



Multisport**GOLD**

December Edition

From Start to Finish

## Is it really December?

Flipping through the pages of my diary this morning, I almost had to pinch myself that December is a day away! Where has the year gone? I'm sure I am not the only one who is scratching their head wondering where 2011 went! It has been another hectic month for Multisport Gold, a very positive month & one that has set some exciting new opportunities! Another packed monthly newsletter for you all to enjoy, so sit back & enjoy the read!

We would like to welcome to our team Hope Island Chiropractic. They are proud sponsors of Multisport Gold, conveniently located on the Northern

end of the Coast. Read more about this exciting new sponsor & the services they provide on page 2.

As we approach the 'Silly Season' be aware that there will be more holiday makers, schoolies & motorists on our roads. Please remember to obey all road rules at all times, ride safely, and always use your riding etiquette regardless of who you are riding with.

I would like to extend to all our squad members & their families, an extremely happy Christmas & safe New Year.

Thanks for your support & I look forward to personal goals achieved, PB's & lots of laugh in 2012!

## Who is Cycle Coach Andy?

Andrew has been riding and racing road, track and motorbikes for most of his life. He has spent many years racing and training with a range of cyclists and triathletes .. from beginners to elite and ex-elite. As a result, his bike handling skills, balance, and awareness on the road are naturally very good. Andrew's introduction to triathlon came when he met Thea while out bike training in 2000, and his first taste as a spectator was at the triathlon event at the Sydney 2000 Olympics (what an introduction .. no age-groupers in site!). After watching Thea compete in the Forster Half-Ironman Triathlon that same year he was inspired to add running and swimming to his training in give the sport a go. Overcoming his fear of the water after a near-drowning as a kid, Andrew started with Sprint racing in Sydney and over the past 11 years he has raced all distances, including Ironman!! During that time he worked with CoachAlli as Vice-President of the Hills Triathlon Club in Sydney, and since moving to the Gold Coast has completed his Level 1 Triathlon & Cycle Coaching accreditations. He has also worked for a number of years with the Triathlon Australia High Performance Program, both here & abroad. Andrew & Alli remain great mates, and as a way of providing support to Multisport Gold, he is helping out with our Thursday morning bike skills session at the Luke Harrop Track, Runaway Bay. Whether you're looking to improve your cycling performance, or just get more enjoyment out of the sport through feeling comfortable and confident on the bike, starting with basic skills, technique practice and learning about cycle etiquette Cycle Coach Andy will set you on the right course.

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Multisport**GOLD**

## Hope Island Chiropractic Centre

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### Multisport Gold would like to welcome Hope Island Chiropractic as a squad sponsor!

Dr Matthew Davidson & his team from Hope Island Chiropractic are now a proud sponsor of Multisport Gold. Their enthusiastic approach to supporting the triathlon community for the northern end of the Coast is nothing short of amazing!

The clinic is committed to providing the most comprehensive, scientific, up to date chiropractic approaches to a wide range of neuromusculoskeletal disorders & related health issues. They are committed to helping the public aware of safe-

Dr Matthew Davidson (Chiropractic) is the founder & Director, & has many, many years of study behind him to ensure he offers the best service to his clients. He is currently Queensland's only full body certified ART (Active Release Technique ®) Ironman Provider. Dr Davidson's skill has enabled him to work with some of the worlds best triathletes both here & Hawaii Ironman World Championships for numerous years.

Looking for a massage? Then look no further than Hope Island Chiroprac-

tic! With 2 experienced massage therapists available to assist with services such as: dry needling, trigger point release therapy, sports massage and spidertech & kinesiology taping, as well as other injury, maintenance & specialist treatments, all available in one professional Clinic.

The team is located at Hope Island, 2/65 Crescent Avenue. Conveniently open 6 days, call them on 5530 1306 to make your booking. Check out their website on [www.hopeislandchiropractic.com.au](http://www.hopeislandchiropractic.com.au)



## Mary's Perfect Pancakes

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100gm of Rolled Oats

250 gm of cottage cheese

4 x eggs

1 x tsp of baking soda

Cinnamon to taste (quite a lot!!)

Blend together until smooth and cook as you would normal pancakes - in some butter on the stove top until brown.

They can be served hot or cold. Yummy with maple syrup.

Great to make small pikelet sized ones, take to work for a snack, kids will love them.

Pop a slice of ham on them which is yummy.

Great combination of protein and carbs for fuel during the day.

## Fee Structure

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\$5

Casual Visit (Core sessions-Squad, track, transitions) Paid per session.

\$80

Monthly Unlimited core sessions. To be paid at the commencement of each month.

\$120

Monthly Unlimited sessions and includes weekly personalised training program. To be paid commencement of each month. Monthly training programs is the best way to ensure maximum performance on time available.

## Session Passes

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Looking for the perfect Christmas Present for yourself, partner, friend? Multisport Gold now has session passes available for purchase. 10 visit pass is \$50 or grab a bargain with a 20 visit pass for \$90. See Coach Alli for further details!

Don't forget that CAAC also has entry passes for sale for Multisport Gold squad members. These passes are so handy to have, we all know what it is like early in the morning trying to find money! Just swipe your card as you enter, it is that easy! 10 visits for \$40, see CAAC kiosk.

## Expressions of Interest

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Due to a lack of interest in the Mooloolaba weekend, we will postpone the training weekend to a date mid 2012. Thanks to those who did show interest!

However.....there has been interest in a team weekend away to Bribie Island. The weekend of 11-12 February is race distance of 1000/29/8 and would be a perfect hit out for those with target races of Mooloolaba or Byron Bay.

