



Multisport**GOLD**

## Here comes race season!

With only 3 weeks until the 1st race of the season, it is great to see so many PB's happening, techniques improving & confidence in our abilities.

Finally the dark, cold mornings are warming up & it's light earlier in the mornings! No excuses now, it will be easier to get out of bed!

Now is the time to start converting all those hills & strength sessions into speed & power as we head into race season.

A lot of people ask me "will it get any easier?"

My answer is generally no. The fitter & stronger we get, the harder we are able to push ourselves. This generally results in faster times, so next time we continue to push ourselves harder.

As we come into race season, we are all going to be fitter & stronger. This is what we train for. We train to race. You train to be the best YOU can be.

Have realistic goals set for the season, go out there & smash it up team.

## GC100 Charity Cycle Race

Multisport Gold is extremely proud to be a sponsor of the G100 Charity Cycle Race here on the Gold Coast.

The ride starts & finishes at Southport Broadwater Parklands. The ride goes to Mermaid, out to Tallai, the north over some hills to Willowvale, across the highway, out to Gainsborough Greens, Hope Island then back to Southport. A challenging yet achievable ride for us.

As part of your entry fee, there is a BBQ & lots of goodies to eat post race, a great chance to catch-up & swap stories from the ride! Bring the family down & enjoy some fun in the sun with the rest of the team!

Yes, we have a team registered. Our team name is Multisport Gold, the password is Team Gold. We need over 10 riders to have a discount on entry fees. Team entry is \$55 per person.

There is 2 rides available, a shorter 50km ride, as well as the 100km!

Give it a go team, perfect ride to blow away some of those winter cob webs! [gc100.org](http://gc100.org)



## Tamborine Mount Tri Club

Are you looking at joining TA/TQ for the upcoming season? Joining the governing body is not compulsory, however there are numerous benefits with having yearly membership. One of the advantages is you are covered by insurance 24/7 when training, competing or travelling to a sanctioned event. For further details in relation to the insurance coverage please visit the TA website.

For those wishing to join TA, to receive a cheaper fee, you need to be a member of a triathlon club. MSGold is not an affiliated club with TA, however for a cheap price of \$10 you can join Tamborine Mountain Tri Club.

Email Coach Alli for their joining form! [CoachAlli@multisportgold.com.au](mailto:CoachAlli@multisportgold.com.au)

## Monthly Gu

~ Yeppoon 70.3. A huge congratulations to Kellie, our Rockhampton MSGold Star! Kellie does much of her training by herself, and for those who know Kel, this is a huge credit to her determination & motivation! Kel raced extremely well at Yeppoon on the 19th August.~

~Squad kit. Just about everyone has their squad kits now. They certainly do look awesome. For those who missed out, let me know ASAP if you would like a tri suit, knix or jersey. ~

~A reminder to all that casual fees are due at each session, unless otherwise arranged. Sessions are \$5 each. CAAC charges a \$4 entry fee, which must be paid each session. There are pool passes available. Please refer to the price structure on page 6, or ask Coach Alli. ~

~ October sees the start of race season. We have QTS race 1, Tri Pink & Port 70.3. If you need a squad polo to wear, Coach Alli still have a few for sale. \$35 each.~

~Coomera Parkrun has been launched at Highland Reserve. This is a free community event every Saturday starting at 7am. Come And have a run, or even put your hand up to volunteer. ~

## Barefoot Bowls Social Event

When Sunday 7th October  
 Where Paradise Point Bowls Club  
 Thrush Avenue  
 Time Meet 12.15pm  
 Hot lunch at 12.30pm  
 Bowls at 1pm  
 Cost \$10 pp including your hot lunch  
 For those who haven't tried Barefoot Bowls, come along, it is great fun!



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## Quote of the Month

"That's the thing about running: your greatest runs are rarely measured by race success.

They are moments in time when running allows you to see how wonderful your life is" ~ Kara Goucher

# Athlete of the Month....Meet Gary

Gary was born in Dalby, Qld , and is turning the big 50 in 2 years time! He grew up on a wheat/grain farm with his mum, dad & two younger brothers. From a young age, Gary was a gifted athlete, dominated at sprints, high jump, tennis, golf & soccer. Yeap, a freak. His dad moved the family to Toowoomba, but after one winter there decided that the Gold Coast would be a better choice. The bigfella grew up at Runaway Bay & the sailing bug hit when the three brothers would rent catamarans at the end of Howard Street, Runaway Bay. At high school he excelled at discus, triple jump, sprints & high jump, ok so he's good at sports!. Around 1976, he started sailing at the Southport Yacht in dinghies. The following year, Gary & his brother Michael went to Currumbin Beach to watch a Hobie Cat race & that is where it all started.....

