's lighter and softer than previous models and fits the foot better with a redesigned and more forgiving upper material. Incredibly stable, it has increased breathability and seamless internal mid and forefoot. Available now from Allez Sport. RRP \$229.95.



Proven through wind-tunnel tests to be more aerodynamic from every yaw angle tested when compared to other leading aero road bikes, Propel Advanced SL sets a new standard for speed. Add technologies including the SpeedControl SLR brake system, integrated seatpost and internal cable routing, and the result is clear: Propel Advanced SL is faster from every angle. RRP \$9999, at Giant Sunshine Coast.

Page 16 Sunshine Coast Multisport Mecca, May 7, 2014



Put your power straight to the pedals with Trinity Composite W's lightweight, stiff and aerodynamic composite frame technology. Built specifically for female athletes using Liv/giant's 3F philosophy, it's not only aerodynamic, it's also comfortable, even over Ironman distances. Trinity Composite 2 W RRP \$2699 is now \$2199 from Giant Sunshine Coast.

Upcoming events...

Click on the links for more information
Got an event? Email us at: multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
May 11	Muddrunners	Caters to both the elite racer who wants to go hard multiple times around a hilly 2km course with 17 obstacles and get prepped for Spartan Race or Tough Mudder.	Montville	www.muddrunners.com.au
May 11	Sunshine Coast Run Series race two	Three-run series with a choice of 2km, 5km and 10km, 7.30am start at Noosa Springs Golf Club and Spa.	Noosa	www.atlasmultisports.com.au
May 11	Lake Weyba North Vs South	Sunshine Coast Cycling Club, north of the Motorway bridge versus south. Points race, two teams per race. Raise funds to send Dan Fitter to world champs in Korea.	Lake Weyba	www.sunshinecoastcycling.com.au
May 18	Sanitarium Weet-Bix Kids TRYathlon	Kids triathlon, 11-15 years tackle a 150m swim, 6km ride and 1km run, 7-10 years a 75m swim, 3km ride and 500m run. Held at Stockland Park and Kawana Aquatic and Leisure Centre.	Bokarina	www.try.weetbix.com.au
May 18	Glasshouse 50 – Cook's Tour	Off-road trail run with 5km, 10km, 30km and 50km running events.	Woodford	www.glasshousetrails.com.au
May 18	Mountain Designs Adventure Race Australia	Choice of courses, team sizes and adventures to suit every racer from complete novices to hardcore racers. Compete as an individual, team of two or three. Includes mountain biking, trail running, trekking and a choice of adventure legs which might include kayaking, swimming, canoeing, rock climbing, canyoning, tubing, abseiling or archery.	Noosa Hinterland	www.adventureraceaustralia.com.au
May 18	Allez Sport Cross Country Series race four	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m, at Caloundra's Corbould Park.	Caloundra	www.sccrosscountry.org
May 25	Xtreme OCR Autumn Series, race three	Obstacle course racing, elite 4.5km (75 obstacles), open and masters 3km (50 obstacles), funsters 1.5km (25 obstacles) – teams welcome.	Landsborough	www.xocr.com.au
May 25	Tinbeerwah Road Race	Sunshine Coast Cycling Club Tinbeerwah Road Race, distances vary from 70km.	Tinbeerwah	www.sunshinecoastcycling.com.au
June 1	Allez Sport Cross Country Series race five	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m, next to Caloundra High School.	Ben Bennett Park, Caloundra	www.sccrosscountry.org
June 8	Muddrunners	Caters to both the elite racer who wants to go hard multiple times around a hilly 2km course with 17 obstacles and get prepped for Spartan Race or Tough Mudder.	Montville	www.muddrunners.com.au
June 8	Points Race Criterium	Sunshine Coast Cycling Club Points Race Criterium.	Lake Weyba	www.sunshinecoastcycling.com.au
June 15	Allez Sport Cross Country Series race six	Cross country run over 12km, 6km, 4km, 3km, kids 2km, 1km and 500m, Elizabeth Daniels Park.	Syd Lingard Drive, Buderim	www.sccrosscountry.org
June 15	Xtreme OCR Mega Race and Funster Event	Obstacle course race at a new venue, including a 25km Mega event.	Ewen Maddock Dam	www.xocr.com.au
June 15	Skippy Park Criterium	Sunshine Coast Cycling Club Skippy Park Criterium.	Landsborough	www.sunshinecoastcycling.com.au
June 22	Caloundra Foreshore Fun Run	Foreshore fun runs including 10km and 3km. The 10km starts at Golden Beach and finishes at Moffat Headland.	Caloundra	www.caloundrafunrun.com

Continued next page

Upcoming events...