With Bribie Island being a short drive up the Bruce Highway, lets make this a fun family & race weekend away. Please let Coach Alli know if you would be interested as soon as possible to organise accom.

## GC Biathlon Race 1

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What a cracking start to the series! Perfect weather, excellent organisation & an awesome sea of competitors enjoyed this fun filled afternoon at Evandale on Saturday 26th Nov.

Thanks to all the Multisport Gold team members who helped out for the afternoon, and congratulations to Our Mary who was the lucky winner of the Multisport Gold Raffle! Well done Mary, hope you enjoy the goodies!!!! Well done to Kylie who had a great race & smiled the whole way!

A huge thanks to Kim at Rackley swimming located at CAAC who so very kindly donated the swim gear for the raffle, a swim bag, swim cap, paddles & ear putty. Thanks so much Kim! [Www.rackleyswimming.com.au](http://www.rackleyswimming.com.au)

## The Monthly Gu

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~Congratulations to Skye & Matt who raced in the Central Coast 1/2 Marathon on Sunday 27th November.

For many cold & dark mornings, these parents of 3 kids would take turns in pounding the pavement to reach their personal goals.

An outstanding run from Matt saw him finish with a blistering time of 1.35.

Skye's goal was to finish in under 2 hours. Her strength of character & determination saw her finish

time of 1.52! You go girl! Awesome effort from both!!!!~

~A good friend of a number of our squad members, Andy, has an amazing offer from Future Financial for Multisport Gold members. Please read the attached offer, it is a great incentive & we are very lucky to be offered such a great deal~

~If you see Coach Alli wondering around with a camera, she is

getting some 'action' shots for the website. It is coming together really well, and should be going live in the very near future! Smile for the camera~

Our last social bbq had many of the old favourites make an appearance for a morning of food, laughs & swimming at Paradise Point. Great news for those who could not make it, the Chook raffle didn't go off, so is in storage for our Boxing Day Bash!~

~Congrats to Trev who raised over \$300 for Movember! Enjoy the shave!~

## Wind trainer/Brick Sessions

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Our squad has been fortunate enough to secure the running track at Coomera Anglican College of a Tuesday night for a wind trainer/brick session. Join in for this session of fast cadence, quick legs & high intensity to get you ready for sprint & Olympic distance races coming up. Lets get those legs into gear! Coomera Anglican Track is located on Billingshurst Street Upper Coomera, plenty of parking is available. Arrive by 5.20pm to set up for a 5.30 kick off.

## Tri Big for Little Hearts.

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Multisport Gold is a very proud supporter of Precious Hearts, a charity organisation which raises money & awareness of Chronic Heart Disease (CHD) by donating Care Packages to children recovering from Heart Surgery at The Mater in Brisbane & Westmead Kids in Sydney.

February is Heart Month, so what a perfect time to do a group fund raiser for a worthy cause. Precious Hearts is solely run by volunteers.

We will kick off the morning with a some short, sharp racing, getting that heart up! Fancy a game of Frisbee? Or perhaps take part in the egg n spoon race? Enjoy a sausage sizzle for breakfast. Bring your friends & family down & get behind this great organisation & have a memorable, fun filled morning!

Where: Paradise Point Lagoon

Date: 19th February 2012

Cost: \$8 p/p with \$5 to Precious Hearts & \$3 to The Kitty

With the New Year just around the corner, many of us will be making New Years Resolutions & setting our goals for 2012.

It doesn't matter our age or abilities, we are all striving to achieve our personal best in many areas of our lives. It just happens that we are all sports nuts & a major component of our lives revolve around training & racing.

When setting your goals, make sure they are realistic & achievable. Make them something you can focus on & strive towards, something you can be proud of when you have finished. Most of all, you must believe in yourself. When you set your mind to a goal, stay focused, stay positive.

One of the elements I am seeing develop within Multisport Gold is the encouragement & support offered to each other. Without these small positive gestures, it is easy to become disheartened at times. So, when you are out training, remember that we all have goals we are striving to obtain, be positive & the environment we create will ensure our squad reaches new heights in 2012.

~ Dream Big ~

"We all have dreams. But in order for those dreams to become reality, it takes in awful lot of determination, dedication, self-discipline & effort." Jesse Owens.

Signing off,

*Coach Allie G*



*In the Spirit of Sport*

## Social Events for 2011/12

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26 December Multisport Gold will be holding the Inaugural Boxing Day Biathlon at Paradise Point. What a better way to start the morning & work off some of that Christmas over indulgence than with some fun races & relays at this wonderful location. Come and join in the activities for all the family, followed with a healthy breakfast of fruit, muffins & a sausage sizzle. No fee, just a Gold Coin Donation to 'The Kitty'! The Chook Raffle will be going off!!!! Wear your Santa Hat, Santa outfit, get into the spirit of the Festive Season!

7 January Race 2 Gold Coast Biathlon Series Evandale. Further details to follow

22 January Australia Day BBQ. Come & join in an afternoon in the park. Bring the whole family down for a casual afternoon of cricket, Frisbee & laughs. Location will be at Santa Barbara park, adjacent to the boat ramp on Pinnaroo Street starting at 3pm. Afternoon tea will be supplied, gold coin for The Kitty!

11-12 February Bribie Island Weekend away. Further details to follow

19 February Tri Hard for Little Hearts

*For regular updates on what is happening within Multisport Gold, check out our page on Facebook. If there is any cancellations due to weather or last minute reminders for various sessions, all notifications will be posted the Multisport Gold Home page.*