He started his Hobie sailing on a Hobie 14 (it's called this cause it's 14 foot long) called "Hobie Flash". In 1980, he came 3rd in the Hobie 14 Australian Titles. In 1981, he went to his first Hobie 14 Worlds in Brazil & came 4th out of 120. In 1982, he started sailing on a Hobie 16 with his youngest brother Chris & they were winning lots of regional & state regattas. He also still sailed on Hobie 14's & Hobie 14 turbos (it has a jib, front sail). By the end of 1982 he won the Qld Yachtsman of the Year. In 1984, he won the National Hobie Ironman, this is where you have to compete in three classes. He placed 1st in the Hobie 14's & 14 turbos & 7th in the 16's. 1984 he won many Titles & by October that year he was World Champion in the Hobie 16's. So here is his list of achievements,

World Titles	Nationals
1981 Hobie 14 4th place	1980 Hobie 14 3rd place
1984 Hobie 16 1st place	1984 Hobie 14 1st place
1985 Hobie 18 1st place	1984 Hobie 14 Turbo 1st place
1985 Hobie 14 2nd place	1985 Hobie 18 1st place
1986 Hobie 16 1st place	1986 Hobie 16 1st place
1988 Hobie 16 1st place	1986 Hobie 18 1st place
1989 Hobie 18 1st place	

1986 Gary competed in & won the Hogsbreath 1000. This is a long distance(1000kms) non-stop race from Key Biscayne, Miami USA to Fort Walton Beach. There a three members in a team & ground crew.

1994 Hogsbreath Coral Sea 1000 Main Beach Gold Coast to Cairns, same concept as the Hogsbreath 1000 2nd place

He was nominated & won Qld Yachtsman of the year an impressive 3 times, a well as being nominated for Australian Yachtsman of the Year. Gary is also proud to have been awarded Gold Coast Sports Star of the Year, and was twice nominated for Qld Sportsperson of the Year.

Being inducted into the Gold Coast Sporting Hall of Fame was certainly a very proud moment for Gary & Nikki

[http://www.goldcoastsport.com.au/Hall\\_Of\\_Fame/profiles/Gary\\_Metcalf.htm](http://www.goldcoastsport.com.au/Hall_Of_Fame/profiles/Gary_Metcalf.htm)

In 1985 Gary wanted to lose weight for the Hobie 14 Worlds, so he asked Nikki's my mum & dad if he could train with her running group. He would pick Nikki up & take her to training....how romantic! It wasn't love at first sigh for Nikki, & she didn't like the car trips to training where she had to talk to him. He seemed to cramp her style, however it wasn't long before he won her over and they started dating. They enjoyed sailing together, however Gary would go too fast for Nikki!

In 1987 they were married & 1988 their first child, Nicholas was born. He also completed his Diploma in Building, finished his apprenticeship & started a building business. Gary at this stage felt he had achieved all he wanted in the Hobie class therefore he moved into the Olympic Class, Tornados. He was very unlucky he didn't get to go to an Olympics. After his two Olympic campaigns & LOTS of money he moved into match racing & monohulls (big yachts). In 1994, around the same time Nikki was due to have their second child, Lani, Gary was asked to compete in the Coral Sea 1000. He was winning all the way until mechanical failure, their mast fell down, meant they would place second. After the Coral Sea 1000 Gary moved into Laser sailing. He really tried hard in this class but they are very tippy & he isn't a small guy!!!! From sailing he moved into fishing & did that for a few years, a few kilos & a couple of boats but lots of fish!!!

In 2010, he wanted to get fit again & went to the Luke Harrop Memorial Triathlon . Here he met Trevor who introduced him to Triathlon & Gary was instantly hooked. As you can probably gather Gary never does anything by half. After some time off with injury, a family medical scare, he was ready to give Triathlon another crack. With all his newly purchased gadgets, he was set.

So what are Gary's triathlon goals?.....Well he wanted to do the Mooloolaba Tri. That's now done but he wants to better his time. He talks about half ironman. He has talked about Ironman. One day. He's 50 in a couple of years so there is talk of Gary & Nikki going to France to watch the Tour. Could you imagine Gary with all those gadgets available for purchase!!!!

As you can gather from the bike sessions he likes to go fast & win.

Gary is still the only sailor in the world to have won 5 World Titles.

So folks, Gary is our World Champion, a very humble one at that.

With his strength, power & dedication, The Bigfella is going to go far in this sport as well.



# JUST RIDE, ON's RUNNING, HOPE ISLAND CHIROPRACTIC

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Please get behind our sponsors & support them. We are extremely fortunate to have such reputable sponsors in partnership with Multisport Gold, so lets show them how much we appreciate their support by supporting HOPE ISLAND CHIROPRACTIC, JUST RIDE Nerang & ON-RUNNING.



## Just Ride Nerang

Just Ride is a newly located Bike Store at Nerang. Kylie, Mark & the team offer exceptional, personalised attention that is one of the highest regarded in the business. Formally Nerang Mountain Bike Centre, the team now specialise in road bikes as well as mountain bikes. So for all your servicing, parts, bits n pieces, look no further than our great friends & sponsors at Just Ride, located at 15 Price Street Nerang, Phone 5596 2911.

## On-Running

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The On-Running shoe is surprisingly simple, yet highly functional cushioning element: A piece of circular rubber, which absorbs both the vertical and the horizontal impact. As the foot hits the ground with forward momentum, the CloudTec™ element folds back, effectively allowing the foot to glide to a softer halt. After landing, the element is compressed by the weight of the runner, locks together and is fully firm for the push-off.



