



Multisport**GOLD**

January Edition

From Start to Finish

# Happy Christmas and all that stuff...

Well, I am not sure about your household, but mine certainly is crazy on Christmas Day! It is a wonderful time to spend with family & our loved ones, to eat lots of delicious food & drink great champagne, but come about 3pm on Christmas Day, we are all ready for a nap!

The kids are so excited about their presents, there is wrapping paper everywhere, the phone has been ringing from well-wishers, the dirty dishes are piled high in the kitchen...sound familiar?

However, the magic of Christmas has something so special about it. Waking

up knowing we have waited 12 months for this wonderful day to arrive. The carols are turned up, even the worst singers sound delightful, and the smell of the roast in the oven is mouth-watering!

Once Christmas has come & gone, it is then the realisation that another year has finished & a new one about to begin. 2012. I am still wondering where 2011 went?

It is time for new goals, new resolutions, new beginnings. Make 2012 the best it can be. Reach higher than you think you can, dream bigger than you thought you could & enjoy every moment of the journey.

## Good luck to Kellie!

Our resident chatterbox Kellie Langley is making a move.....making a move up North, Rockhampton way! After more than 12 years of teaching & living on the coast, Kel & her partner have made the decision to pack up stumps & make a start fresh.

Kellie has been involved in triathlon for many, many years, competing in every distance from sprint, to worlds right through to Ironman. Kel, as many of us know, is often late or has an excuse for not making it to sessions, but this is the Kel we all love, and Kel wouldn't be Kel if she didn't do these things! I must say however, that Kellie has a heart of gold & a great sense of humour, not to mention the gift of the gab! We will miss you Kel!

Kel, we wish you & Brent all the very best for your fresh start in 2012, may it be successful and rewarding. We look forward to seeing you either when we all crash at your place for Yeppoon 1/2 or when you decide it is time to come back to the glorious Gold Coast! Good luck Chick! xox

### Inside this issue:

Good luck to Kellie	1
Hope Island Chiropractic	2
Sally's Scrumptious Noodle Salad	2
Boxing Day Biathlon	3
The Monthly Gu	3
Tri Big for Little Hearts	3
Social Calendar	4



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## Hope Island Chiropractic Centre

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**Have a niggle? Need some treatment for an injury? Then look no further than Hope Island Chiropractic.**

Dr Matthew Davidson & his team from Hope Island Chiropractic are here to help! They are committed to helping the public aware of safety & efficiency of chiropractic services & that good health is a matter of choice not chance.

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.

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 at [hopeislandchiropractic.com.au](http://hopeislandchiropractic.com.au)



## Sally's scrumptious Asian Noodle Salad

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200g rice stick noodles

1 medium capsicum thinly sliced

1 medium carrot, peeled & sliced thinly

1 Lebanese cucumber sliced thinly

1 small red onion thinly sliced

3/4 C fresh coriander, chopped fine

1 Tbs peanut oil

2 Tbs lime juice

2 Tbs sweet chilli sauce

1 Tbs fish sauce

Place noodles in a large bowl & with boiling water. Stand for 6-7 minutes until cooked. Drain well & rinse under cold water. Transfer to a large bowl.

Add capsicum, carrot, cucumber & red onion to salad, toss to combine.

Place coriander, peanut oil, lime juice, sweet chilli sauce & fish sauce in a screw top jar, tighten lid & shake to combine well.

Drizzle over noodle salad & toss to combine.

Enjoy with a glass of Sauv Blanc....perhaps 2 glasses.....go on, why not 3.....!!!!!!!

## Monthly Newsletter

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If you would like to contribute to the monthly newsletter, please feel free to email me a story, training advise, recipe, even if you have any tri gear for sale or have read in great article on the latest tri gear!

I would also like to extend this offer to any business owners out there who would like to give their business a plug. More than happy to include some details on what you do & your business details.

This is the squad newsletter, so please get involved, don't be shy, send me anything you feel others might be interested in!