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Date	Event	Distance	Location	Website
June 22	Xtreme OCR Winter Series, race one	Obstacle course racing, elite 4.5km (75 obstacles), open and masters 3km (50 obstacles), funsters 1.5km (25 obstacles) – teams welcome.	Landsborough	www.xocr.com.au
June 22	Glasshouse mid-year "bench mark" time trial	Sunshine Coast Cycling Club Glasshouse "benchmark" 26km individual time trial.	Glasshouse Mountains	www.sunshinecoastcycling.com.au
June 28	The Culminator adventure race	8hr rogaine style adventure race. There will be multiple legs with specific start times for each leg but no cut off. So you can spend as much time or none on any leg, but with the big points towards the end it will pay off to keep moving	South East Queensland	www.adventureracing-australia.com
June 29	Run Sunshine Coast	6km and 12km fun run and walk from Kawana Waters Surf Life Saving Club supporting Wishlist-Sunshine Coast Health Foundation.	Kawana Waters	www.runaustralia.com.au
June 29	Mountain Bike Orienteering – round seven	Cross country cycling, combining riding and navigation. Using specially produced maps, riders navigate their way along roads, tracks and trails to control markers (checkpoints) placed at specific locations. Course distances for all levels, from 5-40km.	Beerburum	www.mtbo.com.au
July 6	Yakima Sunshine MTB Series	Riders race the clock, starting at 30-second intervals on a downhill course.	Beerburum	www.qldmtb.com.au
July 6	Muddrunners	Caters to both the elite racer who wants to go hard multiple times around a hilly 2km course with 17 obstacles and get prepped for Spartan Race or Tough Mudder.	Montville	www.muddrunners.com.au
July 6	Interclub Road Race	Sunshine Coast Cycling Club Interclub Road Race. Sunshine Coast, Hamilton, and Queensland Uni interclub road race.	Glasshouse Mountains	www.sunshinecoastcycling.com.au
July 12	Wild Women's Adventure Race	4-6hr women only adventure race, teams of two will navigate ,trek ,mountain bike and kayak through a course in the beautiful trails of the Sunshine Coast.	Sunshine Coast	www.dareyouadventure.com.au
July 13	Sunshine Coast Run Series – race three	Twilight Neon Run - University of the Sunshine Coast, 2km, 5km and 10km distances.	Sippy Downs	www.atlasmultisports.com.au
July 19-20	Sunshine Coast Cycling Tour	Sunshine Coast Cycling Club tour. Day 1 - Eumundi Road Race. Day 2 - Caloundra Criterium + 10km ITT.	Sunshine Coast	www.sunshinecoastcycling.com.au
July 20	Xtreme OCR Winter Series, race two	Obstacle course racing, elite 4.5km (75 obstacles), open and masters 3km (50 obstacles), funsters 1.5km (25 obstacles) – teams welcome.	Landsborough	www.xocr.com.au
July 25-26	Caboolture 48, 24, 12, 6, 3, 1.5 hour races	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. This event is the AURA 48 hour championships, IAU bronze road label, and a qualifying race for the IAU 24 hour World Challenge. It can also be run as a relay team.	Caboolture	www.geoffsrns.com
July 27	Pomona King of the Mountain Festival	The main race (the Bendigo Bank International Mountain Challenge) is a steep, almost vertical climb up the mountain. The festival program includes a family fun run and the Zinc 96.1FM Mountain Dash.	Pomona	www.kingofthemountain.com.au
July 27	Flinders Tour	A 10km, 25km and 50K trail run in the Glasshouse Mountains. This is the second event in the Glasshouse Trails Series. The start and finish at Beerburum State School. The ultra runners will run up Mt Beerburum.	Glasshouse Mountains	www.glasshousetrails.com.au

Continued next page

Upcoming events...