Our running shoe sponsor ON-Running has been very generous in offering us a discount of 10% on each pair of shoes, as well as free shipping. If you want to run fast, do like many of us have done, get your pair of ON's today. Contact Coach Alli to start running on clouds.

## 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

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



## Upcoming Social Events

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9th September	GC100	<a href="http://www.gc100.org">www.gc100.org</a>
30th September	Coombah Wetlands Run. 10-14km with fish & chips for dinner after. More details to follow.	
7th October	Barefoot Bowls	
4th November	Coombah Wetlands Run 10-14km with dinner afterwards.	

## Upcoming Tri Races

## Multisport Races

## Fun Runs

Only about 8 weeks to go till the season kicks off again!

### Moreton Bay Qualifier Race 1

[www.triathlonqld.com.au](http://www.triathlonqld.com.au)

### Port Macquarie 70.3

[www.ironmanportmacquarie.com](http://www.ironmanportmacquarie.com)

### Gatorade Series

[www.usmevents.com.au](http://www.usmevents.com.au)

### Triathlon Pink

[www.triathonpink.com.au](http://www.triathonpink.com.au)

And for those off road enthusiasts, get into some of these great races taking place all over SE Qld!

### Anaconda Adventure Race

[www.anaconda.com.au](http://www.anaconda.com.au)

### Tre-x off Road Duathlon

[www.tre-x.com.au](http://www.tre-x.com.au)

### The Stampede

[www.thestampede.com.au](http://www.thestampede.com.au)

Fun Runs are so good for off season training, enjoy some fast racing!

### Brisbane Running Festival

[www.briabanemarathon.com.au](http://www.briabanemarathon.com.au)

### Toowoomba Marathon

[www.trr.org.au](http://www.trr.org.au)

### Sunshine Coast Run Festival

[www.sunshinecoastmarathon.com.au](http://www.sunshinecoastmarathon.com.au)

## Eggplant Pasta Bake

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Prep Time	8 mins
Cook time	25 mins
Serves	4

- 300g penne
- 150g fresh ricotta
- 1 eggplant, trimmed & sliced lengthways
- 690g pasta sauce
- 150g mozzarella
- 2 tbs basil leaves, chopped



Preheat oven at 180oC. Grease a 6 cup capacity ovenproof baking dish.

Pour yourself a glass of wine & prepare some cheese & crackers

Combine basil & ricotta in a bowl & set aside

Cook pasta till al dente. Drain well & spoon into dish

Have a few sips of your wine & some crackers

Meanwhile, heat oil in large fry pan on medium heat. Cook eggplant 3-4 mins on each side, until golden brown. Drain on paper towel & set aside.

Pour pasta sauce over the pasta & arrange eggplant on top.

Have some more wine

Place spoonfuls of ricotta mixture over the eggplant & sprinkle with mozzarella cheese.

Bake for 20 mins or until heated through & cheese is golden brown.

Allow to settle for 5 mins before serving.

Finish wine.

Eggplant is full of nutrients & vitamins: protein, Vit C, fibre, folic acid & potassium. It has no fat, zero cholesterol & zero sodium.

## Innocent until proven Guilty?

This is the question circulating the globe currently. Is Lance guilty or not? The majority of athletes/sports fans have an opinion on this very controversial topic. I don't think we will ever know the truth, and we are all entitled to our opinions.

As 'age group' athletes we do not have to undergo the rigours of regular drug testing. So how many of us actually take daily supplements & pills for our health and wellbeing?

Do you actually know what these pills contain you are ingesting? And more importantly, if they are or contain a banded substance? Do you know what the combination of these pills amount to? Could it actually, innocently, be an illegal combination? Are you current medication that could perhaps contain a banded substance? Your supplements? It is very common for many athletes to take nutritional supplements to aid in our performance & recovery.

As a Coach, in the current climate, it would be irresponsible of me not to raise these points & for you any of you who answered Yes to the above, to personally investigate any substances you ingest. The Australian Sports Anti-Doping Authority (ASADA) has an excellent online resource which takes only a few minutes to complete and will give you answers relating directly to a substance you are taking.

Sometimes a TUE (Therapeutic Use Exemptions) may be required for athletes. Do you use asthma medication? Very common & easily accessible. Is it banned? ASADA has all of these relevant details.

Do yourselves a favour, take the time to look at the ASADA or WADA (World Anti-Doping Agency) websites, they are extremely informative & will help to keep our sport clean from the grass roots.

Pure Performance. 100%. Regardless of who you are.



Multisport**GOLD**

*In the Spirit of Sport*

## Fee Structure

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\$4	Pool Entry fee at CAAC. Paid per visit to Coach Alli
\$5	Casual Visit Must be paid per session. (Unless otherwise arranged.)
\$120	Monthly Unlimited sessions and includes weekly personalised training program. Monthly training programs is the best way to ensure maximum performance on time available. Paid monthly
\$50 or \$90	Session passes for either 10 or 20 visits respectively.

### Coach Alli Contact details

Mobile: 0417 554 295

Email: coachalli@multisportgold.com.au

***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.***