For those of you who have not seen the latest edition of Coast Multisport, we currently have an ad running on page 17. I have a bundle of magazines to hand out, so if you would like to hand some out at work (staff kitchen etc) or another group you feel might be interested in the magazine, please let me know, lets get the word out on Multisport Gold!

## Boxing Day Biathlon

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Well, what a cracker of a morning we had! Not a cloud in the sky, only a breath of sea air, water like glass & then Multisport Gold athletes come along & ruin the tranquillity! What a great morning we had, exercise, fun & food! The group kicked off just after 6.15am, a series of individual races, team and handicapped events, finishing off with Rob's hilarious Wade Race. We certainly had some laughs, probably most notably as Rob's admission that he thought an 11 minute head start was appropriate for the group to start in front of him & he would catch up!!!! Great racing/participating by David who won the last race & the ever hilarious Mr & Mrs Ken & Barbie Harris with the teams event!

Trevor won the award for the Best Ankle Grab around a Buoy, and Wendy for the most enthusiastic after completing the 1st enduro race & wanting to do more!! Kellie, well Kellie I think won an award for the best Plank Hold! Great morning guys, awesome!

After the frivolities of the Biathlon, a bbq breakfast was enjoyed by all! Once the bbq was cranked up, the reggae music got pumping, it was on.....on with a game of soccer, plenty of laughs & even a guest appearance by Super Gran, H the Great, Helen!

A huge thanks to Matt from Hope Island Chiro & his lovely wife Kim & gorgeous Ebony for coming along, it was great some of our guys had the opportunity to meet you!

Thanks to everyone who made it down for a memorable morning!

## The Monthly Gu

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~A few Get Well wishes for this month :-( Ever smiling Berlinda has been out of action for a few weeks & had a recent short stay in hospital. Berlinda, we wish you a speedy recovery & look forward to seeing you out & about with us again soon

Jason Reid is on the mend from his busted collar bone. After a few weeks of sleep ins & recovery, we hope to see the great man back in the pool soon.

Squad favourite Adam Gray is having knee surgery coming up at the end of January. He has had serious issues with his ITB for over

12 months now & is excited to finally getting some results which will see him back out training, and training bloody hard to beat his Mrs!~

~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~

~ Don't forget that the GC Biathlon is fast approaching for Janu-

ary. If you want to get behind an awesome community event, have great afternoon of racing in a controlled environment, head on down to Evandale on the 7th January. Registrations are already open, don't miss out as spots are filling very fast. Check out more info at [www.genhevents.com.au](http://www.genhevents.com.au)~

~ Just a reminder to anyone who has any suggestions on great rides, runs or training ideas, please let Coach Alli know. It is always great to have feedback on things you as squad members would like to see, do or take part in. This is your squad, lets make it one where ideas & communication is encouraged!

## 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



*In the Spirit of Sport*

It has been a number of years since I have been riding on the road. Many aspects of riding have changed over this time, bikes, equipment and even new roads constructed to ride on. Despite all these modern changes, there is 1 thing which I guess, may never change. The disrespect shown by some motorists towards cyclists.

During our mid week ride this week, we experience a number of close calls from drivers. This happened early on a clear morning , on a public holiday where traffic volume was well down, and we were riding safely within the cyclist lane. We must at all times try our best to obey the road rules & be courteous to motorists, although they may be the ones at fault. I know first hand the tragedy which can occur between cars & cyclists. I have attached with the newsletter some road etiquette points for you all to refresh or for some of the newer members to read & learn.

It is also important for all of us to carry somewhere on ourselves whilst riding (and even running) an emergency contact phone number & personal details. My message to you all this month, is to PLEASE ride safely.

~ Dream Big ~

“Learn to live with what you have whilst you pursue all that you want.”

Signing off,

*Coach Allie G*

## Social Events for 2012

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- 7 January Race 2 Gold Coast Biathlon Series Evandale.
- 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!
- 19 February Tri Hard for Little Hearts. See page 3 for further details.

## 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.
\$50 or \$90	Session passes for either 10 or 20 visits respectively.

*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.*