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Date	Event	Distance	Location	Website
July 27	Take A Hike	40km trek which can be done solo or in a team of four to help raise funds to close the funding gap AEIOU Foundation.	Sunshine Coast	www.aeiou.org.au/take-a-hike-sunshine-details
July 27	Coolum Road Race	Sunshine Coast Cycling Club Coolum Road Race.	Coolum	www.sunshinecoastcycling.com.au
July 27	Mountain Bike Orienteering – round eight	Cross country cycling, combining riding and navigation. Using specially produced maps, riders navigate their way along roads, tracks and trails to checkpoints. Course distances for all levels, from 5-40km.	Beerburrum	www.mtbo.com.au
August 2-3	The Stampede	Run wild through an epic 5km or 10km obstacle course. It's challenging, rewarding and bloody good fun for all fitness levels. Junior Stampeders, aged 5-11 years, take on an awesome 2km Stampede with 10 specially designed kid-friendly obstacles.	Woodford	www.thestampede.com.au
August 3	Lions Mountain View Challenge	Half marathon, a 10km run and 3km schools challenge and family fun run. The Maleny Blackall Range Lions stage this event in winter each year in order to raise funds for the Lions Medical Research Foundation (LMRF).	Maleny	www.malenyblackallrange.qld.lions.org.au
August 9	Island Charity Swim	Swim from Mudjimba Beach, out around Old Woman Island and all the way to Mooloolaba, about 11km, to raise money for Sunshine Coast special schools.	Mudjimba	www.islandcharityswim.com.au
August 9	Wild Horse At Night	Trail running, 27km, 16.5km and 10km options, covering some of the Glasshouse 100 course.	Near Beerburrum	www.runqueensland.com
August 10	Skippy Park Criterium	Sunshine Coast Cycling Club Skippy Park Criterium.	Landsborough	www.sunshinecoastcycling.com.au
August 16-17	Tough Mudder	Hardcore 18-20 km obstacle courses designed by British Special Forces to test your all around strength, stamina, mental grit and camaraderie.	Caloundra South	www.toughmudder.com.au
August 16-17	Rainbow Beach Double Triathlon	An Olympic distance event run over two days. Race 1: 750m/20km/5km, also Active Kids Triathlon (race run in age groups), Active First Timers Triathlon. Race 2: 750m/20km/5km.	Rainbow Beach	www.rainbowbeachtriathlon.com.au
August 17	Age Champs Road Race	Sunshine Coast Cycling Club Age Champs Road Race.	North Arm	www.sunshinecoastcycling.com.au
August 23	Terra Assault Qld Adventure Race. 12/16 hours	Mountain biking, running/trekking, kayaking, navigation using map and compass, surprise disciplines.	Sunshine Coast, TBA	www.iadventure.com.au
August 24	Maroochy River Paddle	17km paddle from Dunethin Rock Scout Camp and travelling downstream with the out-going tide to finish in Eudlo Creek at the Sunshine Coast Kayak Club.	Maroochy River	www.maroochyriverpaddle.com.au
August 24	Xtreme OCR Winter Series, race three	Obstacle course racing, elite 4.5km (75 obstacles), open and masters 3km (50 obstacles), funsters 1.5km (25 obstacles) – teams welcome.	Landsborough	www.xocr.com.au
August 24	Sunshine Coast Junior Cycling Carnival	Time trials, road races and criterium, all junior divisions.	Girraween	www.sunshinecoastcycling.com.au
August 31	7 Sunshine Coast Marathon and Community Festival	2km, 5km, 10km, 21.1km and 42.2km runs.	Alexandra Headland	www.sunshinecoastmarathon.com.au
September 6	Wishlist Row For Cancer	Kayaks, dragon boats, outriggers, skis, surfboats, stand-up paddles, junior ironmen and ironwomen, Corporate Outrigger Challenge and 000 Emergency Services bonanza.	Cotton Tree	www.wishlist.org.au

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Upcoming events

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Date	Event	Distance	Location	Website
September 7	Glasshouse "benchmark" time trial	Sunshine Coast Cycling Club Glasshouse "benchmark" individual time trial.	Glasshouse Mountains	www.sunshinecoastcycling.com.au
September 13	The Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 50km, 30km and 10km trail run in the Glasshouse Mountains. There is a field limit of 350 across all events.	Beerburrum	www.glasshousetrails.com.au
September 14	Ironman 70.3 Sunshine Coast	1.9km swim, 90km ride, 21.1km run.	Mooloolaba	www.ironman.com
September 14	Weyba Road Race	Sunshine Coast Cycling Club Weyba Road Race.	Lake Weyba	www.sunshinecoastcycling.com.au
September 20-21	Hells Bells and Fairy Bells	A 24hr adventure race involving disciplines of mountain biking, trail running, orienteering and kayaking. Fairy Bells is about half the distance of Hells Bells and is good for teams that want to try a longer event but don't feel ready to go the 24hr course.	Sunshine Coast	www.dareyouadventure.com.au
September 21	Mountain Bike Orienteering – round 10	Cross country cycling, combining riding and navigation. Using specially produced maps, riders navigate their way along roads, tracks and trails to checkpoints. Course distances for all levels, from 5-40km.	Pomona	www.mtbo.com.au
September 28	Skippy Park Criterium Club Champs	Sunshine Coast Cycling Club Skippy Park Criterium Club Champs.	Landsborough	www.sunshinecoastcycling.com.au
October 18-19	Bribie Island Series race one	Saturday: Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. Sunday: Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	www.briebietri.com.au
October 19	Australia Zoo Run	5km run, 2km run/walk	Beerwah	www.wildlifeemergency.com.au
October 19	Mountain Bike Orienteering – round 11	Cross country cycling, combining riding and navigation. Using specially produced maps, riders navigate their way along roads, tracks and trails to checkpoints. Course distances for all levels, from 5-40km.	Woodford	www.mtbo.com.au
October 31-November 2	Noosa Triathlon and Multi Sport Festival	Olympic distance triathlon, as well as a 1km ocean swim, and a run/swim/run event.	Noosa	www.usmevents.com.au
November 14	ARA 18hr Dark Side Championships	Starting at midnight on Friday and finishes at 6pm on Saturday. Adrenalin pumping action in a true adventure race format including navigation, mountain biking, trail running, kayaking and adventure challenges covering up to 120km cross country.	Sunshine Coast	www.in2adventure.com.au
November 15	Mountain Designs ARA 12hr Dawn Attack	Designed for novices, newcomers and those who prefer their adventure in the light to come along and take on a event of up to 70km with up to 12 hours to finish the distance.	Sunshine Coast	www.in2adventure.com.au
November 15	Sunshine Coast Track Cycling Carnival	All divisions at Caboolture velodrome.	Caboolture	www.sunshinecoastcycling.com.au
November 16	Rainbow Beach Trail Runs	Run over 43km, 25km and 11km. All events finish at the Sports Club.	Rainbow Beach	www.traq.org.au
November 22	Hervey Bay 100 triathlon	2km swim, 80km ride, 18km run.	Hervey Bay	www.hb100.com.au
November 28	A Glow Stick Run	8km, 6km and 4km run through winding flat even trails by the glow of glow sticks at Novotel resort.	Twin Waters	www.glowstickrun.com
November 30	Triathlon Pink – women's only event	ULTRA: 600m swim, 18km ride and 6km run (2x300m swim, 6 lap bike, 6 lap run). Long: 300m swim, 8km ride, 3km run (4 lap bike, 1 lap run). Medium: 200m swim, 6km ride, 2km run (3 lap bike, 1 lap run). Short: 100m swim, 4km ride, 1km run (2 lap bike, 1 lap run). Kids triathlon: 50m swim, 1.5km ride, 500m run.	Kawana	www.triathlonpink.com.au